Canada

Winter Time Zones
- first Sunday in November to second Sunday in March.

legislated time zone boundary
observed time zone

Coordinated Universal Time (modern Greenwich reference time)

UTC

NST
Newfoundland Standard Time (UTC - 3h30)

AST
Atlantic Standard Time (UTC - 4h)

PST
Pacific Standard Time (UTC - 8h)

MST
Mountain Standard Time (UTC - 7h)

CST
Central Standard Time (UTC - 6h)

EST
Eastern Standard Time (UTC - 5h)

2006-11-06, CHU#05.