

Sunday 30th October 2011

06:00 am	Ironman: France	G	<p><u>Ironman France 2011</u></p> <p>Head to France with the world's toughest athletes for Ironman's World Championship. Competitors will swim, cycle and run 226km around Nice, through 17 towns and villages.</p>
07:00 am	Ironman: Switzerland	G	<p><u>Ironman Switzerland 2011</u></p> <p>Head to Switzerland with the world's toughest athletes for Ironman's World Championship. Competitors will swim, cycle and run more than 220km through Zurich.</p>
08:00 am	Basketball: NBL (Rpt)		<p><u>Round 3: Sydney Kings V Wollongong Hawks</u></p> <p>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.</p>
10:00 am	Pro Bull Riding	PG	<p><u>Billings</u></p> <p>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.</p>
11:00 am	UFC 137 Prelims (Rpt)		<p>LIVE</p> <p><u>U.F.C 137 Prelims</u></p>
12:00 pm	Triathlon: ITU World Championship Series Highlights (Rpt)	G	<p><u>R6 Beijing Grand Final - Highlights</u></p> <p>Tune in for all the grand final highlights of the Dextro ITU World Championship Series in Beijing as triathletes build towards the London Olympics.</p>
01:00 pm	British Touring Car Championship	G	<p><u>R9 Brands Hatch Gp</u></p> <p>Round nine of the British Touring Car Championship from Brands Hatch in Kent, England.</p>
02:00 pm	Extreme Dreams (Rpt)	PG Drug References	<p>Five would-be explorers test themselves against some of the world's most challenging terrain. They set out to find the lost city of the Incas in Peru.</p>
02:30 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>
03:00 pm	First Ascent (Rpt)	PG Some Coarse Language	<p><u>The Impossible Climb</u></p> <p>For a decade, Chris Sharma has ruled the climbing world, establishing the most difficult first ascents in existence. Now Sharma has found the longest, hardest, most beautiful climb of his life.</p>
03:30 pm	First Ascent (Rpt)	PG Adult Themes	<p><u>Patagonia Promise</u></p> <p>Climber Stanley Leary and his two friends venture across South America to the wild peaks of Patagonia on a journey of the heart.</p>
04:00 pm	First Ascent (Rpt)	PG Some Coarse Language	<p><u>Alone On The Wall</u></p> <p>Climbing truly massive walls without a rope, and no chance of survival if he falls, Alex Honnold is calm and fearless. But attempting the 2000ft wall of Half Dome will finally teach Alex about fear.</p>

Sunday 30th October 2011

04:30 pm Beach Patrol (Rpt)

PG
Some Coarse
Language,
Adult Themes

Best Of

The San Diego Beach Patrol is not only just lifeguards trained to perform daring water rescues, but they are also sworn peace officers.

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

Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.

06:30 pm Megastructures Breakdown (Rpt)

PG

Bridge

Once it was among the longest highway bridges in the world and a feat of architectural genius. Megastructures Breakdown follows engineers as they deconstruct and recycle this marvel in only 48 hours.

07:30 pm Formula 1 Grand Prix (Rpt)

LIVE

R17 India Grand Prix

The New Delhi track stretches 5,141-kilometres and is expected to seat up to 150,000 spectators. Two sizeable straights and an interesting mix of corners should guarantee a track full of challenges.

10:35 pm Basketball: NBL

Round 4: Wollongong Hawks V Melbourne Tigers

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.

12:35 am Outlaw (2007)

AV15+
Strong Violence,
Very Coarse
Language,
Adult Themes

MOVIE

Betrayed by their government and let down by the police force, a vigilante group of outlaws unite to right what they see as society's wrongs.

Starring: Sean Bean

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 Australian Rally Championship (Rpt)

Junior Challenge Final

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.

04:00 am NASCAR Sprint Cup (Rpt)

LIVE

R33 Tums Fast Relief 500 @ Martinsville (Early)

The Tums Fast Relief 500 is a NASCAR Sprint Cup Series stock car race held at the Martinsville Speedway in Ridgeway, Virginia. It is currently the sixth race in the ten race Chase for the Sprint Cup.

