**Sunday, August 07, 2016**

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| 06:00 AM | **Rio 2016 Olympic Games: Day 1 - Morning ’CC’ LIVE**Live action from Rio, hosted by Jim Wilson. Includes the Australian women's basketball team against hosts Brazil, as well as the Aussie women's football team and the Australian women's rugby sevens. | +OLY116-201+ |

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| 09:00 AM | **Rio 2016 Olympic Games: Day 1 - Day ’CC’ LIVE**Live action from Rio. Includes the Australian women's team defending their 4x100m freestyle relay crown, men's 400m freestyle final, men's and women's 400m IM finals, as well as Aussie women's hockey  | +OLY116-301+ |

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| 02:00 PM | **Rio 2016 Olympic Games: Day 1 - Highlights ’CC’** Host Kylie Gillies recaps a day of Olympic competition that included plenty of Australians and gold medal moments | +OLY116-401+ |

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| 05:30 PM | **Sydney Weekender ’CC’** Mike tests out three Olympic sports in three beautiful Sydney locations. Jack tries the Brazilian sport of Capoeira. Lynette learns the Samba.  | **G** +7SWE23-028+ |

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| 06:00 PM | **Seven News ’CC’** Live and comprehensive coverage of breaking news and local, national and international top stories, plus Sport, Finance and Weather updates and all the latest from the Olympic Games. | +7NNS16-220+ |

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| 07:00 PM | **In Rio Today ’CC’ LIVE**Host Hamish McLachlan shares all the golden moments and Australian performances each day of the Rio 2016 Olympic Games - every Aussie medal, every reaction, every unmissable moment. | +OLY116-501+ |

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| 09:00 PM | **Rio 2016 Olympic Games: Day 2 - In Rio Today / Evening ’CC’ LIVE**Host Hamish McLachlan gears up for a day of Olympic action. 10,500 athletes are chasing 306 gold medals across the 16 days of competition in Rio de Janeiro. Includes live action. | +OLY116-602+ |

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| 10:30 PM | **Rio 2016 Olympic Games: Day 2 - Late Night ’CC’ LIVE**Hosted by Mel McLaughlin. Day 2 live action continues with the second day of equestrian, women’s artistic gymnastics and rowing. | +OLY116-702+ |

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| 12:00 AM | **Rio 2016 Olympic Games: Day 2 - Overnight ’CC’ LIVE**Hosted by Mel McLaighlin and Todd Woodbridge. The big names hit the pool with Mitch Larkin and Emily Seebohm (100m backstroke) (200m freestyle), plus the men’s 4x100m freestyle relay. | +OLY116-102+ |

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| 05:30 AM | **Sunrise ’CC’** Australia’s only breakfast TV show with live coverage of Olympic Games as they happen and all the big medal wins. Plus, a full wrap up of the Olympic action from overnight and when Aussies strike gold | +SUNR16-157+ |

 **Monday, August 08, 2016**

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| 06:00 AM | **Sunrise ’CC’** Australia’s only breakfast TV show with live coverage of Olympic Games as they happen and all the big medal wins. Plus, a full wrap up of the Olympic action from overnight and when Aussies strike gold | +SUNR16-157+ |

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| 09:00 AM | **Rio 2016 Olympic Games: Day 2 - Day ’CC’ LIVE**Hosted by Jim Wilson. Today, it's the men's 4x100m freestyle relay final. Aussies Mitch Larkin, Emily Seebohm and Madi Wilson are all the pool. Also, Australia faces Spain in hockey. | +OLY116-302+ |

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| 02:00 PM | **Rio 2016 Olympic Games: Day 2 - Highlights ’CC’** Host Kylie Gillies recaps a day of Olympic competition that included plenty of Australians and gold medal moments  | +OLY116-402+ |

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| 05:00 PM | **The Chase Australia ’CC’** It’s a hit with audiences around the globe – now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O’Keefe. | **G** +CHAU03-053+ |

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| 06:00 PM | **Seven News ’CC’** Live and comprehensive coverage of breaking news and local, national and international top stories, plus Sport, Finance and Weather updates and all the latest from the Olympic Games. | +7NNS16-221+ |

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| 07:00 PM | **In Rio Today ’CC’ LIVE**Host Hamish McLachlan shares all the golden moments and Australian performances each day of the Rio 2016 Olympic Games - every Aussie medal, every reaction, every unmissable moment. | +OLY116-502+ |

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| 09:00 PM | **Rio 2016 Olympic Games: Day 3 - In Rio Today / Evening ’CC’ LIVE**Host Hamish McLachlan gears up for a day of Olympic action. 10,500 athletes are chasing 306 gold medals across the 16 days of competition in Rio de Janeiro. Includes live action. | +OLY116-603+ |

