

Sunday 24th 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 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.

06:50 am LIVE: MotoGP Qualifying

LIVE

R10 U.S.A- Qualifying

The MotoGP World Championship makes the long haul flight across the Atlantic to visit the shores of the USA. Will Casey Stoner qualify fastest at Laguna Seca?

08:10 am Rally World (Rpt)

Rally World 8

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.

09:15 am RPM Moment (Rpt)

G

R.P.M Matt Hall

Daryl Beattie meets up with Matt Hall to chat about his transformation from being a fighter pilot in the Australian Airforce to racing in the international circuit of the Red Bull Air Race.

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

G

Former tour pro Justin Gimelstob brings you behind the scenes insights and exclusive player profiles from the ATP Tour.

10:00 am ONE Action

PG

ONE Action 48

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 is America's Pro Bull Riding circuit.

11:00 am ONE Action

PG

ONE Action 49

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

ONE Action 50

Join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.

Sunday 24th July 2011

11:35 am	Snowboarding: TTR World Tour (Rpt)	PG	Ride the slopes with fresh snowboarding action on ONE's Action Sports Afternoon. Ryan Clark intros the TTR World Tour.
11:55 am	ONE Action	PG	ONE Action 51 Join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.
12:00 pm	Rally: CAMS Tarmac Challenge (Rpt)		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.
01:00 pm	Drag Racing: ANDRA Pro Series	G	Top Fuel - Winternationals, Willowbank The Top Fuel dragsters are headed to Queensland and the roar of the fastest quarter mile will echo all around the Willowbank Raceway. The ANDRA Pro Series is in HD and only on ONE.
02:00 pm	Motorsport: Isle Of Man TT	PG	Supersport Race 1 Two-wheeled racing that is on the edge. Each year the Isle of Man welcomes riders and enthusiasts from across the globe for a spectacular week of racing. Hold on for highlights of the Supersport race.
03:00 pm	Australian Superboat Championship		R3 Townsville Over six rounds, experience the speed of Offshore Superboat racing as the Australian Championship Series continues in Townsville, QLD.
03:30 pm	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 pm	Airline (Rpt)	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.
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	Airline (Rpt)	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.
05:30 pm	I Fish	G	A brand new season kicks off with stunning adventures on land and sea. Paul Worsteling brings you great tips and products that will help you lure the big fish.

Sunday 24th July 2011

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

G

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

06:30 pm Shark U

PG

SERIES PREMIERE

Sink Or Swim (With The Sharks)

For over twenty years college students have come to Shark U to study the most feared and fascinating marine animals.

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

PG

(L)

North Eastern Australia

Robson Green heads to crocodile-infested waters in North Eastern Australia to catch some Barramundi, as well as catching a milkfish using a loaf of bread and sport fish by surface popping.

08:30 pm COPS

M

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

09:00 pm LIVE: Formula 1 Grand Prix

LIVE

R10 Germany Grand Prix

Local hero and reigning world champion Sebastian Vettel looks to be headed in the footsteps of country man Michael Schumacher as the dominant frontman in Formula 1.

12:05 am Swimming: FINA World Championships

Day 1

01:35 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 Ironman: St George, Utah (Rpt)

G

Ironman St George, Utah 2011

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

03:00 am LIVE: Grand-Am Rolex Sportscar Series

LIVE

R9 American Red Cross 250 - New Jersey

Steeped in history, ONE takes you to Birmingham in Alabama as the Grand-Am and GT production cars fire up ontrack at the Barber Motorsport Park. Round 3 highlights from the Grand-Am Sportscar Series.

Monday 25th 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 LIVE: MotoGP

LIVE
R10 U.S.A

08:30 am Australian Superboat Championship (Rpt)

R3 Townsville

Over six rounds, experience the speed of Offshore Superboat racing as the Australian Championship Series continues in Townsville, QLD.

09:00 am AFL Premiership Season 2011

CC

Round 18 - North Melbourne V Brisbane Lions

The return of captain Jonathon Brown has lifted the struggling Brisbane Lions. Can they defeat the Kangaroos and score a morale boosting win in Melbourne?

11:30 am Triathlon: ITU World Championship Highlights (Rpt)

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.

12:30 pm Swimming: FINA World Championships (Rpt)

Day 1

02:00 pm Shark U (Rpt)

PG

Sink Or Swim (With The Sharks)

For over twenty years college students have come to Shark U to study the most feared and fascinating marine animals.

03:00 pm Omnisport

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

03:30 pm Extreme Dreams (Rpt)

Libya Selection

Contestants battle it out to prove they have what it takes to cope with a gruelling trek through the Sahara desert. To earn a place on the expedition, they will have to complete a terrifying fire walk

04:00 pm Airline (Rpt)

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.

