**Sunday 14 April 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. | +NBCT19-089+ |

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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. | +WSUN19-015+ |

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| 10:00 | **AFL Game Day ’CC’** TBC  | +GAMD19-010+ |

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

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| 14:30 | **Sunday Soapbox ’CC’** Pre-game coverage of the AFL match. | +SOAP19-004+ |

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| 15:00 | **AFL: Rnd 4: St Kilda v Hawthorn ’CC’** The Saints have lost eight of their past nine games against the Hawks, but will draw confidence from round 22 last year when they lost by just four points at Marvel Stadium. Bounce time: 3.20pm AEST. | +AFLG19-049+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-104+ |

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| 19:00 | **My Kitchen Rules ’CC’** The MKR Restaurant is open for business but it's not all rave reviews on opening night. Which team will shine and score a golden ticket straight to the Semi-Finals? | **PG** +MYKR10-044+ |

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| 20:30 | **Sunday Night ’CC’** Melissa Doyle leads a team of Australia's best reporters, breaking the stories that matter. | +SNIT19-012+ |

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| 21:30 | **House Of Wellness ’CC’ PREMIERE**From raising your kids, to staying fit, ageing gracefully, and the A to Z of every vitamin under the sun, The House of Wellness is designed with one thing in mind - to help you live well. | **PG** +HOWL03-008+ |

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| 22:30 | **Andrew Denton: Interview: Troye Sivan / Alienor Le Gouvello (R) ’CC’** Troye Sivan sits down with Andrew to talk about his music career, coming out and much more. Also, Alienor Le Gouvello tells her amazing story of trekking from Healesville to Cooktown in Queensland. | **M (A)**+IVEW01-015+ |

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| 23:40 | **The Blacklist: Olivia Olson ’CC’** The Task Force search for a woman who specializes in hostile takeovers of criminal organizations, and may have intel connected to a conspiracy involving presidential advisor Anna McMahon. | **M (V)**+BLKL06-015+ |

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| 00:40 | **American Crime: Episode Seven (R) ’CC’** Aubry is asked to testify against Carter; a new investigator has information for Aliyah. | **M (V,S)**+AMEC-007+ |

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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-160+ |

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| 04:00 | **Meet The Press ’CC’** Chuck Todd interviews newsmakers from around the world. | +NBCM19-015+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-075+ |

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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. | +SUNR19-075+ |

 **Monday 15 April 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. | +SUNR19-075+ |

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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** +TMSW19-064+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN19-070+ |

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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. | +TDED19-059+ |

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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** +CHSE07-132+ |

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| 16:00 | **Seven News At 4 ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-075+ |

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| 17:00 | **The Chase Australia (R) ’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** +CHAU05-237+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-105+ |

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| 19:00 | **Home And Away ’CC’** TBC  | **PG (D,A)**+HAAW31-164+ |

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| 19:30 | **My Kitchen Rules ’CC’** The Top 6 teams step into the spotlight preparing show-stopping canapes for a room full of VIPs. Which delicious morsel will dazzle diners and send the winning team through to the Semi-Finals? | **PG** +MYKR10-045+ |

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| 21:00 | **The Passage: Pilot ’CC’ SEASON PREMIERE**The Passage centres on Project NOAH, a secret facility where scientists experiment with a virus that could lead to the cure for all disease, but also carries the potential to wipe out the human race. | **M (H,V)**+TPAS01-001+ |

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| 22:00 | **The Passage: You Owe Me A Unicorn ’CC’** Amy and a wounded Brad continue to run from Richards and attempt to seek refuge with an elusive, ex-military instructor of Brad's while Lila tries to help from afar. | **M (V,A)**+TPAS01-002+ |

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| 23:00 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL19-073+ |

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| 23:30 | **Talking Footy (R)** Luke Darcy, Tim Watson, Wayne Carey, Mick Warner dissect the week's AFL news and issues. | +TFOO19-004+ |

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| 00:30 | **Me, Myself & I: Pilot ’CC’ SEASON PREMIERE**A comedy which shows a man at defining moments of his life, from a 14 year old teenager, to a 40 year-old in the present day and a man trying to reinvent himself at age 65 in 2042.  | **PG (D,S)**+MEMI01-001+ |

