MILITARY TIME CONVERSION CHART

12-hour clock to 24-hour military time for every hour and quarter hour. Converter: type in the yellow cells.

Hour (1-12)	2	**Minutes**	30	**a.m. or p.m.**	p.m.	**Military**	**1430**
Military time	1730	**Regular time**	**5:30 p.m.**				
Round to nearest (min)	15	**Rounded punch (5, 6 or 15 minutes)**	**1730**				

Regular time	Military	:15	:30	:45
12:00 a.m. (midnight)	**0000**	0015	0030	0045
1:00 a.m.	**0100**	0115	0130	0145
2:00 a.m.	**0200**	0215	0230	0245
3:00 a.m.	**0300**	0315	0330	0345
4:00 a.m.	**0400**	0415	0430	0445
5:00 a.m.	**0500**	0515	0530	0545
6:00 a.m.	**0600**	0615	0630	0645
7:00 a.m.	**0700**	0715	0730	0745
8:00 a.m.	**0800**	0815	0830	0845
9:00 a.m.	**0900**	0915	0930	0945
10:00 a.m.	**1000**	1015	1030	1045
11:00 a.m.	**1100**	1115	1130	1145

Regular time	Military	:15	:30	:45
12:00 p.m. (noon)	**1200**	1215	1230	1245
1:00 p.m.	**1300**	1315	1330	1345
2:00 p.m.	**1400**	1415	1430	1445
3:00 p.m.	**1500**	1515	1530	1545
4:00 p.m.	**1600**	1615	1630	1645
5:00 p.m.	**1700**	1715	1730	1745
6:00 p.m.	**1800**	1815	1830	1845
7:00 p.m.	**1900**	1915	1930	1945
8:00 p.m.	**2000**	2015	2030	2045
9:00 p.m.	**2100**	2115	2130	2145
10:00 p.m.	**2200**	2215	2230	2245
11:00 p.m.	**2300**	2315	2330	2345

Midnight: NIST (Times of Day FAQs) calls 12 a.m. and 12 p.m. ambiguous and suggests 0000 for midnight at the start of a day and 2400 for the end of a day. In everyday use 12:00 a.m. = 0000 (midnight) and 12:00 p.m. = 1200 (noon). After 2359 the clock returns to 0000.

Payroll rounding (29 CFR 785.48(b)): rounding punches to the nearest 5 minutes, tenth (6 minutes) or quarter hour is accepted only if, over time, employees are paid for all the time they actually worked. A tie at 3 minutes past a tenth-hour mark rounds up here. Some states are stricter.