convert data from one format to other

Date (yyyymmdd.000)	YEAR	MONTH	DAY	Date (mm/dd/yyyy)
20051220	2005	12	20	12/20/2005
20061202	2006	12	2	12/02/2006
20070112	2007	1	12	01/12/2007
20070519	2007	5	19	05/19/2007
20070523	2007	5	23	05/23/2007
20070624	2007	6	23	06/23/2007
20071017	2007	6	24	06/24/2007