

Sunday 10th March 2013

06:00 am Golf: WGC Cadillac Championships

LIVE

W.G.C Cadillac Championships Round 3

The 2013 Cadillac Championship takes place at the TPC Blue Monster course at the Doral Golf Resort & Spa, in Doral, Florida.

10:00 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.

10:30 am Animal Extractors (Rpt)

PG

Race Against Time

For wildlife professionals, using humane techniques to capture and relocate animals who've strayed into populated areas is all in a day's work, although there's nothing routine about their jobs.

11:30 am Sport Science (Rpt)

PG
Some Violence,
Some Coarse
Language,
Adult Themes

Field Warriors

Today we examine some of the most dramatic injuries ever suffered in sports. Bones will break, blood will be spilled – and we'll reveal the physiological reasons why we feel someone else's pain.

12:30 pm Tornado Intercept (Rpt)

G

Tornado Intercept

Avid storm chaser and filmmaker Sean Casey is going on a potentially deadly collision course with a twister that will take him deep into its vortex - and he's taking viewers along with him.

01:30 pm Barassi: Operation Premiership (Rpt)

PG
Some Coarse
Language

MOVIE

Barassi: Operation Premiership

Player, coach, legend. It is impossible to underestimate the contribution of Ronald Dale Barassi to football. This exclusive ONE Documentary pays tribute to North Melbourne's first premiership coach.

04:00 pm Fishing Addiction (Rpt)

G

Sydney harbour is a fantastic fishery & with this week's winner we chase Bonito, Tailor and Kingfish right in the heart of the city. It's action packed with lots of quality fish and a magic backdrop.

04:30 pm Fishing Addiction (Rpt)

G

This week we travel to Newcastle and surprise our very first female angler with a day chasing Marlin off Port Stephens. The action is thick and fast with the Marlin truly on the bite.

05:00 pm Black Gold (Rpt)

PG
Some Violence,
Sexual References,
Some Coarse
Language

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.



MELBOURNE PROGRAM GUIDE

Sunday 10th March 2013

06:00 pm Gator 911

PG

ALL NEW EPISODES

Gary and crew travel to Louisiana to teach a licensed gator hunter how to capture nuisance alligators alive to save them from a crueler fate; meanwhile it's time for 13-foot Big Al's annual checkup.

06:30 pm Megastructures Breakdown (Rpt)

PG

Soviet Doomsday Sub

For two decades the Typhoon, the largest Soviet Nuclear Submarine ever built, cruised the seas. At the end of its useful life the sub will reveal its secrets as it is pulled apart and decommissioned.

07:30 pm World's Toughest Trucker

PG
Some Coarse
Language

ALL NEW EPISODES

The remaining truckers take part in a three-day challenge of collecting 60 ton loads of timber from 3,000 feet up a Canadian mountainside and taking them back down the valley.

08:30 pm Broken Arrow (Rpt) (1996)

M
Some Violence,
Some Coarse
Language

MOVIE

Terrorists steal nuclear warheads from the US military but don't count on a pilot and park ranger spoiling their plans.

Starring: John Travolta, Christian Slater, Samantha Mathis, Delroy Lindo, Frank Whaley, Jack Thompson

10:40 pm LA Hard Hats (Rpt)

PG
Some Coarse
Language

Rod Busters

LA Hard Hats investigates the day to day experiences of iron workers, plumbers, electricians and the men and women who install the glass facades of Evo South in downtown Los Angeles.

11:40 pm Law & Order: SVU (Rpt)

CC

Wrong Is Right

Guest Starring: Adam Kaufman, John Doman, J.K. Simmons, Isabel Gillies, Laura Regan, Lance Reddick

Stabler's daughter, Maureen, witnesses a horrific crime scene: the murder of a man who was set on fire. The internal investigation into the psyches of the SVU detectives yields interesting results.

Starring: Mariska Hargitay, Chris Meloni, Richard Belzer, Michelle Hurd, Dann Florek, Stephanie March, Ice T

12:40 am Sport Science (Rpt)

PG
Mild Coarse
Language,
Adult Themes

A pit stop in a NASCAR race is a stunningly-swift moment of organized chaos and when races are won and lost by hundredths of seconds, a split-second lost in the pits can cost a racing team everything.



