

Sunday 03rd July 2011

06:00 am	Football: The Magic Of The FA Cup	G	<p><b><u>Tottenham Hotspur - Greatest Games</u></b> Tottenham fans are passionate and vocal in support as they Spur on their team to greater success. The Magic of the FA Cup looks at the Hotspur's Greatest Games.</p>
07:30 am	Tennis: ATP World Tour Uncovered (Rpt)	G	<p>The latest instalment of this weekly tennis series follows the news and action from the ATP Tour. Former tour pro Justin Gimelstob brings you behind the scenes insights and exclusive player profiles.</p>
08:00 am	ONE Action	PG	<p><b><u>ONE Action 24</u></b> Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Guitterez for some amazing adventures on ONE Action.</p>
08:05 am	Pro Bull Riding	PG	<p>As part of ONE's Action Weekend lineup, it's time to climb aboard and hang on for dear life. The world's greatest rodeo competition is America's Pro Bull Riding circuit.</p>
09:05 am	ONE Action	PG	<p><b><u>ONE Action 25</u></b> Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Guitterez for some amazing adventures on ONE Action.</p>
09:10 am	World Of Free Sports	PG	<p>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.</p>
09:40 am	ONE Action	PG	<p><b><u>ONE Action 26</u></b> Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Guitterez for some amazing adventures on ONE Action.</p>
09:45 am	Save Point (Rpt)	PG (V)	<p>Maude Garrett joins Paul Verhoeven and Junglist to bring you a fast-paced fix of gaming releases, news and reviews.</p>
09:55 am	ONE Action	PG	<p><b><u>ONE Action 27</u></b> Every Saturday and Sunday morning join Bondi Rescue's Ryan Clark (aka 'Whippet') and Michelle Guitterez for some amazing adventures on ONE Action.</p>
10:00 am	LIVE: UFC 132 Prelims	LIVE	<p><b><u>U.F.C 132 Prelims</u></b> A mouth-watering UFC Prelim as Aussie George Sotiropoulos fights Rafael dos Anjos. Knockout machine Melvin Guillard will try to remain standing against three time All-American wrestler Shane Roller.</p>
11:00 am	NASCAR Sprint Cup		<p><b><u>R17 Coke Zero 400 @ Daytona</u></b> The traditional Saturday night race at Daytona, as Sprint Cup teams and drivers race over 400 miles on the 4th of July long weekend. Can Aussie Marcos Ambrose play spoiler on America's big day?</p>

**Sunday 03rd July 2011**

**02:00 pm Motorsport: Isle Of Man TT**

**Qualifying Highlights**

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

**03:00 pm Motorsport: Australian GT**

**Australian GT Sportscar - Eastern Creek**

Australian GT is the nation's premier sportscar category. The most exotic car marques including Ferrari, Porsche, Mosler, Audi, Aston Martin, Lamborghini and Lotus race door to door at Eastern Creek.

**03:30 pm Omnisport**

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

**04:00 pm Airline (Rpt)**

PG

Hard day at work? Battled your way through the peak hour rush? No matter how bad your day was theres a good chance its nothing compared to working customer service at an airport or on a flight crew.

**04:30 pm Airline (Rpt)**

PG

Tension mounts for a first time pilot ahead of their maiden flight, passport issues for a newborn baby and tempers fray at check-in.

**05:00 pm I Fish**

G

**SPECIAL EARLIER TIME**

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

**05:30 pm LIVE: Swimming: Australian Short Course Championships**

**LIVE**

**Australian Short Course Swimming Championships Day 3**

Australia's best swimmers put the finishing touches on their World Championship preparations with a final hitout at the new \$100 million South Australian Aquatic Centre.

**06:55 pm LIVE: Motorcycle Racing: 125cc**

**LIVE**

**R8 Italy**

Nicolas Terol is runaway leader in the final season of the 125cc class, before Moto3 takes over next year. Can Folger, Zarco or Cortese catch the Spaniard to be the last ever 125 World Champion?

