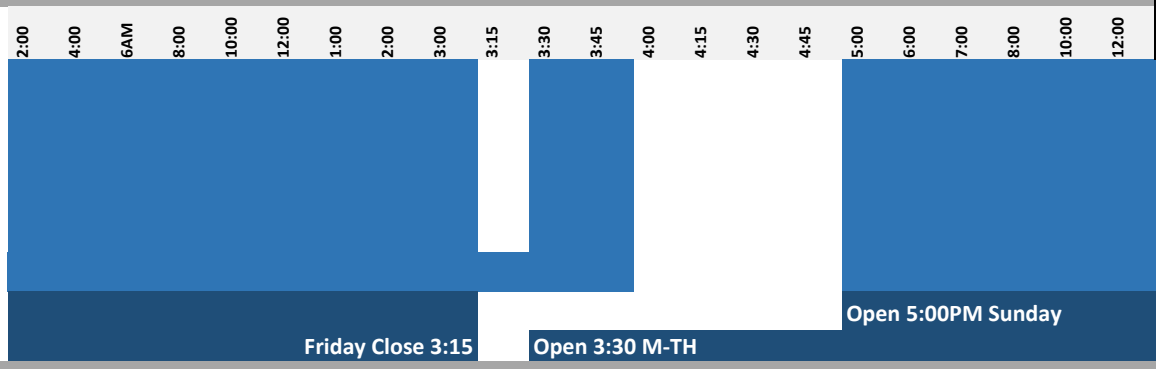
THE CONTRARIAN CLUB

Futures Trading Clock (Central Time)

(Sums Regular and Extended Hours)

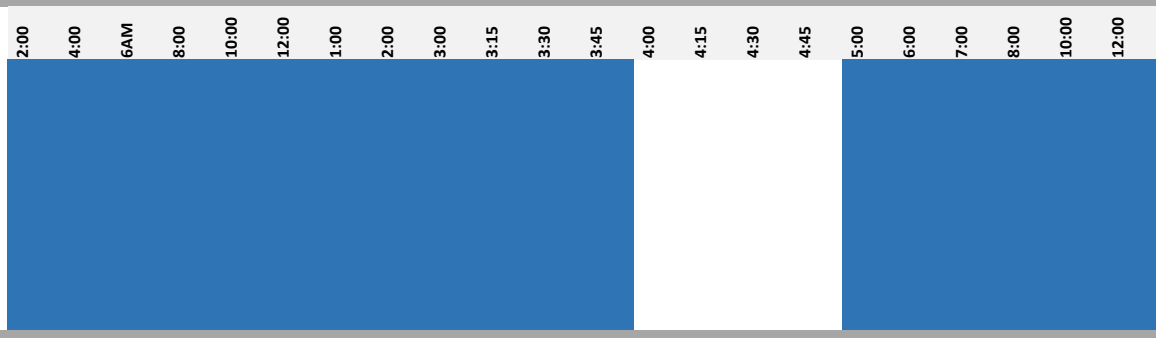
STOCK INDEX

/YM	Dow (E-Mini)
/ES	S&P 500 (E-Mini)
/NQ	Nasdaq (E-Mini)
/EMD	MidCap (E-Mini)
/RTY	Russell (E-Mini)
/NKD	Nikkei 225
/VX	CBOE (VIX)



