Phoenix vs U.S. Time Zones from Nov. 1, 2026

Arizona keeps Mountain Standard Time while U.S. clocks fall back

DATE	WHAT HAPPENS	DONE
Sun., Nov. 1, 2026	U.S. clocks fall back at 2 a.m.; Arizona stays on MST (UTC-7)	☐
Phoenix vs Los Angeles	Before: same time. From Nov. 1: Phoenix 1 hour ahead	☐
Phoenix vs Denver	Before: Phoenix 1 hour behind. From Nov. 1: same time	☐
Phoenix vs Chicago	Before: Phoenix 2 hours behind. From Nov. 1: 1 hour behind	☐
Phoenix vs New York	Before: Phoenix 3 hours behind. From Nov. 1: 2 hours behind	☐
Phoenix vs Anchorage	Before: Phoenix 1 hour ahead. From Nov. 1: 2 hours ahead	☐
Honolulu vs Phoenix	Honolulu (HST, UTC-10) stays 3 hours behind Phoenix all year	☐
8 p.m. New York show	Phoenix: 5 p.m. before Nov. 1, 6 p.m. from Nov. 1	☐
1 p.m. New York kickoff	Phoenix: 10 a.m. before Nov. 1, 11 a.m. from Nov. 1	☐
Next change, March 2027	Sun., Mar. 14, 2027: U.S. clocks spring forward at 2 a.m.; Phoenix matches Los Angeles again	☐

My notes

Source: Arizona Revised Statutes §1-242; 15 U.S.C. §260a; NIST time.gov. Differences are our calculation.