

Sunday 14th August 2011

06:00 am Kitesurfing: PKRA World Tour (Rpt)

G

Kitesurfing: P.K.R.A World Tour, Argentina

Soar above the waves with a brand new kitesurfing adventure. The PKRA World Tour moves on to Argentina and the world's best are on display here on ONE.

06:30 am Triathlon: ITU World Championship Highlights (Rpt)

G

R5 London - Highlights

Tune in for all the round five highlights of the Dextro ITU World Championship Series as triathletes build towards the London Olympics.

07:30 am Running: The Sun-Herald City 2 Surf 2011

LIVE

09:30 am Tennis: ATP World Tour Uncovered (Rpt)

G

The latest instalment of this weekly tennis series follows the news and action from the ATP Tour. Former tour pro Justin Gimelstob brings you behind the scenes insights and exclusive player profiles.

10:00 am Pro Bull Riding

11:00 am World Of Free Sports

PG

Sample an assortment of adventure and extreme sporting activities as World of Free Sports brings you another heart-pumping dose of adrenalin.

11:30 am Snowboarding: TTR World Tour (Rpt)

PG

Ride the slopes with fresh snowboarding action on the TTR World Tour.

12:00 pm NASCAR Sprint Cup Qualifying

R22 Heluva Good! Sour Cream Dips @ Watkins Glen-Qualifying

01:00 pm Drag Racing: ANDRA Pro Series

G

Pro Stock - Winternationals, Willowbank

The Pro Stock take to the quarter mile as the ANDRA Pro Series continues from Queensland's Willowbank Raceway.

02:00 pm Motorsport: Isle Of Man TT

PG

Sidecar Race 2

The sidecars let it all hang out on the 38 miles of winding & picturesque cobblestone roads on the Isle of Man. Re-live the year's most stunning motorbike racing with the second Sidecar race of 2011

03:00 pm Omnisport

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

03:30 pm Extreme Dreams (Rpt)

PG
Adult Themes

Sahara Part 4

The team continues its journey across the Sahara Desert. As dehydration and delirium set in, they finally make it to a waterhole but are hit by a sudden sandstorm that separates them from their camels

04:00 pm Extreme Dreams (Rpt)

PG
Adult Themes

Sahara Part 5

The team reach the final stage of their Libyan trek through the desert where they face their most daunting challenge. They must make it over the dunes before their provisions run out.

Sunday 14th August 2011

04:30 pm Airline (Rpt)

PG
Some Coarse
Language

A freak blizzard brings EasyJet to a stand still, and tempers become heated as passengers begin to realise they are trapped for an extra night.

05:00 pm Airline (Rpt)

PG

As former Go staff get used to the new EasyJet colour scheme, the recent introduction of a 40-minute check-in causes a few headaches for passengers at Liverpool.

05:30 pm I Fish

G

A brand new season kicks off with stunning adventures on land and sea. Paul Worsteling brings you great tips and products that will help you lure the big fish.

06:00 pm I Fish Catch Of The Day (Rpt)

WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiast. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:30 pm Extreme Dreams

PG
Adult Themes

Papua New Guinea Part 1

The novice adventurers prepare to trek along the notoriously tough Black Cat Trail through the jungle of Papua New Guinea where they'll come face to face with raging rivers and deadly snakes.

06:55 pm Motorcycle Racing: 125cc

LIVE
R11 Czech

08:00 pm Motorcycle Racing: Moto2

LIVE
R11 Czech

09:30 pm MotoGP

WS

LIVE
R11 Czech

11:15 pm Golf: OneAsia Tour

Thailand Open Round 4

Up and coming Australian golfers including Ashley Hall, Andre Stolz, Stephen Allan, Matthew Griffin, Terry Pilkadaris and Stephen Dartnall take on Asia's best at the Suwan Golf & Country Club.

02:00 am NASCAR Countdown

LIVE
Countdown To Green - Live From Watkins Glen

03:00 am NASCAR Sprint Cup

LIVE
R22 Heluva Good! Sour Cream Dips @ Watkins Glen

Monday 15th August 2011

06:00 am 500 Great Goals (Rpt)

G

Football is a worldwide phenomenon. Sit back as we delve through the archives of football leagues from all over the country and see the best goals in history.