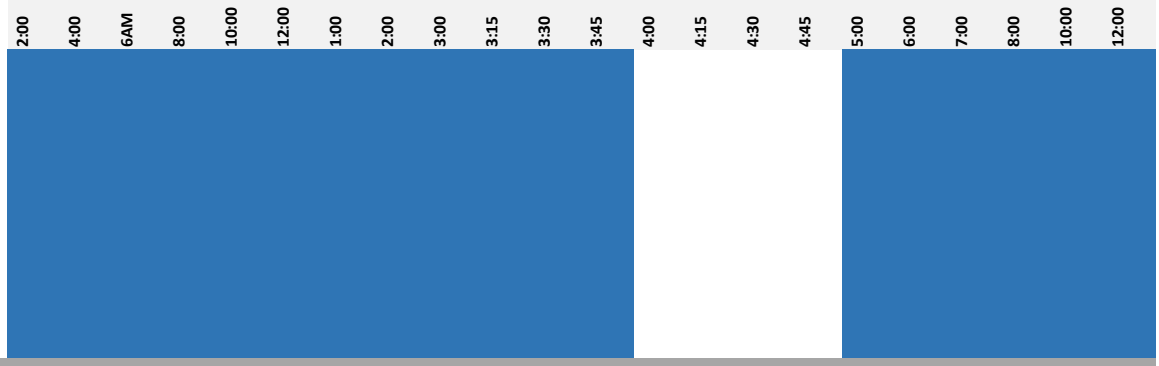
ENERGY

/BZ	Brent Crude
/CL	Light Sweet Crude
/QM	Light Sweet (E-Mini)
/HO	Heating Oil
/RB	Gasoline
/NG	Nat. Gas
/QG	Nat. Gas (E-Mini)



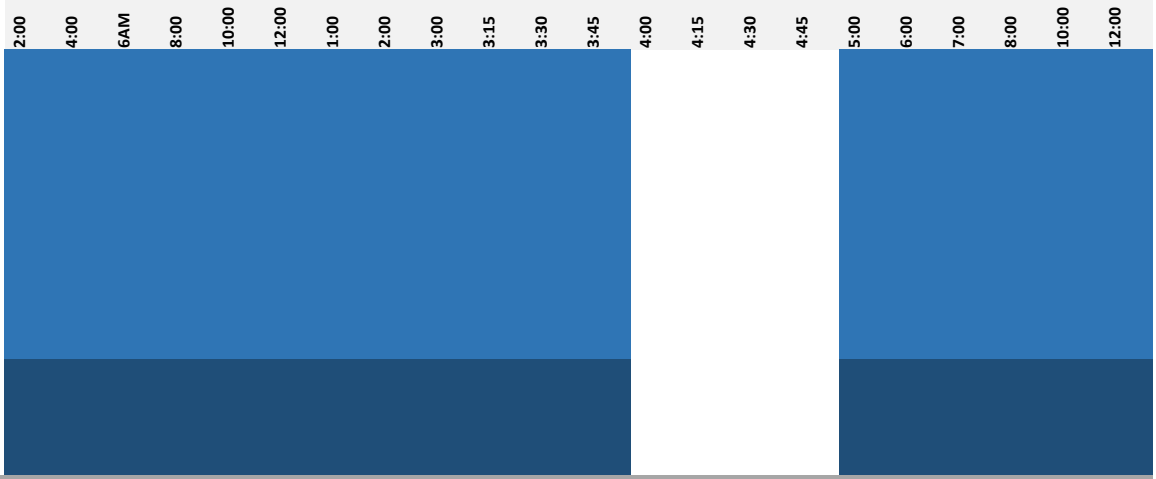
METALS

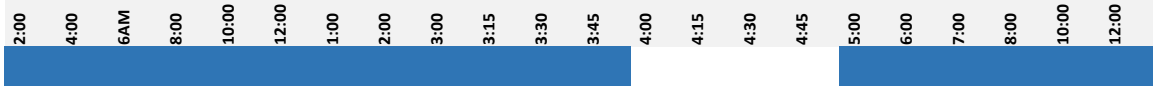
/SIL	1K Oz. Silver (CME)
/SI	Silver (Comex)
/GC	Gold (Comex)
/MGC	Gold (E-Micro)
/HG	Copper (Comex)
/RB	Gasoline
/PL	Platinum
/PA	Palladium



Currencies

/6A	Aussie
/6B	British Pound
/6C	Canadian Dollar
/6J	Japan Yen
/J7	Japan Yen E-Mini
/6S	Swiss Franc
/6E	Euro FX
/E7	Euro FX Mini
/M6A	AUD/USD E-Micro
/M6B	GBP/USA E-Micro
/M6E	EUR/USA E-Micro



Interest Rates

/ZB	30Yr Bond