

APPLICATION NOTE

ANTZ-01

WORLD TIME ZONES and DAYLIGHT SAVINGS TIMES

NAME	GMT OFFSET	DST START	DST END	COUNTRY
Aberdeen, Scot	GMT	Last Sun of MAR	Last Sun of OCT	United Kingdom
Abidjan	GMT			Cote d'Ivoire
Abu Dhabi	+4			United Arab Emirates
Abuja	+1			Nigeria
Accra	GMT			Ghana
Adamstown	-8.5			Pitcairn
Addis Ababa	+3			Ethiopia
Adelaide	+9.5	Last Sun of MAR	Last Sun of OCT	Australia
Aden	+3			Yemen
Agana	+10			Guam
Akron, OH		2nd Sun of MAR	1st Sun of NOV	United States
Alajuela	-6			Costa Rica
Albany, NY	-5	2nd Sun of MAR	1st Sun of NOV	United States
Albuquerque, NM	-7	2nd Sun of MAR	1st Sun of NOV	United States
Aleppo	+2	2nd Sun of MAR	1st Sun of NOV	Syria
Alexandria	+2	4th Fri of APR	4th Mon of SEP	Egypt
Algiers	+1			Algeria
Almaty	+6	Last Sun of MAR	Last Sun of OCT	Kazakhstan
Alofi	-11			Niue
Amman	+2			Jordan
Amsterdam	+1	Last Sun of MAR	Last Sun of OCT	Netherlands
Anchorage, AK	-9	2nd Sun of MAR	1st Sun of NOV	United States
Andorra La Vella	+1	Last Sun of MAR	Last Sun of OCT	Andorra
Ankara	+2	Last Sun of MAR	Last Sun of OCT	Turkey
Ann Arbor, MI	-5	2nd Sun of MAR	1st Sun of NOV	United States
Anshan	+8			China
Antananarivo	+3			Madagascar
Antwerp	+1	Last Sun of MAR	Last Sun of OCT	Belgium
Apia	-11			Samoa (Western)
Aqmola	+6	Last Sun of MAR	Last Sun of OCT	Kazakhstan
Arhus	+1	Last Sun of MAR	Last Sun of OCT	Denmark
As Salimiyah	+3			Kuwait
Ashgabat	+5			Turkmenistan
Asmara	+3			Eritrea
Asuncion	-4	1st Sun of OCT	Last Sun of FEB	Paraguay
Athens	+2	Last Sun of MAR	Last Sun of OCT	Greece
Atlanta, GA	-5	2nd Sun of MAR	1st Sun of NOV	United States
Auckland	+12	1st Sun of OCT	3rd Sun of MAR	New Zealand
Austin, TX	-6	2nd Sun of MAR	1st Sun of NOV	United States
Avarua	-10			Cook Is.
Az Zarqa	+2			Jordan
Baghdad	+3	1st Sun of APR	1st Sun of OCT	Iraq
Bairiki	+12			Kiribati
Baku	+4	Last Sun of MAR	Last Sun of OCT	Azerbaijan
Baltimore, MD	-5	2nd Sun of MAR	1st Sun of NOV	United States
Bamako	GMT			Mali
Bandar Seri Begawan	+8			Brunei
Bangkok	+7			Thailand
Bangui	+1			Cent. African Republic
Banja Luka	+1	Last Sun of MAR	Last Sun of OCT	Bosnia & Herzegovina
Banjul	GMT			The Gambia
Barcelona	+1	Last Sun of MAR	Last Sun of OCT	Spain
Basel	+1	Last Sun of MAR	Last Sun of OCT	Switzerland



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Basra	+3	1st Sun of APR	1st Sun of OCT	Iraq
Basse-Terre	-4			Guadeloupe
Basseterre	-4			St Kitts & Nevis
Bata	+1			Equatorial Guinea
Battambang	+7			Cambodia
Bayamon	-4			Puerto Rico
Beau Bassin	+4			Mauritius
Beijing	+8			China
Beira	+2			Mozambique
Beirut	+2	Last Sun of MAR	Last Sun of SEP	Lebanon
Belfast, N. Ire.	GMT	Last Sun of MAR	Last Sun of OCT	United Kingdom
Belgrade	+1	Last Sun of MAR	Last Sun of OCT	Yugoslavia
Belize City	-6			Belize
Bellevue, WA	-8	2nd Sun of MAR	1st Sun of NOV	United States
Belmopan	-6			Belize
Belo Horizonte	-3	2nd Sun of OCT	3rd Sun of FEB	Brazil
Benghazi	+1			Libya
Bergen	+1	Last Sun of MAR	Last Sun of OCT	Norway
Berlin	+1	Last Sun of MAR	Last Sun of OCT	Germany
Bern	+1	Last Sun of MAR	Last Sun of OCT	Switzerland
Beverly Hills, CA	-8	2nd Sun of MAR	1st Sun of NOV	United States