06:30 am NASCAR Sprint Cup Catch-Up (Rpt)

G

R13 S.T.P 400 @ Kansas-Highlights

Carl Edwards leads the Sprint Cup from five-time consecutive champ Jimmie Johnson. With a third of the season over can Marcos Ambrose improve on third and climb into the series' top ten standings?

07:30 am AFL Premiership Season 2011 (Rpt)

Round 21 - Hawthorn V Port Adelaide

10:00 am UFC Live 5: Hardy v Lytle

LIVE

U.F.C Live 5: Hardy V Lytle

12:30 pm Tennis: ATP World Tour Uncovered (Rpt)

G

The latest instalment of this weekly tennis series follows the news and action from the ATP Tour. Former tour pro Justin Gimelstob brings you behind the scenes insights and exclusive player profiles.

01:00 pm Running: The Sun-Herald City 2 Surf 2011

03:00 pm Omnispport

Hot off the satellite, Omnispport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

03:30 pm Extreme Dreams (Rpt)

PG

Uganda Part 5

Sheer climbs and dangerous vertical gorges stand between the explorers and the summit, but tensions within the team threaten the expedition.

04:00 pm Airline (Rpt)

PG
Some Coarse
Language

A family flying to scatter their father's ashes in his beloved France discover they've brought the wrong passport and face a hectic dash to make the check-in with the right documents.

04:30 pm Extreme Dreams

PG
Adult Themes

Papua New Guinea Part 2

Deep in the heart of the jungle of Papua New Guinea, 59-year-old Chris has to confront his lifelong fear of heights, and Danielle finds the trail too tough to manage.

05:00 pm TBA

05:30 pm I Fish Catch Of The Day (Rpt)

WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiast. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:00 pm Airline

PG
Some Coarse
Language

Tempers soar as traffic jams make passengers miss their planes, including a couple bound for a funeral in Italy. Meanwhile, a French student mistakenly goes to Heathrow instead of Luton.

Monday 15th August 2011

06:30 pm Bondi Rescue (Rpt)

CC PG
WS Some Coarse
Language,
Nudity

Hit the sand of the world's most famous beach as we follow our trusty lifeguards monitoring Bondi Beach. Tourists, backpackers, locals and marine life all come together to bring a drama filled show.

07:00 pm COPS

PG
Drug References

Cp901 Miami, Florida

Accept no substitute: COPS is the original and still the best in the observational documentary-style reality genre. Ride along with officers on patrol in Miami.

07:30 pm Fear Factor

PG
Some Coarse
Language,
Adult Themes

In each pulse-racing episode, contestants recruited from across America must decide if they have the guts and determination to face their most primal fears and confront a series of challenging stunts.

08:30 pm 24

M
Some Violence

Day 1: 5:00 A.M. - 6:00 A.M.

Kim and Rick bury Dan, Janet is moved out of ICU and the truth about "Alan York" is revealed.

Starring: Kiefer Sutherland, Elisha Cuthbert, Dennis Haysbert, Carlos Bernard

09:30 pm One Week At A Time

AFL

The most respected name in footy analysis is back for a brand new season. Stephen Quartermain, Robert Walls and Luke Darcy tackle the big issues in AFL every Monday night only on ONE.

10:30 pm Sports Tonight

LIVE

The most trusted name in sports news, Sports Tonight has reporters around the country chasing the stories and bringing you the news, interviews and highlights you need to see every day.

11:00 pm MotoGP (Rpt)

WS

R11 Czech

01:00 am One Week At A Time Late (Rpt)

NRL

NSW Coach Ricky Stuart shares his undeniable passion, knowledge and commitment for rugby league alongside Adam Hawse, Ben Ikin and Adam MacDougall every Monday night to dissect the big NRL issues.

02:00 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

02:30 am Football: Arsenal TV

Newcastle United V Arsenal

05:30 am FA Cup Classics (Rpt)

G

Chelsea V Manchester United 3rd Round 97/98

Chelsea and Man U are two of the most recognised and storied clubs in world football. With the new English season underway, ONE brings you another FA Cup Classic match with their 1997/98 encounter.

