

TIME ZONE INFORMATION:

UTC = Coordinated Universal Time. UTC defines the universal time zone, which all other time zones are relative to. It observes no daylight saving time.

Daylight Saving Time:

Begins: Sunday, 8 March 2009 at 0200 Local Standard Time (LST). Ends: Sunday, 1 November 2009 at 0200 Local Daylight Time (LDT)

As a rule, daylight time starts on the second Sunday in March and ends on the first Sunday in November.

Minnesota, USA:

Central Standard Time (CST) or Central Daylight Saving Time (CDT)

Daylight Saving Time: (Observed)

Formula: CST: UTC - 6 hours
 CDT: UTC - 5 hours

Washington, DC, USA

Eastern Standard Time (EST) or Eastern Daylight Saving Time (EDT)

Daylight Saving Time: (Observed)

Formula: EST: UTC - 5 hours
 EDT: UTC - 4 hours

Fort Hood, Texas, USA:

Central Standard Time (CST) or Central Daylight Saving Time (CDT)

Daylight Saving Time: (Observed)

Formula: CST: UTC - 6 hours
 CDT: UTC - 5 hours

Baghdad, IRAQ

Daylight Saving Time: (Observed)

Formula: CET: UTC + 3 hour
 CEST: UTC + 4 hours

Kuwait City, Kuwait

Daylight Saving Time: (No Daylight Savings for Kuwait)

Formula: CET: UTC + 3 hour

FOR EXAMPLE:

On Tuesday, 1 September 2009 at the same moment it is:

0800 in Camp Ripley, Minnesota, USA
0900 in Washington, DC, USA

1600 in Kuwait City, Kuwait
1700 in Baghdad, Iraq