

Monday through Friday except Holidays, Effective September 6, 2022

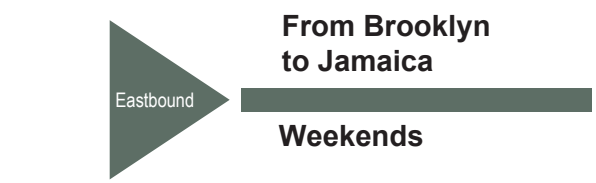


Notes	Atlantic Terminal	Nostrand Avenue	East New York	Jamaica
Morning Service				
	12:14	12:20	12:24	12:34
	1:14	1:20	1:24	1:34
	1:49	1:55	2:00	2:10
	5:12	5:18	5:24	5:31
	5:27	5:33	5:39	5:46
	6:37	6:43	6:48	6:56
	7:04	7:10	7:15	7:24
	7:29	7:35	7:40	7:50
	7:39	7:45	7:50	8:00
	8:22	8:29	8:34	8:42
	8:30	8:36	8:41	8:49
	8:35	8:42	8:47	8:56
	9:05	9:12	9:17	9:26
	9:42	9:49	9:54	10:03
	10:09	10:16	10:21	10:30
	10:42	10:49	10:54	11:03
	11:09	11:16	11:21	11:30
	11:42	11:49	11:54	12:03



Notes	Atlantic Terminal	Nostrand Avenue	East New York	Jamaica
Afternoon and Evening Service				
	12:09	12:16	12:21	12:30
	12:42	12:49	12:54	1:03
	1:09	1:16	1:21	1:30
	1:39	1:46	1:51	2:00
	5:24	5:31	5:36	5:45
	5:39	5:46	5:51	6:00
	6:06	6:13	6:18	6:27
	6:31	6:38	6:43	6:52
	6:57	7:04	7:09	7:18
	7:12	7:19	7:24	7:33
	7:27	7:34	7:39	7:48
	7:32	7:39	7:44	7:53
	7:47	7:54	7:59	8:08
	8:02	8:09	8:14	8:23
	8:17	8:24	8:29	8:38
	8:32	8:39	8:44	8:53
	8:47	8:54	8:59	9:08
	9:02	9:09	9:14	9:23
	9:17	9:24	9:29	9:38
	9:32	9:39	9:44	9:53
	9:47	9:54	9:59	10:08
	10:12	10:19	10:24	10:33
	10:27	10:34	10:39	10:48
	10:42	10:49	10:54	11:03
	11:07	11:14	11:19	11:28
	11:44	11:51	11:57	12:06

Saturday, Sunday and Holidays, Effective September 6, 2022



Notes	Atlantic Terminal	Nostrand Avenue	East New York	Jamaica
Morning Service				
	12:14	12:20	12:25	12:34
	12:46	12:52	12:57	1:05
	1:24	1:30	1:35	1:45
	1:42	1:48	1:53	2:03
	6:22	6:29	6:34	6:42
	6:43	6:50	6:55	7:03
	7:22	7:29	7:34	7:42
	7:43	7:50	7:55	8:03
	8:22	8:29	8:34	8:42
	8:43	8:50	8:55	9:03
	9:22	9:29	9:35	9:42
	9:43	9:50	9:55	10:03
	10:22	10:29	10:34	10:42
	10:43	10:50	10:55	11:03
	11:22	11:29	11:34	11:42
	11:43	11:50	11:55	12:03



Notes	Jamaica	East New York	Nostrand Avenue	Atlantic Terminal
Morning Service				
	12:35	12:43	12:48	12:54
	12:49	12:57	1:02	1:08
	1:27	1:35	1:40	1:47
	5:31	5:41	5:45	5:51
	6:20	6:30	6:35	6:40
	6:47	6:55	7:01	7:06
	7:22	7:30	7:35	7:41
	7:47	7:55	8:00	8:06
	8:22	8:30	8:35	8:41
	8:47	8:55	9:00	9:06
	9:22	9:30	9:35	9:41
	9:47	9:55	10:00	10:06
	10:22	10:30	10:35	10:41
	10:47	10:55	11:00	11:06
	11:22	11:30	11:35	11:41
	11:47	11:55	12:00	12:06

