**Sunday 24 February 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. | +NBCT19-047+ |

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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. | +WSUN19-008+ |

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| 10:00 | **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**  +TMSU19-003+ |

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| 12:00 | **House Of Wellness ’CC’**  Hosted by Ed Phillips and Zoe Marshall, with feature guests and locations that highlight living well is important but can also be fun. | **PG**  +HOWL03-001+ |

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| 13:00 | **Bricks & Clicks ’CC’**  Kochie's Business Builders transforms six local brick and mortar retailers into global online brands. They've been selected for an intensive course about how to take their businesses digital. | **PG**  +BRIK01-001+ |

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

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| 16:30 | **TBA:**  TBC | ++ |

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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. | +7NAF19-016+ |

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| 17:30 | **The Great Weekend**  Jane Bunn, Brian Taylor, Jack Riewoldt and Brooke Hogan hit the road to discover the best things to see, eat and do across Victoria, to help make your weekend a 'great weekend'. | **G**  +LWND01-001+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-055+ |

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| 19:00 | **My Kitchen Rules ’CC’**  Beauty queens Veronica & Piper take centre stage. After promising perfection on their night of night, can they keep their crowns or will their tiaras tumble? | **PG (L)**  +MYKR10-016+ |

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| 20:30 | **Sunday Night ’CC’**  Melissa Doyle leads a team of Australia's best reporters, breaking the stories that matter. | +SNIT19-005+ |

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| 21:30 | **Undercurrent: Real Murder Investigation (R) ’CC’ ENCORE**  A true-crime series in the tradition of The Jinx and Making a Murderer. An active, unfolding investigation with twists, revelations and cliff-hangers. | **M (D,A,V,L)**  +UNDR01-003+ |

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| 22:30 | **Undercurrent: Real Murder Investigation (R) ’CC’ ENCORE**  A true-crime series in the tradition of The Jinx and Making a Murderer. An active, unfolding investigation with twists, revelations and cliff-hangers. | **M (A)**  +UNDR01-004+ |

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| 23:40 | **The Blacklist: The Corsican ’CC’**  As Liz and the Task Force race to stop an imminent bombing by an elusive Blacklister, Red has an encounter that will change the trajectory of his life forever. | **M (V)**  +BLKL06-002+ |

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| 00:40 | **Harry's Practice (R) ’CC’**  Join Dr Harry Cooper and Dr Katrina Warren for everything you need to know about animals. | **G**  +HPR-047+ |

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| 01:05 | **Travel Oz: Secrets Of Canberra (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV-010+ |

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| 01:30 | **Travel Oz: Lord Howe Island & Perth (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV-011+ |

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| 03:30 | **Harry's Practice (R) ’CC’**  Judgement day for the Paws Awards, and the fattest budgie Dr. Harry has ever seen! | **G**  +HPR-153+ |

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| 04:00 | **Meet The Press ’CC’**  Chuck Todd interviews newsmakers from around the world. | +NBCM19-008+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-040+ |

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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. | +SUNR19-040+ |

**Monday 25 February 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. | +SUNR19-040+ |

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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**  +TMSW19-029+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-034+ |

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| 12:00 | **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. | +TDED19-024+ |

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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**  +CHSE09-007+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-040+ |

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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**  +CHAU07-015+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-056+ |

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| 19:00 | **Home And Away ’CC’**  Jasmine is torn over whether or not to tell Robbo about the baby. With no change in Willow's condition, Dean is desperate for answers. Will Colby tell Chelsea the truth about Ross? | **PG**  +HAAW31-130+ |

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| 19:30 | **My Kitchen Rules ’CC’**  Can perfect strangers team up to win MKR? Tonight - two become one in a history making Instant Restaurant. Can Milly & Karolina push their differences aside or will the night tear them apart? | **PG (L)**  +MYKR10-017+ |

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| 21:00 | **Instant Hotel ’CC’**  Get set to journey across Australia on a holiday like no other because there are no hotels and motels - only Aussies turning their homes into Instant Hotels. | **PG (L,S)**  +MYIH02-003+ |

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| 22:15 | **Crazy On A Plane ’CC’**  Witness a full-blown passenger fist fight as their plane hurtles through the skies, and a plane-load of passengers unite to help pay for a woman's excess baggage charge. | **M (L,S)**  +CAFE01-002+ |

