AST101: Determining Time

Local Sidereal Time (LST) = Right Ascension on the meridian
  = Object with known RA on meridian
  = Position of Vernal Equinox relative to meridian (Hour Angle)
  = Position of object with known RA relative to meridian

Local Mean Solar Time (LMT) = Mean sun's position relative to the meridian

Greenwich Sidereal Time (GST) = Local Sidereal Time for Greenwich, England

Greenwich Mean Time (GMT) = Local Mean Solar Time for Greenwich

Universal Time (UT) = Same as Greenwich Mean Time