

Long Name	Description	Short Description	Relative to GMT
ACT	Central Standard Time (Northern Territory)	CST	GMT+9:30
AET	Eastern Standard Time (New South Wales)	EST	GMT+10:00
Africa/Abidjan	Greenwich Mean Time	GMT	GMT+00:00
Africa/Accra	Ghana Mean Time	GMT	GMT+00:00
Africa/Addis_Ababa	Eastern African Time	EAT	GMT+3:00
Africa/Algiers	Central European Time	CET	GMT+1:00
Africa/Asmara	Eastern African Time	EAT	GMT+3:00
Africa/Asmera	Eastern African Time	EAT	GMT+3:00
Africa/Bamako	Greenwich Mean Time	GMT	GMT+00:00
Africa/Bangui	Western African Time	WAT	GMT+1:00
Africa/Banjul	Greenwich Mean Time	GMT	GMT+00:00
Africa/Bissau	Greenwich Mean Time	GMT	GMT+00:00
Africa/Blantyre	Central African Time	CAT	GMT+2:00
Africa/Brazzaville	Western African Time	WAT	GMT+1:00
Africa/Bujumbura	Central African Time	CAT	GMT+2:00
Africa/Cairo	Eastern European Time	EET	GMT+2:00
Africa/Casablanca	Western European Time	WET	GMT+00:00
Africa/Ceuta	Central European Time	CET	GMT+1:00
Africa/Conakry	Greenwich Mean Time	GMT	GMT+00:00
Africa/Dakar	Greenwich Mean Time	GMT	GMT+00:00
Africa/Dar_es_Salaam	Eastern African Time	EAT	GMT+3:00
Africa/Djibouti	Eastern African Time	EAT	GMT+3:00
Africa/Douala	Western African Time	WAT	GMT+1:00
Africa/EI_Aaiun	Western European Time	WET	GMT+00:00
Africa/Freetown	Greenwich Mean Time	GMT	GMT+00:00
Africa/Gaborone	Central African Time	CAT	GMT+2:00
Africa/Harare	Central African Time	CAT	GMT+2:00
Africa/Johannesburg	South Africa Standard Time	SAST	GMT+2:00
Africa/Kampala	Eastern African Time	EAT	GMT+3:00
Africa/Khartoum	Eastern African Time	EAT	GMT+3:00
Africa/Kigali	Central African Time	CAT	GMT+2:00
Africa/Kinshasa	Western African Time	WAT	GMT+1:00
Africa/Lagos	Western African Time	WAT	GMT+1:00
Africa/Libreville	Western African Time	WAT	GMT+1:00
Africa/Lome	Greenwich Mean Time	GMT	GMT+00:00
Africa/Luanda	Western African Time	WAT	GMT+1:00
Africa/Lubumbashi	Central African Time	CAT	GMT+2:00
Africa/Lusaka	Central African Time	CAT	GMT+2:00
Africa/Malabo	Western African Time	WAT	GMT+1:00
Africa/Maputo	Central African Time	CAT	GMT+2:00
Africa/Maseru	South Africa Standard Time	SAST	GMT+2:00
Africa/Mbabane	South Africa Standard Time	SAST	GMT+2:00
Africa/Mogadishu	Eastern African Time	EAT	GMT+3:00
Africa/Monrovia	Greenwich Mean Time	GMT	GMT+00:00
Africa/Nairobi	Eastern African Time	EAT	GMT+3:00
Africa/Ndjamena	Western African Time	WAT	GMT+1:00
Africa/Niamey	Western African Time	WAT	GMT+1:00
Africa/Nouakchott	Greenwich Mean Time	GMT	GMT+00:00
Africa/Ouagadougou	Greenwich Mean Time	GMT	GMT+00:00
Africa/Porto-Novo	Western African Time	WAT	GMT+1:00
Africa/Sao_Tome	Greenwich Mean Time	GMT	GMT+00:00
Africa/Timbuktu	Greenwich Mean Time	GMT	GMT+00:00
Africa/Tripoli	Eastern European Time	EET	GMT+2:00

Africa/Tunis	Central European Time	CET	GMT+1:00
Africa/Windhoek	Western African Time	WAT	GMT+1:00
AGT	Argentine Time	ART	GMT-3:00
America/Adak	Hawaii-Aleutian Standard Time	HAST	GMT-10:00
America/Anchorage	Alaska Standard Time	AKST	GMT-9:00
America/Anguilla	Atlantic Standard Time	AST	GMT-4:00
America/Antigua	Atlantic Standard Time	AST	GMT-4:00
America/Araguaina	Brasilia Time	BRT	GMT-3:00
America/Argentina/Buenos_Aires	Argentine Time	ART	GMT-3:00
America/Argentina/Catamarca	Argentine Time	ART	GMT-3:00
America/Argentina/ComodRivadavia	Argentine Time	ART	GMT-3:00
America/Argentina/Cordoba	Argentine Time	ART	GMT-3:00
America/Argentina/Jujuy	Argentine Time	ART	GMT-3:00
America/Argentina/La_Rioja	Argentine Time	ART	GMT-3:00
America/Argentina/Mendoza	Argentine Time	ART	GMT-3:00
America/Argentina/Rio_Gallegos	Argentine Time	ART	GMT-3:00
America/Argentina/Salta	Argentine Time	ART	GMT-3:00
