

Seven's Rio 2016 Daily Event Highlights

The details which follow are current as at July 22, 2016.

They are subject to change beyond that date. Please check EPG/local guides and watch the Channels of 7 during our coverage for event updates and pointers.

In the Highlights column, we have occasionally indicated the athletes/teams who are *likely* to make finals, however this is subject to their qualifying events.

The following schedule does not incorporate any AFL matches on any day and all times are AEST – please check local guides for AFL information.

THURSDAY, AUGUST 4

KEY STAT: Women's football first round preliminaries commence

AUS MEDAL WATCH:

BIG NAMES & TEAMS: Matildas

| AEST | Channel 7 | 7TWO | 7mate | HIGHLIGHTS |
|-----------|-----------|------|---------------|--|
| 0150-1300 | | | RIO 2016 LIVE | 4am Women's Football Australia vs Canada Women's Football - Brazil vs China, Sweden vs South Africa, Zimbabwe vs Germany, USA vs New Zealand, France vs |
| | | | | Colombia |

FRIDAY, AUGUST 5

KEY STAT: Men's football first round preliminaries commence

AUS MEDAL WATCH: BIG NAMES & TEAMS:

| AEST | Channel 7 | 7TWO | 7mate | HIGHLIGHTS |
|-----------|-----------|------|---------------|----------------------------------|
| 0150-1500 | | | RIO 2016 LIVE | Men's Football - Iraq vs |
| | | | | Denmark, Brazil vs South Africa, |
| | | | | Honduras vs Algeria, Fiji vs |
| | | | | Korea, Sweden vs Colombia, |
| | | | | Nigeria vs Japan, Portugal vs |
| | | | | Argentina, Mexico vs Germany |

SATURDAY, AUGUST 6

KEY STAT: Cancel your weekend! The Opening Ceremony comes to life and then live action begins with a scenic tour around Rio for the men's cycling road race.

AUS MEDAL WATCH: The Australians in the men's road race

BIG NAMES & TEAMS: Kim Brennan (nee Crow) (rowing), Rohan Dennis (cycling), Richie Porte (cycling), Shane Rose (equestrian), Stuart Tinney (equestrian)

| AEST | Channel 7 | 7TWO | 7mate | HIGHLIGHTS |
|------------|--|-------------------------------|-------------------------------|--|
| 0600-0900 | OPENING CEREMONY PREVIEW SHOW | | | Presented by Johanna Griggs and Basil Zempilas |
| 0900-1330 | OPENING CEREMONY & REVIEW | | | Presented by Johanna Griggs and Basil Zempilas, with Bruce McAvaney and Andrew Gaze |
| 1800-1900 | SEVEN NEWS | | | |
| 1900-2130 | OPENING CEREMONY ENCORE | | | |
| 2130-0000* | RIO 2016 LIVE | RIO 2016 LIVE (*from 2115) | RIO 2016 LIVE (*from 2215) | 9:30pm Rowing including six of the Australian crews and Kim Brennan 10:30pm Men's cycling road race including Rohan Dennis, Richie Porte 11pm Equestrian Eventing (dressage) |

SUNDAY, AUGUST 7

KEY STAT: Seven Australian teams in action

AUS MEDAL WATCH: Australia's defending Olympic champions in the women's 4x100m freestyle

BIG NAMES & TEAMS: Cate and Bronte Campbell (swimming), Mack Horton (swimming), Boomers (men's basketball), Opals (women's basketball), Kookaburras (men's hockey), Matildas (women's football), Sharks (men's water polo), World No. 1 Hockeyroos (women's hockey) and our World No. 1 women's rugby sevens side chasing history

| AEST | Channel 7 | 7TWO | 7mate | HIGHLIGHTS |
|------------|---------------------------------|---|---|---|
| 0000-0530 | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | Rowing & men's road race continue 2:00am Swimming including women's 4x100m freestyle 2:30am Men's Hockey Australia vs NZ 2:30am Women's Rugby Sevens Australia vs Colombia 3:15am Men's Basketball Australia vs France |
| 0530-0900 | RIO 2016 MORNING - LIVE | RIO 2016 MORNING - LIVE | RIO 2016 MORNING - LIVE | 6:30am Women's Basketball Australia vs Brazil 7:00am Women's Football Australia vs Germany 7:30am Women's Rugby Sevens Australia vs Fiji |
| 0900-1400* | RIO 2016 DAY - LIVE | RIO 2016 DAY - LIVE (*until 1200) | RIO 2016 DAY - LIVE (*until 1200) | 9:30am Women's Hockey Australia vs Great Britain 9:50am Men's Water Polo Australia vs Brazil 11:00am Swimming finals including the Australian women's 4x100m freestyle relay team out to defend its Olympic crown (Campbell sisters), men's 400m freestyle final (Mack Horton) and men's and women's 400m IM finals |
| 1400 -1730 | RIO 2016 HIGHLIGHTS | | | |
| 1800-1900 | SEVEN NEWS | | | |
| 1900-2100* | IN RIO TODAY | RIO 2016 HIGHLIGHTS (*1930-2130) | RIO 2016 HIGHLIGHTS (*1930-2200) | |
| 2100-2230 | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | 9:30pm Rowing 10:45pm Women's artistic gymnastics with Australian |
| 2230-0000 | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | Larrissa Miller11:00pm Equestrian eventing (dressage) |

MONDAY, AUGUST 8

KEY STAT: World No.1 women's rugby sevens race towards finals, world champions Mitch Larkin and Emily Seebohm hit the pool, Australia's 4x100m freestyle men out for revenge, the arrival of world record holding teen Katie Ledecky (USA) and the cross country stage of equestrian – eventing.

