

CANADA	PROVINCES	TIME ZONE
204	Manitoba	CST
226	Ontario	EST
250	British Columbia	PST
289	Ontario	EST
306	Saskatchewan	CST
343	Ontario	EST
403	Alberta , Southern	MST
416	Ontario - City of Toronto	EST
418	Quebec - NorthEast	EST
438	Quebec	EST
450	Quebec - Laval (Montreal North)	EST
506	New Brunswick	AST
514	Quebec - Montreal	EST
519	Ontario - SouthWest	EST
579	Quebec	EST
581	Quebec - NorthEast	EST
587	Alberta	MST
604	British Columbia	PST
613	Ontario - SouthEast	EST
647	Ontario	EST
705	Ontario - Northern	EST
709	Newfndlnd, Labradr	AST
778	British Columbia	PST
780	Alberta, Edmonton & North	MST
807	Ontario - NorthWest	EST
819	Quebec - Eastern	EST
867	Yukon/N.W.Terr ^o s	PST
902	Pr Edwrđ Is, Nova Scotia	NSF
905	Greater Toronto Area, except Toronto	EST
AST -- Atlantic		
1 Hr East of EST		
NSF = Newfoundland/ Prince Edward Island		
1 1/2 Hr East of EST		