Futures and Options Exchanges by Time Zones

All times given are based on noon Greenwich mean time.

(Note: there will be variations in the times because of the seasonal use of daylight saving)

04.00 Pacific Stock Exchange Vancouver Stock Exchange

06.00 Chicago Board of Trade
Chicago Board Options Exchange
Chicago Mercantile Exchange
Chicago Rice and Cotton Exchange
Kansas City Board of Trade
MidAmerica Commodity Exchange
Minneapolis Grain Exchange
Twin Cities Board of Trade
Winnipeg Commodity Exchange

O7.00 American Stock Exchange
Coffee, Sugar and Cocoa Exchange
Commodity Exchange Inc.
Montreal Exchange
New York Cotton Exchange
New York Futures Exchange
New York Mercantile Exchange
New York Stock Exchange
Philadelphia Stock Exchange
Toronto Futures Exchange

09.00 Bolsa Brasileira de Futuros Bolsa Mercantil & de Futuros Bolsa de Mercardorias de Sao Paulo

12.00 Baltic Futures Exchange
European Mercantile Exchange
Irish Futures and Options Exchange
International Petroleum Exchange
London Options and Futures Exchange
London International Financial Futures Exchange
London Metal Exchange
London Traded Options Market

13.00 Amsterdam Pork and Potatoes Terminal Markets Brussels Optie en Futuresbeurs European Options Exchange Deutsche Terminboerse Guarantee Fund for Danish Futures and Options
Lille Potatoes Futures Market
Marché á Terme d'Instruments Financiers
Marché des Options Negociables de la Bourse de Paris
Mercado Espanol de Futuros Financiers
Norwegian Options Market
Options Market of France
Rotterdam Energy Futures Exchange
Spanish Options Market
Stockholm Options Market
Swiss Options and Futures Market

14.00 Finnish Options Brokers Limited South African Futures Exchange

20.00 Hong Kong Futures Exchange
Kuala Lumpur Commodity Exchange
Manila International Futures Exchange
Singapore International Monetary Exchange

21.00 Hokkaido Grain Exchange
Kanmon Commodity Exchange
Kobe Grain Exchange
Kobe Raw Silk Exchange
Kobe Rubber Exchange
Maebashi Dried Cocoon Exchange
Nagoya Grain and Sugar Exchange
Nagoya Stock Exchange
Nagoya Textile Exchange
Osaka Grain Exchange
Osaka Securities Exchange
Osaka Textile Exchange

Tokyo Commodity Exchange
Tokyo Grain Exchange
Tokyo International Financial Futures Exchange

Tokyo Stock Exchange

Tokyo Sugar Exchange
Toyohashi Dried Cocoon Exchange

Yokohama Raw Silk Exchange

22.00 Australian Stock Exchange Sydney Futures Exchange

24.00 New Zealand Futures Exchange