# Noon and Midnight Clock Card, 2026

The 24-hour clock beside the 12-hour clock, with the NIST and GPO rules

## MIDNIGHT TO 11 A.M. (24-HOUR = 12-HOUR)

**Night and morning**

- [ ] 00:00 = 12 a.m. (midnight, start of the day)
- [ ] 01:00 = 1 a.m.
- [ ] 02:00 = 2 a.m.
- [ ] 03:00 = 3 a.m.
- [ ] 04:00 = 4 a.m.
- [ ] 05:00 = 5 a.m.
- [ ] 06:00 = 6 a.m.
- [ ] 07:00 = 7 a.m.
- [ ] 08:00 = 8 a.m.
- [ ] 09:00 = 9 a.m.
- [ ] 10:00 = 10 a.m.
- [ ] 11:00 = 11 a.m.

## NOON TO 11 P.M. (24-HOUR = 12-HOUR)

**Afternoon and evening**

- [ ] 12:00 = 12 p.m. (noon)
- [ ] 13:00 = 1 p.m.
- [ ] 14:00 = 2 p.m.
- [ ] 15:00 = 3 p.m.
- [ ] 16:00 = 4 p.m.
- [ ] 17:00 = 5 p.m.
- [ ] 18:00 = 6 p.m.
- [ ] 19:00 = 7 p.m.
- [ ] 20:00 = 8 p.m.
- [ ] 21:00 = 9 p.m.
- [ ] 22:00 = 10 p.m.
- [ ] 23:00 = 11 p.m.
- [ ] 23:59 = 11:59 p.m. (last minute)
- [ ] 24:00 = midnight, end of the date

### Rules and limits

- NIST: 12 a.m. and 12 p.m. are ambiguous and should not be used.
- NIST: name an event at 11:59 p.m. or 12:01 a.m. on a particular day.
- GPO style: 12 p.m. (12 noon) and 12 a.m. (12 midnight).
- NASA: 00:00 is usually the preferred notation for midnight, not 24:00.

### My notes

Source: National Institute of Standards and Technology, Times of Day FAQs; U.S. Government Publishing Office Style Manual 2016; NASA FITS Support Office. The 12-hour and 24-hour pairs are computed by Fresh Calendars.