

Equilibrium City Listing

The EQ has the standards as of 2017 implemented in the programming. DST can easily be set manually to AUTO, ON or OFF. If the TZ changes the watch can be set via LAT/LON to accommodate any location and setting.

DST TERRITORY = abbreviation Followed by definiton.

The first 5 are the bigger systems used and can be chosen when stting by LAT/LON.

NO DST = no Used where NO DST is applied. Used in Asia and most parts of Africa and South America, as well as for military operations.

USA Standard American DST = sa Begins on the second Sunday of March at 2:00 a.m and ends on the first Sunday in November at 1:00 am.

EURO Standard European DST = se DST begins at 1 am GMT on the last Sunday of March and ends at 1 am GMT on the last Sunday of October.

AUSTRALIA DST = sd At 2 am South Australian standard time, on the first Sunday of October, the time is set 1 hour forward. At 3 am South Australian summer time on the first Sunday of April time is set 1 hour back.

LATIN South Brazilian DST = sb At 2 am Southern Brazil standard time on the third Sunday of October time is set 1 hour forward and at 2 am South Brazil summer time on the third Sunday of Feb time is set 1 hour back.

The following local DST standards are used in programming where applicable:

Antarctica DST = sx Starts DST on the first Sunday of April and ends last Sunday of September.

Azerbaijan DST = sj Applied standard EU DST rules. Begins at 1 am GMT on the last Sunday of March and ends at 1 am GMT on the last Sunday of October.

Chile DST = sc Begins on second Saturday of October and ends on second Sunday of March.

Cuba DST = sh Begins on first Sunday in April at 00:00h and ends second Sunday of November at 01:00h.

Egypt DST = sg No longer in effect.

Fiji DST = sf DST begins on third Sunday in October and ends on the first Sunday in March.

West Bank / Gaza DST = sw Starts April 1 and ends August 1.

Greenland DST = sr DST of GREENLAND is same as EUROPEAN DST.

Iran DST = sq Starts first day of Farvardin, ends last day of Mehr of Iran Solar Hijri Calendar.

Israel DST = ss Starts Friday before last Sunday in March, ends last Sunday in October.

Mexico DST = sk Now using same DST as USA.

Morocco DST = sm Starts the first Sunday in April and ends the last Sunday in July.

New Zealand DST = sz After 2016 DST in New Zealand Starts & Ends the same as AUSTRALIA DST.

Namibia DST = sn Begins first Sunday in September at 02:00, ends first Sunday in April at 01:00.

Paraguay DST = sp Starts first Sunday in October and ends second Sunday in April.

Samoa DST = so Starts last Sunday in September at 03:00, ends first Sunday in April at 03:00.

Syria/Jordan DST = si Begins on the last Friday of March at 00:00 and ends on the last Friday of October at 00:00.

Uruguay DST = su Starts first Sunday of October and ends second Sunday of March.

Country-State	City Name	LAT	LON	DST	TZ	Time Mode
Afghanistan	Kabul	34-31-0 N	69-10-0 E	no	04.30	2400
Albania	Tirana	41-19-0 N	19-49-0 E	se	01.00	2400
Algeria	Algiers	36-45-0 N	3-02-0 E	no	01.00	2400
American Samoa	Pago Pago	14-16-0 S	170-42-0 W	no	-11.00	am/pm
Andaman Islands	Port Blair	11-37-0 N	92-43-0 E	no	05.30	am/pm
Andorra	Andorra	42-32-0 N	1-36-0 E	no	01.00	2400
Angola	Huambo	12-46-0 S	15-43-0 E	no	01.00	2400
Angola	Luanda	8-50-0 S	13-14-0 E	no	01.00	am/pm
Argentina	Bahia Blanca	38-42-0 S	62-16-0 W	no	-03.00	am/pm
Argentina	Buenos Aires	34-36-0 S	58-22-0 W	no	-03.00	am/pm
Argentina	Comodore Rivadavia	45-52-0 S	67-30-0 W	no	-03.00	am/pm
Argentina	Cordoba	31-23-0 S	64-10-0 W	no	-03.00	am/pm
Argentina	Mar del Plata	37-58-0 S	57-35-0 W	no	-03.00	am/pm
Argentina	Rosario	32-57-0 S	60-39-0 W	no	-03.00	am/pm
Argentina	Tucuman	26-48-0 S	65-13-0 W	no	-03.00	am/pm
Armenia	Yerevan	40-10-0 N	44-31-0 E	no	04.00	2400
Australia	Adelaide	34-55-0 S	138-35-0 E	sd	09.30	am/pm
Australia	Alice Springs	23-43-0 S	133-52-0 E	no	09.30	am/pm
Australia	Brisbane	27-28-0 S	153-01-0 E	no	10.00	am/pm
Australia	Cairns	16-55-0 S	145-46-0 E	no	10.00	am/pm
Australia	Canberra	35-18-0 S	149-07-0 E	sd	10.00	am/pm
Australia	Darwin	12-27-0 S	130-50-0 E	no	09.30	am/pm
Australia	Great Barrier Reef	18-17-0 S	147-42-0 E	no	10.00	am/pm
Australia	Melbourne	37-48-0 S	144-58-0 E	sd	10.00	am/pm
Australia	Perth	31-55-0 S	115-51-0 E	no	08.00	am/pm
Australia	Port Hedland	20-18-0 S	118-34-0 E	no	08.00	am/pm
Australia	Rockhampton	23-22-0 S	150-30-0 E	no	10.00	am/pm
Australia	Sydney	33-52-0 S	151-12-0 E	sd	10.00	am/pm
Austria	Innsbruck	47-16-0 N	11-24-0 E	se	01.00	2400
Austria	Vienna	48-12-0 N	16-22-0 E	se	01.00	2400
Azerbaijan	Baku	40-26-0 N	49-52-0 E	se	04.00	2400
Bahamas	Nassau	25-03-0 N	77-20-0 W	sa	-05.00	am/pm
Bahrain	Manama	26-13-0 N	50-34-0 E	no	03.00	2400
Bangladesh	Dhaka	23-42-0 N	90-24-0 E	no	06.00	am/pm
Belarus	Minsk	53-54-0 N	27-34-0 E	no	03.00	2400
Belgium	Brussels	50-51-0 N	4-21-0 E	se	01.00	2400

