

Sunday 17th July 2011

06:00 am	LIVE: Major League Baseball	LIVE <u>Tampa Bay Rays V Boston Red Sox</u> The American League East is always the most keenly contested division in baseball, as three powerhouse MLB franchises fight for top spot. Can the Boston Red Sox beat the Rays in Tampa Bay?
09:00 am	Ironman: St George, Utah (Rpt)	G <u>Ironman St George, Utah 2011</u> 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.
10:00 am	ONE Action	PG <u>ONE Action 40</u> Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.
10:05 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 nears the business end of America's Pro Bull Riding season.
11:00 am	ONE Action	PG <u>ONE Action 41</u> Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.
11:05 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	ONE Action	PG <u>ONE Action 42</u> Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.
11:35 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 on the slopes.
11:55 am	ONE Action	PG <u>ONE Action 43</u> Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.
12:00 pm	NASCAR Sprint Cup Qualifying	<u>R19 Lenox Industrial Tools 301 @ Loudon-Qualifying</u> 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.
01:00 pm	World Rally Championship Mid Season Review	<u>Mid Season Review</u> Seven rounds into the 2011 World Rally Championship and again country men Sebastien Loeb and Sebastien Ogier are fighting it out in front of Hirvonen, Latvala and Solberg. Recap the season to date.

Sunday 17th July 2011

02:00 pm Motorsport: Isle Of Man TT

PG Sidecar Race 1

Climb aboard and experience the thrill of the world's most spectacular event on two wheels. The sidecars take to 38 miles of scenic and winding public roads in the 2011 Isle of Man Tourist Trophy.

03:00 pm Australian Superboat Championship

R2 Mackay

Feel the power as Mackay in Queensland plays host to the next leg of the Australian Offshore Superboat Championships for 2011.

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 Airline (Rpt)

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.

04:30 pm Airline (Rpt)

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.

05:00 pm Airline (Rpt)

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.

05:30 pm I Fish

G

Join Paul Worsteling every Sunday afternoon on ONE for brand new adventures on land and sea. I Fish is the #1 show for anglers with great tips and products that will help you lure the big fish.

06:00 pm Extreme Dreams

PG

In the season finale, it is the last day of the expedition and the team find their journey blocked by two metres of water on a fjord that should be frozen.

06:30 pm To Be Advised

06:55 pm LIVE: Motorcycle Racing: 125cc

LIVE

R9 Germany

Nicolas Terol maintains a massive series lead in the final year of 125s. Sixteen year old young gun Maverick Vinales is chasing Folger, Cortese and Zarco as the championship visits Germany for Race 9.

08:00 pm LIVE: Motorcycle Racing: Moto2

LIVE

R9 Germany

Reigning 125 world champ Marc Marquez won at the Cathedral, but Stefan Bradl retains a massive series lead. Expect wheel to wheel racing in Germany between Corsi, Smith, Takahashi, Iannone and Luthi.

Sunday 17th July 2011

09:30 pm LIVE: MotoGP

LIVE

R9 Germany

Who will be crowned king of the Sachsenring? Casey Stoner is dominating the season, but Lorenzo, Simoncelli, Spies, Hayden and Pedrosa are lurking and Rossi is always dangerous.

11:15 pm First Descent (Rpt)

M

(L)

Come on an Alaskan odyssey with five pro snowboarders as they chase the thrill of conquering some of the most challenging and untouched mountains on the planet.

01:30 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.

02:00 am LIVE: NASCAR Countdown

LIVE

Countdown To Green - Live From Loudon

The bumper-to-bumper action is heating up as the summer series of Sprint Cup races hit Loudon. Hear from the drivers and expert commentators in the countdown to green at New Hampshire Motor Speedway.

03:00 am LIVE: NASCAR Sprint Cup

LIVE

R19 Lenox Industrial Tools 301 @ Loudon

Fan favourite Dale Earnhardt Jr has had three top 5 finishes and eight top tens but is yet to break through for a win. Carl Edwards opened up a handy lead from Harvick, Johnson and the Busch brothers.

