



WORLD MAP OF TIME ZONES

STANDARD TIME ZONES

Corrected to January 2001

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

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