

one

MELBOURNE PROGRAM GUIDE

Sunday 31st July 2011

06:00 am Grand-Am Rolex Sportscar Series (Rpt)

R9 American Red Cross 250 - New Jersey

Steeped in history, ONE takes you to Birmingham in Alabama as the Grand-Am and GT production cars fire up ontrack at the Barber Motorsport Park. Round 3 highlights from the Grand-Am Sportscar Series.

08:30 am Shark U (Rpt)

PG **Sink Or Swim (With The Sharks)**

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

09:30 am Pro Bull Riding

PG

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

10:30 am World Of Free Sports

PG

Sample an assortment of adventure and extreme sporting activities as World of Free Sports brings you another heart-pumping dose of adrenalin.

11:00 am Snowboarding: TTR World Tour (Rpt)

PG

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

11:30 am Swimming: FINA World Championships (Rpt)

Day 7

Hosts Nicole Livingstone & Anthony Hudson bring viewers all the swimming action from ONE's exclusive coverage of the 14th FINA World Championships from Shanghai. Don't miss the Men's 50m Freestyle.

01:00 pm Drag Racing: ANDRA Pro Series

G

Top Doorslammer - Winternationals, Willowbank

The ANDRA Pro Series continues from the quarter mile at Queensland's famed Willowbank Raceway. See Top Doorslammers in action as part of the Winternationals.

02:00 pm Motorsport: Isle Of Man TT

PG

Superstock Race

For over 100 years, riders from around the globe flock to the Isle of Man for the ultimate two wheel challenge. The Superstock race sees a variety of motorbike categories take to these scenic roads.

03:00 pm NASCAR Sprint Cup Qualifying

R20 Brickyard 400 @ Indianapolis-Qualifying

04:30 pm Swimming: FINA World Championships Highlights

G

Day 15 Highlights

Overnight highlights from the FINA World Championships featuring all the action from the water polo and swimming finals. Only on ONE.



MELBOURNE PROGRAM GUIDE

Sunday 31st July 2011

05:30 pm I Fish

G

Paul Worsteling brings you great tips and products that will help you lure the big fish.

06:00 pm I Fish Catch Of The Day (Rpt)

G

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

06:30 pm Shark U

PG **Hurricane Doc**

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

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

PG **Niagara Falls**

(L, S) Robson Green travels up the eastern seaboard of the USA to hunt sharks and the endangered bluefin tuna. Follow his attempts to catch lobster and striped bass before taking on the mighty Niagara Falls.

08:30 pm COPS: Adults Only

M

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

LIVE

R11 Hungary Grand Prix

12:05 am Swimming: FINA World Championships

Day 8

01:35 am Omnisport

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

LIVE

Countdown To Green - Live From Indianapolis

02:00 am LIVE: NASCAR Countdown

LIVE

R20 Brickyard 400 @ Indianapolis



MELBOURNE PROGRAM GUIDE

Monday 01st August 2011

06:00 am **LIVE: NASCAR Sprint Cup (Cont)**

LIVE

R20 Brickyard 400 @ Indianapolis

07:00 am **World Rally Championship**

G **R8 Finland - Day 2 Highlights**

Highlights from the second day of racing as Round Eight of the WRC heads north to Scandinavia for the Rally of Finland.

07:30 am **Motorsport: Isle Of Man TT (Rpt)**

PG **Superstock Race**

For over 100 years, riders from around the globe flock to the Isle of Man for the ultimate two wheel challenge. The Superstock race sees a variety of motorbike categories take to these scenic roads.

08:30 am **Golf: WGC Bridgestone Invitational Highlights 2010 (Rpt)**

G **W.G.C Bridgestone Invitational Highlights**

An hour of highlights which recapture the magic and spectacular shots at Firestone, Ohio as the world's best battle for the WGC Bridgestone Invitational.

09:30 am **AFL Premiership Season 2011**

CC

Round 19 - Western Bulldogs V West Coast Eagles

12:00 pm **Tennis: ATP World Tour Uncovered (Rpt)**

G

Former tour pro Justin Gimelstob brings you behind the scenes insights and exclusive player profiles from the ATP Tour.

12:30 pm **Swimming: FINA World Championships (Rpt)**

Day 8

02:00 pm **Shark U (Rpt)**

PG **Hurricane Doc**

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

03:00 pm **Omnisport**

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

03:30 pm **Extreme Dreams (Rpt)**

PG **Nepal Part 5**

The team of would-be explorers reach the final and toughest day of their daunting journey across the Himalayas to reach the sacred lakes of Panch Pokhari.

