

	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes	15 minutes
	Rosies	Rosies	Rosies	Rosies	Rosies	Rosies	Rosies
	1 minute	1 minute	1 minute	1 minute	1 minute	1 minute	1 minute
09:30:00 AM	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes
10:00:00 AM	Shining Stars Alumni Series Christina Parrish 2 minutes	Shining Stars Alumni Series Christina Parrish 2 minutes	Shining Stars Alumni Series Christina Parrish 2 minutes	Shining Stars Alumni Series Christina Parrish 2 minutes	Shining Stars Alumni Series Christina Parrish 2 minutes	Shining Stars Alumni Series Christina Parrish 2 minutes	Shining Stars Alumni Series Christina Parrish 2 minutes
	Shining Stars Alumni Series Christopher Hutton 2 minutes	Shining Stars Alumni Series Christopher Hutton 2 minutes	Shining Stars Alumni Series Christopher Hutton 2 minutes	Shining Stars Alumni Series Christopher Hutton 2 minutes	Shining Stars Alumni Series Christopher Hutton 2 minutes	Shining Stars Alumni Series Christopher Hutton 2 minutes	Shining Stars Alumni Series Christopher Hutton 2 minutes
	Shining Stars Alumni Series Corrine Clinch 3 minutes	Shining Stars Alumni Series Corrine Clinch 3 minutes	Shining Stars Alumni Series Corrine Clinch 3 minutes	Shining Stars Alumni Series Corrine Clinch 3 minutes	Shining Stars Alumni Series Corrine Clinch 3 minutes	Shining Stars Alumni Series Corrine Clinch 3 minutes	Shining Stars Alumni Series Corrine Clinch 3 minutes
	Shining Stars Alumni Series Shaun Gayle 2 minutes	Shining Stars Alumni Series Shaun Gayle 2 minutes	Shining Stars Alumni Series Shaun Gayle 2 minutes	Shining Stars Alumni Series Shaun Gayle 3 minutes	Shining Stars Alumni Series Shaun Gayle 2 minutes	Shining Stars Alumni Series Shaun Gayle 2 minutes	Shining Stars Alumni Series Shaun Gayle 3 minutes
	Shining Stars Alumni Series Ramona Gray Amaro 3 minutes	Shining Stars Alumni Series Ramona Gray Amaro 3 minutes	Shining Stars Alumni Series Ramona Gray Amaro 3 minutes	Shining Stars Alumni Series Mary Burcham Bunting 3 minutes	Shining Stars Alumni Series Ramona Gray Amaro 3 minutes	Shining Stars Alumni Series Ramona Gray Amaro 3 minutes	Shining Stars Alumni Series Mary Burcham Bunting 3 minutes
	Shining Stars Alumni Series Mary Burcham Bunting 3 minutes	Shining Stars Alumni Series Mary Burcham Bunting 3 minutes	Shining Stars Alumni Series Mary Burcham Bunting 3 minutes	Shining Stars Alumni Series Margot Lee Shetterly 7 minutes	Shining Stars Alumni Series Mary Burcham Bunting 3 minutes	Shining Stars Alumni Series Mary Burcham Bunting 3 minutes	Shining Stars Alumni Series Margot Lee Shetterly 7 minutes
	Shining Stars Alumni Series Margot Lee Shetterly 7 minutes	Shining Stars Alumni Series Margot Lee Shetterly 7 minutes	Shining Stars Alumni Series Margot Lee Shetterly 7 minutes	Shining Stars Alumni Series Leonard Sledge 2 minutes	Shining Stars Alumni Series Margot Lee Shetterly 7 minutes	Shining Stars Alumni Series Margot Lee Shetterly 7 minutes	Shining Stars Alumni Series Leonard Sledge 2 minutes
	Shining Stars	Shining Stars	Shining Stars	Shining Stars Alumni Series Kevin Yeargin 2 minutes	Shining Stars	Shining Stars	Shining Stars