Notes	Jamaica	East New York	Nostrand Avenue	Atlantic Terminal
Afternoon and Evening Service				
	12:22	12:30	12:35	12:41
	12:43	12:50	12:55	1:03
	1:22	1:29	1:34	1:42
	1:43	1:50	1:55	2:03
	2:22	2:29	2:34	2:42
	2:43	2:50	2:55	3:03
	3:22	3:29	3:34	3:42
	3:43	3:50	3:55	4:03
	4:22	4:29	4:34	4:42
	4:43	4:50	4:55	5:03
	5:22	5:29	5:34	5:42
	5:43	5:50	5:55	6:03
	6:22	6:29	6:34	6:42
	6:43	6:50	6:55	7:03
	7:22	7:29	7:34	7:42
	7:43	7:50	7:55	8:03
	8:22	8:29	8:34	8:42
	8:43	8:50	8:55	9:03
	9:22	9:29	9:34	9:42
	9:43	9:50	9:55	10:03
	10:22	10:29	10:34	10:42
	10:57	11:04	11:09	11:18
	11:31	11:38	11:43	11:51
	11:51	11:58	12:04	12:12

Station Services: Connecting Transportation				
Fare Zone	Bus	Subway	Amtrak	Other
PENN STATION	M7, M20, M34-SBS, M34A-SBS, Q32			1, 2, 3, A, C, E, Amtrak, NJ TRANSIT
Woodside	Q16, Q32, Q63-SBS, Q70-SBS		LaGuardia Link Q70 SBS	7
Forest Hills	Q23, Q60, Q64			E, F, M, R
Kew Gardens	Q10		Q10	
Long Island City	Q103			7
HUNTERSPOINT AVE.	Q67			7
ATLANTIC TERMINAL	B37, B41, B45, B63, B65, B67, B103			2, 3, 4, 5, B, D, N, Q, R
Nostrand Avenue	B25, B26, B44, B44-SBS, B49			A, C
East New York	B12, B20, B25, B83, Q24, Q56			A, C, J, Z, L
JAMAICA	Q6, Q8, Q9, Q20, Q24, Q25, Q30, Q31, Q34			E, J, Z

Customer Service Center

Long Island Rail Road Schedule & Fare Info: www.mta.info
 24-hour automated Schedule & Fare information
Call: 511 (Say "LIRR" at anytime)

Deaf/Hard of Hearing Customers:
 Use your preferred relay service provider or the free 711 relay to reach 511

NYC SUBWAY AND BUS
 MTA New York City Transit, MTA Bus 511

BUS SERVICES:
 Nassau Inter-County Express (516) 336-6600
 Suffolk County Transit (Suffolk County Buses) (631) 852-5200
 HART (Huntington Area Rapid Transit) (631) HART-BUS
 City of Long Beach Buses (516) 431-4445

RAILROADS:
 Metro-North Railroad (New York City) 511
 New Jersey Transit (973) 275-5555
 PATH (Port Authority Trans Hudson) (800) 234-PATH
 AMTRAK (800) USA-RAIL

FERRY SERVICES:
 Port Jefferson-Bridgeport Ferry (631) 473-0286

VISITORS AND TOURISM:
 Long Island Convention & Visitors Bureau (877) FUN-ON-LI

Helpful Phone Numbers

To Report Vandalism or get Emergency Assistance
 Emergency only 911
 MTA Police (212) 878-1001
 MTA Inspector General Hotline (800) MTA-IG4U

Call 511 and say "LIRR", then:

DEPARTMENT	HOURS
Schedule Information	Say "Schedules" 24/7
Fare Information	Say "Fares" 24/7
Mobile Ticketing	Say "Mobile Ticketing" Daily, 6AM - 10 PM
Mail&Ride	Say "Mail and Ride" Daily, 6AM - 10 PM
Group Travel and Getaways	Say "Group Travel" M-F, 8 AM-4 PM
Lost & Found	Say "Lost & Found" Daily, 6 AM - 10 PM
Refunds	Say "More Options" - "Ticket Refunds" Daily, 6 AM - 10 PM
Ticket Machine Assistance	Say "More Options" - "Ticket Machines" M-F, 6:30 AM-3:30 PM
Hamptons Reserve Service	Say "More Options" - "Hamptons Reserve" Seasonal: May-Sept.
Comments & Concerns	Say "More Options" - "Public Affairs" Daily, 6 AM - 10 PM
Corporate Offices or	Say "More Options" - "Corporate Directory" M-F, 9 AM-5 PM

