

<b>Time zone samplers</b>	<b>Reference</b>		
Abidjan	Africa/Abidjan		
Accra	Africa/Accra		
Australian Central Daylight Savings Time	+10:30		
Acre	Brazil/Acre		
Acre Time	-05:00		
Australian Central Standard Time	+09:30		
Acre Time	-05:00		
ACT	Australia/ACT		
Australian Central Western Standard Time	+08:45		
Australian Central Western Time	+08:45		
Adak	America/Adak		
Addis Ababa	Africa/Addis_Ababa		
Adelaide	Australia/Adelaide		
Aden	Asia/Aden		
Atlantic Daylight Time	-03:00		
Australian Eastern Daylight Savings Time	+11:00		
Australian Eastern Standard Time	+10:00		
Afghanistan Time	+04:30		
Afghanistan Time	+04:30		
AIX-specific equivalent of Central European Time	+01:00		
Alaska Daylight Time	-08:00		
Alaska Standard Time	-09:00		
Alaska	US/Alaska		
Alaska Daylight Time	-08:00		
Alaska Standard Time	-09:00		
Aleutian	US/Aleutian		
Algiers	Africa/Algiers		
Alma-Ata Time	+06:00		
Almaty	Asia/Almaty		
Alma-Ata Time	+06:00		
Amazon Summer Time	-03:00		

Amazon Time	-04:00		
Amman	Asia/Amman		
Amazon Summer Time	-03:00		
Amsterdam	Europe/Amsterdam		
Amazon Time	-04:00		
Armenia Time	+04:00		
Anadyr	Asia/Anadyr		
Anadyr Summer Time	+12:00		
Anadyr Time	+12:00		
Anadyr Summer Time (Russia)	+12:00		
Anadyr Time (Russia)	+12:00		
Anchorage	America/Anchorage		
Andorra	Europe/Andorra		
Anguilla	America/Anguilla		
Antananarivo	Indian/Antananarivo		
Antigua	America/Antigua		
Apia	Pacific/Apia		
Aqtau	Asia/Aqtau		
Aqtobe	Asia/Aqtobe		
Aqtobe Time	+05:00		
Aqtobe Time (Kazakhstan)	+05:00		
Arabia Standard Time	+03:00		
Araguaina	America/Araguaina		
Argentina Time	-03:00		
Arizona	US/Arizona		
Armenia Time	+04:00		
Argentina Time	-03:00		
Aruba	America/Aruba		
Ashgabat	Asia/Ashgabat		
Ashkhabad	Asia/Ashkhabad		
Asmara	Africa/Asmara		

Arabia Standard Time	+03:00		
Atlantic Standard Time	-04:00		
Astrakhan	Europe/Astrakhan		
Asuncion	America/Asuncion		
Athens	Europe/Athens		
Atikokan	America/Atikokan		
Atka	America/Atka		
Atlantic	Canada/Atlantic		
Atlantic Daylight Time	-03:00		
Atlantic Standard Time	-04:00		
Atyrau	Asia/Atyrau		
Auckland	Pacific/Auckland		
Australian Central Daylight Savings Time	+10:30		
Australian Central Standard Time	+09:30		
Australian Central Western Standard Time	+08:45		
Australian Central Western Time	+08:45		
Australian Eastern Daylight Savings Time	+11:00		
Australian Eastern Standard Time	+10:00		
Australian Western Daylight Time	+09:00		
Australian Western Standard Time	+08:00		
Australian Western Daylight Time	+09:00		
Australian Western Standard Time	+08:00		
Azerbaijan Summer Time	+05:00		
Azerbaijan Time	+04:00		
Azores	Atlantic/Azores		
Azores Standard Time	-01:00		
Azores Summer Time	+00:00		
Azores Summer Time	+00:00		
Azores Standard Time	-01:00		
Azerbaijan Summer Time	+05:00		
Azerbaijan Time	+04:00		

Baghdad	Asia/Baghdad		
Bahia	America/Bahia		
Bahia Banderas	America/Bahia_Banderas		
Bahrain	Asia/Bahrain		
BajaNorte	Mexico/BajaNorte		
BajaSur	Mexico/BajaSur		
Baker Island Time	-12:00		
Baku	Asia/Baku		
Bamako	Africa/Bamako		
Bangalore	Asia/Bangalore		
Bangkok	Asia/Bangkok		
Bangladesh	Asia/Dhaka		
Bangladesh Standard Time	+06:00		
Bangui	Africa/Bangui		
Banjul	Africa/Banjul		
Barbados	America/Barbados		
Barnaul	Asia/Barnaul		
Brunei Time	+08:00		
Beirut	Asia/Beirut		
Belem	America/Belem		
Belfast	Europe/Belfast		
Belgrade	Europe/Belgrade		
Belize	America/Belize		
Berlin	Europe/Berlin		
Bermuda	Atlantic/Bermuda		
Beulah	America/North_Dakota/Beulah		
Bhutan Time	+06:00		
British Indian Ocean Time	+06:00		
Birmingham	Europe/Birmingham		
Bishkek	Asia/Bishkek		
Bissau	Africa/Bissau		