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| 10:30 PM | **Rio 2016 Olympic Games: Day 3 - Late Night ’CC’ LIVE**Hosted by Mel McLaughlin. As Rio awakes, Day 3 of competition continues as the Australians tackle the USA in women’s hockey. | +OLY116-703+ |

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| 12:00 AM | **Rio 2016 Olympic Games: Day 3 - Overnight ’CC’ LIVE**Hosted by Mel McLaughlin and Todd Woodbridge. Overnight Olympic action, including kayaker Jess Fox, swimming and the Aussie men's basketball team in action against Serbia. | +OLY116-103+ |

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| 05:30 AM | **Sunrise ’CC’** Australia’s only breakfast TV show with live coverage of Olympic Games as they happen and all the big medal wins. Plus, a full wrap up of the Olympic action from overnight and when Aussies strike gold | +SUNR16-158+ |

 **Tuesday, August 09, 2016**

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| 06:00 AM | **Sunrise ’CC’** Australia’s only breakfast TV show with live coverage of Olympic Games as they happen and all the big medal wins. Plus, a full wrap up of the Olympic action from overnight and when Aussies strike gold | +SUNR16-158+ |

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| 09:00 AM | **Rio 2016 Olympic Games: Day 3 - Day ’CC’ LIVE**Today, the pool is headlined by the men’s 200m freestyle finals and men’s and women’s 100m backstroke finals. Lookout for World Champions Emily Seebohm and Mitch Larkin. | +OLY116-303+ |

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| 02:00 PM | **Rio 2016 Olympic Games: Day 3 - Highlights ’CC’** Host Kylie Gillies recaps a day of Olympic competition that included plenty of Australians and gold medal moments  | +OLY116-403+ |

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| 05:00 PM | **The Chase Australia ’CC’** It’s a hit with audiences around the globe – now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O’Keefe. | **G** +CHAU03-054+ |

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| 06:00 PM | **Seven News ’CC’** Live and comprehensive coverage of breaking news and local, national and international top stories, plus Sport, Finance and Weather updates and all the latest from the Olympic Games. | +7NNS16-222+ |

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| 07:00 PM | **In Rio Today ’CC’ LIVE**Host Hamish McLachlan shares all the golden moments and Australian performances each day of the Rio 2016 Olympic Games - every Aussie medal, every reaction, every unmissable moment. | +OLY116-503+ |

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| 09:00 PM | **Rio 2016 Olympic Games: Day 4 - In Rio Today / Evening ’CC’ LIVE**Host Hamish McLachlan gears up for a day of Olympic action. 10,500 athletes are chasing 306 gold medals across the 16 days of competition in Rio de Janeiro. Includes live action. | +OLY116-604+ |

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| 10:30 PM | **Rio 2016 Olympic Games: Day 4 - Late Night ’CC’ LIVE**Today's events include Kim Brennan competing in rowing and equestrian, plus the Australian women’s basketball team plays France and the men’s rugby sevens tournament begins.  | +OLY116-704+ |

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| 12:00 AM | **Rio 2016 Olympic Games: Day 4 - Overnight ’CC’ LIVE**Today's action includes the fastest men in the world in the men’s 100m freestyle. Catch Cameron McEvoy, Kyle Chalmers and the Australian swim team, and the Aussie men’s rugby sevens team. | +OLY116-104+ |

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| 05:30 AM | **Sunrise ’CC’** Australia’s only breakfast TV show with live coverage of Olympic Games as they happen and all the big medal wins. Plus, a full wrap up of the Olympic action from overnight and when Aussies strike gold | +SUNR16-159+ |

 **Wednesday, August 10, 2016**

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| 06:00 AM | **Sunrise ’CC’** Australia’s only breakfast TV show with live coverage of Olympic Games as they happen and all the big medal wins. Plus, a full wrap up of the Olympic action from overnight and when Aussies strike gold | +SUNR16-159+ |

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| 09:00 AM | **Rio 2016 Olympic Games: Day 4 - Day ’CC’ LIVE**Swimming finals straight from the Rio Olympic Aquatic Centre include Aussies such as Cameron McEvoy, as well as American Michael Phelps. The men’s 4x200m freestyle relay will also take place.  | +OLY116-304+ |

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| 02:00 PM | **Rio 2016 Olympic Games: Day 4 - Highlights ’CC’** Host Kylie Gillies recaps a day of Olympic competition that included plenty of Australians and gold medal moments | +OLY116-404+ |

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| 05:00 PM | **The Chase Australia ’CC’** It’s a hit with audiences around the globe – now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O’Keefe. | **G** +CHAU03-055+ |

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| 06:00 PM | **Seven News ’CC’** Live and comprehensive coverage of breaking news and local, national and international top stories, plus Sport, Finance and Weather updates and all the latest from the Olympic Games. | +7NNS16-223+ |