**08:00 pm LIVE: Motorcycle Racing: Moto2**

**LIVE**

**R8 Italy**

The Moto2 class always provides close wheel to wheel racing but the championship battle is not so tight. Can Stefan Bradl hold out Corst, Takahashi, Iannone and Luthi to extend his large series lead?

**09:30 pm LIVE: MotoGP**

**LIVE**

**R8 Italy**

Casey Stoner completed an impressive trifecta with victory at three of the world's most incredible circuits: Le Mans, Catalunya and Silverstone. A win at Mugello would extend his championship lead.

Sunday 03rd July 2011

11:15 pm UFC 132 Prelims (Rpt)

**U.F.C 132 Prelims**

A mouth-watering UFC Prelim as Aussie George Sotiropoulos fights Rafael dos Anjos. Knockout machine Melvin Guillard will try to remain standing against three time All-American wrestler Shane Roller.

12:25 am **Swimming: Australian Short Course Championships (Rpt)****Australian Short Course Swimming Championships Day 3**

Australia's best swimmers put the finishing touches on their World Championship preparations with a final hitout at the new \$100 million South Australian Aquatic Centre.

01:50 am Omnisport (Rpt)

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

02:20 am RPM Moment

**R.P.M Moment - Aussie Cam Donald In The Isle Of Man T.T (Part 2)**

Catch up with Australian rider Cam Donald for more on the Isle of Man TT.

02:30 am FA Cup Classics

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.

03:00 am **Football: Arsenal TV****2010/11 Season Review (Part 3)**

Arsenal were deep in contention for numerous trophies this season. Recap the highs and lows from the Gunners' Cup campaign plus a Classic Match between Arsenal and Burnley from March 2010.

Monday 04th July 2011

06:00 am	Football: The Magic Of The FA Cup	G	<p><b><u>Leeds United - Greatest Games</u></b> 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.</p>
07:30 am	Snowboarding: TTR World Tour	PG	Ride the slopes with fresh snowboarding action from the TTR World Tour.
08:00 am	Swimming: Australian Short Course Championships (Rpt)		<p><b><u>Australian Short Course Swimming Championships Day 3</u></b> Australia's best swimmers put the finishing touches on their World Championship preparations with a final hitout at the new \$100 million South Australian Aquatic Centre.</p>
09:30 am	AFL Premiership Season 2011	CC	<p><b><u>Round 15 - Essendon V Geelong Cats</u></b> Former Geelong Premiership coach Mark Thompson returned to his former club Essendon this season as coaching coordinator. Now he faces his previous side, as the Cats roar under new coach Chris Scott.</p>
12:00 pm	Motorsport: Australian GT (Rpt)		<p><b><u>Australian GT Sportscar - Eastern Creek</u></b> Australian GT is the nation's premier sportscar category. The most exotic car marques including Ferrari, Porsche, Mosler, Audi, Aston Martin, Lamborghini and Lotus race door to door at Eastern Creek.</p>
12:30 pm	WRC Access All Areas (Rpt)	G	<p><b><u>Access All Areas - R7 Greece</u></b> Searing temperatures and rocky, dusty roads make up the Acropolis Rally of Greece. Review the taxing rally action from the seventh round of the WRC.</p>
01:30 pm	Motorsport: Isle Of Man TT (Rpt)		<p><b><u>Qualifying Highlights</u></b> Two-wheeled racing that is on the edge. Each year the Isle of Man welcomes riders and enthusiasts from across the globe for a spectacular week of racing. Hold on for highlights of Qualifying sessions.</p>
02:30 pm	NASCAR Nationwide Series Highlights		<p><b><u>R17 Subway Jalapeno 250 @ Daytona</u></b> Non-stop motorsport action on the Fourth of July holiday weekend at Daytona. The high octane NASCAR racing continues with the 17th round of the Nationwide Series.</p>
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	Netball World Championships		<p><b><u>Australia V Samoa</u></b> 16 countries unite in Singapore for the 2011 World Netball Championships. Natalie von Bertouch captains the Aussie Diamonds team as they begin their campaign against Samoa, who finished 6th in 2003.</p>
05:30 pm	I Fish Catch Of The Day (Rpt)	G	Seven nights a week at 5.30pm, drop a line with I Fish's Catch of the Day - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.

