



1  
Alaska Standard  
UTC - 9

2  
Pacific Standard  
UTC - 8

12  
Hawaii Standard  
UTC - 10

3  
Mountain Standard  
UTC - 7

4  
Central Standard  
UTC - 6

5  
Eastern Standard  
UTC - 5

7:30  
Newfoundland Standard  
UTC - 3:30

6  
Atlantic Standard  
UTC - 4