Tuesday 16th August 2011

06:00 am 500 Great Goals (Rpt)

G

Football is a worldwide phenomenon. Sit back as we delve through the archives of football leagues from all over the country and see the best goals in history.

06:30 am NASCAR Sprint Cup Catch-Up (Rpt)

G

R14 Pocono 500 @ Pocono-Highlights

The NASCAR Sprint Cup fires up around the challenging 2.5 mile tri-oval at Pocono Raceway. The Round 14 highlights show has all the best bits covered.

07:30 am AFL Premiership Season 2011 (Rpt)

Round 21 - Western Bulldogs V Essendon

10:00 am MotoGP (Rpt)

WS

R11 Czech

12:00 pm One Week At A Time (AFL) (Rpt)

AFL

The most respected name in footy analysis is back for a brand new season. Stephen Quartermain, Robert Walls and Luke Darcy tackle the big issues in AFL every Monday night only on ONE.

01:00 pm One Week At A Time (NRL) (Rpt)

NRL

NSW Coach Ricky Stuart shares his undeniable passion, knowledge and commitment for rugby league alongside Adam Hawse, Ben Ikin and Adam MacDougall every Monday night to dissect the big NRL issues.

02:00 pm 24 (Rpt)

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Some Violence

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Starring: Kiefer Sutherland, Elisha Cuthbert, Dennis Haysbert, Carlos Bernard

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03:30 pm Bondi Rescue (Rpt)

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WS Some Coarse
Language,
Nudity

Hit the sand of the world's most famous beach as we follow our trusty lifeguards monitoring Bondi Beach. Tourists, backpackers, locals and marine life all come together to bring a drama filled show.

04:00 pm Airline (Rpt)

PG
Some Coarse
Language

Tempers soar as traffic jams make passengers miss their planes, including a couple bound for a funeral in Italy. Meanwhile, a French student mistakenly goes to Heathrow instead of Luton.

04:30 pm Extreme Dreams

PG
Adult Themes

Papua New Guinea Part 3

As the team venture deeper into one of the world's most remote regions, they appear to walk into an ambush by hostile tribal warriors.

05:00 pm TBA

Tuesday 16th August 2011

05:30 pm I Fish Catch Of The Day (Rpt)

WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiast. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:00 pm Airline

PG
Some Coarse
Language

An Elvis impersonator flies from Liverpool to Malaga, determined to practise his act mid flight, while traffic delays cause passengers to become irate after arriving late for check in.

06:30 pm Bondi Rescue (Rpt)

WS PG
Some Coarse
Language

Thieves are at large on Bondi Beach and any items left unattended are at risk. With conditions in the water mild, lifeguards take the opportunity to scope out perpetrators.

07:00 pm COPS

PG
Drug References

Cp902 Miami, Florida

A real life drama series that documents the personal and professional lives of the police officers enforcing the troubled streets of America.

07:30 pm Black Gold

PG
Some Coarse
Language,
Adult Themes

Get down and dirty in this gritty, real world, behind the scenes, no holds barred look at life on an oil rig. The workers are bred tough and are frank and honest and will say exactly what they think.

08:30 pm COPS: Adults Only

M

COPS is the definitive real-life observational documentary series that follows the personal and professional lives of police officers enforcing the troubled streets of America.

09:00 pm COPS: Adults Only

M

Accept no substitute: COPS is the original and still the best in the observational documentary-style reality genre. Ride along with officers on patrol in Las Vegas.

09:30 pm Cooler, The (Rpt) (2003)

AV15+
Strong Violence,
Sex Scenes,
Very Coarse
Language,
Drug Use

MOVIE

Bernie Lootz is a guy whose bad luck is contagious. But when he falls for a gorgeous cocktail waitress his luck is reversed.

Starring: William H Macy, Alec Baldwin, Maria Bello, Ron Livingston, Paul Sorvino

11:30 pm Sports Tonight

The most trusted name in sports news, Sports Tonight has reporters around the country chasing the stories and bringing you the news, interviews and highlights you need to see every day.