Monday 18th July 2011

06:00 am	LIVE: NASCAR Sprint Cup (Cont)		<p>LIVE <u>R19 Lenox Industrial Tools 301 @ Loudon</u> Fan favourite Dale Earnhardt Jr has had three top 5 finishes and eight top tens but is yet to break through for a win. Carl Edwards opened up a handy lead from Harvick, Johnson and the Busch brothers.</p>
06:30 am	Golf: OneAsia Tour		<p><u>Indonesia Open Round 4</u> Japanese legend Shigeki Maruyama and Ireland's Ryder Cup hero Paul McGinley join leading golfers from Australia, Japan, Korea, China and the Asia-Pacific region all vying for the Indonesia Open crown.</p>
09:30 am	AFL Premiership Season 2011	CC	<p><u>Round 17 - Carlton V Collingwood</u> Two epic rivals and two of the biggest Victorian clubs. A massive crowd will pack the MCG as reigning premiers Collingwood face serious top four contender Carlton.</p>
12:00 pm	Tennis: ATP World Tour Uncovered (Rpt)	G	<p>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.</p>
12:30 pm	Triathlon: ITU World Championship Series		<p><u>R4 Hamburg - Mens Race</u> The Dextro Energy ITU Championship Series detours to picturesque Hamburg in Germany for the fourth round of 2011. Follow the elite male triathletes as they swim, cycle and run through the city.</p>
03:00 pm	Omnisport		<p>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.</p>
03:30 pm	Extreme Dreams (Rpt)	PG	<p>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?</p>
04:00 pm	Extreme Dreams (Rpt)	PG	<p>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.</p>
04:30 pm	Airline (Rpt)	PG	<p>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.</p>
05:00 pm	Guerrilla Gardeners	CC PG (L)	<p><u>Jannali</u> When the sun goes down and city workers retreat to the suburbs, renegade gardeners reclaim the streets. Six young warriors, armed with attitude and gardening tools will makeover barren public spaces.</p>

Monday 18th July 2011

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,
A)

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

06:30 pm Extreme Dreams

In this new season Ben Fogle selects another team of rookie adventurers to undertake a gruelling Himalayan expedition to the lakes of Panch Pokhari, where they face extreme weather conditions.

07:00 pm Airline

PG

Luton manager Alan Derbyshire prepares to receive a donor kidney from his wife, while delayed passengers get restless when they find out their luggage is missing.

07:30 pm COPS

PG

(L, D) 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 Indianapolis.

08:00 pm COPS

PG

(L, D) 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.

08:30 pm 24

M

The clock is ticking on the most adrenalin-fuelled, action drama series ever made. Jack Bauer and his colleagues in the Counter Terrorist Unit must save the day, but who can he trust?

09:30 pm One Week At A Time

AFL

Stephen Quartermain, Robert Walls and Luke Darcy tackle the big footy issues every Monday night as the most respected name in footy analysis dissects Round 17 in the AFL.

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 MotoGP (Rpt)

R9 Germany

Who will be crowned king of the Sachsenring? Casey Stoner is dominating the season, but Lorenzo, Simoncelli, Spies, Hayden and Pedrosa are lurking and Rossi is always dangerous.

Monday 18th July 2011

01:00 am One Week At A Time Late

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 they 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 Major League Baseball (Rpt)

Tampa Bay Rays V Boston Red Sox

The American League East is always the most keenly contested division in baseball, as three powerhouse MLB franchises fight for top spot. Can the Boston Red Sox beat the Rays in Tampa Bay?

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05:30 am FA Cup Classics (Rpt)

G **F.A Cup Semi Final 1990/91 - Tottenham V Arsenal**

Tottenham and Arsenal were both title contenders this season, but 20 years ago they fought it out deep in the FA Cup. Relive the 1990/91 Semi Final between the Hotspur and the Gunners.

Tuesday 19th July 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

R1 Daytona 500-Highlights

ONE is home to all 36 rounds of the Sprint Cup in 2011. Each weekday catch-up on the season to date as we revisit the season opener and the Great American Race - February's Daytona 500.

07:30 am Pro Bull Riding (Rpt)

PG

Take a ride on the hide side. Every weekday catch-up on a piece of the action from the bullring as cowboys hang on for dear life in America's Pro Bull Riding.