04:30 pm Extreme Dreams

NEW TIME
Nepal Part 1

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.

05:00 pm Guerrilla Gardeners

CC PG

St Peters

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

Monday 25th July 2011

05:30 pm	I Fish Catch Of The Day (Rpt)	G	Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiast. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
06:00 pm	Airline	PG (L)	NEW TIME Pilot Mike plays Santa for 40 Luton schoolchildren, but festive cheer is scarce on the ground as anxious travellers struggle to reach their families in time for the holiday.
06:30 pm	Bondi Rescue (Rpt)	CC PG (A, N)	NEW TIME 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.
07:00 pm	COPS		
07:30 pm	COPS	PG (L, A)	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.
08:00 pm	COPS		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	24	M	Day 1: 2:00 A.M. - 3:00 A.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 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	Swimming: FINA World Championships		Day 2
12:00 am	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.
12:30 am	MotoGP (Rpt)		R10 U.S.A
01:30 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 to dissect the big NRL issues.

Monday 25th July 2011

02:30 am NASCAR Nationwide Series Highlights

R20 Federated Auto Parts 300 @ Nashville

Catch the highlights from every race of the 2011 Nationwide Series on ONE. Round 20 of full throttle NASCAR excitement is hosted at Nashville Superspeedway.

03:30 am Rally World (Rpt)

Rally World 8

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.

04:30 am Tennis: ATP World Tour Uncovered (Rpt)

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Former tour pro Justin Gimelstob brings you behind the scenes insights and exclusive player profiles from the ATP Tour.

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 1996/97 Chelsea V Middlesbrough

Take a step back in time with another FA Cup classic match - the final of the 1996/97 season between Chelsea FC and Middlesbrough FC.

Tuesday 26th 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

R4 Jeff Byrd 500 @ Bristol-Highlights

At only 25 years of age, Kyle Busch has scored his 20th win in the premier Sprint Cup class. After a fourth straight win at Bristol in the Nationwide Series, he dominated on the half mile short track.

07:30 am Pro Bull Riding (Rpt)

PG

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

08:30 am WNBA Action

G

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

09:00 am AFL Premiership Season 2011

CC

Round 18 - Essendon V Carlton

The Bombers broke the Cats unbeaten streak. Carlton have shown big improvement in 2011 and look to be a serious top four contender as the two most successful all-time Premiership teams collide.

11:30 am One Week At A Time (AFL) (Rpt)

AFL

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

12:30 pm Swimming: FINA World Championships (Rpt)

Day 2

02:00 pm 24 (Rpt)

M

Day 1: 2:00 A.M. - 3:00 A.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?

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

(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.

04:00 pm Airline (Rpt)

PG

(L)

Pilot Mike plays Santa for 40 Luton schoolchildren, but festive cheer is scarce on the ground as anxious travellers struggle to reach their families in time for the holiday.

Tuesday 26th July 2011

04:30 pm Extreme Dreams

Nepal Part 2

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.

05:00 pm Guerrilla Gardeners

PG Parramatta

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

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

G

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

06:00 pm Airline

PG

(L) A customer who has missed his flight to Barcelona insists that not all of the clocks at Luton Airport are set to Greenwich Mean Time.

06:30 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.

07:00 pm COPS

07:30 pm Black Gold

PG

(L, V) 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 Babylon A.D

M

(L, V) Toorop takes on the high-risk job of escorting a woman from Russia to America. She is host to an organism that a cult wants to harvest in order to produce a genetically modified Messiah.

10:30 pm Swimming: FINA World Championships

Day 3

12:30 am 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.

01:00 am Formula 1 Grand Prix (Rpt)

R10 Germany Grand Prix

Local hero and reigning world champion Sebastian Vettel looks to be headed in the footsteps of country man Michael Schumacher as the dominant frontman in Formula 1.

Tuesday 26th July 2011

03:00 am Motorsport: Isle Of Man TT (Rpt)

PG Supersport Race 1

Two-wheeled racing that is on the edge. Each year the Isle of Man welcomes riders and enthusiasts from across the globe for a spectacular week of racing. Hold on for highlights of the Supersport race.

04:00 am Golf: OneAsia Tour Highlights (Rpt)

G 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.

05:00 am Omnisport (Rpt)

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05:30 am FA Cup Classics (Rpt)

G F.A Cup 3rd Round 1999/00 Hull City V Chelsea

Hull City face Chelsea in an FA Cup Classic match from the third round of the 1999/2000 season.

