

Sunday 13th November 2011

06:00 am Golf: Singapore Open

08:15 am Omnisport (Rpt)

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

08:30 am Basketball: NBL (Rpt)

Round 6: Gold Coast Blaze V Perth Wildcats

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

10:30 am World Rally Championship (Rpt)

R13 Great Britain - Day 1 Highlights

Day 1 highlights of the WRC Great Britain. Fast and undulating, the roads are often made slippery by rainfall and there's even a chance of snow and ice.

11:00 am British Touring Car Championship

G

R10 Silverstone

Round ten of the British Touring Car Championship from Silverstone in Northamptonshire, England.

12:00 pm 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.

01:00 pm UFC On Fox

LIVE

02:00 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 Pat Callinan's 4x4 Adventures

04:30 pm Extreme Dreams (Rpt)

PG
Some Coarse
Language

The team continues on to Kaieteur Falls, struggling in their native canoes. Chris and Jermaine sink before they are out of the shallows causing an argument to break out in the rainforest.

05:00 pm Extreme Dreams (Rpt)

PG
Mild Coarse
Language

Back on foot, the third leg of the journey continues but now the team face the ordeal of a swim across a 200 metre wide river to get to the next camp.

05:30 pm I Fish

G

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

06:00 pm I Fish (Rpt)

WS 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.

Sunday 13th November 2011

06:30 pm **Megastructures Breakdown** (Rpt)

PG

Dam Busters

The best way to learn how something works is to pull it apart. Megastructures Breakdown forensically deconstructs major engineering items to learn the lessons behind their ingenuity.

07:30 pm **Fear Factor**

PG
Some Coarse
Language,
Adult Themes

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

08:30 pm **UFC On Fox**

LIVE

09:30 pm **COPS: Adults Only** (Rpt)

MA15+
Strong Adult
Themes

Cp904 Miami, Florida

You won't believe the morons on parade as law enforcement officers go on patrol to protect America's troubled streets. With an unmistakable theme song COPS is the show at the forefront of reality TV.

10:00 pm **COPS: Adults Only** (Rpt)

M
Realistic Violence

Cp908 Boston

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 Boston.

10:30 pm **COPS: Adults Only** (Rpt)

M
Adult Themes

Cp913 Key West, Florida

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

11:00 pm **Formula 1 Grand Prix** (Rpt)

LIVE

R18 Abu Dhabi Grand Prix

Round 18 of the Formula 1 championship will take place at the new 5.55-kilometre Yas Marina Circuit in Abu Dhabi.

02:05 am **Basketball: NBL** (Rpt)

Round 6: Cairns Taipans V Perth Wildats

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

04:05 am **Golf: Singapore Open**

Monday 14th November 2011

06:00 am NASCAR Sprint Cup (Rpt)

LIVE

R35 Kobalt Tools 500 @ Phoenix (Early)

The Kobalt Tools 500 is a NASCAR Sprint Cup stock car race held at Phoenix International Raceway in Avondale, Arizona.

10:30 am World Rally Championship (Rpt)

R13 Great Britain - Day 2 Highlights

Day 2 highlights of the WRC Great Britain, the final round of the WRC calendar. Fast and undulating, the roads are often made slippery by rainfall and there's even a chance of snow and ice.

11:00 am Save Point (Rpt)

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

11:30 am World Of Free Sports (Rpt)

PG

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

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.

12:20 pm National Football League (Rpt)

LIVE

Week 10 - New York Jets V New England Patriots

The New York Jets host the New England Patriots at their home ground, MetLife Stadium, in Week 10 of the 2011-2012 NFL season.

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 Beach Patrol (Rpt)

It's the 4th of July at Huntington Beach, the busiest, most insane day of the year for lifeguards. Unpredictable rip currents and immense crowds push lifeguards to their limit.

04:30 pm Airline (Rpt)

PG

Katrina samples the duty-free, Captain McBride passes his test and Frank Bruno climbs aboard a Liverpool flight.

05:00 pm I Fish (Rpt)

G

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

06:00 pm Jeopardy!

G

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

06:30 pm Beach Patrol

Determined Lifeguards and paramedics try to jolt a man's heart back to life, and a missing child has a family in panic and lifeguards searching up and down the beach.