Belize	Belmopan	17-29-0 N	88-11-0 W	no	-06.00 am/pm
Bermuda	Bermuda	32-18-0 N	64-45-0 W	sa	-04.00 am/pm
Bhutan	Thimphu	27-26-0 N	89-40-0 E	no	06.00 am/pm
Bolivia	La Paz	16-29-0 S	68-08-0 W	no	-04.00 am/pm
Bolivia	Santa Cruz-BOL	17-52-0 S	63-0-0 W	no	-04.00 am/pm
Borneo	Banjarmasin	3-19-0 S	114-35-0 E	no	08.00 am/pm
Borneo, Indonesia	Makassar	05-09-0 S	119-25-0 E	no	08.00 am/pm
Bosnia/Herzegovina	Sarajevo	43-51-0 N	18-26-0 E	se	01.00 2400
Botswana	Gaborone	24-39-0 S	25-54-0 E	no	02.00 2400
Brazil	Alegre	20-45-0 S	41-32-0 W	sb	-03.00 2400
Brazil	Aracaju	10-54-34 S	37-04-29 W	no	-03.00 2400
Brazil	Belem	1-27-0 S	48-30-0 W	no	-03.00 2400
Brazil	Brasilia	15-46-0 S	47-55-0 W	sb	-03.00 2400
Brazil	Campo Grande	20-26-0 S	54-38-0 W	sb	-04.00 2400
Brazil	CASCADEL	24-57-0 S	53-27-0 W	sb	-03.00 2400
Brazil	Cuiaba	15-35-0 S	56-05-0 W	sb	-04.00 2400
Brazil	Curitiba	25-25-0 S	49-16-0 W	sb	-03.00 2400
Brazil	Fortaleza	3-43-0 S	38-32-0 W	no	-03.00 2400
Brazil	Horizonte	19-55-0 S	43-56-0 W	sb	-03.00 2400
Brazil	Itabuna	14-47-0 S	39-16-0 W	no	-03.00 2400
Brazil	Joao Pessoa	7-06-0 S	34-51-0 W	no	-03.00 2400
Brazil	Juazeiro do Norte	7-14-0 S	39-19-0 W	no	-03.00 2400
Brazil	Maceio	9-39-0 S	35-44-0 W	no	-03.00 2400
Brazil	Manaus	3-06-0 S	60-01-0 W	no	-04.00 am/pm
Brazil	Montes Claros	16-44-0 S	43-51-0 W	sb	-03.00 2400
Brazil	Natal	5-47-0 S	35-12-0 W	no	-03.00 2400
Brazil	Pelotas	31-46-0 S	52-20-0 W	sb	-03.00 2400
Brazil	Rio Branco	9-58-0 S	67-48-0 W	no	-04.00 am/pm
Brazil	Rio De Janeiro	22-54-0 S	43-12-0 W	sb	-03.00 2400
Brazil	Salvador	12-58-0 S	38-30-0 W	no	-03.00 2400
Brazil	Santana	9-30-0 S	50-37-09 W	sb	-03.00 2400
Brazil	Santarem	2-26-0 S	54-41-0 W	no	-03.00 am/pm
Brazil	Sao Luis	2-31-0 S	44-18-0 W	no	-03.00 2400
Brazil	Sao Paulo	23-32-0 S	46-38-0 W	sb	-03.00 2400
Brazil	Teresina	5-05-0 S	42-48-0 W	no	-03.00 2400
Brazil	Uberlandia	18-54-0 S	48-15-0 W	sb	-03.00 2400
Brazil	Vitoria	20-18-0 S	40-18-0 W	sb	-03.00 2400
Brunei	Bandar Seri Begawan	4-30-0 N	114-40-0 E	no	08.00 am/pm
Bulgaria	Sofia	42-41-0 N	23-19-0 E	se	02.00 am/pm
Burkina Faso	Ouagadougou	12-21-0 N	1-32-0 W	no	00.00 2400
Burundi	Bujumbura	3-22-0 S	29-21-0 E	no	02.00 2400
Cambodia	Phnom Pehn	11-32-0 N	104-53-0 E	no	07.00 am/pm
Cameroon	Yaounde	3-52-0 N	11-31-0 E	no	01.00 2400
Canada	Calgary	51-02-0 N	114-03-0 W	sa	-07.00 am/pm

Canada	Edmonton	53-32-0 N	113-29-0 W	sa	-07.00 am/pm
Canada	Glace Bay	46-11-0 N	59-57-0 W	sa	-04.00 am/pm
Canada	Halifax	44-38-0 N	63-34-0 W	sa	-04.00 am/pm
Canada	Moncton	46-05-0 N	64-46-0 W	sa	-04.00 am/pm
Canada	Montreal	45-30-0 N	73-33-0 W	sa	-05.00 am/pm
Canada	Newfoundland	53-08-0 N	57-39-0 W	sa	-03.30 am/pm
Canada	Ottawa	45-25-0 N	75-41-0 W	sa	-05.00 am/pm
Canada	Prince George	53-55-0 N	122-44-0 W	sa	-08.00 am/pm
Canada	Quebec	46-48-0 N	71-14-0 W	sa	-05.00 2400
Canada	Saskatoon	52-08-0 N	106-38-0 W	no	-06.00 am/pm
Canada	Sault Ste.Marie	46-29-0 N	84-20-0 W	sa	-05.00 am/pm
Canada	Thunder Bay	48-22-0 N	89-14-0 W	sa	-05.00 am/pm
Canada	Toronto	43-39-0 N	79-22-0 W	sa	-05.00 am/pm
Canada	Vancouver	49-15-0 N	123-06-0 W	sa	-08.00 am/pm
Canada	Winnipeg	49-53-0 N	97-08-0 W	sa	-06.00 am/pm
Canda	Regina	50-27-0 N	104-36-0 W	no	-06.00 am/pm
Caribbean	Antigua	17-08-0 N	61-47-0 W	no	-04.00 2400
Caribbean	Barbados	13-11-0 N	59-32-0 W	no	-04.00 am/pm
Caribbean	Roseau	15-18-0 N	61-23-0 W	no	-04.00 am/pm
Central African Republic	Bangui	4-21-0 N	18-33-0 E	no	01.00 2400
Chad	N'Djamena	12-06-0 N	15-02-0 E	no	01.00 2400
Chile	Antofogasta	23-39-0 S	70-23-0 W	sc	-04.00 am/pm
Chile	Concepcion	36-49-0 S	73-03-0 W	sc	-04.00 am/pm
Chile	Puerto Montt	41-28-0 S	72-56-0 W	sc	-04.00 am/pm
Chile	Punta Arenas	53-09-0 S	70-54-0 W	sc	-04.00 am/pm
Chile	Santiago	33-28-0 S	70-38-0 W	sc	-04.00 am/pm
China	Beijing	39-54-0 N	116-24-0 E	no	08.00 am/pm
China	Changsha	28-13-0 N	112-56-0 E	no	08.00 am/pm
China	Chengdu	30-39-0 N	104-03-0 E	no	08.00 am/pm
China	Chongquin	29-33-0 N	106-33-0 E	no	08.00 am/pm
China	Fuzhou	26-04-0 N	119-17-0 E	no	08.00 am/pm
China	Guangzhou	23-07-0 N	113-15-0 E	no	08.00 am/pm
China	Guiyang	26-38-0 N	106-37-0 E	no	08.00 am/pm
China	Haikou	20-01-0 N	110-19-0 E	no	08.00 am/pm
China	Harbin	45-48-0 N	126-32-0 E	no	08.00 am/pm
China	Jinan	36-39-0 N	116-59-0 E	no	08.00 am/pm
China	Kunming	24-52-0 N	102-49-0 E	no	08.00 am/pm
China	Lanzhou	36-03-0 N	103-50-0 E	no	08.00 am/pm
China	Lhasa	29-38-0 N	91-08-0 E	no	08.00 am/pm
China	Liuzhou	24-19-0 N	109-24-0 E	no	08.00 am/pm
China	Nanchang	28-40-0 N	115-51-0 E	no	08.00 am/pm
China	Nanjing	32-03-0 N	118-47-0 E	no	08.00 am/pm
China	Nanning	22-49-0 N	108-21-0 E	no	08.00 am/pm
China	Shanghai	31-13-0 N	121-28-0 E	no	08.00 am/pm

