

UTC/GMT/Zulu Time to Mountain Time Conversion Chart					
UTC/GMT/Zulu	MST		MDT		
	24 Hour	12 Hour	24 Hour	12 Hour	
0000	1700	5:00 PM	1800	6:00 PM	Subtract 1 from the date in the UTC/GMT/Zulu time zone to get the date in the Mountain Time Zone.
0100	1800	6:00 PM	1900	7:00 PM	
0200	1900	7:00 PM	2000	8:00 PM	
0300	2000	8:00 PM	2100	9:00 PM	Add 1 to the date in the Mountain Time Zone to get the date in the UTC/GMT/Zulu time zone.
0400	2100	9:00 PM	2200	10:00 PM	
0500	2200	10:00 PM	2300	11:00 PM	
0600	2300	11:00 PM	2400	12:00 Midnight	The date in the UTC/GMT/Zulu time zone equals the date in the Mountain Time Zone.
0700	2400	12:00 Midnight	0100	1:00 AM	
0800	0100	1:00 AM	0200	2:00 AM	
0900	0200	2:00 AM	0300	3:00 AM	
1000	0300	3:00 AM	0400	4:00 AM	
1100	0400	4:00 AM	0500	5:00 AM	
1200	0500	5:00 AM	0600	6:00 AM	
1300	0600	6:00 AM	0700	7:00 AM	
1400	0700	7:00 AM	0800	8:00 AM	
1500	0800	8:00 AM	0900	9:00 AM	
1600	0900	9:00 AM	1000	10:00 AM	
1700	1000	10:00 AM	1100	11:00 AM	
1800	1100	11:00 AM	1200	12:00 Noon	
1900	1200	12:00 Noon	1300	1:00 PM	
2000	1300	1:00 PM	1400	2:00 PM	
2100	1400	2:00 PM	1500	3:00 PM	
2200	1500	3:00 PM	1600	4:00 PM	
2300	1600	4:00 PM	1700	5:00 PM	