

**Enter time zones in your import file exactly as they appear below.**

Abu Dhabi		Cairo		Hong Kong
Adelaide		Canberra		Indiana (East)
Alaska		Cape Verde Is.		International Date Line West
Almaty		Caracas		Irkutsk
American Samoa		Casablanca		Islamabad
Amsterdam		Central America		Istanbul
Arizona		Central Time (US & Canada)		Jakarta
Astana		Chatham Is.		Jerusalem
Athens		Chennai		Kabul
Atlantic Time (Canada)		Chihuahua		Kaliningrad
Auckland		Chongqing		Kamchatka
Azores		Copenhagen		Karachi
Baghdad		Darwin		Kathmandu
Baku		Dhaka		Kolkata
Bangkok		Eastern Time (US & Canada)		Krasnoyarsk
Beijing		Edinburgh		Kuala Lumpur
Belgrade		Ekaterinburg		Kuwait
Berlin		Fiji		Kyiv
Bern		Georgetown		La Paz
Bogota		Greenland		Lima
Brasilia		Guadalajara		Lisbon
Bratislava		Guam		Ljubljana
Brisbane		Hanoi		London
Brussels		Harare		Madrid
Bucharest		Hawaii		Magadan
Budapest		Helsinki		Marshall Is.
Buenos Aires		Hobart		Mazatlan

Melbourne		Rangoon		Tokelau Is.
Mexico City		Riga		Tokyo
Mid-Atlantic		Riyadh		Ulaanbaatar
Midway Island		Rome		Urumqi
Minsk		Samara		UTC
Monrovia		Samoa		Vienna
Monterrey		Santiago		Vilnius
Montevideo		Sapporo		Vladivostok
Moscow		Sarajevo		Volgograd
Mountain Time (US & Canada)		Saskatchewan		Warsaw
Mumbai		Seoul		Wellington
Muscat		Singapore		West Central Africa
Nairobi		Skopje		Yakutsk
New Caledonia		Sofia		Yerevan
New Delhi		Solomon Is.		Zagreb
Newfoundland		Srednekolymsk		
Novosibirsk		Sri Jayawardenepura		
Nuku'alofa		St. Petersburg		
Osaka		Stockholm		
Pacific Time (US & Canada)		Sydney		
Paris		Taipei		
Perth		Tallinn		
Port Moresby		Tashkent		
Prague		Tbilisi		
Pretoria		Tehran		
Quito		Tijuana		