China	Shenyang	41-48-0 N	123-25-0 E	no	08.00	am/pm
China	Tsingtao	36-04-0 N	120-22-0 E	no	08.00	am/pm
China	Wenzhou	27-59-0 N	120-41-0 E	no	08.00	am/pm
China	Wuhan	30-35-0 N	114-18-0 E	no	08.00	am/pm
China	Xiamen	24-28-0 N	118-05-0 E	no	08.00	am/pm
China	Xian	34-20-0 N	108-56-0 E	no	08.00	am/pm
China	Zhengszou	34-44-0 N	113-37-0 E	no	08.00	am/pm
Colombia	Cali	3-25-0 N	76-31-0 W	no	-05.00	am/pm
Columbia	Bogota	4-35-0 S	74-04-0 W	no	-05.00	am/pm
Columbia	Cartagena	10-23-0 N	75-31-0 W	no	-05.00	am/pm
Columbia	Medellin	6-14-0 N	75-34-0 W	no	-05.00	am/pm
Comoros	Moroni	11-42-0 S	43-15-0 E	no	03.00	2400
Congo	Bakwanga	6-08-0 S	23-36-0 E	no	02.00	2400
Congo	Brazzaville	15-46-0 S	47-55-0 W	no	-03.00	2400
Congo	Kikwit	4-22-0 S	15-19-0 E	no	01.00	2400
Congo	Kisangani	0-32-0 N	25-12-0 E	no	02.00	2400
Congo	Lubumbashi	11-40-0 S	27-29-0 E	no	02.00	am/pm
Congo	Mbandaka	0-06-0 N	18-14-0 E	no	01.00	am/pm
Cook Islands NZ	Avarua	21-12-0 S	159-45-0 W	no	-10.00	am/pm
Costa Rica	San Jose-Costa Rica	9-55-0 N	84-04-0 W	no	-06.00	am/pm
Crete	Iraklion	35-20-0 N	25-08-0 E	se	02.00	2400
Croatia	Zagreb	45-48-0 N	15-58-0 E	se	01.00	2400
Cuba	Bayamo	20-22-0 N	76-38-0 W	sh	-05.00	2400
Cuba	Havana	23-07-0 N	82-23-0 W	sh	-05.00	2400
Curacao	Willemstad	12-09-0 N	68-57-0 W	no	-04.00	2400
Cyprus	Nicosia	35-10-0 N	33-22-0 E	se	02.00	2400
Czeck Republic	Prague	50-04-0 N	14-26-0 E	se	01.00	2400
Denmark	Arhus	56-09-0 N	10-12-0 E	se	01.00	2400
Denmark	Copenhagen	55-40-0 N	12-34-0 E	se	01.00	2400
Djibouti	Djibouti	11-49-0 N	42-35-0 E	no	03.00	2400
Dominican Republic	Santo Domingo	18-28-0 N	69-59-0 W	no	-04.00	am/pm
East Timor	Dili	8-33-0 S	125-34-0 E	no	09.00	am/pm
Ecuador	Galapagos	0-49-0 S	90-58-0 W	no	-06.00	am/pm
Ecuador	Guayaquil	2-12-0 S	79-53-0 W	no	-05.00	am/pm
Ecuador	Quito	0-13-0 S	78-31-0 W	no	-05.00	am/pm
Egypt	Aswan	24-05-0 N	32-53-0 E	no	02.00	am/pm
Egypt	Cairo	30-02-0 N	31-14-0 E	no	02.00	am/pm
El Salvador	San Salvador	13-43-0 N	89-09-0 W	no	-06.00	am/pm
Equitorial Guinea	Malabo	3-45-0 N	8-46-0 E	no	01.00	2400
Eritrea	Asmara	15-19-0 N	38-55-0 E	no	03.00	2400
Estonia	Tallinn	59-26-0 N	24-45-0 E	no	02.00	2400
Ethiopia	Addis Ababa	9-01-0 N	38-44-0 E	no	03.00	am/pm
Fiji	Suva	17-42-0 S	178-03-0 E	sf	12.00	am/pm
Finland	Helsinki	60-10-0 N	24-56-0 E	se	02.00	2400

Finland	Turku	60-26-0 N	22-15-0 E	se	02.00	2400
France	Bordeaux	44-50-0 N	0-34-0 w	se	01.00	2400
France	Limoges	45-50-0 N	1-15-0 E	se	01.00	2400
France	Lyon	45-45-0 N	4-50-0 E	se	01.00	2400
France	Marseilles	43-17-0 N	5-22-0 E	se	01.00	2400
France	Montpellier	43-36-0 N	3-52-0 E	se	01.00	2400
France	Nantes	47-13-0 N	1-33-0 W	se	01.00	2400
France	Nice	43-41-0 N	7-15-0 E	se	01.00	2400
France	Paris	48-51-0 N	2-21-0 E	se	01.00	2400
France	Rennes	48-06-0 N	1-40-0 W	se	01.00	2400
France	Strasbourg	48-34-0 N	7-44-0 E	se	01.00	2400
France	Toulouse	43-36-0 N	1-26-0 E	se	01.00	2400
France	Tours	47-23-0 N	0-41-0 E	se	01.00	2400
French Guinea	Cayenne	4-55-0 N	52-19-0 W	no	-03.00	2400
French Polynesia	Papeete	17-40-0 S	149-24-0 W	no	-10.00	2400
Gabon	Libreville	0-23-0 N	9-27-0 E	no	01.00	2400
Gambia	Banjul	13-27-0 N	16-34-0 W	no	00.00	2400
Georgia	Tbilisi	41-42-0 N	44-47-0 E	no	04.00	am/pm
Germany	Berlin	52-31-0 N	13-24-0 E	se	01.00	2400
Germany	Frankfurt	50-06-0 N	8-40-0 E	se	01.00	2400
Germany	Hamburg	53-33-0 N	9-59-0 E	se	01.00	2400
Germany	Kassel	51-18-0 N	9-28-0 E	se	01.00	2400
Germany	Koln	50-56-0 N	6-57-0 E	se	01.00	2400
Germany	Leipzig	51-20-0 N	12-22-0 E	se	01.00	2400
Germany	Munich	48-08-0 N	11-34-0 E	se	01.00	2400
Germany	Nurnberg	49-27-0 N	11-04-0 E	se	01.00	2400
Germany	Stuttgart	48-46-0 N	9-10-0 E	se	01.00	2400
Ghana	Accra	5-33-0 N	0-11-0 W	no	00.00	am/pm
Ghana	Kumasi	6-41-0 N	1-37-0 W	no	00.00	am/pm
Greece	Athens	37-59-0 N	23-43-0 E	se	02.00	2400
Greece	Mykonos	37-26-0 N	25-19-0 E	se	02.00	2400
Greece	Rhodes	36-26-0 N	28-13-0 E	se	02.00	2400
Greece	Thessaloniki	40-38-0 N	22-56-0 E	se	02.00	2400
Greenland	Nuuk	64-11-0 N	51-43-0 W	sr	-03.00	2400
Guatemala	Guatemala City	14-37-0 N	90-31-0 W	no	-06.00	am/pm
Guinea	Conakry	9-32-0 N	13-40-0 W	no	00.00	2400
Guinea-Bissau	Bissau	11-52-0 N	15-36-0 W	no	00.00	2400
Guyana	Georgetown	6-48-0 N	58-09-0 W	no	-04.30	am/pm
Haiti	Port-au-Prince	18-32-0 N	72-20-0 W	no	-05.00	am/pm
Honduras	San Pedro	14-19-0 N	88-06-0 W	no	-06.00	am/pm
Honduras	Tegucigalpa	14-04-0 N	87-13-0 W	no	-06.00	am/pm
Hong Kong	Hong Kong	22-23-0 N	114-06-0 E	no	08.00	am/pm
Hungary	Budapest	47-29-0 N	19-02-0 E	se	01.00	2400
Iceland	Reykjavik	64-08-0 N	21-53-0 W	no	00.00	am/pm

India	Ahmedabad	23-02-0 N	72-33-0 E	no	05.30	2400
India	Bangalore	12-58-0 N	77-35-0 E	no	05.30	2400
India	Belgaum	15-51-0 N	74-30-0 E	no	05.30	2400
India	Calcutta	22-34-0 N	88-21-0 E	no	05.30	2400
India	Cuttack	20-27-0 N	85-52-0 E	no	05.30	2400
India	Hyderabad	17-23-0 N	78-29-0 E	no	05.30	2400
India	Indore	22-43-0 N	75-51-0 E	no	05.30	2400
India	Kanpur	26-26-0 N	80-19-0 E	no	05.30	2400
India	Kota	25-10-0 N	75-51-0 E	no	05.30	2400
India	Madras	13-03-0 N	80-14-0 E	no	05.30	2400
India	Madurai	9-55-0 N	78-07-0 E	no	05.30	2400
India	MUMBAI	19-04-0 N	72-52-0 E	no	05.30	2400
India	Nagpur	21-08-0 N	79-05-0 E	no	05.30	2400
India	New Dehli	28-38-0 N	77-13-0 E	no	05.30	2400
India	Poona	18-31-0 N	73-51-0 E	no	05.30	2400
India	Raipur	21-15-0 N	81-37-0 E	no	05.30	2400
India	Varanasi	25-19-0 N	82-58-0 E	no	05.30	2400
India	Vishakhapatnam	17-41-0 N	83-13-0 E	no	05.30	2400
Indonesia	Bali	8-24-0 S	115-11-0 E	no	08.00	am/pm
Indonesia	Jakarta	6-12-0 S	106-50-0 E	no	07.00	am/pm
Indonesia	Kupang	10-10-0 S	123-34-0 E	no	08.00	am/pm
Indonesia	Padang	0-57-0 S	100-21-0 E	no	07.00	am/pm
Indonesia	Surabaya	7-17-0 S	112-44-0 E	no	07.00	am/pm
Iran	Esfahan	32-39-0 N	51-40-0 E	sq	03.30	am/pm
Iran	Mashhad	36-18-0 N	59-36-0 E	sq	03.30	am/pm
Iran	Shiraz	29-37-0 N	52-31-0 E	sq	03.30	am/pm
Iran	Tabriz	38-04-0 N	46-17-0 E	sq	03.30	am/pm
Iran	Tehran	35-41-0 N	51-25-0 E	sq	03.30	am/pm
Iran	Zahedan	29-29-0 N	60-51-0 E	sq	03.30	am/pm
Iraq	Baghdad	33-19-0 N	44-25-0 E	no	03.00	2400
Ireland	Belfast	54-35-0 N	5-55-0 W	se	00.00	am/pm
Ireland	Cork	51-53-0 N	8-29-0 W	se	00.00	am/pm
Ireland	Dublin	53-20-0 N	6-15-0 W	se	00.00	am/pm
Israel	Jerusalem	31-46-0 N	35-12-0 E	ss	02.00	2400
Italy	Bari	41-07-0 N	16-52-0 E	se	01.00	2400
Italy	Bologna	44-29-0 N	11-20-0 E	se	01.00	2400
Italy	Cagliari	39-13-0 N	9-07-0 E	se	01.00	2400
Italy	Firenze	43-46-0 N	11-14-0 E	se	01.00	2400
Italy	Genova	44-24-0 N	8-56-0 E	se	01.00	2400
Italy	Milano	45-27-0 N	9-11-0 E	se	01.00	2400
Italy	Napoli	40-51-0 N	14-16-0 E	se	01.00	2400
Italy	Palermo	38-06-0 N	13-21-0 E	se	01.00	2400
Italy	Rome	41-54-0 N	12-27-0 E	se	01.00	2400
Italy	Venezia	45-26-0 N	12-18-0 E	se	01.00	2400

