

Afternoons with Sofie Formica Clocks

Monday to Friday - 1200 to 1500 EST

1200 to 1300	Cmd	Description	Satellite 106
:07:00	-	Show start on theme	
:15:00	1	LOCAL 2:55 commercial break window	
:25:00	1	LOCAL 2:50 commercial break window	
:40:00	1	LOCAL 2:55 commercial break window	
:50:00	1	LOCAL 2:50 commercial break window	
:59:50	4	LOCAL 0:05 news credit	

1300 to 1500

:00:00	-	LOCAL News Theme window	
:00:07	-	News – refer to the separate news schedule for relevant commands	
:07:00	-	Show resume on theme	
:15:00	1	LOCAL 2:55 commercial break window	
:25:00	1	LOCAL 2:50 commercial break window	
:40:00	1	LOCAL 2:55 commercial break window	
:50:00	1	LOCAL 2:50 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.