

Sunday 21st August 2011

06:00 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.

06:30 am Football: Bundesliga

08:30 am Football: Bundesliga Weekly Highlights

09:30 am Avon Descent

10:00 am Pro Bull Riding

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 Snowboarding: TTR World Tour (Rpt)

PG

Ride the slopes with fresh snowboarding action on the TTR World Tour.

12:00 pm NASCAR Sprint Cup Qualifying

R23 Pure Michigan 400 @ Michigan-Qualifying

The Sprint Cup rolls in to the Michigan International Speedway as drivers look to set the pace and take front row ahead of the green flag for the Pure Michigan 400. Qualifying coverage only on ONE.

01:00 pm Drag Racing: ANDRA Pro Series

G

Top Bike And Pro Stock Bike - Winternationals, Willowbank

The Top Bike and Pro Stock Bike take to the quarter mile as the ANDRA Pro Series continues from Queensland's Willowbank Raceway.

02:00 pm Motorsport: Isle Of Man TT

PG

Senior Race

For over 100 years, riders from around the globe have come to the Isle of Man for the ultimate two wheel challenge. The Senior Tourist Trophy is the final race of another unforgettable week of racing.

03:00 pm World Rally Championship

PG

R9 Germany - Day 2 Highlights

Day two of the Rally of Germany moves amongst rough concrete roads of the Baumholder military ranges. The stages are fast and the vast military grounds offer endless spectator points.

03:30 pm 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.

04:00 pm Extreme Dreams

PG
Adult Themes

Venezuela Part 2

Tempers flare as storms lash the jungle and the explorers battle to control their dug out canoes on the river.

04:30 pm Airline (Rpt)

PG

EasyJet employee Rachael Gardner recovers from her hens night and tackles two honeymooning skydivers who want to take their own parachutes on a flight.

Sunday 21st August 2011

05:00 pm **Airline** (Rpt)

PG

Big-hearted easyJet staff in Liverpool plan an elaborate welcome for newlywed passenger service agent Rachael as she flies back from Mauritius with husband Ben.

05:30 pm **I Fish**

G

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

06:00 pm **I Fish Catch Of The Day** (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.

06:30 pm **Shark U**

PG
Mild Coarse
Language

Life And Death

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

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

PG
Some Coarse
Language

Thailand

Journey across a hot and sweaty Thailand, travelling from the Bangkok Fish Markets to the River Kwai. Robson Green braves the great outdoors when he spends a night on a raft in the middle of a lake.

08:30 pm **Volcano** (Rpt) (1997)

WS M
Some Violence,
Some Coarse
Language

MOVIE

Following an earthquake in LA, a volcano forms under the famed La Brea Tar Pits. The director of the city's emergency management believes that something big is about to happen.

Starring: Tommy Lee Jones, Anne Heche, Don Cheadle, Gaby Hoffmann, Keith David, Jacqueline Kim

10:30 pm **In The Name Of The King** (2007)

M
Stylised Violence

MOVIE

A race of evil warriors has kidnapped a man's wife and murdered his son. In an act of ultimate desperation, he seeks to rescue his wife and avenge his child.

Starring: Jason Statham, Leelee Sobieski

01:00 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.

01:30 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.

02:00 am **NASCAR Countdown**

LIVE

Countdown To Green - Live From Michigan

one

MELBOURNE PROGRAM GUIDE

Sunday 21st August 2011

03:00 am NASCAR Sprint Cup

LIVE

[R23 Pure Michigan 400 @ Michigan](#)

Monday 22nd August 2011

06:30 am NASCAR Sprint Cup Catch-Up
(Rpt)

PG

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?

07:30 am Pro Bull Riding (Rpt)

PG

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

08:30 am Ironman: Austria 2011 (Rpt)

G

Ironman Austria 2011

Head to Austria with the world's toughest athletes for Ironman's World Championship. Competitors will swim, cycle and run through Klagenfurt's countryside and picturesque villages.