04:00 pm **Airline (Rpt)**

PG

Check-in staff pull some strings to allow a passenger with a burnt passport to board her plane, and air traffic control problems bring Luton to a standstill.



MELBOURNE PROGRAM GUIDE

Monday 01st August 2011

04:30 pm Extreme Dreams

PG **Uganda Part 1**

The contestants perform a series of gruelling physical, mental and moral challenges to win a place on the team headed on one of the most dangerous adventures to the Mountains of the Moon in Africa.

05:00 pm Guerrilla Gardeners

Hickson Road

When the sun goes down and city workers retreat to the suburbs, renegade gardeners reclaim the streets. Six young warriors, armed with attitude and gardening tools work to makeover barren public spaces.

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

G

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

06:00 pm Airline

PG

(L) The EasyJet staff get an unusual reaction from a woman who has missed her flight and in Luton a mother and her 13-day-old baby are offloaded because the child is legally too young to fly.

06:30 pm Bondi Rescue (Rpt)

CC PG

(A) Bondi Rescue follows the work of elite lifeguards in charge at the world's busiest beach. With people's lives literally in their hands, these lifeguards ensure safety is their number one priority.

07:00 pm COPS

PG

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

07:30 pm Fear Factor

M **Day 1: 3:00 A.M. - 4:00 A.M.**

(V) Jamey finds an address from the keycard and Jack pursues it. District Director George Mason returns to lockdown CTU. Janet gets picked up by an ambulance.

09:30 pm One Week At A Time

AFL

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



MELBOURNE PROGRAM GUIDE

Monday 01st August 2011

LIVE

10:30 pm **LIVE: Sports Tonight**

The most trusted name in sports news, Sports Tonight has reporters around the country chasing the stories and bringing you the news, interviews and highlights you need to see every day.

11:00 pm **Formula 1 Grand Prix (Rpt)**

R11 Hungary Grand Prix

01:00 am **One Week At A Time Late**

NRL

NSW Coach Ricky Stuart shares his undeniable passion, knowledge and commitment for rugby league alongside Adam Hawse, Ben Ikin and Adam MacDougall every Monday night to dissect the big NRL issues.

02:00 am **World Rally Championship (Rpt)**

G **R8 Finland - Day 2 Highlights**

Highlights from the second day of racing as Round Eight of the WRC heads north to Scandinavia for the Rally of Finland.

02:30 am **Triathlon: ITU World Championship Series (Rpt)**

R4 Hamburg - Womens Race

The buildup turns serious with only 12 months to go until the London Olympics. The leading contenders in womens triathlon come to Hamburg to take on Aussie frontrunners Emma Moffatt and Emma Snowsill.

05:00 am **Omnisport (Rpt)**

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

05:30 am **FA Cup Classics (Rpt)**

G **F.A. Cup - Arsenal V Chelsea Final 2001/02**

The FA Cup Classic Collection continues on ONE. Revisit the 2001/02 Final between Arsenal and Chelsea.



MELBOURNE PROGRAM GUIDE

Tuesday 02nd August 2011

06:00 am Kitesurfing: PKRA World Tour (Rpt)

G **Kitesurfing: P.K.R.A World Tour, New Caledonia**

All the wakestyle, waveriding, freestyle, freeride, jumping and cruising action from the PKRA Kitesurfing World Tour in New Caledonia.

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

G **R7 Samsung Mobile 500 @ Texas-Highlights**

Kevin Harvick is the first driver to win multiple races in 2011, passing Dale Earnhardt Jr for the win at Martinsville. Kyle Busch leads the standings, five ahead of Edwards with Marcos Ambrose 22nd.

07:30 am Pro Bull Riding (Rpt)

PG

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

08:30 am Skateboarding: The Tony Hawk Show (Rpt)

PG **Skateboarding: The Tony Hawk Show, Paris**

The King called and everybody joined in: the Tony Hawk Show at the historic Grand Palais in Paris was a unique experience blending skateboarding, music and art in Paris.

09:00 am WNBA Action

G

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

09:30 am AFL Premiership Season 2011

CC

Round 19 - Fremantle V Hawthorn

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

AFL

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

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

NRL

NSW Coach Ricky Stuart shares his undeniable passion, knowledge and commitment for rugby league alongside Adam Hawse, Ben Ikin and Adam MacDougall every Monday night to dissect the big NRL issues.

