


# Module 2: Mapping

## Topic 2 Content: Time Zones Notes

### Introduction

#### Time Zones

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The easiest way to determine the time around the world is to read a time zone map. Add one hour for each 15° degrees east of the Prime Meridian you travel, and subtract one hour for each 15° degrees west of the Prime Meridian you travel. The United States contains six time zones, including four in the lower forty eight states. Each time zone is separated by one hour. Click **NEXT** to view how time differs across the United States.

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### Eastern Time (ET)

**Time Zones**

**Eastern Time (ET)**



This is the Eastern Time Zone.

Eastern Standard Time (EST): 7 PM

Eastern Daylight Time (EDT): 6 PM

This is the Eastern Time Zone.

Eastern Standard Time (EST): 7 PM

Eastern Daylight Time (EDT): 6 PM

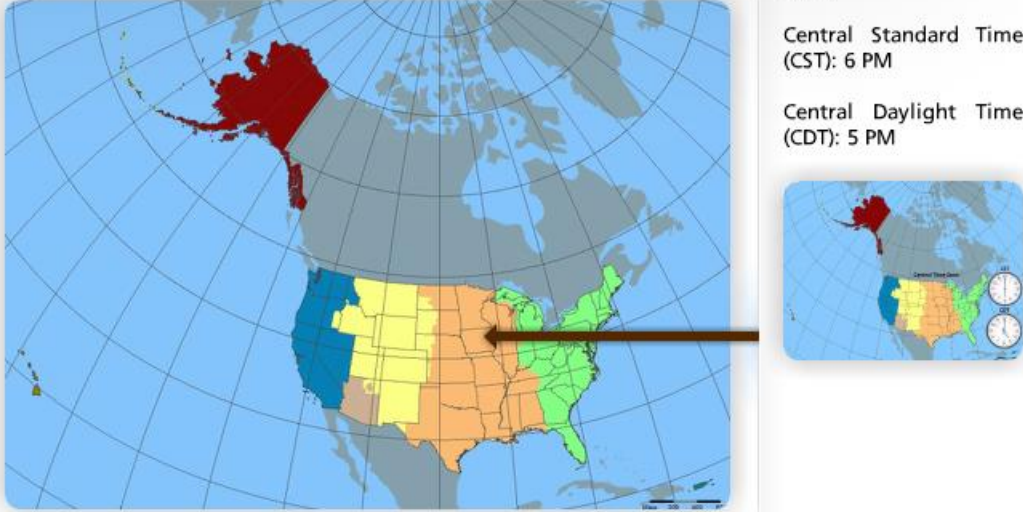
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## Topic 2 Content: Time Zones Notes

### Central Time (CS)

**Time Zones**

Central Time (CS)



This is the Central Time Zone.

Central Standard Time (CST): 6 PM

Central Daylight Time (CDT): 5 PM

This is the Central Time Zone.

Central Standard Time (CST): 6 PM

Central Daylight Time (CDT): 5 PM


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### Mountain Time (MT)

**Time Zones**

**Mountain Time (MT)**



This is the Mountain Time Zone.

Mountain Standard Time (MST): 5 PM

Central Daylight Time (MDT): 4 PM

This is the Mountain Time Zone.

Mountain Standard Time (MST): 5 PM

Central Daylight Time (MDT): 4 PM

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#### Daylight Savings Exclusion

**Time Zones**

**Daylight Savings Exclusion**



Parts of Arizona do not participate in daylight savings time. This causes these areas to have an hour time difference during certain parts of the year.

The image shows a map of the United States with various time zones color-coded: Alaska (red), Hawaii (yellow), Pacific (blue), Mountain (orange), Central (light green), Eastern (green), and Atlantic (light blue). A brown arrow points to the western part of Arizona, which is shaded in a darker brown, indicating it is excluded from daylight savings time.

Parts of Arizona do not participate in daylight savings time. This causes these areas to have an hour time difference during certain parts of the year.


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### Pacific Time (PT)

**Time Zones**

**Pacific Time (PT)**



This is the Pacific Time Zone.

Pacific Standard Time (PST): 4 PM

Central Daylight Time (PDT): 3 PM

This is the Pacific Time Zone.

