DILATION

Is this a dream? This whole experience seems unusually stretched out...

		Insertions
Make this long, frightening phrase a little briefer		
Screwed up and desperate times		
Cricket (brit., mainly)		
A US President or tabby cat (oh, he hates Mondays!)		
Document for one's political motivation, code, philosophy		
Enough seats for only five of six: a round in this event		
Went down or up, bouncing		
Couple of hours, tops	0-00	
Chides or excoriates blatantly		