**Sunday 05 May 2019**

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| 06:00 | **NBC Today ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-107+ |

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| 07:00 | **Weekend Sunrise ’CC’**  Wake up to a better breakfast with Basil Zempilas and Monique Wright, for all the latest entertainment, news, sport and weather. | +WSUN19-018+ |

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| 10:00 | **AFL Game Day ’CC’**  Hamish McLachlan hosts the biggest names in the game for a lively look at all the weekend's action, footy news and issues. | +GAMD19-007+ |

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| 11:30 | **TBA:**  TBC | ++ |

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| 14:30 | **Sunday Soapbox ’CC’**  Pre-game coverage of the AFL match. | +SOAP19-007+ |

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| 15:00 | **AFL: Rnd 7: Geelong v Essendon ’CC’**  The Dons have beaten the Cats in their past two clashes but Chris Scott's men are primed to exact revenge in a clash that has ramifications for both teams' finals hopes. Bounce time: 3.20pm AEST | +AFLG19-078+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-125+ |

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| 19:00 | **House Rules ’CC’**  Get ready for the spectacular whole house reveal. Have the teams met Pete and Courtney's 'bold-opulent' brief? The judges unleash their thoughts, and don't miss the most high-tech kitchen ever. | **PG (S)**  +HOSR07-005+ |

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| 20:30 | **Sunday Night ’CC’**  Melissa Doyle leads a team of Australia's best reporters, breaking the stories that matter. | +SNIT19-014+ |

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| 21:30 | **Special: Fyre Fraud ’CC’ (2019) PREMIERE**  Concert promoters and rapper Ja Rule advertise a high-end festival experience that fails spectacularly when they don't plan for the infrastructure to support the venue, artists and guests. | **M (D,L)**  +ENTO02-001+ |

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| 23:30 | **The Blacklist: The Brockton College Killer ’CC’**  When a frozen corpse is discovered in the woods, the Task Force is drawn into the investigation of an old case that has gained notoriety due to a popular true crime podcast. | **M**  +BLKL06-018+ |

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| 00:30 | **American Crime: Episode Ten (R) ’CC’**  Russ must pick up the fight when new allegations against Matt Skokie's role come to light. | **M (V,A)**  +AMEC-010+ |

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| 01:30 | **Travel Oz: Capertee (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV2-020+ |

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| 02:00 | **TBA:**  TBC | ++ |

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| 03:00 | **TBA:**  TBC | ++ |

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| 03:30 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-164+ |

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| 04:00 | **Meet The Press ’CC’**  Chuck Todd interviews newsmakers from around the world. | +NBCM19-018+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-090+ |

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| 05:30 | **Sunrise ’CC’**  Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR19-090+ |

**Monday 06 May 2019**

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| 06:00 | **Sunrise ’CC’**  Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR19-090+ |

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| 09:00 | **The Morning Show ’CC’**  Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics. | **PG**  +TMSW19-079+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-084+ |

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| 13:30 | **TBA:**  TBC | ++ |

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| 14:00 | **The Daily Edition ’CC’**  Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED19-072+ |

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| 15:00 | **The Chase ’CC’**  Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G**  +CHSE10-005+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-090+ |

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| 17:00 | **The Chase Australia ’CC’**  It's a hit with audiences around the globe - now the general knowledge game show with a difference lands on our shores with The Chase Australia. Hosted by Andrew O'Keefe. | **G**  +CHAU07-096+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-126+ |

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| 19:00 | **Home And Away ’CC’**  TBC | **PG (S)**  +HAAW31-180+ |

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| 19:30 | **House Rules ’CC’**  The judges scores are in, but demanding homeowners Pete and Courtney could turn the game on its head. How will they rate their precious home? | **PG (L)**  +HOSR07-006+ |

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| 21:00 | **9-1-1: Fight Or Flight ’CC’**  The First Responders rally together to search for a missing Maddie. | **MA (V,A)**  +NINO02-013+ |

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| 22:00 | **Criminal Minds: Hamelin ’CC’ NEW EPISODE**  Prentiss and The BAU team fly to Iowa to investigate the disappearance of three 10-year-old children who appear to have been abducted from their homes in the middle of the night. | **M (A,V)**  +CRMD14-012+ |

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| 23:00 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-085+ |

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| 23:30 | **Talking Footy (R) ’CC’**  Luke Darcy, Tim Watson, Wayne Carey, Mick Warner dissect the week's AFL news and issues. | +TFOO19-007+ |

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| 00:30 | **Me, Myself & I: The Card ’CC’**  Young Alex attempts to impress his crush, Nori. Mid-life Alex struggles to find the money to take his daughter on a glamping trip with her friends. Older Alex tries to make plans for his birthday. | **PG (S)**  +MEMI01-003+ |