AUS MEDAL WATCH: Men's 4x100m freestyle

BIG NAMES & TEAMS: James Magnussen and Aussie 4x100m freestyle relay (swimming), Emily Seebohm (swimming), Mitch Larkin (swimming), Opals (women's basketball), Kookaburras (men's hockey), World No.1 women's rugby sevens

| | | | _ | |
|------------|---------------|---------------|---------------|---|
| AEST | Channel 7 | 7TWO | 7mate | HIGHLIGHTS |
| 0000-0530 | RIO 2016 | RIO 2016 | RIO 2016 | Rowing & gymnastics continue |
| | OVERNIGHT - | OVERNIGHT - | OVERNIGHT - | 1:15am Women's road cycling |
| | LIVE | LIVE | LIVE | 2:00am Swimming including |
| | | | | Mitch Larkin, Emily Seebohm, |
| | | | | Cameron McEvoy |
| | | | | • 2:30am Women's rugby sevens |
| | | | | Australia vs USA |
| 0530-0900 | SUNRISE | RIO 2016 | RIO 2016 | • 5:00am Diving women's |
| | | MORNING - | MORNING - | synchro final |
| | | LIVE | LIVE | 6:00am Women's rugby sevens |
| | | | | guarterfinals |
| | | | | 6:30am Women's basketball |
| | | | | Australia vs Turkey |
| 0900-1400* | RIO 2016 | RIO 2016 | RIO 2016 | 9:30am Men's hockey Australia |
| | DAY - LIVE | DAY - LIVE | DAY - LIVE | vs Spain |
| | | (*until 1200) | (*until 1200) | 11:00am Swimming finals |
| | | , | , | including men's 4x100m |
| | | | | freestyle, women's 100m |
| | | | | butterfly, and semifinals with big |
| | | | | names Mitch Larkin, Emily |
| | | | | Seebohm, Madi Wilson |
| 1400-1700 | RIO 2016 | | | , |
| | HIGHLIGHTS | | | |
| 1700-1800 | THE CHASE | | | |
| | AUSTRALIA | | | |
| 1800-1900 | SEVEN NEWS | | | |
| | | | | |
| 1900-2100* | IN RIO TODAY | RIO 2016 | RIO 2016 | |
| | | HIGHLIGHTS | HIGHLIGHTS | |
| | | (*1930-2130) | (*1930-2200) | |
| 2100-2230 | RIO 2016 | RIO 2016 | RIO 2016 | 11:00pm Women's hockey |
| | EVENING - | EVENING - | EVENING - | Australia vs USA |
| | LIVE | LIVE | LIVE | 11:00pm Equestrian eventing |
| 2230-0000 | RIO 2016 LATE | RIO 2016 LATE | RIO 2016 LATE | (cross country) |
| | NIGHT - LIVE | NIGHT - LIVE | NIGHT - LIVE | • |

TUESDAY, AUGUST 9

KEY STAT: Rugby sevens gold and a gold rush at the pool - could be our biggest day yet! Good day to take a sickie...

AUS MEDAL WATCH: MASSIVE GOLD MEDAL DAY - women's rugby sevens, men's and women's 100m backstroke, men's 200m freestyle, equestrian - eventing team final

BIG NAMES & TEAMS: Jess Fox (canoe slalom), Emily Seebohm (swimming), Madison Wilson (swimming), Mitch Larkin (swimming), Thomas Fraser-Holmes (swimming), women's rugby sevens go for gold, Boomers (basketball)

| AEST | CHANNEL 7 | 7TWO | 7mate | HIGHLIGHTS |
|------------|---------------------------------|---|---|--|
| 0000-0530 | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | Equestrian & hockey continue 1:30am Canoe slalom – women's K1 (Jess Fox) 2:00am Swimming including Michael Phelps 2:00am Men's water polo Australia vs Hungary 3:15am Men's basketball Australia vs Serbia |
| 0530-0900 | SUNRISE | RIO 2016 MORNING - LIVE | RIO 2016 MORNING - LIVE | 5:00am Men's gymnastics team final 7:30am Women's rugby sevens finals |
| 0900-1400* | RIO 2016 DAY - LIVE | RIO 2016 DAY - LIVE (*until 1200) | RIO 2016 DAY - LIVE (*until 1200) | 11:00am Swimming finals including 100m backstroke (Emily Seebohm/Madi Wilson), 100m backstroke (Mitch Larkin), 200m freestyle (Thomas Fraser-Holmes), 100m breaststroke |
| 1400-1700 | RIO 2016 HIGHLIGHTS | | | |
| 1700-1800 | THE CHASE AUSTRALIA | | | |
| 1800-1900 | SEVEN NEWS | | | |
| 1900-2100* | IN RIO TODAY | RIO 2016 HIGHLIGHTS (*1930-2130) | RIO 2016 HIGHLIGHTS (*1930-2200) | |
| 2100-2230 | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | 9:30pm Rowing quarterfinals including single sculls (Kim Brennan) |
| 2230-0000 | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | 11:00pm Equestrian eventing team jumping final Midnight Men's Rugby Sevens begins with Australia vs France |

WEDNESDAY, AUGUST 10

KEY STAT: Michael Phelps tries to add to the world's best medal tally, the Matildas try to reach the quarterfinals and close encounters for the Opals (vs France) and Kookaburras (vs Belgium).

