

# GEOGRAPHY *U.S. & Canada time zones*



ALASKAN TIME ZONE



PACIFIC TIME ZONE



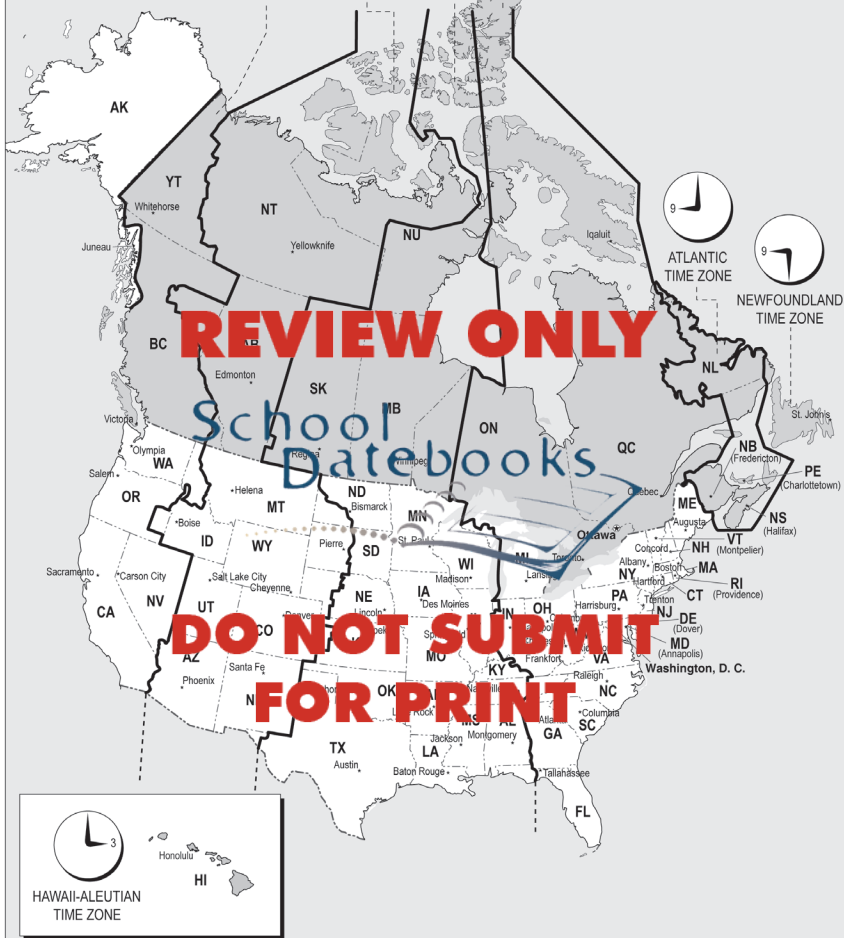
MOUNTAIN TIME ZONE



CENTRAL TIME ZONE



EASTERN TIME ZONE



ATLANTIC TIME ZONE



NEWFOUNDLAND TIME ZONE

**REVIEW ONLY**

**DO NOT SUBMIT FOR PRINT**

Note: Arizona, Hawaii and Saskatchewan; and parts of British Columbia and Quebec do not observe daylight-saving time.