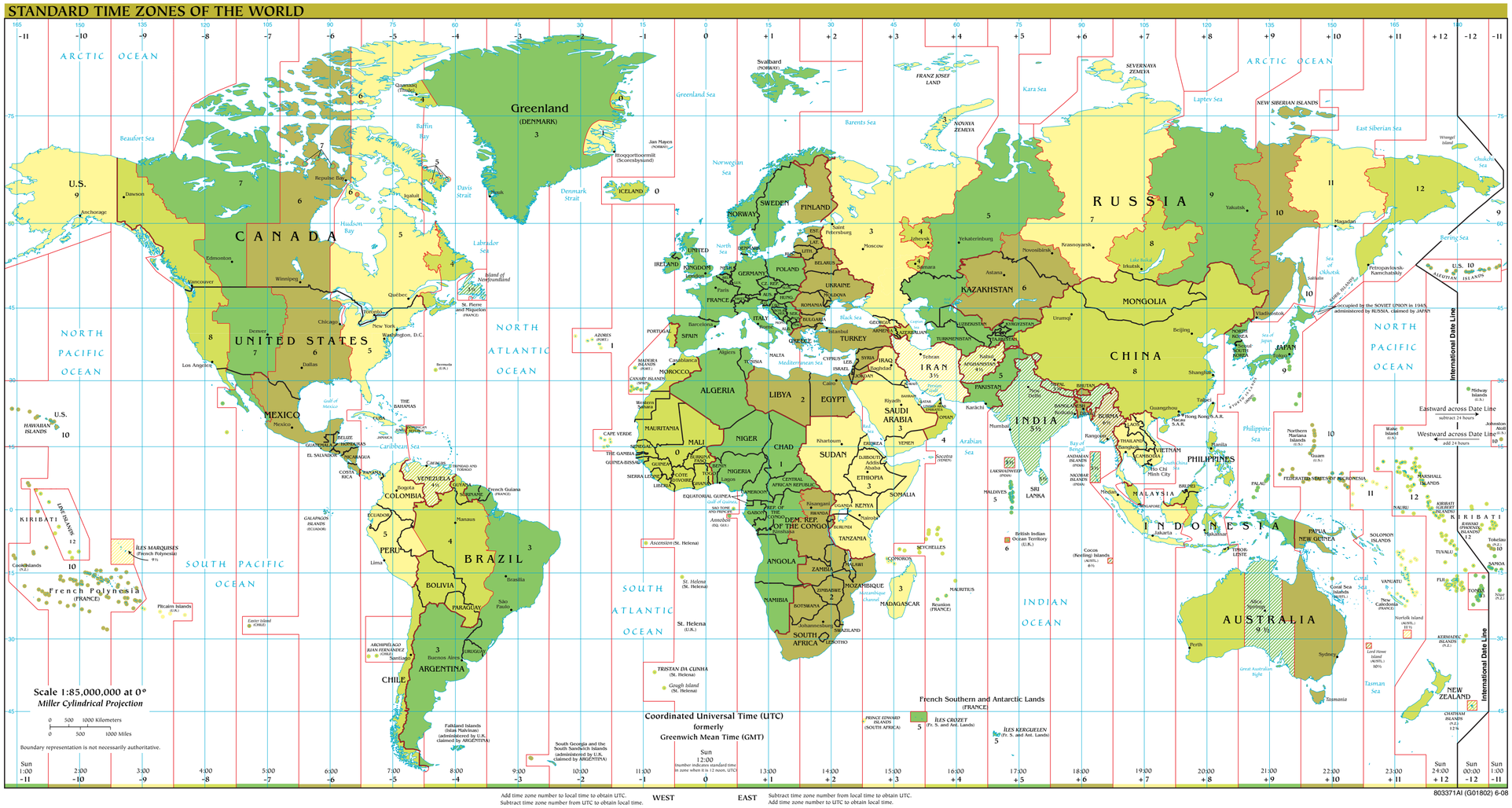
STANDARD TIME ZONES OF THE WORLD


Scale 1:85,000,000 at 0°
Miller Cylindrical Projection
0 500 1000 Kilometers
0 500 1000 Miles
Boundary representation is not necessarily authoritative.
Coordinated Universal Time (UTC)
formerly
Greenwich Mean Time (GMT)
Sun 12:00
(number indicates standard time in zone when it is 12 noon, UTC)
Add time zone number to local time to obtain UTC.
Subtract time zone number from UTC to obtain local time.
WEST
EAST
Subtract time zone number from local time to obtain UTC.
Add time zone number to UTC to obtain local time.
