

Sunday 10th July 2011

06:00 am	Snowboarding: TTR World Tour (Rpt)	PG	While the Olympic limelight only happens every four years, rookies and pros get their chance to shine each year on the TTR World Snowboard Tour, pulling tricks and getting massive air.
06:30 am	ONE Action	PG	<u>ONE Action 32</u> Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.
06:35 am	Pro Bull Riding	PG	As part of ONE's Action Weekend lineup, it's time to climb aboard and hang on for dear life. The world's greatest rodeo competition is America's Pro Bull Riding circuit.
07:30 am	ONE Action	PG	<u>ONE Action 33</u> Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.
07:35 am	World Of Free Sports	PG	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.
08:00 am	ONE Action	PG	<u>ONE Action 34</u> Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.
08:05 am	Save Point (Rpt)	PG (L, V)	Maude Garrett joins Paul Verhoeven and Junglist to bring you a fast-paced fix of gaming releases, news and reviews.
08:10 am	M7 Multisport (Rpt)		<u>Anaconda Adventure Race</u> M7 comes to Augusta in Western Australia for the world's biggest participation adventure race. 1700 athletes push the limits of their endurance over 72kms of stunning coastline and national parks.
08:25 am	ONE Action	PG	<u>ONE Action 35</u> Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.
08:30 am	LIVE: NASCAR Countdown		LIVE <u>Countdown To Green - Live From Kentucky</u> Start your engines with the very latest news and driver interviews from the track. The pre-race show is Live from the grid in Kentucky as we await the Green flag to fall and race 18 to start.
09:30 am	LIVE: NASCAR Sprint Cup		LIVE <u>R18 Quaker State 400 @ Kentucky</u> The Quaker State 400 is the 18th race of the NASCAR season, held over 644 kilometres and 267 laps at the Kentucky Speedway. Many drivers will pull double duty in the Sprint Cup and Nationwide Series.

Sunday 10th July 2011

01:00 pm British Touring Car Championship

G **R5 Croft**

One of the world's most popular and tightly contested Touring Car categories, the BTCC provides action-packed, door-to-door racing over ten rounds. Croft hosts the fifth race weekend.

02:00 pm Motorsport: Isle Of Man TT

PG **Superbike Race**

Superbikes take to the Isle of Man for the first TT of 2011. One of the most challenging and dangerous motorsport events, riders take to narrow, twisting streets, roads and laneways at high speed.

03:00 pm Airline (Rpt)

PG

In Luton, a group of friends heading to Aberdeen for a boy's weekend get separated. A plane bound for Malaga turns out to be too small to take all the passengers.

03:30 pm Airline (Rpt)

PG

Fog descends on Luton airport, ensuring EasyJet staff has their hands full dealing with the disruption. The late departure of Air Force One from Belfast causes delays for other flights.

04:00 pm Netball World Championships: Highlights

Singapore 2011: Day 7 Highlights

Across 8 days, 16 nations come together in Singapore for the 13th edition of Netball's World Championships. First held in 1963, Australia have made every Final but New Zealand are Commonwealth champs.

04:30 pm Netball World Championships: Countdown To The Final

Countdown To The Final

It was one of the most intense and exciting netball games ever. Revisit the Delhi 2010 Commonwealth Games Gold medal game, plus updates on the Bronze in the Countdown to the World Championship Final.

06:30 pm LIVE: Netball World Championships Final

LIVE Final

Australia and New Zealand have a fierce rivalry. The Diamonds are defending world champions and the Silver Ferns are Commonwealth champs but will England or Jamaica upset the world order in netball?

08:30 pm LIVE: 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.

09:00 pm LIVE: Formula 1 Grand Prix

LIVE R9 British Grand Prix

Silverstone and Formula 1 share a long history dating back to 1950. Round 9 of the 2011 Championship sees drivers complete 52 laps of the 5.9km circuit. Webber looks to repeat his 2010 British GP win.