Monday 04th July 2011

06:00 pm Bondi Rescue

06:30 pm Extreme Dreams

PG

The adventurers reach the final leg of the journey, but morale is dropping quickly. With a six kilometre climb before their ultimate destination and little water, will they really find the lost city?

07:00 pm Airline

PG

(L) An angry passenger causes tempers to soar at the sales desk and security are quickly summoned to the scene. Two aspiring new recruits are interviewed for a passenger service position.

07:30 pm COPS

08:00 pm COPS

08:30 pm An Idiot Abroad

**SEASON FINALE**

M

**Karl Comes Home**

(L, S, N) Ricky Gervais describes Karl Pilkington as a round, empty-headed, chimp-like moron and they are supposed to be friends. Karl revisits his journey and whether his experiences has changed his outlook.

09:30 pm One Week At A Time

**AFL**

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

10:30 pm LIVE: Sports Tonight

**LIVE**

The most trusted name in sports news, Sports Tonight has reporters around the country chasing the stories and bringing you the news, interviews and highlights you need to see every day.

11:00 pm MotoGP (Rpt)

**R8 Italy**

Casey Stoner completed an impressive trifecta with victory at three of the world's most incredible circuits: Le Mans, Catalunya and Silverstone. A win at Mugello would extend his championship lead.

01:00 am LIVE: One Week At A Time Late

**LIVE**

**NRL**

ONE's rugby league guru Adam Hawse joins NSW Coach Ricky Stuart and either Ben Ikin or Adam MacDougall every Monday night to dissect the week's big issues in the NRL.

02:00 am Omnisport (Rpt)

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**Monday 04th July 2011**

**02:30 am NASCAR Sprint Cup (Rpt)**

**R17 Coke Zero 400 @ Daytona**

The traditional Saturday night race at Daytona, as Sprint Cup teams and drivers race over 400 miles on the 4th of July long weekend. Can Aussie Marcos Ambrose play spoiler on America's big day?

**05:30 am Omnisport (Rpt)**

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Tuesday 05th July 2011

06:00 am	LIVE: Major League Baseball	LIVE	<b><u>Oakland Athletics V Seattle Mariners</u></b> Australian pitcher Grant Balfour made a life-changing offseason move to Oakland from Tampa Bay in a \$7.9 million deal. The A's welcome division rivals Seattle, who lost over 100 games last season.
09:00 am	This Week In Baseball	PG	Throughout the Major League season, This Week in Baseball is your one stop magazine show for all the most interesting MLB stories, with profiles, news, highlights and features beyond the ballpark.
09:30 am	AFL Premiership Season 2011	CC	<b><u>Round 15 - Richmond V Carlton</u></b> Two of Victoria's most popular football clubs renew their traditional rivalry in a Saturday afternoon blockbuster. Carlton seem headed for a top four spot while Richmond battle for a top eight berth.
12:00 pm	Netball World Championships (Rpt)		<b><u>Australia V Samoa</u></b> 16 countries unite in Singapore for the 2011 World Netball Championships. Natalie von Bertouch captains the Aussie Diamonds team as they begin their campaign against Samoa, who finished 6th in 2003.
01:30 pm	One Week At A Time (NRL) (Rpt)		<b><u>NRL</u></b> ONE's rugby league guru Adam Hawse joins NSW Coach Ricky Stuart and either Ben Ikin or Adam MacDougall every Monday night to dissect the week's big issues in the NRL.
02:30 pm	One Week At A Time (AFL) (Rpt)		<b><u>AFL</u></b> The most respected name in footy analysis is back for a brand new season. Stephen Quartermain, Robert Walls and Luke Darcy tackle the big issues in AFL every Monday night only on ONE.
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	Extreme Dreams (Rpt)	PG	The adventurers reach the final leg of the journey, but morale is dropping quickly. With a six kilometre climb before their ultimate destination and little water, will they really find the lost city?
04:30 pm	Airline (Rpt)	PG	The staff at EasyJet are put to the ultimate customer service test as angry and frustrated passengers test their patience in the terminal and in the skies.
05:00 pm	Dr Danger		<b><u>Middle East: Jordan</u></b> Veteran news correspondent Dr Bob Arnot takes you off the map into far flung locations in search of adventure. The thrill-seeking traveller and humanitarian takes you on a dangerous tour of Jordan.