08:30 am WNBA Action

The Tulsa Shock selected Australia's Liz Cambage as pick two in the WNBA Draft. She joins Lauren Jackson and a growing number of Opals who have made it to the world's premier womens basketball league.

09:00 am Australian Superboat Championship (Rpt)

R2 Mackay

Feel the power as Mackay in Queensland plays host to the next leg of the Australian Offshore Superboat Championships for 2011.

09:30 am AFL Premiership Season 2011

CC

Round 17 - Melbourne V Port Adelaide

The Power have sustained a season of misery as Port players struggle to develop a winning structure under new coach Matthew Primus. The Melbourne Demons are surging towards top eight contention.

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

AFL

Stephen Quartermain, Robert Walls and Luke Darcy tackle the big footy issues every Monday night as the most respected name in footy analysis dissects Round 17 in the AFL.

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

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02:00 pm 24 (Rpt)

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03:30 pm Bondi Rescue (Rpt)

CC PG
(L,
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Bondi Rescue follows the work of elite lifeguards patrolling the world's busiest beach. With people's lives literally in their hands these lifeguards ensure public safety is their number one priority.

Tuesday 19th July 2011

04:00 pm Extreme Dreams (Rpt)

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In the season finale, it is the last day of the expedition and the team find their journey blocked by two metres of water on a fjord that should be frozen.

04:30 pm Airline (Rpt)

PG

Luton manager Alan Derbyshire prepares to receive a donor kidney from his wife, while delayed passengers get restless when they find out their luggage is missing.

05:00 pm Guerrilla Gardeners

CC PG

Prince Of Wales

When the sun goes down and city workers retreat to the suburbs, renegade gardeners reclaim the streets. Six young warriors, armed with attitude and gardening tools will makeover barren public spaces.

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.

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As the team makes their way to the sacred lakes, trekking through the steep jungle, they find themselves stuck on the Kamikarka mountain as a storm of snow, thunder and lightning rages round them.

07:00 pm Airline

Luton manager Alan Derbyshire recovers from his kidney transplant, a man refuses to fly without his treasured viola and a member of the ground crew gets the chance to become a cabin-crew member.

07:30 pm Black Gold

PG

(L, V, S) 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

Every Tuesday and Wednesday night ONE brings you a double episode of Adults Only COPS. The series that invented observational, fly-on-the-wall reality TV is still at the forefront of storytelling.

09:00 pm COPS: Adults Only

M

(S) COPS is the definitive real-life observational documentary series. Follow the personal and professional lives of police officers enforcing the law on the troubled streets of Indianapolis.

Tuesday 19th July 2011

09:30 pm To Be Advised

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 Nationwide Series Highlights

R19 New England 200 @ Loudon

An action-packed season of Nationwide racing heads to New Hampshire as Loudon plays host to Race 19. With Danica Patrick and Kimi Raikkonen having already entered the mix, what surprises are in store?

01:00 am Omnisport (Rpt)

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01:30 am World Rally Championship Mid Season Review (Rpt)

Mid Season Review

Seven rounds into the 2011 World Rally Championship and again country men Sebastien Loeb and Sebastien Ogier are fighting it out in front of Hirvonen, Latvala and Solberg. Recap the season to date.

02:30 am Grand-Am Rolex Sportscar Series (Rpt)

R8 Continental Tyre Sportscar Festival - Laguna Seca

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.

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05:30 am FA Cup Classics (Rpt)

G **F.A Cup Final 1990/91 - Nottingham Forest V Tottenham**

ONE's coverage of the Beautiful Game continues with a trip down memory lane and the FA Cup Final between Nottingham Forest and Tottenham from 1990/91.

Wednesday 20th July 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

R2 Subway Fresh Fit 500 @ Phoenix-Highlights

Two time V8 Supercar champ Marcos Ambrose makes his second start for Richard Petty Motorsport in the 2011 Sprint Cup. Is this the year the Australian challenges for the title? Highlights from Phoenix.