Pacific Standard Time (PST): 4 PM

Central Daylight Time (PDT): 3 PM

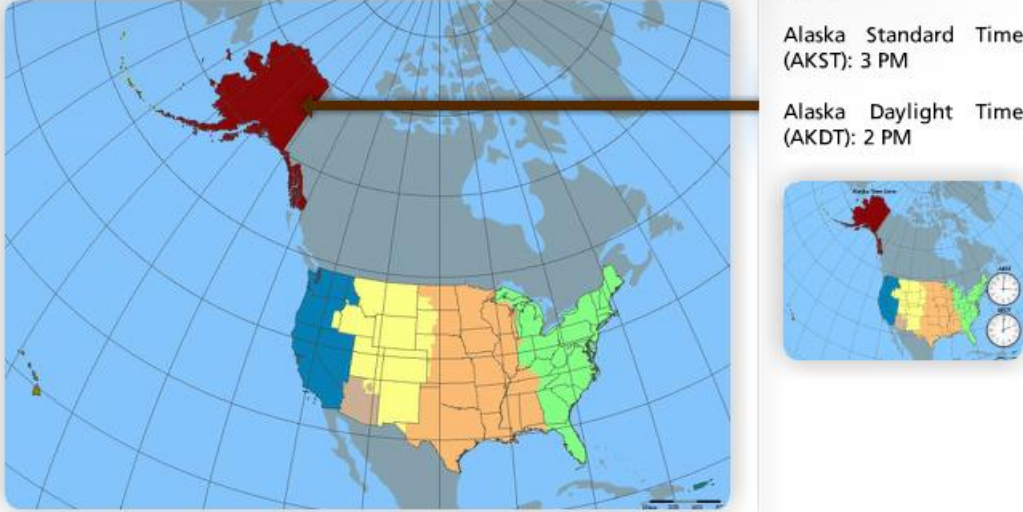
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## Topic 2 Content: Time Zones Notes

### Alaska Time (AKST)

**Time Zones**

Alaska Time (AKST)



This is the Alaska Time Zone.

Alaska Standard Time (AKST): 3 PM

Alaska Daylight Time (AKDT): 2 PM

The image shows a map of the United States with time zones color-coded. Alaska is highlighted in red. A horizontal line is drawn across the map. To the right of the map, there is text and a smaller inset map. The text reads: "This is the Alaska Time Zone." "Alaska Standard Time (AKST): 3 PM" "Alaska Daylight Time (AKDT): 2 PM". The inset map shows the entire United States with time zones color-coded and two analog clocks showing the time.

This is the Alaska Time Zone.

Alaska Standard Time (AKST): 3 PM

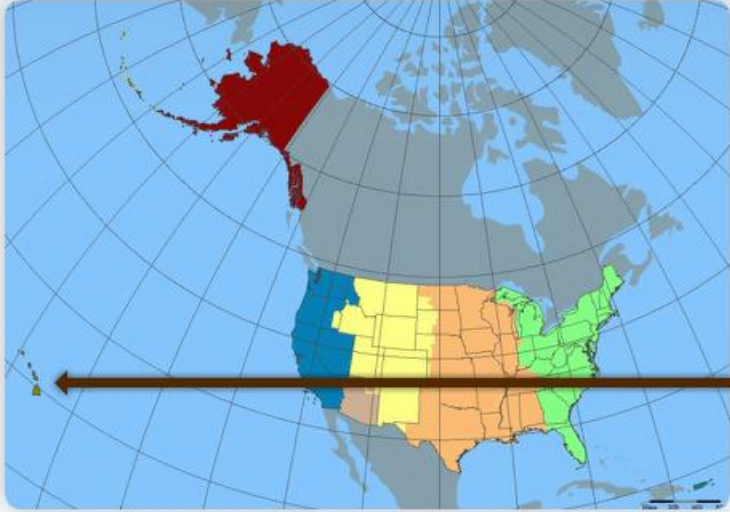
Alaska Daylight Time (AKDT): 2 PM

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**Hawaii-Aleutian Time (HAT)**

**Time Zones**


**Hawaii-Aleutian Time (HAT)**



This is the Hawaii-Aleutian Time Zone.

Hawaii-Aleutian Standard Time (HAST): 2 PM

Central Daylight Time (HADT): 1 PM



This is the Hawaii-Aleutian Time Zone.

Hawaii-Aleutian Standard Time (HAST): 2 PM

Central Daylight Time (HADT): 1 PM