## Tuesday 05th July 2011

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

G

Seven nights a week at 5.30pm, drop a line with I Fish's Catch of the Day - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.

06:00 pm Bondi Rescue

06:30 pm Extreme Dreams

A new adventure begins for five contestants to climb Mount Kilimanjaro, the highest peak in Africa.

07:00 pm Airline

PG

(L) A passenger in Liverpool is unable to contain her anger at missing her flight. Meanwhile the EasyJet owner floats the company onto the stock market in a bid to expand.

07:30 pm Ice Road Truckers

**SEASON FINALE**

PG

**Arctic Thaw**

(L) Spring is approaching and conditions on the road are at their most slippery and dangerous as sleet and potholes emerge. Rivals Alex and Hugh are neck and neck in their race to complete the most runs.

08:30 pm COPS: Adults Only

M

**Coast To Coast Ncp022 (Cp-2322)**

Fast tracked from the United States, the season final from COPS 23rd year. The groundbreaking reality series established a style and genre many have followed but none can equal.

09:00 pm To Be Advised

11:15 pm Sports Tonight

The most trusted name in sports news, Sports Tonight has reporters around the country chasing the stories and bringing you the news, interviews and highlights you need to see every day.

11:45 pm Netball World Championships

**Australia V North Ireland**

The Aussie Diamonds defend their title of World Champions in netball. After the heartbreak of silver at the Commonwealth Games can they surge past Northern Ireland on the way to a Silver Fern rematch?

01:15 am Dr Danger (Rpt)

**Middle East: Jordan**

Veteran news correspondent Dr Bob Arnot takes you off the map into far flung locations in search of adventure. The thrill-seeking traveller and humanitarian takes you on a dangerous tour of Jordan.

01:45 am NASCAR Nationwide Series Highlights (Rpt)

**R17 Subway Jalapeno 250 @ Daytona**

Non-stop motorsport action on the Fourth of July holiday weekend at Daytona. The high octane NASCAR racing continues with the 17th round of the Nationwide Series.

02:45 am Omnisport (Rpt)

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**Tuesday 05th July 2011****03:00 am Major League Baseball (Rpt)****Oakland Athletics V Seattle Mariners**