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| 07:00 PM | **In Rio Today ’CC’ LIVE**Host Hamish McLachlan shares all the golden moments and Australian performances each day of the Rio 2016 Olympic Games - every Aussie medal, every reaction, every unmissable moment. | +OLY116-504+ |

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| 09:00 PM | **Rio 2016 Olympic Games: Day 5 - In Rio Today / Evening ’CC’ LIVE**Host Hamish McLachlan gears up for a day of Olympic action. 10,500 athletes are chasing 306 gold medals across the 16 days of competition in Rio de Janeiro. Includes live action. | +OLY116-605+ |

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| 10:30 PM | **Rio 2016 Olympic Games: Day 5 - Late Night ’CC’ LIVE**Hosted by Mel McLaughlin. Olympic competition begins with the Aussie medal dash in the men’s and women’s individual road cycling time trials.  | +OLY116-705+ |

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| 12:00 AM | **Rio 2016 Olympic Games: Day 5 - Overnight ’CC’ LIVE**Today from Rio, the Campbell sisters light up the pool in the 100m freestyle. Mitch Larkin swims in the 200m backstroke. Also, the Australia men's rugby sevens side and women's hockey team compete, | +OLY116-105+ |

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| 05:30 AM | **Sunrise ’CC’** Australia’s only breakfast TV show with live coverage of Olympic Games as they happen and all the big medal wins. Plus, a full wrap up of the Olympic action from overnight and when Aussies strike gold | +SUNR16-160+ |

 **Thursday, August 11, 2016**

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| 06:00 AM | **Sunrise ’CC’** Australia’s only breakfast TV show with live coverage of Olympic Games as they happen and all the big medal wins. Plus, a full wrap up of the Olympic action from overnight and when Aussies strike gold | +SUNR16-160+ |

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| 09:00 AM | **Rio 2016 Olympic Games: Day 5 - Day ’CC’ LIVE**Swimming finals today include the blue riband men’s 100m freestyle final. Lookout for Aussie Cameron McEvoy. The Campbell sisters are in action, plus the women's 4x200m freestyle relay and hockey. | +OLY116-305+ |

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| 02:00 PM | **Rio 2016 Olympic Games: Day 5 - Highlights ’CC’** Host Kylie Gillies recaps a day of Olympic competition that included plenty of Australians and gold medal moments  | +OLY116-405+ |

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| 05:00 PM | **The Chase Australia ’CC’** It’s a hit with audiences around the globe – now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O’Keefe. | **G** +CHAU03-056+ |

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| 06:00 PM | **Seven News ’CC’** Live and comprehensive coverage of breaking news and local, national and international top stories, plus Sport, Finance and Weather updates and all the latest from the Olympic Games. | +7NNS16-224+ |

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| 07:00 PM | **In Rio Today ’CC’ LIVE**Host Hamish McLachlan shares all the golden moments and Australian performances each day of the Rio 2016 Olympic Games - every Aussie medal, every reaction, every unmissable moment. | +OLY116-505+ |

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| 09:00 PM | **Rio 2016 Olympic Games: Day 6 - In Rio Today / Evening ’CC’ LIVE**Host Hamish McLachlan gears up for a day of Olympic action. 10,500 athletes are chasing 306 gold medals across the 16 days of competition in Rio de Janeiro. Includes live action. | +OLY116-606+ |

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| 10:30 PM | **Rio 2016 Olympic Games: Day 6 - Late Night ’CC’ LIVE**Olympic competition begins with rowing from the lakes of Rio de Janeiro. The Australian women take on the Italians in water polo, plus day two of equestrian-dressage and golf returns to the Olympics. | +OLY116-706+ |

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| 12:00 AM | **Rio 2016 Olympic Games: Day 6 - Overnight ’CC’ LIVE**Hosted by Mel McLaughlin and Todd Woodbridge. Today's swimming includes Cameron McEvoy in the 50m freestyle, as well as Michael Phelps in the 100m butterfly. Also, Jess Fox goes for gold in kayaking. | +OLY116-106+ |

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| 05:30 AM | **Sunrise ’CC’** Australia’s only breakfast TV show with live coverage of Olympic Games as they happen and all the big medal wins. Plus, a full wrap up of the Olympic action from overnight and when Aussies strike gold | +SUNR16-161+ |

 **Friday, August 12, 2016**

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| 06:00 AM | **Sunrise ’CC’** Australia’s only breakfast TV show with live coverage of Olympic Games as they happen and all the big medal wins. Plus, a full wrap up of the Olympic action from overnight and when Aussies strike gold | +SUNR16-161+ |