Monday 14th November 2011

07:00 pm COPS

07:30 pm Psych

You Can't Handle This

Shawn accepts a case at the Army base instead of going on a date with Abigail.

Starring: James Roday, Dule Hill, Corbin Bernsen

08:30 pm Burn Notice

CC M
WS Some Violence

Out Of The Fire

Guest Starring: Tim Matheson, Jay Karnes

Michael's enemy Brennen and Michael's former friend Larry team up to pressure Michael into killing some government agents.

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

09:30 pm Blue Bloods

WS M
Some Violence

Dedication

Danny must discover if someone is out to assassinate the Commissioner.

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

10:30 pm Formula 1 Grand Prix (Rpt)

R18 Abu Dhabi Grand Prix

Round 18 of the Formula 1 championship will take place at the new 5.55-kilometre Yas Marina Circuit in Abu Dhabi.

12:30 am National Football League (Rpt)

Week 10 - Philadelphia Eagles V Arizona Cardinals

The Philadelphia Eagles host the Arizona Cardinals at their home ground, Lincoln Financial Field, in Week 10 of the 2011-2012 NFL season.

03:45 am National Football League (Rpt)

Week 10 - San Francisco 49ers V New York Giants (Early)

The San Francisco 49ers host the New York Giants at their home ground, Candlestick Park, in Week 10 of the 2011-2012 NFL season.

Tuesday 15th November 2011

06:00 am National Football League

Week 10 - San Francisco 49ers V New York Giants

The San Francisco 49ers host the New York Giants at their home ground, Candlestick Park, in Week 10 of the 2011-2012 NFL season.

06:45 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.

07:00 am Golf: Singapore Open

12:00 pm UFC On Fox

01:00 pm NFL: America's Game

PG

Story Of The 1981 San Francisco 49ers

Super Bowl XVI took place at the Pontiac Silverdome in Michigan. The San Francisco 49ers began their dynastic dominance of 80s football beating the Cincinnati Bengals. Narrated by Gene Hackman.

02:00 pm The Storming (Rpt)

PG
Some Coarse
Language

The Storming

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

03:00 pm Omnisport

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03:30 pm Jeopardy! (Rpt)

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

04:00 pm Beach Patrol (Rpt)

Determined Lifeguards and paramedics try to jolt a man's heart back to life, and a missing child has a family in panic and lifeguards searching up and down the beach.

04:30 pm Airline (Rpt)

PG
Mild Coarse
Language

A passenger uses her charm to get on a full flight to Edinburgh. Alex faces his biggest test yet in his bid to become a dispatcher.

05:00 pm I Fish (Rpt)

G

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

06:00 pm Jeopardy!

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

06:30 pm Beach Patrol

Lifeguards order a drunken couple to stay out of the water, but instead of listening to them, the drunken couple decide to defy. Plus, it's a mother's worst fear as her child is missing.

07:00 pm COPS

Tuesday 15th November 2011

07:30 pm Expedition Impossible

08:30 pm COPS: Adults Only (Rpt)

M

Bad Girls #12 - Special Edition

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

09:00 pm COPS: Adults Only (Rpt)

MA15+
Adult Themes

Coast To Coast

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.

09:30 pm Can Of Worms (Rpt)

CC M
Sexual References,
Some Coarse
Language,
Adult Themes

Join host, Ian "Dicko" Dickson, and a panel of special guests as we ask Australia the curly questions of everyday life. There is no wrong answer, but be warned - you could open a Can Of Worms!

10:30 pm 24

M
Some Violence

Day 1: 6:00 P.M. - 7:00 P.M.

Nina tries to warn Jack about his family's disappearance but Mason hampers her efforts, while Palmer breaks the story about Keith to the press. Kim gets caught up in a botched drug deal.

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

11:30 pm The League

MA15+
Sexual References

The Usual Bet

It's the playoffs but instead of watching the games Pete and Kevin get stuck at a Christmas party, while Ruxin and Taco go to Chinatown on a special mission.

