



STANDARD TIME ZONES
 Corrected to August 2015
 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

Z	0	D*	-4 30	G	-7	K*	-10 30	M†	-14	Q*	+4 30	V	+9
A	-1	E	-5	H	-8	L	-11	N	+1	R	+5	W*	+9 30
B	-2	E*	-5 30	H*	-8 30	L*	-11 30	O	+2	S	+6	X	+10
C	-3	E†	-5 45	I	-9	M	-12	P	+3	T	+7	Y	+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				

Standard Time = Universal Time - value from table
 Universal Time = Standard Time + value from table

§ No Standard Time legally adopted

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