



STANDARD TIME ZONES
 Corrected to September 2015
 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	h m
Z 0	D* -4 30	G -7	K* -10 30	M† -14	Q* +4 30	V +9	
A -1	E -5	H -8	L -11	N +1	R +5	V* +9 30	
B -2	E* -5 30	H* -8 30	L* -11 30	O +2	S +6	W +10	
C -3	E† -5 45	I -9	M -12	P +3	T +7	X +11	
C* -3 30	F -6	I* -9 30	M‡ -12 45	P* +3 30	U +8	Y +12	
D -4	F* -6 30	K -10	M* -13	Q +4			

§ No Standard Time legally adopted