

What Time Is 60 Minutes On

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THE ENDURING QUESTION: WHAT TIME IS 60 MINUTES ON?

For decades, the query "what time is 60 minutes on" has been a Sunday evening ritual for millions of Americans. It is a question that signals the end of a relaxing weekend and the quiet anticipation of a new week. But more than that, it is a testament to the remarkable staying power of one of the most influential television programs in history. Asking what time 60 minutes is on is not just about checking a schedule; it is about connecting with a legacy of investigative journalism, hard-hitting interviews, and storytelling that has shaped how we understand the world. This article will not only answer that persistent question but will also explore the history, the format, and the enduring appeal of a show that has become a cultural institution.

If you have ever found yourself searching for the broadcast time, you are far from alone. The show's consistent Sunday slot is so ingrained in the American psyche that it has become a temporal landmark, a fixed point in a week that can often feel chaotic. Understanding the specific answer to "what time is 60 minutes on" requires a look at time zones, local affiliate scheduling, and the various ways to watch in the modern streaming era. Let's dive into the details.

THE CORE ANSWER: THE TRADITIONAL BROADCAST TIME

The most direct and common answer to the question "what time is 60 minutes on" is **Sunday evenings at 7:00 PM Eastern and Pacific Time**. This primetime slot has been the show's home for the vast majority of its history on the CBS network. This time is strategically chosen. It follows the network's Sunday afternoon football coverage (in the fall and winter) and lead into the more dramatic primetime programming. For decades, the sound of the ticking stopwatch has been the signal that the weekend is winding down.

It is crucial to understand that this "7:00 PM" time is not universal across the United States. Because the country spans multiple time zones, the local broadcast time can shift. The network feed is sent out to local affiliate stations, which then air the program at a time that makes sense for their specific market. This is why you will often see the show listed with an "ET/PT" designation.

Time Zone Variations: A Closer Look

When you search for "what time is 60 minutes on," you must consider your location. Here is a breakdown of the typical broadcast times across the four major continental US time zones:

- **Eastern Time (ET):** The show airs at 7:00 PM. This is the original, standard time for the broadcast.
- **Pacific Time (PT):** The show also airs at 7:00 PM. This is because the West Coast receives a separate feed that airs three hours after the East Coast broadcast, placing it in the same relative slot.
- **Central Time (CT):** This is where it gets tricky. Most CBS affiliates in the Central Time Zone will air **60 Minutes** at **6:00 PM**. This is because they typically air the network feed one hour earlier than Eastern.
- **Mountain Time (MT):** Viewers in the Mountain Time Zone will often see the show at **6:00 PM** as well, though some affiliates may air it at 7:00 PM depending on local programming decisions, such as pre-season football or local news.

It is always a good idea to check your local CBS affiliate's listing. A simple search for "what time is 60 minutes on in [your city]" will provide the most accurate information. The most common pre-emption for the show is live sports. When a football game or a major golf tournament runs long, **60 Minutes** may be delayed or, in very rare cases, moved to a different time slot on the network or its sister channels.

THE SHOW'S SIGNIFICANCE: WHY WE STILL ASK THE QUESTION

The persistence of the question "what time is 60 minutes on" is directly linked to the show's unparalleled legacy. It is not just a news program; it is a paradigm. Created by Don Hewitt and producer Don Hewitt, the show premiered on September 24, 1968. It fundamentally changed television journalism by introducing the "magazine" format, using a multi-story structure with distinct correspondents who became household names.

The show's formula is deceptively simple. It typically features three long-form investigative or feature stories, a commentary segment (historically by Andy Rooney, and now by various contributors), and the famous "Stopwatch" segment. This format has been copied but never equaled. When someone asks "what time is 60 minutes on," they are often not just asking for a time; they are asking when they can witness a piece of serious, impactful journalism that has broken countless major stories over the decades.

The Correspondents: The Face of the Show

Part of the reason for the enduring appeal and the reason people still need to know "what time is 60 minutes on" is the cast of correspondents. The show has created stars. From the legendary Mike Wallace and Morley Safer to the modern era of Lesley Stahl, Anderson Cooper, Bill Whitaker, and Sharyn Alfonsi, these journalists are synonymous with the program. Their style—direct, persistent, and deeply researched—has defined the show's identity. Watching them hold the powerful accountable is a weekly draw that keeps viewers coming back.

The "gotcha" interview, a staple of the show, has become a cultural touchstone. When a major figure in politics, business, or culture has a story to tell or a scandal to address, they often choose **60 Minutes** as the platform. Knowing "what time is 60 minutes on" means you will not miss the moment when a sitting president, a corporate CEO, or a whistleblower sits down for that critical conversation.

