

Throwback

TNR - Crystal Edition

Tue, Feb 03, 2026 - 7PM

07:00:00p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H01S01]^False^-2^0	00:00		
07:00:00p	PORTIONS PRERECORDED :00 / PORTIONS PRERECORDED :00	00:02		
07:00:02p	TOH 2022 JINGLE ONLY :00 / TOH 2022 JINGLE ONLY :00	00:10		
07:00:12p	ALL RQ HR BURST :02 / ALL RQ HR BURST :02	00:01		
07:00:13p	KENNY LOGGINS <i>DANGER ZONE</i>	:15	03:26	F
07:03:39p	^True^-1^-1^-2^HR19VT01^False^-2^0	00:00		
07:03:39p	PRINCE <i>WHEN DOVES CRY</i>	:32	03:46	F
07:07:25p	TNR - All Request Hr F :05 / TNR - All Request Hr F :05	00:05		
07:07:30p	DONNA LEWIS <i>I LOVE YOU ALWAYS FOREVER</i>	:08	03:02	F
07:10:32p	^True^-1^-1^-2^HR19VT02^False^-2^0	00:40		
07:11:12p	*** "THROWBACK!" *** / *** "THROWBACK!" ***	00:02		
07:11:14p	^True^-1^-1^-2^TRAFFIC 10:00-16:00^False^-2^0	06:00		
07:17:14p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H01S02]^False^-2^0	00:00		
07:17:14p	TNR REJOIN JINGLE 2024 / Tony Lorino :00 / TNR REJOIN JINGLE 2024 / Tony Lorino :00	00:05		
07:17:19p	CLASH <i>SHOULD I STAY OR SHOULD I GO</i>	:14	03:05	F
07:20:24p	^True^-1^-1^-2^HR19VT03^False^-2^0	00:00		
07:20:24p	BANGLES <i>WALK LIKE AN EGYPTIAN</i>	:10	03:16	F
07:23:40p	TNR - Call or Text F :08 / TNR - Call or Text F :08	00:05		
07:23:45p	GOO GOO DOLLS <i>IRIS</i>	:12	04:33	S
07:28:18p	^True^-1^-1^-2^HR19VT04^False^-2^0	00:00		
07:28:18p	ERIC CARMEN <i>HUNGRY EYES</i>	:27	03:50	F
07:32:08p	TNR at :30 and :59 G :00 / TNR at :30 and :59 G :00	00:03		
07:32:11p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H01S03]^False^-2^0	00:00		
07:32:11p	BLONDIE <i>CALL ME</i>	:15	03:25	F
07:35:36p	^True^-1^-1^-2^HR19VT05^False^-2^0	00:00		
07:35:36p	GENESIS / PHIL COLLINS <i>THAT'S ALL</i>	:10	04:12	F
07:39:48p	TNR Call or Text More Next :00 / TNR Call or Text More Next :00	00:15		
07:40:03p	^True^-1^-1^-2^TRAFFIC 40:00-46:00^False^-2^0	06:00		
07:46:03p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H01S04]^False^-2^0	00:00		
07:46:03p	BIG MOUNTAIN <i>BABY I LOVE YOUR WAY (POP MIX)</i>	:14	04:24	F
07:50:27p	TNR ID Jingle 08 :00 / Throwback Nation Radio	00:05		
07:50:32p	MADONNA <i>INTO THE GROOVE</i>	:02	04:24	F
07:54:56p	^True^-1^-1^-2^HR19VT06^False^-2^0	00:00		
07:54:56p	EDDIE MONEY <i>TAKE ME HOME TONIGHT</i>	:22	03:22	F
07:58:18p	TNR at :30 and :59 H :00 / TNR at :30 and :59 H :00	00:03		
07:58:21p	^False^-1^-1^-2^INSERT FILL SONG AS NEEDED^False^-2^0	00:00		
07:58:21p	JOHN MELLENCAMP <i>JACK & DIANE</i>	:28	04:02	F
07:62:23p	^False^-1^-1^-2^INSERT FILL SONG AS NEEDED^False^-2^0	00:00		
07:62:23p	Alanis Morissette <i>Hand In My Pocket</i>	:10	03:32	F