12:00 am NASCAR Sprint Cup Highlights

R22 Heluva Good! Sour Cream Dips @ Watkins Glen-Highlights

Non-stop motorsport action highlights from Watkins Glen International. The high octane NASCAR racing continues with the 22nd round of the Sprint Cup Series.

Tuesday 16th August 2011

01:00 am NASCAR Nationwide Series Highlights

R23 Zippo 200 @ Watkins Glen

Catch the highlights from every race of the 2011 Nationwide Series on ONE. Round 23 of full throttle NASCAR excitement is hosted at Watkins Glen International.

02:00 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

02:30 am Football: Liverpool TV

05:30 am FA Cup Classics (Rpt)

G

Tottenham Hotspur V Leeds United 5th Round Replay 98/99

It is north versus south as we delve into the FA Cup archives to revisit a 1998/99 season match up between the Tottenham Hotspur and Leeds United.

Wednesday 17th August 2011

06:00 am 500 Great Goals (Rpt)

G

Football is a worldwide phenomenon. Sit back as we delve through the archives of football leagues from all over the country and see the best goals in history.

06:30 am NASCAR Sprint Cup Catch-Up (Rpt)

G

R15 Heluva Good! Sour Cream Dips 400 @ Michigan-Highlights

Denny Hamlin kickstarted his 2011 run to the Chase with his first win. Carl Edwards holds a 20 point series lead from Kevin Harvick, Dale Earnhardt Jr, Kyle Busch and Jimmie Johnson. Ambrose is 21st.

07:30 am Pro Bull Riding (Rpt)

PG

Only the bravest dare to enter the bullring and hold on for dear life. Pro Bull Riding is one of the most popular and thrilling sporting spectacles in the USA and the new season continues here on ONE.

08:30 am This Week In Baseball

PG

Throughout the Major League season, This Week in Baseball is your one stop magazine show for all the most interesting MLB stories, with profiles, news, highlights and features beyond the ballpark.

09:00 am Major League Baseball

LIVE

Philadelphia Phillies V Arizona Diamondbacks

12:00 pm Motorsport: Isle Of Man TT (Rpt)

PG

Sidecar Race 2

The sidecars let it all hang out on the 38 miles of winding & picturesque cobblestone roads on the Isle of Man. Re-live the year's most stunning motorbike racing with the second Sidecar race of 2011

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03:30 pm Bondi Rescue (Rpt)

WS PG
Some Coarse
Language

Thieves are at large on Bondi Beach and any items left unattended are at risk. With conditions in the water mild, lifeguards take the opportunity to scope out perpetrators.

04:00 pm Airline (Rpt)

PG
Some Coarse
Language

An Elvis impersonator flies from Liverpool to Malaga, determined to practise his act mid flight, while traffic delays cause passengers to become irate after arriving late for check in.

Wednesday 17th August 2011

04:30 pm Extreme Dreams

PG
Adult Themes

Papua New Guinea Part 4

The team face their longest trek so far, but things don't go according to plan and they are forced to walk through the night. That's the time when the jungle's wildlife comes alive.

05:00 pm TBA

05:30 pm I Fish Catch Of The Day (Rpt)

WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiast. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:00 pm Airline

PG

Each new day presents EasyJet with a new set of difficulties. Sometimes it's down to the airline, other times it's down to the passengers.

06:30 pm Bondi Rescue (Rpt)

WS PG

Take to the sands of Bondi with Hoppo, Whippet, Bisho, Reidy, Yatesy, Maxi, Deano and the crew as our lifeguards deal with all kinds of drama at Australia's most iconic beach.

07:00 pm COPS

PG
Sexual References,
Adult Themes

Cp906 Miami, Florida

A real life drama series that documents the personal and professional lives of the police officers enforcing the troubled streets of America.

07:30 pm Twister Sisters (Rpt)

WS PG

Peggy Willenberg and Melanie Metz are partners in a touring company in Minneapolis. Every Spring, they rove Tornado Alley in a quest to find the most terrifying and spectacular sights nature has to offer.

08:30 pm COPS: Adults Only

M

Chase down the bad boys and girls caught in the net of law enforcement agents. COPS is on the streets and on patrol to serve and protect law-abiding citizen and make the mean streets safer.