12:05 am Bobby Jones - Stroke Of Genius (Rpt)

PG

(L) Bobby Jones (Jim Caviezel) rose from complete obscurity to become a golfing legend. However his passion and pursuit of perfection in mastering the game put him at odds with peers and family (2004).

Sunday 10th July 2011

02:30 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.

03:00 am Golf: OneAsia Tour

High 1 Open Round 4

Final round coverage from the High 1 Open as leading golfers from Australia, China, Korea and around the Asia-Pacific compete at Korea's High 1 Country Club.

Monday 11th July 2011

06:00 am	Grand-Am Rolex Sportscar Series		<u>R8 Continental Tyre Sportscar Festival - Laguna Seca</u> The world famous Laguna Seca circuit hosts MotoGP and many other top categories in world motorsport. It plays host to the eighth round of the 2011 Grand-Am Rolex Sportscar Series.
09:00 am	RPM Moment	G	<u>Honda Superbikes</u> RPM hosts Greg Rust and Craig Baird test their limits on two-wheels as they climb aboard three Honda bikes - a 600, 1000 and Superbike.
09:10 am	500 Greatest Goals	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.
09:40 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.
10:10 am	Netball World Championships Semi Final (Rpt)		<u>Semi Final</u> Out of 16 teams at the World Championships, only four remain at the Semi Final stage. Will top seeds Australia, New Zealand, England and Jamaica all make it? Will the final be a Silver Ferns rematch?
12:00 pm	Netball World Championships Final (Rpt)		<u>Final</u> Australia and New Zealand have a fierce rivalry. The Diamonds are defending world champions and the Silver Ferns are Commonwealth champs but will England or Jamaica upset the world order in netball?
02:00 pm	Netball World Championships: Highlights		<u>Singapore 2011: Day 8 Highlights</u> Across 8 days, 16 nations come together in Singapore for the 13th edition of Netball's World Championships. First held in 1963, Australia have made every Final but New Zealand are Commonwealth champ.
02:30 pm	NASCAR Nationwide Series Highlights		<u>R18 Feed The Children 300 @ Kentucky</u> Get ready for mouth-watering racing that's finger licking good. Kentucky hosts the 18th round of the Nationwide Series as drivers vie to be Colonel after 300 miles of racing.
03:30 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.
04:00 pm	Extreme Dreams (Rpt)	PG	The team heads to the final base camp before climbing the peak, but at 16,000 feet (4,876 metres) above sea level it is no easy trek. One contestant may not take it.

Monday 11th July 2011

04:30 pm Airline (Rpt)

PG

Fog descends on Luton airport, ensuring EasyJet staff has their hands full dealing with the disruption. The late departure of Air Force One from Belfast causes delays for other flights.

05:00 pm To Be Advised

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

G

Nightly at 5.30pm, drop a line with I Fish as we revisit the Catch of the Day - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.

06:00 pm Bondi Rescue (Rpt)

CC PG

(L, Weeknights are going to be a beach with the Bondi boys. Follow elite
N) lifeguards on patrol at the world's busiest beach. With people's lives literally in their hands public safety is their #1 priority.

06:30 pm Extreme Dreams

PG

The final leg sees the team fight extreme exhaustion in freezing temperatures to realise their dream - the summit of Kilimanjaro.

07:00 pm Airline

PG

(L, Confusion over check-in times causes problems at Luton airport, while a lost
A) passport holds up a plane's departure.

07:30 pm COPS

08:00 pm COPS

08:30 pm To Be Advised

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 LIVE: 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 Formula 1 Grand Prix (Rpt)

R9 British Grand Prix

Silverstone and Formula 1 share a long history dating back to 1950. Round 9 of the 2011 Championship sees drivers complete 52 laps of the 5.9km circuit. Webber looks to repeat his 2010 British GP win.