Monday 31st October 2011

06:00 am NASCAR Sprint Cup

LIVE

R33 Tums Fast Relief 500 @ Martinsville

The Tums Fast Relief 500 is a NASCAR Sprint Cup Series stock car race held at the Martinsville Speedway in Ridgeway, Virginia. It is currently the sixth race in the ten race Chase for the Sprint Cup.

08:30 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.

09:00 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.

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 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.

11:00 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.

11:20 am National Football League (Rpt)

LIVE

Week 8 - Philadelphia Eagles V Dallas Cowboys

The Philadelphia Eagles host the Dallas Cowboys at their home ground, Lincoln financial Field in South Philadelphia, in Week 8 of the 2011-2012 NFL season.

02:30 pm Netball Test Series 2011 (Rpt)

Australia V New Zealand - Third Test

Melbourne

04:30 pm Airline (Rpt)

PG
Some Coarse
Language

Revellers gather to welcome England's footballers home after celebrating qualification for the World Cup. The airline is also up for some awards, will they too be celebrating?

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.

Monday 31st October 2011

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

PG

Honolulu's waves have grown unexpectedly ferocious, and a surfer gets caught in the clutches of a rip current. Meanwhile a brawl at a park that borders the beach leaves one man down.

07:00 pm COPS (Rpt)

PG
Adult Themes

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

07:30 pm Psych

PG
Some Violence,
Sexual References,
Some Coarse
Language

Let's Get Hairy

Shawn and Gus take the case of a man who believes he may be a werewolf. They find themselves protecting the man from a murder charge.

Starring: James Roday, Dule Hill, Corbin Bernsen

08:30 pm Burn Notice

CC M
WS
Some Violence,
Some Coarse
Language

LIVE

Brotherly Love

While Sam and Jesse travel to the Dominican Republic in search of the list, Michael must stay in Miami to help his brother find a drug dealer's stolen car.

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

09:30 pm Blue Bloods

SERIES RETURN

10:30 pm Formula 1 Grand Prix (Rpt)

R17 India Grand Prix

The New Delhi track stretches 5,141-kilometres and is expected to seat up to 150,000 spectators. Two sizeable straights and an interesting mix of corners should guarantee a track full of challenges.

12:30 am National Football League

Week 8 - New York Giants V Miami Dolphins

The New York Giants host the Miami Dolphins at their home ground, MetLife Stadium, in Week 8 of the 2011-2012 NFL season.

03:45 am National Football League

Week 8 - Pittsburgh Steelers V New England Patriots (Early)

The Pittsburgh Steelers host the New England Patriots at their home ground, Heinz Field, in Week 8 of the 2011-2012 NFL season.

Tuesday 01st November 2011

06:00 am National Football League

LIVE

Week 8 - Pittsburgh Steelers V New England Patriots

The Pittsburgh Steelers host the New England Patriots at their home ground, Heinz Field, in Week 8 of the 2011-2012 NFL season.

06:45 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.

07:00 am Basketball: NBL

Round 4: Wollongong Hawks V Melbourne Tigers

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.

09:00 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.

10:00 am NFL: America's Game

PG

Story Of The 1977 Dallas Cowboys

They became known as America's team and a global sporting super franchise. Follow Dallas through 1977 to Super Bowl XII. Narrated by Laurence Fishburne.

11:00 am Magic Of The FA Cup (Rpt)

G

Liverpool's Greatest Goals

ONE takes you to Anfield, to follow the Reds' Greatest Goals. Liverpool is the most successful team in English football history, having won the most trophies and a joint-record eighteen league titles.

12:30 pm British Touring Car Championship (Rpt)

G

R9 Brands Hatch Gp

Round nine of the British Touring Car Championship from Brands Hatch in Kent, England.

01:30 pm Australian Rally Championship (Rpt)

Junior Challenge Final

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.

02:30 pm Save Point (Rpt)

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

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)

PG

Honolulu's waves have grown unexpectedly ferocious, and a surfer gets caught in the clutches of a rip current. Meanwhile a brawl at a park that borders the beach leaves one man down.