Ivory Coast	Abidjan	5-20-0 N	4-01-0 W	no	00.00	2400
Ivory Coast	Bouake	7-41-0 N	5-01-0 W	no	00.00	am/pm
Jamaica	Kingston	17-59-0 N	76-47-0 W	no	-05.00	am/pm
Japan	Fukuoka	33-35-0 N	130-24-0 E	no	09.00	2400
Japan	Okinawa	26-12-0 N	127-40-0 E	no	09.00	2400
Japan	Osaka	34-41-0 N	135-30-0 E	no	09.00	2400
Japan	Sapporo	43-03-0 N	141-21-0 E	no	09.00	2400
Japan	Tokyo	35-41-0 N	139-41-0 E	no	09.00	2400
Jordan	Amman	31-57-0 N	35-56-0 E	se	02.00	am/pm
Kazakhstan	Astana	51-10-0 N	71-25-0 E	no	06.00	am/pm
Kenya	Mombasa	4-02-0 S	39-40-0 E	no	03.00	2400
Kenya	Nairobi	1-17-0 S	36-49-0 E	no	03.00	2400
Korea	Seoul	37-33-0 N	126-58-0 E	no	09.00	2400
Kosovo	Pristina	42-40-0 N	21-09-0 E	no	01.00	2400
Kuwait	Kuwait City	29-18-0 N	47-28-0 E	no	03.00	2400
Kyrgyzstan	Bishkek	42-52-0 N	74-35-0 E	no	06.00	am/pm
Laos	Loungprabang	20-03-0 N	102-37-0 E	no	07.00	am/pm
Laos	Vientiane	17-57-0 N	102-36-0 E	NO	07.00	am/pm
Latvia	Riga	56-56-0 N	24-06-0 E	se	02.00	2400
Lebanon	Beirut	33-53-0 N	35-29-0 E	se	02.00	2400
Lesotho	Maseru	29-18-0 S	27-29-0 E	no	02.00	2400
Liberia	Monrovia	6-18-0 N	10-47-0 W	no	00.00	2400
Libya	Benghazi	32-07-0 N	20-04-0 E	no	02.00	2400
Libya	Tripoli	32-52-0 N	13-11-0 E	no	02.00	2400
Lithuania	Vilnius	54-41-0 N	25-16-0 E	no	02.00	2400
Luxembourg	Luxembourg	49-48-0 N	6-07-0 E	se	01.00	2400
Macedonia	Skopje	41-59-0 N	21-25-0 E	se	01.00	am/pm
Madagascar	Antananarivo	18-54-0 S	47-31-0 E	no	03.00	2400
Malawi	Blantyre	15-47-0 S	35-0-0 E	no	02.00	2400
Malawi	Lilongwe	13-58-0 S	33-46-0 E	no	02.00	2400
Malaysia	Kuala Lumpur	3-08-0 N	101-41-0 E	no	08.00	am/pm
Maldives	Male	4-10-0 N	73-30-0 E	no	05.00	2400
Mali	Bamako	12-39-0 N	8-0-0 W	no	00.00	2400
Malta	Valletta	35-53-0 N	14-30-0 E	se	01.00	2400
Marshall Islands	Majuro	9-0-0 N	168-0-0 E	no	12.00	am/pm
Mauritius	Mauritius	20-20-0 S	57-33-0 E	no	04.00	2400
Mexico	Acapulco	16-51-0 N	99-52-0 W	sk	-06.00	am/pm
Mexico	Cabo San Lucas	23-53-0 N	109-55-0 W	sk	-07.00	am/pm
Mexico	Cancun	21-09-0 N	86-50-0 W	sk	-05.00	am/pm
Mexico	Chihuahua	28-37-0 N	106-04-0 W	sk	-07.00	am/pm
Mexico	Guadalajara	20-40-0 N	103-20-0 W	sk	-06.00	am/pm
Mexico	Hermosillo	29-05-0 N	110-57-0 W	no	-07.00	am/pm
Mexico	Mazatlan	23-14-0 N	106-24-0 W	sa	-07.00	am/pm
Mexico	Meridad	20-58-0 N	89-37-0 W	sk	-06.00	am/pm

Mexico	Mexicali	32-38-0 N	115-26-0 W	sa	-08.00	am/pm
Mexico	Mexico City	19-25-0 N	99-07-0 W	sk	-06.00	am/pm
Mexico	Monterrey-MEX	25-40-0 N	100-18-0 W	sk	-06.00	am/pm
Mexico	Mulege-Baja	26-53-30 N	111-58-51 W	sk	-07.00	am/pm
Mexico	Palenque	17-29-0 N	92-02-0 W	sk	-06.00	am/pm
Mexico	San Luis	22-09-0 N	100-59-0 W	sa	-06.00	am/pm
Mexico	Tampico	22-15-0 N	97-52-0 W	sk	-06.00	am/pm
Mexico	Veracruz	19-11-0 N	96-09-0 W	sk	-06.00	am/pm
Micronesia	Micronesia-Chuuk	7-21-0 N	151-35-0 E	no	10.00	am/pm
Moldova	Chisinau	47-01-0 N	28-50-0 E	no	02.00	2400
Monaco	Monaco	43-44-0 N	7-25-0 E	se	01.00	2400
Mongolia	Ulaanbaatar	47-55-0 N	106-54-0 E	no	08.00	am/pm
Montenegro	Podgorica	42-26-0 N	19-16-0 E	no	01.00	2400
Morocco	Casablanca	33-31-0 N	7-34-0 W	sm	00.00	2400
Morocco	Rabat	34-0-0 N	6-49-0 W	sm	00.00	2400
Morocco	Tangier	35-46-0 N	5-47-0 W	sm	00.00	2400
Mozambique	Beira	19-49-0 S	34-51-0 E	no	02.00	2400
Mozambique	Maputo	25-58-0 S	32-34-0 E	no	02.00	2400
Mozambique	Nampula	15-07-0 S	39-16-0 E	no	02.00	2400
Myanmar	Mandalay	21-58-0 N	96-04-0 E	no	06.30	am/pm
Myanmar	Naypyidaw	19-45-0 N	96-06-0 E	no	06.30	am/pm
Myanmar	Rangoon	16-48-0 N	96-08-0 E	no	06.30	am/pm
Namibia	Windhoek	22-33-0 S	17-04-0 E	sn	01.00	2400
Nepal	Kathmandu	27-04-0 N	85-19-0 E	no	05.45	am/pm
Netherlands	Amsterdam	52-22-0 N	4-53-0 E	se	01.00	2400
New Guinea	New Guinea	5-30-0 S	141-0-0 E	no	10.00	am/pm
New Zealand	Christchurch	43-31-0 S	172-38-0 E	sz	12.00	am/pm
New Zealand	Dunedin	45-52-0 S	170-30-0 E	sz	12.00	am/pm
New Zealand	Wellington	41-17-0 S	174-46-0 E	sz	12.00	am/pm
New Zeland	Auckland	36-50-0 S	174-45-0 E	sz	12.00	am/pm
Nicaragua	Managua	12-08-0 N	86-15-0 W	no	-06.00	am/pm
Niger	Niamey	13-30-0 N	2-06-0 E	no	01.00	2400
Nigeria	Abuja	9-04-0 N	7-28-0 E	no	01.00	am/pm
Nigeria	Enugu	6-27-0 N	7-30-0 E	no	01.00	am/pm
Nigeria	Kano	12-0-0 N	8-31-0 E	no	01.00	am/pm
Nigeria	Lagos	6-27-0 N	3-23-0 E	no	01.00	am/pm
Niue	Alofi	19-03-0 S	169-55-0 W	no	-11.00	am/pm
North Korea	Pyongyang	39-01-0 N	125-45-0 E	no	08.30	am/pm
Norway	Alesund	62-28-0 N	6-08-0 E	se	01.00	2400
Norway	Bergen	60-23-0 N	5-19-0 E	se	01.00	2400
Norway	Bodo	67-16-0 N	14-24-0 E	se	01.00	2400
Norway	Elverum	60-57-0 N	11-44-0 E	se	01.00	2400
Norway	Lillehammer	61-06-0 N	10-27-0 E	se	01.00	am/pm
Norway	Oslo	59-54-0 N	10-45-0 E	se	01.00	2400