America/Argentina/San_Juan	Argentine Time	ART	GMT-3:00
America/Argentina/San_Luis	Western Argentine Time	WART	GMT-3:00
America/Argentina/Tucuman	Argentine Time	ART	GMT-3:00
America/Argentina/Ushuaia	Argentine Time	ART	GMT-3:00
America/Aruba	Atlantic Standard Time	AST	GMT-4:00
America/Asuncion	Paraguay Time	PYT	GMT-4:00
America/Atikokan	Eastern Standard Time	EST	GMT-5:00
America/Atka	Hawaii-Aleutian Standard Time	HAST	GMT-10:00
America/Bahia	Brasilia Time	BRT	GMT-3:00
America/Barbados	Atlantic Standard Time	AST	GMT-4:00
America/Belem	Brasilia Time	BRT	GMT-3:00
America/Belize	Belize Standard Time	CST	GMT-5:30
America/Blanc-Sablon	Atlantic Standard Time	AST	GMT-4:00
America/Boa_Vista	Amazon Time	AMT	GMT-4:00
America/Bogota	Colombia Time	COT	GMT-5:00
America/Boise	Mountain Standard Time	MST	GMT-7:00
America/Buenos_Aires	Argentine Time	ART	GMT-3:00
America/Cambridge_Bay	Mountain Standard Time	MST	GMT-7:00
America/Campo_Grande	Amazon Time	AMT	GMT-4:00
America/Cancun	Central Standard Time	CST	GMT-6:00
America/Caracas	Venezuela Time	VET	GMT-4:30
America/Catamarca	Argentine Time	ART	GMT-3:00
America/Cayenne	French Guiana Time	GFT	GMT-3:00
America/Cayman	Cayman Standard Time	EST	GMT-5:30
America/Chicago	Central Standard Time	CST	GMT-6:00
America/Chihuahua	Mountain Standard Time	MST	GMT-7:00
America/Coral_Harbour	Eastern Standard Time	EST	GMT-5:00
America/Cordoba	Argentine Time	ART	GMT-3:00
America/Costa_Rica	Central Standard Time	CST	GMT-6:00
America/Cuiaba	Amazon Time	AMT	GMT-4:00
America/Curacao	Atlantic Standard Time	AST	GMT-4:00
America/Danmarkshavn	Greenwich Mean Time	GMT	GMT+00:00
America/Dawson	Pacific Standard Time	PST	GMT-8:00
America/Dawson_Creek	Mountain Standard Time	MST	GMT-7:00
America/Denver	Mountain Standard Time	MST	GMT-7:00
America/Detroit	Eastern Standard Time	EST	GMT-5:00
America/Dominica	Atlantic Standard Time	AST	GMT-4:00

America/Edmonton	Mountain Standard Time	MST	GMT-7:00
America/Eirunepe	Amazon Time	AMT	GMT-4:00
America/El_Salvador	Central Standard Time	CST	GMT-6:00
America/Ensenada	Pacific Standard Time	PST	GMT-8:00
America/Fort_Wayne	Eastern Standard Time	EST	GMT-5:00
America/Fortaleza	Brasilia Time	BRT	GMT-3:00
America/Glace_Bay	Atlantic Standard Time	AST	GMT-4:00
America/Godthab	Western Greenland Time	WGT	GMT-3:00
America/Goose_Bay	Atlantic Standard Time	AST	GMT-4:00
America/Grand_Turk	Eastern Standard Time	EST	GMT-5:00
America/Grenada	Atlantic Standard Time	AST	GMT-4:00
America/Guadeloupe	Atlantic Standard Time	AST	GMT-4:00
America/Guatemala	Central Standard Time	CST	GMT-6:00
America/Guayaquil	Ecuador Time	ECT	GMT-5:00
America/Guyana	Guyana Time	GYT	GMT-4:00
America/Halifax	Atlantic Standard Time	AST	GMT-4:00
America/Havana	Cuba Standard Time	CST	GMT-5:30
America/Hermosillo	Mountain Standard Time	MST	GMT-7:00
America/Indiana/Indianapolis	Eastern Standard Time	EST	GMT-5:00
America/Indiana/Knox	Central Standard Time	CST	GMT-6:00
America/Indiana/Marengo	Eastern Standard Time	EST	GMT-5:00
America/Indiana/Petersburg	Eastern Standard Time	EST	GMT-5:00
America/Indiana/Tell_City	Central Standard Time	CST	GMT-6:00
America/Indiana/Vevay	Eastern Standard Time	EST	GMT-5:00
America/Indiana/Vincennes	Eastern Standard Time	EST	GMT-5:00
America/Indiana/Winamac	Eastern Standard Time	EST	GMT-5:00
America/Indianapolis	Eastern Standard Time	EST	GMT-5:00
America/Inuvik	Mountain Standard Time	MST	GMT-7:00
America/Iqaluit	Eastern Standard Time	EST	GMT-5:00
America/Jamaica	Jamaica Standard Time	EST	GMT-5:30
America/Jujuy	Argentine Time	ART	GMT-3:00
America/Juneau	Alaska Standard Time	AKST	GMT-9:00
