

US TIME ZONE REFERENCE

TIME ZONE NAME	ABBR.	STANDARD OFFSET	EXAMPLE CITY
Eastern Standard Time	EST	UTC -5	New York, NY
Central Standard Time	CST	UTC -6	Chicago, IL
Mountain Standard Time	MST	UTC -7	Denver, CO
Pacific Standard Time	PST	UTC -8	Los Angeles, CA
Alaska Standard Time	AKST	UTC -9	Anchorage, AK
Hawaii-Aleutian Time	HST	UTC -10	Honolulu, HI

* Daylight Saving Time (DST) adjusts offsets by +1 hour where applicable.