

Nights with John Stanley Clocks

Monday to Thursday - times are EST or EDT if applicable

20:00 to 24:00	Cmd	Description	Satellite 102 and 106
:07:00	-	Show starts 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

19:00 to 20:00

:07:00	-	Show starts 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	

20:00 to 23:00

:07:00	-	Show starts 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.