	Round Robin Assessments 2019 fy2020 22 minutes	Round Robin Assessments 2019 fy2020 22 minutes	Round Robin Assessments 2019 fy2020 22 minutes	Round Robin Assessments 2019 fy2020 22 minutes	Round Robin Assessments 2019 fy2020 22 minutes	Round Robin Assessments 2019 fy2020 22 minutes	Round Robin Assessments 2019 fy2020 22 minutes
12:30:00 PM	Round Robin Teacher Recruitment 8 minutes	Round Robin Teacher Recruitment 8 minutes	Round Robin Teacher Recruitment 8 minutes	Round Robin Teacher Recruitment 8 minutes	Round Robin Teacher Recruitment 8 minutes	Round Robin Teacher Recruitment 8 minutes	Round Robin Teacher Recruitment 8 minutes
	Round Robin SLY CLYDE 16 minutes	Round Robin SLY CLYDE 16 minutes	Round Robin SLY CLYDE 16 minutes	Round Robin SLY CLYDE 16 minutes	Round Robin SLY CLYDE 16 minutes	Round Robin SLY CLYDE 16 minutes	Round Robin SLY CLYDE 16 minutes
01:00:00 PM	Round Robin Goodwill in Hampton 15 minutes	Round Robin Goodwill in Hampton 15 minutes	Round Robin Goodwill in Hampton 15 minutes	Round Robin Goodwill in Hampton 15 minutes	Round Robin Goodwill in Hampton 15 minutes	Round Robin Goodwill in Hampton 15 minutes	Round Robin Goodwill in Hampton 15 minutes
	Rosies 1 minute	Rosies 1 minute	Rosies 1 minute	Rosies 1 minute	Rosies 1 minute	Rosies 1 minute	Rosies 1 minute
01:30:00 PM	Jazz Cardio Episode 10 28 minutes	Jazz Cardio Episode 11 28 minutes		Jazz Cardio Episode 13 28 minutes	Jazz Cardio Episode 14 28 minutes	Jazz Cardio Episode 15 28 minutes	Jazz Cardio Episode 16 28 minutes
02:30:00 PM	Fit for Duty EXTREME 23 minutes	Fit for Duty EXTREME 25 minutes	Fit for Duty EXTREME 24 minutes	Fit for Duty EXTREME 26 minutes	Fit for Duty EXTREME 24 minutes	Fit for Duty Arms & Backs 24 minutes	Fit for Duty Back & Triceps 23 minutes
03:00:00 PM	Sit and Be Fit Episode 4 26 minutes	Sit and Be Fit Episode 5 26 minutes	Sit and Be Fit Episode 6 28 minutes	Sit and Be Fit Episode 7 29 minutes	Sit and Be Fit Episode 8 28 minutes	Sit and Be Fit Episode 9 28 minutes	Sit and Be Fit Episode C13 26 minutes
03:30:00 PM	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes		Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes
04:00:00 PM	Grill Sergeants Italian Cuisine 26 minutes	Grill Sergeants Mexican Cuisine 24 minutes	Grill Sergeants Korean Cuisine 24 minutes	Grill Sergeants Rustic Cuisine 24 minutes	Grill Sergeants Hawaiian Asian Cuisine 23 minutes	Grill Sergeants Indian Cuisine 23 minutes	Grill Sergeants Turkey in Greece 22 minutes
04:30:00 PM	Perils For Pedestrians Episode 228 28 minutes	Perils For Pedestrians Episode 229 28 minutes	Perils For Pedestrians Episode 230 28 minutes	Perils For Pedestrians Episode 232 28 minutes	Perils For Pedestrians Episode 233 28 minutes	Perils For Pedestrians Episode 234 28 minutes	Perils For Pedestrians Episode 236 10 minutes
05:00:00 PM	Shining Stars Alumni Series	Shining Stars Alumni Series	Shining Stars Alumni Series	Shining Stars Alumni Series Mary Burcham	Shining Stars Alumni Series	Shining Stars Alumni Series	Shining Stars Alumni Series Mary Burcham