Baker Island Time	-12:00		
Blanc-Sablon	America/Blanc-Sablon		
Blantyre	Africa/Blantyre		
Brunei Time	+08:00		
Boa Vista	America/Boa_Vista		
Bogota	America/Bogota		
Boise	America/Boise		
Bolivia Time	-04:00		
Bombay	Asia/Bombay		
Bolivia Time	-04:00		
Bougainville	Pacific/Bougainville		
Bougainville Standard Time	+11:00		
Brasília Summer Time	-02:00		
Brasilia Time	-03:00		
Bratislava	Europe/Bratislava		
Brazzaville	Africa/Brazzaville		
Brisbane	Australia/Brisbane		
British Indian Ocean Time	+06:00		
British Summer Time	+01:00		
Broken Hill	Australia/Broken_Hill		
Brasília Summer Time	-02:00		
Brasilia Time	-03:00		
Brunei	Asia/Brunei		
Brunei Time	+08:00		
Brussels	Europe/Brussels		
Bangladesh Standard Time	+06:00		
Bougainville Standard Time	+11:00		
British Summer Time	+01:00		
Bhutan Time	+06:00		
Bucharest	Europe/Bucharest		
Budapest	Europe/Budapest		

Buenos Aires	America/Argentina/Buenos_Aires	
Bujumbura	Africa/Bujumbura	
Busingen	Europe/Busingen	
Cairo	Africa/Cairo	
Calcutta	Asia/Calcutta	
Cambridge Bay	America/Cambridge_Bay	
Campo Grande	America/Campo_Grande	
Canary	Atlantic/Canary	
Canberra	Australia/Canberra	
Cancun	America/Cancun	
Cape Verde	Atlantic/Cape_Verde	
Cape Verde Time	-01:00	
Caracas	America/Caracas	
Casablanca	Africa/Casablanca	
Casey	Antarctica/Casey	
Casey Time	+08:00	
Casey Time (Antarctica)	+08:00	
Central Africa Time	+02:00	
Catamarca	America/Argentina/Catamarca	
Cayenne	America/Cayenne	
Cayman	America/Cayman	
Cocos Islands Time	+06:30	
Central Daylight Time	-05:00	
Cuba Daylight Time	-04:00	
Central European Daylight Time	+02:00	
Center	America/North_Dakota/Center	
Central	US/Central	
Central Africa Time	+02:00	
Central Daylight Time	-05:00	
Central European	Europe/Berlin	
Central European Daylight Time	+02:00	

Central European Summer Time	+02:00		
Central European Time	+01:00		
Central Indonesia Time	+08:00		
Central Indonesian Time	+08:00		
Central Standard Time	-06:00		
Central Western Standard Time	+08:45		
Central European Summer Time	+02:00		
Central European Time	+01:00		
Ceuta	Africa/Ceuta		
Chatham Daylight Time	+13:45		
Chagos	Indian/Chagos		
Chamorro Standard Time	+10:00		
Chatham Standard Time	+12:45		
Chatham	Pacific/Chatham		
Chatham Daylight Time	+13:45		
Chatham Standard Time	+12:45		
Chicago	America/Chicago		
Chihuahua	America/Chihuahua		
Chile	America/Santiago		
Chile Standard Time	-04:00		
Chile Summer Time	-03:00		
China Standard Time	+08:00		
China Time	+08:00		
Chisinau	Europe/Chisinau		
Chita	Asia/Chita		
Choibalsan	Asia/Choibalsan		
Choibalsan Standard Time	+08:00		
Choibalsan Summer Time	+09:00		
Chongqing	Asia/Chongqing		
Choibalsan Summer Time	+09:00		
Choibalsan Standard Time	+08:00		

Christmas	Indian/Christmas		
Christmas Island Time	+07:00		
Chamorro Standard Time	+10:00		
Chungking	Asia/Chungking		
Chuuk Time	+10:00		
Chuuk	Pacific/Chuuk		
Chuuk Time	+10:00		
Clipperton Island Standard Time	-08:00		
Central Indonesia Time	+08:00		
Cook Island Time	-10:00		
Clipperton Island Standard Time	-08:00		
Chile Summer Time	-03:00		
Chile Standard Time	-04:00		
Cocos	Indian/Cocos		
Cocos Islands Time	+06:30		
Colombia Summer Time	-04:00		
Colombia Time	-05:00		
Colombo	Asia/Colombo		
ComodRivadavia	America/Argentina/ComodRivadavia		
Comoro	Indian/Comoro		
Conakry	Africa/Conakry		
Continental	Chile/Continental		
Cook Island Time	-10:00		
Coordinated Universal Time	+00:00		
Copenhagen	Europe/Copenhagen		
Coral Harbour	America/Coral_Harbour		
Cordoba	America/Argentina/Cordoba		
Colombia Summer Time	-04:00		
Costa Rica	America/Costa_Rica		
Colombia Time	-05:00		
Creston	America/Creston		



