

STANDARD TIME ZONES
Corrected to June 2004
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			
	h m		h m
Z	0	E*	+5.30
A	+1	F	+6
B	+2	F*	+6.30
C	+3	G	+7
C*	+3.30	H	+8
D	+4	I	+9
D*	+4.30	I*	+9.30
E	+5	K	+10
		K*	+10.30
		L	+11
		L*	+11.30
		M	+12
		M*	+13
		M*	+14
		N	-1
		O	-2
		P	-3
		P*	-3.30
		Q	-4
		R	-5
		S	-6
		T	-7
		U	-8
		U*	-8.30
		V	-9
		V*	-9.30
		W	-10
		X	-11
		Y	-12

† No Standard Time legally adopted

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Standard Time = Universal Time + value from table

	h = 0	h = 1	h = 2	h = 3	h = 4
A	0	E ⁺ = 3.10	E = 3.00	N = -1	T = -7
A	= 1	F = 6	E ⁺ = 3.00	O = -2	U = -8
B	= 2	F ⁺ = 6.10	L = 11	P = -5	U ⁺ = 6.10
C	= 3	G = 7	L ⁺ = 11.10	P ⁺ = 3.10	V = -9
C ⁺	= 3.10	H = 8	M = 12	Q = -4	V ⁺ = -9.10
D	= 4	I = 9	M ⁺ = 13	R = -5	W = -10
D ⁺	= 4.10	P = 9.10	M ⁺ = 14	S = -6	X = -11

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180°W 150°W 120°W 90°W 60°W 30°W 0° 30°E 60°E 90°E 120°E 150°E 180°E