Wednesday 27th 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>R5 Auto Club 400 @ Fontana-Highlights</u> Catch the best moments as our own Marcos Ambrose duels with Jimmie Johnson and the Busch brothers in Southern California. The Auto Club 400 is in Fontana and the highlights are right here on ONE.
07:30 am	Pro Bull Riding (Rpt)	PG	Only the bravest dare to enter the bullring and hold on for dear life. Pro Bull Riding is one of the most popular and thrilling sporting spectacles in the USA and the new season continues here on ONE.
08:30 am	This Week In Baseball	PG	Throughout the Major League season, This Week in Baseball is your one stop magazine show for all the most interesting MLB stories, with profiles, news, highlights and features beyond the ballpark.
09:00 am	LIVE: Major League Baseball	LIVE	<u>Atlanta Braves V Pittsburgh Pirates</u> The Pittsburgh Pirates have shown big improvement this season. They travel to Atlanta to take on the Braves in a National League rivalry.
12:00 pm	Swimming: FINA World Championships (Rpt)	<u>Day 3</u>	
02:00 pm	NASCAR Nationwide Series Highlights (Rpt)	<u>R20 Federated Auto Parts 300 @ Nashville</u>	Catch the highlights from every race of the 2011 Nationwide Series on ONE. Round 20 of full throttle NASCAR excitement is hosted at Nashville Superspeedway.
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 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.
04:00 pm	Airline (Rpt)	PG (L)	A customer who has missed his flight to Barcelona insists that not all of the clocks at Luton Airport are set to Greenwich Mean Time.
04:30 pm	Extreme Dreams	<u>Nepal Part 3</u>	The team's daunting trek across the Himalayas 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.

Wednesday 27th July 2011

05:00 pm Guerrilla Gardeners

PG (L) Manly Vale

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

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

G

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

06:00 pm Airline

PG

EasyJet check-in staff argue with a passenger over the validity of her passport. Meanwhile, pilot Tony steps out from the cockpit to help two autistic boys get to grips with flying.

06:30 pm Bondi Rescue (Rpt)

CC PG (L)

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.

07:00 pm COPS

07:30 pm Twister Sisters

PG

Peggy Willenberg and Melanie Metz spend their Springtime on Tornado Alley chasing twisters. Join them in their quest to experience the most terrifying and spectacular sights nature has to offer.

08:30 pm COPS: Adults Only

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

09:00 pm COPS: Adults Only

09:30 pm Sons Of Anarchy

AV15+ The Revelator

(V) In the wake of a great tragedy, the club must re-evaluate their bonds of brotherhood.

10:45 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.

11:45 pm Swimming: FINA World Championships

Day 4

01:15 am 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.

Wednesday 27th July 2011**01:45 am Drag Racing: ANDRA Pro Series (Rpt)****Top Fuel - Winternationals, Willowbank**

The Top Fuel dragsters are headed to Queensland and the roar of the fastest quarter mile will echo all around the Willowbank Raceway. The ANDRA Pro Series is in HD and only on ONE.

02:45 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.

03:00 am Major League Baseball (Rpt)**Atlanta Braves V Pittsburgh Pirates**

The Pittsburgh Pirates have shown big improvement this season. They travel to Atlanta to take on the Braves in a National League rivalry.

05:30 am FA Cup Classics (Rpt)**G F.A Cup - Tottenham V Chelsea 6th Rd 2001/02**

Chelsea face Portsmouth in the 2010 FA Cup Final this Saturday. In the lead up to the big match, ONE revisits 2002 and the sixth round match between Tottenham Hotspurs and Chelsea.

Thursday 28th 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

R6 Goody's Fast Pain Relief 500 @ Martinsville-Highlights

Catch Aussie Marcos Ambrose in a comprehensive one hour recap of the highlights from Round 6 of the NASCAR Sprint Cup at Martinsville Speedway in Virginia.

07:30 am Pro Bull Riding (Rpt)

PG

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

08:30 am 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.

09:00 am LIVE: Major League Baseball

LIVE

Boston Red Sox V Kansas City Royals

The Boston Red Sox are battling for top spot in the toughest division in the MLB, the American League East. They host the Kansas City Royals at Fenway Park.

12:00 pm Swimming: FINA World Championships (Rpt)

Day 4

01:30 pm Australian Superboat Championship (Rpt)

R3 Townsville

Over six rounds, experience the speed of Offshore Superboat racing as the Australian Championship Series continues in Townsville, QLD.

02:00 pm RPM (Rpt)

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

03:00 pm Omnisport

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03:30 pm Bondi Rescue (Rpt)

CC PG

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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.

