

City or State	Abbreviation	Time zone	DST changeover and duration	Synchronization
Mountain Standard Time	MST	-7	From 1st Sunday in Nov. to 2st Sunday in Mar.	WWVB
Mountain Daylight Saving Time	MDT	-6	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Arkansas - USA	AR	-6	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Chicago - USA	CHI	-6	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Guatemala City, Guatemala**	GUA	-6	No DST	WWVB
Illinois - USA	IL	-6	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Iowa - USA	IA	-6	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Kansas - USA	KS	-6	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Louisiana - USA	LA	-6	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Managua, Nicaragua**	MGA	-6	No DST	WWVB

P.15

City or State	Abbreviation	Time zone	DST changeover and duration	Synchronization
Mexico City, Mexico**	MEX	-6	From 1st Sunday in Apr. to Last Sunday in Oct.	WWVB
Minnesota - USA	MN	-6	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Mississippi - USA	MS	-6	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Missouri - USA	MO	-6	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Nebraska - USA	NE	-6	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
North Dakota - USA	ND	-6	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Oklahoma - USA	OK	-6	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
San Salvador, El Salvador**	SAL	-6	No DST	WWVB
San Jose, Costa Rica**	SJO	-6	No DST	WWVB
South Dakota - USA	SD	-6	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Tennessee - USA	TN	-6	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB

P.16

City or State	Abbreviation	Time zone	DST changeover and duration	Synchronization
Texas - USA	TX	-6	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Wisconsin - USA	WI	-6	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Central Standard Time	CST	-6	From 1st Sunday in Nov. to 2st Sunday in Mar.	WWVB
Central Daylight Saving Time	CDT	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Bogota, Colombia**	BOG	-5	No DST	WWVB
Connecticut - USA	CT	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Delaware - USA	DE	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Florida - USA	FL	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Georgia - USA	GA	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Havana, Cuba**	HAV	-5	From Last Sunday in Mar. to last Sunday in Oct.	WWVB
Indiana - USA**	IN	-5	No DST	WWVB

P.17

City or State	Abbreviation	Time zone	DST changeover and duration	Synchronization
Kentucky - USA	KY	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Kingston, Jamaica**	KIN	-5	No DST	WWVB
Lima, Peru**	LIM	-5	No DST	WWVB
Maine - USA	ME	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Maryland - USA	MD	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Massachusetts - USA	MA	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Michigan - USA	MI	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Montreal, Canada	MON	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Nassau, Bahamas**	NAS	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
New Hampshire - USA	NH	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
New Jersey - USA	NJ	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
New York - USA	NY	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
North Carolina - USA	NC	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB

P.18