07:30 am Pro Bull Riding (Rpt)

PG

Take a ride on the hide side. Every weekday catch-up on a piece of the action from the bullring as cowboys hang on for dear life in America's Pro Bull Riding.

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 LIVE: Major League Baseball

LIVE

New York Mets V St Louis Cardinals

ONE takes you out to the ballpark in Flushing, Queens as Citi Field plays host to a National League battle between the Mets and the St Louis Cardinals. This venue replaced the iconic Shea Stadium.

12:00 pm NASCAR Nationwide Series Highlights (Rpt)

R19 New England 200 @ Loudon

An action-packed season of Nationwide racing heads to New Hampshire as Loudon plays host to Race 19. With Danica Patrick and Kimi Raikkonen having already entered the mix, what surprises are in store?

01:00 pm NASCAR Sprint Cup Highlights

R19 Lenox Industrial Tools 301 @ Loudon-Highlights

Fan favourite Dale Earnhardt Jr has had three top 5 finishes and eight top tens but is yet to break through for a win. Carl Edwards opened up a handy lead from Harvick, Johnson and the Busch brothers.

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PG

Sidecar Race 1

Climb aboard and experience the thrill of the world's most spectacular event on two wheels. The sidecars take to 38 miles of scenic and winding public roads in the 2011 Isle of Man Tourist Trophy.

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CC PG

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Wednesday 20th July 2011

04:00 pm Extreme Dreams (Rpt)

In this new season Ben Fogle selects another team of rookie adventurers to undertake a gruelling Himalayan expedition to the lakes of Panch Pokhari, where they face extreme weather conditions.

04:30 pm Airline (Rpt)

Luton manager Alan Derbyshire recovers from his kidney transplant, a man refuses to fly without his treasured viola and a member of the ground crew gets the chance to become a cabin-crew member.

05:00 pm Guerrilla Gardeners

CC PG (L) **Darling Street**

When the sun goes down and city workers retreat to the suburbs, renegade gardeners reclaim the streets. Six young warriors, armed with attitude and gardening tools will makeover barren public spaces.

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.

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06:30 pm Extreme Dreams

The team trek through a remote Nepalese valley which few Westerners have visited. Paula loses her temper when lupus sufferer Joanna needs to keep making stops.

07:00 pm Airline

PG (L)

Siobhan has a headache sorting out a family on a delayed flight who have missed their connection. Passengers at Luton learn their flight has been postponed for two days by a freak snowstorm in Athens.

07:30 pm To Be Advised

08:30 pm COPS: Adults Only

09:00 pm COPS: Adults Only

09:30 pm Sons Of Anarchy

AV15+ **The Sleep Of Babies**

(V)

There is a desperate need for cash to fund Bobby's defense and Clay comes up with a solution that leaves SAMCRO in a vulnerable position. Abel returns home, but will it be a happy homecoming?

10:30 pm RPM

Australia's favourite motorsport show dissects all the big issues in F1, MotoGP, WRC, NASCAR, V8s and more. Greg Rust, Daryl Beattie and Craig Baird are at the Aussie premiere of the movie 'Senna'.

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Indonesia Open Round 4

Japanese legend Shigeki Maruyama and Ireland's Ryder Cup hero Paul McGinley join leading golfers from Australia, Japan, Korea, China and the Asia-Pacific region all vying for the Indonesia Open crown.

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05:15 am FA Cup Classics (Rpt)

G **F.A Cup 5th Round 1993/94 Wimbledon V Manchester United**

Alex Ferguson signed Roy Keane on the way to a memorable Premiership and FA Cup double for Manchester United. Revisit the 5th Round FA Cup tie against Wimbledon, where the Red Devils were unstoppable.

05:45 am LIVE: Major League Baseball

LIVE

San Francisco Giants V L.A Dodgers

See two superpowers of baseball on the Pacific coastline as storied franchises the Dodgers and Giants clash in San Francisco. Can Aussie Trent Oeltjen help stop the defending World Series champions?

