

24 hour clock for armed forces

Many organisations use the 24 hour clock, where instead of starting another 12 hour cycle at midday, you continue counting on the hours. This is because, once you have got the hang of it, using different numbers for each hour of the day means mistakes are less likely.

Recording times using the 24 hour clock

12 hour clock - the day is split into the morning (am) and afternoon (pm).

24 hour clock - the time is shown as how many hours and minutes since midnight.



7.00 am and 07.00 both mean seven in the morning.

7.00 pm and 19.00 both mean seven in the evening.

Tip: a quick way to change 12 hour clock times to 24 hour clock times is to add on 12 hours.

Note: in the 24 hour clock, midday is shown as 12.00. Midnight is shown as 24.00.

Spoken times

In spoken English, the armed forces refer to on the hour times using 'hundred hours'.

13.00 is spoken as 'thirteen hundred hours'.

03.00 is spoken as 'three hundred hours'.

| 24 hour clock | 12 hour clock |
|---------------|---|
| 00.00 | Start of day 12.00 am 12 midnight |
| 01.00 | 1.00 am |
| 02.00 | 2.00 am |
| 03.00 | 3.00 am |
| 04.00 | 4.00 am |
| 05.00 | 5.00 am |
| 06.00 | 6.00 am |
| 07.00 | 7.00 am |
| 08.00 | 8.00 am |
| 09.00 | 9.00 am |
| 10.00 | 10.00 am |
| 11.00 | 11.00 am |
| 12.00 | 12.00 pm 12 noon |
| 13.00 | 1.00 pm |
| 14.00 | 2.00 pm |
| 15.00 | 3.00 pm |
| 16.00 | 4.00 pm |
| 17.00 | 5.00 pm |
| 18.00 | 6.00 pm |
| 19.00 | 7.00 pm |
| 20.00 | 8.00 pm |
| 21.00 | 9.00 pm |
| 22.00 | 10.00 pm |
| 23.00 | 11.00 pm |
| 24.00 | End of day 12.00 pm 12 midnight |