Norway	Stavanger	58-58-0 N	5-43-0 E	se	01.00	2400
Norway	Tromso	69-38-0 N	18-57-0 E	se	01.00	2400
Norway	Trondheim	63-25-0 N	10-23-0 E	se	01.00	2400
Oman	Muscat	23-36-0 N	58-32-0 E	no	04.00	am/pm
Pakistan	Islamabad	33-43-0 N	73-03-0 E	no	05.00	am/pm
Pakistan	Karachi	24-53-0 N	67-01-0 E	no	05.00	am/pm
Pakistan	Multan	30-11-0 N	71-27-0 E	no	05.00	am/pm
Pakistan	Rawalpindi	33-36-0 N	73-02-0 E	no	05.00	am/pm
Palau	Melekeok	7-30-0 N	134-37-0 E	no	09.00	am/pm
Panama	Panama City	8-59-0 N	79-31-0 W	no	-05.00	am/pm
Papua New Guinea	Port Moresby	9-28-0 S	147-11-0 E	no	10.00	am/pm
Paraguay	Asuncion	25-16-0 S	57-38-0 W	sp	-04.00	am/pm
Peru	Cusco	13-31-0 S	71-58-0 W	no	-05.00	am/pm
Peru	Iquitos	3-45-0 S	73-15-0 W	no	-05.00	am/pm
Peru	Lima	12-02-0 S	77-03-0 W	no	-05.00	am/pm
Peru	Macchu Picchu	13-09-47 S	72-32-44 W	no	-05.00	am/pm
Peru	Trujillo	8-06-0 S	79-01-0 W	no	-05.00	am/pm
Phillipines	Cebu	10-18-0 N	123-53-0 E	no	08.00	am/pm
Phillipines	Davao	7-11-0 N	125-27-0 E	no	08.00	am/pm
Phillipines	Manila	14-35-0 N	120-59-0 E	no	08.00	am/pm
Pircairn	Adamstown	25-03-0 S	130-06-0 W	no	-08.00	am/pm
Poland	Gdansk	54-21-0 N	18-38-0 E	se	01.00	2400
Poland	Krakow	50-03-0 N	19-56-0 E	se	01.00	2400
Poland	Poznan	52-24-0 N	16-55-0 E	se	01.00	2400
Poland	Warsaw	52-13-0 N	21-0-0 E	se	01.00	2400
Portugal	Azores	38-43-0 N	27-13-0 W	no	-01.00	2400
Portugal	Lisbon	38-43-0 N	9-09-0 W	se	00.00	2400
Portugal	Porto	41-09-0 N	8-36-0 W	se	00.00	2400
Qatar	Bahrain	25-21-0 N	51-30-0 E	no	03.00	2400
Qatar	Doha	25-16-0 N	51-31-0 E	no	03.00	2400
Reno-Nevada	Reno	39-31-0 N	119-48-0 W	sa	-08.00	am/pm
Rep of Congo	Kinshasa	4-23-0 S	15-58 E	no	01.00	2400
Romania	Bucharest	44-26-0 N	26-05-0 E	se	02.00	2400
Russia	Archangelsk	64-31-0 N	40-31-0 E	no	03.00	2400
Russia	GORKI	55-30-0 N	37-46-0 E	no	03.00	2400
Russia	Irkutsk	52-16-0 N	104-17-0 E	no	08.00	2400
Russia	Kazan	55-47-0 N	49-06-0 E	no	03.00	2400
Russia	Moscow	55-45-0 N	37-37-0 E	no	03.00	2400
Russia	Murmansk	68-58-0 N	33-05-0 E	no	03.00	2400
Russia	Novosibirsk	55-01-0 N	82-55-0 E	no	07.00	2400
Russia	Omsk	54-59-0 N	73-22-0 E	no	06.00	2400
Russia	Perm	58-0-0 N	56-13-0 E	no	05.00	2400
Russia	Saint Petersburg	59-56-0 N	30-18-0 E	no	03.00	2400
Russia	Smolensk	54-46-0 N	32-02-0 E	no	03.00	2400

Russia	Vladivostok	43-07-0 N	131-53-0 E	no	10.00	2400
Russia	Volgograd	48-42-0 N	44-31-0 E	no	03.00	2400
Rwanda	Kigali	1-57-0 S	30-03-0 E	no	02.00	2400
Sahrawi Republic	El Aaiun	27-09-0 N	13-12-0 W	no	00.00	2400
Saint Martin	Marigot	18-04-0 N	63-05-0 W	no	-04.00	am/pm
Samoa	Apia	13-49-0 S	171-45-0 W	so	13.00	am/pm
Saudi Arabia	Abha	18-13-0 N	42-30-0 E	no	03.00	am/pm
Saudi Arabia	Mecca	21-25-0 N	39-49-0 E	no	03.00	am/pm
Saudi Arabia	Medina	24-27-0 N	39-37-0 E	no	03.00	am/pm
Saudi Arabia	Riydah	24-42-0 N	46-43-0 E	no	03.00	am/pm
Saudi Arabia	Tabuk	28-23-0 N	36-34-0 E	no	03.00	am/pm
Scotland	Aberdeen	57-15-0 N	2-11-0 W	se	00.00	am/pm
Scotland	Edinburgh	55-57-0 N	3-11-0 W	se	00.00	am/pm
Scotland	Glasgow	55-51-0 N	4-15-0 W	se	00.00	am/pm
Senegal	Dakar	14-41-0 N	17-26-0 W	no	00.00	2400
Serbia	Belgrade	44-49-0 N	20-27-0 E	se	01.00	2400
Seychelles	Seychelles	4-40-0 S	55-29-0 E	no	04.00	2400
Seychelles	Victoria	4-37-0 S	55-27-0 E	no	04.00	am/pm
Sierra-Leone	Freetown	8-29-0 N	13-13-0 W	no	00.00	2400
Singapore	Singapore	1-21-0 N	103-49-0 E	no	08.00	am/pm
Slovakia	Bratislava	48-08-0 N	17-06-0 E	no	01.00	2400
Slovenia	Ljubljana	46-03-0 N	14-30-0 E	no	01.00	2400
Somalia	Hargeisa	9-32-0 N	44-04-0 E	no	03.00	2400
Somalia	Mogadishu	2-01-0 N	45-21-0 E	no	03.00	2400
South Africa	Bloemfontein	29-07-0 S	25-13-0 E	no	02.00	2400
South Africa	Cape Town	33-55-0 S	18-25-0 E	no	02.00	2400
South Africa	Durban	29-51-0 S	31-01-0 E	no	02.00	2400
South Africa	Johannesburg	26-12-0 S	28-02-0 E	no	02.00	2400
South Africa	Port Elizabeth	33-55-0 S	25-34-0 E	no	02.00	2400
South Sudan	Juba	4-51-0 N	31-36-0 E	no	03.00	2400
Spain	Alacant	38-20-0 N	0-28-0 E	se	01.00	2400
Spain	Barcelona	41-23-0 N	2-10-0 E	se	01.00	2400
Spain	Bilbao	43-15-0 N	2-55-0 W	se	01.00	2400
Spain	Corunna	43-22-0 N	8-23-0 W	se	01.00	2400
Spain	Gibraltar	36-08-0 N	5-21-0 W	se	01.00	2400
Spain	Ibiza	38-54-0 N	1-25-0 E	se	01.00	2400
Spain	Las Palmas	28-07-0 N	15-25-0 W	se	00.00	2400
Spain	Madrid	40-25-0 N	3-42-0 W	se	01.00	2400
Spain	Zaragoza	41-39-0 N	0-52-0 W	se	01.00	2400
Sri Lanka	Sri Lanka	7-52-0 N	80-46-0 E	no	05.30	2400
St.Kitts and Nevis	Basseterre	17-18-0 N	62-43-0 W	no	-04.00	am/pm
Sudan	Al-Fashir	13-37-0 N	25-20-0 E	no	03.00	2400
Sudan	Bur Sudan	19-37-0 N	37-13-0 E	no	03.00	2400
Sudan	Kassala	15-27-0 N	36-23-0 E	no	03.00	am/pm