America/Kentucky/Louisville	Eastern Standard Time	EST	GMT-5:00
America/Kentucky/Monticello	Eastern Standard Time	EST	GMT-5:00
America/Knox_IN	Central Standard Time	CST	GMT-6:00
America/La_Paz	Bolivia Time	BOT	GMT-4:00
America/Lima	Peru Time	PET	GMT-5:00
America/Los_Angeles	Pacific Standard Time	PST	GMT-8:00
America/Louisville	Eastern Standard Time	EST	GMT-5:00
America/Maceio	Brasilia Time	BRT	GMT-3:00
America/Managua	Central Standard Time	CST	GMT-6:00
America/Manaus	Amazon Time	AMT	GMT-4:00
America/Marigot	Atlantic Standard Time	AST	GMT-4:00
America/Martinique	Atlantic Standard Time	AST	GMT-4:00
America/Mazatlan	Mountain Standard Time	MST	GMT-7:00
America/Mendoza	Argentine Time	ART	GMT-3:00
America/Menominee	Central Standard Time	CST	GMT-6:00
America/Merida	Central Standard Time	CST	GMT-6:00
America/Mexico_City	Central Standard Time	CST	GMT-6:00
America/Miquelon	Pierre & Miquelon Standard Time	PMST	GMT-3:00
America/Moncton	Atlantic Standard Time	AST	GMT-4:00
America/Monterrey	Central Standard Time	CST	GMT-6:00
America/Montevideo	Uruguay Time	UYT	GMT-3:00
America/Montreal	Eastern Standard Time	EST	GMT-5:00

America/Montserrat	Atlantic Standard Time	AST	GMT-4:00
America/Nassau	Eastern Standard Time	EST	GMT-5:00
America/New_York	Eastern Standard Time	EST	GMT-5:00
America/Nipigon	Eastern Standard Time	EST	GMT-5:00
America/Nome	Alaska Standard Time	AKST	GMT-9:00
America/Noronha	Fernando de Noronha Time	FNT	GMT-2:00
America/North_Dakota/Center	Central Standard Time	CST	GMT-6:00
America/North_Dakota/New_Salem	Central Standard Time	CST	GMT-6:00
America/Panama	Eastern Standard Time	EST	GMT-5:00
America/Pangnirtung	Eastern Standard Time	EST	GMT-5:00
America/Paramaribo	Suriname Time	SRT	GMT-3:00
America/Phoenix	Mountain Standard Time	MST	GMT-7:00
America/Port_of_Spain	Atlantic Standard Time	AST	GMT-4:00
America/Port-au-Prince	Eastern Standard Time	EST	GMT-5:00
America/Porto_Acre	Amazon Time	AMT	GMT-4:00
America/Porto_Velho	Amazon Time	AMT	GMT-4:00
America/Puerto_Rico	Atlantic Standard Time	AST	GMT-4:00
America/Rainy_River	Central Standard Time	CST	GMT-6:00
America/Rankin_Inlet	Central Standard Time	CST	GMT-6:00
America/Recife	Brasilia Time	BRT	GMT-3:00
America/Regina	Central Standard Time	CST	GMT-6:00
America/Resolute	Eastern Standard Time	EST	GMT-5:00
America/Rio_Branco	Amazon Time	AMT	GMT-4:00
America/Rosario	Argentine Time	ART	GMT-3:00
America/Santarem	Brasilia Time	BRT	GMT-3:00
America/Santiago	Chile Time	CLT	GMT-4:00
America/Santo_Domingo	Atlantic Standard Time	AST	GMT-4:00
America/Sao_Paulo	Brasilia Time	BRT	GMT-3:00
America/Scoresbysund	Eastern Greenland Time	EGT	GMT-1:00
America/Shiprock	Mountain Standard Time	MST	GMT-7:00
America/St_Barthelemy	Atlantic Standard Time	AST	GMT-4:00
America/St_Johns	Newfoundland Standard Time	NST	GMT-3:30
America/St_Kitts	Atlantic Standard Time	AST	GMT-4:00
America/St_Lucia	Atlantic Standard Time	AST	GMT-4:00
America/St_Thomas	Atlantic Standard Time	AST	GMT-4:00
America/St_Vincent	Atlantic Standard Time	AST	GMT-4:00
America/Swift_Current	Central Standard Time	CST	GMT-6:00
America/Tegucigalpa	Central Standard Time	CST	GMT-6:00
America/Thule	Atlantic Standard Time	AST	GMT-4:00
America/Thunder_Bay	Eastern Standard Time	EST	GMT-5:00
America/Tijuana	Pacific Standard Time	PST	GMT-8:00
America/Toronto	Eastern Standard Time	EST	GMT-5:00
America/Tortola	Atlantic Standard Time	AST	GMT-4:00
America/Vancouver	Pacific Standard Time	PST	GMT-8:00
America/Virgin	Atlantic Standard Time	AST	GMT-4:00
America/Whitehorse	Pacific Standard Time	PST	GMT-8:00
America/Winnipeg	Central Standard Time	CST	GMT-6:00
America/Yakutat	Alaska Standard Time	AKST	GMT-9:00