Tuesday 01st November 2011

04:30 pm	Airline (Rpt)	PG Mild Coarse Language	Series 2 of Airline follows a new cast of real life characters at Easy-Jet, the low cost airline transporting thousands of passengers travelling between England and continental Europe.
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!	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	PG Some Coarse Language, Adult Themes	At Hanauma Bay a snorkeler has ingested a deadly amount of water and is now coughing up blood. Lifeguards and paramedics must get her aid before it's too late.
07:00 pm	COPS (Rpt)	PG Sexual References, Some Coarse Language, Drug References	A real life drama series that documents the personal and professional lives of the police officers enforcing the troubled streets of America.
07:30 pm	Black Gold	PG Some Violence, 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.
08:30 pm	COPS: Adults Only (Rpt)	M	<u>Coast To Coast</u> 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)	M	<u>Coast To Coast</u> A real life drama series that documents the personal and professional lives of the police officers enforcing the troubled streets of America.
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 every day life. There is no wrong answer, but be warned - you could open a Can Of Worms!
10:30 pm	24	M Some Violence	<u>Day 1: 4:00 P.M. - 5:00 P.M.</u> Jack and Mason implement a delicate operation attempting to place a tracker on assassin Alexis Drazen. Keith procures proof of Carl's involvement in Farragamo's death. Starring: Kiefer Sutherland, Elisha Cuthbert, Dennis Haysbert, Carlos Bernard
11:30 pm	The League	MA15+ Sexual References	<u>Sunday At Ruxin's</u> Ruxin invites the gang over to watch the game, see the baby and have a Sunday lunch. However it doesn't all go according to plan.
12:00 am	Basketball: NBL (Rpt)		<u>Round 4: Townsville Crocodiles V Gold Coast Blaze</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.

Tuesday 01st November 2011

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: Liverpool TV

Liverpool V West Bromwich

05:30 am FA Cup Classics

G

Luton V West Ham United Fa Cup 6th Round Replay 1993/94

Wednesday 02nd November 2011

06:00 am Football: Arsenal TV

Chelsea V Arsenal

09:00 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.

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 Save Point (Rpt)

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

11:00 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.

12:00 pm NASCAR Nationwide Series Highlights (Rpt)

R32 O'reilly Auto Parts Challenge @ Texas

Catch the highlights from every race of the 2011 Nationwide Series on ONE. Round 32 of full throttle NASCAR excitement is hosted at the Texas Motor Speedway.

01:00 pm NASCAR Sprint Cup Highlights

R33 Tums Fast Relief 500 @ Martinsville-Highlights

Non-stop motorsport action highlights from the Martinsville Speedway. The high octane NASCAR racing continues with the 33rd 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)

PG
Some Coarse
Language,
Adult Themes

At Hanauma Bay a snorkeler has ingested a deadly amount of water and is now coughing up blood. Lifeguards and paramedics must get her aid before it's too late.

04:30 pm Airline (Rpt)

PG

Jane Boulton is having the day from hell when she is confronted by some very angry passengers who scream at her across the terminal. A crash on the Motorway also causes chaos at the airport.

Wednesday 02nd 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

Hanauma Bay has lifeguards on high alert, when a group of swimmers gets caught in a rip, a girl goes missing on the beach, and a dead body floats near the shore.

07:00 pm COPS (Rpt)

PG
Some Coarse
Language,
Drug References

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

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 The Killing

SERIES PREMIERE

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 (Rpt)

Week 8 - Philadelphia Eagles V Dallas Cowboys

The Philadelphia Eagles host the Dallas Cowboys at their home ground, Lincoln financial Field in South Philadelphia, in Week 8 of the 2011-2012 NFL season.

02:00 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.

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

G

Manchester City's Greatest Goals

Manchester City is primed for success with Italian legend Roberto Mancini as coach. Ahead of their appearance in the FA Cup Final against Stoke City, revisit some of the Sky Blues' Greatest Goals.

03:30 am FA Cup Classics (Rpt)

G

Chelsea V Tottenham Hotspur F.A Cup 6th Round 2006/07

In the depths of Australia's winter and with world football enjoying its end of season break, ONE brings you more FA Classic from the vault. Enjoy the clash between Chelsea and Tottenham from 2006/07.

04:00 am Magic Of The FA Cup (Rpt)

G

Leeds United - Greatest Games

Leeds United is one of the most popular and historic football clubs in English football. Delve into the FA Cup archives for a comprehensive look at their Greatest Games.