Central Standard Time	-06:00		
China Standard Time	+08:00		
Cuba Standard Time	-05:00		
China Time	+08:00		
Cuba	America/Havana		
Cuba Daylight Time	-04:00		
Cuba Standard Time	-05:00		
Cuiaba	America/Cuiaba		
Curacao	America/Curacao		
Currie	Australia/Currie		
Cape Verde Time	-01:00		
Central Western Standard Time	+08:45		
Christmas Island Time	+07:00		
Dacca	Asia/Dacca		
Dakar	Africa/Dakar		
Damascus	Asia/Damascus		
Danmarkshavn	America/Danmarkshavn		
Dar es Salaam	Africa/Dar_es_Salaam		
Darwin	Australia/Darwin		
Davis	Antarctica/Davis		
Davis Time	+07:00		
Davis Time	+07:00		
Dawson	America/Dawson		
Dawson Creek	America/Dawson_Creek		
Dumont d'Urville Time	+10:00		
DeNoronha	Brazil/DeNoronha		
Denver	America/Denver		
Detroit	America/Detroit		
AIX-specific equivalent of Central European Time	+01:00		
Dhaka	Asia/Dhaka		
Dili	Asia/Dili		

Djibouti	Africa/Djibouti		
Dominica	America/Dominica		
Douala	Africa/Douala		
Dubai	Asia/Dubai		
Dublin	Europe/Dublin		
Dumont d'Urville Time	+10:00		
DumontDUrville	Antarctica/DumontDUrville		
Dushanbe	Asia/Dushanbe		
Easter Island Summer Time	-05:00		
Easter Island Standard Time	-06:00		
East Africa Time	+03:00		
East-Indiana	US/East-Indiana		
Easter	Pacific/Easter		
Easter Island Standard Time	-06:00		
Easter Island Summer Time	-05:00		
EasterIsland	Chile/EasterIsland		
Eastern	US/Eastern		
Eastern Caribbean Time	-04:00		
Eastern Daylight Time	-04:00		
Eastern European	Europe/Prague		
Eastern European Daylight Time	+03:00		
Eastern European Summer Time	+03:00		
Eastern European Time	+02:00		
Eastern Greenland Summer Time	+00:00		
Eastern Greenland Time	-01:00		
Eastern Indonesian Time	+09:00		
Eastern Standard Time	-05:00		
East Africa Time	+03:00		
Eastern Caribbean Time	-04:00		
Ecuador Time	-05:00		
Ecuador Time	-05:00		

Edinburgh	Europe/Edinburgh	
Edmonton	America/Edmonton	
Eastern Daylight Time	-04:00	
Eastern European Daylight Time	+03:00	
Eastern European Summer Time	+03:00	
Eastern European Time	+02:00	
Efate	Pacific/Efate	
Eastern Greenland Summer Time	+00:00	
Eastern Greenland Time	-01:00	
Eirunepe	America/Eirunepe	
Eastern Indonesian Time	+09:00	
El Aaiun	Africa/El_Aaiun	
El Salvador	America/El_Salvador	
Enderbury	Pacific/Enderbury	
Ensenada	America/Ensenada	
Eastern Standard Time	-05:00	
Eucla	Australia/Eucla	
Faeroe	Atlantic/Faeroe	
Fakaofu	Pacific/Fakaofu	
Falkland Islands Summer Time	-03:00	
Falkland Islands Time	-04:00	
Famagusta	Asia/Famagusta	
Faroe	Atlantic/Faroe	
Fernando de Noronha Time	-02:00	
Further-eastern European Time	+03:00	
Fiji	Pacific/Fiji	
Fiji Summer Time	+13:00	
Fiji Time	+12:00	
Fiji Summer Time	+13:00	
Fiji Time	+12:00	
Falkland Islands Summer Time	-03:00	

Falkland Islands Time	-04:00		
Fernando de Noronha Time	-02:00		
Fort Nelson	America/Fort_Nelson		
Fort Wayne	America/Fort_Wayne		
Fortaleza	America/Fortaleza		
Freetown	Africa/Freetown		
French Guiana Time	-03:00		
Funafuti	Pacific/Funafuti		
Further-eastern European Time	+03:00		
Gaborone	Africa/Gaborone		
Galapagos	Pacific/Galapagos		
Galápagos Time	-06:00		
Galápagos Time	-06:00		
Gambier	Pacific/Gambier		
Gambier Island Time	-09:00		
Gambier Islands Time	-09:00		
Gambier Islands Time	-09:00		
Gaza	Asia/Gaza		
General	Mexico/General		
Georgia Standard Time	+04:00		
Georgia Standard Time	+04:00		
French Guiana Time	-03:00		
Gibraltar	Europe/Gibraltar		
Gilbert Island Time	+12:00		
Gilbert Island Time	+12:00		
Gambier Island Time	-09:00		
Glace Bay	America/Glace_Bay		
Greenwich Mean Time	+00:00		
GMT-0	Etc/GMT-0		
GMT-1	Etc/GMT-1		
GMT-10	Etc/GMT-10		

GMT-11	Etc/GMT-11		
GMT-12	Etc/GMT-12		
GMT-13	Etc/GMT-13		
GMT-14	Etc/GMT-14		
GMT-2	Etc/GMT-2		
GMT-3	Etc/GMT-3		
GMT-4	Etc/GMT-4		
GMT-5	Etc/GMT-5		
GMT-6	Etc/GMT-6		
GMT-7	Etc/GMT-7		
GMT-8	Etc/GMT-8		
GMT-9	Etc/GMT-9		
GMT+0	Etc/GMT+0		
GMT+1	Etc/GMT+1		
GMT+10	Etc/GMT+10		
GMT+11	Etc/GMT+11		
GMT+12	Etc/GMT+12		
GMT+2	Etc/GMT+2		
GMT+3	Etc/GMT+3		
GMT+4	Etc/GMT+4		
GMT+5	Etc/GMT+5		
GMT+6	Etc/GMT+6		
GMT+7	Etc/GMT+7		
GMT+8	Etc/GMT+8		
GMT+9	Etc/GMT+9		
GMT0	Etc/GMT0		
Godthab	America/Godthab		
Goose Bay	America/Goose_Bay		
Grand Turk	America/Grand_Turk		
Greenwich	Etc/Greenwich		
Greenwich Mean Time	+00:00		