Throwback

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Tue, Feb 03, 2026 - 8PM

08:00:00p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H02S01]^False^-2^0	00:00		
08:00:00p	TOH 2022 JINGLE ONLY :00 / TOH 2022 JINGLE ONLY :00	00:10		
08:00:10p	BRYAN ADAMS SUMMER OF '69	:04	03:14	F
08:03:24p	^True^-1^-1^-2^HR20VT01^False^-2^0	00:00		
08:03:24p	ACE OF BASE THE SIGN	:31	03:05	C
08:06:29p	Throwin It 90s to 80s D :00 / Throwin It 90s to 80s D :00	00:07		
08:06:36p	HUMAN LEAGUE DON'T YOU WANT ME	:20	03:54	F
08:10:30p	^True^-1^-1^-2^HR20VT02^False^-2^0	00:40		
08:11:10p	*** "THROWBACK!" *** / *** "THROWBACK!" ***	00:02		
08:11:12p	^True^-1^-1^-2^TRAFFIC 10:00-16:00^False^-2^0	06:00		
08:17:12p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H02S02]^False^-2^0	00:00		
08:17:12p	TNR REJOIN JINGLE 2024 / Tony Lorino :00 / TNR REJOIN JINGLE 2024 / Tony Lorino :00	00:05		
08:17:17p	BON JOVI YOU GIVE LOVE A BAD NAME	:00	03:35	F
08:20:52p	^True^-1^-1^-2^HR20VT03^False^-2^0	00:10		
08:21:02p	MEN AT WORK DOWN UNDER	:09	03:30	F
08:24:32p	TNR Image - Im Not Planning On Going Solo :02	00:00		
08:24:32p	R.E.M. THE ONE I LOVE	:15	03:07	C
08:27:39p	^True^-1^-1^-2^HR20VT04^False^-2^0	00:01		
08:27:40p	PRINCE RASPBERRY BERET	:23	03:22	F
08:31:02p	TNR at :30 and :59 E :00 / TNR at :30 and :59 E :00	00:03		
08:31:05p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H02S03]^False^-2^0	00:00		
08:31:05p	A-HA TAKE ON ME	:33	03:33	F
08:34:38p	^True^-1^-1^-2^HR20VT05^False^-2^0	00:01		
08:34:39p	RED HOT CHILI PEPPERS UNDER THE BRIDGE	:28	04:20	S
08:38:59p	TNR Call or Text More Next :00 / TNR Call or Text More Next :00	00:15		
08:39:14p	^True^-1^-1^-2^INSERT LOCAL PROMO^False^-2^0	00:30		
08:39:44p	^True^-1^-1^-2^TRAFFIC 40:00-46:00^False^-2^0	06:00		
08:45:44p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H02S04]^False^-2^0	00:00		
08:45:44p	*** LOCAL REJOIN *** / *** LOCAL REJOIN ***	00:10		
08:45:54p	HUEY LEWIS & THE NEWS POWER OF LOVE	:19	03:39	F
08:49:33p	Throwin It 80s to 90s D :00 / Throwin It 80s to 90s D :00	00:07		
08:49:40p	FUGEES KILLING ME SOFTLY	:00	03:42	F
08:53:22p	^True^-1^-1^-2^HR20VT06^False^-2^0	00:01		
08:53:23p	AC/DC YOU SHOOK ME ALL NIGHT LONG	:30	03:28	C
08:56:51p	TNR at :30 and :59 D :00 / TNR at :30 and :59 D :00	00:03		
08:56:54p	^False^-1^-1^-2^INSERT FILL SONG AS NEEDED^False^-2^0	00:00		
08:56:54p	DEXYS MIDNIGHT RUNNERS COME ON EILEEN	:20	03:52	F
08:60:46p	^False^-1^-1^-2^INSERT FILL SONG AS NEEDED^False^-2^0	00:00		
08:60:46p	U2 I STILL HAVEN'T FOUND WHAT I'M LOOKING FOR	:25	04:22	F