09:30 am AFL Premiership Season 2011
(Rpt)

CC
WS

Round 22 - West Coast Eagles V Essendon

12:00 pm Triathlon: Lausanne Team World Championship

Team World Championship: Lausanne

This event hosted in Switzerland is for both elite-level and amateur triathletes. The race is held over a distance of 750 m swim, 20 km cycle, 5 km run.

01:30 pm World Rally Championship

PG

R9 Germany - Day 3 Highlights

The final day from the Rally of Germany features smooth, fast bitumen-coated roads and the 'Circus Maximus' Superspecial stage that runs right through the heart of Trier's old city.

02:00 pm Shark U (Rpt)

PG
Mild Coarse
Language

Life And Death

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

03:00 pm Omnisport

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03:30 pm Extreme Dreams (Rpt)

PG
Adult Themes

Sahara Part 1

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

04:00 pm Airline (Rpt)

PG

Big-hearted easyJet staff in Liverpool plan an elaborate welcome for newlywed passenger service agent Rachael as she flies back from Mauritius with husband Ben.

04:30 pm Extreme Dreams

PG
Adult Themes

Venezuela Part 3

Temper flare between two tent-mates. It becomes imperative for the pair to put their differences aside to reach camp before the sun goes down and deadly snakes come out to hunt.

Monday 22nd August 2011

05:00 pm TBA

05:30 pm **I Fish Catch Of The Day (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 **Airline** PG

Dispatcher Chris Hall prepares to dive into a tank full of sharks for charity, and Bristol's computers are switched off.

06:30 pm **Bondi Rescue (Rpt)** CC PG
WS Some Coarse
Language,
Medical Procedures

A heatwave has hit Sydney and bathers are, in the words of lifeguards, "dropping like flies". But while it may be over 40 degrees on land, its a different story in the water.

07:00 pm **COPS** PG
Some Violence,
Drug References,
Adult Themes

Cp905 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.

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 **24** M
Some Violence

Day 1: 6:00 A.M. - 7:00 A.M.
Palmer tries to convince Keith and Sherry to go public about the murder. Teri learns Alan's true identity.

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

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 **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.

11:00 pm **One Week At A Time Late (Rpt)**

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.

12:00 am **World Rally Championship (Rpt)** PG

R9 Germany - Day 3 Highlights
The final day from the Rally of Germany features smooth, fast bitumen-coated roads and the 'Circus Maximus' Superspecial stage that runs right through the heart of Trier's old city.

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12:30 am NASCAR Sprint Cup Catch-Up
(Rpt)

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01:30 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.

02:00 am Omnisport (Rpt)

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02:30 am Football: Arsenal TV

Arsenal V Liverpool

05:30 am FA Cup Classics (Rpt)

G

Luton Town V Liverpool 3rd Round 05/06

Luton Town face Liverpool in an FA Cup Classic match from the third round of the 2005/06 season.

Tuesday 23rd August 2011

06:00 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.

06:30 am NASCAR Sprint Cup Catch-Up (Rpt)

PG

R18 Quaker State 400 @ Kentucky-Highlights

The Quaker State 400 is the 18th race of the NASCAR season, held over 644 kilometres and 267 laps at the Kentucky Speedway. Many drivers will pull double duty in the Sprint Cup and Nationwide Series.

07:30 am Pro Bull Riding (Rpt)

PG

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

08:30 am WNBA Action

G

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

09:00 am Tennis: ATP World Tour Uncovered (Rpt)

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09:30 am AFL Premiership Season 2011 (Rpt)

CC
WS

Round 22 - Collingwood V Brisbane Lions

12:00 pm One Week At A Time (AFL) (Rpt)

AFL

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

01:00 pm One Week At A Time (NRL) (Rpt)

NRL

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02:00 pm 24 (Rpt)

M
Some Violence

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

Palmer tries to convince Keith and Sherry to go public about the murder. Teri learns Alan's true identity.