Grenada	America/Grenada	
Gulf Standard Time	+04:00	
South Georgia and the South Sandwich Islands Time	-02:00	
Guadalcanal	Pacific/Guadalcanal	
Guadeloupe	America/Guadeloupe	
Guam	Pacific/Guam	
Guatemala	America/Guatemala	
Guayaquil	America/Guayaquil	
Guernsey	Europe/Guernsey	
Guildford	Europe/Guildford	
Gulf Standard Time	+04:00	
Guyana	America/Guyana	
Guyana Time	-04:00	
Guyana Time	-04:00	
Hawaii-Aleutian Daylight Time	-09:00	
Heure Avancée d'Europe Centrale French-language	+02:00	
Halifax	America/Halifax	
Harare	Africa/Harare	
Harbin	Asia/Harbin	
Hawaii-Aleutian Standard Time	-10:00	
Havana	America/Havana	
Hawaii	US/Hawaii	
Hawaii-Aleutian Daylight Time	-09:00	
Hawaii-Aleutian Standard Time	-10:00	
Hawaii–Aleutian Daylight Time	-09:00	
Hawaii–Aleutian Standard Time	-10:00	
Hawaii–Aleutian Daylight Time	-09:00	
Heard and McDonald Islands Time	+05:00	
Hebron	Asia/Hebron	
Helsinki	Europe/Helsinki	
Hermosillo	America/Hermosillo	

Heure Avancée d'Europe Centrale French-language	+02:00		
Hong Kong Time	+08:00		
Heard and McDonald Islands Time	+05:00		
Ho Chi Minh	Asia/Ho_Chi_Minh		
Hobart	Australia/Hobart		
Hong Kong	Asia/Hong_Kong		
Hong Kong Time	+08:00		
Honolulu	Pacific/Honolulu		
Hovd	Asia/Hovd		
Khovd Summer Time	+08:00		
Khovd Standard Time	+07:00		
Hawaii–Aleutian Standard Time	-10:00		
Indochina Time	+07:00		
International Day Line West time zone	-12:00		
Israel Daylight Time	+03:00		
India	Asia/Calcutta		
Indian Ocean Time	+03:00		
Indian Standard Time	+05:30		
Indian/Kerguelen	+05:00		
Indiana-Starke	US/Indiana-Starke		
Indianapolis	America/Indianapolis		
Indochina Time	+07:00		
International Day Line West time zone	-12:00		
Inuvik	America/Inuvik		
Indian Ocean Time	+03:00		
Iqaluit	America/Iqaluit		
Iran Daylight Time	+04:30		
Iran Standard Time	+03:30		
Iran Daylight Time	+04:30		
Irish	Europe/Dublin		
Irish Standard Time	+01:00		

Irkutsk Summer Time	+09:00		
Irkutsk Time	+08:00		
Irkutsk	Asia/Irkutsk		
Irkutsk Summer Time	+09:00		
Irkutsk Time	+08:00		
Iran Standard Time	+03:30		
Isle of Man	Europe/Isle_of_Man		
Israel	Asia/Tel_Aviv		
Israel Daylight Time	+03:00		
Israel Standard Time	+02:00		
Indian Standard Time	+05:30		
Irish Standard Time	+01:00		
Israel Standard Time	+02:00		
Istanbul	Asia/Istanbul		
Jakarta	Asia/Jakarta		
Jamaica	America/Jamaica		
Jan Mayen	Atlantic/Jan_Mayen		
Japan Standard Time	+09:00		
Jayapura	Asia/Jayapura		
Jersey	Europe/Jersey		
Jerusalem	Asia/Jerusalem		
Johannesburg	Africa/Johannesburg		
Johnston	Pacific/Johnston		
Japan Standard Time	+09:00		
Juba	Africa/Juba		
Jujuy	America/Argentina/Jujuy		
Juneau	America/Juneau		
Kabul	Asia/Kabul		
Kaliningrad	Europe/Kaliningrad		
Kaliningrad Time	+02:00		
Kaliningrad Time	+02:00		



