Coordinated Universal Time (modern Greenwich reference time)

Mountain Daylight Time  *(UTC - 6h)*

Central Daylight Time  *(UTC - 5h)*

Eastern Daylight Time  *(UTC - 4h)*

Pacific Daylight Time  *(UTC - 7h)*

ndt

Newfoundland

Daylight Time  *(UTC - 2h30)*

Atlantic Daylight Time  *(UTC - 3h)*

Canada

Summer Time Zones
- second Saturday in March to first Sunday in November.

legislated time zone boundary

observed time zone

* UTC - 6h is also termed “Central Standard Time” year-round in Saskatchewan

2006-11-06, CHU#05.