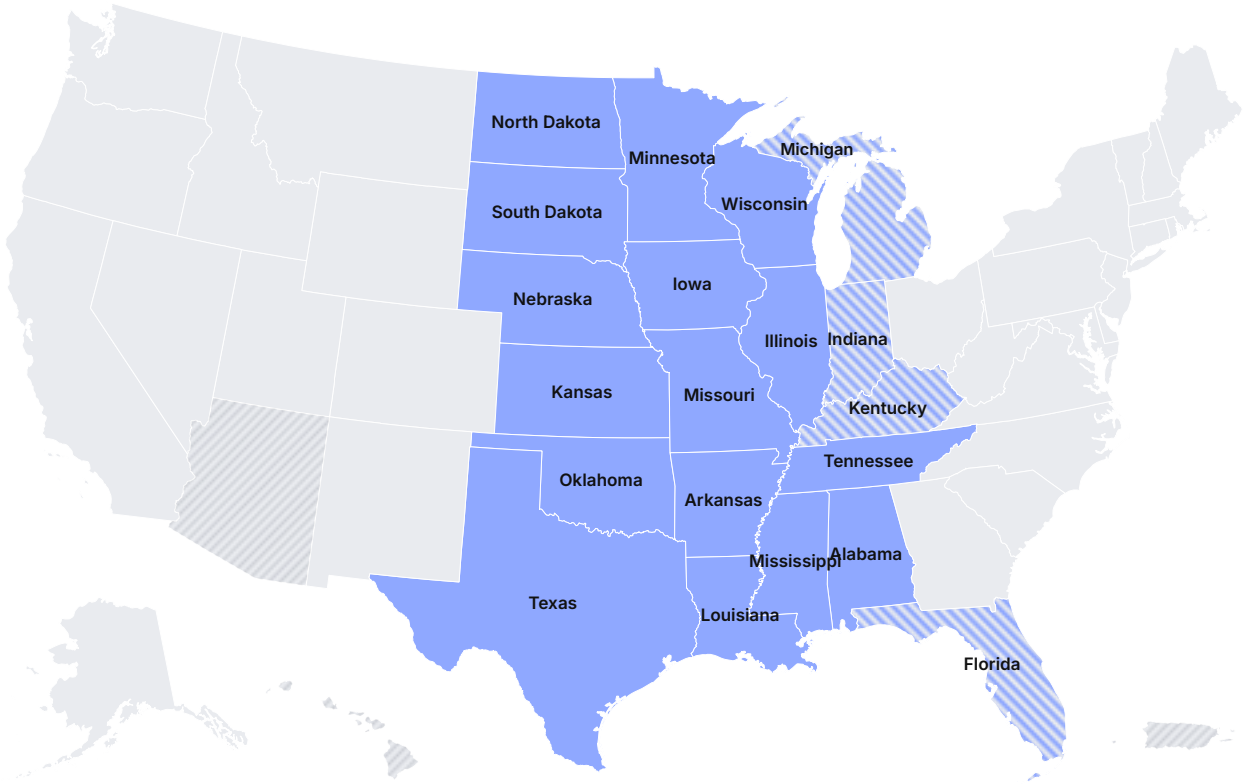
States in the Central Time Zone

Pacific UTC−8 · DST UTC−7 **Mountain** UTC−7 · DST UTC−6 **Central** UTC−6 · DST UTC−5 **Eastern** UTC−5 · DST UTC−4 **Alaska** UTC−9 · DST UTC−8 **Hawaii–Aleutian** UTC−10 · Hawaii no DST · W. Aleutians DST UTC−9



Wholly on Central Time

Alabama, Arkansas, Illinois, Iowa, Louisiana, Minnesota, Mississippi, Missouri, Oklahoma, Wisconsin

Mostly on Central Time

Kansas (except four western counties)

Nebraska (except the western Panhandle)

North Dakota (except the southwest)

South Dakota (except the western half)

Tennessee (except East Tennessee)

Texas (except El Paso and Hudspeth counties)

Partly on Central Time

Florida: the western Panhandle

Indiana: the northwest and southwest corners

Kentucky: the western half

Michigan: four Upper Peninsula counties

Striped: only part of the state is on Central Time. Grey hatching: no daylight saving.
Daylight saving 2026: March 8, 2026 – November 1, 2026.

Map P07 · CC BY 4.0 · ustimezonemap.net/printable-maps/central-time-zone-states-map/