09:00 pm COPS: Adults Only

M

Accept no substitute: COPS is the original and still the best in the observational documentary-style reality genre. Ride along with officers on patrol in Kansas City.

09:30 pm Sons Of Anarchy

AV15+
Strong Violence,
Sex Scenes

Fix

Guest Starring: Adam Arkin, Mitch Pileggi

Gemma's secret is undermining her relationship with Clay, Jax's involvement in Luanne's porn business is upsetting Tara while Bobby also starts to help out with the porn business.

Starring: Charlie Hunnam, Ron Perlman, Katey Sagal, Mark Boone Junior, Kim Coates, Tommy Flanagan

10:30 pm RPM

Greg Rust, Daryl Beattie and Craig Baird kick the tyres of world motorsport as they take a light-hearted look at all forms of racing. Hear first hand from the drivers and riders making headlines.

Wednesday 17th August 2011

11:30 pm Sports Tonight

The most trusted name in sports news, Sports Tonight has reporters around the country chasing the stories and bringing you the news, interviews and highlights you need to see every day.

12:00 am Drag Racing: ANDRA Pro Series (Rpt)

G

Pro Stock - Winternationals, Willowbank

The Pro Stock take to the quarter mile as the ANDRA Pro Series continues from Queensland's Willowbank Raceway.

01:00 am Fear Factor (Rpt)

PG
Some Coarse
Language,
Adult Themes

In each pulse-racing episode, contestants recruited from across America must decide if they have the guts and determination to face their most primal fears and confront a series of challenging stunts.

02:00 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

02:30 am Football: Bundesliga

04:30 am Football: Bundesliga Weekly Highlights

05:30 am FACup Classics (Rpt)

G

Liverpool V West Ham United Final 05/06

The FA Cup Classics continue on ONE with the 2005/06 Final between Liverpool and West Ham.

Thursday 18th August 2011

06:00 am 500 Great Goals (Rpt)

G

Football is a worldwide phenomenon. Sit back as we delve through the archives of football leagues from all over the country and see the best goals in history.

06:30 am NASCAR Sprint Cup (Rpt)

R22 Heluva Good! Sour Cream Dips @ Watkins Glen

09:30 am Tennis: ATP World Tour Uncovered (Rpt)

G

The latest instalment of this weekly tennis series follows the news and action from the ATP Tour. Former tour pro Justin Gimelstob brings you behind the scenes insights and exclusive player profiles.

10:00 am Major League Baseball

LIVE

Chicago White Sox V Cleveland Indians

01:00 pm Drag Racing: ANDRA Pro Series (Rpt)

G

Pro Stock - Winternationals, Willowbank

The Pro Stock take to the quarter mile as the ANDRA Pro Series continues from Queensland's Willowbank Raceway.

02:00 pm RPM (Rpt)

Greg Rust, Daryl Beattie and Craig Baird kick the tyres of world motorsport as they take a light-hearted look at all forms of racing. Hear first hand from the drivers and riders making headlines.

03:00 pm Omnisport

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03:30 pm Bondi Rescue (Rpt)

WS PG

Take to the sands of Bondi with Hoppo, Whippet, Bisho, Reidy, Yatesy, Maxi, Deano and the crew as our lifeguards deal with all kinds of drama at Australia's most iconic beach.

04:00 pm Airline (Rpt)

PG

Each new day presents EasyJet with a new set of difficulties. Sometimes it's down to the airline, other times it's down to the passengers.

04:30 pm Extreme Dreams

PG
Adult Themes

Papua New Guinea Part 5

The final day of the expedition looms and the team are way behind schedule. Their task is to construct a raft sturdy enough to withstand the treacherous rapids of the Francisco River.

05:00 pm TBA

05:30 pm I Fish Catch Of The Day (Rpt)

WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiast. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:00 pm Airline

EasyJet employee Rachael Gardner recovers from her hens night and tackles two honeymooning skydivers who want to take their own parachutes on a flight.