Thursday 21st July 2011

<p>06:00 am LIVE: Major League Baseball (Cont)</p>	<p>LIVE <u>San Francisco Giants V L.A.Dodgers</u> See two superpowers of baseball on the Pacific coastline as storied franchises the Dodgers and Giants clash in San Francisco. Can Aussie Trent Oeltjen help stop the defending World Series champions?</p>
<p>09:00 am Triathlon: ITU World Championship Series</p>	<p><u>R4 Hamburg - Womens Race</u> The buildup turns serious with only 12 months to go until the London Olympics. The leading contenders in womens triathlon come to Hamburg to take on Aussie frontrunners Emma Moffatt and Emma Snowsill.</p>
<p>11:30 am Tennis: ATP World Tour Uncovered</p>	<p>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.</p>
<p>12:00 pm 500 Great Goals</p>	<p>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.</p>
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<p>01:30 pm To Be Advised</p>	
<p>02:00 pm RPM (Rpt)</p>	<p>Australia's favourite motorsport show dissects all the big issues in F1, MotoGP, WRC, NASCAR, V8s and more. Greg Rust, Daryl Beattie and Craig Baird are at the Aussie premiere of the movie 'Senna'.</p>
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<p>03:30 pm Bondi Rescue (Rpt)</p>	<p>CC PG Bondi Rescue follows the work of elite lifeguards patrolling the world's busiest beach. With people's lives literally in their hands these lifeguards ensure public safety is their number one priority.</p>
<p>04:00 pm Extreme Dreams (Rpt)</p>	<p>As the team makes their way to the sacred lakes, trekking through the steep jungle, they find themselves stuck on the Kamikarka mountain as a storm of snow, thunder and lightning rages round them.</p>
<p>04:30 pm Airline (Rpt)</p>	<p>PG (L) Siobhan has a headache sorting out a family on a delayed flight who have missed their connection. Passengers at Luton learn their flight has been postponed for two days by a freak snowstorm in Athens.</p>

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05:00 pm	Guerrilla Gardeners	CC PG (L)	Ashfield (Central Station Mini Hit) When the sun goes down and city workers retreat to the suburbs, renegade gardeners reclaim the streets. Six young warriors, armed with attitude and gardening tools will makeover barren public spaces.
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.
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06:30 pm	Extreme Dreams		The team's daunting trek across the Himalay as is in jeopardy after Nicole falls ill on a steep mountainside. The others are left with no choice but to carry her to a village two hours up the mountain.
07:00 pm	Airline	PG	Purser Mark holds an impromptu in-flight quiz in preparation for his appearance on a TV show. A businesswoman turns to extreme measures to get to her meeting in Glasgow after missing her flight.
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	Breakout Kings	M (L, V, A)	Collected A prisoner uses the cover of a candlelight vigil to escape jail. The Breakout Kings are brought in to track down this violent criminal, who has once again kidnapped a woman and is holding her captive.
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	The Ultimate Fighter	M (L, V)	Heavyweights Two action-packed semi finals as Roy Nelson takes on James McSweeney while Marcus Jones fights Brendan Schaub. Who will make it through to the 2 hour finale? Concludes this Saturday night on ONE.

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12:00 am **Black Gold (Rpt)**

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(L, V, S) 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.

01:00 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.

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 **Major League Baseball (Rpt)**

San Francisco Giants V L.A Dodgers

See two superpowers of baseball on the Pacific coastline as storied franchises the Dodgers and Giants clash in San Francisco. Can Aussie Trent Oeltjen help stop the defending World Series champions?

05:00 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.

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

G

F.A Cup Final 1993/94 Chelsea V Manchester United

ONE's showcase of the very best from the round ball game continues as Manchester United face archrival Chelsea in the 1993/94 FA Cup Final.