Biel	+1	Last Sun of MAR	Last Sun of OCT	Switzerland
Big Bend	+2			Swaziland
Bilbao	+1	Last Sun of MAR	Last Sun of OCT	Spain
Billings, MT	-7	2nd Sun of MAR	1st Sun of NOV	United States
Birkirkara	+1	Last Sun of MAR	Last Sun of OCT	Malta
Birmingham, AL	-6	2nd Sun of MAR	1st Sun of NOV	United States
Birmingham, Eng	GMT	Last Sun of MAR	Last Sun of OCT	United Kingdom
Bishkek	+6	Last Sun of MAR	Last Sun of OCT	Kyrgyzstan
Bissau	GMT			Guinea-Bissau
Bitola	+1	Last Sun of MAR	Last Sun of OCT	Macedonia, FYRO
Blantyre	+2			Malawi
Bloomington, IL	-6	2nd Sun of MAR	1st Sun of NOV	United States
Bo	GMT			Sierra Leone
Bobo Dioulasso	GMT			Burkina Faso
Bogota	-5			Colombia
Boise, ID	-7	2nd Sun of MAR	1st Sun of NOV	United States
Bombay	+5.5			India
Bordeaux	+1	Last Sun of MAR	Last Sun of OCT	France
Borgo Maggiore	+1	Last Sun of MAR	Last Sun of OCT	San Marino
Boston, MA	-5	2nd Sun of MAR	1st Sun of NOV	United States
Boulder, CO	-7	2nd Sun of MAR	1st Sun of NOV	United States
Brasilia	-3	2nd Sun of OCT	3rd Sun of FEB	Brazil
Bratislava	+1	Last Sun of MAR	Last Sun of OCT	Slovakia
Brazzaville	+1			Congo
Bridgeport, CT	-5	2nd Sun of MAR	1st Sun of NOV	United States
Brisbane	+10			Australia
Bristol, Eng	GMT	Last Sun of MAR	Last Sun of OCT	United Kingdom
Brno	+1	Last Sun of MAR	Last Sun of OCT	Czech Republic
Brussels	+1	Last Sun of MAR	Last Sun of OCT	Belgium
Buchanan	GMT			Liberia
Bucharest	+2	Last Sun of MAR	Last Sun of OCT	Romania
Budapest	+1	Last Sun of MAR	Last Sun of OCT	Hungary
Buenos Aires	-3			Argentina
Bujumbura	+2			Burundi
Bulawayo	+2			Zimbabwe
Burlington, VT	-5	2nd Sun of MAR	1st Sun of NOV	United States
Butare	+2			Rwanda
Cadiz	+1	Last Sun of MAR	Last Sun of OCT	Spain
Caguas	-4			Puerto Rico
Cairo	+2	4th Fri of APR	4th Mon of SEP	Egypt
Calcutta	+5.5			India
Calgary, AB	-7	2nd Sun of MAR	1st Sun of NOV	Canada
Cali	-5			Colombia
Calicut	+5.5			India
Callao	-5			Peru
Cambridge, Eng	GMT	Last Sun of MAR	Last Sun of OCT	United Kingdom
Canberra	+10	Last Sun of OCT	Last Sun of MAR	Australia
Cap-Haitien	-5			Haiti
Cape Town	+2			South Africa
Caracas	-4			Venezuela
Cardiff, Wales	GMT	Last Sun of MAR	Last Sun of OCT	United Kingdom
Carolina	-4			Puerto Rico
Cary, NC	-5	2nd Sun of MAR	1st Sun of NOV	United States
Casablanca		GMT		Morocco
Castries	-4			St Lucia
Cayenne	-3			French Guiana
Cebu	+8			Philippines
Cedar Rapids, IA	-6	2nd Sun of MAR	1st Sun of NOV	United States
Chardzhou	+5			Turkmenistan
Charleston, WV	-5	2nd Sun of MAR	1st Sun of NOV	United States
Charlestown	-4			St Kitts & Nevis
Charlotte Amalie	-4			Virgin Is. (USA)
Charlotte, NC	-5	2nd Sun of MAR	1st Sun of NOV	United States
Charlottetown, PE	-4	2nd Sun of MAR	1st Sun of NOV	Canada

Cheyenne, WY	-7	2nd Sun of MAR	1st Sun of NOV	United States
Chiang Mai	+7			Thailand
Chicago, IL	-6	2nd Sun of MAR	1st Sun of NOV	United States
Chisinau	+2	Last Sun of MAR	Last Sun of OCT	Moldova
Chittagong	+6			Bangladesh
Chongqing	+8			China
Christchurch	+12	Last Sun of OCT	3rd Sun of MAR	New Zealand
Cincinnati, OH	-5	2nd Sun of MAR	1st Sun of NOV	United States
Ciudad del Este	-4	1st Sun of OCT	Last Sun of FEB	Paraguay
