



SYDNEY PROGRAM GUIDE

Sunday 25th May 2014

06:00 am **The List** (Rpt)

The List - Dynamic Drivers

Out of all the drivers in NASCAR's history, who is the best? Here is our list of the ten most dynamic drivers to ever strap themselves into a stock car.

06:30 am **2014 Tudor United Sports car Championship** (Rpt)

REPLAY

Continental Tire Sports Car Festival (Part 1)

The world famous Laguna Seca circuit hosts MotoGP and many other top categories in world motorsport. It plays host to the 4th round of the 2014 Tudor United Sports car Championship.

09:00 am **2014 Tudor United Sports car Championship** (Rpt)

REPLAY

Continental Tire Sports Car Festival (Part 2)

The world famous Laguna Seca circuit hosts MotoGP and many other top categories in world motorsport. It plays host to the 4th round of the 2014 Tudor United Sports car Championship.

11:30 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.

12:00 pm **2014 Australian Athletics Tour** (Rpt) CC

Perth Track Classic

The Perth Track Classic is the opening leg of the prestigious Australian Athletics Tour for 2014 and will welcome a host of international superstars as well as our country's finest athletes.

01:00 pm **Frontiers Of Construction** (Rpt)

PG

Race For The Sky

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

02:00 pm **The Indestructibles** (Rpt)

PG
Some Coarse
Language,
Adult Themes

15,000-Foot Freefall

A skydiving instructor makes a routine jump from 15,000 feet in the air. But both parachutes fail as he plummets to Earth. How does he survive his ordeal?

03:00 pm **Fit 'n' Flexed** (Rpt)

Hosted by Dayne Hudson, Fit 'N' Flexed cuts through the myths of the fitness industry to bring you the latest in health, fitness & nutrition science.

03:30 pm **Trick My Truck** (Rpt)

PG

The Chrome Shop Mafia tricks out a refrigerated medical-supplies rig. The truck gets a fireplace, a kitchen and a queen-size bed.



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Sunday 25th May 2014

04:00 pm Adventure Angler

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

04:30 pm Golf Getaway

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

05:00 pm What's Up Down Under (Rpt)

CC G

What's Up Down Under is a lifestyle television show that encourages people to travel Australia in recreational vehicles, stay at holiday parks and enjoy the local attractions of each area.

05:30 pm I Fish

ALL NEW EPISODES

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

06:00 pm M*A*S*H (Rpt)

PG

Big Mac

The 4077th is turned upside down by rumours of a visit from General Douglas MacArthur, but not all personnel are excited.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm Reel Rock

PG
Some Coarse
Language

SEASON FINAL

Spice Girl

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

07:00 pm Fishing Expedition Amazonia (Rpt)

PG
Some Coarse
Language

Close encounters with alligators, piranha, bats - all this and more, as extreme adventure angler, Steve Townson, takes on some of Brazil's most ferocious predatory freshwater fish.

07:30 pm Hardliners (Rpt)

PG
Some Coarse
Language

Hardliners is a high seas adventure focusing on a unique breed of men who risk their lives every day chasing lucrative, high-grade wild tuna.

08:00 pm Extreme Fishing With Robson Green (Rpt)

PG
Some Coarse
Language,
Adult Themes

Senegal

Robson Green heads to the coast of west Africa, where he begins by hunting for the Atlantic sailfish.



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Sunday 25th May 2014

09:00 pm **Bondi Rescue - Encore** (Rpt)

CC PG
Some Coarse
Language,
Adult Themes

SPECIAL ENCORE PRESENTATION

Bondi Rescue Best Of Part 1

In the first instalment of a two-part season finale special, we take a swim down memory beach as we revisit the very best moments from seasons past.

09:30 pm **Movie: Paycheck** (Rpt) (2003)

M
Some Violence

MOVIE

What seemed like an easy idea for an engineer to gain millions of dollars, leaves him on the run for his life and piecing together why he's being chased.

Starring: Ben Affleck, Aaron Eckhart, Uma Thurman, Paul Giamatti, Colm Feore, Joe Morton, Kathryn Morris, Ivana Milicevic

11:55 pm **48 Hours** (Rpt)

M
Adult Themes

The Sweetheart Murders

48 Hours is a popular true-crime series, investigating shocking cases and compelling real-life dramas with journalistic integrity and cutting-edge style.

12:55 am **Fight Master MMA** (Rpt)

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

01:55 am **Ross Kemp On Gangs** (Rpt)

MA15+
Strong Adult
Themes

Colombia

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

02:55 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.