02:00 pm 24 (Rpt)

M **Day 1: 3:00 A.M. - 4:00 A.M.**

(V) Jamey finds an address from the keycard and Jack pursues it. District Director George Mason returns to lockdown CTU. Janet gets picked up by an ambulance.



MELBOURNE PROGRAM GUIDE

Tuesday 02nd August 2011

03:00 pm Omnisport

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

03:30 pm Bondi Rescue (Rpt)

CC PG

(A) Bondi Rescue follows the work of elite lifeguards in charge at the world's busiest beach. With people's lives literally in their hands, these lifeguards ensure safety is their number one priority.

04:00 pm Airline (Rpt)

PG

(L) The EasyJet staff get an unusual reaction from a woman who has missed her flight and in Luton a mother and her 13-day-old baby are offloaded because the child is legally too young to fly.

04:30 pm Extreme Dreams

PG **Uganda Part 2**

The group have to cross a huge white water jungle river, and amid the landslides and bogs, and after a 10-hour trek through sweltering heat, it is a massive challenge to make it to their next camp.

05:00 pm Guerrilla Gardeners

Kings Cross

When the sun goes down and city workers retreat to the burbs, renegade gardeners reclaim the streets. Six young warriors, armed with attitude and gardening tools work to makeover barren public spaces.

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

G

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

06:00 pm Airline

PG

(L) Two passengers at Luton Airport are told they may be too drunk to fly to Malaga, and an irate businessman demands compensation when his flight is cancelled due to a French air strike.

06:30 pm Bondi Rescue (Rpt)

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MELBOURNE PROGRAM GUIDE

Tuesday 02nd August 2011

07:00 pm COPS

PG

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

07:30 pm Black Gold

PG

(L) Get down and dirty in this gritty, real world, behind the scenes, no holds barred look at life on an oil rig. The workers are bred tough and are frank and honest and will say exactly what they think.

08:30 pm COPS: Adults Only

M

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

09:00 pm COPS: Adults Only

M

Chase down the bad boys and girls caught in the net of law enforcement agents. COPS is on the streets and on patrol to serve and protect law-abiding citizen and make the mean streets safer.

09:30 pm Doom

CC

Something has gone wrong at a remote scientific research station on Mars. All research has ceased. Communication has failed and the messages that do get through are less than comforting.

11:35 pm Sports Tonight

The most trusted name in sports news, Sports Tonight has reporters around the country chasing the stories and bringing you the news, interviews and highlights you need to see every day.

12:05 am NASCAR Sprint Cup (Rpt)

R20 Brickyard 400 @ Indianapolis

03:05 am NASCAR Nationwide Series Highlights

R21 Kroger 200 @ Indianapolis

Catch the highlights from every race of the 2011 Nationwide Series on ONE. Round 21 of full throttle NASCAR excitement is hosted at Indianapolis Motor Speedway.

04:05 am Motorsport: Isle Of Man TT (Rpt)

PG **Superstock Race**

For over 100 years, riders from around the globe flock to the Isle of Man for the ultimate two wheel challenge. The Superstock race sees a variety of motorbike categories take to these scenic roads.



MELBOURNE PROGRAM GUIDE

Tuesday 02nd August 2011

05:00 am Omnisport (Rpt)

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

05:30 am FA Cup Classics (Rpt)

G **Arsenal V Liverpool 4th Round 00/01**

Look back at some FA Cup Classics. First up we revisit the Fourth Round clash between Arsenal and Liverpool from 2000/01.



MELBOURNE PROGRAM GUIDE

Wednesday 03rd August 2011

06:00 am Kitesurfing: PKRA World Tour (Rpt)

G **Kitesurfing: P.K.R.A World Tour, Thailand**

All the wakestyle, waveriding, freestyle, freeride, jumping and cruising action from the PKRA Kitesurfing World Tour in Thailand.

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

R2 Subway Fresh Fit 500 @ Phoenix

Round two of the new Sprint Cup season comes from Phoenix. The sound of engines will echo through the foothills of the Estrella Mountains but who will rise from the Arizona desert to claim victory?