Thursday 18th August 2011

06:30 pm Bondi Rescue (Rpt)

CC PG
WS Some Coarse
Language,
Nudity

Second year trainee Maxy is hoping this will be the year he earns his stripes as a fully fledged lifeguard.

07:00 pm COPS

PG
Drug References

Cp909 Boston

You won't believe the morons on parade as law enforcement officers go on patrol to protect America's troubled streets. With an unmistakable theme song COPS is the show at the forefront of reality TV.

07:30 pm America's Port (Rpt)

WS PG

15 Million Dollar Gamble

America's Port provides an unblinking view of a vibrant and colourful nerve centre for global trade - the Port of Los Angeles. Get a look inside this dynamic and dangerous 24/7 operation.

08:30 pm The Game Plan

AFL

The Game Plan is your detailed preview of the upcoming AFL round. Anthony Hudson, Matthew Lloyd and Scott Cummings dissect the week in footy and bring you the all important selection ins and outs.

09:30 pm Breakout Kings

M
Some Violence,
Some Coarse
Language

Like Father Like Son

Christian Beaumont has got an axe to grind with the entire system of organized government. The gang must find this escaped felon before something else is destroyed.

Starring: Laz Alonso, Domenick Lombardozzi, Brooke Nev in, Malcolm Goodwin

10:30 pm Sports Tonight

LIVE

The most trusted name in sports news, Sports Tonight has reporters around the country chasing the stories and bringing you the news, interviews and highlights you need to see every day.

11:00 pm The Ultimate Fighter

M
Realistic Violence,
Some Coarse
Language

Coached by Chuck Liddell and Tito Ortiz, two teams of MMA hopefuls compete for a 6 figure contract to fight in the UFC. Season 11 is middleweights, featuring Steve Irwin's former bodyguard Kyle Noke.

12:00 am The Game Plan Late (Rpt)

NRL

Your weekend begins here on ONE as Andrew Moore and Steve 'Blocker' Roach preview the weekend's rugby league and bring you the latest team selection and injury news.

01:00 am NASCAR Sprint Cup Catch-Up (Rpt)

G

R15 Heluva Good! Sour Cream Dips 400 @ Michigan-Highlights

Denny Hamlin kickstarted his 2011 run to the Chase with his first win. Carl Edwards holds a 20 point series lead from Kevin Harvick, Dale Earnhardt Jr, Kyle Busch and Jimmie Johnson. Ambrose is 21st.

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Thursday 18th August 2011**02:30 am Major League Baseball (Rpt)****Chicago White Sox V Cleveland Indians****05:00 am Omnisport (Rpt)**

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05:30 am FA Cup Classics (Rpt)**G****Arsenal V Tottenham Hotspur Semi Final 00/01**

The Gunners and the Spurs are two of the most well known and supported football clubs in world football. Follow their historic clash in the Semi Finals of the 2000/01 FA Cup as Arsenal face Tottenham.

Friday 19th August 2011

06:00 am 500 Great Goals (Rpt)

G

Football is a worldwide phenomenon. Sit back as we delve through the archives of football leagues from all over the country and see the best goals in history.

06:30 am NASCAR Sprint Cup Catch-Up (Rpt)

G

R16 Toyota / Save Mart 350 @ Infineon-Highlights

The 2.52 mile Infineon road racing course at Sonoma, California is perfectly suited to Australian V8 Supercar champion Marcos Ambrose. Can he breakthrough for a maiden win in the Sprint Cup category?

07:30 am Pro Bull Riding (Rpt)

PG

Only the bravest dare to enter the bullring and hold on for dear life. Pro Bull Riding is one of the most popular and thrilling sporting spectacles in the USA and the new season continues here on ONE.

08:30 am WNBA Action

G

The Tulsa Shock selected Australia's Liz Cambage as Number 2 pick in the WNBA Draft. She joins Lauren Jackson and a growing number of Opals playing in the world's premier womens basketball league.

09:00 am Major League Baseball

LIVE

Atlanta Braves V San Francisco Giants

12:00 pm NASCAR Sprint Cup Highlights (Rpt)

R22 Heluva Good! Sour Cream Dips @ Watkins Glen-Highlights

Non-stop motorsport action highlights from Watkins Glen International. The high octane NASCAR racing continues with the 22nd round of the Sprint Cup Series.