Friday 22nd July 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	<u>R3 Kobalt Tools 400 @ Las Vegas-Highlights</u> Marcos Ambrose qualified second as the roar of 100,000 screaming fans and the engines echo across the Nevada desert. Catch-up on an hour of highlights from the third round of Sprint Cup in Las Vegas.
07:30 am	Pro Bull Riding (Rpt)	PG	Take a ride on the hide side. Every weekday catch-up on a piece of the action from the bullring as cowboys hang on for dear life in America's Pro Bull Riding.
08:30 am	WNBA Action (Rpt)		The Tulsa Shock selected Australia's Liz Cambage as pick two in the WNBA Draft. She joins Lauren Jackson and a growing number of Opals who have made it to the world's premier womens basketball league.
09:00 am	Ironman: St George, Utah (Rpt)	G	<u>Ironman St George, Utah 2011</u> 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.
10:00 am	LIVE: Major League Baseball		LIVE <u>Minnesota Twins V Detroit Tigers</u> An intra-division rivalry plays out in the infield as the team from motor city visit the midwest. Can the Detroit Tigers hold onto their NL Central lead when they visit the struggling Minnesota Twins?
01:00 pm	The Game Plan (NRL) (Rpt)		<u>NRL</u> 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.
02:00 pm	The Game Plan (AFL) (Rpt)		<u>AFL</u> 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.
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	Bondi Rescue (Rpt)	CC PG	Bondi Rescue follows the work of elite lifeguards patrolling the world's busiest beach. With people's lives literally in their hands these lifeguards ensure public safety is their number one priority.

Friday 22nd July 2011

04:00 pm Extreme Dreams (Rpt)

The team trek through a remote Nepalese valley which few Westerners have visited. Paula loses her temper when lupus sufferer Joanna needs to keep making stops.

04:30 pm Airline (Rpt)

PG

Purser Mark holds an impromptu in-flight quiz in preparation for his appearance on a TV show. A businesswoman turns to extreme measures to get to her meeting in Glasgow after missing her flight.

05:00 pm Guerrilla Gardeners

CC PG

(L)

Woolloomooloo

When the sun goes down and city workers retreat to the suburbs, renegade gardeners reclaim the streets. Six young warriors, armed with attitude and gardening tools will makeover barren public spaces.

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,

A,

N)

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

06:30 pm Extreme Dreams

The team of rookie adventurers hit the final stage of their daunting journey across the Himalayas. With sheer walls of rock and ice blocking their path, this may prove the most difficult of all,

07:00 pm Airline

PG

Purser Vicki's boyfriend Nigel sneaks aboard a routine flight to ask for her hand in marriage while pilots Mike and Tony come to grips with the airport's simulator.

07:30 pm To Be Advised

08:30 pm To Be Advised

11:20 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.

11:50 pm UFC 93

U.F.C 93 Franklin V Henderson

Aging heavy weight Dan Henderson fought Rich Franklin in a middleweight main event at UFC 93. PRIDE legend Mauricio 'Shogun' Rua, also known as the phenom, was also on the card in Dublin, Ireland.

01:50 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 22nd July 2011**02:20 am RPM Moment (Rpt)**G **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.

02:30 am Major League Baseball (Rpt)**Minnesota Twins V Detroit Tigers**

An intra-division rivalry plays out in the infield as the team from motor city visit the midwest. Can the Detroit Tigers hold onto their NL Central lead when they visit the struggling Minnesota Twins?

05:00 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.

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. As the off season continues, ONE revisits their classic 1994/95 FA Cup clash.

Saturday 23rd July 2011

06:00 am NASCAR Sprint Cup (Rpt)

R19 Lenox Industrial Tools 301 @ Loudon

Fan favourite Dale Earnhardt Jr has had three top 5 finishes and eight top tens but is yet to break through for a win. Carl Edwards opened up a handy lead from Harvick, Johnson and the Busch brothers.

09:00 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.

09:30 am Australian Superboat Championship (Rpt)

R2 Mackay

Feel the power as Mackay in Queensland plays host to the next leg of the Australian Offshore Superboat Championships for 2011.

10:00 am ONE Action

PG

ONE Action 44

Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.

10:05 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 nears the business end in America's Pro Bull Riding season.

11:00 am ONE Action

PG

ONE Action 45

Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.

11:05 am World Of Free Sports

Sample an assortment of adventure and extreme sporting activities as World of Free Sports brings you another high octane dose of adrenalin.

11:30 am ONE Action

PG

ONE Action 46

Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.

11:35 am Drive

Field Of Dreams

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.

11:55 am ONE Action

PG

ONE Action 47

Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.