Sudan	Khartoum	15-33-0 N	32-31-0 E	no	03.00	2400
Suriname	Paramaribo	5-49-0 N	55-10-0 W	no	-03.00	am/pm
Swaziland	Mbabane	26-19-0 S	31-08-0 E	no	02.00	2400
Sweden	Göteborg	57-42-0 N	11-58-0 E	se	01.00	2400
Sweden	Luleå	65-35-0 N	22-09-0 E	se	01.00	2400
Sweden	Stockholm	59-19-0 N	18-03-0 E	se	01.00	2400
Sweden	Sundsvall	62-23-0 N	17-18-0 E	se	01.00	2400
Switzerland	Basel	47-33-0 N	7-35-0 E	se	01.00	2400
Switzerland	Bern	46-56-0 N	7-26-0 E	se	01.00	am/pm
Switzerland	Geneva	46-11-0 N	6-08-0 E	se	01.00	2400
Switzerland	Zürich	47-22-0 N	8-32-0 E	se	01.00	2400
Syria	Aleppo	36-12-0 N	37-09-0 E	si	02.00	am/pm
Syria	Damascus	33-30-0 N	36-18-0 E	si	02.00	am/pm
Taiwan	Taipei	25-05-0 N	121-33-0 E	no	08.00	am/pm
Tajikistan	Dushanbe	38-32-0 N	68-46-0 E	no	05.00	am/pm
Tanzania	Dodoma	6-49-0 S	39-16-0 E	no	03.00	2400
Tasmania	Hobart	42-52-0 S	147-19-0 E	sd	10.00	am/pm
Thailand	Bangkok	13-45-0 N	100-29-0 E	no	07.00	am/pm
Thailand	Chiang Mai	18-47-0 N	98-39-0 E	no	07.00	am/pm
Thailand	Koh Samui	9-30-0 N	100-0-0 E	no	07.00	am/pm
Thailand	Phuket	7-59-0 N	98-19-0 E	no	07.00	am/pm
Togo	Lomé	6-08-0 N	1-12-0 E	no	00.00	am/pm
Tonga	Nuku'alofa	21-10-0 S	175-11-0 W	no	13.00	am/pm
Trinidad	Trinidad	10-41-0 N	61-13-0 W	no	-04.00	am/pm
Tunisia	Tunis	36-49-0 N	10-09-0 E	no	01.00	2400
Turkey	Ankara	39-55-0 N	32-51-0 E	se	02.00	2400
Turkey	Istanbul	41-0-0 N	28-58-0 E	se	02.00	am/pm
Turkey	Izmir	38-25-0 N	27-07-0 E	se	02.00	am/pm
Turkey	Malatya	38-21-0 N	38-18-0 E	se	02.00	am/pm
Turkmenistan	Ashgabat	37-57-0 N	58-22-0 E	no	05.00	am/pm
Tuvalu	Funafuti	8-31-0 S	179-13-0 E	no	12.00	am/pm
UAE	Abu Dhabi	24-28-0 N	54-22-0 E	no	04.00	am/pm
UAE	Dubai	25-16-0 N	55-18-0 E	no	04.00	am/pm
Uganda	Kampala	0-18-0 N	32-34-0 E	no	03.00	2400
UK	Birmingham-GB	52-29-0 N	1-53-0 W	se	00.00	am/pm
UK	Cardiff	51-28-0 N	3-10-0 W	se	00.00	am/pm
UK	London	51-30-0 N	0-07-0 W	se	00.00	am/pm
UK	Manchester	53-28-0 N	2-14-0 W	se	00.00	am/pm
UK	Newcastle	54-58-0 N	1-37-0 W	se	00.00	am/pm
Ukraine	Kiev	50-27-0 N	30-31-0 E	se	02.00	2400
Ukraine	Odesa	46-29-0 N	30-43-0 E	no	03.00	am/pm
Uruguay	Montevideo	34-53-0 S	56-10-0 W	no	-03.00	am/pm
USA-Alabama	Birmingham-US	33-31-0 N	86-48-0 W	sa	-06.00	am/pm
USA-Alabama	Mobile	30-40-0 N	88-08-0 W	sa	-06.00	am/pm