America/Yellowknife	Mountain Standard Time	MST	GMT-7:00
Antarctica/Casey	Western Standard Time (Australia)	WST	GMT+8:00
Antarctica/Davis	Davis Time	DAVT	GMT+7:00
Antarctica/DumontDUrville	Dumont-d'Urville Time	DDUT	GMT+10:00
Antarctica/Mawson	Mawson Time	MAWT	GMT+6:00
Antarctica/McMurdo	New Zealand Standard Time	NZST	GMT+12:00

Antarctica/Palmer	Chile Time	CLT	GMT-4:00
Antarctica/Rothera	Rothera Time	ROTT	GMT-3:00
Antarctica/South_Pole	New Zealand Standard Time	NZST	GMT+12:00
Antarctica/Syowa	Syowa Time	SYOT	GMT+3:00
Antarctica/Vostok	Vostok Time	VOST	GMT+6:00
Arctic/Longyearbyen	Central European Time	CET	GMT+1:00
ART	Eastern European Time	EET	GMT+2:00
Asia/Aden	Arabia Standard Time	AST	GMT+3:00
Asia/Almaty	Alma-Ata Time	ALMT	GMT+6:00
Asia/Amman	Eastern European Time	EET	GMT+2:00
Asia/Anadyr	Anadyr Time	ANAT	GMT+12:00
Asia/Aqtau	Aqtau Time	AQTT	GMT+5:00
Asia/Aqtobe	Aqtobe Time	AQTT	GMT+5:00
Asia/Ashgabat	Turkmenistan Time	TMT	GMT+5:00
Asia/Ashkhabad	Turkmenistan Time	TMT	GMT+5:00
Asia/Baghdad	Arabia Standard Time	AST	GMT+3:00
Asia/Bahrain	Arabia Standard Time	AST	GMT+3:00
Asia/Baku	Azerbaijan Time	AZT	GMT+4:00
Asia/Bangkok	Indochina Time	ICT	GMT+7:00
Asia/Beirut	Eastern European Time	EET	GMT+2:00
Asia/Bishkek	Kirgizstan Time	KGT	GMT+6:00
Asia/Brunei	Brunei Time	BNT	GMT+8:00
Asia/Calcutta	India Standard Time	IST	GMT+5:30
Asia/Choibalsan	Choibalsan Time	CHOT	GMT+8:00
Asia/Chongqing	China Standard Time	CST	GMT+8:00
Asia/Chungking	China Standard Time	CST	GMT+8:00
Asia/Colombo	India Standard Time	IST	GMT+5:30
Asia/Dacca	Bangladesh Time	BDT	GMT+6:00
Asia/Damascus	Eastern European Time	EET	GMT+2:00
Asia/Dhaka	Bangladesh Time	BDT	GMT+6:00
Asia/Dili	Timor-Leste Time	TLT	GMT+9:00
Asia/Dubai	Gulf Standard Time	GST	GMT+4:00
Asia/Dushanbe	Tajikistan Time	TJT	GMT+5:00
Asia/Gaza	Eastern European Time	EET	GMT+2:00
Asia/Harbin	China Standard Time	CST	GMT+8:00
Asia/Ho_Chi_Minh	Indochina Time	ICT	GMT+7:00
Asia/Hong_Kong	Hong Kong Time	HKT	GMT+8:00
Asia/Hovd	Hovd Time	HOVT	GMT+7:00
Asia/Irkutsk	Irkutsk Time	IRKT	GMT+8:00
Asia/Istanbul	Eastern European Time	EET	GMT+2:00
Asia/Jakarta	West Indonesia Time	WIT	GMT+7:00
Asia/Jayapura	East Indonesia Time	EIT	GMT+9:00
Asia/Jerusalem	Israel Standard Time	IST	GMT+2:00
Asia/Kabul	Afghanistan Time	AFT	GMT+4:30
Asia/Kamchatka	Petropavlovsk-Kamchatski Time	PETT	GMT+12:00
Asia/Karachi	Pakistan Time	PKT	GMT+5:00
Asia/Kashgar	China Standard Time	CST	GMT+8:00
Asia/Kathmandu	Nepal Time	NPT	GMT+5:45
Asia/Katmandu	Nepal Time	NPT	GMT+5:45
Asia/Kolkata	India Standard Time	IST	GMT+5:30
Asia/Krasnoyarsk	Krasnoyarsk Time	KRAT	GMT+7:00
Asia/Kuala_Lumpur	Malaysia Time	MYT	GMT+8:00
Asia/Kuching	Malaysia Time	MYT	GMT+8:00
Asia/Kuwait	Arabia Standard Time	AST	GMT+3:00

Asia/Macao	China Standard Time	CST	GMT+8:00
Asia/Macau	China Standard Time	CST	GMT+8:00
Asia/Magadan	Magadan Time	MAGT	GMT+11:00
Asia/Makassar	Central Indonesia Time	CIT	GMT+8:00
Asia/Manila	Philippines Time	PHT	GMT+8:00
Asia/Muscat	Gulf Standard Time	GST	GMT+4:00
Asia/Nicosia	Eastern European Time	EET	GMT+2:00
Asia/Novosibirsk	Novosibirsk Time	NOVT	GMT+6:00
Asia/Omsk	Omsk Time	OMST	GMT+6:00
Asia/Oral	Oral Time	ORAT	GMT+5:00
Asia/Phnom_Penh	Indochina Time	ICT	GMT+7:00
Asia/Pontianak	West Indonesia Time	WIT	GMT+7:00
Asia/Pyongyang	Korea Standard Time	KST	GMT+9:00
Asia/Qatar	Arabia Standard Time	AST	GMT+3:00
Asia/Qyzylorda	Qyzylorda Time	QYZT	GMT+6:00
Asia/Rangoon	Myanmar Time	MMT	GMT+6:30
Asia/Riyadh	Arabia Standard Time	AST	GMT+3:00
Asia/Riyadh87	GMT+3:07	-	GMT+3:07
Asia/Riyadh88	GMT+3:07	-	GMT+3:07
Asia/Riyadh89	GMT+3:07	-	GMT+3:07
Asia/Saigon	Indochina Time	ICT	GMT+7:00