12:00 am NFL: America's Game (Rpt)

PG

Story Of The 1981 San Francisco 49ers

Super Bowl XVI took place at the Pontiac Silverdome in Michigan. The San Francisco 49ers began their dynastic dominance of 80s football beating the Cincinnati Bengals. Narrated by Gene Hackman.

01:00 am World Rally Championship

R13 Great Britain - Day 3 Highlights

Day 3 highlights of the WRC Great Britain, the final round of the WRC calendar. Who will take out the championship?

01:30 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.

02:30 am Football: Liverpool TV

Fa Cup First Round

05:30 am FA Cup Classics (Rpt)

G

Arsenal V Chelsea 2003/04

Two of the superpowers of English football, Arsenal and Chelsea meet in the fifth round of the 2003/04 FA Cup.

Wednesday 16th November 2011

06:00 am	NFL: America's Game	PG	<u>Story Of The 1982 Washington Redskins</u> Follow the Washington Redskins through 1982 all the way to the Rose Bowl and their Super Bowl XVII win. Narrated by Alec Baldwin.
07:00 am	Magic Of The FA Cup (Rpt)	G	<u>Leeds United's Greatest Goals</u> ONE travels to Elland Road in West Yorkshire for a trip down memory lane with a look at Leeds United's Greatest Goals. A European powerhouse in the 1990s and early 2000s, financial troubles have seen the Whites struggle of late.
08:00 am	Australian Rally Championship (Rpt)		<u>Junior Challenge Final</u> The RAJC is about providing an affordable, attainable chance for young up and coming rally crews to show themselves as the future of Australian Rallying.
09:00 am	Basketball: NBL (Rpt)		<u>Round 6: Gold Coast Blaze V Perth Wildcats</u> The 2011-12 National Basketball League is the thirty-fourth season of competition since its establishment in 1979. A total of 9 teams will contest the league.
11:00 am	Triathlon: World Cup Magazine (Rpt)		<u>World Cup Magazine 2: Edmonton And Tiszaujvaros</u> Follow the world's leading triathletes at World Cup events in Edmonton, Canada and Tiszaujvaros, Hungary.
12:00 pm	NASCAR Nationwide Series Highlights		<u>R33 Wypall 200 @ Phoenix</u> Catch the highlights from every race of the 2011 Nationwide Series on ONE. Round 32 of full throttle NASCAR excitement is hosted at the Phoenix International Raceway.
01:00 pm	NASCAR Sprint Cup Highlights		<u>R35 Kobalt Tools 500 @ Phoenix-Highlights</u> Non-stop motorsport action highlights from the Phoenix International Raceway. The high octane NASCAR racing continues with the 35th round of the Sprint Cup Series.
02:00 pm	NFL Total Access	PG	Total Access brings you all the very latest NFL news, reviews and analysis. Everything you need to know so you can follow the 17 week regular season of America's National Football League.
03:00 pm	Omnisport		Hot off the satellite, Omnisport brings you a comprehensive roundup of sports news and highlights from the past 24 hours. Covering all the major sports, no matter where in the world the event is held.
03:30 pm	Jeopardy! (Rpt)	G	A quiz show with a twist: contestants are provided with the answers. But what are the right questions? Hosted by Alex Trebek.
04:00 pm	Beach Patrol (Rpt)		Lifeguards order a drunken couple to stay out of the water, but instead of listening to them, the drunken couple decide to defy. Plus, it's a mother's worst fear as her child is missing.
04:30 pm	Airline (Rpt)	PG	When flights get delayed or cancelled, an airport is never a happy place. Check-in personnel have their work cut out for them, while job interviews for a new pilot get underway.

Wednesday 16th November 2011

05:00 pm I Fish (Rpt)

G

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

06:00 pm Jeopardy!

G

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

06:30 pm Beach Patrol

The U.S. Open of surfing invades Huntington Beach bringing hundreds of thousands of people to the beach in search of extreme action.

07:00 pm COPS

07:30 pm Fear Factor

PG
Some Coarse
Language,
Adult Themes

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

08:30 pm COPS: Adults Only (Rpt)

M

Coast To Coast

You won't believe the morons on parade as law enforcement officers go on patrol to protect America's troubled streets. With an unmistakable theme song COPS is the show at the forefront of reality TV.

