

Life and Technology Clocks

Saturday 0800 to 0900 – EST or EDT when applicable

| 0800 to 0900 | Command | Description – Satellite Channels 102 & 104 |
|---------------|---------|---|
| :00:00 | - | LOCAL News Theme Window |
| :00:08 | - | News – refer to separate News Schedule |
| :07:00 | - | Show starts on theme |
| :15:00 | 1 | LOCAL 3:10 Commercial Break Window |
| :24:00 | 1 | LOCAL 3:10 Commercial Break Window |
| :29:55 | 4 | LOCAL 0:05 News Credit |
| :30:00 | - | LOCAL News Theme Window |
| :30:08 | - | News – refer to separate News Schedule |
| :37:00 | - | Show resume on theme |
| :45:00 | 1 | LOCAL 3:20 Commercial Break Window |
| :54:00 | 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.