01:00 pm The Game Plan (NRL) (Rpt)

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03:30 pm Bondi Rescue (Rpt)

CC PG
WS Some Coarse
Language,
Nudity

Second year trainee Maxy is hoping this will be the year he earns his stripes as a fully fledged lifeguard.

04:00 pm Airline (Rpt)

EasyJet employee Rachael Gardner recovers from her hens night and tackles two honeymooning skydivers who want to take their own parachutes on a flight.

Friday 19th August 2011

04:30 pm Extreme Dreams

PG
Adult Themes

Venezuela Part 1

Presenter Ben Fogle selects one person from each of the past four trips to form a team to scale the formidable Mount Roraima in Venezuela.

05:00 pm TBA

05:30 pm I Fish Catch Of The Day (Rpt)

WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiast. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:00 pm Airline

Big-hearted easyJet staff in Liverpool plan an elaborate welcome for newlywed passenger service agent Rachael as she flies back from Mauritius with husband Ben.

06:30 pm Bondi Rescue (Rpt)

CC PG
WS Some Coarse
Language,
Adult Themes

Take to the sands of Bondi with Hoppo, Whippet, Bisho, Reidy, Yatesy, Maxi, Deano and the crew as our lifeguards deal with all kinds of drama at Australia's most iconic beach.

07:00 pm COPS

PG
Drug References

Cp903 Miami, Florida

COPS is the definitive real-life observational documentary series that follows the personal and professional lives of police officers enforcing the troubled streets of America.

07:30 pm Mighty Movers (Rpt)

G

Mighty Movers: Deep Sea Drillers

Mighty Movers are machines that work some of the largest and most sophisticated operations in the world, fulfilling our desire to work faster, build bigger and move more.

08:30 pm World's Fastest Indian, The (Rpt)
(2005)

CC PG
WS Mild Coarse
Language,
Adult Themes

MOVIE

The story of New Zealand's Burt Munro, who in 1967, set out to break the land speed record using a 1920 Indian motorcycle he had spent years building.

Starring: Anthony Hopkins, Diane Ladd, Craig Hall, Daniel Sing, Tessa Mitchell

11:10 pm Sports Tonight

The most trusted name in sports news, Sports Tonight has reporters around the country chasing the stories and bringing you the news, interviews and highlights you need to see every day.

11:40 pm UFC: Hardy v Lytle (Rpt)

U.F.C Live 5: Hardy V Lytle

02:10 am Omnisport (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

Friday 19th August 2011

02:30 am Major League Baseball (Rpt)

Atlanta Braves V San Francisco Giants

05:00 am This Week In Baseball (Rpt)

PG

Throughout the Major League season, This Week in Baseball is your one stop magazine show for all the most interesting MLB stories, with profiles, news, highlights and features beyond the ballpark.

05:30 am FA Cup Classics (Rpt)

G

Manchester United V Middlesbrough 4th Round 04/05

Manchester United have emerged as arguably the biggest global brand in football. Led by England captain David Beckham they faced Middlesbrough in the FA Cup fourth round of 2004/05.

Saturday 20th August 2011

06:00 am Ironman: St George, Utah (Rpt)

G

Ironman St George, Utah 2011

Ironman St George is made up of a swim leg at Sand Hollow Reservoir while the bike and run course offers spectacular views of downtown St. George, Snow Canyon and Red Cliffs Desert Reserve in Utah.

07:00 am Triathlon: ITU World Championship Highlights (Rpt)

G

R5 London - Highlights

Tune in for all the round five highlights of the Dextro ITU World Championship Series as triathletes build towards the London Olympics.

08:00 am Running: The Sun-Herald City 2 Surf 2011

10:00 am Pro Bull Riding

11:00 am World Of Free Sports

Sample an assortment of adventure and extreme sporting activities as World of Free Sports brings you another heart-pumping dose of adrenalin.

11:30 am Drive

PG

Israel (Part 2)

The second season of this stunningly filmed skateboarding series takes you into the streets, carparks and makeshift jumps where skate culture develops and enthusiasts chase the dream of turning pro.