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Wednesday 06th July 2011

06:00 am	MotoGP (Rpt)		<p><b>R8 Italy</b> Casey Stoner completed an impressive trifecta with victory at three of the world's most incredible circuits: Le Mans, Catalunya and Silverstone. A win at Mugello would extend his championship lead.</p>
08:00 am	I Fish (Rpt)	G	<p>Join Paul Worsteling every Sunday afternoon on ONE for brand new adventures on land and sea. I Fish is the #1 show for anglers with great tips and products that will help you lure the big fish.</p>
08:30 am	WNBA Action		<p>The Tulsa Shock selected Australia's Liz Cambage as Number 2 pick in the WNBA Draft. She joins Lauren Jackson and a growing number of Opals playing in the world's premier womens basketball league.</p>
09:00 am	LIVE: Major League Baseball		<p><b>LIVE</b> <b>Cleveland Indians V New York Yankees</b> With a record 27 World Championships, the New York Yankees remain the benchmark for professionalism and success in baseball. They travel to Cleveland as the Indians battle to retain the division lead.</p>
12:00 pm	Netball World Championships (Rpt)		<p><b>Australia V North Ireland</b> The Aussie Diamonds defend their title of World Champions in netball. After the heartbreak of silver at the Commonwealth Games can they surge past Northern Ireland on the way to a Silver Fern rematch?</p>
01:30 pm	NASCAR Nationwide Series Highlights (Rpt)		<p><b>R17 Subway Jalapeno 250 @ Daytona</b> Non-stop motorsport action on the Fourth of July holiday weekend at Daytona. The high octane NASCAR racing continues with the 17th round of the Nationwide Series.</p>
02:30 pm	NASCAR Sprint Cup Highlights		<p><b>R17 Coke Zero 400 @ Daytona-Highlights</b> The traditional Saturday night race at Daytona, as Sprint Cup teams and drivers race over 400 miles on the 4th of July long weekend. Can Aussie Marcos Ambrose play spoiler on America's big day?</p>
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04:00 pm	Extreme Dreams (Rpt)		<p>A new adventure begins for five contestants to climb Mount Kilimanjaro, the highest peak in Africa.</p>
04:30 pm	Airline (Rpt)	PG (L)	<p>An angry passenger causes tempers to soar at the sales desk and security are quickly summoned to the scene. Two aspiring new recruits are interviewed for a passenger service position.</p>
05:00 pm	Dr Danger		<p><b>Middle East: Djibouti</b> Veteran news correspondent Dr Bob Arnot takes you off the map into far flung locations in search of adventure. The thrill-seeking traveller and humanitarian takes you on a dangerous tour of Djibouti.</p>

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06:00 pm Bondi Rescue

06:30 pm Extreme Dreams

The team takes their first steps onto Kilimanjaro. Oxygen becomes a point of contention as some don't listen to the advice about acclimatising to the altitude.

07:00 pm Airline

PG

In Luton, a group of friends heading to Aberdeen for a boy's weekend get separated. A plane bound for Malaga turns out to be too small to take all the passengers.

07:30 pm Long Way Round

PG (L)

The boys are on the last leg of the trip as they head south east toward New York and they arrive with all the style and fanfare of bikes with friends and family watching on.

08:30 pm COPS: Adults Only

09:00 pm COPS: Adults Only

09:30 pm Sons Of Anarchy

AV15+ **Better Half**

(V, S)

The women of SAMCRO are being pressed by the ATF. Jax sees Chief Unser as the key to the club's salvation. Cherry reveals some interesting information about her past to Gemma.

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 Sports Tonight

The most trusted name in sports news, Sports Tonight has reporters around the country chasing the stories and bringing you the news, interviews and highlights you need to see every day.

11:45 pm Netball World Championships

**Australia V Sri Lanka**

A stern Diamonds defence headed by Laura Geitz, Mo'onia Gerrard, Rebecca Bulley and Amy Steel look to stop Sri Lanka in their tracks. Will Australia remain undefeated through the World Championships?

01:15 am Dr Danger (Rpt)

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Thursday 07th July 2011

06:00 am Swimming: Australian Short Course Championships (Rpt)

**Australian Short Course Swimming Championships Day 1**

Across three nights, Australia's leading swimmers compete in Adelaide over 25 metres in the National Short Course Championships. Less than four weeks remain before the World Championships in Shanghai.

07:30 am Football: The Magic Of The FA Cup

G **Manchester United - Greatest Goals**

Even before the David Beckham era, Manchester United has always been one of the most high profile and glamorous clubs in world football. Take a look back at some of the Red Devils' Greatest Goals.

08:30 am This Week In Baseball (Rpt)

PG

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

09:00 am LIVE: Major League Baseball

LIVE

**Florida Marlins V Philadelphia Phillies**

Three months into the season and it has been one of the most keenly contested years ever. Every division race has two or three teams contending for the lead as the Fish host the Phillies in Florida.

12:00 pm Netball World Championships (Rpt)

**Australia V Sri Lanka**

A stern Diamonds defence headed by Laura Geitz, Mo'onia Gerrard, Rebecca Bulley and Amy Steel look to stop Sri Lanka in their tracks. Will Australia remain undefeated through the World Championships?