AUS MEDAL WATCH: Equestrian - individual eventing final, women's 200m freestyle, Rohan Dennis in the men's road cycling time trial

BIG NAMES & TEAMS: Michael Phelps (USA swimming), Cameron McEvoy (swimming), Alicia Coutts (swimming), Emma McKeon (swimming), Bronte Barratt (swimming), Matildas (women's football), Sonny Bill Williams (NZL rugby sevens)

| AEST | CHANNEL 7 | 7TWO | 7mate | HIGHLIGHTS |
|------------|---------------------------------|---|---|---|
| 0000-0530 | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | Equestrian, rowing and rugby continue 1:15am Women's basketball Australia vs France 2:00am swimming including 100m freestyle Cameron McEvoy, Kyle Chalmers 2:00am Women's water polo Australia vs Russia 3:00am Equestrian eventing individual jumping final |
| 0530-0900 | SUNRISE | RIO 2016 MORNING - LIVE | RIO 2016 MORNING - LIVE | 5:00am Women's football Australia vs Zimbabwe 5:00am Men's rugby sevens Australia vs Spain |
| 0900-1400* | RIO 2016 DAY - LIVE | RIO 2016 DAY - LIVE (*until 1200) | RIO 2016 DAY - LIVE (*until 1200) | 9:30am Men's hockey Australia vs Belgium 11:00am Swimming finals including finals in men's 200m butterfly (Michael Phelps), women's 200m IM (Alicia Coutts), women's 200m freestyle (Emma McKeon/Bronte Barratt), men's 4x200m and men's 100m freestyle semifinal (Cameron McEvoy/Kyle Chalmers) |
| 1400-1700 | RIO 2016 HIGHLIGHTS | | | - Chamber |
| 1700-1800 | THE CHASE AUSTRALIA | | | |
| 1800-1900 | SEVEN NEWS | | | |
| 1900-2100* | IN RIO TODAY | RIO 2016 HIGHLIGHTS (*1930-2130) | RIO 2016 HIGHLIGHTS (*1930-2200) | |
| 2100-2230 | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | 9:30pm Rowing finals including men's & women's quad sculls 10:00pm Men's water polo |
| 2230-0000 | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | Australia vs Japan 11:00pm Men's cycling time trial Midnight women's hockey Australia vs India |

THURSDAY, AUGUST 11

KEY STAT: BLOCKBUSTER BASKETBALL AUS v USA!, plus Cameron McEvoy in the men's 100m freestyle final and golf's much discussed return to the Olympic stage.

AUS MEDAL WATCH: Men's quad scull rowing, men's 100m freestyle and other swimming chances

BIG NAMES & TEAMS: Boomers (basketball), Cameron McEvoy (swimming), Cate and Bronte Campbell (swimming)

| AEST | CHANNEL 7 | 7TWO | 7mate | LUCHLICHTE |
|------------|---|---------------|---------------|---|
| | • · · · · · · · · · · · · · · · · · · · | | | HIGHLIGHTS |
| 0000-0530 | RIO 2016 | RIO 2016 | RIO 2016 | Rowing, cycling and hockey continue |
| | OVERNIGHT - | OVERNIGHT - | OVERNIGHT - | 00:30 Men's rugby sevens |
| | LIVE | LIVE | LIVE | Australia vs South Africa |
| | | | | 2:00am Swimming including |
| | | | | Cate and Bronte Campbell, |
| | | | | Mitch Larkin |
| | | | | 4:00am Shooting - men's |
| | | | | double trap |
| 0530-0900 | SUNRISE | RIO 2016 | RIO 2016 | 6:00am Men's rugby sevens |
| | | MORNING - | MORNING - | quarterfinals |
| | | LIVE | LIVE | 8:00am Men's basketball |
| | | | | Australia vs USA |
| 0900-1400* | RIO 2016 | RIO 2016 | RIO 2016 | 9:30am Men's hockey Australia |
| | DAY - LIVE | DAY - LIVE | DAY - LIVE | vs Great Britain |
| | | (*until 1200) | (*until 1200) | 11:00am Swimming finals |
| | | | | including men's 100m freestyle |
| | | | | final (Cameron McEvoy), |
| | | | | women's 4x200m freestyle |
| | | | | relay and 100m freestyle |
| | | | | semifinals (Campbells) |
| 1400-1700 | RIO 2016 | | | |
| | HIGHLIGHTS | | | |
| 1700-1800 | THE CHASE | | | |
| | AUSTRALIA | | | |
| 1800-1900 | SEVEN NEWS | | | |
| | | | | |
| 1900-2100* | IN RIO TODAY | RIO 2016 | RIO 2016 | |
| | | HIGHLIGHTS | HIGHLIGHTS | |
| 2122 225 | | (*1930-2130) | (*1930-2030) | |
| 2100-2230 | RIO 2016 | RIO 2016 | RIO 2016 | 8:30pm Men's golf 1 st round |
| | EVENING - | EVENING - | EVENING - | 9:30pm Rowing finals |
| 2000 2005 | LIVE | LIVE | LIVE | 11:20pm Women's water polo |
| 2230-0000 | RIO 2016 LATE | RIO 2016 LATE | RIO 2016 LATE | Italy vs Australia |
| | NIGHT - LIVE | NIGHT - LIVE | NIGHT - LIVE | |

FRIDAY, AUGUST 12

KEY STAT: Track cycling and athletics begin, can the Campbell sisters deliver the fairytale? Jess Fox rises on Ladies Day, Fiji chases its first ever Olympic medal and the men's four rowing hunt gold.