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| 23:15 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-044+ |

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| 23:45 | **Hooked On The Look (R) ’CC’**  21-year-old Eden the Doll started modelling at 16 as a boy - but transitioned aged 18. Now settled with her boyfriend Malik, Eden has been using her YouTube channel to inspire others. | **MA (A)**  +HOTL01-005+ |

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| 00:15 | **Mistresses: Threesomes (R) ’CC’**  April's on a high after Blair agrees to a date. Karen deals with the aftermath of her scandalous encounter with Vivian and Alec, as they all try to figure out what this means for them moving forward. | **M (A,S)**  +MSTR3-005+ |

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| 01:15 | **Travel Oz: Lake Eyre & Nongaloo (R) ’CC’**  Join Greg Grainger as he explores the most breathtaking scenery, unique cultures and amazing wildlife around Australia. | **PG**  +TRAV-009+ |

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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. | +NBCT19-048+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-041+ |

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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. | +SUNR19-041+ |

**Tuesday 26 February 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. | +SUNR19-041+ |

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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**  +TMSW19-030+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-036+ |

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| 12:00 | **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. | +TDED19-025+ |

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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**  +CHSE09-008+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-041+ |

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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**  +CHAU07-016+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-057+ |

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| 19:00 | **Home And Away ’CC’**  Will Willow pull through a second operation? Maggie experiences pre-marathon jitters. Alf and Martha reminisce on old times together. | **PG (V)**  +HAAW31-131+ |

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| 19:30 | **My Kitchen Rules ’CC’**  Group 1 return with the power to send our second team home at the elimination cook-off in the MKR Restaurant. Whose MKR dream will end tonight? | **PG (L)**  +MYKR10-018+ |

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| 21:15 | **The Good Doctor: Believe ’CC’**  The new chief of surgery, Dr. Jackson Han, believes Shaun is a liability more than an asset and works to keep him out of the operating room permanently., | **M**  +GOOD02-016+ |

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| 22:15 | **The Resident: Queens ’CC’**  Bell's confidence in Quovadis continues to waver when the poster child for one of its medical devices. Henry Barnett is rushed back into the ER, experiencing seizure-like symptoms. | **M**  +RESI02-015+ |

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| 23:15 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-045+ |

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| 23:45 | **The Blacklist: The Pharmacist ’CC’**  While Liz and the Task Force track a notorious underground biohacker, Red initiates a strategy to extricate himself from a problematic position. Cooper's integrity is tested with a difficult choice. | **M (V)**  +BLKL06-003+ |

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| 00:45 | **Movie: Running Home (R) ’CC’ (1998)**  A young street kid becomes embroiled in the dangerous world of jewel smuggling as he attempts to reunite with his family. Starring:ADAM MACDONALD,ALEX MCARTHUR,ANDREAS APERGIS,CAROLINE DHAVERNAS,CLAUDIA CHRISTIAN,DEREK EYAMIE,KRISTIAN AYRE,LISA BRONWYN MOORE | **M (V)**  +WILF-042+ |

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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. | +NBCT19-049+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-042+ |

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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. | +SUNR19-042+ |

**Wednesday 27 February 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. | +SUNR19-042+ |

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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**  +TMSW19-031+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-037+ |

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| 12:00 | **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. | +TDED19-026+ |

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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**  +CHSE09-009+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-042+ |

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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**  +CHAU07-017+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-058+ |

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| 19:00 | **Home And Away ’CC’**  Ziggy enters the half-marathon to blow off steam, with grave consequences. Brody and Simone take time out to get to know each other. | **PG (S)**  +HAAW31-132+ |

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| 19:30 | **My Kitchen Rules ’CC’**  Group 1 and 2 face off for the first time in a challenge celebrating the most memorable dishes in MKR history. One team's failure brings their whole group crashing down. Which team will be going home? | **PG (L)**  +MYKR10-019+ |

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| 21:00 | **Undercurrent: Real Murder Investigation ’CC’**  A true-crime series in the tradition of The Jinx and Making a Murderer. An active, unfolding investigation with twists, revelations and cliff-hangers. | **M (D,A,V)**  +UNDR01-005+ |

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| 22:05 | **Special: The Taxi Cab Rapist ’CC’ (2018) PREMIERE**  In this one off documentary we get to speak to victims and people who knew convicted rapist John Worboys to ask whether he really is fit to be freed – or whether he remains a threat to women. | **MA (D,A,V)**  +SPEC77-001+ |

