

Nights with John Stanley Clocks

Monday to Thursday – times are EST or EDT when applicable

2000 to 2400	Command	Description – Satellite Channels 102 & 106
:07:00	-	Show starts/resumes on theme
:15:00	1	LOCAL 3:10 Commercial Break Window
:25:00	1	LOCAL 3:10 Commercial Break Window
:40:00	1	LOCAL 3:10 Commercial Break Window
:50:00	1	LOCAL 3:10 Commercial Break Window
:59:50	4	LOCAL 0:05 News Credit

Friday outside NRL Season

1900 to 2000	Command	Description – Satellite Channels 102 & 106
:07:00	-	Show starts/resumes on theme
:15:00	1	LOCAL 3:20 Commercial Break Window
:25:00	1	LOCAL 3:40 Commercial Break Window
:40:00	1	LOCAL 3:10 Commercial Break Window
:50:00	1	LOCAL 3:40 Commercial Break Window
:59:50	4	LOCAL 0:05 News Credit
2000 to 2300		
:07:00	-	Show starts/resumes on theme
:15:00	1	LOCAL 3:10 Commercial Break Window
:25:00	1	LOCAL 3:10 Commercial Break Window
:40:00	1	LOCAL 3:10 Commercial Break Window
:50:00	1	LOCAL 3:10 Commercial Break Window
:59:50	4	LOCAL 0:05 News Credit

We recommend scheduling one additional break in each hour; reset breaks at top of hour.

Special Features, associated sponsor credits and advertisements are included in program time.

[CONTACT US](#)

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