MELBOURNE PROGRAM GUIDE

Sunday 10th March 2013

01:40 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 NASCAR Nationwide Series Highlights (Rpt)

Race 2: Dollar General 200 @ Phoenix

Catch the highlights from every race of the 2013 Nationwide Series on ONE. Round 2 of full throttle NASCAR excitement is hosted at the Phoenix International Raceway.

03:00 am NASCAR Sprint Cup Highlights (Rpt)

Race 2: Subway Fresh Fit 500 @ Phoenix-Highlights

Non-stop motorsport action highlights from the Phoenix International Raceway. The high octane NASCAR racing continues with the 2nd round of the Sprint Cup Series.

04:00 am Golf: WGC Cadillac Championships

LIVE

W.G.C Cadillac Championships Final Round (Early)

The 2013 Cadillac Championship takes place at the TPC Blue Monster course at the Doral Golf Resort & Spa, in Doral, Florida.



MELBOURNE PROGRAM GUIDE

Monday 11th March 2013

06:00 am Golf: WGC Cadillac Championships

LIVE

W.G.C Cadillac Championships Final Round

The 2013 Cadillac Championship takes place at the TPC Blue Monster course at the Doral Golf Resort & Spa, in Doral, Florida.

10:00 am NASCAR Sprint Cup

Race 3: Kobalt Tools 400 @ Las Vegas

Race 3 of the 2013 NASCAR Sprint Cup will be held at the Las Vegas Motor Speedway in Nevada, USA.

01:30 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.

02:00 pm Deconstruction (Rpt)

PG

Lumber

Every construction or remodeling project uses lumber, but how does all the wood get from the forest to the lumberyard? We'll see how trees are harvested, stripped of branches and bark.

02:30 pm Fear Factor (Rpt)

PG
Some Coarse
Language,
Adult Themes

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

03:30 pm Megastructures Breakdown (Rpt)

PG

Soviet Doomsday Sub

For two decades the Typhoon, the largest Soviet Nuclear Submarine ever built, cruised the seas. At the end of its useful life the sub will reveal its secrets as it is pulled apart and decommissioned.

04:30 pm Meteorite Men

G

Alpha Site, Kansas

Geoff and Steve return to their top-secret location in eastern Kansas where a rare pallasite meteorite contains extraordinary gem-quality olivine crystals.

05:30 pm I Fish (Rpt)

G

Paul Worsteling brings you great tips and products that will help you lure the big fish.

06:00 pm M*A*S*H (Rpt)

PG

Inga

At the 4077th Mobile Army Surgical Hospital surgeons set about dealing with the daily carnage of the war by raising hell.

06:30 pm Get Smart (Rpt)

PG

Spy For A Spy, A

Join bumbling secret spy Maxwell Smart and his long-suffering partner, Agent 99, as they investigate and thwart the sinister dealings of CONTROL's nemesis organisation, KAOS.

Starring: Don Adams, Barbara Feldon, Edward Platt



MELBOURNE PROGRAM GUIDE

Monday 11th March 2013

07:00 pm COPS (Rpt)

CC PG
Some Coarse
Language,
Adult Themes

Coast To Coast

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

07:30 pm Python Hunters

PG
Mild Coarse
Language

ALL NEW EPISODES

Mother Of All Snakes

This time on Python Hunters... Hoping to put a dent in the invasive snake population, the guys are determined to track down a massive breeding machine - a legend they call the Mother Burm.

Starring: Shawn Heflick, Greg Graziani, Michael Cole

08:30 pm Nacho Libre (Rpt) (2006)

PG
Some Violence

MOVIE

Berated all his life by those around him, a monk follows his dream and dons a mask to moonlight as a Mexican Luchador wrestler.

Starring: Jack Black, Ana De La Reguera, Héctor Jiménez, Moises Arias, Cesar Gonzalez

10:30 pm Super Rugby Extra Time

Relive all the best bits of the weekend's Super Rugby on Extra Time.

11:35 pm Fast Forward: Funniest Send-Ups (Rpt)

M
Sexual References,
Adult Themes

Fast Forward: Funniest Send-Ups S2ep7&8

Fast Forward is a classic TV show of the late 80's and early 90's. It showcases some of Australia's greatest talents and hilarious actors, with many memorable moments.

12:35 am Monster Jam (Rpt)

G

Monster Jam is one of the world's most exciting motorsport events, mixing racing, showmanship and the ultimate fan experience to create a must-see action packed program.