Kamchatka	Asia/Kamchatka		
Kamchatka Summer Time	+12:00		
Kamchatka Time	+12:00		
Kampala	Africa/Kampala		
Karachi	Asia/Karachi		
Kashgar	Asia/Kashgar		
Kathmandu	Asia/Kathmandu		
Katmandu	Asia/Katmandu		
Kerguelen	Indian/Kerguelen		
Kyrgyzstan Time	+06:00		
Khandyga	Asia/Khandyga		
Khartoum	Africa/Khartoum		
Khovd Standard Time	+07:00		
Khovd Summer Time	+08:00		
Kiev	Europe/Kiev		
Kigali	Africa/Kigali		
Kinshasa	Africa/Kinshasa		
Kiritimati	Pacific/Kiritimati		
Kirov	Europe/Kirov		
Knox	America/Indiana/Knox		
Kolkata	Asia/Kolkata		
Korea Standard Time	+09:00		
Kosrae	Pacific/Kosrae		
Kosrae Time	+11:00		
Kosrae Time	+11:00		
Kralendijk	America/Kralendijk		
Krasnoyarsk	Asia/Krasnoyarsk		
Krasnoyarsk Summer Time	+08:00		
Krasnoyarsk Time	+07:00		
Krasnoyarsk Summer Time	+08:00		
Krasnoyarsk Time	+07:00		

Korea Standard Time	+09:00		
Kuala Lumpur	Asia/Kuala_Lumpur		
Kuching	Asia/Kuching		
Kuwait	Asia/Kuwait		
Kuybyshev Time	+04:00		
Kuybyshev Time (Samara Time As Of 1991)	+04:00		
Kwajalein	Pacific/Kwajalein		
Kyrgyzstan Time	+06:00		
La Paz	America/La_Paz		
La Rioja	America/Argentina/La_Rioja		
Lagos	Africa/Lagos		
Lord Howe Daylight Time	+11:00		
LHI	Australia/LHI		
Lord Howe Standard Time	+10:30		
Libreville	Africa/Libreville		
Lima	America/Lima		
Lindeman	Australia/Lindeman		
Line Islands Time	+14:00		
Line Islands Time	+14:00		
Lisbon	Europe/Lisbon		
Ljubljana	Europe/Ljubljana		
Lome	Africa/Lome		
London	Europe/London		
Longyearbyen	Arctic/Longyearbyen		
Lord Howe	Australia/Lord_Howe		
Lord Howe Daylight Time	+11:00		
Lord Howe Standard Time	+10:30		
Los Angeles	America/Los_Angeles		
Louisville	America/Louisville		
Lower Princes	America/Lower_Princes		
Luanda	Africa/Luanda		

Lubumbashi	Africa/Lubumbashi	
Lusaka	Africa/Lusaka	
Luxembourg	Europe/Luxembourg	
Macao	Asia/Macao	
Macau	Asia/Macau	
Maceio	America/Maceio	
Macquarie	Antarctica/Macquarie	
Macquarie Island Station Time	+11:00	
Madeira	Atlantic/Madeira	
Madrid	Europe/Madrid	
Magadan	Asia/Magadan	
Magadan Summer Time	+12:00	
Magadan Time	+12:00	
Magadan Summer Time	+12:00	
Magadan Time	+12:00	
Mahe	Indian/Mahe	
Majuro	Pacific/Majuro	
Makassar	Asia/Makassar	
Malabo	Africa/Malabo	
Malaysia Standard Time	+08:00	
Malaysia Time	+08:00	
Maldives	Indian/Maldives	
Maldives Time	+05:00	
Malta	Europe/Malta	
Managua	America/Managua	
Manaus	America/Manaus	
Manchester	Europe/Manchester	
Manila	Asia/Manila	
Maputo	Africa/Maputo	
Marengo	America/Indiana/Marengo	
Mariehamn	Europe/Mariehamn	

Marigot	America/Marigot		
Marquesas	Pacific/Marquesas		
Marquesas Islands Time	-09:30		
Marshall Islands Time	+12:00		
Marquesas Islands Time	-09:30		
Martinique	America/Martinique		
Maseru	Africa/Maseru		
Matamoros	America/Matamoros		
Mauritius	Indian/Mauritius		
Mauritius Time	+04:00		
Mawson	Antarctica/Mawson		
Mawson Station Time	+05:00		
Mawson Station Time	+05:00		
Mayotte	Indian/Mayotte		
Mazatlan	America/Mazatlan		
Mbabane	Africa/Mbabane		
McMurdo	Antarctica/McMurdo		
Mountain Daylight Time	-06:00		
Melbourne	Australia/Melbourne		
Menominee	America/Menominee		
Merida	America/Merida		
Middle European Summer Time Same zone as CES	+02:00		
Middle European Time Same zone as CET	+01:00		
Metlakatla	America/Metlakatla		
Mexico City	America/Mexico_City		
Marshall Islands Time	+12:00		
Michigan	US/Michigan		
Middle European Summer Time Same zone as CES	+02:00		
Middle European Time Same zone as CET	+01:00		
Midway	Pacific/Midway		
Minsk	Europe/Minsk		

Miquelon	America/Miquelon		
Macquarie Island Station Time	+11:00		
Marquesas Islands Time	-09:30		
Myanmar Standard Time	+06:30		
Mogadishu	Africa/Mogadishu		
Monaco	Europe/Monaco		
Moncton	America/Moncton		
Monrovia	Africa/Monrovia		
Monterrey	America/Monterrey		
Montevideo	America/Montevideo		
Monticello	America/Kentucky/Monticello		
Montreal	America/Montreal		
Montserrat	America/Montserrat		
Moscow	Europe/Moscow		
Moscow Summer Time	+04:00		
Moscow Time	+03:00		
Mountain	US/Mountain		
Mountain Daylight Time	-06:00		
Mountain Standard Time	-07:00		
Moscow Summer Time	+04:00		
Moscow Time	+03:00		
Malaysia Standard Time	+08:00		
Mountain Standard Time	-07:00		
Muscat	Asia/Muscat		
Mauritius Time	+04:00		
Maldives Time	+05:00		
Myanmar Standard Time	+06:30		
Malaysia Time	+08:00		
Nairobi	Africa/Nairobi		
Nassau	America/Nassau		
Nauru	Pacific/Nauru		