AUS MEDAL WATCH: Campbell sisters, Jess Fox, Mitch Larkin and the men's four hunt gold in rowing

BIG NAMES & TEAMS: Sonny Bill Williams (NZL rugby sevens), Cate and Bronte Campbell (swimming), Jess Fox (canoe slalom), Mitch Larkin (swimming), men's team pursuit (track cycling)

| AEST | CHANNEL 7 | 7TWO | 7mate | HIGHLIGHTS |
|------------|---------------------------------|---|---|---|
| 0000-0530 | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | 1:30am Canoe slalom – women's K1 semifinal (Jess Fox) 2:00am Swimming including Cameron McEvoy, Emily Seebohm, Michael Phelps 4:00am Canoe slalom – women's K1final (Jess Fox) |
| 0530-0900 | SUNRISE | RIO 2016 MORNING - LIVE | RIO 2016 MORNING - LIVE | 5:00am Track cycling begins with men's and women's team pursuit, and the first medal - men's team sprint 6:45am Women's basketball Australia vs Japan 7:00am Women's hockey Australia vs Argentina 7:30am Men's rugby sevens finals - watch for Fiji chasing first medal |
| 0900-1400* | RIO 2016 DAY - LIVE | RIO 2016 DAY - LIVE (*until 1200) | RIO 2016 DAY - LIVE (*until 1200) | 11:00am Swimming finals including 100m freestyle final (Campbell sisters), 200m backstroke (Mitch Larkin), 200m IM (Michael Phelps) and 50m freestyle semi (Cameron McEvoy) |
| 1400-1700 | RIO 2016 HIGHLIGHTS | | | |
| 1700-1800 | THE CHASE AUSTRALIA | | | |
| 1800-1900 | SEVEN NEWS | | | |
| 1900-2100* | IN RIO TODAY | RIO 2016 HIGHLIGHTS (*1930-2030) | | |
| 2100-2230 | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | | 8:30pm Men's golf9:30pm Rowing finals including men's four |
| 2230-0000 | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | 10:30pm Athletics begins including the first gold medal - women's 10,000m - plus men's discus, men's 800m Midnight Shooting men's 50m rifle prone (Warren Potent) |

SATURDAY, AUGUST 13

KEY STAT: One of the great weekends of the Games with swimming, athletics and cycling overlapping. See Bolt, Meares and the Campbells in one day - a Matildas quarterfinal would top it off!

AUS MEDAL WATCH: Men's team pursuit gold favourites and women's team sprint (Anna Meares/ Steph Morton); Emily Seebohm spearheads three big medal chances at the pool, plus Kim Brennan (nee Crow) at the rowing and Jared Tallent in the 20km walk

BIG NAMES & TEAMS: Usain Bolt (JAM athletics), Anna Meares (track cycling), Cate and Bronte Campbell (swimming), Emily Seebohm (swimming), Cameron McEvoy (swimming), men's team pursuit (track cycling), Jared Tallent (race walker), Kim Brennan (nee Crow) (rowing)

| AEST | CHANNEL 7 | 7TWO | 7mate | HIGHLIGHTS |
|------------|-------------------------|---------------------|---------------------|--|
| 0000-0530 | RIO 2016 OVERNIGHT - | RIO 2016 | RIO 2016 | Athletics, shooting, golf continue |
| | LIVE | OVERNIGHT - LIVE | OVERNIGHT - LIVE | 2:00am Swimming including |
| | LIVE | LIVE | LIVE | Campbell sisters women's 50m freestyle, men's 1500m |
| | | | | freestyle (Mack Horton) |
| | | | | 3:15am Men's basketball |
| | | | | Australia vs China |
| | | | | 3:30am Men's race walk (20km) |
| | | | | (Jared Tallent) |
| | | | | TBC Women's football |
| | | | | quarterfinals |
| 0530-0900 | RIO 2016 | RIO 2016 | RIO 2016 | 5:00am Track cycling including |
| | MORNING - | MORNING - | MORNING - | women's team sprint finals |
| | LIVE | LIVE | LIVE | (Anna Meares/Steph Morton), |
| | | | | men's team pursuit final |
| 0900-1400* | RIO 2016 | RIO 2016 | RIO 2016 | 9:20am Athletics including |
| | DAY - LIVE | DAY - LIVE | DAY - LIVE | men's long jump (Fabrice |
| | | (*until 1200) | (*until 1200) | Lapierre/Henry Frayne) |
| | | | | 9:30am Men's hockey Australia |
| | | | | vs Brazil |
| | | | | 11:00am Swimming finals |
| | | | | including men's 50m freestyle |
| | | | | (Cameron McEvoy), women's |
| | | | | 200m backstroke (Emily |
| | | | | Seebohm/Belinda Hocking), men's 100m butterfly (Michael |
| | | | | Phelps - final individual race), |
| | | | | women's 800m (Jessica |
| | | | | Ashwood, Katie Ledecky) plus |
| | | | | the women's 50m freestyle |
| | | | | semifinal (Campbells) |
| | | | | 11:10am Men's water polo |
| | | | | Australia vs Serbia |
| 1400-1730 | RIO 2016 | | | |
| | HIGHLIGHTS | | | |
| 1800-1900 | SEVEN NEWS | | | |
| 1900-2100* | IN RIO TODAY | RIO 2016 | | |
| 1900-2100" | IN KIO TODAT | HIGHLIGHTS | | |
| | | (*1930-2030) | | |
| 2100-2230 | RIO 2016 | RIO 2016 | | 8:30pm Men's golf |
| | EVENING - | EVENING - | | 10:30pm Athletics including |
| | LIVE | LIVE | | men's 100m (Josh Clarke, Usain |
| 2230-0000 | RIO 2016 LATE | RIO 2016 LATE | RIO 2016 LATE | Bolt), women's 400m (Morgan |
| | NIGHT - LIVE | NIGHT - LIVE | NIGHT - LIVE | Mitchell), women's 3000m |
| | | | | steeplechase, men's discus |
| | | | | final |
| | | | | 10:30pm Rowing finals including |
| | | | | women's single sculls (Kim |
| | | | | Brennan), men's and women's |
| | | | | eight |
| | | | | 11:00pm Track cycling including Issinin (Anna Massa) |
| | | | | keirin (Anna Meares), women's team pursuit, men's sprint |
| | | | | (Matt Glaetzer) |
| | | | | (IVIALL GIACLEI) |