01:35 am Fear Factor (Rpt)

PG
Adult Themes

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

02:35 am M*A*S*H (Rpt)

PG

Inga

At the 4077th Mobile Army Surgical Hospital surgeons set about dealing with the daily carnage of the war by raising hell.

03:05 am Deconstruction (Rpt)

PG

Down The Drain

Matt tests one of the most powerful drain cleaners of all - as he clears lumber, roots, and concrete from pipes with a water jet!



MELBOURNE PROGRAM GUIDE

Monday 11th March 2013

03:35 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.

04:00 am **Geelong Multisport Festival**

Geelong Multi Sport Festival 2013

Geelong's picturesque waterfront hosted the third annual Geelong Multi Sport Festival in February 2013 and delivered three days of sport and community activities to the Geelong district.

05:00 am **Pro Bull Riding (Rpt)**

PG

Las Vegas Part 2

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



MELBOURNE PROGRAM GUIDE

Tuesday 12th March 2013

06:00 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.

06:30 am Telstra Iron Woman (Rpt)

Iron Woman Round 5 - Coolum, Sunshine Coast QLD

The Kellogg's Nutri-Grain Surf Ironman Series features the country's elite athletes competing in the most gruelling ocean based competition on the planet.

07:30 am Sport Science (Rpt)

PG
Some Coarse
Language,
Adult Themes

To The Max

All sports are hard — but what are the elements in each sport that are extraordinarily difficult?

08:30 am Football: Liverpool TV

Liverpool V Tottenham Hotspur

11:30 am The WWE Experience (Rpt)

PG
Some Violence

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

12:30 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.

01:00 pm World's Toughest Fixes (Rpt)

PG
Mild Coarse
Language

Deep Sea Thruster

Big machines, big problems — World's Toughest Fixes with engineering enthusiast Sean Riley tackles the most oversized repair jobs on the planet.

02:00 pm Deconstruction (Rpt)

PG

Concrete

From poured concrete patios to foundations made of mason blocks, we're deconstructing concrete to see how it's made and how it performs under the toughest conditions.

02:30 pm Fear Factor (Rpt)

PG
Adult Themes

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

03:30 pm Get Smart (Rpt)

PG

Spy For A Spy, A

Join bumbling secret spy Maxwell Smart and his long-suffering partner, Agent 99, as they investigate and thwart the sinister dealings of CONTROL's nemesis organisation, KAOS.

Starring: Don Adams, Barbara Feldon, Edward Platt



MELBOURNE PROGRAM GUIDE

Tuesday 12th March 2013

04:00 pm COPS (Rpt)	CC PG Some Coarse Language, Adult Themes	<u>Coast To Coast</u> This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.
04:30 pm Meteorite Men	G	<u>Atacama Desert Hidden Gems, Chile</u> With almost 900 kilograms of meteorites found, Imilac is the site of the third-largest pallasite ever recovered and one of the only areas in the world littered with space rocks.
05:30 pm I Fish (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
06:00 pm M*A*S*H (Rpt)	PG	<u>The Young And The Restless</u> At the 4077th Mobile Army Surgical Hospital surgeons set about dealing with the daily carnage of the war by raising hell.
06:30 pm Get Smart (Rpt)	PG	<u>The Only Way To Die</u> Join bumbling secret spy Maxwell Smart and his long-suffering partner, Agent 99, as they investigate and thwart the sinister dealings of CONTROL's nemesis organisation, KAOS. Starring: Don Adams, Barbara Feldon, Edward Platt
07:00 pm COPS (Rpt)	CC PG Some Coarse Language, Drug References, Adult Themes	<u>Coast To Coast</u> This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.
07:30 pm Undercover Boss	PG	<u>ALL NEW EPISODES</u> <u>Goodlife Fitness</u> COO of GoodLife Fitness Jane Riddell immerses herself in the gym scene to gain new insight, working as a Zumba instructor trainee, a maintenance worker and a salesperson.
08:30 pm COPS: Adults Only (Rpt)	PG Some Coarse Language	<u>Coast To Coast</u> This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.
09:00 pm COPS: Adults Only (Rpt)	M Adult Themes	<u>Taken Into Custody #2 - Ocp011</u> Now in its 24th season, Cops is the show that pioneered its own style of reality television. We take you on patrol with the law enforcement agents protecting America and serving law-abiding citizens.
09:30 pm Ross Kemp: In Search Of Pirates (Rpt)	M Some Coarse Language	Ross investigates the boom in piracy on the world's oceans, travelling to some of the planet's biggest trouble spots to discover the problems faced by potential targets & those trying to protect them.