01:00 am One Week At A Time Late

NRL

ONE's rugby league guru Adam Hawse joins NSW Coach Ricky Stuart and either Ben Ikin or Adam MacDougall every Monday night to dissect the week's big issues in the NRL.

Monday 11th July 2011

02:00 am Motorsport: Isle Of Man TT (Rpt)

PG Superbike Race

Superbikes take to the Isle of Man for the first TT of 2011. One of the most challenging and dangerous motorsport events, riders take to narrow, twisting streets, roads and laneways at high speed.

03:00 am Omnisport (Rpt)

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03:30 am Football: The Story Of The FA Cup (Rpt)

G Football: The Story Of The F.A Cup (Part 3)

In the afterglow of another amazing football season, delve into the history of football's oldest club cup competition. Legends are forged in Part 3 of The Story of the FA Cup.

04:30 am Netball World Championships (Rpt)

Australia V Samoa

16 countries unite in Singapore for the 2011 World Netball Championships. Natalie von Bertouch captains the Aussie Diamonds team as they begin their campaign against Samoa, who finished 6th in 2003.

Tuesday 12th July 2011

06:00 am	Netball World Championships (Rpt)		<u>Australia V Northern Ireland</u> The Aussie Diamonds defend their title of World Champions in netball. After the heartbreak of silver at the Commonwealth Games can they surge past Northern Ireland on the way to a Silver Fern rematch?
07:30 am	Golf: OneAsia Tour Highlights (Rpt)		<u>High 1 Open Round 4</u> Final round coverage from the High 1 Open as leading golfers from Australia, China, Korea and around the Asia-Pacific compete at Korea's High 1 Country Club.
08:30 am	BMX: Nike 6.0 HB BMX Pro (Rpt)	PG	<u>B.M.X Nike 6.0 H.B Pro (At The U.S Open)</u> As part of the US Open of Surfing at Huntington Beach, some of the world's best freestyle BMX riders show their stuff in the Nike 6.0 HB BMX Pro.
09:30 am	AFL Premiership Season 2011	CC	<u>Round 16 - Essendon V Richmond</u>
12:00 pm	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.
12:30 pm	British Touring Car Championship (Rpt)	G	<u>R5 Croft</u> One of the world's most popular and tightly contested Touring Car categories, the BTCC provides action-packed, door-to-door racing over ten rounds. Croft hosts the fifth race weekend.
01:30 pm	One Week At A Time (NRL) (Rpt)		<u>NRL</u> ONE's rugby league guru Adam Hawse joins NSW Coach Ricky Stuart and either Ben Ikin or Adam MacDougall every Monday night to dissect the week's big issues in the NRL.
02:30 pm	One Week At A Time (AFL) (Rpt)		<u>AFL</u> 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.
03:30 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.
04:00 pm	Extreme Dreams (Rpt)	PG	The final leg sees the team fight extreme exhaustion in freezing temperatures to realise their dream - the summit of Kilimanjaro.
04:30 pm	Airline (Rpt)	PG (L)	Escape the daily grind and relax with a short getaway on Airline. However as all holiday makers have discovered there is always stress and tension getting to your destination.

Tuesday 12th July 2011

05:00 pm To Be Advised

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

G

Nightly at 5.30pm, drop a line with I Fish as we revisit the Catch of the Day - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.

06:00 pm Bondi Rescue (Rpt)

CC PG

Bondi Rescue follows the work of elite lifeguards in charge at the world's busiest beach. With people's lives literally in their hands, these lifeguards ensure safety is their number one priority.

06:30 pm Extreme Dreams

PG

Five would-be explorers are led by Ben Fogle on a 200 mile journey to cross the frozen wastelands of Spitzbergen as they explore the Arctic.

07:00 pm Airline

PG

(L) The EasyJet staff deal with a couple who think they have arrived in plenty of time for their flight, but are actually a day late according to computer records.