HOW TO FIND THE EXACT TIME IN THE DIGITAL AGE

While the traditional answer to "what time is 60 minutes on" remains "Sunday at 7/6c," the modern media landscape has added layers of complexity. The show is no longer just a live broadcast. It is a digital entity that can be consumed on demand. Here is how to find the most current and accurate information:

- **Check the Official CBS Website:** The **60 Minutes** page on CBS.com always lists the upcoming Sunday's air time. It will also have a "full episode" section where you can watch the latest episode immediately after it airs.
- **Use a TV Guide App or Website:** Services like TitanTV, Zap2it, or the guide on your cable or satellite box will show the exact time based on your local affiliate's schedule. This is the most reliable way to get a specific answer for your area.
- **Set a Recording:** Perhaps the most effective way to never miss the show is to set a series recording on your DVR. Search for "60 Minutes" in your DVR's guide, and it will automatically record the program whenever it airs, even if it is delayed due to sports. This eliminates the need to ask "what time is 60 minutes on" every week.
- **Streaming Services:** **60 Minutes** is available on several streaming platforms. Paramount+ (the parent company's streaming service) carries the full library of episodes, often available the day after the broadcast. You can also find individual segments and full episodes on **YouTube** on the official **60 Minutes** channel. However, note that the live broadcast time is still the primary answer.

International Viewing: A Global Perspective

The question "what time is 60 minutes on" is increasingly asked by an international audience. The show is broadcast in over 190 countries and territories. However, air times vary wildly. In the UK, it airs on CBS Drama (a satellite channel) at various times. In Australia, it airs on the Nine Network, but often on a different day (typically Monday night). If you are outside the United States, your best bet is to search for the show's listing on your local CBS-affiliated channel or a streaming platform that carries CBS content.

The international interest in the show underscores its global importance. It has covered stories from every corner of the earth, and its correspondents are respected worldwide. For many, knowing "what time is 60 minutes on" is about connecting with a specific brand of American journalism that prizes depth over speed.

WHAT TO EXPECT WHEN YOU TUNE IN

Knowing the answer to "what time is 60 minutes on" is the first step. The next is understanding what you are about to watch. A typical episode is a tightly edited, 60-minute package (excluding commercials, which brings the actual content to about 42 minutes). The show is famous for its opening sequence: a ticking stopwatch combined with a series of fast cuts to the stories of the night. This iconic intro is instantly recognizable and signals that serious journalism is about to begin.

The stories themselves are masterclasses in narrative structure. They alternate between investigative pieces, which can take months to produce, and insightful profiles of people in the news. There is also the beloved "Andy Rooney" segment, which has since been replaced by a rotating cast of commentators who offer a personal, often humorous, take on a mundane aspect of modern life. The show's producers are masters at pacing, ensuring that a heavy, emotional story is balanced by a lighter, more uplifting feature.

WHY WE STILL CARE: THE FUTURE OF THE BROADCAST

In an age of 24-hour cable news, endless podcasts, and social media feeds, the fact that we still ask "what time is 60 minutes on" is remarkable. The show has successfully navigated the digital transition. It has a huge social media presence, with clips from the show going viral regularly. The program has also embraced the podcast format, releasing its segments as audio episodes.

The show’s resilience comes from its core value: trust. In a fragmented media environment, **60 Minutes** remains a trusted source. When people want to know the truth about a complex issue, they turn to the show. The answer to "what time is 60 minutes on" is therefore also an answer to "when can I get reliable, in-depth information?" It is a touchstone of fact-based reporting in a world of misinformation.

The show has also proven its ability to adapt. It was one of the first major news programs to produce a dedicated podcast feed. It has a strong presence on YouTube, where segments are viewed millions of times. This multi-platform approach ensures that even if you miss the Sunday 7:00 PM broadcast, you can catch up on your own schedule. But for many, the ritual of turning on the television at that specific time remains a cherished part of the week.

CONCLUSION: MORE THAN JUST A TIME SLOT

So, what time is 60 minutes on? The simple answer is almost always Sunday at 7:00 PM Eastern and Pacific, and 6:00 PM Central and Mountain. But the deeper answer is much more profound. It is the time when a nation stops to listen. It is an appointment with history, a weekly date with some of the best storytelling in television. The show is a constant in a changing world, a reliable beacon of journalism that has set the standard for over half a century. Whether you watch it live or on demand, the time you spend with **60 Minutes** is always time well spent. So, set your DVR, check your local listings, and prepare for an hour of television that informs, challenges, and inspires. It is a tradition that shows no signs of slowing down.