

```
BEGIN:VTIMEZONE
TZID:Eastern
BEGIN:STANDARD
DTSTART:19501105T020000
TZOFFSETFROM:-0400
TZOFFSETTO:-0500
RRULE:FREQ=YEARLY;BYMINUTE=0;BYHOUR=2;BYDAY=1SU;BYMONTH=11
END:STANDARD
BEGIN:DAYLIGHT
DTSTART:19500312T020000
TZOFFSETFROM:-0500
TZOFFSETTO:-0400
RRULE:FREQ=YEARLY;BYMINUTE=0;BYHOUR=2;BYDAY=2SU;BYMONTH=3
END:DAYLIGHT
END:VTIMEZONE
```