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

03:00 pm Omnisport

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03:30 pm Bondi Rescue (Rpt)

CC PG
WS Some Coarse
Language,
Medical Procedures

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Tuesday 23rd August 2011

04:00 pm Airline (Rpt)

PG

Dispatcher Chris Hall prepares to dive into a tank full of sharks for charity, and Bristol's computers are switched off.

04:30 pm Extreme Dreams

PG
Adult Themes

Venezuela Part 4

The five adventurers face the difficult task of searching for Mount Roraima in the dark without a map. The draining nature of their endeavour takes a heavy toll on the health of one member of the team

05:00 pm TBA

05:30 pm I Fish Catch Of The Day (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 Airline

PG

Two ministers in Liverpool rely on a little miracle to get them onto their flight. In Newcastle a local radio presenter wins a trip to Prague, but needs tranquillisers before he can board the plane.

06:30 pm Bondi Rescue (Rpt)

CC PG
WS

Every week the brave Bondi lifeguards in blue pull up trumps by rescuing the weak swimmers, unfamiliar tourists, disobedient locals and just plain unlucky out of the raging Pacific.

07:00 pm COPS

PG
Some Violence,
Some Coarse
Language

Cp910 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.

07:30 pm Black Gold

PG
Some Coarse
Language,
Adult Themes

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

M

COPS is the definitive real-life observational documentary series that follows the personal and professional lives of police officers enforcing the troubled streets of America.

09:00 pm COPS: Adults Only

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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 Kansas City.

09:30 pm Thirteen Ghosts (Rpt) (2001)

AV15+
Strong Violence

MOVIE

Arthur Kriticos inherits a glass house where a group of angry ghosts have been locked away by his late uncle.

Starring: Tony Shalhoub, Shannon Elizabeth, F Murray Abraham, Embeth Davidtz, Matthew Lillard

Tuesday 23rd August 2011

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 NASCAR Nationwide Series Highlights

R24 Napa Auto Parts 200 @ Montreal

Catch the highlights from every race of the 2011 Nationwide Series on ONE. Round 24 of full throttle NASCAR excitement is hosted at Gilles Villeneuve Circuit in Montreal.

01:00 am NASCAR Sprint Cup Highlights

R23 Pure Michigan 400 @ Michigan-Highlights

Non-stop motorsport action highlights from the Michigan International Speedway. The high octane NASCAR racing continues with the 23rd round of the Sprint Cup Series.

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

05:30 am FA Cup Classics (Rpt)

G

Arsenal V Newcastle United Final 97/98

Wednesday 24th August 2011

06:00 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.

06:30 am NASCAR Sprint Cup Catch-Up (Rpt)

PG

R19 Lenox Industrial Tools 301 @ Loudon-Highlights

Fan favourite Dale Earnhardt Jr has had three top 5 finishes and eight top tens but is yet to break through for a win. Carl Edwards opened up a handy lead from Harvick, Johnson and the Busch brothers.

07:30 am Pro Bull Riding (Rpt)

PG

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

08:30 am Triathlon: ITU World Championship Highlights (Rpt)

G

R5 London - Highlights

Tune in for all the round five highlights of the Dextro ITU World Championship Series as triathletes build towards the London Olympics.

09:30 am This Week In Baseball

PG

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

10:00 am Major League Baseball

Texas Rangers V Boston Red Sox

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Two ministers in Liverpool rely on a little miracle to get them onto their flight. In Newcastle a local radio presenter wins a trip to Prague, but needs tranquillisers before he can board the plane.

Wednesday 24th August 2011

04:30 pm Extreme Dreams

PG
Adult Themes

Venezuela Part 5

The team face their final challenge - climbing Mount Roraima in Venezuela.

05:00 pm TBA

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

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

06:00 pm Airline

PG

New airline rules for ID requirements cause chaos up and down the country as passengers discover they are not permitted to fly.