04:00 pm Airline (Rpt)

PG

EasyJet check-in staff argue with a passenger over the validity of her passport. Meanwhile, pilot Tony steps out from the cockpit to help two autistic boys get to grips with flying.

Thursday 28th July 2011

04:30 pm Extreme Dreams

Nepal Part 4

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.

05:00 pm Guerrilla Gardeners

PG **Cabramatta**

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

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

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

06:00 pm Airline

PG

(L) Check-in desk supervisor Brett has to deal with abusive language from passengers who've turned up late and been refused permission to board a flight to Amsterdam.

06:30 pm Bondi Rescue (Rpt)

CC PG

(L, D) 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.

07:00 pm COPS

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

Bag Man

(L, V, A) A sociopath with a prosthetic hand and a mean streak to go with it, makes a bloody escape from prison and sets out on a path of vengeance. The team must figure out who he's headed to see and stop him.

10:30 pm Swimming: FINA World Championships

Day 5

12:30 am 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.

Thursday 28th July 2011

01:00 am The Game Plan Late

NRL

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

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 This Week In Baseball (Rpt)

PG

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

03:00 am Major League Baseball (Rpt)

Boston Red Sox V Kansas City Royals

The Boston Red Sox are battling for top spot in the toughest division in the MLB, the American League East. They host the Kansas City Royals at Fenway Park.

05:30 am LIVE: Major League Baseball

LIVE

Oakland Athletics V Tampa Bay Rays

The Oakland A's are battling at the bottom of the American League West division. Can they score an important home win against high-flying AL East contenders the Tampa Bay Rays?

Friday 29th July 2011

06:00 am	LIVE: Major League Baseball (Cont)		<p>LIVE Oakland Athletics V Tampa Bay Rays The Oakland A's are battling at the bottom of the American League West division. Can they score an important home win against high-flying AL East contenders the Tampa Bay Rays?</p>
08:30 am	WNBA Action (Rpt)	G	<p>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.</p>
09:00 am	Motorsport: Isle Of Man TT (Rpt)	PG	<p>Supersport Race 1 Two-wheeled racing that is on the edge. Each year the Isle of Man welcomes riders and enthusiasts from across the globe for a spectacular week of racing. Hold on for highlights of the Supersport race.</p>
10:00 am	MotoGP (Rpt)		<p>R10 U.S.A</p>
11:00 am	The Game Plan (NRL) (Rpt)		<p>NRL Your weekend begins here on ONE as Andrew Moore and Steve 'Blocker' Roach preview the weekend's rugby league and bring you the latest team selection and injury news.</p>
12:00 pm	Swimming: FINA World Championships (Rpt)		<p>Day 5</p>
02:00 pm	The Game Plan (AFL) (Rpt)		<p>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.</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	Bondi Rescue (Rpt)	CC PG (L, D)	<p>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.</p>
04:00 pm	Airline (Rpt)	PG (L)	<p>Check-in desk supervisor Brett has to deal with abusive language from passengers who've turned up late and been refused permission to board a flight to Amsterdam.</p>
04:30 pm	Extreme Dreams		<p>Nepal Part 5 The team of would-be explorers reach the final and toughest day of their daunting journey across the Himalayas as to reach the sacred lakes of Panch Pokhari.</p>

Friday 29th July 2011

05:00 pm Guerrilla Gardeners

PG Bankstown

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

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

G

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

06:00 pm Airline

PG

Check-in staff pull some strings to allow a passenger with a burnt passport to board her plane, and air traffic control problems bring Luton to a standstill.

06:30 pm Bondi Rescue (Rpt)

CC PG

(L, 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.

07:00 pm COPS

07:30 pm Mighty Movers

G

By Air

Mighty Movers takes a look at the C-5 Galaxy, the largest plane in the United States' military arsenal.

08:30 pm Shine ALight

M

(L) A career-spanning documentary on the Rolling Stones, with concert footage from their "A Bigger Bang" tour.

11:00 pm Swimming: FINA World Championships

Day 6

01:00 am 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.

01:30 am Black Gold (Rpt)

PG

(L, V) 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.

02:30 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.

03:00 am Major League Baseball (Rpt)

Oakland Athletics V Tampa Bay Rays

The Oakland A's are battling at the bottom of the American League West division. Can they score an important home win against high-flying AL East contenders the Tampa Bay Rays?

Friday 29th July 2011

05:30 am FA Cup Classics (Rpt)

G **FA Cup - Tranmere V Liverpool 6th Rd 2000/01**

The new Football season is just over a month away as we delve into the FA Cup archives for a classic match from 2000/01 between the Tranmere Rovers and Liverpool FC.