07:30 am Pro Bull Riding (Rpt)

PG

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

08:30 am Surfing: Red Bull Project Air (Rpt)

G

Surfing: Red Bull Project Air, Lennox Head

Project Air sees an elite surf team visit Lennox Head to undergo a world first two-week aerial intensive on a custom built skate ramp to perfect skills that would require years of training in water.

09:00 am I Fish (Rpt)

G

Paul Worsteling brings you great tips and products that will help you lure the big fish.

09:30 am This Week In Baseball (Rpt)

PG

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

LIVE

Chicago White Sox V New York Yankees

R21 Kroger 200 @ Indianapolis

Catch the highlights from every race of the 2011 Nationwide Series on ONE. Round 21 of full throttle NASCAR excitement is hosted at Indianapolis Motor Speedway.

R20 Brickyard 400 @ Indianapolis-Highlights

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

10:00 am LIVE: Major League Baseball

01:00 pm NASCAR Nationwide Series Highlights (Rpt)

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

02:00 pm NASCAR Sprint Cup Highlights

03:00 pm Omnisport



MELBOURNE PROGRAM GUIDE

Wednesday 03rd August 2011

03:30 pm Bondi Rescue (Rpt)

CC PG

Bondi Rescue follows the work of elite lifeguards in charge at the world's busiest beach. With people's lives literally in their hands, these lifeguards ensure safety is their number one priority.

04:00 pm Airline (Rpt)

PG

(L) Two passengers at Luton Airport are told they may be too drunk to fly to Malaga, and an irate businessman demands compensation when his flight is cancelled due to a French air strike.

04:30 pm Extreme Dreams

PG **Uganda Part 3**

Two of the group collapse from exhaustion as they face the daunting Bigo Bog - a five-mile stretch of quicksand bogs.

05:00 pm Guerrilla Gardeners

Killara

When the sun goes down and city workers retreat to the burbs, renegade gardeners reclaim the streets. Six young warriors, armed with attitude and gardening tools work to makeover barren public spaces.

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

G

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

06:00 pm Airline

PG

(L) Computers crash at the air-traffic control centre in Swanwick, leaving around 4,000 passengers stranded. Radical action is called for and the customer services desk is closed down.

06:30 pm Bondi Rescue (Rpt)

CC PG

Bondi Rescue follows the work of elite lifeguards in charge at the world's busiest beach. With people's lives literally in their hands, these lifeguards ensure safety is their number one priority.

07:00 pm COPS

PG

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

07:30 pm Twister Sisters

PG **Weather Girl Fantasy**

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



MELBOURNE PROGRAM GUIDE

Wednesday 03rd August 2011

08:30 pm COPS: Adults Only

M

Accept no substitute: COPS is the original and still the best in the observational documentary-style reality genre. Ride along with officers on patrol in Albuquerque.

09:00 pm COPS: Adults Only

M

You won't believe the morons on parade as law enforcement officers go on patrol to protect America's troubled streets. With an unmistakable theme song COPS is the show at the forefront of reality TV.

SEASON PREMIERE

AV15+ [Alification](#)

(V)

In the wake of Donna's death the club stands divided. Clay sets up a new gun deal with the IRA. A white supremacist group sets up in Charming threatening to take over the club's control.

09:30 pm Sons Of Anarchy

10:30 pm RPM

Greg Rust, Daryl Beattie and Craig Baird kick the tyres of world motorsport as they take a light-hearted look at all forms of racing. Hear first hand from the drivers and riders making headlines.

11:30 pm Sports Tonight

The most trusted name in sports news, Sports Tonight has reporters around the country chasing the stories and bringing you the news, interviews and highlights you need to see every day.

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

[Top Doorslammer - Winternationals, Willowbank](#)

The ANDRA Pro Series continues from the quarter mile at Queensland's famed Willowbank Raceway. See Top Doorslammers in action as part of the Winternationals.

01:00 am Omnisport (Rpt)

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

01:30 am Major League Baseball (Rpt)

[Chicago White Sox V New York Yankees](#)

04:00 am Golf: WGC Bridgestone Invitational Highlights 2010 (Rpt)

G

[W.G.C Bridgestone Invitational Highlights](#)

An hour of highlights which recapture the magic and spectacular shots at Firestone, Ohio as the world's best battle for the WGC Bridgestone Invitational.



MELBOURNE PROGRAM GUIDE

Wednesday 03rd August 2011

05:00 am Omnisport (Rpt)

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

05:30 am FA Cup Classics (Rpt)

G **Barnsley V Manchester United 5th Round Replay 97/98**

Revisit an FA Classic match between northern rivals. Barnsley FC host Manchester United in the 97/98 season.



