

## Afternoons with Michael McLaren Clocks

### Monday to Friday - 1200 to 1500

1200 to 1300	Cmd	Description	Satellite 106
:10:00	-	Show start on theme	
:15:00	1	<b>LOCAL</b> 3:10 commercial break window	
:25:00	1	<b>LOCAL</b> 3:50 commercial break window	
:40:00	1	<b>LOCAL</b> 3:10 commercial break window	
:50:00	1	<b>LOCAL</b> 3:50 commercial break window	
:59:50	4	<b>LOCAL</b> 0:05 news credit	

### 1300 to 1500

:00:00	-	<b>LOCAL</b> News Theme window	
:00:07	-	<b>News – refer to the separate news schedule</b>	
:07:00	-	Show resume on theme	
:15:00	1	<b>LOCAL</b> 3:10 commercial break window	
:25:00	1	<b>LOCAL</b> 3:50 commercial break window	
:40:00	1	<b>LOCAL</b> 3:10 commercial break window	
:50:00	1	<b>LOCAL</b> 3:50 commercial break window	
:59:50	4	<b>LOCAL</b> 0:05 news credit	

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