



WORLD MAP OF TIME ZONES

STANDARD TIME ZONES
 Corrected to July 2008
 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
Z	0	D*	-4 30	H	-8	L	-11	N	+1	Q*	+4 30
A	-1	E	-5	I	-9	L*	-11 30	O	+2	R	+5
B	-2	E*	-5 30	I*	-9 30	M	-12	P	+3	S	+6
C	-3	F	-6	K	-10	M*	-13	P*	+3 30	T	+7
C*	-3 30	F*	-6 30	K*	-10 30	M†	-14	Q	+4	U	+8
D	-4	G	-7							V	+9
										V*	+9 30
										W	+10
										X	+11
										Y	+12

§ 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°