MELBOURNE PROGRAM GUIDE

Thursday 04th August 2011

- | | | | |
|----------|-------------------------------------|----|--|
| 06:00 am | Kitesurfing: PKRA World Tour (Rpt) | G | <u>Kitesurfing: P.K.R.A World Tour, France</u>
All the wakestyle, waveriding, freestyle, freeride, jumping and cruising action from the PKRA Kitesurfing World Tour in France. |
| 06:30 am | NASCAR Sprint Cup Catch-Up (Rpt) | G | <u>R9 Crown Royal 400 @ Richmond-Highlights</u>
See the best highlights from one of the oldest speedways on the NASCAR calendar. Marcos Ambrose chases his first win in America's premier class of racing, against Jimmie Johnson and the biggest names. |
| 07:30 am | Pro Bull Riding (Rpt) | PG | Hooves, horns and dirt are what come to meet world number one, JB Mooney and number two man Travis Briscoe as they go head to head in St Louis for the next event on the Pro Bull Riding circuit. |
| 08:30 am | Verbier Xtreme (Rpt) | G | <u>Free Ride World Tour - Verbier Xtreme</u>
Get on board Action Sports Afternoon as we join the Free Ride World Tour. Verbier Xtreme brings you the best skiing and snowboarding action as well as hearing first hand from the hardcore competitors. |
| 09:00 am | LIVE: Major League Baseball | | LIVE
<u>Detroit Tigers V Texas Rangers</u> |
| 12:00 pm | Tennis: ATP World Tour Uncovered | G | The latest instalment of this weekly tennis series follows the news and action from the ATP Tour. Former tour pro Justin Gimelstob brings you behind the scenes insights and exclusive player profiles. |
| 12:30 pm | World Rally Championship (Rpt) | G | <u>R8 Finland - Day 1 Highlights</u>
Highlights from the first day of racing as the eighth round of the WRC heads north to Scandinavia for the Rally of Finland. |
| 01:00 pm | Drag Racing: ANDRA Pro Series (Rpt) | G | <u>Top Doorslammer - Winternationals, Willowbank</u>
The ANDRA Pro Series continues from the quarter mile at Queensland's famed Willowbank Raceway. See Top Doorslammers in action as part of the Winternationals. |
| 02:00 pm | RPM (Rpt) | | Greg Rust, Daryl Beattie and Craig Baird kick the tyres of world motorsport as they take a light-hearted look at all forms of racing. Hear first hand from the drivers and riders making headlines. |



MELBOURNE PROGRAM GUIDE

Thursday 04th August 2011

03:00 pm Omnisport

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

03:30 pm Bondi Rescue (Rpt)

CC PG

Bondi Rescue follows the work of elite lifeguards in charge at the world's busiest beach. With people's lives literally in their hands, these lifeguards ensure safety is their number one priority.

04:00 pm Airline (Rpt)

PG

(L) Computers crash at the air-traffic control centre in Swanwick, leaving around 4,000 passengers stranded. Radical action is called for and the customer services desk is closed down.

04:30 pm Extreme Dreams

PG Uganda Part 4

Having lost two of their team mates, the aspiring adventurers are tested to the limits of their endurance by deadly scree slopes, vertical cliff faces and the constant threat of altitude sickness.

05:00 pm Guerrilla Gardeners

LA Perouse

When the sun goes down and city workers retreat to the burbs, renegade gardeners reclaim the streets. Six young warriors, armed with attitude and gardening tools work to makeover barren public spaces.

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

G

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

06:00 pm Airline

PG

(L) It is a big day for EasyJet's Liverpool staff as the Queen is due to open John Lennon Airport. Socialite Tara Palmer-Tomkinson gets a taste of life as a stewardess.

06:30 pm Bondi Rescue (Rpt)

CC PG

(L, A) Bondi Rescue follows the work of elite lifeguards in charge at the world's busiest beach. With people's lives literally in their hands, these lifeguards ensure safety is their number one priority.

07:00 pm COPS

PG

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



MELBOURNE PROGRAM GUIDE

Thursday 04th August 2011

07:30 pm America's Port

PG **Bomb Sweep**

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

LIVE AFL

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

09:30 pm Breakout Kings

M **Out Of The Mouths Of Babes**

(L,
V,
A)

The team searches for a child paedophile that has escaped from prison. They believe he may return to the school he used to work at.