Throwback

TNR - Crystal Edition

Tue, Feb 03, 2026 - 9PM

09:00:00p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H03S01]^False^-2^0	00:00
09:00:00p	TOH 2022 JINGLE ONLY :00 / TOH 2022 JINGLE ONLY :00	00:10
09:00:10p	GEORGE MICHAEL FAITH	:03 02:36 C
09:02:46p	^True^-1^-1^-2^HR21VT01^False^-2^0	00:00
09:02:46p	GREEN DAY GOOD RIDDANCE (TIME OF YOUR LIFE)	:10 02:23 C
09:05:09p	TNR Shotgun Jingle 01 :00 / Throwback Nation Radio	00:05
09:05:14p	ROD STEWART YOUNG TURKS	:24 04:52 F
09:10:06p	^True^-1^-1^-2^HR21VT02^False^-2^0	00:40
09:10:46p	TIMELINE DISCLAIM/THROWBACK!! / TIMELINE DISCLAIM/THROWBACK!!	00:10
09:10:56p	^True^-1^-1^-2^TRAFFIC 10:00-16:00^False^-2^0	06:00
09:16:56p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H03S02]^False^-2^0	00:00
09:16:56p	TNR REJOIN JINGLE 2024 / Tony Lorino :00 / TNR REJOIN JINGLE 2024 / Tony Lorino :00	00:05
09:17:01p	Semisonic Closing Time	:15 04:28 C
09:21:29p	^True^-1^-1^-2^HR21VT03^False^-2^0	00:00
09:21:29p	SIMPLE MINDS DON'T YOU FORGET ABOUT ME	:18 04:12 F
09:25:41p	Throwin Back More 80s & 90s RIGHT NOW C :07 / Throwin Back More 80s & 90s RIGHT NOW C :07	00:01
09:25:42p	PHILIP BAILEY/PHIL COLLINS EASY LOVER	:29 04:59 F
09:30:41p	^True^-1^-1^-2^HR21VT04^False^-2^0	00:00
09:30:41p	MICHAEL JACKSON BLACK OR WHITE	:22 03:12 C
09:33:53p	TNR at :30 and :59 C :00 / TNR at :30 and :59 C :00	00:03
09:33:56p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H03S03]^False^-2^0	00:00
09:33:56p	CYNDI LAUPER TIME AFTER TIME	:14 03:37 F
09:37:33p	^True^-1^-1^-2^HR21VT05^False^-2^0	00:00
09:37:33p	DEF LEPPARD POUR SOME SUGAR ON ME	:11 04:12 C
09:41:45p	TNR Call or Text More Next :00 / TNR Call or Text More Next :00	00:15
09:42:00p	^True^-1^-1^-2^TRAFFIC 40:00-46:00^False^-2^0	06:00
09:48:00p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H03S04]^False^-2^0	00:00
09:48:00p	BACKSTREET BOYS QUIT PLAYING GAMES WITH MY HEART	:17 03:49 C
09:51:49p	Throwin It 90s to 80s F :00 / Throwin It 90s to 80s F :00	00:07
09:51:56p	UB40 RED RED WINE	:00 02:45 F
09:54:41p	^True^-1^-1^-2^HR21VT06^False^-2^0	00:00
09:54:41p	SURVIVOR EYE OF THE TIGER	:30 04:02 F
09:58:43p	TNR at :30 and :59 B :00 / TNR at :30 and :59 B :00	00:03
09:58:46p	^False^-1^-1^-2^INSERT FILL SONG AS NEEDED^False^-2^0	00:00
09:58:46p	QUEEN ANOTHER ONE BITES THE DUST	:20 03:34 C
09:62:20p	^False^-1^-1^-2^INSERT FILL SONG AS NEEDED^False^-2^0	00:00
09:62:20p	KENNY LOGGINS FOOTLOOSE	:30 03:45 C