06:30 pm Bondi Rescue (Rpt)

CC PG
WS

When lifeguards of all ages line up in the annual lifeguard ironman race the question arises, what is the lifespan of a Bondi Lifeguard?

07:00 pm COPS

PG
Drug References

Cp911 Boston

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.

07:30 pm Twister Sisters (Rpt)

WS PG

Peggy Willenberg and Melanie Metz are partners in a touring company in Minneapolis. Every Spring, they rove Tornado Alley in a quest to find the most terrifying and spectacular sights nature has to offer.

08:30 pm COPS: Adults Only

M

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

09:00 pm COPS: Adults Only

M

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.

09:30 pm Sons Of Anarchy

AV15+
Strong Violence

Eureka

Guest Starring: Adam Arkin, Henry Rollins

Tig is captured by bounty hunters on a gun-running mission and tensions are high between Jax and Clay as they decide how to handle the situation. Gemma is still rattled and decides to deal with it.

Starring: Charlie Hunnam, Ron Perlman, Katey Sagal, Mark Boone Junior, Kim Coates, Tommy Flanagan

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.

Wednesday 24th August 2011

12:00 am Drag Racing: ANDRA Pro Series (Rpt)

G

Top Bike And Pro Stock Bike - Winternationals, Willowbank

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01:00 am World Rally Championship (Rpt)

PG

R9 Germany - Day 1 Highlights

From Germany's wine-making region of Mosel comes the first asphalt rally of the 2011 WRC season. Recap day one highlights from the straights and hairpin turns of the narrow and dirty vineyard roads.

01:30 am Omnisport (Rpt)

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05:30 am FA Cup Classics (Rpt)

G

Manchester United V Millwall Final 03/04

Thursday 25th August 2011

06:00 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.

06:30 am NASCAR Sprint Cup Catch-Up (Rpt)

G

R20 Brickyard 400 @ Indianapolis-Highlights

Non-stop motorsport action highlights from the Indianapolis Motor Speedway. The high octane NASCAR racing continues with the 20th round of the Sprint Cup Series.

07:30 am Pro Bull Riding (Rpt)

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Tampa Bay Rays V Detroit Tigers

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Senior Race

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02:00 pm RPM (Rpt)

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04:00 pm Airline (Rpt)

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New airline rules for ID requirements cause chaos up and down the country as passengers discover they are not permitted to fly.

04:30 pm Extreme Dreams

PG
Adult Themes

Mount Chimborazo, Ecuador 1

In this new season Ben Fogle selects another team of rookie adventurers to undertake an expedition to the volcanic Mount Chimborazo in Ecuador.

05:00 pm TBA

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06:00 pm Airline

PG
Some Coarse
Language

Passenger assistant Giorgie joins a slimming club in a bid to get in shape for a career move to cabin crew and a couple bound for Nice discover a name change on a ticket can prove very expensive.

06:30 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.

07:00 pm COPS

PG
Some Violence,
Some Coarse
Language,
Adult Themes

Cp912 Boston

COPS is the definitive real-life observational documentary series that follows the personal and professional lives of police officers enforcing the troubled streets of America.

07:30 pm America's Port (Rpt)

WS PG

Stolen Explosives

America's Port provides an unblinking view of a vibrant and colourful nerve centre for global trade - the Port of Los Angeles. Get a look inside this dynamic and dangerous 24/7 operation.

08:30 pm The Game Plan

LIVE
AFL

The Game Plan is your detailed preview of the upcoming AFL round. Anthony Hudson, Matthew Lloyd and Scott Cummings dissect the week in footy and bring you the all important selection ins and outs.

09:30 pm Breakout Kings

M
Some Violence

Fun With Chemistry

The race is on for the team to catch a modern-day Bonnie and Clyde after a cop is killed during a crime spree following their escape. Julianne thinks about getting romantic with one of the Kings.

Starring: Laz Alonso, Domenick Lombardozzi, Brooke Nev in, Malcolm Goodwin

10:30 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.