USA-Alabama	Montgomery	32-22-0 N	86-17-0 W	sa	-06.00 am/pm
USA-Alabama	Tuscaloosa	33-12-0 N	87-34-0 W	sa	-06.00 am/pm
USA-Alaska	Anchorage	61-13-0 N	149-54-0 W	sa	-09.00 am/pm
USA-Alaska	Juneau	58-18-0 N	134-25-0 W	sa	-09.00 am/pm
USA-Alaska	Nome	64-30-0 N	165-24-0 W	sa	-09.00 am/pm
USA-Arizona	Flagstaff	35-12-0 N	111-38-0 W	no	-07.00 am/pm
USA-Arizona	Grand Canyon	36-13-0 N	113-01-0 W	no	-07.00 am/pm
USA-Arizona	Phoenix	33-26-0 N	112-04-0 W	no	-07.00 am/pm
USA-Arizona	Tucson	32-13-0 N	110-55-0 W	no	-07.00 am/pm
USA-Arkansas	Little Rock	34-44-0 N	92-17-0 W	sa	-06.00 am/pm
USA-Atlanta	Atlanta	33-44-0 N	84-23-0 W	sa	-05.00 am/pm
USA-Boston	Boston	42-21-0 N	71-03-0 W	sa	-05.00 am/pm
USA-California	Lake Tahoe	39-06-0 N	120-01-0 W	sa	-08.00 am/pm
USA-California	Bakersfield	35-22-0 N	119-01-0 W	sa	-08.00 am/pm
USA-California	Big Sur	36-16-0 N	121-48-0 W	sa	-08.00 am/pm
USA-California	Fort Bragg-CA	39-26-0 N	123-48-0 W	sa	-08.00 am/pm
USA-California	Fresno	36-44-0 N	119-46-0 w	sa	-08.00 am/pm
USA-California	Los Angeles	34-03-0 N	118-14-0 W	sa	-08.00 am/pm
USA-California	Palm Springs	33-49-0 N	116-32-0 W	sa	-08.00 am/pm
USA-California	Sacramento	38-34-0 N	121-29-0 W	sa	-08.00 am/pm
USA-California	San Diego	32-42-0 N	117-09-0 W	sa	-08.00 am/pm
USA-California	San Fransisco	37-46-0 N	122-25-0 W	sa	-08.00 am/pm
USA-California	San Jose-California	37-20-0 N	121-53-0 W	sa	-08.00 am/pm
USA-California	Santa Barbara	34-25-0 N	119-41-0 W	sa	-08.00 am/pm
USA-California	Travis AFB	38-16-0 N	121-55-0 W	sa	-08.00 am/pm
USA-California	Yosemite	37-46-0 N	119-30-0 W	sa	-08.00 am/pm
USA-Colorado	Grand Junction	39-03-0 N	108-33-0 W	sa	-07.00 am/pm
USA-Colorado	Colorado Springs	38-50-0 N	104-49-0 W	sa	-07.00 am/pm
USA-Colorado	Denver	39-44-0 N	104-59-0 W	sa	-07.00 am/pm
USA-Connecticut	Hartford	41-45-0 N	72-41-0 W	sa	-05.00 am/pm
USA-Delaware	Dover	39-09-0 N	75-31-0 W	sa	-05.00 am/pm
USA-DC	Washington DC	38-53-0 N	77-02-0 W	sa	-05.00 am/pm
USA-Florida	Daytona Beach	29-12-0 N	81-01-0 W	sa	-05.00 am/pm
USA-Florida	Jacksonville	30-19-0 N	81-39-0 W	sa	-05.00 am/pm
USA-Florida	Key West	24-33-0 N	81-46-0 W	sa	-05.00 am/pm
USA-Florida	Miami	25-47-0 N	80-13-0 W	sa	-05.00 am/pm
USA-Florida	Orlando	28-32-0 N	81-22-0 W	sa	-05.00 am/pm
USA-Florida	Pensacola	30-25-0 N	87-13-0 W	sa	-06.00 am/pm
USA-Florida	Tallahassee	30-26-0 N	84-16-0 W	sa	-05.00 am/pm
USA-Florida	Tampa/St.Petersburg	27-58-0 N	82-27-0 W	sa	-05.00 am/pm
USA-Florida	West Palm Beach	26-42-0 N	80-03-0 W	sa	-05.00 am/pm
USA-Georgia	Decatur	39-50-0 N	88-57-0 W	sa	-06.00 am/pm
USA-Georgia	Augusta GA	33-28-0 N	82-0-0 W	sa	-05.00 am/pm
USA-Georgia	Columbus, GA	32-27-0 N	84-59-0 W	sa	-05.00 am/pm

USA-Georgia	Savannah	32-04-0 N	81-05-0 W	sa	-05.00 am/pm
USA-Hawaii	Hana	20-45-0 N	155-59-0 W	no	-10.00 am/pm
USA-Hawaii	Hilo	19-43-0 N	155-05-0 W	no	-10.00 am/pm
USA-Hawaii	Honolulu	21-18-0 N	157-51-0 W	no	-10.00 am/pm
USA-Idaho	Boise, ID	43-36-0 N	116-14-0 W	sa	-07.00 am/pm
USA-Illinois	Chicago	41-52-0 N	87-37-0 W	sa	-06.00 am/pm
USA-Illinois	Springfield-ILL	39-46-0 N	89-39-0 W	sa	-06.00 am/pm
USA-Indianapolis	Cincinnati	39-06-0 N	84-30-0 W	sa	-05.00 am/pm
USA-Indianapolis	Indianapolis	39-46-0 N	86-09-0 W	sa	-05.00 am/pm
USA-Iowa	Davenport	41-31-0 N	90-34-0 W	sa	-06.00 am/pm
USA-Iowa	Des Moines	41-03-0 N	93-36-0 W	sa	-06.00 am/pm
USA-Kansas	Kansas City	39-05-0 N	94-34-0 W	sa	-06.00 am/pm
USA-Kansas	Topeka	39-03-0 N	95-41-0 W	sa	-07.00 am/pm
USA-Kansas	Wichita	37-41-0 N	97-20-0 W	sa	-06.00 am/pm
USA-Kentucky	Frankfort	38-12-0 N	84-52-0 W	sa	-05.00 am/pm
USA-Kentucky	Lexington	38-02-0 N	84-30-0 W	sa	-05.00 am/pm
USA-Kentucky	Louisville	38-15-0 N	85-45-0 W	sa	-05.00 am/pm
USA-Louisiana	Shreveport	32-31-0 N	93-45-0 W	sa	-06.00 am/pm
USA-Louisiana	Baton Rouge	30-27-0 N	91-08-0 W	sa	-06.00 am/pm
USA-Louisiana	New Orleans	29-57-0 N	90-04-0 W	sa	-06.00 am/pm
USA-Maine	Augusta MA	44-18-0 N	69-46-0 W	sa	-05.00 am/pm
USA-Maine	Bangor	44-48-0 N	68-46-0 W	sa	-05.00 am/pm
USA-Maryland	Annapolis	38-58-0 N	76-29-0 W	sa	-05.00 am/pm
USA-Maryland	Baltimore	39-17-0 N	76-36-0 W	sa	-05.00 am/pm
USA-Massachusetts	Burlington	44-28-0 N	73-12-0 W	sa	-05.00 am/pm
USA-Michigan	Detroit	42-19-0 N	83-02-0 W	sa	-05.00 am/pm
USA-Michigan	Lansing	42-44-0 N	84-32-0 W	sa	-04.00 am/pm
USA-Minnesota	Duluth	46-47-0 N	92-06-0 W	sa	-06.00 am/pm
USA-Minnesota	Twin Cities	44-07-0 N	93-05-0 W	sa	-06.00 am/pm
USA-Mississippi	Jackson	32-17-0 N	90-11-0 W	sa	-06.00 am/pm
USA-Missouri	Jefferson City	38-34-0 N	92-10-0 W	sa	-06.00 am/pm
USA-Missouri	St. Louis	38-37-0 N	90-11-0 W	sa	-06.00 am/pm
USA-Missouri	Springfield-MO	37-12-0 N	93-17-0 W	sa	-06.00 am/pm
USA-Montana	Butte	46-0-0 N	112-32-0 W	sa	-07.00 am/pm
USA-Montana	Great Falls	47-30-0 N	111-18-0 W	sa	-07.00 am/pm
USA-Montana	Billings	45-46-0 N	108-30-0 W	sa	-07.00 am/pm
USA-Montana	Helena	46-35-0 N	112-01-0 W	sa	-07.00 am/pm
USA-Nebraska	Lincoln	40-48-0 N	96-40-0 W	sa	-06.00 am/pm
USA-Nebraska	Omaha	41-15-0 N	95-59-0 W	sa	-06.00 am/pm
USA-Nevada	Carson City	39-09-0 N	119-46-0 W	sa	-08.00 am/pm
USA-Nevada	Elko	40-49-0 N	115-45-0 W	sa	-08.00 am/pm
USA-Nevada	Las Vegas	36-06-0 N	115-10-0 W	sa	-08.00 am/pm
USA-New Hampshire	Concord	43-12-0 N	71-32-0 W	no	-05.00 am/pm
USA-New Jersey	Trenton	40-13-0 N	74-44-0 W	sa	-05.00 am/pm