Long Island Rail Road
 Jamaica Station
 Jamaica, NY 11435

Title VI Statement

Long Island Rail Road is committed to providing non-discriminatory service to ensure that no person is excluded from participation in, or denied the benefits of, or subjected to discrimination in the receipt of its services on the basis of race, color, national origin or income as protected by Title VI of the Civil Rights Act of 1964. For more information or to file a complaint, visit mta.info or contact: MTA Long Island Rail Road, Office of Diversity Management, 93-02 Sutphin Boulevard, Jamaica, NY 11435.

A complainant may also file a complaint directly with the U.S. Department of Transportation by contacting the Department at: U.S. Department of Transportation, Federal Transit Administration's Office of Civil Rights, One Bowling Green, Room 429, New York, NY 10004-1415.

Responsibility

The Long Island Rail Road cannot assume responsibility for inconvenience, expense or damage resulting from errors in timetables, delayed trains, failure to make connections or for changes in or shortage of equipment. The sale of any ticket includes no assurance of a seat on a particular train. The schedules shown in this timetable are subject to change without notice.

Assaulting
 MTA Long Island Rail Road Train Crew Members is a felony punishable by up to 5 years in prison.

Ticket Types

One Way
 Good for one ride for 60 days including date of sale. Sold for:
Peak - Weekday trains marked Peak AM or Peak PM herein.
Off Peak - All other trains including all day weekends & holidays.
 (See Reference Notes for holiday details.)

Round Trip
 Good for two rides for 60 days including date of sale. Sold for peak or off-peak travel. Priced at the combination of one way fares selected (peak, off-peak, peak/off-peak, senior both ways, etc.).

Weekly
 Unlimited rides Saturday through Friday. On sale the Wednesday before the Saturday that the ticket becomes valid. Non-transferable.

Monthly
 Unlimited rides during the calendar month indicated on the ticket. On sale starting on the 25th of the month prior. Non-transferable.

Ten Trip Tickets
 Good for ten rides from/to City Zone 1 only. Valid for six months from date of sale. Transferable. Sold for Peak (10 peak one-way fares), Off Peak (up to 15% off 10 off peak one way fares) or Senior/Disabled or Medicare (10 senior/disabled or Medicare one-way fares).

Senior/People with Disabilities and Medicare Customers
 Half-fare good at all times except weekday Peak AM trains. Seniors must be 65 or older with valid ID; people with disabilities must present MTA ID card. Medicare customers must present valid Medicare card or an MTA Reduced-Fare MetroCard at time of ticket purchase or use to obtain half-fare price.

Children's Fares and Family Fare
 Children 5-11 years old ride for 50% of adult fares; children under 5 years old ride free at all times. "Family Fare" is available for off-peak travel; up to four children 5-11 may ride for \$1.00 when accompanied by a fare-paying adult 18 years or older.

Refunds
 Refunds are subject to a \$10 processing fee per transaction. For One-Way, Round-Trip and Ten-Trip tickets, refunds are offered within their validity period plus two years after expiration. Monthly/weekly refunds based on time held. USPS postmark or time-stamp on application (if submitted at a Ticket Window) used as turn-in date. Expired tickets cannot be used for travel or exchanged. Mail to: LIRR Ticket Refunds Department, Jamaica Station - MC 1410, Jamaica, New York 11435

On Board The Train
 Onboard ticket sales cost up to \$6.50 more. Train crews must charge the higher on board fare and are not authorized to waive this rule. If an issue arises, pay the requested fare, obtain receipt, and contact us.

Other Ticket Types
 See **Tickets & Fares** brochure, our website or call 511 for details & other types: CityTicket, Monthly School, Group Rates, Deals & Getaways, etc.