11:00 pm The Ultimate Fighter

M
Realistic Violence,
Some Coarse
Language

Coached by Chuck Liddell and Tito Ortiz, two teams of MMA hopefuls compete for a 6 figure contract to fight in the UFC. Season 11 is middleweights, featuring Steve Irwin's former body guard Kyle Noke.

12:00 am The Game Plan Late (Rpt)

NRL

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

Thursday 25th August 2011

01:00 am World Rally Championship (Rpt)

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R9 Germany - Day 2 Highlights

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Tampa Bay Rays V Detroit Tigers

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05:30 am FA Cup Classics (Rpt)

G

Aston Villa V Leeds 4th Round 00/01

We delve into the ONE Football archive for fourth round FA Cup action from 2000/01 as Aston Villa takes on Leeds United.

Friday 26th August 2011

06:00 am NASCAR Sprint Cup (Rpt)

R23 Pure Michigan 400 @ Michigan

09:00 am Major League Baseball

Florida Marlins V Cincinnati Reds

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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 Airline (Rpt)

PG
Some Coarse
Language

Passenger assistant Giorgie joins a slimming club in a bid to get in shape for a career move to cabin crew and a couple bound for Nice discover a name change on a ticket can prove very expensive.

04:30 pm Extreme Dreams

PG
Adult Themes

Mount Chimborazo, Ecuador 2

The team of amateur adventurers continue their expedition to the volcanic Mount Chimborazo in Ecuador.

05:00 pm TBA

05:30 pm I Fish Catch Of The Day (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 Airline

PG

Teething troubles delay the launch of EasyJet's new fleet of Airbus aircraft. In Newcastle, a traveller who missed his flight spends his eight hour delay in the airport bar.

Friday 26th August 2011

06:30 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.

07:00 pm COPS

PG
Drug References,
Adult Themes

Cp914 Miami Florida

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.

07:30 pm Mighty Movers (Rpt)

G

Mighty Movers: Deep Sea Drillers

Mighty Movers are machines that work some of the largest and most sophisticated operations in the world, fulfilling our desire to work faster, build bigger and move more.

08:30 pm Sleeping With The Enemy (Rpt)
(1991)

M
Some Violence,
A Sex Scene,
Some Coarse
Language

MOVIE

Laura Burney presumably has everything any woman can ever want including, a beautiful home and a handsome, wealthy, investment counselor husband. However, her marriage is not all that it seems.

Starring: Julia Roberts, Patrick Bergin, Kevin Anderson, Elizabeth Lawrence, Kyle Secor, Claudette Nevins

10:30 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.

11:00 pm Home Of The Brave (2006)

M
Some Violence,
Some Coarse
Language,
Adult Themes

MOVIE

After a lengthy tour of duty in wartorn Iraq, three soldiers struggle to readjust to life back home.

Starring: Samuel L Jackson, Jessica Biel, Christina Ricci

01:05 am World Rally Championship (Rpt)

PG

R9 Germany - Day 3 Highlights

The final day from the Rally of Germany features smooth, fast bitumen-coated roads and the 'Circus Maximus' Superspecial stage that runs right through the heart of Trier's old city.

01:35 am Omnisport (Rpt)

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

02:00 am Major League Baseball (Rpt)

Florida Marlins V Cincinnati Reds

04:30 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.

Friday 26th August 2011**05:00 am Omnisport (Rpt)**

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

05:30 am FA Cup Classics (Rpt)

G

Manchester United V Arsenal 4th Round 07/08

The Gunners of Arsenal and Man United's Red Devils are two of the world's most recognised sports clubs. They meet in fourth round 2007/08 FA Cup, ahead of ONE's coverage of the new Arsenal season.

Saturday 27th August 2011

06:00 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.

06:30 am WNBA Action (Rpt)

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.

07:00 am NASCAR Nationwide Series Highlights (Rpt)

R24 Napa Auto Parts 200 @ Montreal

Catch the highlights from every race of the 2011 Nationwide Series on ONE. Round 24 of full throttle NASCAR excitement is hosted at Gilles Villeneuve Circuit in Montreal.

