

# Time Zones

## Reference

- [NIST](#) National Institute of Standards and Technology
- <https://www.time.gov> - Official NIST Clock
- [!\[\]\(30a147af384f9f71632c2ff17bc706c8\_img.jpg\) Time Zone Converter](#) Time Difference Calculator

## UTC GMT Zulu

- **Coordinated Universal Time (UTC)** vs Greenwich Mean Time (GMT)
  - **Naming:** UTC was adopted for a single, multilingual acronym, replacing GMT as the official standard.
  - **For most people:** UTC and GMT are the same ( $UTC+0 = GMT+0$ ).
  - **Technically:** UTC is more precise and technologically advanced (atomic clocks), while GMT is tied to the Earth's (slightly variable) rotation.
- Zulu time is a communications term meaning UTC (often written with a "Z" suffix, e.g., 1430Z), widely used in aviation and meteorology. FAA explicitly states it uses UTC for operations and "ZULU" may denote UTC; NOAA also describes "Zulu time (Z)" as UTC. <sup>1)</sup>

## Central Time

- CST (Central Standard Time) = UTC - 6
  - Used roughly November to March
  - Example: Chicago time is 5 PM CST which is 11 PM UTC
- CDT (Central Daylight Time) = UTC - 5
  - Used roughly March to November
  - Daylight Saving Time (DST) is in effect during this period, meaning clocks are set forward one hour ("spring forward, fall back") to provide more evening daylight in warmer months.
  - Example: Chicago time is 3 PM CDT which is 8 PM UTC

<sup>1)</sup>

[https://www.faa.gov/air\\_traffic/publications/atpubs/pcg\\_html/glossary-t.html](https://www.faa.gov/air_traffic/publications/atpubs/pcg_html/glossary-t.html)

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