01:30 pm Tennis: ATP World Tour Uncovered

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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.

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A passenger in Liverpool is unable to contain her anger at missing her flight. Meanwhile the EasyJet owner floats the company onto the stock market in a bid to expand.

05:00 pm Dr Danger

**Middle East: Afghanistan**

Veteran news correspondent Dr Bob Arnot takes you off the map into far flung locations in search of adventure. The thrill-seeking traveller and humanitarian takes you on a tour of Afghanistan.

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

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06:00 pm Bondi Rescue

06:30 pm Extreme Dreams

The previous night's medical emergency has left the team reeling and it appears that one member will have to be evacuated off the mountain.

07:00 pm Airline

PG

Fog descends on Luton airport, ensuring EasyJet staff has their hands full dealing with the disruption. The late departure of Air Force One from Belfast causes delays for other flights.

07:30 pm COPS

08:00 pm COPS

08:30 pm LIVE: The Game Plan

**LIVE**

**AFL**

Western Bulldogs Vice Captain Daniel Giansiracusa joins Anthony Hudson, Matthew Lloyd and Scott Cummings to dissect the big issues in footy as well as preview Round 16 and bring you team ins and outs.

09:30 pm The Ultimate Fighter

**The Ultimate Fighter**

A massive double episode sees Roy 'Big Country' Nelson take on Justin Wren while Brendan Schaub fights Jon Madsen. Its time for the Season 10's coach's challenge with a beach volleyball competition.

11:30 pm Sports Tonight

The most trusted name in sports news, Sports Tonight has reporters around the country chasing the stories and bringing you the news, interviews and highlights you need to see every day.

12:00 am The Game Plan Late

**NRL**

Your weekend begins here as Andrew Moore, Steve 'Blocker' Roach and Joel Caine bring you the show with 100% pure footy. NRL players and legends join the panel, plus The Late Mail and Front Row Forum.

**Thursday 07th July 2011****01:00 am Dr Danger (Rpt)****Middle East: Afghanistan**

Veteran news correspondent Dr Bob Arnot takes you off the map into far flung locations in search of adventure. The thrill-seeking traveller and humanitarian takes you on a tour of Afghanistan.

**01:30 am NASCAR Sprint Cup Highlights (Rpt)****R17 Coke Zero 400 @ Daytona-Highlights**

The traditional Saturday night race at Daytona, as Sprint Cup teams and drivers race over 400 miles on the 4th of July long weekend. Can Aussie Marcos Ambrose play spoiler on America's big day?

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**03:00 am Golf: OneAsia Tour****High 1 Open Round 1**

The Nanshan China Masters went down to the wire with a four-way play off before Korea's Kim Bi-o was crowned champ. Andre Stolz and Kurt Barnes are the top Aussies on the OneAsia Tour Order of Merit.

Friday 08th July 2011

06:00 am **Swimming: Australian Short Course Championships (Rpt)**

**Australian Short Course Swimming Championships Day 2**

Less than a month before the Aussie Dolphins swim team unite to take on the globe at the FINA World Championships in Shanghai, our country's finest compete against each other over 25m in Adelaide.

07:30 am **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.

08:30 am **NASCAR Sprint Cup (Rpt)**

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11:30 am **500 Greatest Goals**

G

Football is a worldwide phenomenon. Sit back as we delve through the archives of football leagues from all over the country and see the best goals in history.

12:00 pm **WNBA Action (Rpt)**

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.

12:30 pm **The Windsurfing Movie (Rpt)**

G

**Windsurfing Movie**

Shoot the breeze with some incredible vision as windsurfers chase the perfect wave.

01:30 pm **The Game Plan (NRL) (Rpt)**

**NRL**

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02:30 pm **The Game Plan (AFL) (Rpt)**

**AFL**

Western Bulldogs Vice Captain Daniel Giansiracusa joins Anthony Hudson, Matthew Lloyd and Scott Cummings to dissect the big issues in footy as well as preview Round 16 and bring you team ins and outs.