Cleveland, OH	-5	2nd Sun of MAR	1st Sun of NOV	United States
Cologne	+1	Last Sun of MAR	Last Sun of OCT	Germany
Colombo	+6			Sri Lanka
Colorado Springs, CO	-7	2nd Sun of MAR	1st Sun of NOV	United States
Columbia, SC	-5	2nd Sun of MAR	1st Sun of NOV	United States
Columbus, OH	-5	2nd Sun of MAR	1st Sun of NOV	United States
Conakry	GMT			Guinea
Concepcion	-4	2nd Sun of OCT	1st Sun of APR	Chile
Concord, NH	-5	2nd Sun of MAR	1st Sun of NOV	United States
Constanta	+2	Last Sun of MAR	Last Sun of OCT	Romania
Copenhagen	+1	Last Sun of MAR	Last Sun of OCT	Denmark
Cordoba	-3			Argentina
Cork	GMT	Last Sun of MAR	Last Sun of OCT	Ireland
Cotonou	+1			Benin
Coventry, Eng	GMT	Last Sun of MAR	Last Sun of OCT	United Kingdom
Cuiaba	-4			Brazil
Dakar	GMT			Senegal
Dallas, TX	-6	2nd Sun of MAR	1st Sun of NOV	United States
Damascus	+2	1st Sun of APR	1st Sun of OCT	Syria
Dar es Salaam	+3			Tanzania
Darhan	+8	Last Sun of MAR	Last Sun of SEP	Mongolia
Darwin	+9.5			Australia
Daugavpils	+2	Last Sun of MAR	Last Sun of OCT	Latvia
Debrecen	+1	Last Sun of MAR	Last Sun of OCT	Hungary
Delhi	+5.5			India
Denver, CO	-7	2nd Sun of MAR	1st Sun of NOV	United States
Des Moines, IA	-6	2nd Sun of MAR	1st Sun of NOV	United States
Detroit, MI	-5	2nd Sun of MAR	1st Sun of NOV	United States
Dhaka	+6			Bangladesh
Dire Dawa	+3			Ethiopia
Djibouti	+3			Djibouti
Doha	+3			Qatar
Dortmund	+1	Last Sun of MAR	Last Sun of OCT	Germany
Douala	+1			Cameroon
Douglas	GMT	Last Sun of MAR	Last Sun of OCT	Isle of Man
Dubai	+4			United Arab Emirates
Dublin	GMT	Last Sun of MAR	Last Sun of OCT	Ireland
Dunedin	+12	1st Sun of OCT	3rd Sun of MAR	New Zealand
Durban	+2			South Africa
Durres	+1	Last Sun of MAR	Last Sun of OCT	Albania
Dushanbe	+5			Tajikistan
Dusseldorf	+1	Last Sun of MAR	Last Sun of OCT	Germany
Edinburgh, Scot	GMT	Last Sun of MAR	Last Sun of OCT	United Kingdom
Edmonton, AB	-7	2nd Sun of MAR	1st Sun of NOV	Canada
Eilat	+2	1st Fri of APR	1st Fri of SEP	Israel
El Aaiun	GMT			Western Sahara
El Paso, TX	-7	2nd Sun of MAR	1st Sun of NOV	United States
Esch-sur-Alzette	+1	Last Sun of MAR	Last Sun of OCT	Luxembourg
Espoo	+2	Last Sun of MAR	Last Sun of OCT	Finland
Essen	+1	Last Sun of MAR	Last Sun of OCT	Germany
Fargo, ND	-6	1st Sun of APR	Last Sun of OCT	United States
Florence	+1	Last Sun of MAR	Last Sun of OCT	Italy
Fongafale	+12			Tuvalu
Fort Lauderdale, FL	-5	2nd Sun of MAR	1st Sun of NOV	United States
Fort Worth, TX	-6	2nd Sun of MAR	1st Sun of NOV	United States
Fort-de-France	-4			Martinique
Frankfurt	+1	Last Sun of MAR	Last Sun of OCT	Germany
Freetown	GMT			Sierra Leone
Fuzhou	+8			China
Gaborone	+2			Botswana
Geelong	+10	Last Sun of OCT	Last Sun of MAR	Australia
Geneva	+1	Last Sun of MAR	Last Sun of OCT	Switzerland
Genoa	+1	Last Sun of MAR	Last Sun of OCT	Italy
Georgetown	-4			Guyana
Gibraltar	+1	Last Sun of MAR	Last Sun of OCT	Gibraltar
Giza	+2	4th Fri of APR	4th Mon of SEP	Egypt
Glasgow, Scot	GMT	Last Sun of MAR	Last Sun of OCT	United Kingdom
Gomel	+2	Last Sun of MAR	Last Sun of OCT	Belarus
Grand Turk	-5	1st Sun of APR	Last Sun of OCT	Turks & Caicos Is.