USA-New Mexico	Albuquerque	35-05-0 N	106-39-0 W	sa	-07.00 am/pm
USA-New Mexico	Chaco Canyon	36-03-0 N	107-57-0 W	sa	-07.00 am/pm
USA-New Mexico	Santa Fe	35-41-0 N	105-56-0 W	sa	-07.00 am/pm
USA-New York	Buffalo	42-53-0 N	78-52-0 W	sa	-05.00 am/pm
USA-New York	Rochester	43-09-0 N	77-36-0 W	sa	-05.00 am/pm
USA-New York	Albany	42-39-0 N	73-45-0 W	sa	-05.00 am/pm
USA-New York	New York	40-42-0 N	74-0-0 W	sa	-05.00 am/pm
USA-North Carolina	Asheville	35-36-0 N	82-33-0 W	sa	-05.00 am/pm
USA-North Carolina	Charlotte	35-13-0 N	80-50-0 W	sa	-05.00 am/pm
USA-North Carolina	Fayetteville	35-03-0 N	78-52-0 W	sa	-05.00 am/pm
USA-North Carolina	Fort Bragg-NC	35-08-0 N	78-59-0 W	sa	-05.00 am/pm
USA-North Carolina	Outer Banks-NC	36-05-0 N	75-42-0 W	sa	-05.00 am/pm
USA-North Carolina	Raleigh	35-46-0 N	78-38-0 W	sa	-05.00 am/pm
USA-North Carolina	Wilmington	34-13-0 N	77-56-0 W	sa	-05.00 am/pm
USA-North Carolina	Winston-Salem	36-05-0 N	80-14-0 W	sa	-05.00 am/pm
USA-North Dakota	Bismarck	46-48-0 N	100-47-0 W	sa	-06.00 am/pm
USA-North Dakota	Fargo	46-52-0 N	96-47-0 W	sa	-06.00 am/pm
USA-North Dakota	Williston	48-08-0 N	103-37-0 W	sa	-06.00 am/pm
USA-Ohio	Toledo	41-39-0 N	83-33-0 W	sa	-05.00 am/pm
USA-Ohio	Cleveland	41-29-0 N	81-41-0 W	sa	-05.00 am/pm
USA-Ohio	Columbus, OH	39-57-0 N	82-59-0 W	sa	-05.00 am/pm
USA-Ohio	Youngstown	41-05-0 N	80-38-0 W	sa	-05.00 am/pm
USA-Oklahoma	Oklahoma City	35-0-0 N	97-05-0 W	sa	-06.00 am/pm
USA-Oklahoma	Tulsa	36-09-0 N	95-59-0 W	sa	-06.00 am/pm
USA-Oregon	Eugene	44-03-0 N	123-05-0 W	sa	-08.00 am/pm
USA-Oregon	Medford	42-19-0 N	122-52-0 W	sa	-08.00 am/pm
USA-Oregon	Portland	45-31-0 N	122-40-0 W	sa	-08.00 am/pm
USA-Oregon	Salem	44-56-0 N	123-02-0 W	sa	-08.00 am/pm
USA-Pacific	Guam	13-28-0 N	144-50-0 E	no	10.00 am/pm
USA-Pennsylvania	Harrisburg	40-16-0 N	76-53-0 W	sa	-05.00 am/pm
USA-Pennsylvania	Pittsburgh	40-26-0 N	79-59-0 W	sa	-05.00 am/pm
USA-Pennsylvania	Atlantic City	41-30-0 N	80-20-0 W	sa	-05.00 am/pm
USA-Pennsylvania	Philadelphia	39-57-0 N	75-09-0 W	sa	-05.00 am/pm
USA-Puerto Rico	San Juan	18-27-0 N	66-06-0 W	no	-04.00 am/pm
USA-Rhode Island	Providence	41-50-0 N	71-28-0 W	sa	-05.00 am/pm
USA-South Carolina	Greenville	34-51-0 N	82-23-0 W	sa	-05.00 am/pm
USA-South Carolina	Charleston	32-46-0 N	79-55-0 W	sa	-05.00 am/pm
USA-South Carolona	Columbia, SC	34-0-0 N	81-02-0 W	sa	-05.00 am/pm
USA-South Dacota	Pierre	44-22-0 N	100-26-0 W	sa	-06.00 am/pm
USA-South Dakota	Rapid City	44-04-0 N	103-14-0 W	sa	-07.00 am/pm
USA-South Dakota	Sioux Falls	43-32-0 N	96-42-0 W	sa	-06.00 am/pm
USA-Tennessee	Knoxville	35-57-0 N	83-55-0 W	sa	-05.00 am/pm
USA-Tennessee	Memphis	35-08-0 N	90-02-0 W	sa	-06.00 am/pm
USA-Tennesse	Nashville	36-10-0 N	86-46-0 W	sa	-06.00 am/pm

USA-Texas	Abilene	32-26-0 N	99-43-0 W	sa	-06.00 am/pm
USA-Texas	Amarillo	35-13-0 N	101-49-0 W	sa	-06.00 am/pm
USA-Texas	Austin	30-16-69 N	97-44-0 W	sa	-06.00 am/pm
USA-Texas	Beaumont	30-04-0 N	94-07-0 W	sa	-06.00 am/pm
USA-Texas	Brownsville	25-54-0 N	97-29-0 W	sa	-06.00 am/pm
USA-Texas	Corpus Cristi	27-48-0 N	97-23-0 W	sa	-06.00 am/pm
USA-Texas	Dallas / Fort Worth	32-48-0 N	96-46-0 W	sa	-06.00 am/pm
USA-Texas	El Paso	31-45-0 N	106-29-0 W	sa	-07.00 am/pm
USA-Texas	Houston	29-45-0 N	95-22-0 W	sa	-06.00 am/pm
USA-Texas	Laredo	27-30-0 N	99-27-0 W	sa	-06.00 am/pm
USA-Texas	Midland	31-59-0 N	102-04-0 W	sa	-06.00 am/pm
USA-Texas	San Antonio	29-25-0 N	98-29-0 W	sa	-06.00 am/pm
USA-Texas	Wichita Falls	33-54-0 N	98-29-0 W	sa	-06.00 am/pm
USA-Utah	Lake Powell	36-55-0 N	111-18-0 W	sa	-07.00 am/pm
USA-Utah	Salt Lake City	40-45-0 N	111-53-0 W	sa	-07.00 am/pm
USA-Virginia	Roanoke	37-16-0 N	79-56-0 W	sa	-05.00 am/pm
USA-Virginia	Norfolk	36-51-0 N	76-17-0 W	sa	-05.00 am/pm
USA-Virginia	Richmond	37-32-0 N	77-26-0 W	sa	-05.00 am/pm
USA-Washington	Olympia	47-02-0 N	122-54-0 W	sa	-08.00 am/pm
USA-Washington	Seattle	47-36-0 N	122-19-0 W	sa	-08.00 am/pm
USA-Washington	Spokane	47-39-0 N	117-25-0 W	sa	-08.00 am/pm
USA-Wisconsin	Green Bay	44-31-0 N	88-01-0 W	sa	-06.00 am/pm
USA-Wisconsin	Madison	43-04-0 N	89-24-0 W	sa	-06.00 am/pm
USA-Wisconsin	Milwaukee	43-02-0 N	87-54-0 W	sa	-06.00 am/pm
USA-Wyoming	Casper	42-51-0 N	106-18-0 W	sa	-07.00 am/pm
USA-Wyoming	Cheyenne	41-08-0 N	104-49-0 W	sa	-07.00 am/pm
USA-Wyoming	Yellowstone	44-25-0 N	110-35-0 W	sa	-07.00 am/pm
UTC	GMT	99-59-0 S	199-59-0 W	no	00.00 2400
UTC	ZULU	99-59-0 S	199-59-0 W	no	00.00 2400
Uzbekistan	Tashkent	41-16-0 N	69-13-0 E	no	05.00 am/pm
Vanuatu Island	Vila, Vanatu	17-44-0 S	168-18-0 E	no	11.00 am/pm
Venezuela	Caracas	10-29-0 N	66-54-0 W	no	-04.00 am/pm
Venezuela	Guayana	10-35-0 N	62-55-0 W	no	-04.00 am/pm
Venezuela	Maracaibo	10-38-0 N	71-38-0 W	no	04.00 am/pm
Vietnam	Da Nang	16-03-0 N	108-12-0 E	no	07.00 am/pm
Vietnam	Hanoi	21-0-0 N	105-51-0 E	no	07.00 am/pm
Vietnam	Saigon	10-44-0 N	106-40-0 E	no	07.00 am/pm
Yemen	Aden	12-48-0 N	45-01-0 E	no	03.00 am/pm
Yemen	Sanaa	15-21-0 N	44-12-0 E	no	03.00 2400
Zambia	Lusaka	15-24-0 S	28-17-0 E	no	02.00 am/pm
Zimbabwe	Harare	17-49-0 S	31-03-0 E	no	02.00 2400
Manual Setting	LAT/LON	99-59-0 S	199-59-0 W	no	00.00 2400