



**STANDARD TIME ZONES**

Corrected to November 2021

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	h m	D*	h m	G	h m	K*	h m	M†	h m	Q*	h m	V	h m
A	-1	E*	-5	H	-8	L	-11	N	+1	R	+5	V*	+9 30
B	-2	E†	-5 30	H*	-8 30	L*	-11 30	O	+2	S	+6	W	+10
C	-3	E‡	-5 45	I	-9	M	-12	P	+3	T	+7	X	+11
C*	-3 30	F	-6	I*	-9 30	M‡	-12 45	P*	+3 30	U	+8	Y	+12
D	-4	F*	-6 30	K	-10	M*	-13	Q	+4				

§ 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°