Asia/Sakhalin	Sakhalin Time	SAKT	GMT+10:00
Asia/Samarkand	Uzbekistan Time	UZT	GMT+5:00
Asia/Seoul	Korea Standard Time	KST	GMT+9:00
Asia/Shanghai	China Standard Time	CST	GMT+8:00
Asia/Singapore	Singapore Time	SGT	GMT+8:00
Asia/Taipei	China Standard Time	CST	GMT+8:00
Asia/Tashkent	Uzbekistan Time	UZT	GMT+5:00
Asia/Tbilisi	Georgia Time	GET	GMT+4:00
Asia/Tehran	Iran Standard Time	IRST	GMT+3:30
Asia/Tel_Aviv	Israel Standard Time	IST	GMT+2:00
Asia/Thimbu	Bhutan Time	BTT	GMT+6:00
Asia/Thimphu	Bhutan Time	BTT	GMT+6:00
Asia/Tokyo	Japan Standard Time	JST	GMT+9:00
Asia/Ujung_Pandang	Central Indonesia Time	CIT	GMT+8:00
Asia/Ulaanbaatar	Ulaanbaatar Time	ULAT	GMT+8:00
Asia/Ulan_Bator	Ulaanbaatar Time	ULAT	GMT+8:00
Asia/Urumqi	China Standard Time	CST	GMT+8:00
Asia/Vientiane	Indochina Time	ICT	GMT+7:00
Asia/Vladivostok	Vladivostok Time	VLAT	GMT+10:00
Asia/Yakutsk	Yakutsk Time	YAKT	GMT+9:00
Asia/Yekaterinburg	Yekaterinburg Time	YEKT	GMT+5:00
Asia/Yerevan	Armenia Time	AMT	GMT+4:00
AST	Alaska Standard Time	AKST	GMT-9:00
Atlantic/Azores	Azores Time	AZOT	GMT-1:00
Atlantic/Bermuda	Atlantic Standard Time	AST	GMT-4:00
Atlantic/Canary	Western European Time	WET	GMT+00:00
Atlantic/Cape_Verde	Cape Verde Time	CVT	GMT-1:00
Atlantic/Faeroe	Western European Time	WET	GMT+00:00
Atlantic/Faroe	Western European Time	WET	GMT+00:00
Atlantic/Jan_Mayen	Central European Time	CET	GMT+1:00
Atlantic/Madeira	Western European Time	WET	GMT+00:00
Atlantic/Reykjavik	Greenwich Mean Time	GMT	GMT+00:00
Atlantic/South_Georgia	South Georgia Standard Time	GST	GMT-2:00

Atlantic/St_Helena	Greenwich Mean Time	GMT	GMT+00:00
Atlantic/Stanley	Falkland Is. Time	FKT	GMT-4:00
Australia/ACT	Eastern Standard Time (New South Wales)	EST	GMT+10:00
Australia/Adelaide	Central Standard Time (South Australia)	CST	GMT+9:30
Australia/Brisbane	Eastern Standard Time (Queensland)	EST	GMT+10:00
Australia/Broken_Hill	Central Standard Time (South Australia/New South Wales)	CST	GMT+9:30
Australia/Canberra	Eastern Standard Time (New South Wales)	EST	GMT+10:00
Australia/Currie	Eastern Standard Time (New South Wales)	EST	GMT+10:00
Australia/Darwin	Central Standard Time (Northern Territory)	CST	GMT+9:30
Australia/Eucla	Central Western Standard Time (Australia)	CWST	GMT+8:45
Australia/Hobart	Eastern Standard Time (Tasmania)	EST	GMT+10:00
Australia/LHI	Lord Howe Standard Time	LHST	GMT+10:30
Australia/Lindeman	Eastern Standard Time (Queensland)	EST	GMT+10:00
Australia/Lord_Howe	Lord Howe Standard Time	LHST	GMT+10:30
Australia/Melbourne	Eastern Standard Time (Victoria)	EST	GMT+10:00
Australia/North	Central Standard Time (Northern Territory)	CST	GMT+9:30
Australia/NSW	Eastern Standard Time (New South Wales)	EST	GMT+10:00
Australia/Perth	Western Standard Time (Australia)	WST	GMT+8:00
Australia/Queensland	Eastern Standard Time (Queensland)	EST	GMT+10:00
Australia/South	Central Standard Time (South Australia)	CST	GMT+9:30
Australia/Sydney	Eastern Standard Time (New South Wales)	EST	GMT+10:00
Australia/Tasmania	Eastern Standard Time (Tasmania)	EST	GMT+10:00
Australia/Victoria	Eastern Standard Time (Victoria)	EST	GMT+10:00
Australia/West	Western Standard Time (Australia)	WST	GMT+8:00
Australia/Yancowinna	Central Standard Time (South Australia/New South Wales)	CST	GMT+9:30
BET	Brasilia Time	BRT	GMT-3:00
Brazil/Acre	Amazon Time	AMT	GMT-4:00
Brazil/DeNoronha	Fernando de Noronha Time	FNT	GMT-2:00
Brazil/East	Brasilia Time	BRT	GMT-3:00
Brazil/West	Amazon Time	AMT	GMT-4:00
BST	Bangladesh Time	BDT	GMT+6:00
Canada/Atlantic	Atlantic Standard Time	AST	GMT-4:00
Canada/Central	Central Standard Time	CST	GMT-6:00
Canada/Eastern	Eastern Standard Time	EST	GMT-5:00