09:00 pm COPS: Adults Only (Rpt)

M

Coast To Coast

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

09:30 pm The Killing

M
Some Violence,
Adult Themes

Soundless Echo, A

Sarah and Holder put pressure on Jasper about Rosie's killing but it's her best friend Sterling who reveals some secrets about Rosie's personal life.

10:30 pm RPM

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

11:30 pm National Football League

02:00 am Omnisport (Rpt)

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

02:30 am Football: Arsenal TV

Carling Cup Archive Match

05:30 am FA Cup Classics (Rpt)

G

Chelsea V Manchester United 1998/99

See more of the powerclubs of world football as Chelsea and Manchester United go head to head in the replay of their sixth round FA Cup clash from 1998/99.

Thursday 17th November 2011

06:00 am NFL Total Access (Rpt)

PG

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

07:00 am National Football League

09:30 am 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.

10:00 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.

10:30 am World Rally Championship (Rpt)

R13 Great Britain - Day 1 Highlights

Day 1 highlights of the WRC Great Britain. Fast and undulating, the roads are often made slippery by rainfall and there's even a chance of snow and ice.

11:00 am World Rally Championship (Rpt)

R13 Great Britain - Day 2 Highlights

Day 2 highlights of the WRC Great Britain, the final round of the WRC calendar. Fast and undulating, the roads are often made slippery by rainfall and there's even a chance of snow and ice.

11:30 am World Rally Championship (Rpt)

R13 Great Britain - Day 3 Highlights

Day 3 highlights of the WRC Great Britain, the final round of the WRC calendar. Who will take out the championship?

12:00 pm British Touring Car Championship (Rpt)

G

R10 Silverstone

Round ten of the British Touring Car Championship from Silverstone in Northamptonshire, England.

01:00 pm Fear Factor (Rpt)

PG
Some Coarse
Language,
Adult Themes

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

02:00 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 Jeopardy! (Rpt)

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

Thursday 17th November 2011

04:00 pm Beach Patrol (Rpt)

The U.S. Open of surfing invades Huntington Beach bringing hundreds of thousands of people to the beach in search of extreme action.

04:30 pm Airline (Rpt)

PG

Georgie has her first day as a flight attendant and with a riotous stag party boarding the plane, she's going to have to learn very quickly. Captain McBride trades his 737 in for a vintage fighter.

05:00 pm I Fish (Rpt)

WS 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 Jeopardy!

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

06:30 pm Beach Patrol

At Huntington Beach, two dog owners get into a fight, and a volleyball injures a woman and threatens to turn two groups of families against each other.

07:00 pm COPS

07:30 pm Extreme Fishing With Robson Green

PG
Some Coarse
Language

Cuba

08:30 pm Alien Resurrection (Rpt) (1997)

WS

MOVIE

After killing herself, Ellen Ripley awakens 200 years later to find she has been cloned in order to withdraw the Alien living inside her.

Starring: Sigourney Weaver, Winona Ryder, Ron Perlman, Michael Wincott

10:50 pm The Ultimate Fighter

M
Realistic Violence,
Some Coarse
Language

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

11:50 pm NASCAR Sprint Cup (Rpt)

R35 Kobalt Tools 500 @ Phoenix (Early)

The Kobalt Tools 500 is a NASCAR Sprint Cup stock car race held at Phoenix International Raceway in Avondale, Arizona.

02:50 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.

03:00 am Tennis: ATP World Tour Uncovered (Rpt)

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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.

Thursday 17th November 2011

03:30 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.

04:30 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.

05:30 am FA Cup Classics (Rpt)

G

Chelsea V Manchester United 1995/96

Experience the fierce rivalry of Chelsea and Manchester United as these two top English clubs meet in the semi final stage of the 1995/96 FA Cup.

Friday 18th November 2011

06:00 am NFL: America's Game

PG

Story Of The 1983 L.A Raiders

Two years after moving from Oakland, the LA Raiders went all the way to Super Bowl XVIII. Players share their intimate stories behind the team's 1983 NFL season. Narrated by Alec Baldwin.

07:00 am National Football League

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Non-stop motorsport action highlights from the Phoenix International Raceway. The high octane NASCAR racing continues with the 35th round of the Sprint Cup Series.

