

ZONE STANDARD TIMES

	GMT/+/-	H	M		GMT/+/-	H	M		GMT/+/-	H	M
Afghanistan	+	04	30	Guinea Conakry	GMT	00		Taiwan <sup>1</sup>	+	08	
Albania <sup>1</sup>	+	01		Guinea Republic	GMT	00		Tanzania	+	03	
Algeria	+	01		Guyana	-	03		Thailand	+	07	
Andorra	+	01		Haiti	-	05		Tonga	+	13	
Angola	+	01		Honduras	-	06		Trinidad and Tobago	-	04	
Anguilla	-	04		Hong Kong <sup>1</sup>	+	08		Tristan da Cunha	GMT	00	
Antigua and Barbuda	-	04		Hungary	+	01		Turisia	+	01	
Antilles	-	04		Iceland	+	00		Turkey <sup>1</sup>	+	03	
Argentina	-	03		India	+	05	30	Turks and Caicos Islands	-	05	
Aruba	-	04		Indonesia, Republic of				Tuvalu	+	12	
Ascension Island	GMT	00		<i>Bali, Bangka, Billiton,</i>				Uganda	+	03	
Australia				<i>Java, Madura, Sumatra</i>	+	07		Russian Federation <sup>9</sup>			
<i>Capital Territory</i>	+	10		<i>Borneo, Celebes, Flores,</i>				<i>W. of long. E. 40°</i>	+	03	
<i>New South Wales<sup>7</sup></i>	+	10		<i>Lombok, Sumba,</i>	+	08		<i>long. E. 40° to E. 52°30'</i>	+	04	
<i>Northern Territory</i>	+	09	30	<i>Sumba, Timor</i>				<i>long. E. 52°30' to E. 67°30'</i>	+	05	
<i>Queensland</i>	+	10		<i>Atu, Moluccas, Timorbar,</i>				<i>long. E. 67°30' to E. 82°30'</i>	+	06	
<i>South Australia</i>	+	09	30	<i>West Irian</i>	+	09		<i>long. E. 82°30' to E. 97°30'</i>	+	07	
<i>Tasmania<sup>1</sup></i>	+	10		Iran	+	03	30	<i>long. E. 97°30' to E. 112°30'</i>	+	08	
<i>Victoria</i>	+	10		Iraq	+	03		<i>long. E. 112°30' to E. 127°30'</i>	+	09	
<i>Western Australia</i>	+	08		Ireland, Northern	GMT	00		<i>long. E. 127°30' to E. 142°30'</i>	+	10	
Austria	+	01		Ireland, Republic	+	01		<i>long. E. 142°30' to E. 157°30'</i>	+	11	
Azores	-	01		Israel	+	02		<i>long. E. 157°30' to E. 172°30'</i>	+	12	
Bahamas <sup>1</sup>	-	05		Italy <sup>1</sup>	+	01		<i>E. of long. E. 172°30'</i>	+	13	
Bahrain	+	03		Ivory Coast	GMT	00		United Arab Emirates	+	04	
Bangladesh	+	06		Jamaica	-	05		United States of America			
Barbados	-	04		Japan	+	09		<i>Alabama<sup>5</sup></i>	-	06	
Belgium	+	01		Jordan	+	02		<i>Alaska<sup>5</sup></i>			
Belize	-	06		Kampuchea	+	07		<i>E. of long. W. 137°</i>	-	08	
Benin	+	01		Kenya	+	03		<i>long. W. 137° to W. 141°</i>	-	09	
Bermuda	-	04		Kiribati	+	12		<i>long. W. 141° to W. 161°</i>	-	10	
Bhutan	+	06		Korea	+	09		<i>long. W. 161° to W. 172°30'</i>	-	11	
Bolivia	-	04		Kuwait	+	03		<i>Arizona</i>	-	07	
Botswana	+	02		Laos	+	07		<i>Arkansas<sup>5</sup></i>	-	06	
Brazil <sup>1</sup>				Latvia	+	03		<i>California<sup>5</sup></i>	-	08	
<i>eastern<sup>10</sup></i>	-	03		Lebanon <sup>1</sup>	+	02		<i>Colorado<sup>5</sup></i>	-	07	
<i>Territory of Acre</i>	-	05		Lesotho	+	02		<i>Connecticut<sup>5</sup></i>	-	05	
<i>western</i>	-	04		Liberia	GMT	00		<i>Delaware<sup>5</sup></i>	-	05	
Brunei Darussalam	+	08		Libya	+	01		<i>Florida<sup>5, 6</sup></i>	-	05	
Bulgaria	+	02		Lichtenstein	+	01		<i>Georgia<sup>5</sup></i>	-	05	
Burkina Faso	GMT	00		Lithuania	+	03		<i>Hawaii</i>	-	10	
Burma	+	06	30	Luxembourg <sup>4</sup>	+	01		<i>Idaho<sup>5, 6</sup></i>	-	07	