Graz	+1	Last Sun of MAR	Last Sun of OCT	Austria
Grenoble	+1	Last Sun of MAR	Last Sun of OCT	France
Guadalajara	-6	2nd Sun of MAR	1st Sun of NOV	Mexico
Guangzhou	+8			China
Guatemala City	-6			Guatemala
Guayaquil	-5			Ecuador
Gyandzha	+4	Last Sun of MAR	Last Sun of OCT	Azerbaijan

Haifa	+2	1st Fri of APR	1st Fri of SEP	Israel
Halifax, NS	-4	2nd Sun of MAR	1st Sun of NOV	Canada
Hamburg	+1	Last Sun of MAR	Last Sun of OCT	Germany
Hamilton	-4	1st Sun of APR	Last Sun of OCT	Bermuda
Hamilton	+12	1st Sun of OCT	3rd Sun of MAR	New Zealand
Hannover	+1	Last Sun of MAR	Last Sun of OCT	Germany
Hanoi	+7			Vietnam
Harare	+2			Zimbabwe
Hargeisa	+3			Somalia
Hartford, CT	-5	2nd Sun of MAR	1st Sun of NOV	United States
Helsinki	+2	Last Sun of MAR	Last Sun of OCT	Finland
Ho Chi Minh City	+7			Vietnam
Hobart	+10	Last Sun of OCT	Last Sun of MAR	Australia
Hong Kong	+8			China
Honiara	+11			Solomon Is.
Honolulu, HI	-10			United States
Houston, TX	-6	2nd Sun of MAR	1st Sun of NOV	United States
Huambo	+1			Angola
Indianapolis, IN	-5			United States
Ipoh	+8			Malaysia
Islamabad	+5			Pakistan
Istanbul	+2	Last Sun of MAR	Last Sun of OCT	Turkey
Jackson, MS	-6	2nd Sun of MAR	1st Sun of NOV	United States
Jacksonville, FL	-5	2nd Sun of MAR	1st Sun of NOV	United States
Jakarta	+7			Indonesia
Jamestown	GMT			St Helena
Jericho	+2	1st Fri of APR	1st Sun of SEP	West Bank
Jerusalem	+2	1st Fri of APR	1st Fri of SEP	Israel
Jiddah	+3			Saudi Arabia
Jinja	+3			Uganda
Johannesburg	+2			South Africa
Kabul	+4.5			Afghanistan
Kampala	+3			Uganda
Kandahar	+4.5			Afghanistan
Kankan	GMT			Guinea
Kansas City, MO	-6	2nd Sun of MAR	1st Sun of NOV	United States
Kanye	+2			Botswana
Karachi	+5			Pakistan
Kathmandu	+5.8			Nepal
Kaunas	+1	Last Sun of MAR	Last Sun of OCT	Lithuania
Kharkov	+2	Last Sun of MAR	Last Sun of OCT	Ukraine
Khartoum	+2			Sudan
Khudzhand	+5			Tajikistan
Khulna	+6			Bangladesh
Kiev	+2	Last Sun of MAR	Last Sun of OCT	Ukraine
Kigali	+2			Rwanda
Kingston	-5			Jamaica
Kingston	+11.5			Norfolk Is.
Kingstown	-4			St Vincent & Grenad.