UNITICKETS (COMBINATION RAIL/BUS TICKETS)
 The following discounted bus options are available with the purchase of LIRR Monthly or Weekly tickets:

Bus Operator	Monthly	Weekly
NICE (Nassau Inter-County Express)	\$54.75	\$13.25
Long Beach - All Buses	\$30.00	Not Available
NYCT - Q5, Q12, Q13, Q15, Q16, Q17, Q20, Q26, Q27, Q28, Q31, Q44, Q46, Q85 (at Rosedale, Bayside & Flushing LIRR Stations only)	\$44.75	\$11.50
MTA Bus - Q19, Q25, Q34, Q50, Q65, Q66 (at Flushing LIRR Station only)		

Buy Before Boarding
 Save Money on Tickets

Fares to and from New York and Brooklyn

Between	And Zone	Monthly	Weekly	PEAK Ten Trip	Off-Peak Ten Trip	Senior Ten Trip	PEAK One Way	Off Peak One Way	Senior One Way	Onboard Peak One Way	Onboard Off Peak One Way
Zone 1 New York	1	\$197.00	\$63.00	\$90.00	\$55.25	\$45.00	\$9.00	\$6.50	\$4.50	\$15.00	\$13.00
	3	\$234.00	\$75.00	\$107.50	\$66.00	\$52.50	\$10.75	\$7.75	\$5.25	\$17.00	\$14.00
	4	\$270.00	\$86.50	\$125.00	\$78.75	\$62.50	\$12.50	\$9.25	\$6.25	\$19.00	\$15.00
	7	\$308.00	\$98.50	\$140.00	\$87.25	\$70.00	\$14.00	\$10.25	\$7.00	\$20.00	\$16.00
Brooklyn L.I. City	9	\$363.00	\$116.25	\$167.50	\$102.00	\$82.50	\$16.75	\$12.00	\$8.25	\$23.00	\$18.00
	10	\$405.00	\$129.50	\$197.50	\$121.25	\$97.50	\$19.75	\$14.25	\$9.75	\$26.00	\$20.00
	12	\$461.00	\$147.50	\$235.00	\$144.50	\$117.50	\$23.50	\$17.00	\$11.75	\$30.00	\$23.00
	14	\$500.00	\$160.00	\$305.00	\$189.25	\$152.50	\$30.50	\$22.25	\$15.25	\$37.00	\$28.00

Buy your monthly, weekly, ten-trip, one-way, round trip and CityTickets directly from your mobile device using MTA TrainTime. Download the free App today!

Your Safety Is Our Top Priority!

Help us make your trip safer!

- Step over the gap between the train and platform when boarding and exiting.
- Never stand at the edge of a platform, or lean over a platform to see if your train is coming.
- Please safeguard your property, including your electronic devices.
- Never attempt to retrieve something from the track area. If you drop something onto the tracks, notify a LIRR employee for assistance.
- Never lean against standing trains.
- Be extra careful in the winter, especially if ice forms on stairs and platforms.
- Obey posted instructions if the platform is undergoing rehabilitation.

Before Boarding Your Train

Station platforms are accessible to mobility-impaired customers. Please inform the conductor if you need assistance on and off trains. Penn Station is accessible through the 34th Street entrance near 7th Avenue and the 33rd Street entrance at 8th Avenue.

Ticket purchases on board trains will cost more. To save money, buy before boarding at ticket offices and machines.

Westbound PEAK AM electric trains displaying white and red headlights simultaneously are short of cars. If red lights appear, you may need to reposition yourself on the platform to board.

The LIRR is a smoke-free public transportation system. Smoking is prohibited at all times on all trains; in all waiting rooms, elevators, staircases and enclosed waiting areas; and in outdoor ticketing, boarding and platform areas of terminals and stations.

On Your Train

Please make sure that your ticket is available for immediate presentation to the conductor. If you change seats or trains en route, hold on to your ticket for presentation to avoid paying an additional fare. On trains that stop at Jamaica, tickets are inspected both before and after the Jamaica stop.