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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.

12:00 pm Omnisport (Rpt)

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12:15 pm National Football League (Rpt)

LIVE

Week 11 - Denver Broncos V New York Jets

The Denver Broncos host the New York Jets at their home ground, MetLife Stadium, in Week 11 of the 2011-2012 NFL season.

03:45 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 Beach Patrol (Rpt)

At Huntington Beach, two dog owners get into a fight, and a volleyball injures a woman and threatens to turn two groups of families against each other.

04:30 pm Airline (Rpt)

PG
Mild Coarse
Language

The weather is not on the side of the Airline and Katrina bears the brunt of passengers' anger when flights to Nice are delayed by fog.

05:00 pm Pat Callinan's 4x4 Adventures

06:00 pm Jeopardy!

G

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

06:30 pm Beach Patrol

At Huntington Beach, two different women are physically assaulted in the water. Lifeguards search and find their suspect, but when they try to question him, he tries to make a run for it.

Friday 18th November 2011

07:00 pm COPS

07:30 pm Tools Of The Trade

Road Building

08:30 pm Behind Enemy Lines (2000)

M
Some Violence,
Some Coarse
Language

A Navy navigator is shot down over enemy territory and is ruthlessly pursued by a secret police enforcer and the opposing troops. Meanwhile his commanding officer goes against orders to rescue him.

Starring: Owen Wilson, Gene Hackman, Gabriel Macht, David Keith

10:30 pm Basketball: NBL

Round 7: Melbourne Tigers V Perth Wildcats

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

12:30 am The Ultimate Fighter (Rpt)

M
Realistic Violence,
Some Coarse
Language

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

01:30 am UFC On Fox

02:30 am Magic Of The FA Cup (Rpt)

G

Newcastle United - Greatest Players

Delve back into the FA Cup archives to look back and retrace the history and magical moments from Newcastle United's Greatest Players.

03:30 am Omnisport (Rpt)

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05:00 am British Touring Car
Championship (Rpt)

G

R10 Silverstone

Round ten of the British Touring Car Championship from Silverstone in Northamptonshire, England.

Saturday 19th November 2011

06:00 am Triathlon: World Cup Magazine (Rpt)

G

World Cup Magazine 1: Ishigaki And Monterey

ONE mainlines you a fix of endurance events straight into your lounge room. Follow the world's leading triathletes at World Cup events in Ishigaki and Monterey.

07:00 am National Football League

09:30 am WRC Access All Areas

Access All Areas - R13 Great Britain

Your Access All Areas pass for a complete 60 minute roundup of the Rally of Great Britain.

10:30 am World Of Free Sports

PG

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

11:00 am Drive (Rpt)

PG

South (Part 2)

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.

11:30 am Basketball: NBL (Rpt)

Round 7: Melbourne Tigers V Perth Wildcats

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

01:30 pm 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.

02:30 pm NASCAR Nationwide Series Highlights (Rpt)

R33 Wypall 200 @ Phoenix

Catch the highlights from every race of the 2011 Nationwide Series on ONE. Round 32 of full throttle NASCAR excitement is hosted at the Phoenix International Raceway.

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

Saturday 19th November 2011

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Some Coarse
Language,
Adult Themes

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09:00 pm Race To Dakar

M
Some Coarse
Language

A documentary series following actor and keen motorcyclist Charley Boorman's entry into the 2006 Dakar Rally from Lisbon to Dakar.

10:00 pm COPS: Adults Only (Rpt)

M

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.

10:30 pm Basketball: NBL

Round 7: Gold Coast Blaze V Townsville Crocodiles

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

12:30 am UFC 97 (Rpt)

M
Realistic Violence,
Some Coarse
Language

U.F.C 97

What makes UFC 97 an instant classic? You'll just have to tune in to find out. Some of the world's best MMA fighters came to Montreal in Canada seeking Redemption.

02:30 am National Football League (Rpt)

Week 10 - San Francisco 49ers V New York Giants (Early)

The San Francisco 49ers host the New York Giants at their home ground, Candlestick Park, in Week 10 of the 2011-2012 NFL season.

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 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.