10:30 pm Sports Tonight

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11:00 pm The Ultimate Fighter

M

(L,
V)

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

12:00 am The Game Plan Late

NRL

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

01:00 am Omnisport (Rpt)

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01:30 am Major League Baseball (Rpt)

Detroit Tigers V Texas Rangers

LIVE

W.G.C Bridgestone Invitational Round 1

US Open champ Rory McIlroy, now No. 4 in the Official World Golf Ranking, will make his third start at the Bridgestone Invitational in ONE's live coverage from the Firestone Country Club in Ohio.



MELBOURNE PROGRAM GUIDE

Friday 05th August 2011

06:00 am **LIVE: Golf: WGC Bridgestone Invitational (Cont)**

LIVE

W.G.C Bridgestone Invitational Round 1

US Open champ Rory McIlroy, now No. 4 in the Official World Golf Ranking, will make his third start at the Bridgestone Invitational in ONE's live coverage from the Firestone Country Club in Ohio.

08:00 am **Omnisport (Rpt)**

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08:30 am **WNBA Action (Rpt)**

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

LIVE

Boston Red Sox V Cleveland Indians

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12:30 pm **World Rally Championship (Rpt)**

G

Highlights from the second day of racing as Round Eight of the WRC heads north to Scandinavia for the Rally of Finland.

01:00 pm **The Game Plan (NRL) (Rpt)**

NRL

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02:00 pm **The Game Plan (AFL) (Rpt)**

AFL

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

03:00 pm **Omnisport**

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



MELBOURNE PROGRAM GUIDE

Friday 05th August 2011

03:30 pm Bondi Rescue (Rpt)

CC PG

(L,
A) Bondi Rescue follows the work of elite lifeguards in charge at the world's busiest beach. With people's lives literally in their hands, these lifeguards ensure safety is their number one priority.

04:00 pm Airline (Rpt)

PG

(L) It is a big day for EasyJet's Liverpool staff as the Queen is due to open John Lennon Airport. Socialite Tara Palmer-Tomkinson gets a taste of life as a stewardess.

04:30 pm Extreme Dreams

PG **Uganda Part 5**

Sheer climbs and dangerous vertical gorges stand between the explorers and the summit, but tensions within the team threaten the expedition.

05:00 pm Guerrilla Gardeners

Brisbane

When the sun goes down and city workers retreat to the suburbs, renegade gardeners reclaim the streets. Six young warriors, armed with attitude and gardening tools work to makeover barren public spaces.

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

G

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

06:00 pm Airline

PG

(L) The ever expanding EasyJet has merged with rival airline Go. That means new planes, new staff, new passengers and new problems.

06:30 pm Bondi Rescue (Rpt)

CC PG

Bondi Rescue follows the work of elite lifeguards in charge at the world's busiest beach. With people's lives literally in their hands, these lifeguards ensure safety is their number one priority.

07:00 pm COPS

PG

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

07:30 pm Mighty Movers

G **By Sea**

Rotterdam is one of the largest and busiest ports on the planet. Getting the biggest ships in the world into dock without a catastrophe is a never-ending challenge.



MELBOURNE PROGRAM GUIDE

Friday 05th August 2011

08:30 pm Reds

A radical American journalist becomes involved with the Communist revolution in Russia and hopes to bring its spirit and idealism to the United States.

12:15 am UFC Countdown 133

[U.F.C 133 Countdown](#)

01:15 am Omnisport (Rpt)

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

01:30 am Major League Baseball (Rpt)

[Boston Red Sox V Cleveland Indians](#)

LIVE

[W.G.C Bridgestone Invitational Round 2](#)

Aussies Geoff Ogilvy and Adam Scott lead a star studded field in ONE's live coverage from the Firestone Country Club in Akron, Ohio.

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MELBOURNE PROGRAM GUIDE

Saturday 06th August 2011

06:00 am **LIVE: Golf: WGC Bridgestone Invitational (Cont)**

LIVE

W.G.C Bridgestone Invitational Round 2

Aussies Geoff Ogilvy and Adam Scott lead a star studded field in ONE's live coverage from the Firestone Country Club in Akron, Ohio.

08:00 am **Motorsport: Isle Of Man TT (Rpt)**

PG **Superstock Race**

For over 100 years, riders from around the globe flock to the Isle of Man for the ultimate two wheel challenge. The Superstock race sees a variety of motorbike categories take to these scenic roads.

