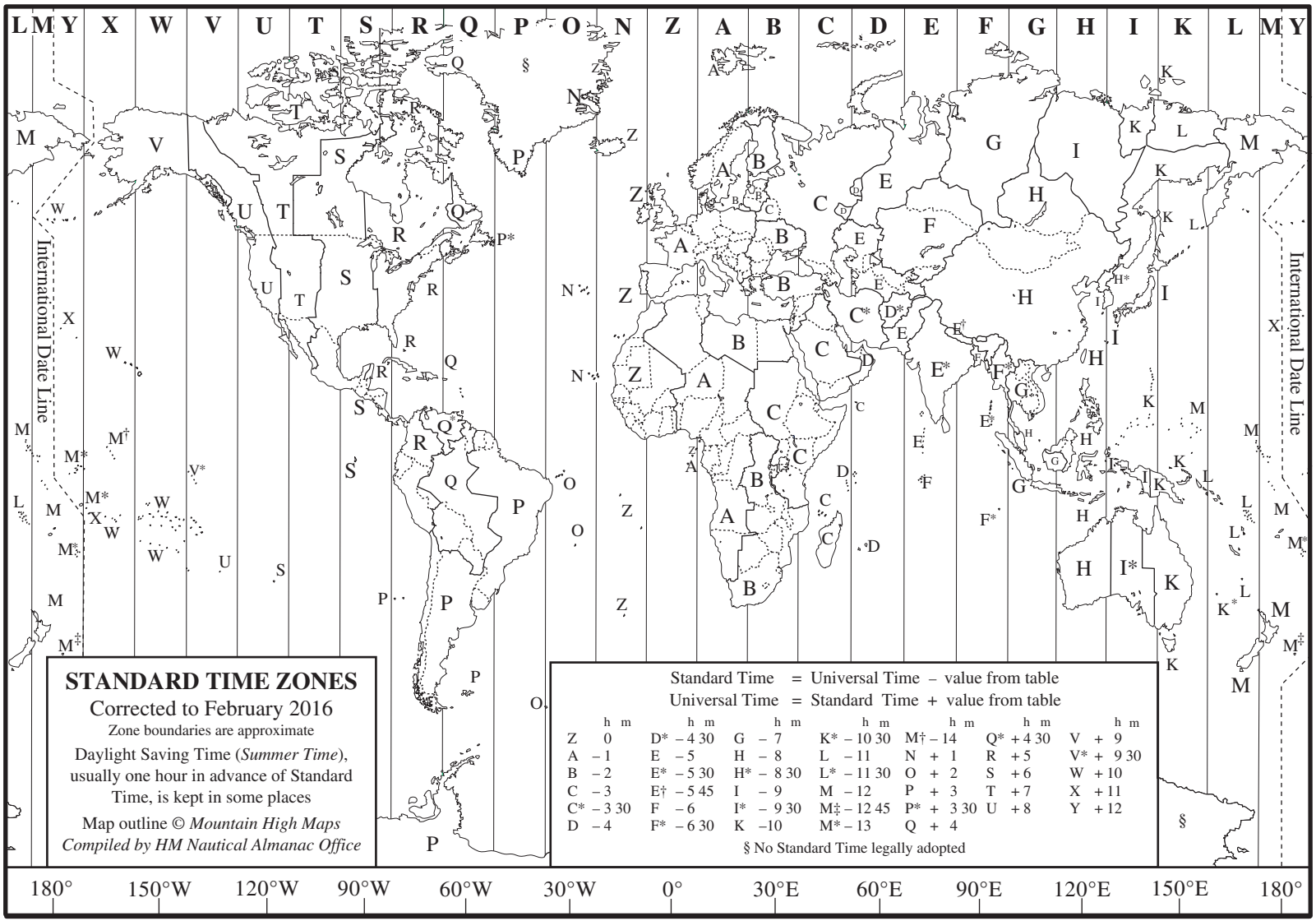
WORLD MAP OF TIME ZONES



STANDARD TIME ZONES

Corrected to February 2016

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	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