Throwback

TNR - Crystal Edition

Tue, Feb 03, 2026 - 10P

10:00:00p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H04S01]^False^-2^0	00:00
10:00:00p	TOH 2022 JINGLE ONLY :00 / TOH 2022 JINGLE ONLY :00	00:10
10:00:10p	JOHN MELLENCAMP <i>HURTS SO GOOD</i>	:27 03:22 F
10:03:32p	^True^-1^-1^-2^HR22VT01^False^-2^0	00:05
10:03:37p	TIFFANY <i>I THINK WE'RE ALONE NOW</i>	:19 03:40 F
10:07:17p	TNR 80s & 90s E :08 / TNR 80s & 90s E :08	00:07
10:07:24p	TOM COCHRANE <i>LIFE IS A HIGHWAY</i>	:20 04:09 F
10:11:33p	^True^-1^-1^-2^HR22VT02^False^-2^0	00:05
10:11:38p	*** "THROWBACK!" *** / *** "THROWBACK!" ***	00:02
10:11:40p	^True^-1^-1^-2^TRAFFIC 10:00-16:00^False^-2^0	06:00
10:17:40p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H04S02]^False^-2^0	00:00
10:17:40p	TNR REJOIN JINGLE 2024 / Tony Lorino :00 / TNR REJOIN JINGLE 2024 / Tony Lorino :00	00:05
10:17:45p	BILLY IDOL <i>WHITE WEDDING</i>	:28 04:03 F
10:21:48p	^True^-1^-1^-2^HR22VT03^False^-2^0	00:00
10:21:48p	A FLOCK OF SEAGULLS <i>I RAN (SO FAR AWAY)</i>	:27 03:34 F
10:25:22p	Throwin It Back To The 80s and 90s A :06 / Throwin It Back To The 80s and 90s A :06	00:01
10:25:23p	CRANBERRIES <i>DREAMS</i>	:32 04:01 S
10:29:24p	^True^-1^-1^-2^HR22VT04^False^-2^0	00:00
10:29:24p	MICHAEL JACKSON <i>BAD</i>	:18 04:05 C
10:33:29p	TNR at :30 and :59 A :00 / TNR at :30 and :59 A :00	00:03
10:33:32p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H04S03]^False^-2^0	00:00
10:33:32p	MADONNA <i>LIKE A PRAYER</i>	:00 04:47 F
10:38:19p	^True^-1^-1^-2^HR22VT05^False^-2^0	00:00
10:38:19p	CUTTING CREW <i>I JUST DIED IN YOUR ARMS</i>	:13 04:40 F
10:42:59p	TNR Call or Text More Next :00 / TNR Call or Text More Next :00	00:15
10:43:14p	^True^-1^-1^-2^TRAFFIC 40:00-46:00^False^-2^0	06:00
10:49:14p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H04S04]^False^-2^0	00:00
10:49:14p	EDDY GRANT <i>ELECTRIC AVENUE</i>	:18 03:43 F
10:52:57p	Throwin It Back To The 80s and 90s D :04 / Throwin It Back To The 80s and 90s D :04	00:07
10:53:04p	GO GOS <i>WE GOT THE BEAT</i>	:19 02:28 C
10:55:32p	^True^-1^-1^-2^HR22VT06^False^-2^0	00:00
10:55:32p	PHIL COLLINS <i>IN THE AIR TONIGHT</i>	:38 04:45 F
10:60:17p	TNR at :30 and :59 F :00 / TNR at :30 and :59 F :00	00:03
10:60:20p	^False^-1^-1^-2^INSERT FILL SONG AS NEEDED^False^-2^0	00:00
10:60:20p	BRUCE SPRINGSTEEN <i>DANCING IN THE DARK</i>	:12 03:47 F
10:64:07p	^False^-1^-1^-2^INSERT FILL SONG AS NEEDED^False^-2^0	00:00
10:64:07p	HADDAWAY <i>WHAT IS LOVE (POP MIX)</i>	:00 03:53 C

