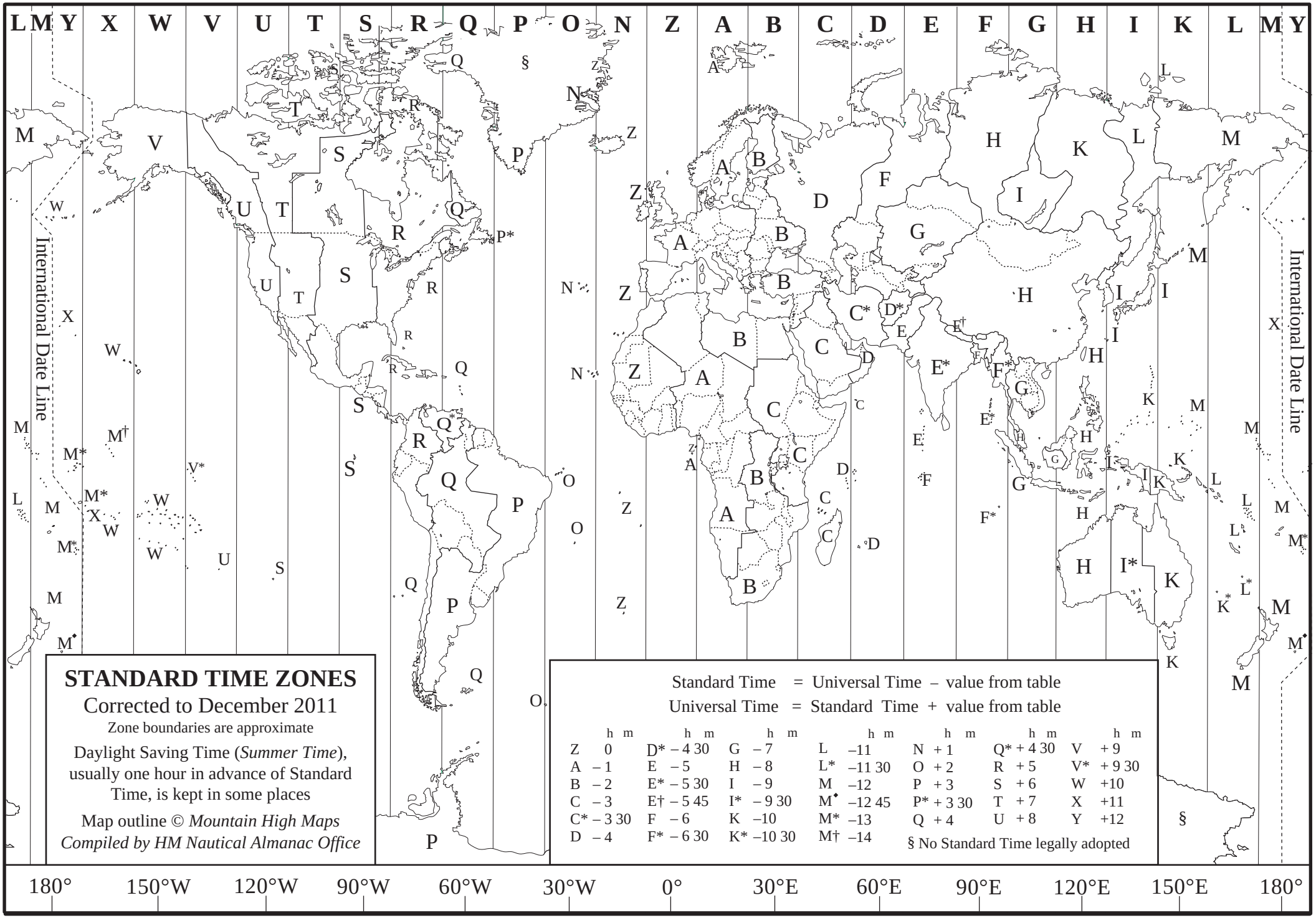

STANDARD TIME ZONES

Corrected to December 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

WORLD MAP OF TIME ZONES