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| 01:00 | **Mistresses: Reasonable Doubt (R) ’CC’** Despondent over her situation, Joss struggles with whether she should take a plea deal and what that would mean for a future with Harry. | **M (V,A)**+MSTR3-012+ |

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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. | +NBCT19-090+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-076+ |

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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. | +SUNR19-076+ |

 **Tuesday 16 April 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. | +SUNR19-076+ |

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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** +TMSW19-065+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN19-071+ |

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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. | +TDED19-060+ |

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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** +CHSE07-133+ |

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| 16:00 | **Seven News At 4 ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-076+ |

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| 17:00 | **The Chase Australia (R) ’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** +CHAU05-238+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-106+ |

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| 19:00 | **Home And Away ’CC’** TBC  | **PG (V,A)**+HAAW31-165+ |

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| 19:30 | **My Kitchen Rules ’CC’** Teams face their toughest critics yet – the people who have walked in their shoes. Contestants from over 10 years of MKR return with big expectations. Which team will earn a place in the semis? | **PG** +MYKR10-046+ |

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| 21:00 | **Gordon, Gino And Fred: The Ultimate Roadtrip ’CC’** Gordon, Gino and Fred travel to France, where Fred has been asked to co-host an Oyster Festival in the beautiful Arcachon Bay, in just four days’ time. | **M (N,L)**+GGAF01-002+ |

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| 22:00 | **The Resident: Black Cloud ’CC’** Devon grows concerned when a mother's complaints go unaddressed after her delivery, and pushes Bell to take drastic measures. | **M** +RESI02-020+ |

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| 23:00 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL19-074+ |

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| 23:30 | **The Goldbergs: You Got Zuko'd ’CC’ NEW EPISODE**Adam's girlfriend is back from her summer at NYU and seems like a different person. After receiving some bad advice from his loved ones, Adam takes drastic measures to hold on to his relationship.  | **PG** +GOLB06-002+ |

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| 00:00 | **Cosmetic Coffee: Mummy 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)**+CMCF01-005+ |

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| 00:30 | **Dr. Ken: Jae Meets The Parks (R) DOUBLE EPISODE**Ken is excited when Molly introduces him to her boyfriend, until he learns about the boyfriend's career choice. Damona challenges Pat over the office dress code. | **PG** +DKEN02-013+ |

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| 01:00 | **Dr. Ken: A Day In The Life (R)** A documentary about his life as a doctor causes Ken to reconsider his career choice. | **PG (L,S)**+DKEN02-014+ |

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| 01:30 | **Travel Oz: Cape Leveque: Mud Crabbing (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV2-007+ |

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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. | +NBCT19-091+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-077+ |

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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. | +SUNR19-077+ |

 **Wednesday 17 April 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. | +SUNR19-077+ |

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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** +TMSW19-066+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN19-072+ |

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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. | +TDED19-061+ |

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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** +CHSE07-134+ |

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| 16:00 | **Seven News At 4 ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-077+ |

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| 17:00 | **The Chase Australia (R) ’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** +CHAU05-239+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-107+ |

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| 19:00 | **Home And Away ’CC’** TBC  | **PG (D,S)**+HAAW31-166+ |

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| 19:30 | **Little Big Shots U.S. ’CC’ NEW EPISODE**Packed with more talented kids than ever, this entertaining episode features a 7-year-old theatre critic, a pool prodigy and an 11-year-old girl who is the youngest dancer on Janet Jackson's tour. | **PG** +LBSU01-008+ |

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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** +FBAR19-005+ |

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| 21:30 | **Modern Family: The Wild ’CC’ NEW EPISODE**Mitch, Cam and Phil crash Jay's annual hiking trip to find an elusive bald eagle after Gloria asks them to keep an eye on him. Gloria, Alex, Claire and Haley get together to plan her baby shower. | **PG** +MOFA10-017+ |

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| 22:00 | **Modern Family: Stand By Your Man ’CC’ NEW EPISODE**Dylan and Luke are really impressed with Bill's tales of heroism and survival as a firefighter, which make Phil feel emasculated. | **PG (L,S)**+MOFA10-018+ |

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| 22:30 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL19-075+ |