12:00 pm The WWE Experience (Rpt)

PG
Some Violence

Jack Korpela guides you through your weekly fix of the good, the bad and the ugly from WWE covering the most hardcore action from Raw, SmackDown and NXT.

01:00 pm Ironman: Austria 2011

G

Ironman Austria 2011

02:00 pm Extreme Dreams (Rpt)

PG
Adult Themes

Papua New Guinea Part 1

The novice adventurers prepare to trek along the notoriously tough Black Cat Trail through the jungle of Papua New Guinea where they'll come face to face with raging rivers and deadly snakes.

02:30 pm Extreme Dreams (Rpt)

PG
Adult Themes

Papua New Guinea Part 2

Deep in the heart of the jungle of Papua New Guinea, 59-year-old Chris has to confront his lifelong fear of heights, and Danielle finds the trail too tough to manage.

03:00 pm Extreme Dreams (Rpt)

PG
Adult Themes

Papua New Guinea Part 3

As the team venture deeper into one of the world's most remote regions, they appear to walk into an ambush by hostile tribal warriors.

03:30 pm Bondi Rescue (Rpt)

CC PG
WS Some Coarse Language, Adult Themes

Take to the sands of Bondi with Hoppo, Whippet, Bisho, Reidy, Yatesy, Maxi, Deano and the crew as our lifeguards deal with all kinds of drama at Australia's most iconic beach.

04:00 pm Airline (Rpt)

PG
Some Coarse Language

Tempers soar as traffic jams make passengers miss their planes, including a couple bound for a funeral in Italy. Meanwhile, a French student mistakenly goes to Heathrow instead of Luton.

Saturday 20th August 2011

04:30 pm **Airline** (Rpt)

PG
Some Coarse
Language

An Elvis impersonator flies from Liverpool to Malaga, determined to practise his act mid flight, while traffic delays cause passengers to become irate after arriving late for check in.

05:00 pm **Airline** (Rpt)

PG

Each new day presents EasyJet with a new set of difficulties. Sometimes it's down to the airline, other times it's down to the passengers.

05:30 pm **I Fish** (Rpt)

G

A brand new season kicks off with stunning adventures on land and sea. Paul Worsteling brings you great tips and products that will help you lure the big fish.

06:00 pm **I Fish Catch Of The Day** (Rpt)

WS G

Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiast. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.

06:30 pm **The WWE Experience**

PG
Some Violence

Jack Korpela guides you through your weekly fix of the good, the bad and the ugly from WWE. Every Thursday at 8.30pm The WWE Experience will cover the most hardcore action from Raw, SmackDown and NXT.

07:30 pm **Fear Factor**

PG
Some Coarse
Language,
Adult Themes

In each pulse-racing episode, contestants recruited from across America must decide if they have the guts and determination to face their most primal fears and confront a series of challenging stunts.

08:30 pm **An Idiot Abroad** (Rpt)

M
Some Coarse
Language,
Nudity

Brazil

Karl Pilkington is sent off to experience Brazil. Christ the Redeemer stands above Rio De Janeiro as one of the wonders of the world. Perhaps Rio's white sandy beaches will stop Karl whinging.

09:30 pm **UFC 121**

U.F.C 121: Lesnar V Velasquez

11:30 pm **World Rally Championship**

G

R9 Germany - Day 1 Highlights

From Germany's wine-making region of Mosel comes the first asphalt rally of the 2011 WRC season. Recap day one highlights from the straights and hairpin turns of the narrow and dirty vineyard roads.

12:00 am **MotoGP** (Rpt)

WS

R11 Czech

02:00 am **Omnisport** (Rpt)

Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.

02:30 am **Football: Arsenal TV**

Champions League Qualifier: Arsenal Classic Match

one

MELBOURNE PROGRAM GUIDE

Saturday 20th August 2011

05:30 am FA Cup Classics (Rpt)

G

Manchester City V Leeds United 4th Round 99/00

The FA Cup is the world's oldest cup competition and in the 119th staging, fans at the fourth round match between Manchester City and Leeds United in 1999/2000 were treated to a goal fest.