03:25 am **Sporting Greats** (Rpt)

G

Gary Player

Gary Player is widely regarded as one of the greatest players in the history of golf. He accumulated an impressive nine major championships on the regular tour and six Champions Tour major championship victories all by the age of 29.

04:00 am **Rugby Classic Matches** (Rpt)

Autumn International 2008: England V Australia

Relive the classic match between England and Australia in the 2008 Autumn International at Twickenham in London.



SYDNEY PROGRAM GUIDE

Monday 26th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am NASCAR Sprint Cup

LIVE

Race 12: Coca-Cola 600 @ Charlotte

Tune in on ONE for Race 12 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Charlotte Motor Speedway.

01:00 pm 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 pm Trick My Truck (Rpt)

PG

The cast of Trick My Truck want Harry Joe Hooper the travelling dogooder to have a truck that trully represents the service he provides to his country.

02:00 pm Frontiers Of Construction (Rpt)

G

Monuments: Engineering For Beauty And Time

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

03:00 pm Whose Line Is It Anyway? (Rpt)

PG

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

03:30 pm Whose Line Is It Anyway? (Rpt)

PG
Sexual References,
Mild Coarse
Language

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

04:00 pm Driving Wars (Rpt)

PG

A team of Welsh rally enthusiasts take on a trio of car dealers in TV's most extreme motoring game show. To decide who has automotive bragging rights, the teams must survive The Road from Hell.



SYDNEY PROGRAM GUIDE

Monday 26th May 2014

05:00 pm I Fish (Rpt)

WS G

Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.

06:00 pm M*A*S*H (Rpt)

PG

Payday

It's Hawkeye's turn as pay officer, but a \$10 oversight causes trouble.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm M*A*S*H (Rpt)

PG

White Gold

Colonel Flagg shows up when penicillin is stolen but Hawkeye and Trapper soon learn the real reason for his arrival.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

07:00 pm World's Toughest Trucker (Rpt)

PG
Some Coarse
Language

SEASON FINAL

The three remaining truckers face their final challenge when they have to deliver a consignment of clay pots to an isolated monastery in the heart of the Himalayas.

08:00 pm Flip Men (Rpt)

PG
Some Coarse
Language

Maggot House

Doug's recklessness prompts Mike to walk off the job at a house laden with insects, larvae and fungus.

08:30 pm Undercover Boss

PG
Adult Themes

NEW EPISODE

Beck Taxi

Life on the road takes its toll when the bosses of North America's biggest independent cabbies, Beck Taxi, work in disguise.

09:30 pm Hell's Kitchen

M
Some Coarse
Language

NEW EPISODE

The four remaining chefs are challenged to teach bachelors how to cook monkfish. The winning chef and a chosen guest get to ride in the Goodyear Blimp.

10:30 pm Hell's Kitchen

M
Some Coarse
Language

NEW EPISODE

The chefs are given a taste of the Savoy Grill, then told to recreate one of the dishes that they just tasted. One chef makes a bold move. Will it pay off?



SYDNEY PROGRAM GUIDE

Monday 26th May 2014

11:30 pm 2014 FORMULA 1® MONACO GRAND PRIX™ (Rpt) CC

REPLAY

2014 Formula 1 Monaco Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the sixth race of the 2014 FIA F1 World Championship from the Circuit de Monaco.

02:00 am The Project Encore (Rpt) CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

03:00 am Trick My Truck (Rpt) G

Be sure to watch as the gang pitches in to help their youngest driver yet and make his old cab over into the meanest dragster on the road.

03:30 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.

04:00 am NASCAR Nationwide Series Highlights (Rpt)

Race 10: Get To Know Newton 250 @ Iowa

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 10 is hosted at the Iowa Speedway.

05:00 am NASCAR Sprint Cup Highlights (Rpt)

All-Star Challenge @ Charlotte-Highlights

Tune in for all the highlights and the thrills and spills of the All-Star Challenge from the Charlotte Motor Speedway.



SYDNEY PROGRAM GUIDE

Tuesday 27th May 2014

06:00 am Home Shopping

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08:00 am Fit 'n' Flexed (Rpt)

Hosted by Dayne Hudson, Fit 'N' Flexed cuts through the myths of the fitness industry to bring you the latest in health, fitness & nutrition science.

08:30 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.

09:00 am Reel Rock (Rpt)

PG
Some Coarse
Language

Spice Girl

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

09:30 am Hardliners (Rpt)

PG
Some Coarse
Language

Hardliners is a high seas adventure focusing on a unique breed of men who risk their lives every day chasing lucrative, high-grade wild tuna.

10:00 am The Biggest Loser USA

PG

NEW EPISODE

Halloween Week brings a crazy candy temptation, a haunted maze and a secret is revealed!

