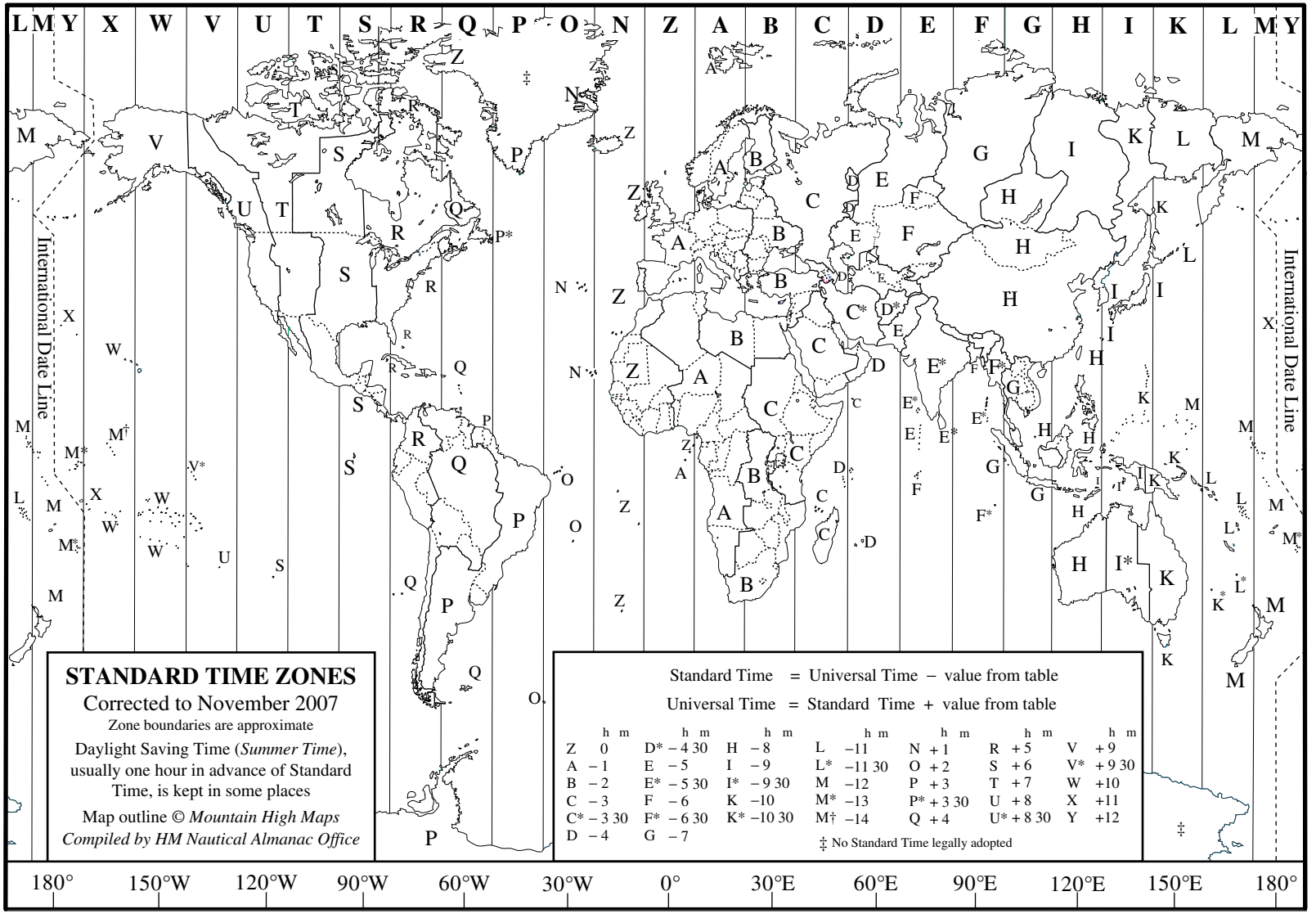
WORLD MAP OF TIME ZONES



STANDARD TIME ZONES

Corrected to November 2007

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

‡ No Standard Time legally adopted