MELBOURNE PROGRAM GUIDE

Tuesday 12th March 2013

10:30 pm **Aussie Millions Poker Championship**

From a field of 629 we are down to the final table. Follow the fortunes of those who are vying to become the 2013 Aussie Millions Champion and the \$1.6m first prize. Commentary by Joe Hachem.

11:30 pm **Can Of Worms - Encore**

CC M

Can of Worms is back for a third season of controversial and illuminating conversation, and in 2013 we're doing it LIVE.

12:30 am **Breakout Kings (Rpt)**

M
Some Violence,
Some Coarse
Language

There Are Rules

When an armoured car full of prisoners flees from the back of an 18-wheeler truck, the Breakout Kings are tasked with their capture. The leader of the fugitives will stop at nothing to make his escape

Starring: Laz Alonso, Domenick Lombardozzi, Brooke Nevin, Malcolm Goodwin

01:30 am **Defying Gravity**

M

Solitary

The Antares crew has to face the isolation and loneliness of space during the final hours before the Venus landing.

Starring: Ron Livingston, Laura Harris, Malik Yoba, Christina Cox, Andrew Airlee, Paula Garces

02:30 am **COPS: Adults Only (Rpt)**

PG
Some Coarse
Language

Coast To Coast

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

03:00 am **Deconstruction (Rpt)**

PG

Lumber

Every construction or remodeling project uses lumber, but how does all the wood get from the forest to the lumberyard? We'll see how trees are harvested, stripped of branches and bark.

03:30 am **M*A*S*H (Rpt)**

PG

The Young And The Restless

At the 4077th Mobile Army Surgical Hospital surgeons set about dealing with the daily carnage of the war by raising hell.

04:00 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.

04:30 am **Sport Science (Rpt)**

PG
Sexual References

Myths

Every sport has its own myths, and this episode is our chance to play Mythbusters. When it comes down to kicking a field goal, does it matter if the laces are facing in or out?



MELBOURNE PROGRAM GUIDE

Tuesday 12th March 2013

05:30 am M7 Multisport (Rpt)

PG

M7 profiles adventure racing to test the limit of human endurance across 7 continents. Each episode features unique forms of racing, via oceans, deserts, mountains, bikes, boards and up in the air.



MELBOURNE PROGRAM GUIDE

Wednesday 13th March 2013

06:00 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.

06:30 am Telstra Iron Woman (Rpt)

Iron Woman Round 6 - Noosa Heads, Sunshine Coast QLD

The Kellogg's Nutri-Grain Surf Ironman Series features the country's elite athletes competing in the most gruelling ocean based competition on the planet.

07:30 am NASCAR Sprint Cup Qualifying

Race 3: Las Vegas - Qualifying

Who will claim pole position in qualifying ahead of race 3 from the Las Vegas Motor Speedway?

08:30 am NASCAR Sprint Cup (Rpt)

Race 3: Kobalt Tools 400 @ Las Vegas

Race 3 of the 2013 NASCAR Sprint Cup will be held at the Las Vegas Motor Speedway in Nevada, USA.

12:00 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.

12:30 pm World's Toughest Trucker (Rpt)

PG
Some Coarse
Language

The remaining truckers take part in a three-day challenge of collecting 60 ton loads of timber from 3,000 feet up a Canadian mountainside and taking them back down the valley.

01:30 pm Gator 911 (Rpt)

PG

Gary and crew travel to Louisiana to teach a licensed gator hunter how to capture nuisance alligators alive to save them from a crueler fate; meanwhile it's time for 13-foot Big Al's annual checkup.

02:00 pm Deconstruction (Rpt)

PG

Framing

What are the best materials for framing your home? And what's the best brace for a wall? Matt's gonna find out with his own tug-of-war racking test.

02:30 pm Get Smart (Rpt)

PG

The Only Way To Die

Join bumbling secret spy Maxwell Smart and his long-suffering partner, Agent 99, as they investigate and thwart the sinister dealings of CONTROL's nemesis organisation, KAOS.

Starring: Don Adams, Barbara Feldon, Edward Platt

03:00 pm Super Rugby Extra Time (Rpt)

Relive all the best bits of the weekend's Super Rugby on Extra Time.



