

Sunday 11th December 2011

06:00 am	Football: The Serie A Highlights Show (Rpt)	PG	<u>Matchday 14</u>
			The Serie A Highlights Show is a comprehensive recap of the best goals and highlights from every matchday of the 2011/12 Italian football season.
06:30 am	Pro Bull Riding	PG	<u>Columbus</u>
			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.
07:30 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.
08:00 am	Volvo Ocean Race Highlights	PG	
09:00 am	Sailing World Championship Highlights		
10:00 am	World Rally Championship Season Review		<u>W.R.C Season Review</u>
			See the dirt fly in the final review show of the 2011 WRC. We recap the best moments from the world's premier rally class.
11:00 am	Australian Rally Championship (Rpt)		<u>R5 Victoria</u>
			It is both the final Australian and Victorian Rally Championship of the season. Head to the Baw Baw Shire and the popular forest roads around Noojee for the final heart stopping action and one winner.
12:00 pm	UFC 140 Prelims (Rpt)		LIVE
			<u>U.F.C 140 Prelims</u>
01:00 pm	Airline (Rpt)	PG Some Coarse Language	Airline is a reality television series documenting the lives of airline staff, ground workers, and passengers on budget airline EasyJet.
01:30 pm	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.
02:30 pm	Australian Swimmer Of The Year Awards	G	<u>Australian Swimmer Of The Year Awards</u>
03:00 pm	Jaguar Adventure	PG	Nigel Marven continues with his search to see jaguars in the wild. In the second episode he hits the jackpot, encountering a male jaguar cooling off in the shade.



MELBOURNE PROGRAM GUIDE

Sunday 11th December 2011

04:00 pm **Pat Callinan's 4x4 Adventures** (Rpt) G

Join Pat Callinan as he takes his trusty 4x4 and explores the most amazing, visually stunning places in Australia.

05:00 pm **Sailing World Championships 2011**

LIVE

08:00 pm **COPS** (Rpt) PG
Drug References

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

08:30 pm **Happening, The** (Rpt) (2008) WS

MOVIE

When a strange, horrible and unprecedented crisis begins to unfold in Central Park, a high school science teacher, his wife and a young girl do what they can to survive it.

Starring: Mark Wahlberg, Zoey Deschanel, John Leguizamo, Ashlyn Sanchez, Betty Buckley

10:30 pm **Basketball: NBL**

Round 10: Wollongong Hawks V Perth Wildcats

The 2011–12 National Basketball League is the thirty-fourth season of competition since its establishment in 1979. A total of 9 teams will contest the league.

12:30 am **Basketball: NBL** (Rpt)

Round 10: Cairns Taipans V Melbourne Tigers

The 2011–12 National Basketball League is the thirty-fourth season of competition since its establishment in 1979. A total of 9 teams will contest the league.

02:30 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.

03:00 am **World Of Free Sports** (Rpt) PG

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

03:30 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.

04:00 am **NFL Total Access** (Rpt) PG

Total Access brings you all the very latest NFL news, reviews and analysis. Everything you need to know so you can follow the 17 week regular season of America's National Football League.

The logo for the 'one' network, featuring the word 'one' in white lowercase letters on a green square background.

MELBOURNE PROGRAM GUIDE

Sunday 11th December 2011

05:00 am **National Football League** (Rpt)

LIVE

Week 14 - Green Bay Packers V Oakland Raiders (Early)

The Green Bay Packers host the Oakland Raiders at their home ground, Lambeau Field in Week 14 of the 2011-2012 NFL season.



MELBOURNE PROGRAM GUIDE

Monday 12th December 2011

06:00 am National Football League

08:15 am National Football League (Rpt)

11:15 am Omnisport (Rpt)

11:45 am World Of Free Sports (Rpt) PG

12:15 pm RPM Moment (Rpt) G

12:20 pm National Football League (Rpt)

03:30 pm Jeopardy (Rpt) G

04:00 pm Beach Patrol (Rpt)

04:30 pm Airline (Rpt) PG

05:00 pm I Fish (Rpt) WS G

06:00 pm Jeopardy! G

LIVE

Week 14 - Green Bay Packers V Oakland Raiders

The Green Bay Packers host the Oakland Raiders at their home ground, Lambeau Field in Week 14 of the 2011-2012 NFL season.