Throwback

TNR - Crystal Edition

Tue, Feb 03, 2026 - 11P

11:00:00p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H05S01]^False^-2^0	00:00		
11:00:00p	TOH 2022 JINGLE ONLY :00 / TOH 2022 JINGLE ONLY :00	00:10		
11:00:10p	STACEY Q <i>TWO OF HEARTS</i>	:02	03:48	F
11:03:58p	^True^-1^-1^-2^HR23VT01^False^-2^0	00:00		
11:03:58p	HUMAN LEAGUE <i>HUMAN</i>	:38	04:19	F
11:08:17p	Throwin Back More 80s & 90s RIGHT NOW D :03 / Throwin Back More 80s & 90s RIGHT NOW D :03	00:05		
11:08:22p	WANG CHUNG <i>EVERYBODY HAVE FUN TONIGHT</i>	:21	04:30	F
11:12:52p	^True^-1^-1^-2^HR23VT02^False^-2^0	00:10		
11:13:02p	*** "THROWBACK!" *** / *** "THROWBACK!" ***	00:02		
11:13:04p	^True^-1^-1^-2^TRAFFIC 10:00-16:00^False^-2^0	06:00		
11:19:04p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H05S02]^False^-2^0	00:00		
11:19:04p	TNR REJOIN JINGLE 2024 / Tony Lorino :00 / TNR REJOIN JINGLE 2024 / Tony Lorino :00	00:05		
11:19:09p	POISON <i>TALK DIRTY TO ME</i>	:18	03:40	C
11:22:49p	^True^-1^-1^-2^HR23VT03^False^-2^0	00:00		
11:22:49p	NU SHOOZ <i>POINT OF NO RETURN</i>	:34	03:25	F
11:26:14p	TNR ID Jingle 02 :00 / Throwback Nation Radio	00:05		
11:26:19p	EDDIE MONEY <i>I WANNA GO BACK</i>	:21	03:45	F
11:30:04p	^True^-1^-1^-2^HR23VT04^False^-2^0	00:00		
11:30:04p	LIONEL RICHIE <i>DANCING ON THE CEILING</i>	:23	04:13	F
11:34:17p	TNR at :30 and :59 G :00 / TNR at :30 and :59 G :00	00:03		
11:34:20p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H05S03]^False^-2^0	00:00		
11:34:20p	MADONNA <i>TRUE BLUE</i>	:08	04:06	F
11:38:26p	^True^-1^-1^-2^HR23VT05^False^-2^0	00:00		
11:38:26p	SURVIVOR <i>BURNING HEART</i>	:25	03:40	F
11:42:06p	TNR Call or Text More Next :00 / TNR Call or Text More Next :00	00:15		
11:42:21p	^True^-1^-1^-2^TRAFFIC 40:00-46:00^False^-2^0	06:00		
11:48:21p	^False^-1^-1^-2^MIXDOWN BREAK [WAV] [M:\TNR] [TNR-H05S04]^False^-2^0	00:00		
11:48:21p	MICHAEL MCDONALD <i>SWEET FREEDOM</i>	:18	03:49	F
11:52:10p	TNR Sweeper 17 :02 / TNR Quick Name 2	00:01		
11:52:11p	CAMEO <i>WORD UP</i>	:23	04:09	F
11:56:20p	^True^-1^-1^-2^HR23VT06^False^-2^0	00:00		
11:56:20p	STEVE WINWOOD <i>THE FINER THINGS</i>	:29	04:00	F
11:60:20p	TNR at :30 and :59 H :00 / TNR at :30 and :59 H :00	00:03		
11:60:23p	^False^-1^-1^-2^INSERT FILL SONG AS NEEDED^False^-2^0	00:00		
11:60:23p	GEORGIA SATELLITES <i>KEEP YOUR HANDS TO YOURSELF</i>	:07	03:20	F
11:63:43p	^False^-1^-1^-2^INSERT FILL SONG AS NEEDED^False^-2^0	00:00		
11:63:43p	JAMES BROWN <i>LIVING IN AMERICA</i>	:09	03:25	C