SUNDAY, AUGUST 14

KEY STAT: SUPER SUNDAY - massive medal chances for Australia across the board! From the Campbells' splash and dash 50m freestyle, Mack Horton in Australia's favourite race (1500m freestyle), the scenic women's marathon and women's 100m final to the dramatic men's long jump final, track queen Anna Meares and equestrian royalty Edwina Tops-Alexander - it's the biggest day of the Games and there's something for everyone!

AUS MEDAL WATCH: Women's team pursuit, Anna Meares (keirin), Fabrice Lapierre (long jump), Cate and Bronte Campbell (50m freestyle), Mack Horton (1500m freestyle), men's and women's 4x100m medley

BIG NAMES & TEAMS: Anna Meares (track cycling), Fabrice Lapierre (long jump), Cate and Bronte Campbell (swimming), Mack Horton (swimming), Cameron McEvoy (swimming), Edwina Tops-Alexander (equestrian)

| AEST | CHANNEL 7 | 7TWO | 7mate | HIGHLIGHTS |
|------------|---------------------------------|---|---|---|
| 0000-0530 | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | Athletics, track cycling, rowing, golf continue O0:40 Women's water polo Australia vs Brazil 1:00am Tennis women's singles final 1:15am Women's basketball Australia vs Belarus |
| 0530-0900 | RIO 2016 MORNING - LIVE | RIO 2016 MORNING - LIVE | RIO 2016 MORNING - LIVE | 5:00am Track cycling finals including women's team pursuit and keirin finals (Anna Meares) 8:30am Women's hockey Australia vs Japan |
| 0900-1400* | RIO 2016 DAY - LIVE | RIO 2016 DAY - LIVE (*until 1200) | RIO 2016 DAY - LIVE (*until 1200) | 9:00am Athletics finals including men's long jump final (Fabrice Lapierre), women's 100m, men's 10,000m 11:00 Swimming final session including women's 50m freestyle (Campbells), men's 1500m freestyle (Mack Horton), 4x100m medley relays |
| 1400-1730 | RIO 2016 HIGHLIGHTS | | | |
| 1800-1900 | SEVEN NEWS | | | |
| 1900-2100* | IN RIO TODAY | RIO 2016 HIGHLIGHTS (*1930-2000) | RIO 2016 HIGHLIGHTS (*1930-2200) | |
| 2100-2230 | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | 8:00pm Men's golf final day 10:30pm Athletics - women's marathon |
| 2230-0000 | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | 11:00pm Equestrian - jumping (Edwina Tops-Alexander) TBC Men's hockey quarterfinals |

MONDAY, AUGUST 15

KEY STAT: It's all about Bolt in the most popular event of the games – the men's 100m final. Men's hockey and beach volleyball quarterfinals will add to Australian interest.

AUS MEDAL WATCH: Rookies Esther Qin and Maddison Keeney in diving and sprint cyclist Matthew Glaetzer

BIG NAMES & TEAMS: Usain Bolt (JAM athletics), Anna Meares (track cycling), Matthew Glaetzer (track cyclist), Annette Edmondson (track cycling), Boomers (basketball), Wayde Van Niekerk (RSA athletics)

| AEST | CHANNEL 7 | 7TWO | 7mate | HIGHLIGHTS |
|------------|---------------------------------|---|---|--|
| 0000-0530 | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | Athletics, equestrian, golf continue 1:00am Tennis men's singles final 3:10am Men's water polo Australia vs Greece |
| 0530-0900 | SUNRISE | RIO 2016 MORNING - LIVE | RIO 2016 MORNING - LIVE | 5:00am Diving women's 3m springboard final 5:00am Track cycling including men's sprint final (Matt Glaetzer), women's sprint (Anna Meares), men's omnium (Glenn O'Shea) 8:00am Men's basketball Australia vs Venezuela |
| 0900-1400* | RIO 2016 DAY - LIVE | RIO 2016 DAY - LIVE (*until 1200) | RIO 2016 DAY - LIVE (*until 1200) | 9:20am Athletics including Usain Bolt in the men's 100m semi and final, men's 400m final, women's 400m semifinal, men's high jump (Brandon Starc) TBC Women's beach volleyball quarterfinals |
| 1400-1700 | RIO 2016 HIGHLIGHTS | | | 1 |
| 1700-1800 | THE CHASE AUSTRALIA | | | |
| 1800-1900 | SEVEN NEWS | | | |
| 1900-2100* | IN RIO TODAY | RIO 2016 HIGHLIGHTS (*1930-2200) | RIO 2016 HIGHLIGHTS (*1930-2230) | |
| 2100-2230 | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | 10:00pm Canoe/kayak - sprint begins 10:30pm Athletics including |
| 2230-0000 | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | Aussie Ella Nelson (women's 200m) 11:00pm Track cycling including women's sprint (Anna Meares), women's omnium (Annette Edmondson) TBC Women's hockey quarterfinals |