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| 23:05 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-046+ |

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| 23:35 | **Robbie Coltrane's Critical Evidence: Dead Man's Hollow (R) ’CC’**  An off-duty fireman finds a body smoldering in a field. Police arrive to investigate the puzzling death, with the body charred beyond recognition as well as evidence of stabbing and shooting. | **M (A,V)**  +CREV01-001+ |

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| 00:35 | **Marvel's Agent Carter (R)**  As Agent Carter closes in on Howard Stark's stolen technology, Peggy's secret mission could unravel when the SSR arrests Jarvis and a secret is revealed. | **M (V)**  +MACA01-003+ |

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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-048+ |

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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. | +NBCT19-050+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-043+ |

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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. | +SUNR19-043+ |

**Thursday 28 February 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. | +SUNR19-043+ |

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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**  +TMSW19-032+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-038+ |

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| 12:00 | **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. | +TDED19-027+ |

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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**  +CHSE07-118+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-043+ |

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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**  +CHAU07-018+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-059+ |

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| 19:00 | **Home And Away ’CC’**  How will Chelsea react to Colby's decision? The bay farewells Coco to Cairns and exciting, new opportunities. Is seeing Ziggy in hospital the wake-up call that Brody needs? | **PG (V,S)**  +HAAW31-133+ |

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| 19:30 | **Home And Away ’CC’**  Will Jasmine crumble under the weight of Tori's secret? Bella feels responsible for ruining her brother's life. What does Colby's future look like now? | **PG (V)**  +HAAW31-134+ |

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| 20:00 | **Home And Away ’CC’**  Tori, Jasmine and Robbo showdown. Dean is haunted by his past actions. | **PG (V,A)**  +HAAW31-135+ |

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| 20:30 | **Ms Fisher Modern Murder Mysteries: Ms Fisher Modern Murder Mysteries ’CC’ (2018)**  When a pop star singer and his back-up singer are electrocuted during their surf-inspired spot on a TV music show, Peregrine's ex-boyfriend Eric is under suspicion for their deaths. | **M (V)**  +MFMD01-002+ |

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| 22:30 | **The Latest: Seven News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7NTL19-047+ |

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| 23:00 | **Autopsy USA: George Michael ’CC’ NEW EPISODE**  The death of George Michael is inspected. | **M (D,A,S)**  +AUTU03-014+ |

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| 00:00 | **Powerless: Van V Emily: Dawn Of Justice (R) DOUBLE EPISODE**  When Emily has to put up a fight to get her own office, she challenges Van to a competition. | **PG (A,V,L)**  +POWE01-007+ |

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| 00:30 | **Powerless: Green Furious (R)**  Emily takes a stand in her first board meeting and must deliver on a big idea with the help of superheroine Green Fury. | **PG (S)**  +POWE01-008+ |

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| 01:00 | **Grey's Anatomy: Cold As Ice (R) ’CC’**  One of Grey Sloan Memorial's own is seriously injured, making the team reflect on what is truly important to them. Nicole Herman pays a visit and talks to Arizona about an exciting opportunity. | **M (D,A)**  +GREY14-023+ |

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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. | +NBCT19-051+ |

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| 05:00 | **Seven Early News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7ENN19-044+ |

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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. | +SUNR19-044+ |

**Friday 01 March 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. | +SUNR19-044+ |

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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**  +TMSW19-033+ |

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| 11:30 | **Seven Morning News ’CC’**  Latest news, sport and weather from Australia and around the world. | +7MNN19-039+ |

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| 12:00 | **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. | +TDED19-028+ |

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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**  +CHSE07-119+ |

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| 16:00 | **Seven News At 4 ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7ANM19-044+ |

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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**  +CHAU05-230+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-060+ |

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| 19:00 | **Better Homes And Gardens ’CC’**  Joh visits MKR's Mick and Jodie-Anne. Tara shares some ideas on how to make bowls with air dry clay. Karen makes salmon burgers. Graham gets a glimpse of the garden at Number 10 Downing Street. | **G**  +BHAG25-005+ |

