



STANDARD TIME ZONES
 Corrected to November 2021
 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

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