Kinshasa	+1			Dem Rep of Congo
Kobe	+9			Japan
Kolonia	+11			Micronesia
Kopavogur	GMT	Last Sun of MAR	Last Sun of OCT	Iceland
Koror	+9			Palau
Kovice	+1	Last Sun of MAR	Last Sun of OCT	Slovakia
Kowloon	+8			China
Kuala Belait	+8			Brunei
Kuala Lumpur	+8			Malaysia
Kumasi	GMT			Ghana
Kumayri	+4	Last Sun of MAR	Last Sun of OCT	Armenia
Kutaishi	+4	Last Sun of MAR	Last Sun of OCT	Georgia
Kuwait City	+3			Kuwait
Kyoto	+9			Japan
La Paz	-4			Bolivia
Lagos	+1			Nigeria
Lansing, MI	-5	2nd Sun of MAR	1st Sun of NOV	United States
Las Vegas, NV	-8	2nd Sun of MAR	1st Sun of NOV	United States
Lausanne	+1	Last Sun of MAR	Last Sun of OCT	Switzerland
Lautoka	+12	4th Sun of FEB	1st Sun of NOV	Fiji
Leeds, Eng	GMT	Last Sun of MAR	Last Sun of OCT	United Kingdom
Leon	-6			Nicaragua
Libreville	+1			Gabon
Lille	+1	Last Sun of MAR	Last Sun of OCT	France
Lilongwe	+2			Malawi
Lima	-5			Peru
Limassol	+2	Last Sun of MAR	Last Sun of OCT	Cyprus
Limerick	GMT	Last Sun of MAR	Last Sun of OCT	Ireland
Lincoln, NE	-6	2nd Sun of MAR	1st Sun of NOV	United States
Lisbon	GMT	Last Sun of MAR	Last Sun of OCT	Portugal
Little Rock, AR	-6	2nd Sun of MAR	1st Sun of NOV	United States
Liverpool, Eng	GMT	Last Sun of MAR	Last Sun of OCT	United Kingdom
Ljubljana	+1	Last Sun of MAR	Last Sun of OCT	Slovenia
Lodz	+1	Last Sun of MAR	Last Sun of OCT	Poland
Lome	GMT			Togo
London, Eng	GMT	Last Sun of MAR	Last Sun of OCT	United Kingdom

Longyearbyen	+1	Last Sun of MAR	Last Sun of OCT	Svalbard
Los Angeles, CA	-8	2nd Sun of MAR	1st Sun of NOV	United States
Louisville, KY	-5	2nd Sun of MAR	1st Sun of NOV	United States
Luanda	+1			Angola
Lubumbashi	+2			Dem Rep of Congo
Lusaka	+2			Zambia
Luxembourg	+1	Last Sun of MAR	Last Sun of OCT	Luxembourg
Lyon	+1	Last Sun of MAR	Last Sun of OCT	France
Macau	+8			Macau
Madras	+5.5			India
Madrid	+1	Last Sun of MAR	Last Sun of OCT	Spain
Majuro	+12			Marshall Is.
Malabo	+1			Equatorial Guinea
Malaga	+1	Last Sun of MAR	Last Sun of OCT	Spain
Male	+5			Maldives
Managua	-6			Nicaragua
Manama	+3			Bahrain
Manchester, Eng	GMT	Last Sun of MAR	Last Sun of OCT	United Kingdom
Manchester, NH	-5	2nd Sun of MAR	1st Sun of NOV	United States
Mandalay	+6.5			Myanmar
Manila	+8			Philippines
Maputo	+2			Martinique
Maracaibo	-4			Venezuela
Maribor	+1	Last Sun of MAR	Last Sun of OCT	Slovenia
Marseille	+1	Last Sun of MAR	Last Sun of OCT	France
Maseru	+2			Lesotho
Matautu	+12			Wallis & Futuna Is.
Mbabane	+2			Swaziland
Mecca	+3			Saudi Arabia
Melbourne	+10	Last Sun of OCT	Last Sun of MAR	Australia
Meshed	+3.5	3rd Sun of MAR	4th Wed of SEP	Iran
Mexico City	-6	2nd Sun of MAR	1st Sun of NOV	Mexico
Miami, FL	-5	2nd Sun of MAR	1st Sun of NOV	United States
Milan	+1	Last Sun of MAR	Last Sun of OCT	Italy
Milwaukee, WI	-6	2nd Sun of MAR	1st Sun of NOV	United States
Mindelo	-1			Cape Verde
Minneapolis, MN	-6	2nd Sun of MAR	1st Sun of NOV	United States
Minsk	+2	Last Sun of MAR	Last Sun of OCT	Belarus
Mississauga, ON	-5	2nd Sun of MAR	1st Sun of NOV	Canada
Mitsiwa	+3			Eritrea
Mogadishu	+3			Somalia
Mombasa	+3			Kenya
Monaco	+1	Last Sun of MAR	Last Sun of OCT	Monaco
Monrovia	GMT			Liberia
Montevideo	-3			Uruguay
Montpellier	+1	Last Sun of MAR	Last Sun of OCT	France
Montreal, PQ	-5	2nd Sun of MAR	1st Sun of NOV	Canada
Moroni	+3			Comoros
Moscow	+3	Last Sun of MAR	Last Sun of OCT	Russia
Munich	+1	Last Sun of MAR	Last Sun of OCT	Germany
Muscat	+4			Oman
Mutsamudu	+3			Comoros
Nagoya	+9			Japan
Nairobi	+3			Kenya
Nampo	+9			Korea North
Naples	+1	Last Sun of MAR	Last Sun of OCT	Italy
Nashville, TN	-6	2nd Sun of MAR	1st Sun of NOV	United States
Ndjamena	+1			Chad
Ndola	+2			Zambia
New Amsterdam	-4			Guyana
New Delhi	+5.5			India