Burundi	+	02		Macao <sup>1</sup>	+	08		<i>Illinois<sup>5</sup></i>	-	06	
Cambodia	+	07		Madagascar	+	03		<i>Indiana<sup>5</sup></i>	-	06	
Cameroon	+	01		Madeira	GMT	00		<i>Iowa<sup>5</sup></i>	-	06	
Canada				Malawi	+	02		<i>Kansas<sup>5, 6</sup></i>	-	06	
<i>Alberta</i>	-	07		Malaysia	+	08		<i>Kentucky<sup>5, 6</sup></i>	-	05	
<i>British Columbia<sup>1</sup></i>	-	08		Maldives	+	05		<i>Louisiana<sup>5</sup></i>	-	06	
<i>Manitoba<sup>1</sup></i>	-	06		Mali	GMT	00		<i>Maine<sup>5</sup></i>	-	05	
<i>New Brunswick<sup>1</sup></i>	-	04		Malta	+	01		<i>Maryland<sup>5</sup></i>	-	05	
<i>Newfoundland<sup>1</sup></i>	-	03	30	Marshall Islands	+	12		<i>Massachusetts<sup>5</sup></i>	-	05	
<i>Northern Territories<sup>1</sup></i>				Martinique	-	04		<i>Michigan<sup>5, 6</sup></i>	-	05	
<i>E. of long. W. 68°</i>	-	04		Martinique	GMT	00		<i>Minnesota<sup>5</sup></i>	-	06	
<i>long. W. 68° to W. 85°</i>	-	05		Mauritania	+	04		<i>Mississippi<sup>5</sup></i>	-	06	
<i>long. W. 85° to W. 102°</i>	-	06		Mauritius <sup>12</sup>	-	06		<i>Missouri<sup>5</sup></i>	-	06	
<i>long. W. 102° to W. 120°</i>	-	07		Micronesia	+	09		<i>Montana<sup>5</sup></i>	-	07	
<i>W. of long. W. 120°</i>	-	08		Midway Island	-	11		<i>Nebaska<sup>5, 6</sup></i>	-	06	
<i>Novi Scotia<sup>1</sup></i>	-	04		Monaco <sup>1</sup>	+	01		<i>Nevada<sup>5</sup></i>	-	08	
<i>Ontario<sup>1</sup></i>	-	05		Mongolia	+	07		<i>New Hampshire<sup>5</sup></i>	-	05	
<i>E. of long. W. 90°</i>	-	06		Montserrat	-	04		<i>New Jersey<sup>5</sup></i>	-	05	
<i>W. of long. W. 90°</i>	-	06		Morocco <sup>1</sup>	GMT	00		<i>New Mexico<sup>5</sup></i>	-	07	
<i>Prince Edward Island<sup>1</sup></i>	-	04		Mozambique	+	02		<i>New York<sup>5</sup></i>	-	05	
<i>Quebec<sup>1</sup></i>	-	04		Namibia	+	02		<i>North Carolina<sup>5</sup></i>	-	05	
<i>E. of long. W. 68°</i>	-	05		Nauru	+	12		<i>North Dakota<sup>5, 6</sup></i>	-	06	
<i>W. of long. W. 68°</i>	-	05		Nepal	+	05	45	<i>Ohio<sup>5</sup></i>	-	05	
<i>Saskatchewan<sup>1</sup></i>	-	07		Netherlands, the	+	01		<i>Oklahoma<sup>5</sup></i>	-	06	
<i>Yukon<sup>1</sup></i>	-	09		Nevis	-	04		<i>Oregon<sup>5, 6</sup></i>	-	08	
Canary Islands <sup>3</sup>	GMT	00		New Caledonia	+	11		<i>Pennsylvania<sup>5</sup></i>	-	05	
Cape Verde Islands	-	01		New Zealand	+	12		<i>Rhode Island<sup>5</sup></i>	-	05	
Cayman Islands	-	05		Nicaragua	+	06		<i>South Carolina<sup>5</sup></i>	-	05	
Central African Republic <sup>4</sup>	+	01		Niger	+	01		<i>South Dakota<sup>5</sup></i>	-	05	
Chad	+	01		Nigeria	+	01		<i>eastern</i>	-	06	
Channel Islands	GMT	00		Niue Island	-	11		<i>western</i>	-	07	
Chatham Islands <sup>4</sup>	+	12		Norfolk Island	+	11	30	<i>Tennessee<sup>5, 6</sup></i>	-	06	
Chile <sup>1</sup>	-	04		North Mariana Islands	+	10		<i>Texas<sup>5</sup></i>	-	06	
China <sup>8</sup>	+	08		Norway <sup>1</sup>	+	01		<i>Utah<sup>5, 6</sup></i>	-	07	
Christmas Island,				Oman	+	04		<i>Vermont<sup>5</sup></i>	-	05	
Indian Ocean	+	07		Pakistan	+	05		<i>Virginia<sup>5</sup></i>	-	05	