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| 23:00 | **Robbie Coltrane's Critical Evidence: Bodies Of Evidence (R) ’CC’** A look at the case of Derek and Eileen Severs, who disappeared without a trace. With no bodies or proof of murder, it was down to the evidence to do the talking and charge their son with the murders. | **M (A,V)**+CREV01-007+ |

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| 00:00 | **The Catch: The New Deal (R) ’CC’** Now in jail, Ben is forced to reckon with his criminal past, while the team at Anderson Vaughan Investigations must come to terms with getting in bed with the bad guys. | **M (V,S)**+CATC02-001+ |

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| 01:00 | **Travel Oz: Mitchell Falls (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV2-008+ |

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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-062+ |

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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. | +NBCT19-092+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-078+ |

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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. | +SUNR19-078+ |

 **Thursday 18 April 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. | +SUNR19-078+ |

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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** +TMSW19-067+ |

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| 11:30 | **Seven Morning News ’CC’** Latest news, sport and weather from Australia and around the world. | +7MNN19-073+ |

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| 12:00 | **Midday Movie: Lethal Vows (R) ’CC’ (1999)** A divorced woman suspects her ex-husband of poisoning both her and his present wife in this psychological drama based on a true story. | **PG (D,A)**+SPCF08-018+ |

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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. | +TDED19-062+ |

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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** +CHSE07-135+ |

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| 16:00 | **Seven News At 4 ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-078+ |

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| 17:00 | **The Chase Australia (R) ’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** +CHAU05-240+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-108+ |

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| 19:00 | **AFL: Rnd 5: Brisbane v Collingwood ’CC’ LIVE**The Lions boast one of the AFL's most exciting young lists, however their finals credentials will be put to the test when they host Nathan Buckley's Magpies at the Gabba. Bounce time: 7.35pm AEST. | +AFLG19-051+ |

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| 22:00 | **AFL Post Game ’CC’ LIVE**Post-game discussion and interviews. | +AFPG19-013+ |

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| 22:45 | **The Latest: Seven News ’CC’** Latest news, sport and weather from Australia and around the world. | +7NTL19-076+ |

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| 23:15 | **Home And Away (R) ’CC’ ENCORE**TBC  | **PG (D,A)**+HAAW31-167+ |

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| 23:45 | **The Goldbergs: Lainey Loves Lionel (R) ’CC’** Barry looks to Lionel Richie for inspiration in creating a Valentine's Day surprise for Lainey. Murray advises Adam to defy Beverly and see an R-rated movie, but the plan backfires. | **PG** +GOLB03-014+ |

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| 00:15 | **Movie: Captive (R) ’CC’ (1998)** An American ad executive desperate for money to pay court ordered debts, is drawn into a scheme to kidnap the son of his boss. Starring:DENNIS ST JOHN,MICHELE GREENE,RICHARD GRIECO,NEIL KROETSCH,TEDD DILLON,JUSTIN BRADLEY,PAUL HOPKINS,LAWRENCE ARCOUETTE,MARIE-JOSEE CROZE | **M (S,V)**+WILF-026+ |

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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. | +NBCT19-093+ |

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| 05:00 | **Seven Early News ’CC’** Latest news, sport and weather from Australia and around the world. | +7ENN19-079+ |

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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. | +SUNR19-079+ |

 **Friday 19 April 2019**

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| 06:00 | **Sunrise ’CC’** Samantha Armytage and David Koch have the latest news plus live crosses to the Royal Children’s Hospital for Seven’s Good Friday Appeal. | +SUNR19-079+ |

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| 09:00 | **The Morning Show ’CC’** Kylie Gillies brings the latest news including live crosses to Larry Emdur at the Royal Children’s Hospital for Seven’s Good Friday Appeal. | **PG** +TMSW19-068+ |

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| 11:30 | **Melbourne Morning News: Melbourne Morning News ’CC’ (2019)** Mike Amor brings you the latest news, sport and weather and live updates on Seven's Good Friday Appeal. Donate now - goodfridayappeal.com.au | +7NSP19-006+ |

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| 12:00 | **Special Event: Good Friday Appeal: Do It For The Kids! ’CC’ (2019) LIVE**Donate now on goodfridayappeal.com.au to help our stars raise funds for the Royal Children's Hospital live from the Melbourne Convention and Exhibition Centre. | **G** +AUMS69-001+ |

