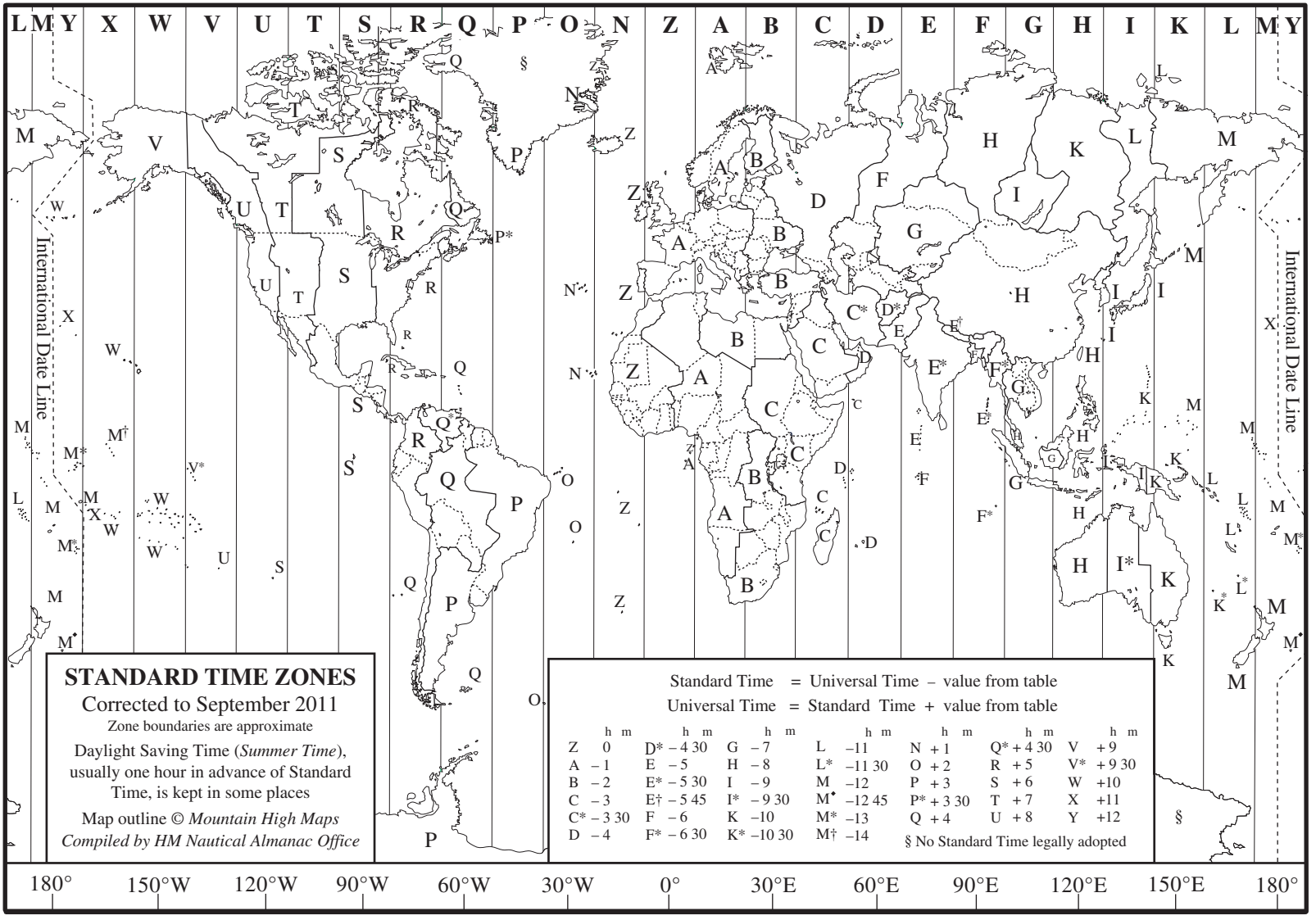


# STANDARD TIME ZONES

Corrected to September 2011

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