

Australia Overnight Clocks

Monday to Friday 0000 to 0530 EST/EDT when applicable

Saturday to Sunday 0000 to 0600 EST/EDT when applicable

Monday to Friday

| 0000 to 0500 | Command | Description – Satellite Channel 102, 104 & 106 |
|---------------------|---------|---|
| :00:00 | - | LOCAL News Theme Window |
| :00:08 | - | News – refer to separate News Schedule for relevant commands |
| :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 |
| 0500 to 0530 | | |
| 05:00:00 | - | LOCAL News Theme Window |
| 05:00:08 | - | News – refer to separate News Schedule for relevant commands |
| 05:07:00 | - | Show resumes on theme |
| 05:15:00 | 1 | LOCAL 3:10 Commercial Break Window |
| 05:25:00 | 1 | LOCAL 3:50 Commercial Break Window |
| 05:29:55 | 4 | LOCAL 0:05 News Credit |

Saturday to Sunday

| 0000 to 0500 | Command | Description – Satellite Channel 102, 104 & 106 |
|---------------------|---------|---|
| :00:00 | - | LOCAL News Theme Window |
| :00:08 | - | News – refer to separate News Schedule for relevant commands |
| :07:00 | - | Show starts on theme |
| :15:00 | 1 | LOCAL 3:10 Commercial Break Window |
| :33:07 | 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 |
| 0500 to 0600 | | |
| 05:00:00 | - | LOCAL News Theme Window |
| 05:00:08 | - | News – refer to separate News Schedule for relevant commands |
| 05:07:00 | - | Show resumes on theme |
| 05:15:00 | 1 | LOCAL 3:10 Commercial Break Window |
| 05:25:00 | 1 | LOCAL 3:10 Commercial Break Window |
| 05:35:00 | 1 | LOCAL 3:10 Commercial Break Window |
| 05:45:00 | 1 | LOCAL 3:10 Commercial Break Window |
| 05:55:00 | 1 | LOCAL 3:10 Commercial Break Window |
| 05:59:50 | 4 | LOCAL 0:05 News Credit |

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

[CONTACT US](#)

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