	Shining Stars Alumni Series Kevin Yeargin 2 minutes	Shining Stars Alumni Series Kevin Yeargin 2 minutes	Shining Stars Alumni Series Kevin Yeargin 2 minutes	Shining Stars Alumni Series Kevin Yeargin 2 minutes	Shining Stars Alumni Series Kevin Yeargin 2 minutes	Shining Stars Alumni Series Kevin Yeargin 2 minutes	Shining Stars Alumni Series Kevin Yeargin 2 minutes
	Shining Stars Alumni Series Leonard Sledge 2 minutes	Shining Stars Alumni Series Leonard Sledge 2 minutes	Shining Stars Alumni Series Leonard Sledge 2 minutes	Shining Stars Alumni Series Leonard Sledge 2 minutes	Shining Stars Alumni Series Leonard Sledge 2 minutes	Shining Stars Alumni Series Leonard Sledge 2 minutes	Shining Stars Alumni Series Leonard Sledge 2 minutes
	ID 13 seconds	ID 13 seconds	ID 13 seconds	ID 13 seconds	ID 13 seconds	ID 13 seconds	ID 13 seconds
	Focus NNS 13 minutes	Focus NNS 13 minutes	Focus NNS 13 minutes	Focus NNS 13 minutes	Focus NNS 13 minutes	Focus NNS 13 minutes	Focus NNS 13 minutes
	Hampton Currents Week of February 18, 2019 1 minute	Hampton Currents Week of February 18, 2019 1 minute	Hampton Currents Week of February 18, 2019 1 minute	Hampton Currents Week of February 18, 2019 1 minute	Hampton Currents Week of February 18, 2019 1 minute	Hampton Currents Week of February 18, 2019 1 minute	Hampton Currents Week of February 18, 2019 1 minute
06:00:00 PM	Round Robin Mid-Atlantic Quilt Festival 16 minutes	Round Robin Mid-Atlantic Quilt Festival 16 minutes	Round Robin Mid-Atlantic Quilt Festival 16 minutes	Round Robin Mid-Atlantic Quilt Festival 16 minutes	Round Robin Mid-Atlantic Quilt Festival 16 minutes	Round Robin Mid-Atlantic Quilt Festival 16 minutes	Round Robin Mid-Atlantic Quilt Festival 16 minutes
	Round Robin Assessments 2019 fy2020 22 minutes	Round Robin Assessments 2019 fy2020 22 minutes	Round Robin Assessments 2019 fy2020 22 minutes	Round Robin Assessments 2019 fy2020 22 minutes	Round Robin Assessments 2019 fy2020 22 minutes	Round Robin Assessments 2019 fy2020 22 minutes	Round Robin Assessments 2019 fy2020 22 minutes
06:30:00 PM	Round Robin Teacher Recruitment 8 minutes	Round Robin Teacher Recruitment 8 minutes	Round Robin Teacher Recruitment 8 minutes	Round Robin Teacher Recruitment 8 minutes	Round Robin Teacher Recruitment 8 minutes	Round Robin Teacher Recruitment 8 minutes	Round Robin Teacher Recruitment 8 minutes
	Round Robin SLY CLYDE 16 minutes	Round Robin SLY CLYDE 16 minutes	Round Robin SLY CLYDE 16 minutes	Round Robin SLY CLYDE 16 minutes	Round Robin SLY CLYDE 16 minutes	Round Robin SLY CLYDE 16 minutes	Round Robin SLY CLYDE 16 minutes
07:00:00 PM	Round Robin Goodwill in Hampton 15 minutes	Round Robin Goodwill in Hampton 15 minutes	Round Robin Goodwill in Hampton 15 minutes	Round Robin Goodwill in Hampton 15 minutes	Round Robin Goodwill in Hampton 15 minutes	Round Robin Goodwill in Hampton 15 minutes	Round Robin Goodwill in Hampton 15 minutes
	Rosies 1 minute	Rosies 1 minute	Rosies 1 minute	Rosies 1 minute	Rosies 1 minute	Rosies 1 minute	Rosies 1 minute
08:00:00							

PM	Fuzion Fitness Episode 10 29 minutes	Fuzion Fitness Episode 11 27 minutes	Fuzion Fitness Episode 12 26 minutes	Fuzion Fitness Episode 13 27 minutes	Fuzion Fitness Episode 15 28 minutes	Fuzion Fitness Episode 16 28 minutes	Fuzion Fitness Episode 17 27 minutes
			Ad Council - Adoption Hiding 30 seconds				
			Ad Council - Adoption Mom-ents 30 seconds				
08:30:00 PM	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes		Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes
09:00:00 PM	History of Hampton Fullers 1 minute	History of Hampton Fox Hill Softball 1 minute	History of Hampton WGH Radio 3 minutes	History of Hampton Wayne Gomes 1 minute	Waterway Management 56 minutes	Police Tribute Why I Wear The Badge 2 minutes	ID 13 seconds
	History of Hampton Mary Christian 2 minutes	History of Hampton Blackbeard 2 minutes	History of Hampton Real Estate 2 minutes	History of Hampton Life in Phoebus 3 minutes		Friends in Discovery 43 minutes	Jamestown Legacy 9 minutes
	History of Hampton Cumming WW2 1 minute	History of Hampton Ronald Curry 3 minutes	History of Hampton Hampton University 3 minutes	History of Hampton Growing Up in Hampton 1 minute			Jamestown The Powhatan Indians 8 minutes
	History of Hampton Hampton YMCA 2 minutes	History of Hampton NASA History 2 minutes	History of Hampton Chief Minetti 3 minutes	History of Hampton 1st African Americans 1 minute			Jamestown The West Central Africans 7 minutes
	History of Hampton Fort Wool 3 minutes	History of Hampton Aberdeen Gardens 3 minutes	History of Hampton Allen Iverson 3 minutes	History of Hampton Hurricane Isabelle 2 minutes			
	History of Hampton Hampton Coliseum 3 minutes	History of Hampton Mayor Eason 4 minutes	History of Hampton Elvis in Hampton 1 minute	History of Hampton Billy Mitchell Trials 2 minutes			
	History of Hampton Amory Seafood 2 minutes	History of Hampton Fort Monroe 3 minutes	History of Hampton WWII Phil Routten 3 minutes	History of Hampton Buckroe Carousel 1 minute			
	History of	History of Hampton Daily Press	History of Hampton Civil Rights	History of Hampton WWII Edwin			