Quiet Cars® are available on weekday AM Peak (FIRST CAR) and PM Peak (LAST CAR) single-level electric trains to/from Penn Station and Atlantic Terminal. Customers should disable the sound on electronic devices; use headphones at a low volume; speak in a subdued voice; refrain from talking on cell phones. Quiet Car is the registered service mark of the National Railroad Passenger Corporation (Amtrak) and is being used by permission.

Most LIRR trains have restrooms in every other car. These are always the odd-numbered cars. Check the car number on the outside or the inside of the car to locate a restroom-equipped car.

Luggage should be stored in overhead racks and not take up seat space or block the aisles or doorways of trains. Luggage may not be left unattended. Bags and containers are subject to random search by MTA police.

At Your Destination

Please carefully check to ensure you do not leave anything behind. Should you forget something, our Lost & Found Office in Penn Station will be happy to help. Open weekdays 7:20 AM - 7:20 PM or call 511 (Say "LIRR" then "Lost & Found").

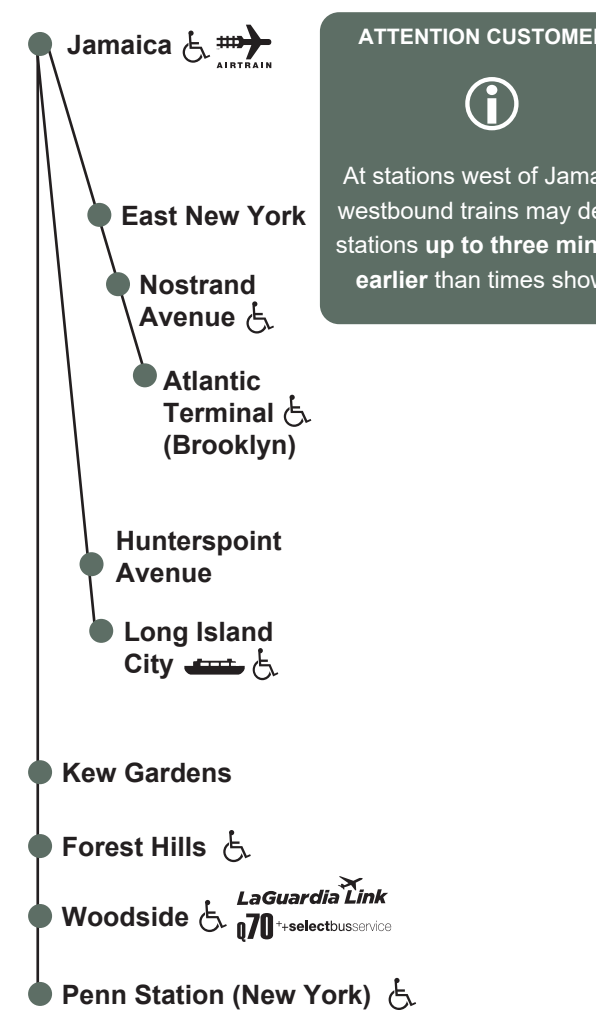
Please help us keep our trains clean by taking coffee cups, paper bags or other disposable items and depositing them in the receptacles on the station platform.

MTA Long Island Rail Road

Effective September 6, 2022

City Terminal Zone Branch Timetable

www.mta.info



ATTENTION CUSTOMERS

At stations west of Jamaica, westbound trains may depart stations up to three minutes earlier than times shown.