07:30 pm To Be Advised

08:30 pm COPS: Adults Only

09:00 pm COPS: Adults Only

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11:45 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.

12:15 am NASCAR Sprint Cup Highlights

R18 Quaker State 400 @ Kentucky-Highlights

The Quaker State 400 is the 18th race of the NASCAR season, held over 644 kilometres and 267 laps at the Kentucky Speedway. Many drivers will pull double duty in the Sprint Cup and Nationwide Series.

01:15 am Omnisport (Rpt)

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01:45 am Football: Liverpool TV (Rpt)

2010/11 Season Review - The Kop 10

Liverpool TV takes a look back at the very best games, goals and more from the Reds' 2010/11 campaign. Sit back and enjoy the Kop 10 countdown right here on ONE. Kop that!

04:45 am Golf: OneAsia Tour Highlights (Rpt)

High 1 Open Round 4

Final round coverage from the High 1 Open as leading golfers from Australia, China, Korea and around the Asia-Pacific compete at Korea's High 1 Country Club.

one

MELBOURNE PROGRAM GUIDE

Tuesday 12th July 2011

05:45 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.

Wednesday 13th July 2011

06:00 am Netball World Championships (Rpt)

Australia V Sri Lanka

A stern Diamonds defence headed by Laura Geitz, Mo'onia Gerrard, Rebecca Bulley and Amy Steel look to stop Sri Lanka in their tracks. Will Australia remain undefeated through the World Championships?

07:30 am WNBA Action

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.

08:00 am 500 Greatest Goals

G

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

08:30 am Skateboarding: Coastal Carnage (Rpt)

PG

Skateboarding: Coastal Carnage (At The U.S Open)

\$75,000 is up for grabs in a unique, invite only pro-am skate contest as part of the US Open of Surfing. Huntington Beach will host more than 30 top skateboarders as they unleash with sick new tricks.

09:30 am Snowboarding: TTR World Tour

PG

While the Olympic limelight only happens every four years, rookies and pro get their chance to shine each year on the TTR World Snowboard Tour, pulling tricks and getting massive air.

10:00 am Ironman Australia (Rpt)

G

Ironman Australia: Port Macquarie 2011

Over 1500 local and international competitors test their endurance and power as ironmen and ironwomen push the limits around the stunning landscapes of Port Macquarie.

11:00 am Motorsport: Australian GT (Rpt)

Australian GT Sportscar - Eastern Creek

Australian GT is the nation's premier sportscar category. The most exotic car marques including Ferrari, Porsche, Mosler, Audi, Aston Martin, Lamborghini and Lotus race door to door at Eastern Creek.

11:30 am NASCAR Sprint Cup (Rpt)

R18 Quaker State 400 @ Kentucky

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04:00 pm	Extreme Dreams (Rpt)	PG	Five would-be explorers are led by Ben Fogle on a 200 mile journey to cross the frozen wastelands of Spitzbergen as they explore the Arctic.
04:30 pm	Airline (Rpt)	PG (L, A)	Confusion over check-in times causes problems at Luton airport, while a lost passport holds up a plane's departure.
05:00 pm	To Be Advised		
05:30 pm	I Fish Catch Of The Day (Rpt)	G	Nightly at 5.30pm, drop a line with I Fish as we revisit the Catch of the Day - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm	Bondi Rescue (Rpt)	CC PG (A, N)	Bondi Rescue follows the work of elite lifeguards in charge at the world's busiest beach. With people's lives literally in their hands, these lifeguards ensure safety is their number one priority.
06:30 pm	Extreme Dreams	PG	The team face their first night on the ice due to their disorganised behaviour. Left cold and hungry, the Arctic's Temple Mountain isn't feeling much like a place of serenity.
07:00 pm	Airline	PG (L, A)	Check-in staff are treated to an impromptu show by strippers the Dreamboys, but tensions rise when a passenger turns up late for a delayed flight.
07:30 pm	Long Way Round	PG (L)	SERIES FINALE One year on Charley and Ewan reunite with the crew and revisit their Long Way Round journey. The team laugh about the roadblocks they encountered and extra footage brings new insights into their trip.
08:30 pm	COPS: Adults Only		
09:00 pm	COPS: Adults Only		
09:30 pm	Sons Of Anarchy	AV15+ (V)	Capybara When a SAMCRO member is arrested for murder and another goes missing, Jax must choose between friendship and the club. Meanwhile baby Abel is soon to be released from the Intensive Care Unit.
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 13th July 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 Major League Baseball: All-Star Game**All-Star Game: National League V American League**