MELBOURNE PROGRAM GUIDE

Wednesday 13th March 2013

04:05 pm COPS (Rpt)

CC PG
Some Coarse
Language,
Drug References,
Adult Themes

Coast To Coast

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

04:30 pm Meteorite Men

Monturaqui Crater & San Juan, Chile

In the vast and arid Atacama Desert, San Juan is a newly discovered meteorite gold mine, where numerous different meteorites have been recovered, including the coveted carbonaceous chondrite.

05:30 pm I Fish (Rpt)

G

Paul Worsteling brings you great tips and products that will help you lure the big fish.

06:00 pm M*A*S*H (Rpt)

PG

Ain't Love Grand

At the 4077th Mobile Army Surgical Hospital surgeons set about dealing with the daily carnage of the war by raising hell.

06:30 pm Get Smart (Rpt)

PG

Maxwell Smart, Alias Jimmy Ballantine

Join bumbling secret spy Maxwell Smart and his long-suffering partner, Agent 99, as they investigate and thwart the sinister dealings of CONTROL's nemesis organisation, KAOS.

Starring: Don Adams, Barbara Feldon, Edward Platt

07:00 pm COPS (Rpt)

PG
Drug References,
Adult Themes

Evidence...What Evidence

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

07:30 pm White Collar

PG

ALL NEW EPISODES

Upper West Side Story

When scholarship funds from a prestigious prep school mysteriously disappear, Neal poses as a substitute teacher to help the FBI figure out where the money is really going.

Starring: Matt Bomer, Tim Dekay, Tiffani Thiessen

08:30 pm Burn Notice

M
Some Violence

ALL NEW EPISODES

Desperate Times

Guest Starring: John C McGinley, Kenny Johnson, Chad Coleman

The gang travels to Panama to take out Nate's assassin, but their target figures out their plans and sets up a trap of his own. Elsewhere, Madeline grills Tom Card for answers about Nate's death.

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

09:30 pm Blue Bloods

M
Some Violence,
Drug Use,
Adult Themes

ALL NEW EPISODES

Night On The Town, A

Danny tries to juggle investigating a deadly medical fraud case with trying to have a romantic weekend with Linda. Meanwhile, Jamie goes deep undercover into a crime family.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Len Cariou, Amy Carlson, Sami Gayle, Jennifer Esposito



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Wednesday 13th March 2013

10:30 pm Aussie Millions Poker Championship

From a field of 629 we are down to the final table. Follow the fortunes of those who are vying to become the 2013 Aussie Millions Champion and the \$1.6m first prize. Commentary by Joe Hachem.

11:30 pm Expedition Impossible (Rpt)

PG

Rock The Kasbah

Seven teams are still in the running and injuries take their toll as the competitors rush through a Moroccan market, take a thrilling skydive and cross a river before their final challenge.

12:30 am Python Hunters (Rpt)

PG
Mild Coarse
Language

Mother Of All Snakes

This time on Python Hunters... Hoping to put a dent in the invasive snake population, the guys are determined to track down a massive breeding machine - a legend they call the Mother Burm.

Starring: Shawn Heflick, Greg Graziani, Michael Cole

01:30 am Black Gold (Rpt)

PG
Some Violence,
Sexual References,
Some Coarse
Language

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 M*A*S*H (Rpt)

PG

Ain't Love Grand

At the 4077th Mobile Army Surgical Hospital surgeons set about dealing with the daily carnage of the war by raising hell.

03:00 am Deconstruction (Rpt)

PG

Concrete

From poured concrete patios to foundations made of mason blocks, we're deconstructing concrete to see how it's made and how it performs under the toughest conditions.

03:30 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.

04:00 am Rugby Classic Matches (Rpt)

