

Canadian Time Zone Conversion Chart

(One of the many examples of how Megram makes life easier for clients)

Pacific Standard	Mountain Standard	Central Standard	Eastern Standard	Atlantic Standard	NL Standard
5 am	6 am	7 am	8 am	9 am	9:30 am
6 am	7 am	8 am	9 am	10 am	10:30 am
7 am	8 am	9 am	10 am	11 am	11:30 am
8 am	9 am	10 am	11 am	12 Noon	12:30 Noon
9 am	10 am	11 am	12 Noon	1 pm	1:30 pm
10 am	11 am	12 Noon	1 pm	2 pm	2:30 pm
11 am	12 Noon	1 pm	2 pm	3 pm	3:30 pm
12 Noon	1 pm	2 pm	3 pm	4 pm	4:30 pm
1 pm	2 pm	3 pm	4 pm	5 pm	5:30 pm
2 pm	3 pm	4 pm	5 pm	6 pm	6:30 pm
3 pm	4 pm	5 pm	6 pm	7 pm	7:30 pm
4 pm	5 pm	6 pm	7 pm	8 pm	8:30 pm
5 pm	6 pm	7 pm	8 pm	9 pm	9:30 pm

If we can make your life easier, please give us a call – reducing volunteer burn-out is what we do!