TUESDAY, AUGUST 16

KEY STAT: Usain Bolt returns in the 200m, the Aussie sailors chase their first gold medal and a great morning for athletics fans with men's 800m, women's 400m and men's pole vault finals.

AUS MEDAL WATCH: Tom Burton (sailing); Glenn O'Shea (cycling - omnium)

BIG NAMES & TEAMS: Usain Bolt (USA athletics), Anna Meares (track cyclist), Dani Samuels (athletics), Caster Semenya (RSA athletics), Edwina Tops-Alexander (equestrian)

| AEST | CHANNEL 7 | 7TWO | 7mate | HIGHLIGHTS |
|------------|---------------------------------|---|---|--|
| 0000-0530 | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | Athletics, Track Cycling, Canoe/Kayak- sprint continue 2:00am Sailing men's laser medal race (Tom Burton) TBC women's water polo quarterfinals |
| 0530-0900 | SUNRISE | RIO 2016 MORNING - LIVE | RIO 2016 MORNING - LIVE | 5:00am Track cycling including the final round of the men's omnium (Glenn O'Shea) TBC Women's hockey quarterfinals |
| 0900-1400* | RIO 2016 DAY - LIVE | RIO 2016 DAY - LIVE (*until 1200) | RIO 2016 DAY - LIVE (*until 1200) | 9:15am Athletics including men's 800m final, women's 400m final, men's pole vault final, women's 400m hurdles, women's discus (Dani Samuels) |
| 1400-1700 | RIO 2016 HIGHLIGHTS | | | |
| 1700-1800 | THE CHASE AUSTRALIA | | | |
| 1800-1900 | SEVEN NEWS | | | |
| 1900-2100* | IN RIO TODAY | RIO 2016 HIGHLIGHTS (*1930-2200) | RIO 2016 HIGHLIGHTS (*1930-2200) | |
| 2100-2230 | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | 10:00pm Canoe/kayak - sprint including men's K1 1000m final 10:30pm Athletics including |
| 2230-0000 | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | men's 200m (Alex Hartmann/ Usain Bolt), women's discus final (Dani Samuels) 100m hurdles (Michelle Jenneke), pole vault (Alana Boyd), women's 5000m (Madeline Hills, Genevieve LaCaze, Eloise Wellings) 11:00pm Track cycling including women's sprint quarterfinals (Anna Meares) 11:00pm Equestrian - Jumping Team |

WEDNESDAY, AUGUST 17

KEY STAT: Anna Meares in her final race, defending the gold medal she won in London; plus a thrilling athletics session with the men's high jump final and women's golf begins.

AUS MEDAL WATCH: Three genuine cycling chances - women's omnium, women's sprint and men's keirin; and sailing cousins Lisa Darmanin/Jason Waterhouse in the Nacra 17

BIG NAMES & TEAMS: Anna Meares (track cycling), Caster Semenya (RSA athletics), Minjee Lee (golf), Edwina Tops-Alexander (equestrian)

| AEST | CHANNEL 7 | 7TW0 | 7 | HIGHLIGHTS |
|------------|-------------------------------------|---|---|--|
| | | 7TWO | 7mate | |
| 0000-0530 | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | Athletics, track cycling, equestrian continue 3:00am Sailing medal race Nacra 17 mixed multihull (Lisa Darmanin/Jason Waterhouse) 3:00am Synchronised swimming TBC Women's basketball quarterfinals TBC Men's basketball quarterfinals TBC Men's hockey semi finals TBC Women's football semi finals |
| 0530-0900 | SUNRISE | RIO 2016 MORNING - LIVE | RIO 2016 MORNING - LIVE | 5:00am Track cycling finals including women's sprint - Anna Meares in her last event of the Games, women's omnium final (Annette Edmondson), men's keirin 7:00am Diving men's 3m final TBC Beach volleyball semifinals |
| 0900-1400* | RIO 2016 DAY - LIVE | RIO 2016 DAY - LIVE (*until 1200) | RIO 2016 DAY - LIVE (*until 1200) | 9:15am Athletics including men's high jump final, women's 1500m final, women's long jump (Chelsea Jaensch and Brooke Stratton), javelin (Kim Mickle, Kathryn Mitchell and Kelsey-Lee Roberts), women's 200m semifinals |
| 1400-1700 | RIO 2016 HIGHLIGHTS THE CHASE | | | |
| 1800-1900 | AUSTRALIA SEVEN NEWS | | | |
| | | | | |
| 1900-2100* | IN RIO TODAY | RIO 2016 HIGHLIGHTS (*1930-2030) | RIO 2016 HIGHLIGHTS (*1930-2200) | |
| 2100-2230 | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | 8:30pm Women's golf begins 10:00pm Canoel Kayak- sprint 10:30pm Athletics including |
| 2230-0000 | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | decathlon (Cedric Dubler) men's 5,000m and women's 800m 11:00pm Equestrian Jumping team finals |