Cocos (Keeling Island)	+	06		Palau	+	10		<i>Washington, D.C.<sup>5</sup></i>	-	05	
Colombia	-	05		Panama	-	05		<i>Washington<sup>5</sup></i>	-	08	
Comoros	+	03		Papua New Guinea	+	10		<i>West Virginia<sup>5</sup></i>	-	05	
Congo	+	01		Paraguay	-	03		<i>Wisconsin<sup>5</sup></i>	-	06	
Cook Islands	-	10	30	Peru	-	05		<i>Wyoming<sup>5</sup></i>	-	07	
Costa Rica	-	06		Philippines, the	+	08		Uruguay <sup>1</sup>	-	03	
Crete	+	02		Pitcairn Island	-	08	30	Vanuatu	+	11	
Cuba <sup>1</sup>	-	05		Poland <sup>1</sup>	+	01		Venezuela	+	04	
Cyprus	+	02		Portugal	GMT	00		Vietnam	+	07	
Czech Republic	+	01		Puerto Rico	-	04		Virgin Islands	-	04	
Denmark	+	01		Qatar	+	03		Wake Island	+	12	
Djibouti	+	03		Réunion	+	04		Yemen	+	03	
Dominica	-	04		Rodriguez Island	+	04		Yemen Arab Republic	+	03	
Dominican Republic <sup>2</sup>	-	04		Romania	+	02		Yugoslavia	+	01	
Ecuador	-	05		Rwanda	+	02		Zambia	+	02	
Egypt	+	02		Sao Tomé and Principe	GMT	00		Zaire	+	01	
El Salvador	-	06		St. Christopher	-	04		Zimbabwe	+	02	
Equatorial Guinea	+	01		St. Helena	GMT	00					
Ethiopia	+	03		St. Lucia	-	04					
Faeroe Islands	GMT	00		St. Pierre and Miquelon	-	04					
Falkland Islands <sup>11</sup>	-	04		St. Vincent and the Grenadines	-	04					
Fiji	+	12		Samoa	-	11					
Finland	+	02		San Marino	+	01					
France <sup>4</sup>	+	01		Saudi Arabia	+	03					
French Guiana	-	03		Senegal	GMT	00					
French Polynesia	-	10		Seychelles	+	04					
Gabon	+	01		Sierra Leone	GMT	00					
Gambia	GMT	00		Singapore	+	08					
Germany	+	01		Soloman Islands	+	11					
Ghana	GMT	00		Somalia	+	03					
Gibraltar <sup>4</sup>	+	01		South Africa	+	02					
Great Britain	GMT	00		Spain <sup>4</sup>	+	01					
Greece	+	02		Sri Lanka	+	05	30				
Greenland	-	03		Sudan	+	02					
Grenada <sup>1</sup>	-	04		Surinam	-	03					
Guadeloupe	-	04		Swaziland	+	02					
Guam	+	10		Sweden	+	01					
Guatemala	-	06		Switzerland	+	01					
Guinea-Bissau	GMT	00		Syria <sup>1</sup>	+	02					

<sup>1</sup> Summer time may be kept in these countries.  
<sup>2</sup> Winter time may be kept in these countries.  
<sup>3</sup> GMT is in general use throughout the year, but the legal standard time differs from GMT.  
<sup>4</sup> This time is used throughout the year but may differ from legal time.  
<sup>5</sup> Summer (daylight saving) time, one hour fast on the time given, is kept in these states from the last Sunday in April to the last Sunday in October, changing at 02h 00m local clock time.  
<sup>6</sup> This applies to the greater portion of the state.  
<sup>7</sup> Except Broken Hill area, which keeps 09h 30m.  
<sup>8</sup> All the coast, but some areas may keep summer time.  
<sup>9</sup> The boundaries between the zones are irregular; the longitudes given are approximate only.  
<sup>10</sup> Including all the coast.  
<sup>11</sup> Port Stanley keeps summer time September to March.  
<sup>12</sup> Except the states of Sonora, Sinaloa, Nayarit, and the Southern District of Lower California, which keep 07h, and the Northern District of Lower California, which keeps 08h.