

WORK-AM	13-10 W-O-K-R	Rochester, NY
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<i>Region</i>	<i>College</i>	<i>NFL</i>	<i>NBA</i>	<i>MLB</i>	<i>NHL</i>
REGION	COLLEGE	NFL	NBA	MLB	NHL
NEW YORK	RIT TIGERS NAZRETH ST. JOHN FISHER UN OF ROCHESTER BROCKPORT GENESCO ROBERTS WESLEYAN SYRACUSE BUFFALO BULLS	BUFFALO BILLS NY GIANTS NY JETS	NY KNICKS BROOKLYN NETS	NY YANKEES NY METS	SABRES ISLANDERS RANGERS AHL'S ROCHESTER AMERICANS AMERKS (AM-urks)

REPORTS	MUSIC BED	COM/BILL	UPLOADING
<u>MON-FRI</u> (3) MORNING (3) AFTERNOON <u>SAT-SUN</u> (3) MORNING (3) 2:00 reports 1:00 Sports 1:00 Commercial	TheTeam_SportsFlash60 FILES MUST BE SAVED as NY-WOKR-A.mp3 NY-WOKR-B.mp3 NY-WOKR-C.mp3	BILL: NATIONAL-A COMM: NATIONAL-A	ftp.thesportsflash.com Login: sportsfl_west PWD: sports2013 MP3 /west/NY-TEAM/ UPLOAD files to the folder "NY-TEAM"