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| 01:00 | **Dr. Ken: Allison Finds A Lump (R)**  Ken rallies to help Allison face a breast cancer scare. | **PG (A)**  +DKEN02-018+ |

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| 01:30 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-073+ |

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| 02:00 | **TBA:**  TBC | ++ |

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| 03:30 | **TBA:**  TBC | ++ |

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| 04:00 | **NBC Today ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-108+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-091+ |

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| 05:30 | **Sunrise ’CC’**  Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR19-091+ |

**Tuesday 07 May 2019**

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| 06:00 | **Sunrise ’CC’**  Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR19-091+ |

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| 09:00 | **The Morning Show ’CC’**  Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics. | **PG**  +TMSW19-080+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-085+ |

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| 12:00 | **TBA:**  TBC | ++ |

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| 13:30 | **TBA:**  TBC | ++ |

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| 14:00 | **The Daily Edition ’CC’**  Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED19-073+ |

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| 15:00 | **The Chase ’CC’**  Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G**  +CHSE10-006+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-091+ |

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| 17:00 | **The Chase Australia ’CC’**  It's a hit with audiences around the globe - now the general knowledge game show with a difference lands on our shores with The Chase Australia. Hosted by Andrew O'Keefe. | **G**  +CHAU07-048+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-127+ |

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| 19:00 | **Home And Away ’CC’**  TBC | **PG (S,A)**  +HAAW31-181+ |

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| 19:30 | **House Rules ’CC’**  It's time for South Australia's Lisa and Andy to hand over the keys to their self-described '1970's nightmare'. The pair can't wait for teams to give it the House Rules treatment. | **PG**  +HOSR07-007+ |

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| 21:00 | **Andrew Denton: Interview ’CC’**  Andrew Denton sits down with interesting, amazing people, and finds out what makes them tick. | **M**  +IVEW02-003+ |

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| 22:00 | **The Resident: The Unbefriended ’CC’ SEASON FINAL**  In an effort to save Chastain, Bell considers selling the hospital to a conglomerate, but Kit tries to make him see that the negatives will outweigh the positives. | **M**  +RESI02-023+ |

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| 23:00 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-086+ |

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| 23:30 | **The Goldbergs: Fiddler ’CC’ NEW EPISODE**  Murray becomes an overzealous stage parent when he learns Adam has no interest in the school production of "Fiddler on the Roof". | **PG (L)**  +GOLB06-006+ |

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| 00:00 | **Cosmetic Coffee: Male Make Over (R)**  Follows one of Australia's leading Cosmetic and Dermatological Surgeons, Dr Daniel Lanzer, as he and his team perform incredible procedures on over 20 Aussie patients. | **M (A,N)**  +CMCF01-008+ |

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| 00:30 | **Astronaut Wives Club: Protocol (R)**  Louise and Alan Shepard bask in the success of his mission, Betty Grissom preps for Gus’ launch and turns to Louise for advice, and Annie Glenn grapples with her stutter. | **PG (A)**  +ASWC-002+ |

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| 01:30 | **Travel Oz: Mawson's Hut Restoration (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV2-022+ |

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| 04:00 | **NBC Today ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-109+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-092+ |

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| 05:30 | **Sunrise ’CC’**  Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR19-092+ |

**Wednesday 08 May 2019**

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| 06:00 | **Sunrise ’CC’**  Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR19-092+ |

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| 09:00 | **The Morning Show ’CC’**  Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics. | **PG**  +TMSW19-081+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-086+ |

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| 14:00 | **The Daily Edition ’CC’**  Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED19-074+ |

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| 15:00 | **The Chase ’CC’**  Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G**  +CHSE10-007+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-092+ |

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| 17:00 | **The Chase Australia ’CC’**  It's a hit with audiences around the globe - now the general knowledge game show with a difference lands on our shores with The Chase Australia. Hosted by Andrew O'Keefe. | **G**  +CHAU07-049+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-128+ |

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| 19:00 | **Home And Away ’CC’**  TBC | **PG (A)**  +HAAW31-182+ |

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| 19:30 | **House Rules ’CC’**  The teams have their work cut out for them turning Lisa and Andy's 1970's brown brick nightmare into a design dream. Which team will meet the House Rules and win the early reveal challenge? | **PG**  +HOSR07-008+ |

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| 21:00 | **The Bay ’CC’**  Detective Sergeant Lisa Armstrong continues to search for the truth and makes a game-changing discovery. | **M (L,A)**  +TBAY01-002+ |

