



Live Saturdays 6-9pm PT, 7-10pm PT, 8-11pm CT, 9pm-Mid ET

CLOCK

00:00-02:00	National News
02:00-02:40	National Weather
02:40-03:40	Consumer News
03:40-04:00	Network Promo
04:00-06:00	Affiliate/Network Commercials
06:00-28:50	Into the Paranormal
28:50-29:50	Network Commercial
29:50-31:50	Affiliate Commercials *35hz tone
30:50-31:50	Profile America (optional filler)
31:50-32:00	Affiliate/Network ID
32:00-33:30	Paranormal News
33:30-58:50	Into the Paranormal
58:50-59:50	Network Commercial
59:50-00:00	Station/Network ID *25hz tone