Autumn International 2009: England V Australia

Thursday 14th March 2013

06:00 am First Ascent (Rpt)	PG Some Coarse Language, Adult Themes	<p><u>Brother's Wild</u></p> <p>Two brothers – Timmy O'Neill, a pro climber, and Sean O'Neill, who is paralysed from the waist down – push the limits of adaptive climbing, conquering the 3,000-foot face of El Capitan.</p>
06:30 am First Ascent (Rpt)	PG Some Coarse Language, Adult Themes	<p><u>Point Of No Return</u></p> <p>Elite alpine climbers Jonny Copp and Micah Dash travel to a little-explored and treacherous mountain range near the border of Tibet to make a first ascent of a high-altitude face.</p>
07:00 am First Ascent (Rpt)	PG Some Coarse Language, Adult Themes	<p><u>Man V Eiger</u></p> <p>Aerial samurai Dean Potter combines his two passions of free solo climbing and base jumping to create the most outrageous and visionary style of climbing ever conceived: The Base Free Solo.</p>
07:30 am Geelong Multisport Festival (Rpt)		<p><u>Geelong Multi Sport Festival 2013</u></p> <p>Geelong's picturesque waterfront hosted the third annual Geelong Multi Sport Festival in February 2013 and delivered three days of sport and community activities to the Geelong district.</p>
08:30 am Basketball: NBL Championship 2012/13 (Rpt)		<p><u>Round 22: Perth Wildcats V Sydney Kings</u></p> <p>The 2012–13 National Basketball League is the thirty-fifth season of competition since its establishment in 1979. A total of 8 teams will contest the league.</p>
10:30 am Basketball: NBL Championship 2012/13		<p><u>Round 22: Melbourne Tigers V New Zealand Breakers</u></p> <p>The 2012–13 National Basketball League is the thirty-fifth season of competition since its establishment in 1979. A total of 8 teams will contest the league.</p>
12:30 pm Omnisport (Rpt)		<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>
01:00 pm Expedition Impossible (Rpt)	PG	<p><u>Rock The Kasbah</u></p> <p>Seven teams are still in the running and injuries take their toll as the competitors rush through a Moroccan market, take a thrilling skydive and cross a river before their final challenge.</p>
02:00 pm Deconstruction (Rpt)	PG	<p><u>Safety</u></p> <p>Just how much protection do you get from hardhats and safety glasses? We're smashing watermelons and shooting bb guns to put them both to the test.</p>



MELBOURNE PROGRAM GUIDE

Thursday 14th March 2013

02:30 pm	Fear Factor (Rpt)	PG Mild Coarse Language, Adult Themes	In each pulse-racing episode, contestants recruited from across America must decide if they have the guts and determination to face their most primal fears and confront a series of challenging stunts.
03:30 pm	Get Smart (Rpt)	PG	<u>Maxwell Smart, Alias Jimmy Ballantine</u> Join bumbling secret spy Maxwell Smart and his long-suffering partner, Agent 99, as they investigate and thwart the sinister dealings of CONTROL's nemesis organisation, KAOS. Starring: Don Adams, Barbara Feldon, Edward Platt
04:00 pm	COPS (Rpt)	PG Drug References, Adult Themes	<u>Evidence...What Evidence</u> This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.
04:30 pm	Meteorite Men		<u>Utah Fireball</u> On Nov 18, 2009, a fireball streaked across the midnight sky over western Utah. The Meteorite Men track the strewn field down to Dugway Military Base.
05:30 pm	I Fish (Rpt)	G	Paul Worsteling brings you great tips and products that will help you lure the big fish.
06:00 pm	M*A*S*H (Rpt)	PG	<u>C*A*V*E</u> At the 4077th Mobile Army Surgical Hospital surgeons set about dealing with the daily carnage of the war by raising hell.
06:30 pm	Get Smart (Rpt)	PG	<u>Casablanca</u> Join bumbling secret spy Maxwell Smart and his long-suffering partner, Agent 99, as they investigate and thwart the sinister dealings of CONTROL's nemesis organisation, KAOS. Starring: Don Adams, Barbara Feldon, Edward Platt
07:00 pm	COPS (Rpt)	PG Some Coarse Language, Drug References	<u>Coast To Coast</u> This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.
07:30 pm	Extreme Fishing With Robson Green (Rpt)	PG Some Coarse Language	<u>Peru</u> Robson's next stop is Peru, where he will fish the world's largest river, its largest ocean, and one of its highest mountain ranges.
08:30 pm	An Idiot Abroad: The Bucket List (Rpt)	CC M Some Coarse Language	<u>Climb MT. Fuji</u> On arrival in Japan Karl's last "thing to do" is see Japan's most spiritual destination: Mount Fuji. Starring: Karl Pilkington, Ricky Gervais, Stephen Merchant



MELBOURNE PROGRAM GUIDE

Thursday 14th March 2013

09:30 pm **Fast Forward: Funniest Send-Ups**

M
Sexual References,
Nudity

Fast Forward: Funniest Send-Ups S2ep9&10

Fast Forward is a classic TV show of the late 80's and early 90's. It showcases some of Australia's greatest talents and hilarious actors, with many memorable moments.