LIVE

Week 14 - Denver Broncos V Chicago Bears (Early)

The Denver Broncos host the Chicago Bears at their home ground, Sports Authority Field in Week 14 of the 2011-2012 NFL season.

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.

World of Free Sports brings you the world - a world of action, adventure and extreme sports. Get your thirty minute dose of adrenalin with an assortment of unbelievable action.

R.P.M Moment - Restoring Classic Racecars

RPM host Greg Rust visits the workshop of Des Wall, who has lovingly restored some classic racecars from Australia's motorsport history.

LIVE

Week 14 - Dallas Cowboys V New York Giants

The Dallas Cowboys host the New York Giantss at their home ground, Cowboys Stadium in Week 14 of the 2011-2012 NFL season.

A quiz show with a twist: contestants are provided with the answers. But what are the right questions? Hosted by Alex Trebek.

A man found floating facedown and lifeless in the water is rescued by Lifeguards. Once he's on dry land, they take drastic measures to try to save his life.

Airline is a reality television series documenting the lives of airline staff, ground workers, and passengers on budget airline EasyJet.

Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.

A quiz show with a twist: contestants are provided with the answers. But what are the right questions? Hosted by Alex Trebek.



MELBOURNE PROGRAM GUIDE

Monday 12th December 2011

06:30 pm Beach Patrol

A fisherman tumbles down the Mission Beach jetty and into the ocean. Lifeguards rush to the rescue, but because he has suffered possible neck and spinal injuries, lifeguards must try to immobilize him

07:00 pm COPS

07:30 pm Psych

PG

Think Tank

Shawn and Gus are thrilled when they're asked to join an elite security company, but the team to which they are assigned is not quite as thrilled with their unconventional techniques.

Starring: James Roday, Dule Hill, Corbin Bernsen

08:30 pm Burn Notice

Bloodlines

Michael helps Sam, Fi, and Jesse search for a group of missing girls being trafficked into the US by the Yakuza; however, things get a bit personal for Michael when Madeline puts herself in danger.

Starring: Jeffery Donovan, Gabrielle Anwar, Bruce Campbell, Sharon Gless

09:30 pm Blue Bloods

WS M
Realistic Violence

Silver Star

Danny feels personally responsible for finding the killer of a former U.S. Marine war hero.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Len Cariou

10:30 pm The Ultimate Fighter (Rpt)

M
Realistic Violence,
Some Coarse
Language

The Ultimate Fighter 12 sees lightweight hopefuls compete for the ultimate prize - a contract with the UFC. Coaches this season are Georges St-Pierre and the man everybody loves to hate Josh Koscheck.

11:30 pm World Rally Championship Season Review (Rpt)

W.R.C Season Review

See the dirt fly in the final review show of the 2011 WRC. We recap the best moments from the world's premier rally class.

12:30 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.

01:00 am MotoGP Classics (Rpt)

G

Donington 1992

Relive the 500cc Motorcycle World Championship action with a 1992 classic race from Donington Park in England.



MELBOURNE PROGRAM GUIDE

Monday 12th December 2011

02:00 am **Football: The Serie A Highlights Show (Rpt)** PG

Matchday 14

The Serie A Highlights Show is a comprehensive recap of the best goals and highlights from every matchday of the 2011/12 Italian football season.

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

Arsenal V Everton

05:30 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.



MELBOURNE PROGRAM GUIDE

Tuesday 13th December 2011

06:00 am Football: Serie A (Rpt)

Matchday 14: Inter V Udinese

08:00 am Ironman: Texas 2011 (Rpt)

G

Memorial Hermann Ironman Texas

Athletes will begin with a 2.4-mile swim in Lake Woodlands, then a 112-mile bike course that heads through the scenic farmland of east Texas. The day ends with a 26.2-mile run course through the town.

09:00 am The Storming (Rpt)

PG
Some Coarse
Language

The Storming

The Storming is a journey from the Tahoe backcountry to the looming peaks of Iceland. It features the riding of some of the most progressive snowboard riders in the business.

10:00 am Basketball: NBL (Rpt)

Round 10: Wollongong Hawks V Perth Wildcats

The 2011–12 National Basketball League is the thirty-fourth season of competition since its establishment in 1979. A total of 9 teams will contest the league.

