



PRINTABLE TIME ZONE CHEAT SHEET

580 Area Code Time Zone: Quick CST/CDT Reference

Use this one-page reference to identify the local time associated with the 580 area code and convert it to Eastern Time. Keep in mind that an area code indicates a numbering region, not a caller's current location.

Au sommaire

- 1 The answer at a glance
- 2 580 area code versus Eastern Time
- 3 How to convert 580 time to Eastern Time
- 4 Before scheduling or answering a call

The answer at a glance

The 580 area code is in Central Time in Oklahoma—not Eastern Time.

Standard-time designation: Central Standard Time (CST), UTC-6.

Daylight-saving designation: Central Daylight Time (CDT), UTC-5.

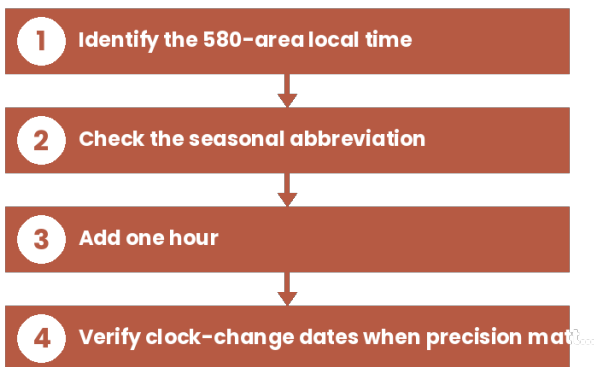
The 580 area is generally one hour behind Eastern Time.

The area code covers a broad region of northern and western Oklahoma, including communities commonly associated with Lawton, Enid, Ardmore, and Ponca City.

580 area code versus Eastern Time

Period	580 area code	Eastern Time	Difference
Standard time	CST, UTC-6	EST, UTC-5	580 is one hour behind
Daylight-saving time	CDT, UTC-5	EDT, UTC-4	580 is one hour behind

How to convert 580 time to Eastern Time



1 Identify the 580-area local time

Treat the local time as Central Time in Oklahoma.

2 Check the seasonal abbreviation

Use CST during the standard-time period and CDT during the daylight-saving period.

3 Add one hour

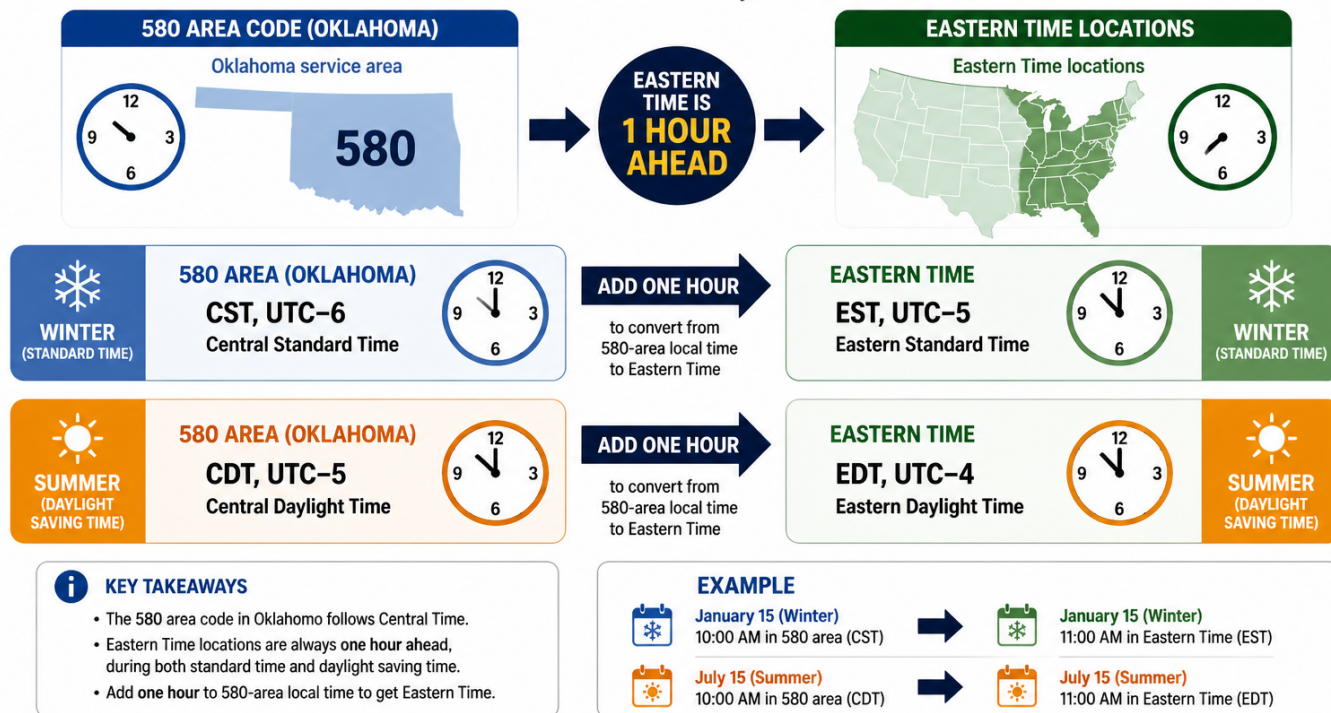
To convert a 580-area time to Eastern Time, add one hour. The usual difference remains one hour because both U.S. zones change clocks on the same seasonal schedule.

4 Verify clock-change dates when precision matters

For meetings, deadlines, or calls near a clock change, check whether the date falls in the standard-time or daylight-saving period.

580 AREA CODE (OKLAHOMA) & EASTERN TIME SEASONAL TIME-ZONE COMPARISON

The 580 area code in Oklahoma observes Central Time.
Eastern Time locations are always **one hour ahead**.



COMPARISON DIAGRAM The 580 area code follows Central Time: CST/CDT compared with EST/EDT in Eastern Time.

Before scheduling or answering a call

☒ Treat a 580 number as Central Time for scheduling purposes

Use CST or CDT according to the season.

☒ Add one hour when converting to Eastern Time

For example, 3:00 p.m. in the 580 area corresponds to 4:00 p.m. in Eastern Time under normal conditions.

☒ Check the date around a clock-change weekend

Software may show a seasonal abbreviation rather than the generic label Central Time.

☒ Confirm the caller's current location if it matters

Mobile service, travel, number transfers, and relocation can separate a number from its original service area.

☒ Verify unexpected callers independently

Caller ID can be falsified, so a familiar-looking 580 number is not proof of identity or location.

! Important limitation

A 580 area code identifies an assigned telephone numbering region in Oklahoma. It does not continuously track a handset or prove where the caller is now. Calling the zone "CST" all year is common shorthand, but it is technically incorrect during daylight saving time, when the designation is CDT.

For exact meeting times, confirm the date, the seasonal time designation, and the other person's current location.