

Time Zone In Us States

== List of UTC offsets == c01cd81160 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). c01cd81160 == History == c01cd81160 Hawaii-Aleutian Standard Time was established to maintain consistency in the scheduling of business and government activities across Hawaii and the Aleutian Islands. c01cd81160

Daylight saving time in the United States Exceptions include Arizona (except for the Navajo Nation, which observes daylight saving time), Hawaii, and the territories of American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, and the United States Virgin Islands. Uniform Time Act of 1966 established a uniform set of rules for states opting to observe daylight saving time. In the US, daylight saving time starts on Most of the United States observes daylight saving time (DST), the practice of setting the clock forward by one hour when there is longer daylight during the day, so that evenings have more daylight and mornings have less. The Uniform Time Act of 1966 established a uniform set of rules for states opting to observe daylight saving time c01cd81160

The clock time in this zone is based on the mean... c01cd81160 Eastern Daylight Time (EDT), which is four hours behind Coordinated Universal Time (UTC−04:00) and observed during spring, summer, and early autumn. c01cd81160 The time in this zone is based on the mean solar time of the 75th meridian west of the Royal Observatory, Greenwich. c01cd81160 == Regions using Central Time (CT) == c01cd81160 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... c01cd81160

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 c01cd81160

== History == c01cd81160 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. c01cd81160 In the US, daylight saving time starts on the second Sunday in March and ends on the first Sunday in November, with the time changes taking place at 2:00 a.m. local time. With a mnemonic word play referring to seasons, clocks "spring forward, fall back"—that is, in springtime the clocks are moved forward from 2:00 a.m. to 3:00 a.m. and in fall they are moved back from 2:00 a.m. to 1:00 a.m. Daylight saving time lasts for a total of 34 weeks (238 days) every year, about 65% of the entire year. c01cd81160 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. c01cd81160 In Canada and the United States, this

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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. c01cd81160

Central Time Zone Daylight saving time (DST) is observed in most parts of that zone (20 states in the US, three provinces or territories in Canada, and The Central Time Zone is a time zone in parts of Canada, the United States, Mexico, Central America, and a few Caribbean Islands. Eastern Time Zone. It is one hour behind the Eastern Time Zone c01cd81160

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. c01cd81160 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. c01cd81160 == States, federal district and territories == c01cd81160

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. 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 c01cd81160

During daylight saving time (DST), the Alaskan portion observes Hawaii-Aleutian Daylight Time (HDT, UTC−09:00), while Hawaii stays on standard time. Hawaii has not observed daylight saving time since September 1945. c01cd81160 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. c01cd81160

Pacific Time Zone Places in this zone observe standard time by subtracting eight hours from Coordinated Universal Time (UTC−08:00). During daylight saving time, a time offset of UTC−07:00 is used instead. 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. Pacific Time Zone (PT) is a time zone encompassing the western United States and northwestern Mexico c01cd81160

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. c01cd81160 Daylight saving time (DST) is observed in most parts of that zone (20 states in the US, three provinces or territories in Canada, and several border municipalities in Mexico): Central Standard Time (CST) is observed from the first Sunday in November to the second Sunday in March. It is six hours behind Coordinated Universal Time (UTC) and designated internationally as UTC−6. From the second Sunday in March to the first Sunday in November, the same areas observe DST, creating the designation of Central Daylight Time (CDT), which is five hours behind UTC and known

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formally as UTC−5. c01cd81160 Eastern Standard Time (EST), which is five hours behind Coordinated Universal Time (UTC−05:00) and observed during late autumn and winter, and c01cd81160

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). In Canada and the United States, this time zone is generically called Mountain Time (MT). during daylight saving time (UTC−06:00) c01cd81160

List of time offsets by U.S. state and territory see time in the United States. S. S. time offsets by U. S. For more about the time zones of the U. Most states are This is a list of the time offsets by U. states, federal district, and territories. see time in the United States. states, federal district, and territories. For more about the time zones of the U. S c01cd81160

The zone takes its name from the two areas it includes: Hawaii and the portion of Alaska's Aleutian Islands west of 169° 30' W longitude. c01cd81160

Time in the United States 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. 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) c01cd81160

Hawaii-Aleutian Time Zone time, including for the Hawaii-Aleutian Time Zone What are the time zones in the United States. Hawaii-Aleutian Daylight Time Official U. The clock time in this zone is based on the mean solar time of the 150th meridian west of the Greenwich Observatory. S. (NIST) Archived August 5 The Hawaii-Aleutian Time Zone observes Hawaii-Aleutian Standard Time (HST) by subtracting ten hours from Coordinated Universal Time (UTC−10:00) c01cd81160

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. c01cd81160

Atlantic Time Zone , currently in the Eastern Time Zone (with 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. Greenland, in the following area: Pituffik Space Base All six of the New England states in the northeastern U. The clock time in this zone is based on the mean solar time of the 60th meridian west of

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the Greenwich Observatory. AST is observed in parts of North America including several Caribbean islands. S. 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 c01cd81160

Until 1947, UTC−10:30 was used as standard time in Hawaii. On June 8 of that year, a new territorial law moved Hawaiian Standard Time 30 minutes ahead. c01cd81160 == Canada == c01cd81160 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. c01cd81160 Federal law supports states that opt to switch between standard time and daylight saving time, despite some unsuccessful efforts to do... c01cd81160

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