

City or State	Abbreviation	Time zone	DST changeover and duration	Synchronization
Ohio - USA	OH	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Ottawa, Canada	OTW	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Pennsylvania - USA	PA	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Panama City, Panama**	PTY	-5	No DST	WWVB
Port-au-prince, Haiti**	PAP	-5	No DST	WWVB
Quito, Ecuador**	UIO	-5	No DST	WWVB
Rhode Island - USA	RI	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
South Carolina - USA	SC	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Toronto, Canada	TRT	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Vermont - USA	VT	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Virginia - USA	VA	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB

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West Virginia - USA	WV	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Washington DC - USA	DC	-5	From 2nd Sunday in Mar. to 1st Sunday in Nov.	WWVB
Eastern Standard Time	EST	-5	From 1st Sunday in Nov. to 2st Sunday in Mar.	WWVB
Eastern Daylight Saving Time	EDT	-4	From 2nd Sunday in Mar. to 3rd Sunday in Oct.	WWVB
Asuncion, Paraguay**	ASU	-4	From 1st Sunday in Nov. to 2st Sunday in Mar.	WWVB
Caracas, Venezuela**	CCS	-4	No DST	WWVB
La Paz, Bolivia**	LPB	-4	No DST	WWVB
Port-O-Spain, Trinidad & Tobago**	POS	-4	No DST	WWVB
Santiago, Chile**	SCL	-4	Form 1st Sunday on or after 9th Oct. 1st Sunday on or after 9th Mar.	WWVB
San Juan, Puerto Rico**	SJU	-4	No DST	WWVB
Brasilia, Brazil**	BSB	-3	From 3rd Sunday of Oct. to 3rd Sunday of Feb.	WWVB
Buenos Aires, Argentina**	BUA	-3	No DST	WWVB

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Montevideo, Uruguay**	MVD	-3	No DST	WWVB
Rio de Janeiro, Brazil**	RIO	-3	From 3rd Sunday of Oct. to 3rd Sunday of Feb	WWVB
Sao Paulo, Brazil**	SPL	-3	From 3rd Sunday of Oct. to 3rd Sunday of Feb.	WWVB
Casablanca, Morocco**	CAS	0	No DST	DCF
Dublin, Ireland	DUB	0	From Last Sunday in Mar. To Last Sunday in Oct.	MSF
Greenwich Mean Time**	GMT	0	No DST	MSF
Lisbon, Portugal**	LIS	0	From Last Sunday in Mar. To Last Sunday in Oct.	DCF
London, UK	LON	0	From Last Sunday in Mar. to Last Sunday in Oct.	MSF
Reykjavik, Iceland**	RKV	0	No DST	MSF
Algiers, Algeria**	ALG	1	No DST	No Synchronization
Amsterdam, Netherlands	AMS	1	From Last Sunday in Mar. to Last Sunday in Oct.	DCF
Barcelona, Spain	BCN	1	From Last Sunday in Mar. To Last Sunday in Oct.	DCF
Belgrade, Yugoslavia**	BEG	1	From Last Sunday in Mar. to Last Sunday in Oct.	DCF

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Berlin, Germany	BER	1	From Last Sunday in Mar. to Last Sunday in Oct.	DCF
Brussels, Belgium	BRU	1	From Last Sunday in Mar. to Last Sunday in Oct.	DCF
Budapest, Hungary**	BUD	1	From Last Sunday in Mar. to Last Sunday in Oct.	DCF
Copenhagen, Denmark	CPH	1	From Last Sunday in Mar. to Last Sunday in Oct.	DCF
Frankfurt, Germany	FRA	1	From Last Sunday in Mar. to Last Sunday in Oct.	DCF
Geneva, Switzerland	GVA	1	From Last Sunday in Mar. to Last Sunday in Oct.	DCF
Lagos, Nigeria**	LOS	1	No DST	No Synchronization
Luxembourg, Luxembourg	LUX	1	From Last Sunday in Mar. to Last Sunday in Oct.	DCF
Madrid, Spain	MAD	1	From Last Sunday in Mar. to Last Sunday in Oct.	DCF
Milan, Italy	MIL	1	From Last Sunday in Mar. to Last Sunday in Oct.	DCF
Oslo, Norway	OSL	1	From Last Sunday in Mar. to Last Sunday in Oct.	DCF
Paris, France	PAR	1	From Last Sunday in Mar. to Last Sunday in Oct.	DCF

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