12:00 pm NFL: America's Game

PG

Story Of The 1988 San Francisco 49ers

Miami hosted its first Super Bowl in a decade in January 1989. It was the season decider between Cincinnati and San Francisco as the 49ers laid claim to team of the 80s. Narrated by Ed Harris.

01:00 pm Football: The Serie A Highlights Show (Rpt)

PG

Matchday 14

The Serie A Highlights Show is a comprehensive recap of the best goals and highlights from every matchday of the 2011/12 Italian football season.

01:30 pm Lost Prophets (Rpt)

PG

Lost Prophets

Travel the world with lost prophets as their stories unfold during some of the best Indian Ocean waves documented in the past decade. See nine surfers united by adventure, balance & connection.

02:30 pm Save Point (Rpt)

PG
Stylised Violence,
Mild Coarse
Language

Save Point brings you a fast-paced fix of gaming releases, news and reviews.

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 Jeopardy (Rpt)

G

A quiz show with a twist: contestants are provided with the answers. But what are the right questions? Hosted by Alex Trebek.

04:00 pm Beach Patrol (Rpt)

A fisherman tumbles down the Mission Beach jetty and into the ocean. Lifeguards rush to the rescue, but because he has suffered possible neck and spinal injuries, lifeguards must try to immobilize him



MELBOURNE PROGRAM GUIDE

Tuesday 13th December 2011

04:30 pm Airline (Rpt)	PG	Airline is a reality television series documenting the lives of airline staff, ground workers, and passengers on budget airline EasyJet.
05:00 pm I Fish (Rpt)	WS G	Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm Jeopardy!	G	A quiz show with a twist: contestants are provided with the answers. But what are the right questions? Hosted by Alex Trebek.
06:30 pm Beach Patrol		At La Jolla Shores strong rip currents force lifeguards to rescue one girl, but an asthma attack leaves her in need of serious medical help. Later, a beachgoer is attacked by a stingray.
07:00 pm COPS		
07:30 pm Expedition Impossible	WS PG	<p><u>Blind Man's Nightmare, A</u></p> <p>This week the teams must navigate six miles into the Atlas Mountains to a 200 foot high cliff and then rappel down. Next they must comb through a riverbed to find a rock with a fish fossil.</p>
08:30 pm COPS: Adults Only (Rpt)	M Adult Themes	<p><u>Cp821 Buffalo</u></p> <p>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 Buffalo.</p>
09:00 pm COPS: Adults Only (Rpt)	M	<p><u>Cp826 Buffalo</u></p> <p>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.</p>
09:30 pm Rush (Rpt)	CC M WS Some Violence, Adult Themes	<p>When a family court judge is taken hostage by a disgruntled father, TR tries for a peaceful resolution. Lawson's efforts to catch a killer are hampered by journalist Jacinta Burns.</p> <p>Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser</p>
10:30 pm 24 (Rpt)	M Some Violence	<p><u>Day 1: 10:00 P.M. - 11:00 P.M.</u></p> <p>Guest Starring: Dennis Hopper, Misha Collins</p> <p>Jack delivers a cell phone that is unknowingly rigged to explode to Palmer. Kim manages to escape. The identity of the real mole inside CTU is exposed.</p> <p>Starring: Kiefer Sutherland, Elisha Cuthbert, Dennis Haysbert, Carlos Bernard</p>



MELBOURNE PROGRAM GUIDE

Tuesday 13th December 2011

11:30 pm **The League**

MA15+
Sexual References

The White Knuckler

Andre brings in a new partner to expand his practice, Ruxin uses a sick kid in the hopes of meeting NFL star Josh Cribbs, and Pete deals with the complications of dating Kevin's ex-girlfriend.

12:00 am **Save Point** (Rpt)

Save Point brings you a fast-paced fix of gaming releases, news and reviews.

12:30 am **National Football League**

03:00 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.

03:30 am **Football: Serie A**

Matchday 15

05:30 am **FA Cup Classics** (Rpt)

G

F.A Cup 6th Round 1994/95 Liverpool V Tottenham Hotspur

Liverpool and Tottenham are two of the most historic and well supported football clubs in England. ONE revisits their classic 1994/95 FA Cup clash.



MELBOURNE PROGRAM GUIDE

Wednesday 14th December 2011

06:00 am **Football: Liverpool TV**

Liverpool V Queens Park Rangers

09:00 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.