Canada/East-Saskatchewan	Central Standard Time	CST	GMT-6:00
Canada/Mountain	Mountain Standard Time	MST	GMT-7:00
Canada/Newfoundland	Newfoundland Standard Time	NST	GMT-3:30
Canada/Pacific	Pacific Standard Time	PST	GMT-8:00
Canada/Saskatchewan	Central Standard Time	CST	GMT-6:00
Canada/Yukon	Pacific Standard Time	PST	GMT-8:00
CAT	Central African Time	CAT	GMT+2:00
CET	Central European Time	CET	GMT+1:00
Chile/Continental	Chile Time	CLT	GMT-4:00
Chile/EasterIsland	Easter Is. Time	EAST	GMT-6:00
CNT	Newfoundland Standard Time	NST	GMT-3:30
CST	Central Standard Time	CST	GMT-6:00
CST6CDT	Central Standard Time	CST	GMT-6:00
CTT	China Standard Time	CST	GMT+8:00
Cuba	Cuba Standard Time	CST	GMT-5:30
EAT	Eastern African Time	EAT	GMT+3:00
ECT	Central European Time	CET	GMT+1:00
EET	Eastern European Time	EET	GMT+2:00
Egypt	Eastern European Time	EET	GMT+2:00
Eire	Greenwich Mean Time	GMT	GMT+00:00

EST	Eastern Standard Time	EST	GMT-5:00
EST5EDT	Eastern Standard Time	EST	GMT-5:00
Etc/GMT	GMT+00:00	-	GMT+00:00
Etc/GMT-0	GMT+00:00	-	GMT+00:00
Etc/GMT-1	GMT+01:00	-	GMT+1:00
Etc/GMT-10	GMT+10:00	-	GMT+10:00
Etc/GMT-11	GMT+11:00	-	GMT+11:00
Etc/GMT-12	GMT+12:00	-	GMT+12:00
Etc/GMT-13	GMT+13:00	-	GMT+13:00
Etc/GMT-14	GMT+14:00	-	GMT+14:00
Etc/GMT-2	GMT+02:00	-	GMT+2:00
Etc/GMT-3	GMT+03:00	-	GMT+3:00
Etc/GMT-4	GMT+04:00	-	GMT+4:00
Etc/GMT-5	GMT+05:00	-	GMT+5:00
Etc/GMT-6	GMT+06:00	-	GMT+6:00
Etc/GMT-7	GMT+07:00	-	GMT+7:00
Etc/GMT-8	GMT+08:00	-	GMT+8:00
Etc/GMT-9	GMT+09:00	-	GMT+9:00
Etc/GMT+0	GMT+00:00	-	GMT+00:00
Etc/GMT+1	GMT+01:00	-	GMT+1:00
Etc/GMT+10	GMT+10:00	-	GMT+10:00
Etc/GMT+11	GMT+11:00	-	GMT+11:00
Etc/GMT+12	GMT+12:00	-	GMT+12:00
Etc/GMT+2	GMT+02:00	-	GMT+2:00
Etc/GMT+3	GMT+03:00	-	GMT+3:00
Etc/GMT+4	GMT+04:00	-	GMT+4:00
Etc/GMT+5	GMT+05:00	-	GMT+5:00
Etc/GMT+6	GMT+06:00	-	GMT+6:00
Etc/GMT+7	GMT+07:00	-	GMT+7:00
Etc/GMT+8	GMT+08:00	-	GMT+8:00
Etc/GMT+9	GMT+09:00	-	GMT+9:00
Etc/GMT0	GMT+00:00	-	GMT+00:00
Etc/Greenwich	Greenwich Mean Time	GMT	GMT+00:00
Etc/UCT	Coordinated Universal Time	UTC	GMT+00:00
Etc/Universal	Coordinated Universal Time	UTC	GMT+00:00
Etc/UTC	Coordinated Universal Time	UTC	GMT+00:00
Etc/Zulu	Coordinated Universal Time	UTC	GMT+00:00
Europe/Amsterdam	Central European Time	CET	GMT+1:00
Europe/Andorra	Central European Time	CET	GMT+1:00
Europe/Athens	Eastern European Time	EET	GMT+2:00
Europe/Belfast	Greenwich Mean Time	GMT	GMT+00:00
Europe/Belgrade	Central European Time	CET	GMT+1:00
Europe/Berlin	Central European Time	CET	GMT+1:00
Europe/Bratislava	Central European Time	CET	GMT+1:00
Europe/Brussels	Central European Time	CET	GMT+1:00
Europe/Bucharest	Eastern European Time	EET	GMT+2:00
Europe/Budapest	Central European Time	CET	GMT+1:00
Europe/Chisinau	Eastern European Time	EET	GMT+2:00
Europe/Copenhagen	Central European Time	CET	GMT+1:00
Europe/Dublin	Greenwich Mean Time	GMT	GMT+00:00
Europe/Gibraltar	Central European Time	CET	GMT+1:00
Europe/Guernsey	Greenwich Mean Time	GMT	GMT+00:00
Europe/Helsinki	Eastern European Time	EET	GMT+2:00
Europe/Isle_of_Man	Greenwich Mean Time	GMT	GMT+00:00

Europe/Istanbul	Eastern European Time	EET	GMT+2:00
Europe/Jersey	Greenwich Mean Time	GMT	GMT+00:00
Europe/Kaliningrad	Eastern European Time	EET	GMT+2:00
Europe/Kiev	Eastern European Time	EET	GMT+2:00
Europe/Lisbon	Western European Time	WET	GMT+00:00
Europe/Ljubljana	Central European Time	CET	GMT+1:00
Europe/London	Greenwich Mean Time	GMT	GMT+00:00
Europe/Luxembourg	Central European Time	CET	GMT+1:00
Europe/Madrid	Central European Time	CET	GMT+1:00
Europe/Malta	Central European Time	CET	GMT+1:00
Europe/Mariehamn	Eastern European Time	EET	GMT+2:00