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| 22:00 | **Criminal Minds: Chameleon ’CC’ NEW EPISODE**  Rossi questions his actions in the aftermath of a near-death struggle with a serial killer who appears to have outsmarted the BAU. | **M (A,V)**  +CRMD14-013+ |

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| 23:00 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-087+ |

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| 23:30 | **The Goldbergs: Bohemian Rap City ’CC’ NEW EPISODE**  Adam's obsession with toys and the Nickelodeon Super Toy Run contest is cause for concern for Beverly and Murray. | **PG (L)**  +GOLB06-007+ |

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| 00:00 | **The Catch: The Family Way (R) ’CC’**  Alice and Ben get caught in each other's crosshairs when they must choose between loyalties. Meanwhile, Alice is forced to confront a past she hoped she'd left behind. | **M (S,V)**  +CATC02-004+ |

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| 01:00 | **Travel Oz: Coroboree Family / Honey Ants (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV2-023+ |

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| 01:30 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-074+ |

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| 04:00 | **NBC Today ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-110+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-093+ |

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| 05:30 | **Sunrise ’CC’**  Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR19-093+ |

**Thursday 09 May 2019**

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| 06:00 | **Sunrise ’CC’**  Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR19-093+ |

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| 09:00 | **The Morning Show ’CC’**  Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics. | **PG**  +TMSW19-082+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-087+ |

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| 12:00 | **TBA:**  TBC | ++ |

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| 13:30 | **TBA:**  TBC | ++ |

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| 14:00 | **The Daily Edition ’CC’**  Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED19-075+ |

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| 15:00 | **The Chase (R) ’CC’**  Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G**  +CHSE07-144+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-093+ |

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| 17:00 | **The Chase Australia ’CC’**  It's a hit with audiences around the globe - now the general knowledge game show with a difference lands on our shores with The Chase Australia. Hosted by Andrew O'Keefe. | **G**  +CHAU07-050+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-129+ |

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| 19:00 | **Home And Away ’CC’**  TBC | **PG (A)**  +HAAW31-183+ |

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| 19:30 | **Home And Away ’CC’**  TBC | **PG**  +HAAW31-184+ |

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| 20:00 | **Home And Away ’CC’**  TBC | **PG (A)**  +HAAW31-185+ |

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| 20:30 | **The Front Bar ’CC’**  Join Sam Pang, Mick Molloy and Andy Maher as they share a laugh about the AFL world and catch up with stars of yesteryear and today. | **M**  +FBAR19-008+ |

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| 21:30 | **Britain's Got Talent ’CC’**  With no shortage of variety or talent, the judging panel will be surprised, charmed and moved to tears by a whole host of acts whilst looking for 2019's winning performance. | **PG**  +BRGT13-002+ |

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| 22:50 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-088+ |

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| 23:20 | **Autopsy USA: Steve Jobs (R) ’CC’**  Forensic Pathologist Dr. Michael Hunter examines Steve's medical records to discover why such a wealthy man with so many resources at his disposal died so unnecessarily? | **M (D)**  +AUTU02-018+ |

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| 00:20 | **The Player: L.A Takedown (R) ’CC’**  Alex and Cassandra are sent to Los Angeles to stop a sniper from meting out a drug cartel's harsh justice. | **M (V)**  +PLAY01-003+ |

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| 01:20 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-076+ |

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| 02:00 | **TBA:**  TBC | ++ |

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| 03:30 | **TBA:**  TBC | ++ |

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| 04:00 | **NBC Today ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-111+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-094+ |

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| 05:30 | **Sunrise ’CC’**  Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR19-094+ |

**Friday 10 May 2019**

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| 06:00 | **Sunrise ’CC’**  Wake up to a better breakfast with Samantha Armytage and David Koch for all the latest news, sport and weather. | +SUNR19-094+ |

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| 09:00 | **The Morning Show ’CC’**  Join Larry Emdur and Kylie Gillies each morning for a variety of segments on the latest news, entertainment and other hot topics. | **PG**  +TMSW19-083+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-088+ |

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| 12:00 | **TBA:**  TBC | ++ |

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| 13:30 | **TBA:**  TBC | ++ |

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| 14:00 | **The Daily Edition ’CC’**  Catch up on all of the hottest issues from today's news and entertainment with lively discussions, interviews and crosses to newsmakers around the country. | +TDED19-076+ |

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| 15:00 | **The Chase (R) ’CC’**  Four contestants go into battle against the Chaser as they try to win thousands of pounds. However, standing in the way is their common enemy, the Chaser, one of the finest quiz brains in the UK. | **G**  +CHSE07-145+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-094+ |

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| 17:00 | **The Chase Australia ’CC’**  It's a hit with audiences around the globe - now the general knowledge game show with a difference lands on our shores with The Chase Australia, Hosted by Andrew O'Keefe. | **G**  +CHAU05-198+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-130+ |

