



**STANDARD TIME ZONES**  
 Corrected to February 2008  
 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 0	D* -4 30	H -8	L -11	N +1	Q* +4 30	V +9
A -1	E -5	I -9	L* -11 30	O +2	R +5	V* +9 30
B -2	E* -5 30	I* -9 30	M -12	P +3	S +6	W +10
C -3	F -6	K -10	M* -13	P* +3 30	T +7	X +11
C* -3 30	F* -6 30	K* -10 30	M† -14	Q +4	U +8	Y +12
D -4	G -7					

‡ 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°