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 **Extreme Dreams (Rpt)**

The previous night's medical emergency has left the team reeling and it appears that one member will have to be evacuated off the mountain.

04:30 pm **Airline (Rpt)**

PG

In Luton, a group of friends heading to Aberdeen for a boy's weekend get separated. A plane bound for Malaga turns out to be too small to take all the passengers.

**Friday 08th July 2011**

**05:00 pm Dr Danger**

**Middle East: Afghanistan Military**

Veteran news correspondent Dr Bob Arnot takes you off the map into far flung locations in search of adventure. The thrill-seeking traveller and humanitarian takes you on a tour of Afghanistan.

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

G

Seven nights a week at 5.30pm, drop a line with I Fish's Catch of the Day - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.

**06:00 pm Bondi Rescue**

**06:30 pm Extreme Dreams**

The team heads to the last camp before climbing the peak, but at 16,000 feet above sea level it is no easy trek. One contestant may not take it.

**07:00 pm Airline**

PG

(L) Escape the daily grind and relax with a short getaway with Airline. However as all holiday makers have discovered there is always stress and tension getting to your destination.

**07:30 pm Megastructures: Brick**

**Brick**

Megastructures looks into one of the major building blocks of modern civilization: Brick. Investigate how one of the world's first building materials evolved from clay to a versatile, essential tool.

**08:30 pm To Be Advised**

**10:45 pm Sports Tonight**

The most trusted name in sports news, Sports Tonight has reporters around the country chasing the stories and bringing you the news, interviews and highlights you need to see every day.

**11:15 pm Netball World Championships  
Quarter Final**

**Quarter Final**

The Diamonds' World Championship title defence continues as the Aussies hope to make a Quarter Final appearance as the top seed from Pool A. Will they face England, Malawi, Barbados or Malaysia?

**12:45 am Dr Danger (Rpt)**

**Middle East: Afghanistan Military**

Veteran news correspondent Dr Bob Arnot takes you off the map into far flung locations in search of adventure. The thrill-seeking traveller and humanitarian takes you on a tour of Afghanistan.

**01:15 am UFC 132 Prelims (Rpt)**

**U.F.C 132 Prelims**

A mouth-watering UFC Prelim as Aussie George Sotiropoulos fights Rafael dos Anjos. Knockout machine Melvin Guillard will try to remain standing against three time All-American wrestler Shane Roller.

Friday 08th July 2011

02:25 am RPM Moment (Rpt)

G **R.P.M Moment - Restoring Classic Racecars**

RPM host Greg Rust visits the workshop of Des Wall, who has lovingly restored some classic racecars from Australia's motorsport history.

02:30 am 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 Golf: OneAsia Tour

**High 1 Open Round 2**

Second round coverage from the High 1 Open as leading golfers from Australia, China, Korea and around the Asia-Pacific compete at Korea's High 1 Country Club.

## Saturday 09th July 2011

**06:00 am Swimming: Australian Short Course Championships (Rpt)**

**Australian Short Course Swimming Championships Day 3**

Australia's best swimmers put the finishing touches on their World Championship preparations with a final hitout at the new \$100 million South Australian Aquatic Centre.

**07:30 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.

**08:00 am Grand-Am Rolex Sportscar Series (Rpt)**

**R7 Rolex Sportscar Series 250 - Road America**

The Road America circuit in Wisconsin plays host to the seventh round of the 2011 Grand-Am Rolex Sportscar Series. Follow the GT and Daytona Prototype racecars in action on the four mile road circuit.

**10:00 am ONE Action**

PG

**ONE Action 28**

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

**10:05 am Pro Bull Riding**

PG

As part of ONE's Action Weekend lineup, it's time to climb aboard and hang on for dear life. The world's greatest rodeo competition is America's Pro Bull Riding circuit.

**11:05 am ONE Action**

PG

**ONE Action 29**

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

**11:10 am World Of Free Sports**

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.

