



**STANDARD TIME ZONES**  
 Zone boundaries are approximate.  
 Daylight Saving Time (Summer Time)  
 one hour advance of Standard Time.

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

WORLD MAP OF TIME ZONES