Form 11 • TPSS-112

Monday through Friday except Holidays, Effective September 6, 2022

Saturday, Sunday and Holidays, Effective September 6, 2022

To Hunterspoint Avenue & Long Island City Monday to Friday except Holidays

From Long Island City & Hunterspoint Avenue Monday to Friday except Holidays

From New York to Jamaica

Eastbound

Weekdays

From Jamaica to New York

Westbound

Weekdays

From New York to Jamaica

Eastbound

Weekends

From Jamaica to New York

Westbound

Weekends

Notes	Penn Station	Wood-side	Forest Hills	Kew Gardens	Jamaica
	12:11	12:23	12:28	12:30	12:34
	12:17	12:28			12:30
	12:26				12:47
	12:35	12:47	12:52	12:54	12:58
	12:46				1:07
	12:52				1:11
	1:11	1:23	1:28	1:30	1:34
	1:17				1:37
	1:20	1:31			2:10
	1:49	2:01			3:20
	2:59	3:11			3:28
	3:07				3:29
	3:10				3:29
	3:13	3:25			3:35
	3:18	3:29			3:35
	4:51	5:03	5:08	5:10	5:14
	5:11	5:22			5:31
	5:26	5:37			5:46
	5:29	5:40			5:47
	5:47	5:58	6:03	6:05	6:10
	6:07	6:18			6:25
	6:31	6:42			6:50
	6:36	6:47			6:56
	6:47				7:04
	6:58	7:10	7:15	7:17	7:21
	7:01	7:12			7:29
	7:10				7:46
	7:22	7:34	7:39	7:41	7:46
	7:31				7:50
	7:37	7:48			7:57
	7:47	8:00			8:10
	7:55	8:07			8:26
	8:03	8:14	8:18	8:20	8:26
	8:09				8:27
	8:14				8:35
	8:21	8:32			8:35
	8:28	8:39			8:49
	8:33		8:48	8:50	8:56
	8:45				9:05
	8:48	8:59			9:08
	8:51	9:02			9:26
	9:05	9:16			9:34
	9:13	9:24			9:34
	9:19	9:30			9:47
	9:22		9:53	9:55	10:00
	9:38				10:03
	9:42	9:53			10:03
	9:49	10:00			10:16
	10:05	10:16			10:26
	10:10				10:30
	10:16	10:27			10:38
	10:19	10:30			10:38
	10:22		10:42	10:44	10:42
	10:38		10:53	10:55	11:00
	10:42	10:53			11:03
	10:49	11:00			11:03
	11:01				11:21
	11:05	11:16			11:26
	11:10				11:30
	11:16	11:27			11:33
	11:19	11:30			11:33
	11:22				11:42
	11:38		11:53	11:55	12:00
	11:42	11:53			12:03
	11:49	12:00			12:03

Notes	Penn Station	Wood-side	Forest Hills	Kew Gardens	Jamaica
	12:05	12:16			12:26
	12:10				12:30
	12:16	12:27			12:38
	12:19	12:30			
	12:38		12:53	12:55	1:00
	12:42	12:53			1:03
	12:49	1:00			1:03
	1:11				1:13
	1:05	1:16			1:26
	1:10				1:30
	1:16	1:27			1:38
	1:19	1:30			
	1:22				1:42
	1:33	1:44	1:49	1:51	1:56
	1:39				2:00
	1:42				2:03
	1:46	1:57			2:09
	1:49	2:00			2:26
	2:05	2:16			2:28
	2:08				2:30
	2:11				2:41
	2:17	2:29			2:47
	2:20	2:31			2:56
	2:26		2:40	2:42	2:47
	2:36	2:47			2:56
	2:48	3:00			3:11
	2:51	3:02			3:11
	2:56				3:16
	3:00				3:19
	3:03	3:14	3:19	3:21	3:26
	3:07				3:27
	3:14				3:34
	3:18	3:29			3:42
	3:21	3:32			3:43
	3:24				3:53
	3:34				4:06
	3:40	3:51			4:09
	3:43	3:54	4:02	4:04	4:09
	3:46				4:12
	3:49	4:00			4:15
	3:52	4:03			4:19
	3:55	4:06			4:19
	4:00				4:26
	4:03	4:14	4:19	4:21	4:26
	4:09	4:20			4:30
	4:12				4:32
	4:16	4:26			4:35
	4:18				4:38
	4:23				4:44
	4:24	4:36			4:44
	4:31				4:50
	4:32	4:43			4:52
	4:34				4:52
	4:37				4:55
	4:42	4:54	4:59	5:01	5:06
	4:43	4:57			5:06
	4:49				5:08
	4:58				5:19
	5:01	5:12			5:21
	5:04		5:18	5:20	5:26
	5:11				5:30
	5:14	5:25			5:33
	5:19				5:39
	5:29	5:40			5:40
	5:33	5:44			5:54

