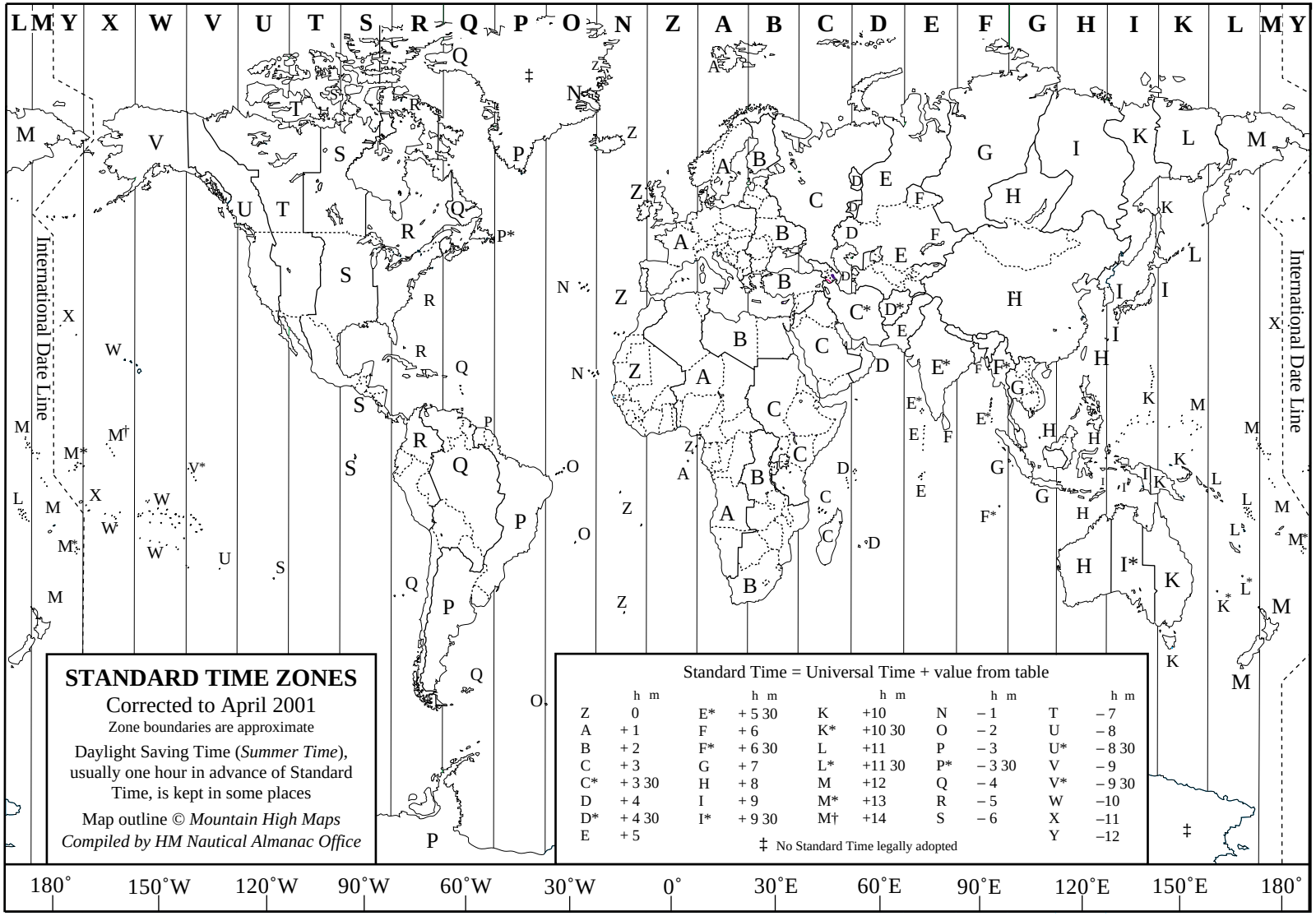
WORLD MAP OF TIME ZONES



STANDARD TIME ZONES

Corrected to April 2001

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

‡ No Standard Time legally adopted