The Exclusive Economic Zones (EEZs) are the seaward extension of national waters up to a maximum of 200 nautical miles (370 km) from the baseline of the country. These zones cover the oceans and include the water, sea-bed, subsoil, and submerged rocks within them.

EXCLUSIVE ECONOMIC ZONES

Subdivision of the High Seas

The High Seas (outside of national EEZs) cover the remaining area of the oceans and reflect the original geography of the earth. They are divided into four regions:

1. Western Pacific
2. Central Pacific
3. Eastern Pacific
4. Eastern Indian

These regions are further divided into four subregions:

1. Northwestern
2. Southeastern
3. Northern
4. Southern

The map below shows the distribution of these subregions across the globe.