Europe/Minsk	Eastern European Time	EET	GMT+2:00
Europe/Monaco	Central European Time	CET	GMT+1:00
Europe/Moscow	Moscow Standard Time	MSK	GMT+3:00
Europe/Nicosia	Eastern European Time	EET	GMT+2:00
Europe/Oslo	Central European Time	CET	GMT+1:00
Europe/Paris	Central European Time	CET	GMT+1:00
Europe/Podgorica	Central European Time	CET	GMT+1:00
Europe/Prague	Central European Time	CET	GMT+1:00
Europe/Riga	Eastern European Time	EET	GMT+2:00
Europe/Rome	Central European Time	CET	GMT+1:00
Europe/Samara	Samara Time	SAMT	GMT+4:00
Europe/San_Marino	Central European Time	CET	GMT+1:00
Europe/Sarajevo	Central European Time	CET	GMT+1:00
Europe/Simferopol	Eastern European Time	EET	GMT+2:00
Europe/Skopje	Central European Time	CET	GMT+1:00
Europe/Sofia	Eastern European Time	EET	GMT+2:00
Europe/Stockholm	Central European Time	CET	GMT+1:00
Europe/Tallinn	Eastern European Time	EET	GMT+2:00
Europe/Tirane	Central European Time	CET	GMT+1:00
Europe/Tiraspol	Eastern European Time	EET	GMT+2:00
Europe/Uzhgorod	Eastern European Time	EET	GMT+2:00
Europe/Vaduz	Central European Time	CET	GMT+1:00
Europe/Vatican	Central European Time	CET	GMT+1:00
Europe/Vienna	Central European Time	CET	GMT+1:00
Europe/Vilnius	Eastern European Time	EET	GMT+2:00
Europe/Volgograd	Volgograd Time	VOLT	GMT+3:00
Europe/Warsaw	Central European Time	CET	GMT+1:00
Europe/Zagreb	Central European Time	CET	GMT+1:00
Europe/Zaporozhye	Eastern European Time	EET	GMT+2:00
Europe/Zurich	Central European Time	CET	GMT+1:00
GB	Greenwich Mean Time	GMT	GMT+00:00
GB-Eire	Greenwich Mean Time	GMT	GMT+00:00
GMT	Greenwich Mean Time	GMT	GMT+00:00
GMT0	GMT+00:00	GMT	GMT+00:00
Greenwich	Greenwich Mean Time	GMT	GMT+00:00
Hongkong	Hong Kong Time	HKT	GMT+8:00
HST	Hawaii Standard Time	HST	GMT-10:00
Iceland	Greenwich Mean Time	GMT	GMT+00:00
IET	Eastern Standard Time	EST	GMT-5:00
Indian/Antananarivo	Eastern African Time	EAT	GMT+3:00
Indian/Chagos	Indian Ocean Territory Time	IOT	GMT+6:00
Indian/Christmas	Christmas Island Time	CXT	GMT+7:00
Indian/Cocos	Cocos Islands Time	CCT	GMT+6:30

Indian/Comoro	Eastern African Time	EAT	GMT+3:00
Indian/Kerguelen	French Southern and Antarctic Lands Time	TFT	GMT+5:00
Indian/Mahe	Seychelles Time	SCT	GMT+4:00
Indian/Maldives	Maldives Time	MVT	GMT+5:00
Indian/Mauritius	Mauritius Time	MUT	GMT+4:00
Indian/Mayotte	Eastern African Time	EAT	GMT+3:00
Indian/Reunion	Reunion Time	RET	GMT+4:00
Iran	Iran Standard Time	IRST	GMT+3:30
Israel	Israel Standard Time	IST	GMT+2:00
IST	India Standard Time	IST	GMT+5:30
Jamaica	Jamaica Standard Time	EST	GMT-5:30
Japan	Japan Standard Time	JST	GMT+9:00
JST	Japan Standard Time	JST	GMT+9:00
Kwajalein	Marshall Islands Time	MHT	GMT+12:00
Libya	Eastern European Time	EET	GMT+2:00
MET	Middle Europe Time	MET	GMT+1:00
Mexico/BajaNorte	Pacific Standard Time	PST	GMT-8:00
Mexico/BajaSur	Mountain Standard Time	MST	GMT-7:00
Mexico/General	Central Standard Time	CST	GMT-6:00
Mideast/Riyadh87	GMT+3:07	-	GMT+3:07
Mideast/Riyadh88	GMT+3:07	-	GMT+3:07
Mideast/Riyadh89	GMT+3:07	-	GMT+3:07
MIT	West Samoa Time	WST	GMT-11:00
MST	Mountain Standard Time	MST	GMT-7:00
MST7MDT	Mountain Standard Time	MST	GMT-7:00
Navajo	Mountain Standard Time	MST	GMT-7:00
NET	Armenia Time	AMT	GMT+4:00
NST	New Zealand Standard Time	NZST	GMT+12:00
NZ	New Zealand Standard Time	NZST	GMT+12:00
NZ-CHAT	Chatham Standard Time	CHAST	GMT+12:45
Pacific/Apia	West Samoa Time	WST	GMT-11:00
Pacific/Auckland	New Zealand Standard Time	NZST	GMT+12:00
Pacific/Chatham	Chatham Standard Time	CHAST	GMT+12:45
Pacific/Easter	Easter Is. Time	EAST	GMT-6:00
Pacific/Efate	Vanuatu Time	VUT	GMT+11:00
Pacific/Enderbury	Phoenix Is. Time	PHOT	GMT+13:00