12:00 pm Lights Out (Rpt)

M
Some Violence

Combinations

Lights begins serious training for his upcoming fight, but struggles being away from his family.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt)

CC M
WS Some Coarse
Language,
Adult Themes,
Nudity

When an ex-editor causes a disturbance at Federation Square, TR discovers a link to a series of TAB robberies.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm Monster Jam (Rpt)

G

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 metre tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.



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Tuesday 27th May 2014

03:00 pm Whose Line Is It Anyway? (Rpt)	PG	<p>An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.</p> <p>Starring: Drew Carey, Wayne Brady</p>
03:30 pm Whose Line Is It Anyway? (Rpt)	PG Sexual References	<p>An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.</p> <p>Starring: Drew Carey, Wayne Brady</p>
04:00 pm Get Smart (Rpt)	PG	<p><u>The Laser Blazer</u></p> <p>Max wears a new blazer given to him by a Chinese merchant, Lin Chan. However, he isn't aware of a weapon in the blazer and is mystified as objects disappear around him.</p> <p>Starring: Don Adams, Barbara Feldon, Edward Platt</p>
04:30 pm Fishing Edge (Rpt)	G	<p>Hosted by Lee Rayner, Fishing Edge is a down to earth DIY fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.</p>
05:00 pm Fishing Edge (Rpt)	G	<p>SEASON FINAL</p> <p>Hosted by Lee Rayner, Fishing Edge is a down to earth DIY fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.</p>
05:30 pm I Fish (Rpt)	G	<p>Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.</p>
06:00 pm M*A*S*H (Rpt)	PG	<p><u>Abyssinia, Henry</u></p> <p>Henry gets his discharge making Frank the commanding officer of the 4077th M*A*S*H unit.</p> <p>Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff</p>
06:30 pm M*A*S*H (Rpt)	PG	<p><u>Welcome To Korea (1)</u></p> <p>Trapper is shipped home while Hawkeye is on R&R. Hawkeye speeds to Kimpo with Radar to catch Trapper's plane, but they just miss him.</p> <p>Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff</p>



SYDNEY PROGRAM GUIDE

Tuesday 27th May 2014

07:00 pm COPS

07:30 pm **The Indestructibles**

PG
Some Violence

NEW EPISODE

Flying Car Crash

A teenager's car goes airborne after hitting a guardrail and was sent flying across the highway. How did this teenager's car go airborne and how did he survive a crash that should have killed him?

08:30 pm **COPS: Adults Only (Rpt)**

M

Coast To Coast

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

09:00 pm **COPS: Adults Only (Rpt)**

M

Palm Beach

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

09:30 pm **Ross Kemp On Gangs (Rpt)**

AV15+
Strong Violence,
Adult Themes

East Timor

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

10:30 pm **Super Rugby Extra Time**

PG

Relive all the best bits of the weekend's Super Rugby on Extra Time.

11:30 pm **The Project Encore (Rpt)**

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:30 am **Fight Master MMA (Rpt)**

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

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Language

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Language

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04:30 am Omnisport

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05:00 am 2014 Australian Athletics Tour (Rpt) CC

Perth Track Classic

The Perth Track Classic is the opening leg of the prestigious Australian Athletics Tour for 2014 and will welcome a host of international superstars as well as our country's finest athletes.



SYDNEY PROGRAM GUIDE

Wednesday 28th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am Wild Racers (Rpt)

Competitors from around the globe will gather in South Australia for the internationally renowned adventure race series Wild Racers for the final leg of the season. Who will come out on top?

09:00 am Car Torque (Rpt)

CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

09:30 am Omnisport (Rpt)

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10:00 am The Biggest Loser USA

PG

NEW EPISODE

A high-stakes calorie challenge realigns the teams and causes a whole lot of drama on the ranch.

12:00 pm Lights Out (Rpt)

M
Some Violence,
A Sex Scene

Crossroads

Lights battles more obstacles in his life, both professional and personal. He enters a real fight and although he wins he doesn't look too good.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt)

CC M
WS Some Violence,
Adult Themes

When teenagers blow up a series of parking pay stations, TR races to prevent them killing themselves and innocent bystanders.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm World's Toughest Trucker (Rpt)

PG
Some Coarse
Language

The three remaining truckers face their final challenge when they have to deliver a consignment of clay pots to an isolated monastery in the heart of the Himalayas.