New Orleans, LA	-6	2nd Sun of MAR	1st Sun of NOV	United States
New York, NY	-5	2nd Sun of MAR	1st Sun of NOV	United States
Newark, NJ	-5	2nd Sun of MAR	1st Sun of NOV	United States
Newcastle	+10	Last Sun of OCT	Last Sun of MAR	Australia
Niamey	+1			Niger
Nice	+1	Last Sun of MAR	Last Sun of OCT	France
Nicosia	+2	Last Sun of MAR	Last Sun of OCT	Cyprus
Nizhny Novgorod	+3	Last Sun of MAR	Last Sun of OCT	Russia
Norfolk, VA	-5	2nd Sun of MAR	1st Sun of NOV	United States
Nouadhibou	GMT			Mauritania
Nouakchott	GMT			Mauritania
Noumea	+11			New Caledonia
Novi Sad	+1	Last Sun of MAR	Last Sun of OCT	Yugoslavia
Nukualofa	+13			Tonga
Nuuk	-3	Last Sun of MAR	Last Sun of OCT	Greenland
Oklahoma City, OK	-6	2nd Sun of MAR	1st Sun of NOV	United States
Omaha, NE	-6	2nd Sun of MAR	1st Sun of NOV	United States
Omdurman	+2			Sudan
Oporto	GMT	Last Sun of MAR	Last Sun of OCT	Portugal
Oran	+1			Algeria
Orlando, FL	-5	2nd Sun of MAR	1st Sun of NOV	United States
Osaka	+9			Japan
Osh	+6	Last Sun of MAR	Last Sun of OCT	Kyrgyzstan
Oslo	+1	Last Sun of MAR	Last Sun of OCT	Norway

Ottawa, ON	-5	2nd Sun of MAR	1st Sun of NOV	Canada
Ouagadougou	GMT			Burkina Faso
Oxford, Eng	GMT	Last Sun of MAR	Last Sun of OCT	United Kingdom
Palermo	+1	Last Sun of MAR	Last Sun of OCT	Italy
Palikir	+11			Micronesia
Palm Springs, CA	-8	2nd Sun of MAR	1st Sun of NOV	United States
Pamplona	+1	Last Sun of MAR	Last Sun of OCT	Spain
Panama City	-5			Panama
Papeete	-10			French Polynesia
Paramaribo	-3			Suriname
Paris	+1	Last Sun of MAR	Last Sun of OCT	France
Paro	+6			Bhutan
Pasadena, CA	-8	2nd Sun of MAR	1st Sun of NOV	United States
Perth	+8			Australia
Philadelphia, PA	-5	2nd Sun of MAR	1st Sun of NOV	United States
Phnom Penh	+7			Cambodia
Phoenix, AZ	-7			United States
Pittsburgh, PA	-5	2nd Sun of MAR	1st Sun of NOV	United States
Plovdiv	+2	Last Sun of MAR	Last Sun of OCT	Bulgaria
Plymouth	-4			Montserrat
Plymouth, Eng	GMT	Last Sun of MAR	Last Sun of OCT	United Kingdom
Pointe-Noire	+1			Congo
Port Elizabeth	+2			South Africa
Port Gentil	+1			Gabon
Port Louis	+4			Mauritius
Port Moresby	+10			Papua New Guinea
Port Said	+2	4th Fri of APR	4th Mon of SEP	Egypt
Port Vila	+11			Vanuatu
Port-au-Prince	-5			Haiti
Port-of-Spain	-4			Trinidad & Tobago
Portland, ME	-5	2nd Sun of MAR	1st Sun of NOV	United States
Portland, OR	-8	2nd Sun of MAR	1st Sun of NOV	United States
Porto Alegre	-3	2nd Sun of OCT	Last Sun of FEB	Brazil
Porto-Novo	+1			Benin
Portsmouth, Eng	GMT	Last Sun of MAR	Last Sun of OCT	United Kingdom
Prague	+1	Last Sun of MAR	Last Sun of OCT	Czech Republic
Praia	-1			Cape Verde
Pretoria	+2			South Africa
Providence, RI	-5	2nd Sun of MAR	1st Sun of NOV	United States
Pusan	+9			Korea South
Pyongyang	+9			Korea North
Quebec, PQ	-5	2nd Sun of MAR	1st Sun of NOV	Canada
Quetzaltenango	-6			Guatemala
Quezon City	+8			Philippines
Quito	-5			Ecuador
Rabat	GMT			Morocco
Raleigh, NC	-5	2nd Sun of MAR	1st Sun of NOV	United States
Recife	-3			Brazil
Redmond, OR	-8	2nd Sun of MAR	1st Sun of NOV	United States
Regina, SK	-6			Canada
Reno, NV	-8	2nd Sun of MAR	1st Sun of NOV	United States
Reykjavik	GMT	Last Sun of MAR	Last Sun of OCT	Iceland
Richmond, VA	-5	2nd Sun of MAR	1st Sun of NOV	United States
Riga	+2	Last Sun of MAR	Last Sun of OCT	Latvia
Rio Branco	-5			Brazil
Rio de Janeiro	-3	2nd Sun of OCT	3rd Sun of FEB	Brazil
Riyadh	+3			Saudi Arabia
Rome	+1	Last Sun of MAR	Last Sun of OCT	Italy
Rosario	-3			Argentina
Rotterdam	+1	Last Sun of MAR	Last Sun of OCT	Netherlands
Saarbrücken	+1	Last Sun of MAR	Last Sun of OCT	Germany
Sacramento, CA	-8	2nd Sun of MAR	1st Sun of NOV	United States
Saipan	+10			Northern Mariana Is.