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| 09:00 AM | **Rio 2016 Olympic Games: Day 6 - Day ’CC’ LIVE**The Campbell sisters chase the fairytale in the women’s 100m freestyle final. Mitch Larkin, Cameron McEvoy and Michael Phelps race in a huge swimming session from the Rio Olympic Aquatic Centre.  | +OLY116-306+ |

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| 02:00 PM | **Rio 2016 Olympic Games: Day 6 - Highlights ’CC’** Host Kylie Gillies recaps a day of Olympic competition that included plenty of Australians and gold medal moments  | +OLY116-406+ |

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| 05:00 PM | **The Chase Australia ’CC’** It’s a hit with audiences around the globe – now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O’Keefe. | **G** +CHAU02-041+ |

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| 06:00 PM | **Seven News ’CC’** Live and comprehensive coverage of breaking news and local, national and international top stories, plus Sport, Finance and Weather updates and all the latest from the Olympic Games. | +7NNS16-225+ |

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| 07:00 PM | **In Rio Today ’CC’ LIVE**Host Hamish McLachlan shares all the golden moments and Australian performances each day of the Rio 2016 Olympic Games - every Aussie medal, every reaction, every unmissable moment. | +OLY116-506+ |

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| 09:00 PM | **Rio 2016 Olympic Games: Day 7 - In Rio Today / Evening ’CC’ LIVE**Host Hamish McLachlan gears up for a day of Olympic action. 10,500 athletes are chasing 306 gold medals across the 16 days of competition in Rio de Janeiro. Includes live action. | +OLY116-607+ |

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| 10:30 PM | **Rio 2016 Olympic Games: Day 7 - Late Night ’CC’ LIVE**As Rio wakes up, Olympic competition kicks straight into gear. Who will be crowned an Olympic Champion today? Hosted by Mel McLaughlin. Today, track and field gets underway at Maracana Stadium. | +OLY116-707+ |

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| 12:00 AM | **Rio 2016 Olympic Games: Day 7 - Overnight ’CC’ LIVE**Hosted by Mel McLaughlin. Today, Jared Tallent goes for back-to-back walking gold medals. The Campbell sisters are in the women's 50m freestyle while Aussie Mack Horton competes in the1500m freestyle. | +OLY116-107+ |

 **Saturday, August 13, 2016**

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| 06:00 AM | **Rio 2016 Olympic Games: Day 7 - Morning ’CC’ LIVE**Today will see Anna Meares' first medal hope with Steph Morton in track cycling team sprint, as well as the men's team pursuit gold medal showdown.  | +OLY116-207+ |

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| 09:00 AM | **Rio 2016 Olympic Games: Day 7 - Day ’CC’ LIVE**Cameron McEvoy, the Campbell sisters and American Michael Phelps will all be in the pool. Athletics including the men's 400m and long jump, including Aussie hopefuls Fabrice Lapierre and Henry Frayne. | +OLY116-307+ |

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| 02:00 PM | **Rio 2016 Olympic Games: Day 7 - Highlights ’CC’** Host Kylie Gillies recaps a day of Olympic competition that included plenty of Australians and gold medal moments  | +OLY116-407+ |

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| 05:30 PM | **Border Security - Australia's Front Line (R) ’CC’** Officers need to work quickly to stop an illegal smuggling ring. And a passenger is pulled out of a departure lounge at the last minute. | **PG** +BORD-043+ |

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| 06:00 PM | **Seven News ’CC’** Live and comprehensive coverage of breaking news and local, national and international top stories, plus Sport, Finance and Weather updates and all the latest from the Olympic Games. | +7NNS16-226+ |

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| 07:00 PM | **In Rio Today ’CC’ LIVE**Host Hamish McLachlan shares all the golden moments and Australian performances each day of the Rio 2016 Olympic Games - every Aussie medal, every reaction, every unmissable moment. | +OLY116-507+ |

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| 09:00 PM | **Rio 2016 Olympic Games: Day 8 - In Rio Today / Evening ’CC’ LIVE**Host Hamish McLachlan gears up for a day of Olympic action. 10,500 athletes are chasing 306 gold medals across the 16 days of competition in Rio de Janeiro. Includes live action. | +OLY116-608+ |

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| 10:15 PM | **Rio 2016 Olympic Games: Day 8 - Late Night ’CC’ LIVE**Hosted by Mel McLaughlin. Today, Aussie Anna Meares will take to the cycling track. Also, Kim Brennan will chase gold in women's single sculls.  | +OLY116-708+ |

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| 12:00 AM | **Rio 2016 Olympic Games: Day 8 - Overnight ’CC’ LIVE**Live from Rio. Hosted by Mel McLaughlin and Todd Woodbridge.Today's athletics events include Aussie Morgan Mitchell and Annelise Ruby in the women's 400m.  | +OLY116-108+ |