

<b>Goldsmith Global Online Tape Group Time Zone Conversion Table</b>	<b>1st/3rd Sat. 8:00 AM PDT</b>	<b>2nd/4th Sat. 6:00 PM PDT</b>
<b>Region / Time Zone / Selected Cities</b>	<b>AM/PM format</b>	<b>AM/PM format</b>
<i>Hawaii</i>	5:00 AM	3:00 PM
<i>North America</i>		
<b>Pacific: San Francisco, Los Angeles, Seattle</b>	8:00 AM	6:00 PM
<b>Arizona: Phoenix</b>	8:00 AM	6:00 PM
<b>Mountain: Denver, Alberta</b>	9:00 AM	7:00 PM
<b>Central: Chicago, Dallas, Detroit</b>	10:00 AM	8:00 PM
<b>Eastern: Boston, New York, Miami, Toronto</b>	11:00 AM	9:00 PM
<b>Region / Time Zone / Selected Cities</b>	<b>24-hour format</b>	<b>24-hour format</b>
<i>Central America</i>		
<b>Central: Mexico City</b>	10:00	20:00
<i>South America</i>		
<b>Argentina: Buenos Aires</b>	12:00	22:00
<b>Brazil: Sao Paulo</b>	12:00	22:00
<i>Europe</i>		
<b>GMT: London, Dublin</b>	16:00	02:00 (Sunday)
<b>CET: Paris, Hamburg, Frankfurt, Berlin</b>	17:00	03:00 (Sunday)
<b>EET: Athens, Istanbul</b>	18:00	04:00 (Sunday)
<b>MSK: Moscow</b>	19:00	05:00 (Sunday)
<i>Middle East &amp; Africa</i>		
<b>West Africa: Ghana</b>	15:00	01:00 (Sunday)
<b>South Africa: Johannesburg</b>	17:00	03:00 (Sunday)
<b>Asia Dubai: Abu Dhabi, Dubai</b>	19:00	05:00 (Sunday)
<i>Asia – India, China, Japan</i>		
<b>IST: Delhi, Mumbai, Bangalore</b>	20:30	06:30 (Sunday)
<b>WIB: Jakarta</b>	22:00	08:00 (Sunday)
<b>MPST: Manila</b>	23:00	09:00 (Sunday)
<b>SGT: Singapore</b>	23:00	09:00 (Sunday)
<b>CST: Beijing, Hong Kong, Shanghai</b>	23:00	09:00 (Sunday)
<b>CST: Taipei</b>	23:00	09:00 (Sunday)
<b>JST: Tokyo</b>	00:00 (Sunday)	10:00 (Sunday)
<i>Australia/New Zealand</i>		
<b>WST: Perth</b>	23:00	09:00 (Sunday)
<b>AAT: Adelaide</b>	00:30 (Sunday)	10:30 (Sunday)
<b>EDT: Sydney, Melbourne</b>	01:00 (Sunday)	11:00 (Sunday)
<b>EST: Brisbane</b>	01:00 (Sunday)	11:00 (Sunday)
<b>NZ: Auckland, Christchurch, Wellington</b>	03:00 (Sunday)	13:00 (Sunday)