Pacific/Fakaofu	Tokelau Time	TKT	GMT-10:00
Pacific/Fiji	Fiji Time	FJT	GMT+12:00
Pacific/Funafuti	Tuvalu Time	TVT	GMT+12:00
Pacific/Galapagos	Galapagos Time	GALT	GMT-6:00
Pacific/Gambier	Gambier Time	GAMT	GMT-9:00
Pacific/Guadalcanal	Solomon Is. Time	SBT	GMT+11:00
Pacific/Guam	Chamorro Standard Time	ChST	GMT+10:00
Pacific/Honolulu	Hawaii Standard Time	HST	GMT-10:00
Pacific/Johnston	Hawaii Standard Time	HST	GMT-10:00
Pacific/Kiritimati	Line Is. Time	LINT	GMT+14:00
Pacific/Kosrae	Kosrae Time	KOST	GMT+11:00
Pacific/Kwajalein	Marshall Islands Time	MHT	GMT+12:00
Pacific/Majuro	Marshall Islands Time	MHT	GMT+12:00
Pacific/Marquesas	Marquesas Time	MART	GMT-9:30
Pacific/Midway	Samoa Standard Time	SST	GMT-11:00
Pacific/Nauru	Nauru Time	NRT	GMT+12:00
Pacific/Niue	Niue Time	NUT	GMT-11:00
Pacific/Norfolk	Norfolk Time	NFT	GMT+11:30

Pacific/Noumea	New Caledonia Time	NCT	GMT+11:00
Pacific/Pago_Pago	Samoa Standard Time	SST	GMT-11:00
Pacific/Palau	Palau Time	PWT	GMT+9:00
Pacific/Pitcairn	Pitcairn Standard Time	PST	GMT-8:00
Pacific/Ponape	Ponape Time	PONT	GMT+11:00
Pacific/Port_Moresby	Papua New Guinea Time	PGT	GMT+10:00
Pacific/Rarotonga	Cook Is. Time	CKT	GMT-10:00
Pacific/Saipan	Chamorro Standard Time	ChST	GMT+10:00
Pacific/Samoa	Samoa Standard Time	SST	GMT-11:00
Pacific/Tahiti	Tahiti Time	TAHT	GMT-10:00
Pacific/Tarawa	Gilbert Is. Time	GILT	GMT+12:00
Pacific/Tongatapu	Tonga Time	TOT	GMT+13:00
Pacific/Truk	Truk Time	TRUT	GMT+10:00
Pacific/Wake	Wake Time	WAKT	GMT+12:00
Pacific/Wallis	Wallis & Futuna Time	WFT	GMT+12:00
Pacific/Yap	Truk Time	TRUT	GMT+10:00
PLT	Pakistan Time	PKT	GMT+5:00
PNT	Mountain Standard Time	MST	GMT-7:00
Poland	Central European Time	CET	GMT+1:00
Portugal	Western European Time	WET	GMT+00:00
PRC	China Standard Time	CST	GMT+8:00
PRT	Atlantic Standard Time	AST	GMT-4:00
PST	Pacific Standard Time	PST	GMT-8:00
PST8PDT	Pacific Standard Time	PST	GMT-8:00
ROK	Korea Standard Time	KST	GMT+9:00
Singapore	Singapore Time	SGT	GMT+8:00
SST	Solomon Is. Time	SBT	GMT+11:00
SystemV/AST4	Atlantic Standard Time	AST	GMT-4:00
SystemV/AST4ADT	Atlantic Standard Time	AST	GMT-4:00
SystemV/CST6	Central Standard Time	CST	GMT-6:00
SystemV/CST6CDT	Central Standard Time	CST	GMT-6:00
SystemV/EST5	Eastern Standard Time	EST	GMT-5:00
SystemV/EST5EDT	Eastern Standard Time	EST	GMT-5:00
SystemV/HST10	Hawaii Standard Time	HST	GMT-10:00
SystemV/MST7	Mountain Standard Time	MST	GMT-7:00
SystemV/MST7MDT	Mountain Standard Time	MST	GMT-7:00
SystemV/PST8	Pacific Standard Time	PST	GMT-8:00
SystemV/PST8PDT	Pacific Standard Time	PST	GMT-8:00
SystemV/YST9	Alaska Standard Time	AKST	GMT-9:00
SystemV/YST9YDT	Alaska Standard Time	AKST	GMT-9:00
Turkey	Eastern European Time	EET	GMT+2:00
UCT	Coordinated Universal Time	UTC	GMT+00:00
Universal	Coordinated Universal Time	UTC	GMT+00:00
US/Alaska	Alaska Standard Time	AKST	GMT-9:00
US/Aleutian	Hawaii-Aleutian Standard Time	HAST	GMT-10:00
US/Arizona	Mountain Standard Time	MST	GMT-7:00
US/Central	Central Standard Time	CST	GMT-6:00
US/Eastern	Eastern Standard Time	EST	GMT-5:00
US/East-Indiana	Eastern Standard Time	EST	GMT-5:00
US/Hawaii	Hawaii Standard Time	HST	GMT-10:00
US/Indiana-Starke	Central Standard Time	CST	GMT-6:00
US/Michigan	Eastern Standard Time	EST	GMT-5:00
US/Mountain	Mountain Standard Time	MST	GMT-7:00
US/Pacific	Pacific Standard Time	PST	GMT-8:00

US/Pacific-New	Pacific Standard Time	PST	GMT-8:00
US/Samoa	Samoa Standard Time	SST	GMT-11:00
UTC	Coordinated Universal Time	UTC	GMT+00:00
VST	Indochina Time	ICT	GMT+7:00
W-SU	Moscow Standard Time	MSK	GMT+3:00
WET	Western European Time	WET	GMT+00:00
Zulu	Coordinated Universal Time	UTC	GMT+00:00