THURSDAY, AUGUST 18

KEY STAT: Sailor Mat Belcher defending his 470 crown with new partner, Will Ryan; BMX begins; women's 100m hurdles and long jump finals and Usain Bolt

AUS MEDAL WATCH: Mat Belcher/Will Ryan; women's long jump

BIG NAMES & TEAMS: Usain Bolt (USA athletics), Boomers (basketball), Dream Team (USA basketball), Caroline Buchanan (BMX), Sam Willoughby (BMX), Melissa Wu (diving), Brittany Broben (diving)

| AEST | CHANNEL 7 | 7TWO | 7mate | HIGHLIGHTS |
|------------|-------------------------------|---|---|---|
| 0000-0530 | RIO 2016 | RIO 2016 | RIO 2016 | Athletics, equestrian, golf continue |
| | OVERNIGHT - LIVE | OVERNIGHT - LIVE | OVERNIGHT - LIVE | 2:00am Sailing men's 470 gold medal race (Mat Belcher/ Will Ryan) 2:30am BMX cycling including Sam Willoughby, Caroline Buchanan 4:00am Diving women's 10m platform (Melissa Wu, Brittany Broben) TBC Basketball men's quarterfinals |
| 0530-0900 | SUNRISE | RIO 2016 MORNING - LIVE | RIO 2016 MORNING - LIVE | TBC Women's hockey semifinals TBC Women's water polo semi finals |
| 0900-1400* | RIO 2016 DAY - LIVE | RIO 2016 DAY - LIVE (*until 1200) | RIO 2016 DAY - LIVE (*until 1200) | 9:20am Athletics including women's 100m hurdles finals, men's 200m semifinals, women's 200m final, women's long jump final - lookout for the Australians 11:00am Beach volleyball medal matches |
| 1400-1700 | RIO 2016 HIGHLIGHTS | | | |
| 1700-1800 | THE CHASE AUSTRALIA | | | |
| 1800-1900 | SEVEN NEWS | | | |
| 1900-2100* | IN RIO TODAY | RIO 2016 HIGHLIGHTS (*1930-2030) | RIO 2016 HIGHLIGHTS (*1930-2200) | |
| 2100-2230 | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | 8:30pm Women's golf 9:30pm Athletics including women's high jump (Eleanor |
| 2230-0000 | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | Patterson), men's and women's 4x100m relays 10:00pm Canoe Sprint including men's K2 1000m final 11:00pm Diving women's 10m platform semifinal (Melissa Wu, Brittany Broben) Midnight Men's triathlon (Aaron Royle, Ryan Bailie, Ryan Fisher) |

FRIDAY, AUGUST 19

KEY STAT: Usain Bolt takes a few more strides towards history in the men's 200m final, Jared Tallent chases redemption in the men's 50km walk and several Australian Olympic medallists hunt for further success.

AUS MEDAL WATCH: Men's Hockey; Sailing defending champions Nathan Outteridge/lain Jensen; women's 10m diving; women's javelin and equestrian jumping

BIG NAMES & TEAMS: Usain Bolt (USA athletics), Jared Tallent (race walker), Melissa Wu (diving), Brittany Broben (diving), Kim Mickle (javelin)

| AEST | CHANNEL 7 | 7TWO | 7mate | HIGHLIGHTS |
|------------|---------------------------------|---|---|---|
| 0000-0530 | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | Athletics, golf, diving, triathlon continue 1:00am Hockey men's bronze medal match 2:00am Sailing Men's 49er (Nathan Outteridge, lain Jensen) 2:30am Men's BMX quarterfinals |
| 0530-0900 | SUNRISE | RIO 2016 MORNING - LIVE | RIO 2016 MORNING - LIVE | 5:00am Diving women's 10m platform final 6:00am Hockey men's gold medal match TBC Women's basketball semifinals TBC Men's water polo semifinals |
| 0900-1400* | RIO 2016 DAY - LIVE | RIO 2016 DAY - LIVE (*until 1200) | RIO 2016 DAY - LIVE (*until 1200) | 9:20am Athletics finals including men's 200m final (Usain Bolt), men's shot put final, women's javelin final and men's decathlon final 11:00am Beach volleyball medal matches |
| 1400-1700 | RIO 2016 HIGHLIGHTS | | | |
| 1700-1800 | THE CHASE AUSTRALIA | | | |
| 1800-1900 | SEVEN NEWS | | | |
| 1900-2100* | IN RIO TODAY | RIO 2016 HIGHLIGHTS (*1930-2030) | | |
| 2100-2230 | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | | 8:30pm Women's golf 9:00pm Men's 50km race walk (Jared Tallent defending |
| 2230-0000 | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | champion) 10:00pm Canoe/Kayak - sprint including men's K4 1000m 10:00pm Taekwondo including women's - 67kg (Carmen Marton) 11:00pm Equestrian individual jumping final Round A |

SATURDAY, AUGUST 20

KEY STAT: Caroline Buchanan and Sam Willoughby's BMX pursuit, women's water polo gold, men's basketball semifinals, Bolt's final race of Rio 2016, the Aussie triathlon girls and the final round of women's golf.