From the bullpen to the mound, the outfield and the dugout, the call has gone out and only the very best baseball players have united as National League face American League in the 2011 All-Star Game.

03:00 am Omnisport (Rpt)

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03:30 am AFL Premiership Season 2011 (Rpt) CC**Round 16 - Essendon V Richmond**

Thursday 14th July 2011

06:00 am	Netball World Championships Quarter Final (Rpt)		Quarter Final The Diamonds' World Championship title defence continues as the Aussies hope to make a Quarter Final appearance as the top seed from Pool A. Will they face England, Malawi, Barbados or Malaysia?
07:30 am	Football: The Magic Of The FA Cup	G	Everton's Greatest Goals Liverpool-based club Everton has a long and proud history in English football, with Socceroo Tim Cahill a current star. This special looks at some of their Greatest Goals in FA Cup competition.
09:00 am	Major League Baseball All-Star Game (Rpt)		All-Star Game: National League V American League From the bullpen to the mound, the outfield and the dugout, the call has gone out and only the very best baseball players have united as National League face American League in the 2011 All-Star Game.
12:00 pm	Tennis: ATP World Tour Uncovered	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.
12:30 pm	NASCAR Nationwide Series Highlights (Rpt)		R18 Feed The Children 300 @ Kentucky Get ready for mouth-watering racing that's finger licking good. Kentucky hosts the 18th round of the Nationwide Series as drivers vie to be Colonel after 300 miles of racing.
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06:00 pm Bondi Rescue (Rpt)

CC PG

Warm up your winter with a visit to the beach every night at 6pm. Unwind after a busy day at work as Bondi Rescue follows the work of the lifeguards in charge of safety at the world's busiest beach.

06:30 pm Extreme Dreams

PG

Will Rachel be able to continue on the 200 mile trek to Temple Mountain? The team try to convince her to stay, but will the lady of leisure give up on her dream?

07:00 pm Airline

PG

Students go wild at a bizarre festival near Valencia in Spain, where 25,000 people gather annually to pelt each other with tomatoes. Footballer turned actor Vinnie Jones greets fans at Luton airport.

07:30 pm COPS

08:00 pm COPS

08:30 pm LIVE: The Game Plan

LIVE

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 To Be Advised

10:30 pm LIVE: Sports Tonight

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11:00 pm The Ultimate Fighter

NEW TIME

M Heavyweights

(L, V) The Ultimate Fighter season 10 is down to the second semi final as Team Rampage and Team Evans continue to be whittled down until there is only one heavyweight left standing. The winner joins the UFC.

12:00 am The Game Plan Late

NRL

Your weekend begins here as Andrew Moore, Steve 'Blocker' Roach and Joel Caine bring you the show with 100% pure footy. NRL players and legends join the panel, plus The Late Mail and Front Row Forum.

01:00 am Extreme Dreams (Rpt)

PG

The final leg sees the team fight extreme exhaustion in freezing temperatures to realise their dream - the summit of Kilimanjaro.



MELBOURNE PROGRAM GUIDE

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01:30 am Omnisport (Rpt)

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02:00 am Golf: OneAsia Tour

Indonesia Open Round 1

Elite golf pros from Australia, China, Korea and the Asia Pacific return to Indonesia for the next leg of the 2011 OneAsia Tour.

