

WKGN broadcast the following local programs each weekday: 3&OUT with Nate Hodges and Houston Kress 7-10 a.m., The Blitz 10 a.m.-12 p.m., Talk Sports with Jon Reed 12-3 p.m., The Drive with Russell Smith 3-6 p.m. and Overtime 6-8 p.m. Each of these shows focus is the local sports community and social commentary on sports issues effecting the local community.

Below are a few specific examples however, each show, every day, focuses on local issues due to the nature of the format.

The Drive 3-6 p.m. on 1-12-23 for multiple segments—The hosts discuss how it "Feels like Kentucky Week." The Tennessee v Kentucky basketball rivalry is one of the most important to the local community. As the best program in the SEC over the years Kentucky is the standard used to measure other teams. With the states of Tennessee and Kentucky bordering each other this has been a fierce rivalry over the years. Many times the two cities use the game to promote positive benefits for the communities such as a orange vs blue blood drive to benefit local blook banks.

3&OUT 7-10 a.m. on 2-7-23 for multiple segments—The hosts discuss the Tennessee women's basketball coach Kellie Jolly-Harper and her team, The Lady Vols. Women's basketball in Knoxville, TN is always a huge local point of pride. The collegiate women's basketball Hall of Fame is located in Knoxville. The legendary Pat Summitt built the Tennessee program into a powerhouse. Kellie Jolly-Harper played for her. The Blitz 10-12 p.m. on 2-15-23 for multiple segments—The host break down basketball gameday and look around the SEC at the other big games of the day. With March Madness around the corner each game is important to the locals.

The Drive 3-6 p.m. on 2-23-23 for one segment—The hosts discuss where Jalin Hyatt and Hendon Hooker are projected for the NFL Draft. These two Tennessee football players elevated the program during the 2022 football season and are now moving on to the NFL.

Overtime 6-8 p.m. on 3-15-23 for multiple segments—The hosts discuss the first round NCAA March Madness matchup of Tennessee vs Louisiana and the bracket. March Madness is one of the few sporting events that brings community members together outside of the sports world because everyone likes to fill out a bracket and see how they do.