U.S. Time Zone Converter Chart, Winter 2026–27

Every hour from 6 a.m. to 11 p.m. Eastern Time, Nov. 1, 2026 to Mar. 14, 2027

DATE	WHAT HAPPENS	DONE
6 a.m. ET	PR 7 a.m., CT 5 a.m., MT 4 a.m., PT 3 a.m., AK 2 a.m., HI 1 a.m., SST 12 a.m., ChST 9 p.m.	☐
7 a.m. ET	PR 8 a.m., CT 6 a.m., MT 5 a.m., PT 4 a.m., AK 3 a.m., HI 2 a.m., SST 1 a.m., ChST 10 p.m.	☐
8 a.m. ET	PR 9 a.m., CT 7 a.m., MT 6 a.m., PT 5 a.m., AK 4 a.m., HI 3 a.m., SST 2 a.m., ChST 11 p.m.	☐
9 a.m. ET	PR 10 a.m., CT 8 a.m., MT 7 a.m., PT 6 a.m., AK 5 a.m., HI 4 a.m., SST 3 a.m., ChST 12 a.m. next day	☐
10 a.m. ET	PR 11 a.m., CT 9 a.m., MT 8 a.m., PT 7 a.m., AK 6 a.m., HI 5 a.m., SST 4 a.m., ChST 1 a.m. next day	☐
11 a.m. ET	PR noon, CT 10 a.m., MT 9 a.m., PT 8 a.m., AK 7 a.m., HI 6 a.m., SST 5 a.m., ChST 2 a.m. next day	☐
noon ET	PR 1 p.m., CT 11 a.m., MT 10 a.m., PT 9 a.m., AK 8 a.m., HI 7 a.m., SST 6 a.m., ChST 3 a.m. next day	☐
1 p.m. ET	PR 2 p.m., CT noon, MT 11 a.m., PT 10 a.m., AK 9 a.m., HI 8 a.m., SST 7 a.m., ChST 4 a.m. next day	☐
2 p.m. ET	PR 3 p.m., CT 1 p.m., MT noon, PT 11 a.m., AK 10 a.m., HI 9 a.m., SST 8 a.m., ChST 5 a.m. next day	☐
3 p.m. ET	PR 4 p.m., CT 2 p.m., MT 1 p.m., PT noon, AK 11 a.m., HI 10 a.m., SST 9 a.m., ChST 6 a.m. next day	☐
4 p.m. ET	PR 5 p.m., CT 3 p.m., MT 2 p.m., PT 1 p.m., AK noon, HI 11 a.m., SST 10 a.m., ChST 7 a.m. next day	☐
5 p.m. ET	PR 6 p.m., CT 4 p.m., MT 3 p.m., PT 2 p.m., AK 1 p.m., HI noon, SST 11 a.m., ChST 8 a.m. next day	☐
6 p.m. ET	PR 7 p.m., CT 5 p.m., MT 4 p.m., PT 3 p.m., AK 2 p.m., HI 1 p.m., SST noon, ChST 9 a.m. next day	☐
7 p.m. ET	PR 8 p.m., CT 6 p.m., MT 5 p.m., PT 4 p.m., AK 3 p.m., HI 2 p.m., SST 1 p.m., ChST 10 a.m. next day	☐
8 p.m. ET	PR 9 p.m., CT 7 p.m., MT 6 p.m., PT 5 p.m., AK 4 p.m., HI 3 p.m., SST 2 p.m., ChST 11 a.m. next day	☐
9 p.m. ET	PR 10 p.m., CT 8 p.m., MT 7 p.m., PT 6 p.m., AK 5 p.m., HI 4 p.m., SST 3 p.m., ChST noon next day	☐
10 p.m. ET	PR 11 p.m., CT 9 p.m., MT 8 p.m., PT 7 p.m., AK 6 p.m., HI 5 p.m., SST 4 p.m., ChST 1 p.m. next day	☐
11 p.m. ET	PR 12 a.m. next day, CT 10 p.m., MT 9 p.m., PT 8 p.m., AK 7 p.m., HI 6 p.m., SST 5 p.m., ChST 2 p.m. next day	☐

Source: 15 U.S.C. 263 and 260a (Cornell LII); IANA Time Zone Database. Conversions computed with the IANA database; Arizona matches MT in winter.