12:00 pm Triathlon: ITU World Championship Highlights

R4 Hamburg - Highlights

Olympic preparations have turned serious with only 12 months to go until London 2012. Leading medal contenders in both mens and womens triathlon are in Hamburg to take on the latest emerging talent.

Saturday 23rd July 2011

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 Extreme Dreams (Rpt)

In this new season Ben Fogle selects another team of rookie adventurers to undertake a gruelling Himalayan expedition to the lakes of Panch Pokhari, where they face extreme weather conditions.

02:30 pm Extreme Dreams (Rpt)

As the team makes their way to the sacred lakes, trekking through the steep jungle, they find themselves stuck on the Kamikarka mountain as a storm of snow, thunder and lightning rages round them.

03:00 pm Extreme Dreams (Rpt)

The team trek through a remote Nepalese valley which few Westerners have visited. Paula loses her temper when lupus sufferer Joanna needs to keep making stops.

03:30 pm Bondi Rescue (Rpt)

CC PG

(L, A, N) Bondi Rescue follows the work of elite lifeguards patrolling the world's busiest beach. With people's lives literally in their hands these lifeguards ensure public safety is their number one priority.

04:00 pm Airline (Rpt)

PG

(L) Jane struggles with many passengers after they miss their flight announcements and departures are brought forward. Meanwhile Liverpool Airport is dealing with a defective aircraft causing delays.

04:30 pm Airline (Rpt)

PG

(L, A) Wedding bells are in the air for Graham Fraser but first he has to deal with a succession of damsels in distress. Stephen's last day with EasyJet turns into a rough one when a fire alarm goes off.

05:00 pm Rally: CAMS Tarmac Challenge

Australian Tarmac Rally: Adelaide Hills

Head for the hills as ONE takes you out of the city and onto the bitumen in the picturesque Adelaide Hills for the CAMS Australian Tarmac Rally.

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

G

Seven nights a week 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 takes you through your weekly fix of the good, bad and the ugly from WWE. The latest fast-tracked episodes every Saturday night cover the most intense action from Raw, SmackDown and NXT.

Saturday 23rd July 2011

NETWORK PREMIERE	
07:30 pm Everest: Beyond The Limit	PG (L, A) Join the heart-pounding expedition of 11 climbers, three guides and a team of sherpas on the second instalment of their extraordinary journey to conquer Earth's summit - the height of Mount Everest.
08:30 pm An Idiot Abroad (Rpt)	M <u>India</u> (L, N) Ricky Gervais sets another adventure for Karl Pilkington as he experiences the seven wonders of the world. Karl struggles in India as he's off to see the Taj Mahal.
LIVE	
09:30 pm LIVE: Formula 1 Qualifying	<u>R10 Germany Qualifying</u> It has been a golden era for German Formula 1 fans. After the dominance of seven-time world champ Michael Schumacher, a new superstar is emerging in Sebastian Vettel. Will he win at the Nurburgring?
11:10 pm The Ultimate Fighter	M <u>Heavyweights - Finale</u> (L, V) The Finale sees the top two heavyweights do battle to become The Ultimate Fighter. This massive card also features two current champs Jon Jones and Frankie Edgar as well as internet star Kimbo Slice.
01:30 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.
02:00 am Rally World	<u>Rally World 8</u> The second half of the WRC season is set to commence and Rally World brings you all the very latest team and driver news before Round 8 in Finland.
03:00 am NASCAR Nationwide Series Highlights (Rpt)	<u>R19 New England 200 @ Loudon</u> An action-packed season of Nationwide racing heads to New Hampshire as Loudon plays host to Race 19. With Danica Patrick and Kimi Raikkonen having already entered the mix, what surprises are in store?
04:00 am Golf: OneAsia Tour Highlights (Rpt)	<u>Indonesia Open Round 4</u> Japanese legend Shigeki Maruyama and Ireland's Ryder Cup hero Paul McGinley join leading golfers from Australia, Japan, Korea, China and the Asia-Pacific region all vying for the Indonesia Open crown.
05:00 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.
05:30 am FA Cup Classics (Rpt)	G <u>F.A Cup Final 1995/96 Liverpool V Manchester United</u> 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.