

US Standard Time Zones



The United States are splitted into six standard time zones.

From East to West:

Eastern (UTC -5), Central (UTC -6), Mountain (UTC -7), Pacific (UTC -8), Alaskan (UTC -9), and Hawaii-Aleutian (UTC -10) Time.

11 states are located in two time zones:

Eastern/Central Time:
Michigan, Indiana, Kentucky, Tennessee, and Florida.

Central/Mountain Time:
North Dakota, South Dakota, Nebraska, and Kansas

Mountain/Pacific Time:
Idaho and Oregon

Arizona does not observe *Daylight Saving Time*, except the *Navajo Indian Nation* in the Northeast.

Red lines mark the time zone boundaries, grey lines mark the state borders, and blue bars mark states located in two time zones.

The territories of the USA are located in three additional standard time zones:

Atlantic (UTC -4) Time:
Puerto Rico and US Virgin Islands

Samoa (UTC -11) Time:
American Samoa

Chamorro (UTC +10) Time:
Northern Mariana Islands and Guam

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