Friday 15th July 2011

06:00 am	Netball World Championships Semi Final (Rpt)	Semi Final Out of 16 teams at the World Championships, only four remain at the Semi Final stage. Will top seeds Australia, New Zealand, England and Jamaica all make it? Will the final be a Silver Ferns rematch?
08:00 am	The Game Plan (AFL) (Rpt)	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.
09:00 am	LIVE: Major League Baseball	LIVE Toronto Blue Jays V New York Yankees A live and exclusive doubleheader of baseball on ONE, with the two most recent World Series champs both in action. First the Yankees cross the border to teach the Toronto Blue Jays America's pastime.
12:00 pm	LIVE: Major League Baseball Doubleheader	LIVE San Diego Padres V San Francisco Giants Defending World Series champions the San Francisco Giants face their cross-state rival San Diego. The Padres and Giants usually dominate the NL West, but the Rockies, Dodgers and D-Backs are lurking.
03:00 pm	WNBA Action (Rpt)	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.
03:30 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.
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Friday 15th July 2011

06:30 pm **Extreme Dreams**

PG

Will the team survive their 70 mile journey across the frozen Arctic tundra? A blizzard rolls in and the freezing temperatures begin to take a heavy toll on the expedition party.

07:00 pm **Airline**

PG

News of the September 11 terrorist attacks reaches Luton and it's not long before the airport supervisor is besieged by anxious passengers seeking further information.

07:30 pm **Megastructures: Concrete**

PG **Concrete**

Megastructures delves deep into the Science of Concrete. One of the most under appreciated building materials, concrete provides a solid and stable platform for some engineering marvels.

08:30 pm **To Be Advised**

10:50 pm **LIVE: 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.

11:20 pm **UFC Unleashed (Rpt)**

M

(V)

MMA has become a global phenomenon and the Ultimate Fighting Championship is the world's fastest growing sport. There are no limits as two men enter the octagon in fighting that's as real as it gets.

12:20 am **To Be Advised**

01:20 am **Extreme Dreams (Rpt)**

PG

Five would-be explorers are led by Ben Fogle on a 200 mile journey to cross the frozen wastelands of Spitzbergen as they explore the Arctic.

01:50 am **Omnisport (Rpt)**

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02:00 am **Golf: OneAsia Tour**

Indonesia Open Round 2

Japanese legend Shigeki Maruyama and European Ryder Cup hero Irishman Paul McGinley join leading golfers from Australia, Japan, Korea, China and the Asia-Pacific region all vie to make the cut.

Saturday 16th July 2011

06:00 am	Netball World Championships Final (Rpt)		<p>Final</p> <p>Australia and New Zealand have a fierce rivalry. The Diamonds are defending world champions and the Silver Ferns are Commonwealth champs but will England or Jamaica upset the world order in netball?</p>
08:00 am	British Touring Car Championship (Rpt)	G	<p>R5 Croft</p> <p>One of the world's most popular and tightly contested Touring Car categories, the BTCC provides action-packed, door-to-door racing over ten rounds. Croft hosts the fifth race weekend.</p>
09:00 am	Motorsport: Isle Of Man TT (Rpt)	PG	<p>Superbike Race</p> <p>Superbikes take to the Isle of Man for the first TT of 2011. One of the most challenging and dangerous motorsport events, riders take to narrow, twisting streets, roads and laneways at high speed.</p>
10:00 am	ONE Action	PG	<p>ONE Action 36</p> <p>Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.</p>
10:05 am	Pro Bull Riding	PG	<p>As part of ONE's Action Weekend lineup, it's time to climb aboard and hang on for dear life. The world's greatest rodeo competition is America's Pro Bull Riding circuit.</p>
11:00 am	ONE Action	PG	<p>ONE Action 37</p> <p>Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.</p>
11:05 am	World Of Free Sports		<p>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.</p>
11:30 am	ONE Action	PG	<p>ONE Action 38</p> <p>Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.</p>
11:35 am	Drive		<p>Breakdown</p> <p>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.</p>
11:55 am	ONE Action	PG	<p>ONE Action 39</p> <p>Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.</p>
12:00 pm	Ironman: St George, Utah	G	<p>Ironman St George, Utah 2011</p> <p>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.</p>