**11:40 am ONE Action**

PG

**ONE Action 30**

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

**11:45 am Save Point (Rpt)**

G

Maude Garrett joins Paul Verhoeven and Junglist to bring you a fast-paced fix of gaming releases, news and reviews.

**11:55 am ONE Action**

PG

**ONE Action 31**

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

**12:00 pm Netball World Championships Quarter Final (Rpt)**

**Quarter Final**

The Diamonds' World Championship title defence continues as the Aussies hope to make a Quarter Final appearance as the top seed from Pool A. Will they face England, Malawi, Barbados or Malaysia?

Saturday 09th July 2011

01:30 pm The WWE Experience (Rpt)

PG

(V) Jack Korpela guides you through your weekly fix of the good, the bad and the ugly from WWE. New episodes every Saturday night with all the most intense action from Raw, SmackDown and NXT.

02:30 pm Extreme Dreams (Rpt)

A new adventure begins for five contestants to climb Mount Kilimanjaro, the highest peak in Africa.

03:00 pm Extreme Dreams (Rpt)

The team takes their first steps onto Kilimanjaro. Oxygen becomes a point of contention as some don't listen to the advice about acclimatising to the altitude.

03:30 pm Dr Danger (Rpt)

**Middle East: Jordan**

Veteran news correspondent Dr Bob Arnot takes you off the map into far flung locations in search of adventure. The thrill-seeking traveller and humanitarian takes you on a dangerous tour of Jordan.

04:00 pm Dr Danger (Rpt)

**Middle East: Djibouti**

Veteran news correspondent Dr Bob Arnot takes you off the map into far flung locations in search of adventure. The thrill-seeking traveller and humanitarian takes you on a dangerous tour of Djibouti.

04:30 pm Airline (Rpt)

PG

(L) An angry passenger causes tempers to soar at the sales desk and security are quickly summoned to the scene. Two aspiring new recruits are interviewed for a passenger service position.

05:00 pm Airline (Rpt)

PG

(L) A passenger in Liverpool is unable to contain her anger at missing her flight. Meanwhile the EasyJet owner floats the company onto the stock market in a bid to expand.

05:30 pm I Fish

G

Seven nights a week at 5.30pm, drop a line with I Fish's Catch of the Day - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.

06:30 pm The WWE Experience

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(V) Jack Korpela guides you through your weekly fix of the good, the bad and the ugly from WWE. New episodes every Saturday night with all the most intense action from Raw, SmackDown and NXT.

07:30 pm Sports Tonight

The most trusted name in sports news, Sports Tonight has reporters around the country chasing the stories and bringing you the news, interviews and highlights you need to see every day.

07:40 pm LIVE: Netball World Championships  
Semi Final

LIVE

**Semi Final**

Out of 16 teams at the World Championships, only four remain at the Semi Final stage. Will top seeds Australia, New Zealand, England and Jamaica all make it? Will the final be a Silver Ferns rematch?

Saturday 09th July 2011

09:30 pm LIVE: Formula 1 Qualifying

LIVE

**R9 British Qualifying**

Silverstone has a long and chequered racing history, dating back to 1950 when it hosted the first Formula 1 race. Casey Stoner won MotoGP here in June, can Mark Webber also go from pole to victory?

11:10 pm UFC 127 Sydney

NETWORK PREMIERE

**U.F.C 127 Sydney**

In 2011 UFC came to Sydney for the second time. Future hall of famer BJ Penn fought John Fitch, Australian George Sotiropoulos took on Denis Siver. Also catch Steve Irwin's former bodyguard Kyle Noke.

01:10 am NASCAR Sprint Cup

**R18 Quaker State 400 @ Kentucky-Qualifying**

NASCAR returns to its heartland in the south as Kentucky hosts the 18th round of the 36 race Sprint Cup season. Hold on tight for a tasty treat of finger-licking stock car racing.

02:30 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.

03:00 am Golf: OneAsia Tour

**High 1 Open Round 3**

The cut has been made and only the very best survive to fight it out on moving day. Korea's spectacular High 1 Country Club hosts the latest event on the OneAsia Tour.