

**AKDT**

**6:30 AM - 3:00 PM**

**HST\***

**4:30 AM - 1:00 PM**

**PDT**

**7:30 AM - 4:00 PM**

**MST\***

**7:30 AM - 4:00 PM**

**MDT\*\***

**8:30 AM - 5:00 PM**

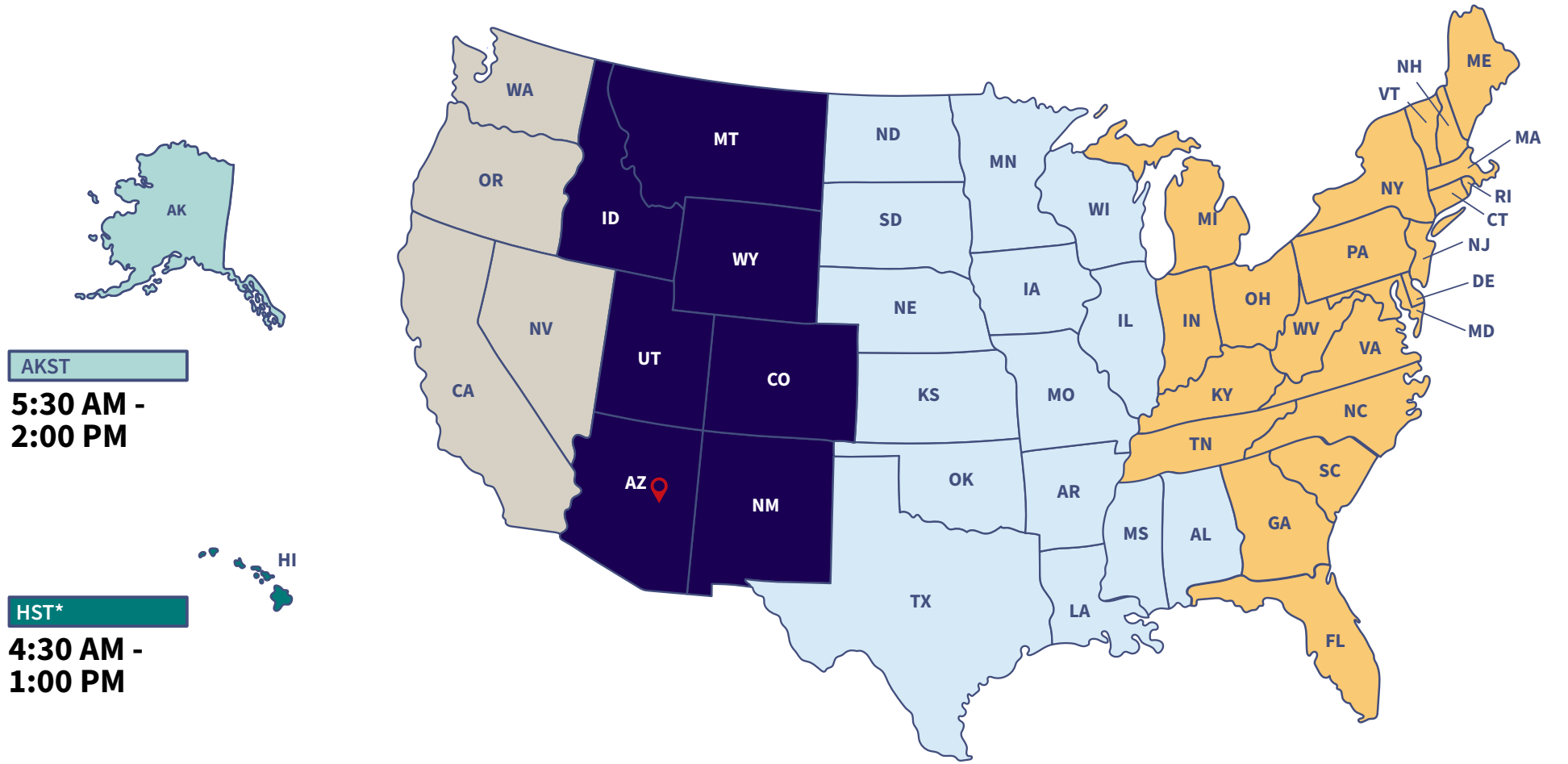
**CDT**

**9:30 AM - 6:00 PM**

**EDT**

**10:30 AM - 7:00 PM**

\*Arizona (MST) and Hawaii (HST) do not observe Daylight Saving Time and stay on Standard Time. \*\*MDT only exists in the summer.



**AKST**

**5:30 AM - 2:00 PM**

**HST\***

**4:30 AM - 1:00 PM**

**PST**

**6:30 AM - 3:00 PM**

**MST\***

**7:30 AM - 4:00 PM**

**CST**

**8:30 AM - 5:00 PM**

**EST**

**9:30 AM - 6:00 PM**

\*Arizona (MST) and Hawaii (HST) do not observe Daylight Saving Time and stay on Standard Time.



## SUMMER

MAR - NOV

DAYLIGHT TIME

Alaska (AKDT)	Hawaii (HST)*	Pacific (PDT)	Arizona (MST)*	Mountain (MDT)**	Central (CDT)	Eastern (EDT)
<b>6:30 AM - 3:00 PM</b>	<b>4:30 AM - 1:00 PM</b>	<b>7:30 AM - 4:00 PM</b>	<b>7:30 AM - 4:00 PM</b>	<b>8:30 AM - 5:00 PM</b>	<b>9:30 AM - 6:00 PM</b>	<b>10:30 AM - 7:00 PM</b>

## WINTER

NOV-MAR

STANDARD TIME

Alaska (AKST)	Hawaii (HST)*	Pacific (PST)	Mountain (MST)*	Central (CST)	Eastern (EST)
<b>5:30 AM - 2:00 PM</b>	<b>4:30 AM - 1:00 PM</b>	<b>6:30 AM - 3:00 PM</b>	<b>7:30 AM - 4:00 PM</b>	<b>8:30 AM - 5:00 PM</b>	<b>9:30 AM - 6:00 PM</b>

\*Arizona (MST) and Hawaii (HST) do not observe Daylight Saving Time and stay on Standard Time.

\*\*MDT only exists in the summer.

