



STANDARD TIME ZONES

Corrected to September 2010

Zone boundaries are approximate

Daylight Saving Time (*Summer Time*), usually one hour in advance of Standard Time, is kept in some places

Map outline © Mountain High Maps
Compiled by HM Nautical Almanac Office

Standard Time = Universal Time - value from table

Universal Time = Standard Time + value from table

	h m		h m		h m		h m		h m		h m		h m
Z	0	D*	-4 30	G	-7	L	-11	N	+1	Q*	+4 30	V	+9
A	-1	E	-5	H	-8	L*	-11 30	O	+2	R	+5	V*	+9 30
B	-2	E*	-5 30	I	-9	M	-12	P	+3	S	+6	W	+10
C	-3	E†	-5 45	I*	-9 30	M*	-12 45	P*	+3 30	T	+7	X	+11
C*	-3 30	F	-6	K	-10	M*	-13	Q	+4	U	+8	Y	+12
D	-4	F*	-6 30	K*	-10 30	M†	-14						

§ No Standard Time legally adopted

180° 150°W 120°W 90°W 60°W 30°W 0° 30°E 60°E 90°E 120°E 150°E 180°