

Standard Time (Winter)

IF IT'S		THEN IT'S		IF IT'S		THEN IT'S
US [Eastern]	=	Japan		Japan	=	US [Eastern]
12 AM	=	2 PM		12 AM	=	10 AM [Yd]
1 AM	=	3 PM		1 AM	=	11 AM [Yd]
2 AM	=	4 PM		2 AM	=	12 PM [Yd]
3 AM	=	5 PM		3 AM	=	1 PM [Yd]
4 AM	=	6 PM		4 AM	=	2 PM [Yd]
5 AM	=	7 PM		5 AM	=	3 PM [Yd]
6 AM	=	8 PM		6 AM	=	4 PM [Yd]
7 AM	=	9 PM		7 AM	=	5 PM [Yd]
8 AM	=	10 PM		8 AM	=	6 PM [Yd]
9 AM	=	11 PM		9 AM	=	7 PM [Yd]
10 AM	=	12 AM [Tm]		10 AM	=	8 PM [Yd]
11 AM	=	1 AM [Tm]		11 AM	=	9 PM [Yd]
12 PM	=	2 AM [Tm]		12 PM	=	10 PM [Yd]
1 PM	=	3 AM [Tm]		1 PM	=	11 PM [Yd]
2 PM	=	4 AM [Tm]		2 PM	=	12 AM
3 PM	=	5 AM [Tm]		3 PM	=	1 AM
4 PM	=	6 AM [Tm]		4 PM	=	2 AM
5 PM	=	7 AM [Tm]		5 PM	=	3 AM
6 PM	=	8 AM [Tm]		6 PM	=	4 AM
7 PM	=	9 AM [Tm]		7 PM	=	5 AM
8 PM	=	10 AM [Tm]		8 PM	=	6 AM
9 PM	=	11 AM [Tm]		9 PM	=	7 AM
10 PM	=	12 PM [Tm]		10 PM	=	8 AM
11 PM	=	1 PM [Tm]		11 PM	=	9 AM

Daylight Time (Summer)

IF IT'S		THEN IT'S		IF IT'S		THEN IT'S
US [Eastern]	=	Japan		Japan	=	US [Eastern]
12 AM	=	1 PM		12 AM	=	11 AM [Yd]
1 AM	=	2 PM		1 AM	=	12 PM [Yd]
2 AM	=	3 PM		2 AM	=	1 PM [Yd]
3 AM	=	4 PM		3 AM	=	2 PM [Yd]
4 AM	=	5 PM		4 AM	=	3 PM [Yd]
5 AM	=	6 PM		5 AM	=	4 PM [Yd]
6 AM	=	7 PM		6 AM	=	5 PM [Yd]
7 AM	=	8 PM		7 AM	=	6 PM [Yd]
8 AM	=	9 PM		8 AM	=	7 PM [Yd]
9 AM	=	10 PM		9 AM	=	8 PM [Yd]
10 AM	=	11 PM		10 AM	=	9 PM [Yd]
11 AM	=	12 AM [Tm]		11 AM	=	10 PM [Yd]
12 PM	=	1 AM [Tm]		12 PM	=	11 PM [Yd]
1 PM	=	2 AM [Tm]		1 PM	=	12 AM
2 PM	=	3 AM [Tm]		2 PM	=	1 AM
3 PM	=	4 AM [Tm]		3 PM	=	2 AM
4 PM	=	5 AM [Tm]		4 PM	=	3 AM
5 PM	=	6 AM [Tm]		5 PM	=	4 AM
6 PM	=	7 AM [Tm]		6 PM	=	5 AM
7 PM	=	8 AM [Tm]		7 PM	=	6 AM
8 PM	=	9 AM [Tm]		8 PM	=	7 AM
9 PM	=	10 AM [Tm]		9 PM	=	8 AM
10 PM	=	11 AM [Tm]		10 PM	=	9 AM
11 PM	=	12 PM [Tm]		11 PM	=	10 AM