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| 20:30 | **Movie: The Martian (R) ’CC’ (2015)**  An astronaut becomes stranded on Mars after his team assume him dead, and must rely on his ingenuity to find a way to signal to Earth that he is alive. Starring:CHIWETEL EJIOFOR,KRISTEN WIIG,MATT DAMON,JESSICA CHASTAIN,JEFF DANIELS,MICHAEL PENA,SEAN BEAN,DONALD GLOVER | **M (A,L)**  +FOXF02-009+ |

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

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| 00:45 | **Grey's Anatomy: All Of Me (R) ’CC’ SEASON FINAL**  Meredith and the team of doctors at are faced with life-or-death decisions on a daily basis. Together they discover that neither medicine nor relationships can be defined in black and white. | **M (A)**  +GREY14-024+ |

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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: World Food Spectacular (R) ’CC’**  Jennifer takes an island resort Masterclass to create a seafood feast and Tom explores a foodie heaven in our special World Food Spectacular. | **G**  +GO17-020+ |

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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. | +NBCT19-052+ |

**Saturday 02 March 2019**

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| 06:00 | **NBC Today (R) ’CC’**  International news and weather including interviews with newsmakers in the world of politics, business, media, entertainment and sport. | +NBCT19-052+ |

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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. | +SSUN19-009+ |

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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**  +TMSA19-004+ |

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| 12:00 | **Seven's Horse Racing: Flemington - Australian Guineas, Randwick - Chipping Norton Stakes ’CC’**  Start time: 12.00pm AEDT. The Group 1 action continues with the Australian Guineas and the Chipping Norton Stakes LIVE from Flemington Racecourse and Royal Randwick Racecourse. | +SHRC19-004+ |

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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. | +7NAF19-017+ |

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| 17:30 | **Border Security - Australia's Front Line (R) ’CC’**  An unsuspecting elderly couple are found to be carrying a supply of something illegal and possibly deadly. Also, biosecurity catch a Vietnamese couple with a bag full of restricted items. | **PG**  +BORD-214+ |

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| 18:00 | **Seven News ’CC’**  Breaking stories and news headlines from Melbourne and the rest of the state. | +7NNM19-061+ |

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| 19:00 | **Movie: Iron Man (R) ’CC’ (2008)**  When wealthy industrialist Tony Stark is forced to build an armored suit after a life-threatening incident, he ultimately decides to use its technology to fight against evil. Starring:CLARK GREGG,GWYNETH PALTROW,LESLIE BIBB,JEFF BRIDGES,JON FAVREAU,ROBERT DOWNEY JR.,PAUL BETTANY,TERRENCE HOWARD | **PG (V)**  +WDFR16-015+ |

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| 21:30 | **Movie: Predator (R) ’CC’ (1987)**  Major Dutch Schaefer is the ultimate hunter who meets his adversary, a Predator from another world. Starring:ARNOLD SCHWARZENEGGER,BILL DUKE,CARL WEATHERS,ELPIDIA CARRILLO,JESSE VENTURA,RICHARD CHAVES,R.G. ARMSTRONG,SONNY LANDHAM,SHANE BLACK,KEVIN HALL | **M (V,L)**  +FOXF01-018+ |

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| 23:45 | **The Goldbergs: Lucky (R) ’CC’**  Barry's effort to badger Murray into getting a dog backfires. Erica bans the eavesdropping Beverly from her life. | **PG**  +GOLB03-007+ |

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| 00:15 | **Movie: Total Stranger (R) ’CC’ (1999)**  The compelling tale of a landlady who rents a room to a young woman only to find that she has invited a dangerous adversary into her domain. Starring:DAN LAURIA,JAY THOMAS,JAY PAULSON,EDDIE JONES,LINDSEY CROUSE,KAREN LUDWIG,PAIGE MOSS,ZOE MCLELLAN | **M (S,V)**  +WILF-050+ |

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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 | **Sons And Daughters (R) ’CC’ DOUBLE EPISODE**  Pamela uses devious means to bust up Nick and Alison's romance. | **PG**  +SAD-925+ |

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| 04:30 | **Sons And Daughters (R) ’CC’**  Pamela finds the right tool to twist Nick around her finger. | **PG**  +SAD-926+ |

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| 05:00 | **House Of Wellness (R) ’CC’ ENCORE**  Hosted by Ed Phillips and Zoe Marshall, with feature guests and locations that highlight living well is important but can also be fun. | **PG**  +HOWL03-001+ |