Standard Time Zones

Legend

- CONUS_Boundary
- Time Zones
- States

**CONUS Time Zones**
- UTC -6
- UTC -8
- UTC -7

<table>
<thead>
<tr>
<th>Time Zone</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>UTC -8</td>
<td>7 AM</td>
</tr>
<tr>
<td>UTC -7</td>
<td>6 PM</td>
</tr>
<tr>
<td>UTC -6</td>
<td>5 PM</td>
</tr>
<tr>
<td>UTC -5</td>
<td>4 PM</td>
</tr>
<tr>
<td>UTC -4</td>
<td>3 PM</td>
</tr>
<tr>
<td>UTC -3</td>
<td>2 PM</td>
</tr>
<tr>
<td>UTC -2</td>
<td>1 PM</td>
</tr>
<tr>
<td>UTC -1</td>
<td>12 PM</td>
</tr>
</tbody>
</table>

**Time Zone Abbreviations**
- **EST**: Eastern Standard Time
- **MST**: Mountain Standard Time
- **CST**: Central Standard Time
- **PST**: Pacific Standard Time
- **HST**: Hawaii-Aleutian Time
- **CHST**: Chamorro Standard Time

**States**
- AK: Alaska
- HI: Hawaii
- PR: Puerto Rico
- USVI: U.S. Virgin Islands

**Time Zone Differences**
- **Eastern Time Zone**: UTC -5
- **Central Time Zone**: UTC -6
- **Mountain Time Zone**: UTC -7
- **Pacific Time Zone**: UTC -8
- **Hawaii-Aleutian Time Zone**: UTC -10
- **Chamorro Standard Time**: UTC -11

**Inset Maps**
- Alaska
- Guam
- American Samoa
- Virgin Islands

**Service Layer Credits**
- Esri, HERE, Garmin, (c) OpenStreetMap contributors, and the GIS user community

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**Source**
U.S. National Atlas