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| 16:00 | **AFL: Rnd 5: North Melbourne v Essendon ’CC’ LIVE**AFL fans unite for the Kick For The Kids footy match to raise funds for Seven's Good Friday Appeal. To donate visit goodfridayappeal.com.au. Bounce 1620 AEST | +AFLG19-052+ |

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| 19:00 | **Seven News ’CC’** Live coverage of breaking news and local, national and international top stories, plus the very latest on Seven's Good Friday Appeal. | +7NNM19-109+ |

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| 19:30 | **Special Event: Good Friday Appeal: Do It For The Kids! ’CC’ (2019) LIVE**Donate now on goodfridayappeal.com.au and watch all your favourite stars and performers unite to raise funds for Seven's Good Friday Appeal. | **G** +AUMS69-002+ |

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| 23:10 | **TBA:** TBC | ++ |

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| 01:10 | **Travel Oz: Kimberlies: High Adventure (R) ’CC’** Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG** +TRAV2-010+ |

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

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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’** Take the spectacular Alpine Pacific Drive through New Zealand's most spectacular scenery. See Australia's latest $60 million dollar theme park - the Gold Coast's White Water World. | **G** +GO16-006+ |

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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. | +NBCT19-094+ |

 **Saturday 20 April 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. | +NBCT19-094+ |

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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. | +SSUN19-016+ |

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| 10:00 | **The Morning Show - Weekend ’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** +TMSA19-011+ |

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| 12:00 | **Seven's Horse Racing: Randwick: All Aged ’CC’** Start time: 12.00pm AEDT. Catch all the trackside action from Schweppes All Aged Stakes Day to celebrate the finale of Sydney's Autumn Racing season LIVE from Royal Randwick. | +SHRC19-012+ |

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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. | +7NAF19-031+ |

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| 17:30 | **Border Security - Australia's Front Line (R) ’CC’** A Vietnamese man causes concern when he claims he doesn't know what's in his bag. Officers fear the worst when an x-ray shows something suspicious. Officers find a deadly concealment in a kid's toy. | **PG** +BORD-223+ |

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| 18:00 | **Seven News ’CC’** Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-110+ |

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| 18:30 | **The Kick ’CC’ LIVE**Join Luke Darcy on The Kick with the latest interviews, behind the scenes and special guests this season. | +TKIC19-005+ |

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| 19:00 | **AFL: Rnd 5: Richmond v Sydney ’CC’ LIVE**The Tigers' bid for a second premiership under Damien Hardwick faces another stern test when they host a Sydney team that has troubled them in recent seasons. Bounce time: 7.25pm AEST. | +AFLG19-056+ |

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| 22:00 | **AFL Post Game ’CC’ LIVE**Post-game discussion and interviews. | +AFPG19-014+ |

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| 23:00 | **Movie: Last Boy Scout (R) ’CC’ (1991)** Somewhere in Los Angeles, a stripper is murdered. Now the private detective she had hired and her ex-footballer boyfriend are going to find her muderer ... if they don't kill each other first. Starring:BRUCE WILLIS,CHELSEA FIELD,DANIELLE HARRIS,HALLE BERRY,TAYLOR NEGRON,DAMON WAYANS | **MA (V,L)**+WBFF03-063+ |

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| 01:00 | **Scandal: Trump Card (R) ’CC’** Olivia and Abby have to put their differences aside and work together to try and take Hollis Doyle down. | **M (A)**+SCAN05-020+ |

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

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

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| 04:00 | **Sons And Daughters (R) ’CC’ DOUBLE EPISODE**Pamela, Michael and Nick make a shocking discovery. | **PG** +SAD-939+ |

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| 04:30 | **Sons And Daughters (R) ’CC’** Beryl finds her marriage threatened by an old enemy. | **PG** +SAD-940+ |

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| 05:00 | **House Of Wellness (R) ’CC’ ENCORE**From raising your kids, to staying fit, ageing gracefully, and the A to Z of every vitamin under the sun, The House of Wellness is designed with one thing in mind - to help you live well. | **PG** +HOWL03-008+ |