Nauru Time	+12:00		
New Caledonia Time	+11:00		
Ndjamena	Africa/Ndjamena		
Newfoundland Daylight Time	-02:30		
Nepal Time	+05:45		
New Caledonia Time	+11:00		
New Delhi	Asia/New_Delhi		
New Salem	America/North_Dakota/New_Salem		
New York	America/New_York		
New Zealand Daylight Time	+13:00		
New Zealand Standard Time	+12:00		
Newfoundland	Canada/Newfoundland		
Newfoundland Daylight Time	-02:30		
Newfoundland Standard Time	-03:30		
Newfoundland Time	-03:30		
Norfolk Island Time	+11:00		
Niamey	Africa/Niamey		
Nicosia	Europe/Nicosia		
Nipigon	America/Nipigon		
Niue	Pacific/Niue		
Niue Time	-11:00		
Nome	America/Nome		
Norfolk	Pacific/Norfolk		
Norfolk Island Time	+11:00		
Noronha	America/Noronha		
Nouakchott	Africa/Nouakchott		
Noumea	Pacific/Noumea		
Novokuznetsk	Asia/Novokuznetsk		
Novosibirsk	Asia/Novosibirsk		
Novosibirsk Summer Time	+07:00		
Novosibirsk Time	+06:00		

Novosibirsk Summer Time	+07:00		
Novosibirsk Time	+06:00		
Nepal Time	+05:45		
Nauru Time	+12:00		
Newfoundland Standard Time	-03:30		
NSW	Australia/NSW		
Newfoundland Time	-03:30		
Niue Time	-11:00		
New Zealand Daylight Time	+13:00		
New Zealand Standard Time	+12:00		
Ojinaga	America/Ojinaga		
Omsk	Asia/Omsk		
Omsk Summer Time	+07:00		
Omsk Time	+06:00		
Omsk Summer Time	+07:00		
Omsk Time	+06:00		
Oral	Asia/Oral		
Oral Time	+05:00		
Oral Time	+05:00		
Oslo	Europe/Oslo		
Ouagadougou	Africa/Ouagadougou		
Pacific	US/Pacific		
Pacific Daylight Time	-07:00		
Pacific Standard Time	-08:00		
Pacific-New	US/Pacific-New		
Pago Pago	Pacific/Pago_Pago		
Pakistan Standard Time	+05:00		
Palau	Pacific/Palau		
Palau Time	+09:00		
Palmer	Antarctica/Palmer		
Panama	America/Panama		

Pangnirtung	America/Pangnirtung		
Papua New Guinea Time	+10:00		
Paraguay Summer Time	-03:00		
Paraguay Time	-04:00		
Paramaribo	America/Paramaribo		
Paris	Europe/Paris		
Pacific Daylight Time	-07:00		
Perth	Australia/Perth		
Peru Time	-05:00		
Peru Time	-05:00		
Petersburg	America/Indiana/Petersburg		
Kamchatka Summer Time	+12:00		
Kamchatka Time	+12:00		
Papua New Guinea Time	+10:00		
Philippine Standard Time	+08:00		
Philippine Time	+08:00		
Phnom Penh	Asia/Phnom_Penh		
Phoenix	America/Phoenix		
Phoenix Island Time	+13:00		
Phoenix Island Time	+13:00		
Philippine Time	+08:00		
Pitcairn	Pacific/Pitcairn		
Pakistan Standard Time	+05:00		
Saint Pierre and Miquelon Daylight Time	-02:00		
Saint Pierre and Miquelon Standard Time	-03:00		
Podgorica	Europe/Podgorica		
Pohnpei	Pacific/Pohnpei		
Pohnpei Standard Time	+11:00		
Ponape	Pacific/Ponape		
Pohnpei Standard Time	+11:00		
Pontianak	Asia/Pontianak		



Port Moresby	Pacific/Port_Moresby	
Port of Spain	America/Port_of_Spain	
Port-au-Prince	America/Port-au-Prince	
Porto Acre	America/Porto_Acre	
Porto Velho	America/Porto_Velho	
Porto-Novo	Africa/Porto-Novo	
Prague	Europe/Prague	
Pacific Standard Time	-08:00	
Philippine Standard Time	+08:00	
Puerto Rico	America/Puerto_Rico	
Punta Arenas	America/Punta_Arenas	
Palau Time	+09:00	
Pyongyang	Asia/Pyongyang	
Paraguay Summer Time	-03:00	
Paraguay Time	-04:00	
Qatar	Asia/Qatar	
Queensland	Australia/Queensland	
Qyzylorda Time (Kazakhstan)	+06:00	
Qyzylorda	Asia/Qyzylorda	
Qyzylorda Time	+06:00	
Rainy River	America/Rainy_River	
Rangoon	Asia/Rangoon	
Rankin Inlet	America/Rankin_Inlet	
Rarotonga	Pacific/Rarotonga	
Recife	America/Recife	
Regina	America/Regina	
Resolute	America/Resolute	
Réunion Time	+04:00	
Reunion	Indian/Reunion	
Réunion Time	+04:00	
Reykjavik	Atlantic/Reykjavik	

