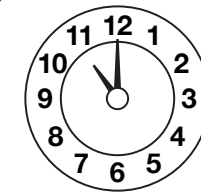


# WINTER TIME ZONES

First Sunday in November to  
second Sunday in March.



**UTC**

Coordinated Universal Time

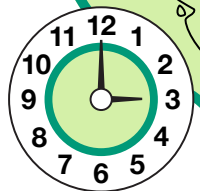


legislated time zone boundary



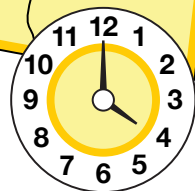
observed time zone

\*\* $(UTC-7h)$  is  
also termed  
"Yukon  
Standard Time"  
year-round  
in Yukon



**PST**

Pacific  
Standard Time  
 $(UTC - 8h)$



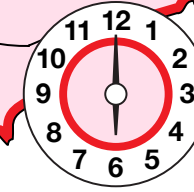
**MST**

Mountain  
Standard Time\*\*  
 $(UTC - 7h)$



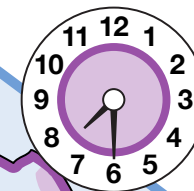
**CST**

Central  
Standard Time  
 $(UTC - 6h)$



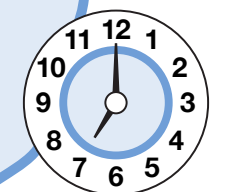
**EST**

Eastern  
Standard Time  
 $(UTC - 5h)$



**NST**

Newfoundland  
Standard Time  
 $(UTC - 3h30)$



**AST**

Atlantic  
Standard Time  
 $(UTC - 4h)$

2022-06-21, CHU#07



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