Time Zone (Selection)	Time Zone description	Diff. from UTC	Daylight Saving Time
AFGHAN	Afghanistan	+ 4 1/2 hours	NO daylight saving
ALA	Alaska (Anchorage)	- 9 hours	USA
ALAW	Alaska (Aleutian)	- 10 hours	USA
AST	Atlantic Time (Halifax)	- 4 hours	USA
AUSACT	Australia Capital Territories	+ 10 hours	Australia
AUSLHI	Australia Lord Howe Island	+ 10 1/2 hours	Australia
AUSNSW	Australia New South Wales	+ 10 hours	Australia
AUSNT	Australia Northern Territories	+ 9 1/2 hours	NO daylight saving
AUSQLD	Australia Queensland	+ 10 hours	NO daylight saving
AUSSA	Australia South Australia	+ 9 1/2 hours	Australia
AUSTAS	Australia Tasmania	+ 10 hours	Australia
AUSVIC	Australia Victoria	+ 10 hours	Australia
AUSWA	Australia Western Australia	+ 8 hours	NO daylight saving
AZOREN	Europe Azores	- 1 hour	Europe
BRAZIL	Brazil	- 3 hours	Brazil
BRZLAN	Brazil Andes	- 5 hours	Brazil
BRZLEA	Brazil East	- 3 hours	Brazil
BRZLWE	Brazil West	- 4 hours	Brazil
CAT	Central Africa	+ 2 hours	NO daylight saving
CET	Central Europe	+ 1 hour	Europe
CHILE	Chile	- 4 hours	Chile
CHILEE	Chile Easter Island	- 6 hours	Chile
CST	Central Time (Dallas)	- 6 hours	USA
CSTNO	Central Time No DST	- 6 hours	NO daylight saving
CYPRUS	Cyprus	+ 2 hours	Cyprus
EET	Eastern Europe	+ 2 hours	Europe
EGYPT	Egypt	+ 2 hours	Egypt
EST	Eastern Time (New York)	- 5 hours	USA
EST_	Eastern Time (Montréal)	- 5 hours	USA
ESTNO	Eastern Time (Indianapolis)	- 5 hours	NO daylight saving
FLKLND	Falkland Islands	- 4 hours	Chile
GMTUK	Greenwich UK with DST	+/- 0 = UTC/GMT	Europe
GST	Greenland	- 3 hours	Europe
GSTE	Eastern Greenland	- 1 hour	Europe
GSTW	Western Greenland	- 4 hours	Europe
HAW	Hawaii	- 10 hours	USA
INDIA	India	+ 5 1/2 hours	NO daylight saving
IRAN	Iran	+ 3 1/2 hours	Iran
IRAQ	Iraq	+ 3 hours	Iraq
ISRAEL	Israel	+ 2 hours	Israel
JAPAN	Japan	+ 9 hours	NO daylight saving
JORDAN	Jordan	+ 2 hours	Jordan
LBANON	Lebanon	+ 2 hours	Lebanon
MST	Mountain Time (Denver)	- 7 hours	USA
MSTNO	Mountain Time (Phoenix)	- 7 hours	NO daylight saving
NEPAL	Nepal	+ 5 3/4 hours	NO daylight saving
NFDL	Newfoundland	- 3 1/2 hours	USA
NORFLK	Norfolk Islands	+ 11 1/2 hours	NO daylight saving
NST	Newfoundland	- 3 1/2 hours	USA
NZCHA	New Zealand Chatham Islands	+ 12 3/4 hours	New Zealand
NZST	New Zealand	+ 12 hours	New Zealand
PARAGY	Paraguay	- 4 hours	NO daylight saving
PIERRE	St Pierre and Miquelon	- 3 hours	USA
PST	Pacific Time (Los Angeles)	- 8 hours	USA
RUS03	Russia (Moscow) (UTC+03)	+ 3 hours	Europe
RUS04	Russia (UTC+04)	+ 4 hours	Europe
RUS05	Russia (UTC+05)	+ 5 hours	Europe

RUS06	Russia (UTC+06)	+ 6 hours	Europe
RUS07	Russia (UTC+07)	+ 7 hours	Europe
RUS08	Russia (UTC+08)	+ 8 hours	Europe
RUS09	Russia (UTC+09)	+ 9 hours	Europe
RUS10	Russia (UTC+10)	+ 10 hours	Europe
RUS11	Russia (UTC+11)	+ 11 hours	Europe
RUS12	Russia (UTC+12)	+ 12 hours	Europe
RUS13	Russia (UTC+13)	+ 13 hours	Europe
RUS14	Russia (UTC+14)	+ 14 hours	Europe
SYRIA	Syria	+ 2 hours	Syria
UK	England, Ireland, Scotland	+/- 0 = UTC/GMT	Europe
UTC	UTC+0	+/- 0 = UTC/GMT	NO daylight saving
UTC-1	UTC-01	- 1 hour	NO daylight saving
UTC-10	UTC-10	- 10 hours	NO daylight saving
UTC-11	UTC-11	- 11 hours	NO daylight saving
UTC-12	UTC-12	- 12 hours	NO daylight saving
UTC-2	UTC-02	- 2 hours	NO daylight saving
UTC-3	UTC-03	- 3 hours	NO daylight saving
UTC-4	UTC-04	- 4 hours	NO daylight saving
UTC-5	UTC-05	- 5 hours	NO daylight saving
UTC-6	UTC-06	- 6 hours	NO daylight saving
UTC-7	UTC-07	- 7 hours	NO daylight saving
UTC-8	UTC-08	- 8 hours	NO daylight saving
UTC-83	UTC-8:30	- 8 1/2 hours	NO daylight saving
UTC-9	UTC-09	- 9 hours	NO daylight saving
UTC+1	UTC+01	+ 1 hour	NO daylight saving
UTC+10	UTC+10	+ 10 hours	NO daylight saving
UTC+11	UTC+11	+ 11 hours	NO daylight saving
UTC+12	UTC+12	+ 12 hours	NO daylight saving
UTC+13	UTC+13	+ 13 hours	NO daylight saving
UTC+14	UTC+14	+ 14 hours	NO daylight saving
UTC+2	UTC+02	+ 2 hours	NO daylight saving
UTC+3	UTC+03	+ 3 hours	NO daylight saving
UTC+4	UTC+04	+ 4 hours	NO daylight saving
UTC+5	UTC+05	+ 5 hours	NO daylight saving
UTC+53	UTC+05:30	+ 5 1/2 hours	NO daylight saving
UTC+6	UTC+06	+ 6 hours	NO daylight saving
UTC+63	UTC+06:30	+ 6 1/2 hours	NO daylight saving
UTC+7	UTC+07	+ 7 hours	NO daylight saving
UTC+8	UTC+08	+ 8 hours	NO daylight saving
UTC+9	UTC+09	+ 9 hours	NO daylight saving
WAT	Western Africa	+ 1 hour	NO daylight saving
WDFT	Walldorf Time	+ 1 hour	Europe
WET	Western Europe	+/- 0 = UTC/GMT	Europe