10:00 am **Basketball: NBL (Rpt)**

Round 10: Cairns Taipans V Melbourne Tigers

The 2011–12 National Basketball League is the thirty-fourth season of competition since its establishment in 1979. A total of 9 teams will contest the league.

12:00 pm **Rok Adventure**

01:00 pm **World Rally Championship Season Review (Rpt)**

W.R.C Season Review

See the dirt fly in the final review show of the 2011 WRC. We recap the best moments from the world's premier rally class.

02:00 pm **NFL Total Access**

PG

Total Access brings you all the very latest NFL news, reviews and analysis. Everything you need to know so you can follow the 17 week regular season of America's National Football League.

03:00 pm **Omnisport**

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03:30 pm **Jeopardy (Rpt)**

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A quiz show with a twist: contestants are provided with the answers. But what are the right questions? Hosted by Alex Trebek.

04:00 pm **Beach Patrol (Rpt)**

At La Jolla Shores strong rip currents force lifeguards to rescue one girl, but an asthma attack leaves her in need of serious medical help. Later, a beachgoer is attacked by a stingray.

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

PG

Airline is a reality television series documenting the lives of airline staff, ground workers, and passengers on budget airline EasyJet.

05:00 pm **I Fish (Rpt)**

WS G

Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.

06:00 pm **Jeopardy!**

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A quiz show with a twist: contestants are provided with the answers. But what are the right questions? Hosted by Alex Trebek.



MELBOURNE PROGRAM GUIDE

Wednesday 14th December 2011

06:30 pm Beach Patrol

A sailor's boat starts sinking in the middle of the ocean and lifeguards race to keep it from going under. Later, police and lifeguards try to break up a beachside brawl between battling surfers.

07:00 pm COPS

07:30 pm Ice Road Truckers (Rpt)

PG
Some Coarse
Language

Accident Alley

A massive roll over nearly takes a life. Lisa, one of the only females on the ice road, has a break failure and struggles to stop in fresh snow as the conditions worsen.

08:30 pm COPS: Adults Only

09:00 pm COPS: Adults Only (Rpt)

M
Some Violence

Back To Broward County

The groundbreaking reality series COPS documents the personal and professional lives of the police officers enforcing the troubled streets of America.

09:30 pm The Killing

M
Some Coarse
Language,
Adult Themes

Stonewalled

Sarah and Holder manage to evade the FBI and uncover new evidence. Mitch endangers the boys, prompting Stan to take matters into his own hands. Richmond tries to climb back into the race.

10:30 pm NFL Total Access (Rpt)

PG

Total Access brings you all the very latest NFL news, reviews and analysis. Everything you need to know so you can follow the 17 week regular season of America's National Football League.

11:30 pm National Football League

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

Matchday 16: Werder Bremen V Wolfsburg

04:30 am Football: Bundesliga Weekly Highlights

Matchday 16

Follow the highlights and results from all the Bundesliga matches in the weekly highlights show.

05:30 am FA Cup Classics (Rpt)

G

F.A Cup Final 1995/96 Liverpool V Manchester United

England's FA Cup is the world's most unique football tournament, where every club at any level can compete against the nation's best. In 1995/96, the FA Cup Final saw Liverpool face titans Man U.



MELBOURNE PROGRAM GUIDE

Thursday 15th December 2011

06:00 am **Football: Serie A** (Rpt)

08:00 am **Football: Bundesliga** (Rpt)

10:00 am **Basketball: NBL** (Rpt)

12:00 pm **MotoGP Classics** (Rpt)

G

01:00 pm **Save Point** (Rpt)

01:30 pm **Save Point** (Rpt)

02:00 pm **Jaguar Adventure** (Rpt)

PG

03:00 pm **Omnisport**

03:30 pm **Jeopardy** (Rpt)

G

04:00 pm **Beach Patrol** (Rpt)

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

PG

05:00 pm **I Fish** (Rpt)

WS G

Matchday 14: Parma V Palermo

Matchday 16: Werder Bremen V Wolfsburg

Round 10: Sydney Kings V Adelaide 36ers

The 2011–12 National Basketball League is the thirty-fourth season of competition since its establishment in 1979. A total of 9 teams will contest the league.