10:30 pm **Aussie Millions Poker Championship**

The final three players from a crack field of 30. Follow the fortunes of those who dream of taking home the \$275k first prize and the Aussie Millions title. Commentary by Joe Hachem.

11:30 pm **24 (Rpt)**

M
Some Violence

Day 1: 7:00 P.M. - 8:00 P.M.

Guest Starring: Lou Diamond Phillips, Dennis Hopper

Jack discovers that a top secret detention centre houses someone from his past. Tony takes Teri back to CTU as Kim finds herself in jail.

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

12:30 am **24 (Rpt)**

M
Some Violence

Day 1: 8:00 P.M. - 9:00 P.M.

Guest Starring: Dennis Hopper, Lou Diamond Phillips

Jack is captured by Victor Drazen and Andre when they escape the detention centre. Palmer learns he is dominating the California polls.

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

01:30 am **Ross Kemp: In Search Of Pirates (Rpt)**

M
Some Coarse
Language

Ross investigates the boom in piracy on the world's oceans, travelling to some of the planet's biggest trouble spots to discover the problems faced by potential targets & those trying to protect them.

02:30 am **M*A*S*H (Rpt)**

PG

C*A*V*E

At the 4077th Mobile Army Surgical Hospital surgeons set about dealing with the daily carnage of the war by raising hell.

03:00 am **Deconstruction (Rpt)**

PG

Framing

What are the best materials for framing your home? And what's the best brace for a wall? Matt's gonna find out with his own tug-of-war racking test.

03:30 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.

04:00 am **Basketball: NBL Championship 2012/13 (Rpt)**

Round 22: Perth Wildcats V Sydney Kings

The 2012-13 National Basketball League is the thirty-fifth season of competition since its establishment in 1979. A total of 8 teams will contest the league.



MELBOURNE PROGRAM GUIDE

Friday 15th March 2013

06:00 am M7 Multisport (Rpt)

G

M7 profiles adventure racing to test the limit of human endurance across 7 continents. Each episode features unique forms of racing, via oceans, deserts, mountains, bikes, boards and up in the air.

06:30 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.

07:00 am Football: Liverpool TV (Rpt)

Liverpool V Tottenham Hotspur

10:00 am NASCAR Nationwide Series Highlights

Race 3: Sam's Town 300 @ Las Vegas

Catch the highlights from every race of the 2013 Nationwide Series on ONE. Race 3 of full throttle NASCAR excitement is hosted at the Las Vegas Motor Speedway.

11:00 am NASCAR Sprint Cup Highlights

Race 3: Kobalt Tools 400 @ Las Vegas-Highlights

Non-stop motorsport action highlights from the Las Vegas Motor Speedway. The high octane NASCAR racing continues with the 3rd race of the 2013 Sprint Cup Series.

12:00 pm 2013 Formula 1 Rolex Australian Grand Prix

LIVE NATIONWIDE

07:00 pm COPS (Rpt)

PG
Some Coarse
Language,
Adult Themes

Coast To Coast (

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

07:30 pm World's Toughest Fixes (Rpt)

G

Going Nuclear

Big machines, big problems — World's Toughest Fixes with engineering enthusiast Sean Riley tackles the most oversized repair jobs on the planet.

08:30 pm Law & Order: SVU (Rpt)

CC

Honor

Guest Starring: Anil Kumar, Aasif Mandvi, James Murtaugh, J.K. Simmons

The vicious assault of an Afghan diplomat's daughter uncovers clues that may suggest Taliban traditions justify "honour killings" when a child goes against time-honoured values.

Starring: Mariska Hargitay, Chris Meloni, Richard Belzer, Ice T, Dann Florek, Stephanie March

09:30 pm Basketball: NBL Championship 2012/13

Round 23: Wollongong Hawks V Sydney Kings

The 2012–13 National Basketball League is the thirty-fifth season of competition since its establishment in 1979. A total of 8 teams will contest the league.



MELBOURNE PROGRAM GUIDE

Friday 15th March 2013

11:30 pm **Fast Forward: Funniest Send-Ups**
(Rpt)

M
Sexual References,
Nudity

Fast Forward: Funniest Send-Ups S2ep9&10

Fast Forward is a classic TV show of the late 80's and early 90's. It showcases some of Australia's greatest talents and hilarious actors, with many memorable moments.

