



Standard Time = Universal Time + value from table

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

‡ No Standard Time legally adopted

STANDARD TIME ZONES
 Corrected to June 2000
 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

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