The logo for the 'one' network, featuring the word 'one' in a white, lowercase, sans-serif font on a green square background.

MELBOURNE PROGRAM GUIDE

Wednesday 02nd November 2011

05:30 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.

Thursday 03rd November 2011

06:00 am NASCAR Sprint Cup (Rpt)

R33 Tums Fast Relief 500 @ Martinsville (Early)

The Tums Fast Relief 500 is a NASCAR Sprint Cup Series stock car race held at the Martinsville Speedway in Ridgeway, Virginia. It is currently the sixth race in the ten race Chase for the Sprint Cup.

09:00 am National Football League (Rpt)

Week 8 - New York Giants V Miami Dolphins

The New York Giants host the Miami Dolphins at their home ground, MetLife Stadium, in Week 8 of the 2011-2012 NFL season.

11:30 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.

12:00 pm Save Point (Rpt)

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

12:30 pm Black Gold (Rpt)

PG
Some Violence,
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 pm First Ascent (Rpt)

PG
Some Coarse
Language,
Adult Themes

Man V Elger

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.

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 Omnispport

Hot off the satellite, Omnispport 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)

Hanauma Bay has lifeguards on high alert, when a group of swimmers gets caught in a rip, a girl goes missing on the beach, and a dead body floats near the shore.

04:30 pm Airline (Rpt)

PG
Mild Coarse
Language

The rookie cabin crew learn what it's like to come face to face with terrorists. Check-in girl Katrina takes some time out for her hen's night.

05:00 pm I Fish (Rpt)

G

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

Thursday 03rd November 2011

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

Near Waikiki, a tourist from Florida gets hurt in a violent impact in a surfing accident. Plus a fisherman's vessel loses power in the choppy seas of the Molokai Channel.

07:00 pm COPS (Rpt)

PG
Drug References,
Adult Themes

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

07:30 pm Extreme Fishing With Robson Green

PG
Some Coarse
Language

Brazil

Robson visits the Uda Walawe national park; he challenges himself to fish in one of the caves. There is potential to catch stinging catfish, eels and gobies, amongst other weird and wonderful things.

08:30 pm Thursday Night Movie

MOVIE

11:05 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.

12:05 am NFL: America's Game (Rpt)

PG

Story Of The 1977 Dallas Cowboys

They became known as America's team and a global sporting super franchise. Follow Dallas through 1977 to Super Bowl XII. Narrated by Laurence Fishburne.

01:05 am Football: Arsenal TV (Rpt)

Chelsea V Arsenal

04:05 am Football: Arsenal TV

Carling Cup Archive Match (Early)

Friday 04th November 2011

06:00 am Football: Arsenal TV

Carling Cup Archive Match

07:05 am Triathlon: ITU World Championship Series Highlights (Rpt)

G

R6 Beijing Grand Final - Highlights

Tune in for all the grand final highlights of the Dextro ITU World Championship Series in Beijing as triathletes build towards the London Olympics.

08:00 am NFL: America's Game

PG

Story Of The 1978 Pittsburgh Steelers

In a rematch of Super Bowl X, Pittsburgh's Steel Curtain faced reigning champ Dallas, with both teams chasing a third championship. Narrated by Bruce Willis.

09:00 am National Football League (Rpt)

Week 8 - Pittsburgh Steelers V New England Patriots (Early)

The Pittsburgh Steelers host the New England Patriots at their home ground, Heinz Field, in Week 8 of the 2011-2012 NFL season.

11:30 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.

12:30 pm UFC 137 Prelims (Rpt)

U.F.C 137 Prelims

01:30 pm Tennis: ATP World Tour Uncovered

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04:00 pm Beach Patrol (Rpt)

Near Waikiki, a tourist from Florida gets hurt in a violent impact in a surfing accident. Plus a fisherman's vessel loses power in the choppy seas of the Molokai Channel.

04:30 pm Airline (Rpt)

PG
Some Coarse
Language

A group of football fans are in chaos as their flight is cancelled due to technical problems. Will they make it to the big World Cup semi-final between Holland and Brazil?

