

FRHS 3 Hour Delay (extended day by an hour)

11:15 - 11:45 (30) 1st period

11:48 - 12:20 (32) *Announcements*/2nd period

12:23 - 1:02 (39) LUNCH

**One LUNCH period / no Channel One*

1:05 - 1:35 (30) 3rd period

1:38 - 2:08 (30) 4th period

2:11 - 2:40 (29) 5th period

2:43 - 3:12 (29) 6th period

3:15 - 3:44 (29) 7th period

3:47 - 4:16 (29) 8th period