24-Hour Time Conversion Chart, 2026

Military time 0000 to 2300 beside a.m. and p.m., with the subtract-12 rule

0000 TO 1100 (A.M.)

Midnight to morning

- [ ] 0000 = 12 a.m. (midnight)
- [ ] 0100 = 1 a.m.
- [ ] 0200 = 2 a.m.
- [ ] 0300 = 3 a.m.
- [ ] 0400 = 4 a.m.
- [ ] 0500 = 5 a.m.
- [ ] 0600 = 6 a.m.
- [ ] 0700 = 7 a.m.
- [ ] 0800 = 8 a.m.
- [ ] 0900 = 9 a.m.
- [ ] 1000 = 10 a.m.
- [ ] 1100 = 11 a.m.

1200 TO 2300 (NOON AND P.M.)

Noon to night

- [ ] 1200 = 12 p.m. (noon)
- [ ] 1300 = 1 p.m.
- [ ] 1400 = 2 p.m.
- [ ] 1500 = 3 p.m.
- [ ] 1600 = 4 p.m.
- [ ] 1700 = 5 p.m.
- [ ] 1800 = 6 p.m.
- [ ] 1900 = 7 p.m.
- [ ] 2000 = 8 p.m.
- [ ] 2100 = 9 p.m.
- [ ] 2200 = 10 p.m.
- [ ] 2300 = 11 p.m.
- [ ] After 1200: subtract 12 (1430 = 2:30 p.m.)

Rules and limits

- NIST: 12 a.m. and 12 p.m. are ambiguous and should not be used.
- NIST: 0000 is midnight at the start of a day; 2400 designates the end of a day.

My notes

Source: National Institute of Standards and Technology, Times of Day FAQs; U.S. Government Publishing Office Style Manual 2008. The 24-hour and a.m./p.m. pairs are computed by Fresh Calendars.