09:00 am **NASCAR Sprint Cup Highlights (Rpt)**

R20 Brickyard 400 @ Indianapolis-Highlights

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

10:00 am **Pro Bull Riding**

PG

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

11:00 am **World Of Free Sports**

PG

Sample an assortment of adventure and extreme sporting activities as World of Free Sports brings you another heart-pumping dose of adrenalin.

11:30 am **Drive**

South (Part 2)

The second season of this stunningly filmed skateboarding series takes you into the streets, carparks and makeshift jumps where skate culture develops and enthusiasts chase the dream of turning pro.

12:00 pm **The WWE Experience (Rpt)**

PG

(V) Jack Korpela guides you through your weekly fix of the good, the bad and the ugly from WWE covering the most hardcore action from Raw, SmackDown and NXT.

01:00 pm **Ironman: France**

G

Ironman France 2011

02:00 pm **Extreme Dreams (Rpt)**

PG

Uganda Part 1

The contestants perform a series of gruelling physical, mental and moral challenges to win a place on the team headed on one of the most dangerous adventures to the Mountains of the Moon in Africa.

02:30 pm **Extreme Dreams (Rpt)**

PG

Uganda Part 2

The group have to cross a huge white water jungle river, and amid the landslides and bogs, and after a 10-hour trek through sweltering heat, it is a massive challenge to make it to their next camp.



MELBOURNE PROGRAM GUIDE

Saturday 06th August 2011

03:00 pm Extreme Dreams (Rpt)

PG **Uganda Part 3**

Two of the group collapse from exhaustion as they face the daunting Bigo Bog - a five-mile stretch of quicksand bogs.

03:30 pm Bondi Rescue (Rpt)

CC PG

Bondi Rescue follows the work of elite lifeguards in charge at the world's busiest beach. With people's lives literally in their hands, these lifeguards ensure safety is their number one priority.

04:00 pm Airline (Rpt)

PG

(L) The EasyJet staff get an unusual reaction from a woman who has missed her flight and in Luton a mother and her 13-day-old baby are offloaded because the child is legally too young to fly.

04:30 pm Airline (Rpt)

PG

(L) Two passengers at Luton Airport are told they may be too drunk to fly to Malaga, and an irate businessman demands compensation when his flight is cancelled due to a French air strike.

05:00 pm Airline (Rpt)

PG

(L) Computers crash at the air-traffic control centre in Swanwick, leaving around 4,000 passengers stranded. Radical action is called for and the customer services desk is closed down.

05:30 pm I Fish (Rpt)

G

Paul Worsteling brings you great tips and products that will help you lure the big fish.

06:00 pm I Fish Catch Of The Day (Rpt)

G

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

06:30 pm The WWE Experience

PG

(V) Jack Korpela guides you through your weekly fix of the good, the bad and the ugly from WWE covering the most hardcore action from Raw, SmackDown and NXT.

07:30 pm Everest: Beyond The Limit

PG

(L, A) Join the breathtaking odyssey to Earth's highest summit. Follow the extraordinary journey as 11 climbers, three guides and a team of sherpas scale the heights of Everest on a life changing expedition.



MELBOURNE PROGRAM GUIDE

Saturday 06th August 2011

08:30 pm An Idiot Abroad (Rpt)

M **Mexico**

(L) Karl Pilkington, best described as a real life Homer Simpson, heads to Mexico to witness yet another wonder of the world and the eerie feeling of Chichen Itza, where the Aztecs made human sacrifices.

09:30 pm UFC 128

U.F.C 128 Shogun V Jones

Jon 'Bones' Jones looks to dethrone light heavyweight champion Mauricio Shogun Rua. Will Jones become the youngest ever UFC belt holder? Exciting newcomers Urijah Faber and Eddie Wineland do battle.

11:30 pm UFC Countdown 133 (Rpt)

U.F.C 133 Countdown

12:30 am WRC Access All Areas

G **Access All Areas - R8 Finland**

Your Access All Areas pass for a complete 60 minute roundup of the Rally of Finland.

01:30 am Omnisport

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

LIVE

W.G.C Bridgestone Invitational Round 3

Aussies Geoff Ogilvy and Adam Scott lead a star studded field in ONE's live coverage from the Firestone Country Club in Akron, Ohio.