

Life Unpaused Special 2026
GENERIC FORMAT

<u>Time</u>	<u>Running Time</u>	<u>ESTIMATED Segment Time</u>
Segment One	01:00:00	06:00
Break #1	01:06:00	02:02
1:00 National Break		
1:00 Local Break		
Segment Two	01:08:02	04:30
Break #2	01:12:32	02:02
1:00 Local Break		
1:00 National Break		
Segment Three	01:14:34	05:40
Break #3	01:20:14	02:02
1:00 National Break		
1:00 Local Break		
Segment Four	01:22:16	06:14
Show Ends	01:28:30	