Hampton
Hampton
Crabbers
1 minute
History of Hampton
Chamberlin
3 minutes
History of Hampton
HRBT
2 minutes
Choose Hampton
Francene
McCorory
1 minute
Choose Hampton
Patricks
Hardware
1 minute
History of Hampton
Cumming
WW2
1 minute
History of Hampton
Hampton
YMCA
2 minutes

3 minutes
History of Hampton
VA Hospital
2 minutes
History of Hampton
WWII David
Wallace
3 minutes

2 minutes
History of Hampton
Hardy Cash
2 minutes
History of Hampton
Turkey Day
Game
1 minute
History of Hampton
Olde Wythe
3 minutes
History of Hampton
Old Point
Comfort
2 minutes

Horton
2 minutes
History of Hampton
Hampton's Live
Music
2 minutes
History of Hampton
Graham & Rollins
Seafood
2 minutes
History of Hampton
Phoebus Days
2 minutes
History of Hampton
Lillian Epps
Johnson
3 minutes
History of Hampton
Oystering Along
The Waterfront
1 minute

09:30:00
PM

History of Hampton
American
Theatre
1 minute
History of Hampton
Arts Center
3 minutes
History of Hampton
NASA
3 minutes
History of Hampton
Virginia
Squires
3 minutes

History of Hampton
Banking
1 minute
History of Hampton
Burrell
2 minutes
History of Hampton
Crash of
Roma
2 minutes
History of Hampton
Jewish
Community
2 minutes

History of Hampton
NASA
Research
3 minutes
History of Hampton
Fox Hill
Women
2 minutes
History of Hampton
Fox Hill
Women
2 minutes
History of Hampton
Archeology

History of Hampton
Buckroe
Neighborhood
3 minutes
History of Hampton
Golf Course
History
3 minutes
History of Hampton
Providing Oil in
Tough Times
2 minutes
History of Hampton
Contraband

Hampton Currents
Week of
February 18,
2019
1 minute

History of Hampton
Virginia
Squires
3 minutes
History of Hampton
WVEC
3 minutes
History of Hampton
Snow Bike
Shop
1 minute
History of Hampton

Jamestown
Voyage to
Virginia
5 minutes
ID
13 seconds
I Choose
L.D. Amory
1 minute
I Choose
Graham & Rollins
3 minutes
Choose Hampton
Drucker and Falk
2 minutes
Choose Hampton

	Teacher Recruitment 8 minutes	Teacher Recruitment 8 minutes	Teacher Recruitment 8 minutes	Teacher Recruitment 8 minutes	Teacher Recruitment 8 minutes	Teacher Recruitment 8 minutes	Teacher Recruitment 8 minutes
	Round Robin SLY CLYDE 16 minutes	Round Robin SLY CLYDE 16 minutes	Round Robin SLY CLYDE 16 minutes	Round Robin SLY CLYDE 16 minutes	Round Robin SLY CLYDE 16 minutes	Round Robin SLY CLYDE 16 minutes	Round Robin SLY CLYDE 16 minutes
11:00:00 PM	Round Robin Goodwill in Hampton 15 minutes	Round Robin Goodwill in Hampton 15 minutes	Round Robin Goodwill in Hampton 15 minutes	Round Robin Goodwill in Hampton 15 minutes	Round Robin Goodwill in Hampton 15 minutes	Round Robin Goodwill in Hampton 15 minutes	Round Robin Goodwill in Hampton 15 minutes
	Rosies 1 minute	Rosies 1 minute	Rosies 1 minute	Rosies 1 minute	Rosies 1 minute	Rosies 1 minute	Rosies 1 minute
			Focus NNS 13 minutes				
11:30:00 PM							