08:00 am Triathlon: Lausanne Team World Championship (Rpt)

Team World Championship: Lausanne

This event hosted in Switzerland is for both elite-level and amateur triathletes. The race is held over a distance of 750 m swim, 20 km cycle, 5 km run.

09:30 am Avon Descent

10:00 am Pro Bull Riding

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

PG

Making Of

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 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. Every Thursday at 8.30pm The WWE Experience will cover the most hardcore action from Raw, SmackDown and NXT.

01:00 pm Triathlon: Lausanne Team World Championship Highlights

G

Team World Championship: Lausanne Highlights

Race highlights from Lausanne in Switzerland as the Team and Sprint championship puts the sport on a global stage.

02:00 pm Extreme Dreams (Rpt)

PG
Adult Themes

Venezuela Part 2

Tempers flare as storms lash the jungle and the explorers battle to control their dug out canoes on the river.

02:30 pm Extreme Dreams (Rpt)

PG
Adult Themes

Venezuela Part 3

Tempers flare between two tent-mates. It becomes imperative for the pair to put their differences aside to reach camp before the sun goes down and deadly snakes come out to hunt.

03:00 pm Extreme Dreams (Rpt)

PG
Adult Themes

Venezuela Part 4

The five adventurers face the difficult task of searching for Mount Roraima in the dark without a map. The draining nature of their endeavour takes a heavy toll on the health of one member of the team

Saturday 27th August 2011

03:30 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.
04:00 pm	Airline (Rpt)	PG	Dispatcher Chris Hall prepares to dive into a tank full of sharks for charity, and Bristol's computers are switched off.
04:30 pm	Airline (Rpt)	PG	Two ministers in Liverpool rely on a little miracle to get them onto their flight. In Newcastle a local radio presenter wins a trip to Prague, but needs tranquilisers before he can board the plane.
05:00 pm	Australian Rally Championship (Rpt)	WS	<u>R3 South Australia</u> Three days of action from the Barossa Valley, Adelaide Hills and Mt Barker in the third round of the Australian Rally Championship. The Scouts are back in the mix and their association with the rally.
06:00 pm	I Fish (Rpt)	G	A brand new season kicks off with stunning adventures on land and sea. Paul Worsteling brings you great tips and products that will help you lure the big fish.
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. Every Thursday at 8.30pm 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.
08:30 pm	An Idiot Abroad (Rpt)	M Some Coarse Language	<u>Peru</u> See Karl Pilkington trekking in the Amazon as he visits the seventh wonder of the world. The Englishman follows in the footsteps of those who have experienced Machu Picchu in Peru.
09:30 pm	Formula 1 Qualifying		LIVE <u>R12 Belgium Qualifying</u>
11:10 pm	UFC 122		<u>U.F.C 122: Marquardt V Okami</u>
01:10 am	WRC Access All Areas	PG	<u>Access All Areas - R9 Germany</u> Your Access All Areas pass for a complete 60 minute roundup of the Rally of Germany.
02:10 am	Drag Racing: ANDRA Pro Series (Rpt)	G	<u>Top Bike And Pro Stock Bike - Winternationals, Willowbank</u> The Top Bike and Pro Stock Bike take to the quarter mile as the ANDRA Pro Series continues from Queensland's Willowbank Raceway.

Saturday 27th August 2011

03:10 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.

03:40 am RPM Moment (Rpt)

G

Honda Superbikes

RPM hosts Greg Rust and Craig Baird test their limits on two-wheels as they climb aboard three Honda bikes - a 600, 1000 and Superbike.

03:50 am MotoGP Qualifying

LIVE

R12 Indianapolis - Qualifying

05:10 am 500 Great Goals (Rpt)

G

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

05:35 am FA Cup Classics

G

Newcastle United V Manchester United Semi Final 04/05