

UTC to EDT Conversion		UTC to EST Conversion	
UTC	EDT	UTC	EST
12:00 a.m. (00:00)	8:00 p.m. (previous day)	12:00 a.m. (00:00)	7:00 p.m. (previous day)
1:00 a.m. (01:00)	9:00 p.m. (previous day)	1:00 a.m. (01:00)	8:00 p.m. (previous day)
2:00 a.m. (02:00)	10:00 p.m. (previous day)	2:00 a.m. (02:00)	9:00 p.m. (previous day)
3:00 a.m. (03:00)	11:00 p.m. (previous day)	3:00 a.m. (03:00)	10:00 p.m. (previous day)
4:00 a.m. (04:00)	12:00 a.m.	4:00 a.m. (04:00)	11:00 p.m. (previous day)
5:00 a.m. (05:00)	1:00 a.m.	5:00 a.m. (05:00)	12:00 a.m.
6:00 a.m. (06:00)	2:00 a.m.	6:00 a.m. (06:00)	1:00 a.m.
7:00 a.m. (07:00)	3:00 a.m.	7:00 a.m. (07:00)	2:00 a.m.
8:00 a.m. (08:00)	4:00 a.m.	8:00 a.m. (08:00)	3:00 a.m.
9:00 a.m. (09:00)	5:00 a.m.	9:00 a.m. (09:00)	4:00 a.m.
10:00 a.m. (10:00)	6:00 a.m.	10:00 a.m. (10:00)	5:00 a.m.
11:00 a.m. (11:00)	7:00 a.m.	11:00 a.m. (11:00)	6:00 a.m.
12:00 p.m. (12:00)	8:00 a.m.	12:00 p.m. (12:00)	7:00 a.m.
1:00 p.m. (13:00)	9:00 a.m.	1:00 p.m. (13:00)	8:00 a.m.
2:00 p.m. (14:00)	10:00 a.m.	2:00 p.m. (14:00)	9:00 a.m.
3:00 p.m. (15:00)	11:00 a.m.	3:00 p.m. (15:00)	10:00 a.m.
4:00 p.m. (16:00)	12:00 p.m.	4:00 p.m. (16:00)	11:00 a.m.
5:00 p.m. (17:00)	1:00 p.m.	5:00 p.m. (17:00)	12:00 p.m.
6:00 p.m. (18:00)	2:00 p.m.	6:00 p.m. (18:00)	1:00 p.m.
7:00 p.m. (19:00)	3:00 p.m.	7:00 p.m. (19:00)	2:00 p.m.
8:00 p.m. (20:00)	4:00 p.m.	8:00 p.m. (20:00)	3:00 p.m.
9:00 p.m. (21:00)	5:00 p.m.	9:00 p.m. (21:00)	4:00 p.m.
10:00 p.m. (22:00)	6:00 p.m.	10:00 p.m. (22:00)	5:00 p.m.
11:00 p.m. (23:00)	7:00 p.m.	11:00 p.m. (23:00)	6:00 p.m.