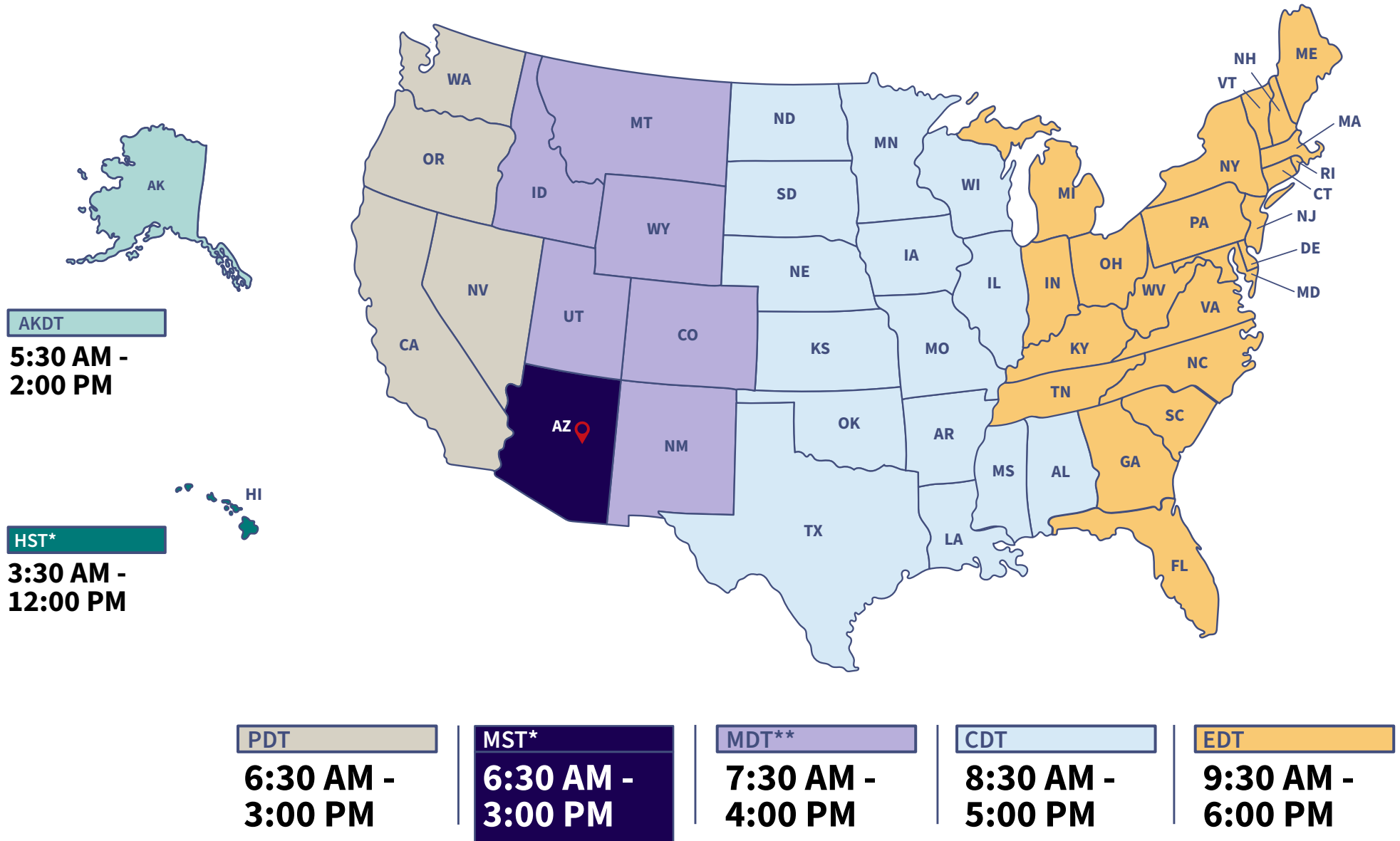
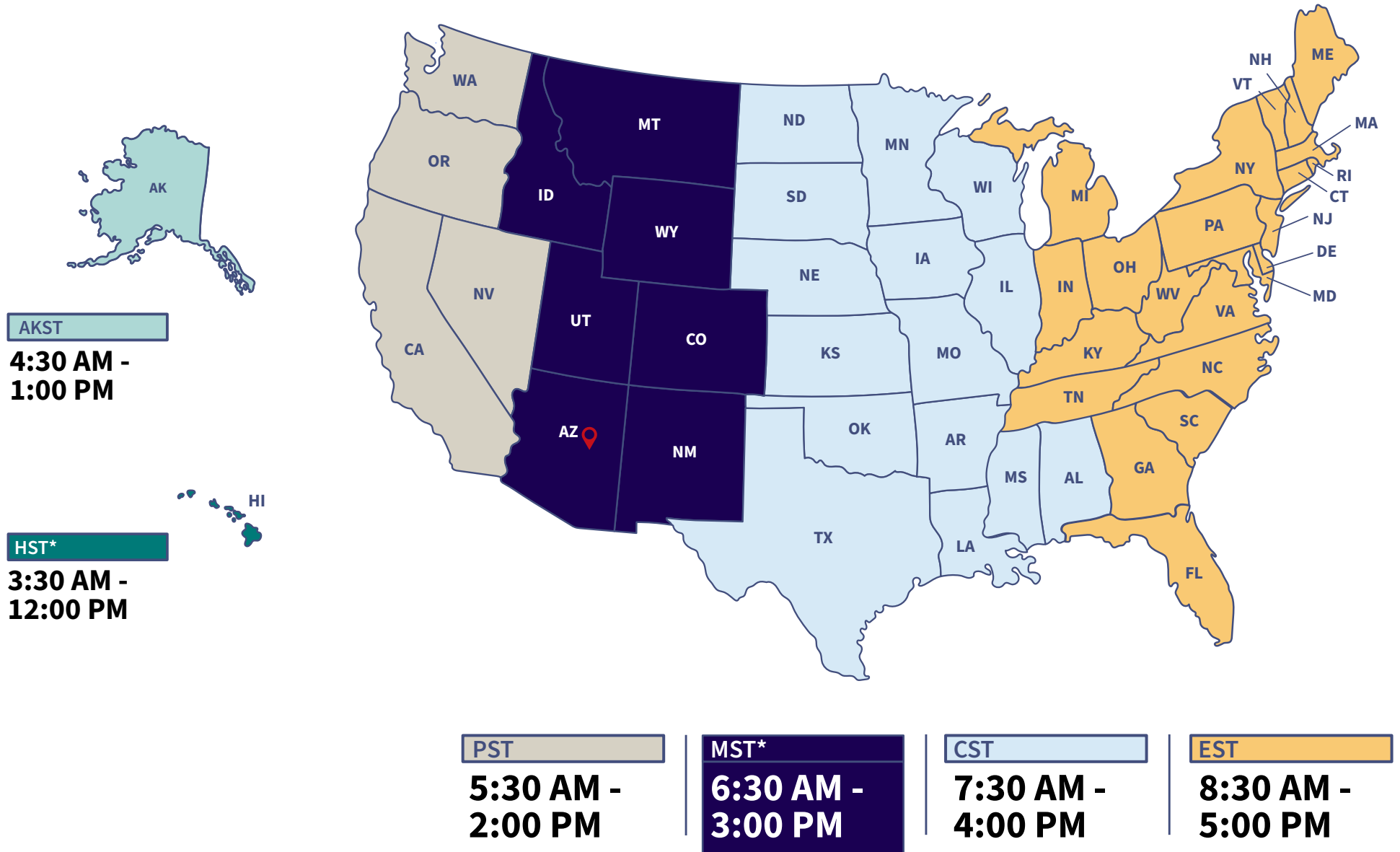




*Arizona (MST) and Hawaii (HST) do not observe Daylight Saving Time and stay on Standard Time. **MDT only exists in the summer.





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SUMMER

DAYLIGHT TIME

MAR - NOV

Alaska (AKDT)	Hawaii (HST)*	Pacific (PDT)	Arizona (MST)*	Mountain (MDT)**	Central (CDT)	Eastern (EDT)
5:30 AM - 2:00 PM	4:30 AM - 12:00 PM	6:30 AM - 3:00 PM	6:30 AM - 3:00 PM	7:30 AM - 4:00 PM	8:30 AM - 5:00 PM	9:30 AM - 6:00 PM

WINTER

STANDARD TIME

NOV-MAR

Alaska (AKST)	Hawaii (HST)*	Pacific (PST)	Mountain (MST)*	Central (CST)	Eastern (EST)
4:30 AM - 1:00 PM	3:30 AM - 12:00 PM	5:30 AM - 2:00 PM	6:30 AM - 3:00 PM	7:30 AM - 4:00 PM	8:30 AM - 5:00 PM

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**MDT only exists in the summer.

