



US to Middle East Time Converter, Nov. 1, 2026 to Mar. 13, 2027

How far each city is ahead of New York while US clocks stay on standard time

DATE	WHAT HAPPENS	DONE
Dubai, Abu Dhabi, Muscat	9 h ahead of New York (was 8). 9 a.m. ET = 6 p.m.	☐
Riyadh, Doha, Kuwait, Bahrain	8 h ahead of New York (was 7). 9 a.m. ET = 5 p.m.	☐
Baghdad, Amman, Istanbul	8 h ahead of New York (was 7). 9 a.m. ET = 5 p.m.	☐
Tehran	8 h 30 min ahead of New York (was 7 h 30 min). 9 a.m. ET = 5:30 p.m.	☐
Jerusalem, Tel Aviv	7 h ahead of New York (6 h from Oct. 25 to Nov. 1). 9 a.m. ET = 4 p.m.	☐
Cairo	7 h ahead of New York (6 h from Oct. 30 to Nov. 1). 9 a.m. ET = 4 p.m.	☐
Chicago, Denver, Los Angeles	Add 1, 2 or 3 h to the New York gap (Central, Mountain, Pacific)	☐
Arizona (no change)	Dubai 11 h ahead, Riyadh 10 h, Tel Aviv and Cairo 9 h	☐
Hawaii (no change)	Dubai 14 h ahead, Riyadh 13 h, Tel Aviv and Cairo 12 h	☐
7 a.m. ET	4 p.m. Dubai, 3 p.m. Riyadh, 2 p.m. Tel Aviv, 2 p.m. Cairo	☐
5 p.m. ET	2 a.m. Dubai, 1 a.m. Riyadh, midnight Tel Aviv and Cairo (next day)	☐
US change, spring 2027	Sunday, March 14, 2027: US springs forward: Dubai 8 h, Riyadh 7 h; Israel and Cairo 6 h	☐
Israel, spring 2027	Friday, March 26, 2027: summer time returns: Tel Aviv 7 h ahead of New York	☐
Egypt, spring 2027	Friday, April 30, 2027: summer time returns: Cairo 7 h ahead of New York	☐

My notes