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01:00 pm	The WWE Experience (Rpt)	PG (V)	Jack Korpela guides you through your weekly fix of the good, the bad and the ugly from WWE. New episodes every Saturday night with all the most intense action from Raw, SmackDown and NXT.
02:00 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.
02:30 pm	Extreme Dreams (Rpt)	PG	The team face their first night on the ice due to their disorganised behaviour. Left cold and hungry, the Arctic's Temple Mountain isn't feeling much like a place of serenity.
03:00 pm	Extreme Dreams (Rpt)	PG	Will Rachel be able to continue on the 200 mile trek to Temple Mountain? The team try to convince her to stay, but will the lady of leisure give up on her dream?
03:30 pm	Extreme Dreams (Rpt)	PG	Will the team survive their 70 mile journey across the frozen Arctic tundra? A blizzard rolls in and the freezing temperatures begin to take a heavy toll on the expedition party.
04:00 pm	Airline (Rpt)	PG (L, A)	Confusion over check-in times causes problems at Luton airport, while a lost passport holds up a plane's departure.
04:30 pm	Airline (Rpt)	PG (L)	The EasyJet staff deal with a couple who think they have arrived in plenty of time for their flight, but are actually a day late according to computer records.
05:00 pm	Bondi Rescue (Rpt)	CC PG	The Lifeguards have an opportunity to show what they're made of in the Lifeguard Challenge, a mid-season competition between Lifeguards from local beaches. Who will be crowned the fittest and fastest?
05:30 pm	I Fish	G	Nightly at 5.30pm, drop a line with I Fish as we revisit the Catch of the Day - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:30 pm	The WWE Experience	PG (V)	Jack Korpela guides you through your weekly fix of the good, the bad and the ugly from WWE. New episodes every Saturday night with all the most intense action from Raw, SmackDown and NXT.
07:30 pm	Everest: Beyond The Limit (Rpt)	PG (A)	SEASON RETURN This five part series charts the extraordinary journey to Earth's summit. Join the heart pounding expedition of 11 climbers, three guides and a team of sherpas to scale the heights of Mount Everest.

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08:30 pm An Idiot Abroad (Rpt)

M China

(L) In this brand new series - Ricky Gervais sends an average Englishman, Karl Pilkington, off to see the seven wonders of the world with a film crew to record his reactions. The journey begins in China.

09:30 pm LIVE: MotoGP Qualifying

LIVE

R9 Germany - Qualifying

The 3.671 km Sachsenring race track contains many tight corners allowing for some closely contested wheel-to-wheel racing. Live Qualifying ahead of the German Grand Prix, Round 9 of the championship.

11:10 pm UFC 128

U.F.C 128 Shogun V Jones

Jon 'Bones' Jones looks to dethrone light heavy weight champion Mauricio Shogun Rua. Will Jones become the youngest ever UFC belt holder? Exciting newcomers Urijah Faber and Eddie Wineland do battle.

01:10 am NASCAR Sprint Cup Qualifying

R19 Lenox Industrial Tools 301 @ Loudon-Qualifying

The Sprint Cup heads to New Hampshire as Loudon plays host to the 19th round of the season. The race for spots in the Chase is on in earnest and a good qualifying time is crucial.

02:00 am Golf: OneAsia Tour

Indonesia Open Round 3

It is moving day with Third Round coverage of the Indonesia Open from the Damai Indah Golf - Pantai Indah Kapuk Course. \$1 million is on the line at the seventh stop on the OneAsia Tour.