Riga	Europe/Riga		
Rio Branco	America/Rio_Branco		
Rio Gallegos	America/Argentina/Rio_Gallegos		
Riyadh	Asia/Riyadh		
Rome	Europe/Rome		
Rosario	America/Rosario		
Rothera	Antarctica/Rothera		
Rothera Research Station Time	-03:00		
Rothera Research Station Time	-03:00		
Saigon	Asia/Saigon		
Saint Pierre and Miquelon Daylight Time	-02:00		
Saint Pierre and Miquelon Standard Time	-03:00		
Saipan	Pacific/Saipan		
Sakhalin	Asia/Sakhalin		
Sakhalin Island Time	+11:00		
Sakhalin Island Time	+11:00		
Salta	America/Argentina/Salta		
Samara	Europe/Samara		
Samara Time	+04:00		
Samarkand	Asia/Samarkand		
Samoa	Pacific/Samoa		
Samoa Daylight Time	-10:00		
Samoa Standard Time	-11:00		
Samara Time	+04:00		
San Francisco	America/Los_Angeles		
San Juan	America/Argentina/San_Juan		
San Luis	America/Argentina/San_Luis		
San Marino	Europe/San_Marino		
Santa Isabel	America/Santa_Isabel		
Santarem	America/Santarem		
Santiago	America/Santiago		

Santo Domingo	America/Santo_Domingo	
Sao Paulo	America/Sao_Paulo	
Sao Tome	Africa/Sao_Tome	
Sarajevo	Europe/Sarajevo	
Saratov	Europe/Saratov	
Saskatchewan	Canada/Saskatchewan	
Saudi Arabia Standard Time	+03:00	
South African Standard Time	+02:00	
Saudi Arabia Standard Time	+03:00	
Solomon Islands Time	+11:00	
Scoresbysund	America/Scoresbysund	
Seychelles Time	+04:00	
Samoa Daylight Time	-10:00	
Seoul	Asia/Seoul	
Seychelles Time	+04:00	
Singapore Time	+08:00	
Shanghai	Asia/Shanghai	
Shiprock	America/Shiprock	
Showa Station Time	+03:00	
Simferopol	Europe/Simferopol	
Singapore	Asia/Singapore	
Singapore Standard Time	+08:00	
Singapore Time	+08:00	
Sitka	America/Sitka	
Skopje	Europe/Skopje	
Sri Lanka Standard Time	+05:30	
Sri Lanka Time	+05:30	
Sofia	Europe/Sofia	
Solomon Islands Time	+11:00	
South African Standard Time	+02:00	
South Georgia	Atlantic/South_Georgia	

South Georgia and the South Sandwich Islands Time	-02:00		
South Pole	Antarctica/South_Pole		
Srednekolymsk	Asia/Srednekolymsk		
Srednekolymsk Time	+11:00		
Srednekolymsk Time	+11:00		
Sri Lanka Standard Time	+05:30		
Sri Lanka Time	+05:30		
Suriname Time	-03:00		
Samoa Standard Time	-11:00		
Singapore Standard Time	+08:00		
St Barthelemy	America/St_Barthelemy		
St Helena	Atlantic/St_Helena		
St Johns	America/St_Johns		
St Kitts	America/St_Kitts		
St Lucia	America/St_Lucia		
St Thomas	America/St_Thomas		
St Vincent	America/St_Vincent		
Stanley	Atlantic/Stanley		
Stockholm	Europe/Stockholm		
Suriname Time	-03:00		
Swift Current	America/Swift_Current		
Sydney	Australia/Sydney		
Showa Station Time	+03:00		
Syowa	Antarctica/Syowa		
Tahiti	Pacific/Tahiti		
Tahiti Time	-10:00		
Tahiti Time	-10:00		
Taipei	Asia/Taipei		
Tajikistan Time	+05:00		
Tallinn	Europe/Tallinn		
Tarawa	Pacific/Tarawa		

Tashkent	Asia/Tashkent		
Tasmania	Australia/Tasmania		
Tbilisi	Asia/Tbilisi		
Tegucigalpa	America/Tegucigalpa		
Tehran	Asia/Tehran		
Tel Aviv	Asia/Tel_Aviv		
Tell City	America/Indiana/Tell_City		
Indian/Kerguelen	+05:00		
Thailand Standard Time	+07:00		
Thailand Standard Time	+07:00		
Thimbu	Asia/Thimbu		
Thimphu	Asia/Thimphu		
Thule	America/Thule		
Thunder Bay	America/Thunder_Bay		
Tijuana	America/Tijuana		
Timbuktu	Africa/Timbuktu		
Timor Leste Time	+09:00		
Tirane	Europe/Tirane		
Tiraspol	Europe/Tiraspol		
Tajikistan Time	+05:00		
Tokelau Time	+13:00		
Timor Leste Time	+09:00		
Turkmenistan Time	+05:00		
Tokelau Time	+13:00		
Tokyo	Asia/Tokyo		
Tomsk	Asia/Tomsk		
Tonga Time	+13:00		
Tongatapu	Pacific/Tongatapu		
Toronto	America/Toronto		
Tortola	America/Tortola		
Tonga Time	+13:00		

