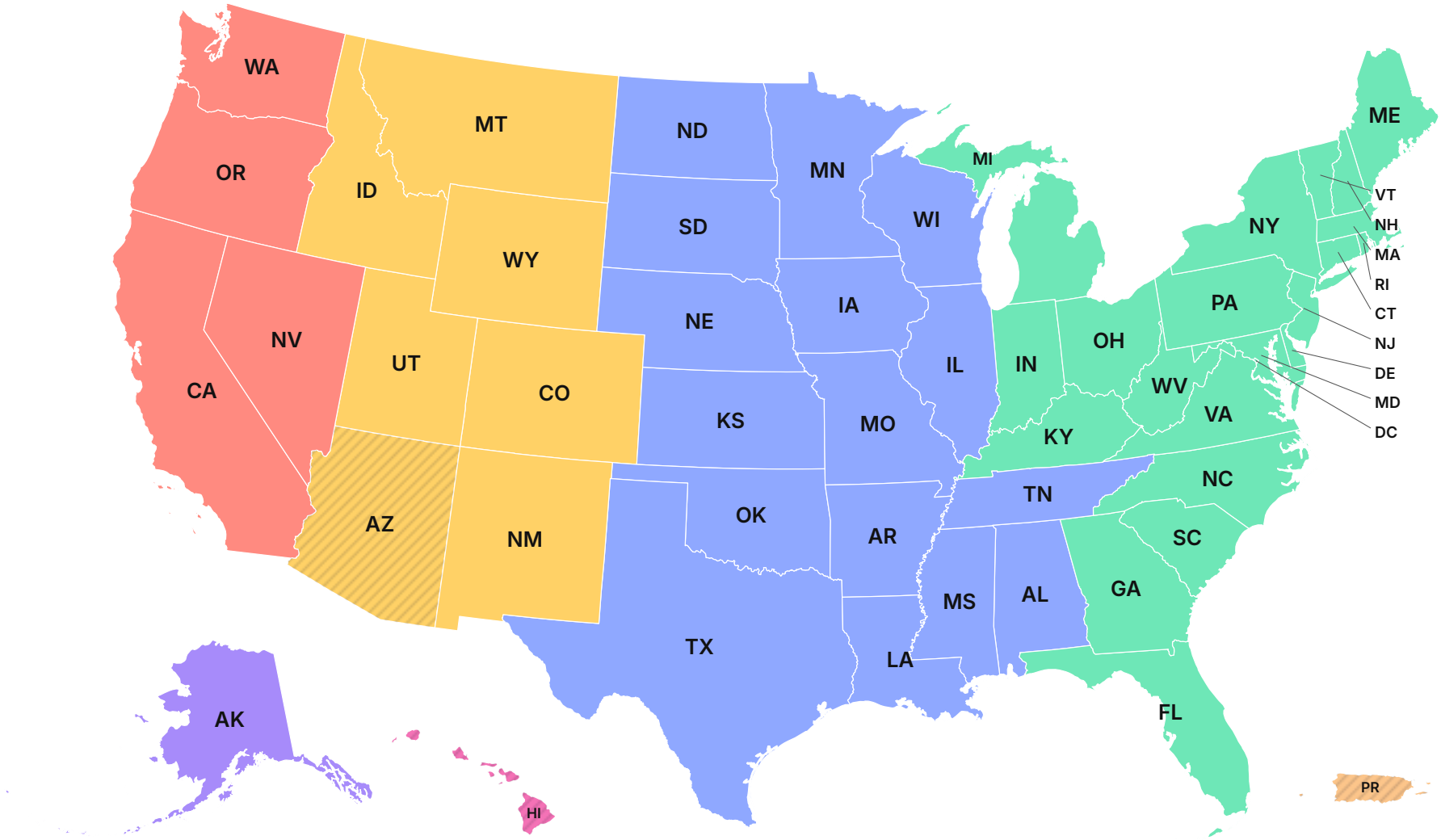
US Time Zones and State Abbreviations

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



Split states are coloured by their main zone. Hatched: no daylight saving. Daylight saving 2026: March 8, 2026 – November 1, 2026.

Map P02 · CC BY 4.0 · ustimezonemap.net/printable-maps/us-time-zone-map-with-abbreviations/