AUS MEDAL WATCH: Jared Tallent, Caroline Buchanan, Sam Willoughby, women's water polo, possible women's football/hockey, taekwondo - Carmen Marton, Men's K4 defending Australia's title in canoe/kayaksprint

BIG NAMES & TEAMS: Usain Bolt (USA athletics), Jared Tallent (race walker), Caroline Buchanan (BMX), Sam Willoughby (BMX)

| AEST | CHANNEL 7 | 7TWO | 7mate | HIGHLIGHTS |
|------------------------|--------------------------------------|---|---|---|
| 0000-0530 | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | Men's 50km walk, golf, equestrian, taekwondo continue O0:20 Women's water polo bronze medal match 1:00am Women's hockey bronze medal match 2:00am Women's football bronze medal match 2:30am Equestrian individual jumping final Round B 2:30am BMX semifinal and finals - watch for Aussies Caroline Buchanan, Sam Willoughby 4:30am Women's water polo gold medal match |
| 0530-0900 | RIO 2016 MORNING - LIVE | RIO 2016 MORNING - LIVE | RIO 2016 MORNING - LIVE | 6:00am Women's hockey gold medal match 6:30am Women's football gold medal match 7:00am Women's modern pentathlon final (Chloe Esposito) TBC Men's basketball semifinals |
| 0900-1400* | RIO 2016 DAY - LIVE | RIO 2016 DAY - LIVE (*until 1200) | RIO 2016 DAY - LIVE (*until 1200) | 9:00am Women's taekwondo - 67kg finals (watch for Aussie Carmen Marton) 9:10am Athletics finals including women's and men's 4x100m relay (Usain Bolt), women's pole vault final and women's 4x400m relay (Australia) |
| 1400-1730 1800-1900 | RIO 2016 HIGHLIGHTS SEVEN NEWS | | | |
| 1900-2100* | IN RIO TODAY | RIO 2016 HIGHLIGHTS (*1930-2000) | RIO 2016 HIGHLIGHTS (*1930-2200) | |
| 2100-2230 | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | | 8:00pm Women's golf final round 10:00pm Canoe Sprint finals |
| 2230-0000 | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | including the Australians defending their K4 1000m Olympic crown Midnight Women's triathlon |

SUNDAY, AUGUST 21

KEY STAT: The best teams emerge as medals go off in the team sports and the majestic men's marathon.

AUS MEDAL WATCH: Women's basketball, women's high jump

BIG NAMES & TEAMS: Caster Semenya (RSA athletics), Mo Farah (GBR athletics), Eleanor Patterson (athletics), Ryan Gregson (athletics)

| AEST | CHANNEL 7 | 7TWO | 7mate | HIGHLIGHTS |
|------------|---------------------------------|---|---|--|
| 0000-0530 | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | Golf, triathlon continue 00:30 Women's basketball bronze medal match 4:20am Rhythmic gymnastics individual all-around final 4:30am Women's basketball gold medal match |
| 0530-0900 | RIO 2016 MORNING - LIVE | RIO 2016 MORNING - LIVE | RIO 2016 MORNING - LIVE | 5:30am Diving men's 10m platform final 6:30am Men's football gold medal match 7:00am Men's modern pentathlon final (Max Esposito) |
| 0900-1400* | RIO 2016 DAY - LIVE | RIO 2016 DAY - LIVE (*until 1200) | RIO 2016 DAY - LIVE (*until 1200) | 9:10am Athletics including men's and women's 4x400m final, women's high jump final, men's 1500m final, men's 5000m final, women's 800m final, men's javelin final 11:15am Women's indoor volleyball gold medal match |
| 1400-1730 | RIO 2016 HIGHLIGHTS | | | |
| 1800-1900 | SEVEN NEWS | | | |
| 1900-2100* | IN RIO TODAY | RIO 2016 HIGHLIGHTS (*1930-2230) | RIO 2016 HIGHLIGHTS (*1930-2130) | |
| 2100-2230 | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | RIO 2016 EVENING - LIVE | 9:30pm Men's freestyle wrestling 10:30pm Men's marathon with |
| 2230-0000 | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | RIO 2016 LATE NIGHT - LIVE | Australians Liam Adams, Michael Shelley, Scott Westcott 10:30pm Men's indoor volleyball bronze medal match Midnight Rhythmic gymnastics group final |

MONDAY, AUGUST 22

KEY STAT: Can one of the most successful teams in Olympic history - Team USA - collect yet another Olympic medal? Plus the medal matches in Brazil's favourite sport, volleyball; and the European powerhouses vie for men's handball gold.

AUS MEDAL WATCH: Men's basketball

BIG NAMES & TEAMS: The biggest names in men's basketball, including a host of NBA players

| AEST | CHANNEL 7 | 7TWO | 7mate | HIGHLIGHTS |
|-----------|---------------------------------|---------------------------------|---------------------------------|--|
| 0000-0530 | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | RIO 2016 OVERNIGHT - LIVE | Marathon, volleyball continue O0:30 Men's basketball bronze medal match 1:30am Men's Mountain bike final 1:15am Men's Indoor Volleyball Final 3:00am Boxing medals including the super heavy (+91kg) final 3:00am Men's handball gold medal match 4:45am Men's basketball gold medal match |
| 0530-0900 | SUNRISE | | | |
| 0900-1200 | CLOSING CEREMONY | CLOSING CEREMONY | CLOSING CEREMONY | Presented by Johanna Griggs and Basil Zempilas, with special guests |