Salonica	+2	Last Sun of MAR	Last Sun of OCT	Greece
Salt Lake City, UT	-7	2nd Sun of MAR	1st Sun of NOV	United States
Salvador	-3	2nd Sun of OCT	3rd Sun of FEB	Brazil
Salzburg	+1	Last Sun of MAR	Last Sun of OCT	Austria
Samarkand	+5			Uzbekistan
San Diego, CA	-8	2nd Sun of MAR	1st Sun of NOV	United States
San Fernando	-4			Trinidad & Tobago
San Francisco, CA	-8	2nd Sun of MAR	1st Sun of NOV	United States
San Jose	-6			Costa Rica
San Jose, CA	-8	2nd Sun of MAR	1st Sun of NOV	United States
San Juan	-4			Puerto Rico
San Justo	-3			Argentina
San Marino	+1	Last Sun of MAR	Last Sun of OCT	San Marino
San Miguelito	-5			Panama
San Pedro Sula	-6			Honduras
San Salvador	-6			El Salvador
Sanaa	+3			Yemen
Santa Ana	-6			El Salvador
Santa Cruz	-4			Bolivia
Santiago	-4	2nd Sun of OCT	1st Sun of APR	Chile
Santiago de los Caballeros	-4			Dominican Republic
Santo Domingo	-4			Dominican Republic

Sao Paulo	-3	2nd Sun of OCT	3rd Sun of FEB	Brazil
Sao Tome	GMT			Sao Tome & Principe
Sapporo	+9			Japan
Saragosa	+1	Last Sun of MAR	Last Sun of OCT	Spain
Sarajevo	+1	Last Sun of MAR	Last Sun of OCT	Bosnia & Herzegovina
Sarh	+1			Chad
Savannakhet	+7			Laos
Sayda	+2	Last Sun of MAR	Last Sun of OCT	Lebanon
Schaumburg, IL	-6	2nd Sun of MAR	1st Sun of NOV	United States
Seattle, WA	-8	2nd Sun of MAR	1st Sun of NOV	United States
Seoul	+9			Korea South
Serrekunda	GMT			The Gambia
Settlement of Edinburgh	GMT			St Helena
Seville	+1	Last Sun of MAR	Last Sun of OCT	Spain
Sfax	+1			Tunisia
Shanghai	+8			China
Sheffield, Eng	GMT	Last Sun of MAR	Last Sun of OCT	United Kingdom
Shenyang	+8			China
Shenzhen	+8			China
Singapore	+8			Singapore
Sioux Falls, SD	-6	2nd Sun of MAR	1st Sun of NOV	United States
Skopje	+1	Last Sun of MAR	Last Sun of OCT	Macedonia, FYRO
Sofia	+2	Last Sun of MAR	Last Sun of OCT	Bulgaria
Sokode	GMT			Togo
Southampton, Eng	GMT	Last Sun of MAR	Last Sun of OCT	United Kingdom
Spanish Town	-5			Jamaica
Split	+1	Last Sun of MAR	Last Sun of OCT	Croatia
Sri Jaywardanapura	+6			Sri Lanka
St. George's	-4			Grenada
St. Helier	GMT	Last Sun of MAR	Last Sun of OCT	Jersey
St. John's, NF	-3.5	2nd Sun of MAR	1st Sun of NOV	Canada
St. John, NB	-4	2nd Sun of MAR	1st Sun of NOV	Canada
St. Louis, MO	-6	2nd Sun of MAR	1st Sun of NOV	United States
St. Peter Port	GMT	Last Sun of MAR	Last Sun of OCT	Guernsey
St. Petersburg	+3	Last Sun of MAR	Last Sun of OCT	Russia
St.-Denis	+4			Reunion
St.-Pierre	-3	2nd Sun of MAR	1st Sun of NOV	St Pierre & Miquelon
Stanley	-4	2nd Sun of SEP	3rd Sun of APR	Falkland Is.