Donington 1992

Relive the 500cc Motorcycle World Championship action with a 1992 classic race from Donington Park in England.

Save Point brings you a fast-paced fix of gaming releases, news and reviews.

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Nigel Marven continues with his search to see jaguars in the wild. In the second episode he hits the jackpot, encountering a male jaguar cooling off in the shade.

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MELBOURNE PROGRAM GUIDE

Thursday 15th December 2011

06:00 pm Jeopardy!

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A quiz show with a twist: contestants are provided with the answers. But what are the right questions? Hosted by Alex Trebek.

06:30 pm Beach Patrol

It's the Fourth of July and the lifeguards and police are called in when a nude and lewd man refuses to leave the beach.

07:00 pm COPS

07:30 pm Extreme Fishing With Robson Green (Rpt)

PG
Some Coarse
Language

Costa Rica

Drop a line as ONE revisits Robson Green's first season of Extreme Fishing adventures. The actor travels to Costa Rica to hunt the elusive machaca fish, a relative of the piranha.

08:30 pm Skeleton Key, The (2005)

MOVIE

After taking a job caring for an elderly stroke victim in an old plantation home, a hospice worker soon learns that something evil may be lurking in the house.

Starring: Kate Hudson, Gena Rowlands, John Hurt, Peter Sarsgaard

10:45 pm The Ultimate Fighter

M
Realistic Violence,
Some Coarse
Language

The Ultimate Fighter 12 sees lightweight hopefuls compete for the ultimate prize - a contract with the UFC. Coaches this season are Georges St-Pierre and the man everybody loves to hate Josh Koscheck.

11:45 pm UFC Prelims 140 (Rpt)

U.F.C 140 Prelims

12:45 am National Football League

03:15 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.

03:30 am Football: Serie A

Matchday 15

05:30 am Football: The Serie A Highlights Show

PG

Matchday 15

The Serie A Highlights Show is a comprehensive recap of the best goals and highlights from every matchday of the 2011/12 Italian football season.



MELBOURNE PROGRAM GUIDE

Friday 16th December 2011

06:00 am Football: Serie A (Rpt)

Matchday 15

08:00 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.

09:00 am Fiberglass & Megapixels (Rpt)

PG
Some Coarse
Language

Fiberglass & Megapixels

A multiple award winning documentary about photographers who travel to Hawaii every winter to focus their cameras on the best surfers in the world as they push the limits of wave riding.

10:00 am Football: Bundesliga Weekly Highlights (Rpt)

Matchday 16

Follow the highlights and results from all the Bundesliga matches in the weekly highlights show.

11:00 am NFL: America's Game (Rpt)

PG

Story Of The 1988 San Francisco 49ers

Miami hosted its first Super Bowl in a decade in January 1989. It was the season decider between Cincinnati and San Francisco as the 49ers laid claim to team of the 80s. Narrated by Ed Harris.

12:00 pm Omnisport (Rpt)

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12:25 pm National Football League (Rpt)

LIVE

Week 15 - Atlanta Falcons V Jacksonville Jaguars

The Atlanta Falcons host the Jacksonville Jaguars at their home ground, the Georgia Dome in Week 15 of the 2011-2012 NFL season.

03:30 pm Jeopardy (Rpt)

G

A quiz show with a twist: contestants are provided with the answers. But what are the right questions? Hosted by Alex Trebek.

04:00 pm Beach Patrol (Rpt)

It's the Fourth of July and the lifeguards and police are called in when a nude and lewd man refuses to leave the beach.

04:30 pm Airline (Rpt)

PG
Mild Coarse
Language

Airline is a reality television series documenting the lives of airline staff, ground workers, and passengers on budget airline EasyJet.

05:00 pm Pat Callinan's 4x4 Adventures

G

Join Pat Callinan as he takes his trusty 4x4 and explores the most amazing, visually stunning places in Australia.

06:00 pm Jeopardy!

G

A quiz show with a twist: contestants are provided with the answers. But what are the right questions? Hosted by Alex Trebek.



MELBOURNE PROGRAM GUIDE

Friday 16th December 2011

06:30 pm Beach Patrol

Rescuers fight to save a life at the north end of San Diego beach. Meanwhile, Mother Nature shows her brutal force when a cliff collapses on top of a beachgoer.

