

Tabulka č. 4 : Srovnání časových pásem v Kanadě v roce 2010

stát	teoretický čas	používaný čas	letní čas	poznámka
Alberta	UTC - 8	UTC - 7	ano	
	UTC - 7			
Britská Kolumbie	UTC - 9	UTC - 8 UTC - 7	ano*	<i>*kromě Charlie Lake, Dawson Creek, Fort St. John, Rolla a Taylor</i>
	UTC - 8			
	UTC - 7			
Manitoba	UTC - 7	UTC - 6	ano	
	UTC - 6			
Nový Brunšvik	UTC - 5	UTC - 4	ano	
	UTC - 4			
Newfoundland a Labrador	UTC - 5	UTC - 4	ano	
	UTC - 4	UTC - 3:30		
Nové Skotsko	UTC - 4	UTC - 4	ano	
Ontario	UTC - 6	UTC - 6	ano*	<i>*kromě Atikokan, New Osnaburgh a Pickle Lake</i>
	UTC - 5	UTC - 5		
Ostrov prince Eduarda	UTC - 4	UTC - 4	ano	
Quebec	UTC - 5	UTC - 5	ano*	<i>*ne celá část</i>
	UTC - 4	UTC - 4		
Saskatchewan	UTC - 7	UTC - 7	ne*	<i>kromě Creighton, Denare Beach a Lloydminster</i>
	UTC - 6	UTC - 6		
Nunavut	UTC - 8	UTC - 7 UTC - 6 UTC - 5	ano*	<i>*kromě Coral Harbour</i>
	UTC - 7			
	UTC - 6			
	UTC - 5			
	UTC - 4			
Severozápadní teritoria	UTC - 9	UTC - 7	ano	
	UTC - 8			
	UTC - 7			
Yukon	UTC - 9	UTC - 8	ano	
	UTC - 8			