Strasbourg	+1	Last Sun of MAR	Last Sun of OCT	France
Stuttgart	+1	Last Sun of MAR	Last Sun of OCT	Germany
Sucre	-4			Bolivia
Surabaya	+7			Indonesia
Suva	+12	4th Sun of FEB	1st Sun of NOV	Fiji
Suvadiva	+5			Maldives
Sydney	+10	Last Sun of OCT	Last Sun of MAR	Australia
Taichung	+8			Taiwan
Tainan	+8			Taiwan
Tainjin	+8			China
Taipei	+8			Taiwan
Tallinn	+2	Last Sun of MAR	Last Sun of OCT	Estonia
Tampa, FL	-5	2nd Sun of MAR	1st Sun of NOV	United States
Tarawa	+12			Kiribati
Tartu	+2	Last Sun of MAR	Last Sun of OCT	Estonia
Tbilisi	+4	Last Sun of MAR	Last Sun of OCT	Georgia
Tegucigalpa	-6			Honduras
Tehran	+3.5	3rd Sun of MAR	4th Wed of SEP	Iran
Tel Aviv	+2	1st Fri of APR	1st Fri of SEP	Israel
The Hague	+1	Last Sun of MAR	Last Sun of OCT	Netherlands
The Settlement	+7			Christmas Is.
Thies	GMT			Senegal
Thimphu	+6			Bhutan
Tirana	+1	Last Sun of MAR	Last Sun of OCT	Albania
Tiraspol	+2	Last Sun of MAR	Last Sun of OCT	Moldova
Toamasina	+3			Madagascar
Tokyo	+9			Japan
Toledo, OH	-5	2nd Sun of MAR	1st Sun of NOV	United States
Toronto, ON	-5	2nd Sun of MAR	1st Sun of NOV	Canada
Torshavn	GMT	Last Sun of MAR	Last Sun of OCT	Faeroe Is.
Toshkent	+5			Uzbekistan
Toulouse	+1	Last Sun of MAR	Last Sun of OCT	France
Townsville	+10			Australia
Trenton, NJ	-5	2nd Sun of MAR	1st Sun of NOV	United States
Tripoli	+2	Last Sun of MAR	Last Sun of SEP	Lebanon
Tripoli	+1			Libya
Tucson, AZ	-7			United States
Tulsa, OK	-6	2nd Sun of MAR	1st Sun of NOV	United States
Tunis	+1			Tunisia
Turin	+1	Last Sun of MAR	Last Sun of OCT	Italy
Ufa	+5	Last Sun of MAR	Last Sun of OCT	Russia
Ulaanbaatar	+8	Last Sun of MAR	Last Sun of SEP	Mongolia
Vaduz	+1	Last Sun of MAR	Last Sun of OCT	Liechtenstein
Valencia	+1	Last Sun of MAR	Last Sun of OCT	Spain
Valletta	+1	Last Sun of MAR	Last Sun of OCT	Malta
Vancouver, BC	-8	2nd Sun of MAR	1st Sun of NOV	Canada
Vatican City	+1	Last Sun of MAR	Last Sun of OCT	Vatican City

Venice	+1	Last Sun of MAR	Last Sun of OCT	Italy
Victoria	+8			China
Victoria	+4			Seychelles
Vienna	+1	Last Sun of MAR	Last Sun of OCT	Austria
Vientiane	+7			Laos
Vilnius	+1	Last Sun of MAR	Last Sun of OCT	Lithuania
Virginia Beach, VA	-5	2nd Sun of MAR	1st Sun of NOV	United States
Warsaw	+1	Last Sun of MAR	Last Sun of OCT	Poland
Washington, DC	-5	2nd Sun of MAR	1st Sun of NOV	United States
Wellington	+12	1st Sun of OCT	3rd Sun of MAR	New Zealand
West Is.	+6.5			Cocos (Keeling) Is.
Wichita, KS	-6	2nd Sun of MAR	1st Sun of NOV	United States
Willemstad	-4			Netherlands Antilles
Wilmington, DE	-5	2nd Sun of MAR	1st Sun of NOV	United States
Windhoek	+1	1st Sun of APR	1st Sun of SEP	Namibia
Winnipeg, MB	-6	2nd Sun of MAR	1st Sun of NOV	Canada
Wollongong	+10	Last Sun of OCT	Last Sun of MAR	Australia
Wuhan	+8			China
Yamoussoukrou	GMT			Cote d'Ivoire
Yangon	+6.5			Myanmar
Yaounde	+1			Cameroon
Yaren	+12			Nauru
Yerevan	+4	Last Sun of MAR	Last Sun of OCT	Armenia
Yokohama	+9			Japan
Zagreb	+1	Last Sun of MAR	Last Sun of OCT	Croatia
Zahle	+2	Last Sun of MAR	Last Sun of SEP	Lebanon
Zanzibar	+3			Tanzania
Zinder	+1			Niger
Zurich	+1	Last Sun of MAR	Last Sun of OCT	Switzerland