05:00 pm I Fish (Rpt)

G

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

Friday 04th November 2011

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

Reports of a shark sighting have lifeguards at Waikiki Beach on edge. Plus, a wild wave has thrown a young swimmer and dislocated his knee from its socket. Mourners say goodbye to legendary Don Ho.

07:00 pm COPS (Rpt)

PG
Adult Themes

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

07:30 pm World's Toughest Fixes

Operation Cruise Ship

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 X-Files: I Want To Believe, The (Rpt) (2008) WS

MOVIE

Mulder and Scully are called back to duty by the FBI when a former priest claims to be receiving psychic visions pertaining to a kidnapped agent.

Starring: David Duchovny, Gillian Anderson, Amanda Peet, Billy Connolly, Mitch Pileggi

10:45 pm Basketball: NBL

Round 5: Sydney Kings V Melbourne Tigers

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Some Coarse
Language

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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.

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Saturday 05th November 2011

06:00 am Basketball: NBL (Rpt)

Round 5: Sydney Kings V Melbourne Tigers

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.

08:00 am Ironman: Coeur D'alene, Idaho (Rpt)

G

Coeur D'alene, Idaho

Ironman Coeur d'Alene starts off with a two-loop swim in beautiful Lake Coeur d'Alene. The bike course takes athletes through rural northern Idaho and the run course is the highlight of the race.

09:00 am Australian Rally Championship (Rpt)

Junior Challenge Final

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.

10:00 am Pro Bull Riding

PG

Tulsa

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.

11:00 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.

11:30 am Drive (Rpt)

PG

South (Part 1)

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.

12:00 pm Airline (Rpt)

PG
Mild Coarse
Language

It is D-day for the new EasyJet trainees. Katrina's wedding day has arrived but she is held up at the hospital. Will she make it down the aisle?

12:30 pm Triathlon: World Cup Magazine

World Cup Magazine 3: Hatulco And Tongyeong

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

01:30 pm Save Point (Rpt)

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

02:00 pm Extreme Dreams (Rpt)

PG

Come along for the ride of your life as five explorers struggle against the weather, exhaustion and altitude sickness in search of Peru's lost city of the Incas.

02:30 pm Extreme Dreams (Rpt)

PG

As the search for the missing city of the Incas goes on, worry and anxiety overcome the group as they search for the missing Mia. Howard and Mark struggle with the physical exertion of the journey.

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.

Saturday 05th November 2011

03:30 pm Bondi Rescue (Rpt)

CC PG
WS Some Coarse
Language

Behind the relaxation and calm of a dip in the sea is the underlying fear of what lurks beneath. This summer, Sydney has seen record numbers of sharks visiting its shores.

04:00 pm Bondi Rescue (Rpt)

CC PG
WS Some Coarse
Language

In the carnival atmosphere of surfing and music, a roll of builders plastic becomes a make-shift slip and slide on a hill at South Bondi. But what seemed like a good idea at the time ends badly.

04:30 pm Bondi Rescue (Rpt)

CC PG
WS Some Coarse
Language

A giant swarm of stingers hits Bondi, leaving beachgoers in pain and distress. Lifeguards are stretched as they must treat hundreds of men, women, and children. Meanwhile, a surfboard has washed up.

05:00 pm I Fish (Rpt)

WS G

The best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.

05:30 pm I Fish (Rpt)

WS G

Drop a line with Australia's leading outdoor recreational series. I Fish brings you the best tips and info for the beginner fisherman, enthusiasts and hardcore anglers.

06:00 pm Save Point

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

06:30 pm The WWE Experience

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.

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.

09:00 pm Race To Dakar

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 UFC 137 Prelims (Rpt)

[U.F.C 137 Prelims](#)

11:30 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.

Saturday 05th November 2011

11:45 pm **MotoGP Qualifying** (Rpt)

LIVE

R18 Valencia - Qualifying

The Circuito de la Comunitat Valenciana was completed in 1999 and held rounds of the MotoGP and Spanish Motorcycle Championships in the same year.

01:10 am **Basketball: NBL** (Rpt)

Round 5: Perth Wildcats V Wollongong Hawks

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.

03:10 am **Rally World** (Rpt)

Rally World 13

In one hour, Rally World will bring you completely up to date with the latest from the World Rally Championship.

04:10 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 season continues here on ONE.

05:10 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.

05:40 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.