Notes	Penn Station	Wood-side	Forest Hills	Kew Gardens	Jamaica	
Peak	5:36			5:51	5:53	6:00
Peak	5:38			5:55	5:57	6:03
Peak	5:41					6:00
Peak	5:46	5:58				6:08
Peak	5:51		6:05	6:07		6:13
Peak	5:53					6:12
Peak	5:59					6:17
Peak	6:13	6:25	6:30	6:32		6:37
Peak	6:14	6:26				6:37
Peak	6:16					6:34
Peak	6:21					6:39
Peak	6:27	6:38				6:47
Peak	6:30					6:50
Peak	6:33					6:52
Peak	6:36					6:55
Peak	6:39		6:54	6:56		7:01
Peak	6:42	6:53				7:06
Peak	6:46	6:57				7:12
Peak	6:53					7:17
Peak	6:56	7:07				7:27
Peak	7:08					7:27
Peak	7:11		7:26	7:28		7:33
Peak	7:14	7:25				7:42
Peak	7:22	7:33				7:42
Peak	7:27					7:45
Peak	7:33		7:47	7:49		7:54
Peak	7:49	8:00				8:15
Peak	7:54	8:06				8:15
Peak	8:08	8:19	8:24	8:26		8:31
Peak	8:15					8:34
Peak	8:19	8:30				8:34
Peak	8:25	8:36	8:41	8:43		8:49
Peak	8:39	8:50	8:55	8:57		9:02
Peak	8:45					9:05
Peak	8:48	8:59				9:14
Peak	8:56	9:07	9:12	9:14		9:19
Peak	9:15					9:34
Peak	9:18	9:29				9:47
Peak	9:24	9:36				9:51
Peak	9:31		9:45	9:47		9:51
Peak	9:42	9:54				10:03
Peak	9:48	9:59				10:14
Peak	9:53	10:05				10:14
Peak	9:56					10:18
Peak	10:04	10:15	10:20	10:22		10:27
Peak	10:11	10:22				10:27
Peak	10:37	10:50				10:59
Peak	10:42					11:03
Peak	10:42	10:56				11:03
Peak	10:45					11:09
Peak	10:48		11:03	11:05		11:09
Peak	10:51	11:02				11:14
Peak	10:54					11:14
Peak	11:08	11:20	11:25	11:27		11:32
Peak	11:11	11:22				11:33
Peak	11:36	11:48				11:57
Peak	11:39	11:51				12:01
Peak	11:45		12:00	12:02		12:06
Peak	11:54	12:06				12:06
Peak	11:57	12:09				12:22

Notes	Jamaica	Kew Gardens	Forest Hills	Wood-side	Penn Station
	12:11				12:22
	12:16				12:26
	12:25				12:46
	12:49	12:53	12:55	1:00	1:10
	1:04				1:14
	1:25	1:29	1:31		1:29
	1:43				1:46
	1:57				2:02
	2:06				2:17
	2:41	2:52			3:34
	2:32				3:34
	2:44	2:55			3:42
	2:36	2:40	2:42		3:50
	2:50				3:10
	3:00				3:10
	3:37				3:59
	4:02				4:12
	4:25				4:43
	4:34				4:43
	5:11				5:29
	5:26				5:46
	5:33	5:37	5:39		5:52
	5:42				5:55
	5:46				6:01
	5:48				6:05
	5:50				6:08
	5:53				6:11
	5:56				6:14
	5:59				6:19
	6:06				6:24
	6:11				6:29
	6:13	6:17	6:19		6:35
	6:20				6:38
	6:23				6:41
	6:25				6:44
	6:28				6:47
	6:34	6:38	6:40		6:55
	6:39				6:58
	6:40				6:59
	6:42				7:02
	6:47				7:06
	6:50				7:08
	6:53				7:11
	6:55				7:14
	6:58				7:17
	7:01				7:20
	7:05				7:27
	7:09				7:28
	7:10	7:14	7:16		7:34
	7:18				7:41
	7:23				7:43
	7:28				7:46
	7:28				7:49
	7:31				7:52
	7:35				7:57
	7:37	7:41			7:58
	7:41				8:02
	7:45				8:05
	7:48				8:05
	7:58				8:10
	8:10				8:20
	8:19				8:29
	8:20				8:30
	8:01	8:05			8:23
	8:06		8:12	8:17	