



## **2026 Life In Between Gates Series Final Format - Episode 2601**

Total Commercial Time: 13:00

Network – 7:00

Local – 7:00

Segment Content Time: 46:00

Total Running Time: 60:00

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### **Segment 1 – 2025 Life In Between Gates Series – 2:26**

Break 1 – Network 2:00

### **Segment 2 – 2025 Life In Between Gates Series – 4:35**

Break 2 – Local: 2:30

### **Segment 3 – 2025 Life In Between Gates Series – 10:10**

Break 3 – Network 2:00

### **Segment 4 – 2025 Life In Between Gates Series – 7:54**

Break 4 – Local: 2:30

### **Segment 5 – 2025 Life In Between Gates Series – 8:53**

Break 5 – Network 1:30

### **Segment 6 – 2025 Life In Between Gates Series – 8:20**

Break 6 – Network 1:30

### **Segment 7 – 2025 Life In Between Gates Series – 3:42**

Break 7 – Local: 2:00

**The End**

**Created: March 12, 2026**