International Date Line
Eastward across Date Line
subtract 24 hours
Westward across Date Line
add 24 hours
ARCTIC OCEAN
NORTH PACIFIC OCEAN
NORTH ATLANTIC OCEAN
SOUTH PACIFIC OCEAN
SOUTH ATLANTIC OCEAN
INDIAN OCEAN
Greenland (DENMARK)
CANADA
UNITED STATES
MEXICO
RUSSIA
CHINA
INDIA
BRAZIL
ARGENTINA
AUSTRALIA
INDONESIA
PHILIPPINES
JAPAN
MONGOLIA
KAZAKHSTAN
IRAN
SAUDI ARABIA
ALGERIA
LIBYA
EGYPT
SUDAN
NIGER
CHAD
MALI
MAURITANIA
NIGERIA
ETHIOPIA
KENYA
TANZANIA
ANGOLA
ZAMBIA
MOZAMBIQUE
MADAGASCAR
SOUTH AFRICA
NAMIBIA
BOTSWANA
French Southern and Antarctic Lands (FRANCE)
ÎLES CROZET (Fr. S. and Ant. Lands)
ÎLES KERGUELEN (Fr. S. and Ant. Lands)
PRINCE EDWARD ISLANDS (SOUTH AFRICA)
Fahdland Islands (Islas Malvinas) (administered by U.K. claimed by ARGENTINA)
South Georgia and the South Sandwich Islands (administered by U.K. claimed by ARGENTINA)
TRISTAN DA CUNHA (St. Helena)
Gough Island (St. Helena)
St. Helena (U.K.)
Ascension (St. Helena)
ARCHIPIÉLAGO JUAN FERNÁNDEZ (CHILE)
Easter Island (CHILE)
ÎLES MARQUISES (French Polynesia)
French Polynesia (FRANCE)
Cocos (Keeling) Islands (AUSTL.)
Christmas Island (AUSTL.)
Lord Howe Island (AUSTL.)
Norfolk Island (AUSTL.)
Kermadec Islands (N.Z.)
Chatham Islands (N.Z.)
Niue (N.Z.)
Tokelau (N.Z.)
Cook Islands (N.Z.)
Pitcairn Islands (U.K.)
Galapagos Islands (ECUADOR)
Azores (PORT.)
Madeira Islands (PORT.)
Canary Islands (SPAIN)
Cape Verde
Bermuda (U.K.)
Cayman Islands (U.K.)
Jamaica
Trinidad and Tobago
Caribbean Sea
Gulf of Mexico
Hawaiian Islands
Midway Islands (U.S.)
Wake Island (U.S.)
Johnston Atoll (U.S.)
Northern Mariana Islands (U.S.)
Guam (U.S.)
Palau
Federated States of Micronesia
Marshall Islands
Kiribati (Gilbert Islands)
Kiribati (Phoenix Islands)
Kiribati (Line Islands)
Nauru
Tuvalli
Samoa
Tonga
Fiji
Vanuatu
Solomon Islands
Papua New Guinea
New Caledonia (FRANCE)
Coral Sea Islands (AUSTL.)
Tasmania
Great Australian Bight
Tasman Sea
Coral Sea
Philippine Sea
Sea of Japan
Sea of Okhotsk
Bering Sea
Chukchi Sea
East Siberian Sea
Laptev Sea
Kara Sea
Barents Sea
Norwegian Sea
Greenland Sea
Baffin Bay
Davis Strait
Hudson Bay
Beaufort Sea
Labrador Sea
Denmark Strait
Black Sea
Caspian Sea
Mediterranean Sea
Arabian Sea
Bay of Bengal
Andaman Sea
South China Sea
Gulf of Guinea
Mozambique Channel
Gulf of Aden
Red Sea
Persian Gulf
Sea of Azov
Aral Sea
Lake Baikal
Lake Balkhash
Caspian Sea
Sakhalin
Kuril Islands
Kamchatskiy
Wrangel Island
New Siberian Islands
Novaya Zemlya
Severnaya Zemlya
Franz Josef Land
Svalbard (NORWAY)
Jan Mayen (NORWAY)
Ittoqqortoormiit (Scoresbysund)
Qaanaaq (Thule)
Island of Newfoundland
St. Pierre and Miquelon (FRANCE)
Occupied by the SOVIET UNION in 1945, administered by RUSSIA, claimed by JAPAN
Kuril Islands (RUSSIA)
Ryukyu Islands (JAPAN)
Taiwan
Hainan
Sri Lanka
Maldives
Lakshadweep (INDIA)
Andaman Islands (INDIA)
Nicobar Islands (INDIA)
British Indian Ocean Territory (U.K.)
Seychelles
Comoros
Mauritius
Réunion (FRANCE)
Socotra (YEMEN