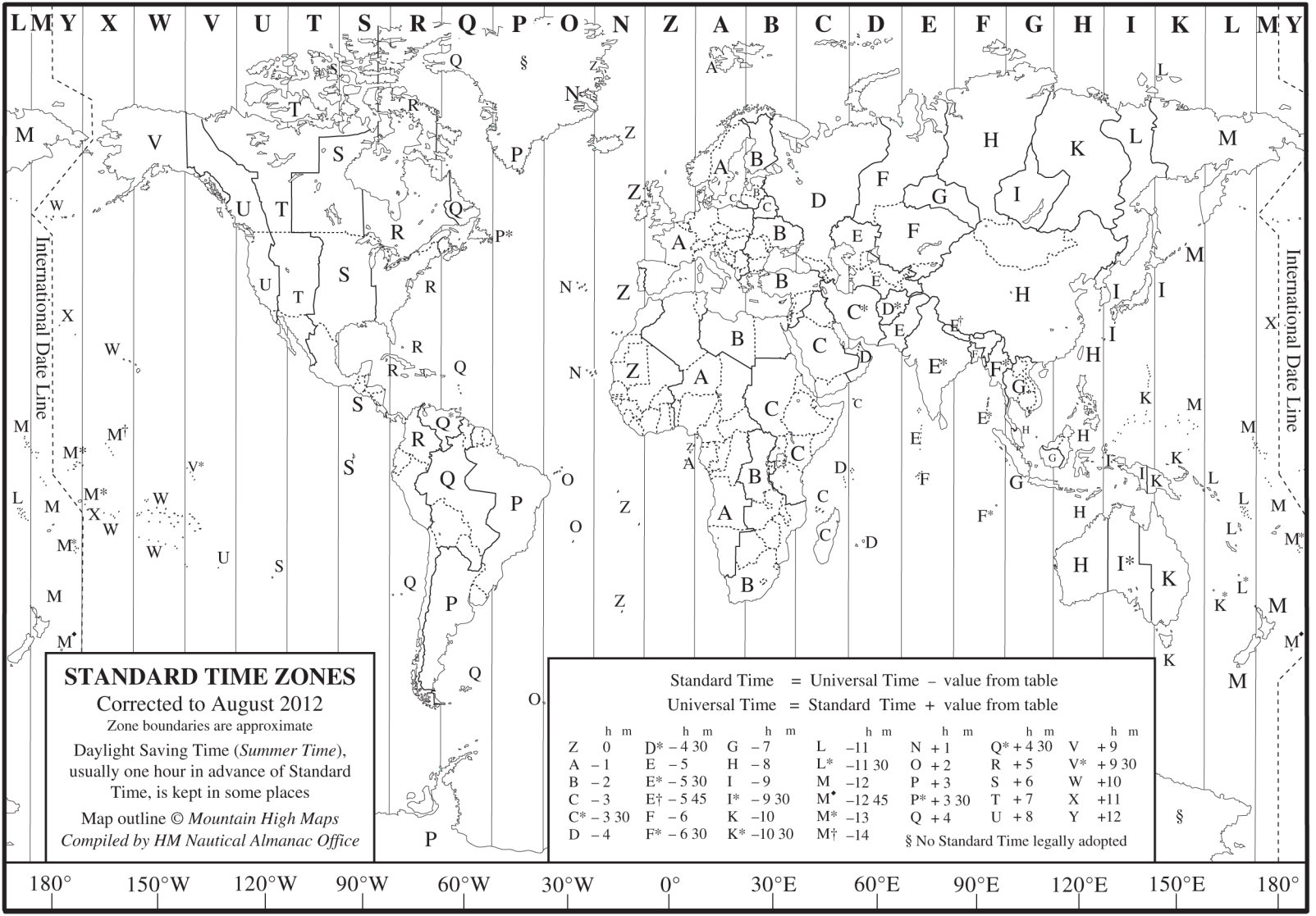
L M Y X W V U T S R Q P O N Z A B C D E F G H I K L M Y
International Date Line
International Date Line
STANDARD TIME ZONES
Corrected to August 2012
Zone boundaries are approximate
Daylight Saving Time (Summer Time), usually one hour in advance of Standard Time, is kept in some places
Map outline © Mountain High Maps
Compiled by HM Nautical Almanac Office
Standard Time = Universal Time – value from table
Universal Time = Standard Time + value from table
Z 0
A –1
B –2
C –3
C* –3 30
D –4
D* –4 30
E –5
E* –5 30
E† –5 45
F –6
F* –6 30
G –7
H –8
I –9
I* –9 30
K –10
K* –10 30
L –11
L* –11 30
M –12
M• –12 45
M* –13
M† –14
N +1
O +2
P +3
P* +3 30
Q +4
Q* +4 30
R +5
S +6
T +7
U +8
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°
WORLD MAP OF TIME ZONES