

## Afternoons with Michael McLaren Clocks

**Monday to Friday 1200 to 1500**

| <b>1200 to 1300</b> | <b>Command</b> | <b>Description – Satellite Channel 102</b>                          |
|---------------------|----------------|---|
| :10:00              | -              | Show starts on theme  |
| :15:00              | 1              | LOCAL 3:10 Commercial Break Window                                  |
| :25:00              | 1              | LOCAL 3:50 Commercial Break Window                                  |
| :40:00              | 1              | LOCAL 3:10 Commercial Break Window                                  |
| :50:00              | 1              | LOCAL 3:50 Commercial Break Window                                  |
| :59:50              | 4              | LOCAL 0:05 News Credit  |
| <b>1300 to 1500</b> |                |   |
| :00:00              | -              | LOCAL News Theme Window   |
| <b>:00:07</b>       | -              | <b>News – refer to separate News Schedule for relevant commands</b> |
| :07:00              | -              | Show resumes on theme   |
| :15:00              | 1              | LOCAL 3:10 Commercial Break Window                                  |
| :25:00              | 1              | LOCAL 3:50 Commercial Break Window                                  |
| :40:00              | 1              | LOCAL 3:10 Commercial Break Window                                  |
| :50:00              | 1              | LOCAL 3:50 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.