Tripoli	Africa/Tripoli		
Troll	Antarctica/Troll		
Turkey Time	+03:00		
Truk	Pacific/Truk		
Truk Time	+10:00		
Truk Time (Micronesia)	+10:00		
Tucuman	America/Argentina/Tucuman		
Tunis	Africa/Tunis		
Turkey Time	+03:00		
Turkmenistan Time	+05:00		
Tuvalu Time	+12:00		
Tuvalu Time	+12:00		
UCT	Etc/UCT		
Ujung Pandang	Asia/Ujung_Pandang		
UK	Europe/London		
Ulaanbaatar	Asia/Ulaanbaatar		
Ulaanbaatar Standard Time	+08:00		
Ulaanbaatar Summer Time	+09:00		
Ulan Bator	Asia/Ulan_Bator		
Ulaanbaatar Summer Time	+09:00		
Ulaanbaatar Standard Time	+08:00		
Ulyanovsk	Europe/Ulyanovsk		
Universal	Etc/Universal		
Uruguay Standard Time	-03:00		
Uruguay Summer Time	-02:00		
Urumqi	Asia/Urumqi		
US Central	US/Central		
US Eastern	US/Eastern		
US Mountain	US/Mountain		
US Pacific	US/Pacific		
Ushuaia	America/Argentina/Ushuaia		

Ust-Nera	Asia/Ust-Nera		
Coordinated Universal Time	+00:00		
Uruguay Summer Time	-02:00		
Uruguay Standard Time	-03:00		
Uzbekistan Time	+05:00		
Uzhgorod	Europe/Uzhgorod		
Uzbekistan Time	+05:00		
Vaduz	Europe/Vaduz		
Vancouver	America/Vancouver		
Vanuatu Time	+11:00		
Vatican	Europe/Vatican		
Venezuelan Standard Time	-04:00		
Venezuelan Standard Time	-04:00		
Vevay	America/Indiana/Vevay		
Victoria	Australia/Victoria		
Vienna	Europe/Vienna		
Vientiane	Asia/Vientiane		
Vilnius	Europe/Vilnius		
Vincennes	America/Indiana/Vincennes		
Virgin	America/Virgin		
Vladivostok	Asia/Vladivostok		
Vladivostok Summer Time	+11:00		
Vladivostok Time	+10:00		
Vladivostok Summer Time	+11:00		
Vladivostok Time	+10:00		
Volgograd	Europe/Volgograd		
Volgograd Time	+04:00		
Volgograd Time	+04:00		
Vostok Station Time	+06:00		
Vostok	Antarctica/Vostok		
Vostok Station Time	+06:00		

Vanuatu Time	+11:00		
Wake	Pacific/Wake		
Wake Island Time	+12:00		
Wake Island Time	+12:00		
Wallis	Pacific/Wallis		
Wallis And Futuna Time	+12:00		
Warsaw	Europe/Warsaw		
West Africa Summer Time	+02:00		
West Africa Time	+01:00		
Western Daylight Time (Australia)	+09:00		
Western European Daylight Time	+01:00		
Western European Summer Time	+01:00		
West Africa Summer Time	+02:00		
West Africa Time	+01:00		
Western Daylight Time	+09:00		
Western European Daylight Time	+01:00		
Western European Summer Time	+01:00		
Western European Time	+00:00		
Western Greenland Summer Time	-02:00		
Western Greenland Time	-03:00		
Western Indonesian Time	+07:00		
Western Sahara Standard Time	+00:00		
Western Standard Time	+08:00		
Western European Time	+00:00		
Wallis And Futuna Time	+12:00		
Western Greenland Summer Time	-02:00		
Western Greenland Time	-03:00		
Whitehorse	America/Whitehorse		
Western Indonesian Time	+07:00		
Winamac	America/Indiana/Winamac		
Windhoek	Africa/Windhoek		



Winnipeg	America/Winnipeg		
Western Indonesian Time	+07:00		
Central Indonesian Time	+08:00		
Western Standard Time	+08:00		
Western Sahara Standard Time	+00:00		
Yakutsk Summer Time	+10:00		
Yakutsk Time	+09:00		
Yakutat	America/Yakutat		
Yakutsk	Asia/Yakutsk		
Yakutsk Summer Time	+10:00		
Yakutsk Time	+09:00		
Yancowinna	Australia/Yancowinna		
Yangon	Asia/Yangon		
Yap Time (Micronesia)	+10:00		
Yap Time	+10:00		
Yekaterinburg	Asia/Yekaterinburg		
Yekaterinburg Summer Time	+06:00		
Yekaterinburg Time	+05:00		
Yekaterinburg Summer Time	+06:00		
Yekaterinburg Time	+05:00		
Yellowknife	America/Yellowknife		
Yerevan	Asia/Yerevan		
Yukon	Canada/Yukon		
Zagreb	Europe/Zagreb		
Zaporozhye	Europe/Zaporozhye		
Zulu	Etc/Zulu		
Zurich	Europe/Zurich		