

Us Time Zone Map United States

In Canada and the United States, this time zone is generically called Mountain Time (MT). Specifically, it is Mountain Standard Time (MST) when observing standard time, and Mountain Daylight Time (MDT) when observing daylight saving time. The term refers to the Rocky Mountains. afa1eb6c6b == States, federal district and territories == afa1eb6c6b

List of time offsets by U.S. state and territory see time in the United States. see time in the United States. S. S. S. S. For more about the time zones of the U. states, federal district, and territories. time offsets by U. states, federal district, and territories. Most states are This is a list of the time offsets by U. For more about the time zones of the U afa1eb6c6b

In Canada, the provinces of New Brunswick, Nova Scotia, and Prince Edward Island are in this zone, though legally they calculate time specifically as an offset of four hours from Greenwich Mean Time (GMT−4) rather than from UTC. Small portions of Quebec (eastern Côte-Nord and the Magdalen Islands) also observe Atlantic Time. Officially, the entirety of Newfoundland and Labrador observes Newfoundland Standard Time, but in practice Atlantic Time is used in most of Labrador. afa1eb6c6b

Eastern Time Zone Most areas in the time zone observe daylight saving time and thus alternate between:. The Eastern Time Zone (ET) is a time zone encompassing part or all of 23 states in the eastern United States, parts of eastern Canada, some Caribbean islands The Eastern Time Zone (ET) is a time zone encompassing part or all of 23 states in the eastern United States, parts of eastern Canada, some Caribbean islands and the state of Quintana Roo in Mexico afa1eb6c6b

Atlantic Time Zone The clock time in this zone is based on the mean solar time of the 60th meridian west of the Greenwich Observatory. Virgin Islands. S. AST is observed in parts of North America including several Caribbean islands. In the 2010s, several U. During part of the year, some portions of the zone observe daylight saving time, referred to as Atlantic Daylight Time (ADT), by moving their clocks forward one hour to UTC−03:00. S. continental United States uses Atlantic Time, although it is used by the territories of Puerto Rico and the U. states The Atlantic Time Zone is a geographical region that keeps standard time—called Atlantic Standard Time (AST)—by subtracting four hours from Coordinated Universal Time (UTC), resulting in UTC−04:00 afa1eb6c6b

== Description == afa1eb6c6b The zone is two hours ahead of the Hawaii-Aleutian Time Zone, one hour ahead of the Alaska Time Zone, one hour behind the Mountain Time Zone, two hours behind the Central Time Zone, three hours behind the Eastern Time Zone, and four hours behind the Atlantic Time Zone. afa1eb6c6b Areas in the Eastern Time Zone which do not observe daylight saving time use Eastern Standard Time, which is based on the 75th meridian west of Greenwich. Observation of daylight saving time starts on the second Sunday in March; at 2:00 a.m. EST, clocks are advanced to 3:00 a.m. EDT, creating a 23-hour day. On the first Sunday in November, at 2:00 a.m. EDT, clocks are moved back to 1:00 a.m. EST, which results in a 25-hour day. afa1eb6c6b Most states are located entirely within one time zone. However, some states are located in two time zones for geographic, socio-political, or economic reasons. afa1eb6c6b

Mountain Time Zone Specifically, it is The Mountain Time Zone of North America keeps time by subtracting seven hours from Coordinated Universal Time (UTC) when standard time (UTC−07:00) is in effect, and by subtracting six hours during daylight saving time (UTC−06:00). during daylight saving time (UTC−06:00). In Canada and the United States, this time zone is generically called Mountain Time (MT) afa1eb6c6b

== History == afa1eb6c6b The largest city in the Mountain Time Zone is Phoenix, Arizona; the Phoenix metropolitan area is the largest metropolitan area in the zone. The largest city that observes daylight saving time is Juárez, Chihuahua, Mexico. afa1eb6c6b

Time in the United States In the United States, time is divided into nine standard time zones covering the states, territories and other US possessions, with most of the country In the United States, time is divided into nine standard time zones covering the states, territories and other US possessions, with most of the country observing daylight saving time (DST) for approximately the spring, summer, and fall months. The clocks run by these services are kept synchronized with each other as well as with those of other international timekeeping organizations. Official and highly precise timekeeping services (clocks) are provided by two federal agencies: the National Institute of Standards and Technology (NIST) (an agency of the Department of Commerce); and the United States Naval Observatory (USNO). The time zone boundaries and DST observance are regulated by the Department of Transportation, but no single official map of those existed until the agency announced intentions to make one in September 2022 afa1eb6c6b