07:00 pm COPS

07:30 pm Master Of Disaster

Into The Tornado

A team of storm chasers and photographers positions an armoured device with cameras in the direct path of a tornado near Manchester, South Dakota.

08:30 pm An Idiot Abroad

09:30 pm Miami Swat

Miami is home to some of America's meanest streets where ruthless gangsters live by their own rules. Standing in their way is the Special Response Team, one of the best trained police units in the USA

10:30 pm Basketball: NBL

Round 11: Adelaide 36ers V Wollongong Hawks

The 2011–12 National Basketball League is the thirty-fourth season of competition since its establishment in 1979. A total of 9 teams will contest the league.

12:30 am Basketball: NBL (Rpt)

Round 10: Wollongong Hawks V Perth Wildcats

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02:30 am The Ultimate Fighter (Rpt)

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Realistic Violence,
Some Coarse
Language

The Ultimate Fighter 12 sees lightweight hopefuls compete for the ultimate prize - a contract with the UFC. Coaches this season are Georges St-Pierre and the man everybody loves to hate Josh Koscheck.

03:30 am Omnisport

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04:00 am Australian Rally Championship
(Rpt)

R5 Victoria

It is both the final Australian and Victorian Rally Championship of the season. Head to the Baw Baw Shire and the popular forest roads around Noojee for the final heart stopping action and one winner.

The logo for the 'one' network, featuring the word 'one' in a white, lowercase, sans-serif font inside a green square.

MELBOURNE PROGRAM GUIDE

Friday 16th December 2011

05:00 am **Motorsport: Goodwood Revival
2011 (Rpt)**

PG

Goodwood Revival 2011

The Goodwood Revival really is a magical step back in time, a unique chance to revel in the glamour and allure of motor racing in the romantic time capsule of the golden era of motor racing.



MELBOURNE PROGRAM GUIDE

Saturday 17th December 2011

06:00 am NFL Total Access (Rpt)	PG	Total Access brings you all the very latest NFL news, reviews and analysis. Everything you need to know so you can follow the 17 week regular season of America's National Football League.
07:00 am National Football League		
09:30 am Pro Bull Riding	PG	<p><u>Las Vegas Part 1</u></p> <p>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.</p>
10:30 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.
11:00 am X Venture Corporate Games		
12:00 pm Ironman: Kelloggs Nutri Grain Series Preview		
01:30 pm Football: The Serie A Highlights Show (Rpt)	PG	<p><u>Matchday 15</u></p> <p>The Serie A Highlights Show is a comprehensive recap of the best goals and highlights from every matchday of the 2011/12 Italian football season.</p>
02:00 pm Equitana 2011		
04:00 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. The WWE Experience will cover the most hardcore action from Raw, SmackDown and NXT.
		LIVE
05:00 pm Sailing World Championships 2011		
07:00 pm COPS (Rpt)	PG Mild Coarse Language, Drug References	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 Fort Worth.
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.



MELBOURNE PROGRAM GUIDE

Saturday 17th December 2011

08:30 pm TBA

09:30 pm 48 Hours

Playing With Fire

48 Hours is a documentary series focussing on real life mysteries and crime stories.

10:30 pm Basketball: NBL

Round 11: Gold Coast Blaze V Perth Wildcats

The 2011–12 National Basketball League is the thirty-fourth season of competition since its establishment in 1979. A total of 9 teams will contest the league.

12:30 am Basketball: NBL (Rpt)

Round 11: Adelaide 36ers V Wollongong Hawks

The 2011–12 National Basketball League is the thirty-fourth season of competition since its establishment in 1979. A total of 9 teams will contest the league.

02:30 am The Ultimate Fighter (Rpt)

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Realistic Violence,
Some Coarse
Language

The Ultimate Fighter 12 sees lightweight hopefuls compete for the ultimate prize - a contract with the UFC. Coaches this season are Georges St-Pierre and the man everybody loves to hate Josh Koscheck.

03:30 am Football: Bundesliga Weekly Highlights (Rpt)

Matchday 16

Follow the highlights and results from all the Bundesliga matches in the weekly highlights show.

04:30 am 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.

05:00 am Lost Prophets (Rpt)

PG

Lost Prophets

Travel the world with lost prophets as their stories unfold during some of the best Indian Ocean waves documented in the past decade. See nine surfers united by adventure, balance & connection.