

SUMMER TIME ZONES

Second Sunday in March to
first Sunday in November.



UTC

Coordinated Universal Time

— legislated time zone boundary
● observed time zone

NDT

Newfoundland
Daylight Time
(UTC - 2h30)



ADT

Atlantic
Daylight Time
(UTC - 3h)



EDT

Eastern
Daylight Time
(UTC - 4h)



CDT

Central
Daylight Time
(UTC - 5h)



MDT

Mountain
Daylight Time*
(UTC - 6h)



PDT

Pacific
DaylightTime**
(UTC - 7h)



CDT

Central
Daylight Time
(UTC - 5h)



MDT

Mountain
Daylight Time*
(UTC - 6h)

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



CDT

Central
Daylight Time
(UTC - 5h)



MDT

Mountain
Daylight Time*
(UTC - 6h)

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

WINTER TIME ZONES

First Sunday in November to
second Sunday in March.



UTC

Coordinated Universal Time

— legislated time zone boundary
● observed time zone

NST

Newfoundland
Standard Time
(UTC - 3h30)



AST

Atlantic
Standard Time
(UTC - 4h)



EST

Eastern
Standard Time
(UTC - 5h)



CST

Central
Standard Time
(UTC - 6h)



MST

Mountain
Standard Time**
(UTC - 7h)



PST

Pacific
Standard Time
(UTC - 8h)

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

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