Saturday 30th July 2011

06:00 am 500 Great Goals (Rpt)

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.

06:30 am NASCAR Nationwide Series Highlights (Rpt)

R20 Federated Auto Parts 300 @ Nashville

Catch the highlights from every race of the 2011 Nationwide Series on ONE. Round 20 of full throttle NASCAR excitement is hosted at Nashville Superspeedway.

07:30 am Rally: CAMS Tarmac Challenge (Rpt)

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.

08:30 am Drag Racing: ANDRA Pro Series (Rpt)

Top Fuel - Winternationals, Willowbank

The Top Fuel dragsters are headed to Queensland and the roar of the fastest quarter mile will echo all around the Willowbank Raceway. The ANDRA Pro Series is in HD and only on ONE.

09:30 am I Fish (Rpt)

G

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

10:00 am ONE Action

PG

ONE Action 52

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 is America's Pro Bull Riding circuit.

11:00 am ONE Action

PG

ONE Action 53

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

ONE Action 54

Join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.

11:35 am Drive

South (Part 1)

11:55 am ONE Action

PG

ONE Action 55

Join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Gutierrez for some amazing adventures on ONE Action.

Saturday 30th July 2011

12:00 pm	Swimming: FINA World Championships (Rpt)	Day 6
02:00 pm	Extreme Dreams (Rpt)	<u>Nepal Part 1</u> 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.
02:30 pm	Extreme Dreams (Rpt)	<u>Nepal Part 2</u> 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.
03:00 pm	Extreme Dreams (Rpt)	<u>Nepal Part 3</u> The team's daunting trek across the Himalayas 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.
03:30 pm	Bondi Rescue (Rpt)	CC PG (L, 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.
04:00 pm	Airline (Rpt)	PG (L) Pilot Mike plays Santa for 40 Luton schoolchildren, but festive cheer is scarce on the ground as anxious travellers struggle to reach their families in time for the holiday.
04:30 pm	Airline (Rpt)	PG (L) A customer who has missed his flight to Barcelona insists that not all of the clocks at Luton Airport are set to Greenwich Mean Time.
05:00 pm	Airline (Rpt)	PG EasyJet check-in staff argue with a passenger over the validity of her passport. Meanwhile, pilot Tony steps out from the cockpit to help two autistic boys get to grips with flying.
05:30 pm	I Fish Catch Of The Day (Rpt)	G Providing tips and information for the beginner fisherman, right through to the hard-core fishing enthusiast. Everything you need to know about the world of fishing. Hosted by Paul Worsteling.
06:00 pm	Sailing: 2011 Audi IRC Series	<u>Audi Victoria Sailing Week 2011 (Part 1)</u> A brand new season of world class sailing begins on ONE. Experience the exhilaration of open water racing with the first of two highlight shows covering the 2011 Audi Victoria Sailing Week.
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 covering the most hardcore action from Raw, SmackDown and NXT.

Saturday 30th July 2011

07:30 pm Everest: Beyond The Limit	PG (L, A)	Part three of five 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.
08:30 pm An Idiot Abroad (Rpt)	M (L)	<u>Jordan</u> Star of TV and the silver screen Ricky Gervais sends a typical British everyman off for 10 days in Jordan to see one of the seven wonders of the world - Petra. See Karl Pilkington's unique world view.
09:30 pm LIVE: Formula 1 Qualifying	LIVE	<u>R11 Hungary Qualifying</u> The Aussies are making a two-way charge on the Formula 1 championship, as Webber is joined by West Aussie Daniel Ricciardo in the world's premier motorsport category.
11:10 pm Swimming: FINA World Championships		<u>Day 7</u>
12:40 am UFC 117		<u>U.F.C 117</u> A star studded event featuring Anderson Silva as he tries to defend his Middleweight championship against wrestler Chael Sonnen. John Fitch attempts to continue his title run against Thiago Alves.
02:40 am World Rally Championship		<u>R8 Finland - Day 1 Highlights</u> Highlights from the first day of racing as the eighth round of the WRC heads north to Scandinavia for the Rally of Finland.
03:10 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.
03:30 am This Week In Baseball (Rpt)	PG	Throughout the Major League season, This Week in Baseball is your one stop magazine show for all the most interesting MLB stories, with profiles, news, highlights and features beyond the ballpark.
04:00 am Triathlon: ITU World Championship Highlights (Rpt)		<u>R4 Hamburg - Highlights</u> 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.
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 - Newcastle V Chelsea 1995/96</u> A summer of classic matches from the FA Cup continues on ONE. Revisit the 1995/96 clash between Newcastle and Chelsea as part of Beautiful Game Monday.