== List of UTC offsets == afa1eb6c6b Each time zone is defined by a standard offset from Coordinated Universal Time (UTC). The offsets range from UTC−12:00 to UTC+14:00, and are usually a whole number of hours, but a few zones are offset by an additional 30 or 45 minutes, such as in India and Nepal. Some areas in a time zone may use a different offset for part of the year, typically one hour ahead during spring and summer, a practice known as daylight saving time (DST). afa1eb6c6b Use of standard time gradually increased because of its obvious practical advantages for communication and travel. Standard time in time zones was established in U.S. law in the Standard Time Act on March 19, 1918. The act established daylight saving time, which was and is a contentious idea. Daylight saving time was repealed in 1919, but standard time in time zones remained in law, with the Interstate Commerce Commission (ICC) having the authority over time zone boundaries. Daylight time became a local matter; ultimately, it was reinstated nationally early in World War II and was continuously observed until the end of the war. After the war its use varied among states and... afa1eb6c6b The clock time in this zone is based on the mean... afa1eb6c6b Eastern Daylight Time (EDT), which is four hours behind Coordinated Universal Time (UTC−04:00) and observed during spring, summer, and early autumn. afa1eb6c6b Going east from the prime meridian at Greenwich, letters "Alfa" to "Mike" (skipping "J", see below) represent the 12 time zones with positive UTC offsets until reaching the international Date Line. Going west from Greenwich, letters "November" to

"Yankee" represent zones with negative offsets. afa1eb6c6b

Abolition of time zones The standardization of time zones started in 1884 in the US. The time-zone map is a hodgepodge — a jigsaw puzzle Various proposals have been made to replace the system of time zones based on offsets from Coordinated Universal Time (UTC) with UTC+00:00 as a local time globally. most towns kept their own local time afa1eb6c6b

== Canada == afa1eb6c6b Baja California Sur, Sinaloa, and Sonora in Mexico, and most of Arizona in the United States, do not observe daylight saving time (DST), and during the spring, summer, and autumn months they are on the same time as Pacific Daylight Time. The Canadian province of British Columbia and Yukon Territory observe permanent daylight saving time in the Pacific Time Zone, which is equivalent to year-round Mountain Standard Time. afa1eb6c6b In the United States, this time zone is generically called the Pacific Time Zone. Specifically, time in this zone is referred to as Pacific Standard Time (PST) when standard time is being observed (early November to mid-March), and Pacific Daylight Time (PDT) when daylight saving time (mid-March to early November) is being observed. In Mexico, the corresponding time zone is known as the Zona Noroeste (lit. 'Northwest Zone') and observes the same daylight saving schedule as the United States. The largest city in the Pacific Time Zone is Los Angeles, whose metropolitan area is also the largest in the time zone. afa1eb6c6b

Pacific Time Zone Pacific Time Zone (PT) is a time zone encompassing the western United States and northwestern Mexico. Places in this zone observe standard time by subtracting eight hours from Coordinated Universal Time (UTC−08:00). Places in this zone observe standard time by subtracting The Pacific Time Zone (PT) is a time zone encompassing the western United States and northwestern Mexico. During daylight saving time, a time offset of UTC−07:00 is used instead afa1eb6c6b

History of time in the United States law in the Standard Time Act on March 19, 1918, at which time daylight saving time was also instituted. Before then, time of day was a local matter, and most On November 18, 1883, United States and Canadian railroads instituted standard time in time zones. S. On November 18, 1883, United States and Canadian railroads instituted standard time in time zones. The standard time system was not immediately embraced by all. Standard time in time zones was established in U. Before then, time of day was a local matter, and most cities and towns used some form of local solar time, maintained by some well-known clock (for example, on a church steeple or in a jeweler's window) afa1eb6c6b

Eastern Standard Time (EST), which is five hours behind Coordinated Universal Time (UTC−05:00) and observed during late autumn and winter, and afa1eb6c6b The time in this zone is based on the mean solar time of the 75th meridian west of the Royal Observatory, Greenwich. afa1eb6c6b The letters are typically used in conjunction with military time. For example, 6:00 a.m. in zone UTC−5 is written "0600R" and spoken "zero six hundred Romeo". afa1eb6c6b The numeric zone description... afa1eb6c6b

Military time zone The military time zone system ensures clear communication in a concise manner, and avoids confusion when coordinating across time zones. The Zulu time zone (Z) is equivalent to Coordinated Universal Time (UTC) and is often referred to as the military time zone. The armed forces of The military time zones are a standardized, uniform set of time zones for expressing time across different regions of the world, named after the NATO phonetic alphabet. The Combined Communications-Electronics Board, representing the armed forces of Australia, Canada, New Zealand, the United Kingdom and the United States, publishes the military time zone system as the ACP 121 standard. The armed forces of Austria and many nations in NATO use it. Australia, Canada, New Zealand, the United Kingdom and the United States, publishes the military time zone system as the ACP 121 standard afa1eb6c6b

It is the combination of the time zone and daylight saving rules, along with the timekeeping services, which determines the legal civil time for any U.S. location at any moment. afa1eb6c6b

Time zone Time zones tend to follow the boundaries between A time zone is an area which observes a uniform standard time for legal, commercial, and social purposes. Time zones tend to follow the boundaries between countries and their subdivisions instead of strictly following longitude, because it is convenient for areas in frequent communication to keep the same time. A time zone is an area which observes a uniform standard time for legal, commercial, and social purposes afa1eb6c6b

== History == afa1eb6c6b No part of the continental United States uses Atlantic Time, although it is used by the territories of Puerto Rico and the U.S. Virgin Islands. In the... afa1eb6c6b

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