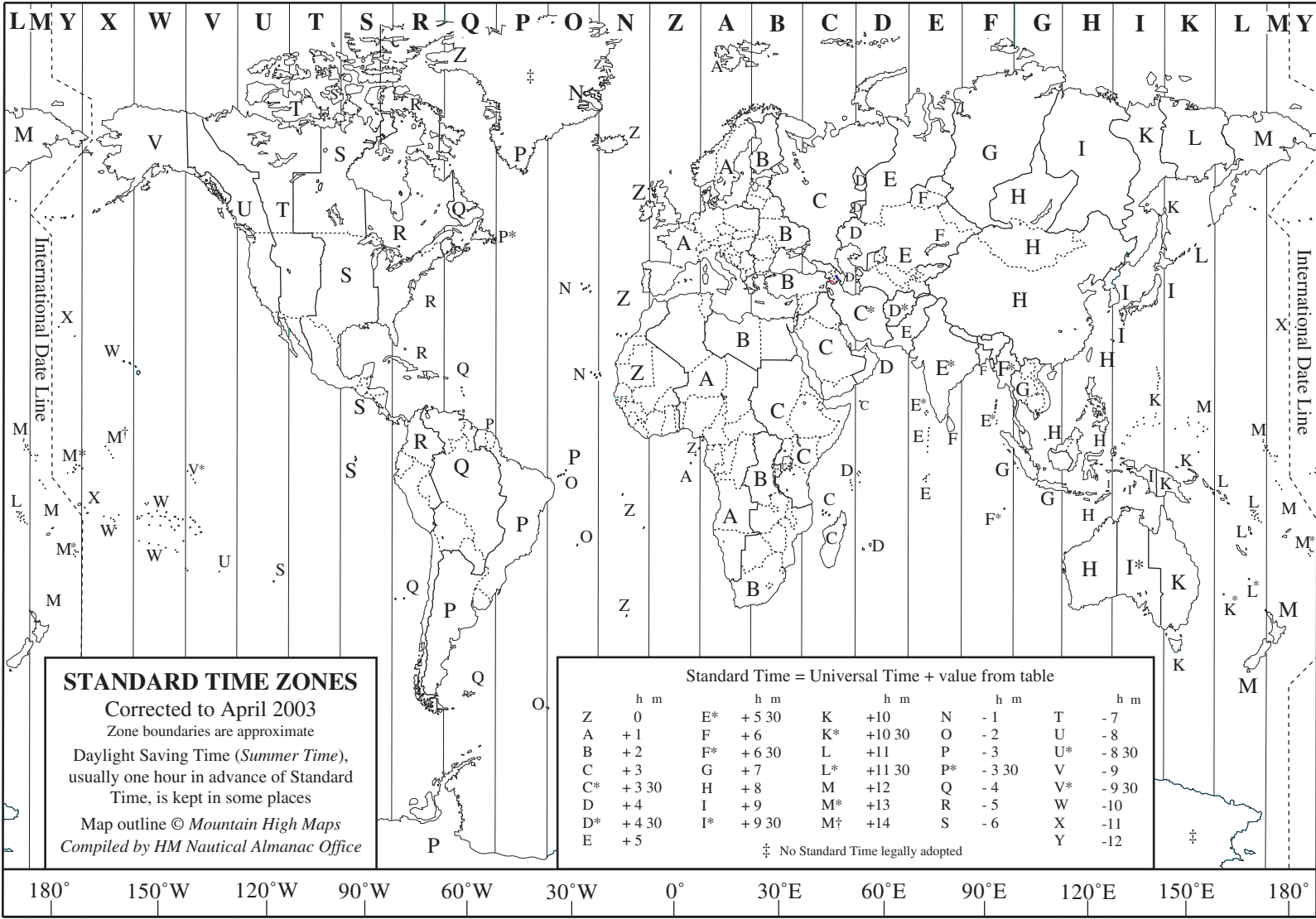


WORLD MAP OF TIME ZONES



STANDARD TIME ZONES

Corrected to April 2003

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