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| 19:00 | **Better Homes And Gardens ’CC’**  TBC | **G**  +BHAG25-015+ |

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| 19:30 | **AFL: Rnd 8: Sydney v Essendon ’CC’ LIVE**  TBC | +AFLG19-081+ |

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| 22:30 | **AFL Post Game ’CC’ LIVE**  Post-game discussion and interviews. | +AFPG19-020+ |

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| 23:30 | **TBA:**  TBC | ++ |

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| 00:30 | **The Player: The Big Blind (R) ’CC’**  After he's hired to protect a mob boss and his wife from a hit man, Alex (Philip Winchester) learns that their assassination is in play at the House. | **M (V)**  +PLAY01-004+ |

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| 01:30 | **Cycling: Six Day Series: Brisbane Highlights (R) ’CC’ ENCORE**  All of the highlights from day one of the Six Day Cycling series in Brisbane. | **PG**  +CYCL19-005+ |

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| 02:30 | **TBA:**  TBC | ++ |

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| 03:00 | **TBA:**  TBC | ++ |

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| 03:30 | **TBA:**  TBC | ++ |

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| 04:00 | **The Great Outdoors (R) ’CC’**  Jennifer Hawkins takes the 'Sound Of Music' tour in Salzburg. Exclusive behind the scenes with Dreamworld's baby Sumatran Tiger Cubs. | **G**  +GO16-009+ |

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| 05:00 | **NBC Today ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-112+ |

**Saturday 11 May 2019**

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| 06:00 | **NBC Today ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-112+ |

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| 07:00 | **Weekend Sunrise ’CC’**  Wake up to a better breakfast with Basil Zempilas and Monique Wright, for all the latest entertainment, news, sport and weather. | +SSUN19-019+ |

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| 10:00 | **The Morning Show - Weekend (R) ’CC’**  Join Larry Emdur and Kylie Gillies to catch up on all the highlights from this week's program, including a variety of segments on the latest news and entertainment. | **PG**  +TMSA19-013+ |

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| 12:00 | **House Of Wellness ’CC’**  Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG**  +HOWL03-012+ |

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| 13:00 | **Kochie's Business Builders ’CC’**  David Koch provides practical advice to small and medium-sized business owners to help cement future growth and success. | **PG**  +KHBB19-006+ |

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| 15:00 | **TBA:**  TBC | ++ |

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| 16:30 | **Crash Investigation Unit: Jenny Franco (R) ’CC’**  A night out with friends was almost Jenny Franco's last. Returning home, she had got out of a taxi and was crossing the road when she was hit by a car. | **PG (A)**  +CIU-007+ |

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| 17:00 | **Seven News At 5 ’CC’**  Seven brings you the latest developments in today's top stories at home and around the world, plus sport, finance and weather updates. | +7NAF19-037+ |

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| 17:30 | **Mobile Living With Patrick Dangerfield ’CC’**  AFL Superstar Patrick Dangerfield and his family head out on an RV holidaying lifestyle adventure to see all the iconic sights of the Great Ocean Road. | **PG**  +MLPD01-002+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-131+ |

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| 18:30 | **The Kick ’CC’ LIVE**  Footy's biggest personalities and current stars join Nat Edwards, Richo, Campbell Brown, Byron Cooke, and Jacqui Felgate for all the latest news and highlights of the weekend's AFL action. | +TKIC19-008+ |

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| 19:00 | **AFL: Rnd 8: St Kilda v West Coast ’CC’ LIVE**  TBC | +AFLG19-085+ |

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| 22:00 | **AFL Post Game ’CC’ LIVE**  TBC | +AFPG19-021+ |

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| 23:00 | **TBA:**  TBC | ++ |

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| 01:00 | **The Player: House Rules (R) ’CC’**  Alex is assigned to protect a 15-year-old computer hacker who's wanted by both the Chinese and US governments. Photos on a computer hard drive reveal coded clues about Ginny's fate. | **M (V)**  +PLAY01-005+ |

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| 04:00 | **Sons And Daughters (R) ’CC’ DOUBLE EPISODE**  An unexpected arrival saves the day for Wayne. Charlie makes a shock announcement. | **PG**  +SAD-945+ |

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| 04:30 | **Sons And Daughters (R) ’CC’**  Sarah finds herself with two suitors vying for her affections. | **PG**  +SAD-946+ |

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| 05:00 | **House Of Wellness (R) ’CC’ ENCORE**  Entertaining everybody to live a healthier life. Hosted by Luke Darcy, Rachael Finch, Jo Stanley and Luke Hines. | **PG**  +HOWL03-011+ |