12:30 am **Black Gold** (Rpt)

PG
Some Coarse
Language

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.

01:30 am **Fear Factor**

PG
Some Coarse
Language,
Adult Themes

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

02:30 am **Python Hunters** (Rpt)

PG
Mild Coarse
Language

Mother Of All Snakes

This time on Python Hunters... Hoping to put a dent in the invasive snake population, the guys are determined to track down a massive breeding machine - a legend they call the Mother Burn.

Starring: Shawn Heflick, Greg Graziani, Michael Cole

03:30 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.

04:00 am **Basketball: NBL Championship**
2012/13 (Rpt)

Round 22: Melbourne Tigers V New Zealand Breakers

The 2012-13 National Basketball League is the thirty-fifth season of competition since its establishment in 1979. A total of 8 teams will contest the league.



MELBOURNE PROGRAM GUIDE

Saturday 16th March 2013

06:00 am Sport Science (Rpt)

PG
Some Coarse
Language

X-Factor

When it's game time, and the whistle blows, there are things an athlete can no longer control. We break down everything from the role of officiating in sports, to the ultimate element: gravity.

07:00 am Sport Science (Rpt)

PG
Some Coarse
Language

Best Of Pt 1

We feature some of our most interesting experiments: a forensic breakdown of Super Bowl quarterback Ben Roethlisberger's throwing motion and a streetballer tries to leap over a car.

08:00 am 2013 Formula 1 Rolex Australian Grand Prix

LIVE NATIONWIDE

11:00 am 2013 Formula 1 Rolex Australian Grand Prix

LIVE NATIONWIDE

06:30 pm Monster Jam

G

ALL NEW EPISODES

Monster Jam is one of the world's most exciting motorsport events, mixing racing, showmanship and the ultimate fan experience to create a must-see action packed program.

07:30 pm M*A*S*H (Rpt)

PG

The Party

At the 4077th Mobile Army Surgical Hospital surgeons set about dealing with the daily carnage of the war by raising hell.

08:00 pm M*A*S*H (Rpt)

PG

Rally Round The Flag Boys

At the 4077th Mobile Army Surgical Hospital surgeons set about dealing with the daily carnage of the war by raising hell.

08:30 pm Aliens (Rpt) (1986)

CC M
WS Some Violence,
Frequent Coarse
Language

MOVIE

Ripley, the only survivor of Nostromo, is rescued by a salvage ship. She learns that a human colony has been founded on the same planet where the aliens were found and she races to stop more bloodshed

Starring: Sigourney Weaver, Lance Henriksen, Paul Reiser, Bill Paxton, Carrie Henn

11:20 pm Swisse Mark Webber Challenge 2012

Swisse Mark Webber Challenge 2012

Formula 1 star Mark Webber takes part alongside the world's best adventure racers in this 5 day multisport course in the unspoiled wilderness of Tasmania, Australia's island state.



MELBOURNE PROGRAM GUIDE

Saturday 16th March 2013

12:20 am	Grand Prix - The Killer Years (Rpt)	PG Adult Themes	<u>Grand Prix - The Killer Years</u> A powerful look back at the early years of Formula 1, when lethal track design, mechanical failures and incompetence resulted in many driver fatalities - until the drivers took a stand.
01:30 am	Animal Extractors	PG	<u>Pets In Peril</u> For wildlife professionals, using humane techniques to capture and relocate animals who've strayed into populated areas is all in a day's work, although there's nothing routine about their jobs.
02:30 am	Animal Extractors	PG	<u>Wild Horse Hazard</u> For wildlife professionals, using humane techniques to capture and relocate animals who've strayed into populated areas is all in a day's work, although there's nothing routine about their jobs.
03:30 am	Ross Kemp: In Search Of Pirates (Rpt)	M Some Coarse Language	Ross investigates the boom in piracy on the world's oceans, travelling to some of the planet's biggest trouble spots to discover the problems faced by potential targets & those trying to protect them.
04:30 am	Omnisport		Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.
05:00 am	NASCAR Nationwide Series Highlights (Rpt)		<u>Race 3: Sam's Town 300 @ Las Vegas</u> Catch the highlights from every race of the 2013 Nationwide Series on ONE. Race 3 of full throttle NASCAR excitement is hosted at the Las Vegas Motor Speedway.