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Wednesday 28th May 2014

03:00 pm	Super Rugby Extra Time (Rpt)	PG	Relive all the best bits of the weekend's Super Rugby on Extra Time.
04:00 pm	Get Smart (Rpt)	PG	<u>The Farkas Fracas</u> When Agent 99 is caught without dessert, she gratefully accepts chocolate mousse from her solicitous neighbour Naomi Farkas, who is secretly working for KAOS. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS		
05:00 pm	I Fish (Rpt)	WS G	Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm	M*A*S*H (Rpt)	PG	<u>Welcome To Korea (2)</u> While at Kimpo, Haweye and Radar pick up BJ Hunnicut and take him back to camp. On the way back, BJ is introduced to the Korean War. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>Change Of Command</u> Colonel Sherman Potter assumes command of the 4077th and learns that life at a M*A*S*H unit is hardly normal. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS		
07:30 pm	White Collar (Rpt)	PG	<u>Empire City</u> Peter and Neal work a forgery and money laundering case that leads them into two of the most iconic New York institutions, taxi cabs and jazz. Starring: Matt Bomer, Tim Dekay, Tiffani Thiessen
08:30 pm	Burn Notice	M Some Violence	SEASON FINAL <u>Reckoning</u> In the series finale, Michael tries to regain the trust of his friends as they go on the run. Meanwhile, James tries to make him pay for his betrayal. Starring: Jeffery Donovan, Gabrielle Anwar, Coby Bell, Bruce Campbell, Alona Tal, Jack Coleman, Sharon Gless, John Pyper-Ferguson Guest Starring: Alan Ruck



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Wednesday 28th May 2014

09:30 pm **The Killing**

M
Some Violence

SEASON PREMIERE

The Jungle

Detective Holder and his new partner investigate the murder of a 14 year-old hooker who had her throat slit. When parallels are made with an earlier case of Linden's, she's pulled back into the game.

Starring: Mireille Enos, Joel Kinnaman, Hugh Dillon, Amy Seimetz, Peter Sarsgaard

10:30 pm **Breakout Kings**

M
Some Violence,
Sexual References

ALL NEW EPISODES

I Smell Emmy

The team hunt a female fugitive, who may have been assisted by a prison volunteer.

Starring: Laz Alonso, Domenick Lombardozzi, Brooke Nevin, Malcolm Goodwin

11:30 pm **The Glades**

M
Some Violence

ALL NEW EPISODES

Swamp Thing

When a Coast Guard Marine's finger is found inside a dead boar's stomach, Jim and Carlos go on a hunt to find the killer, which results in uncovering something bigger than just a murder.

Starring: Matt Passmore, Kiele Sanchez, Carlos Gomez, Michelle Hurd, Jordan Wall

12:30 am **The Project Encore** (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

01:30 am **Ross Kemp On Gangs** (Rpt)

AV15+
Strong Violence,
Adult Themes

East Timor

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02:30 am **The Indestructibles** (Rpt)

PG
Some Violence

Flying Car Crash

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G

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08:00 am 2014 FORMULA 1® MONACO GRAND PRIX™ (Rpt) CC

REPLAY

2014 Formula 1 Monaco Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the sixth race of the 2014 FIA F1 World Championship from the Circuit de Monaco.

10:00 am The Biggest Loser USA PG

NEW EPISODE

Season 11 winner Olivia Ward and chef Devin Alexander host a cooking challenge with an awesome prize!

12:00 pm Lights Out (Rpt) M

Head Games

Robert thinks his son should quit boxing so Lights turns to another trainer, Ed Romeo. Meanwhile, Pat's daughter Ava wants to go to the prom, but her mother has concerns.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt) CC M
WS Some Violence

TR is called to a domestic siege on the outskirts of Melbourne where they journey into dense bush to save a young boy.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm The Glades (Rpt) M
Some Violence

Swamp Thing

When a Coast Guard Marine's finger is found inside a dead boar's stomach, Jim and Carlos go on a hunt to find the killer, which results in uncovering something bigger than just a murder.

Starring: Matt Passmore, Kiele Sanchez, Carlos Gomez, Michelle Hurd, Jordan Wall

03:00 pm Whose Line Is It Anyway? (Rpt) PG

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady



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- 03:30 pm Whose Line Is It Anyway? (Rpt)** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 04:00 pm Get Smart (Rpt)** PG
Temporarily Out Of Control
Max as an ensign and the Chief as a yeoman suddenly realise they'd better get off the ship if they are to thwart a KAOS plot.
Starring: Don Adams, Barbara Feldon, Edward Platt
- 04:30 pm COPS**
- 05:00 pm I Fish (Rpt)** WS G
Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
- 06:00 pm M*A*S*H (Rpt)** PG
IT Happened ONE Night
The 4077th is shaken up by heavy artillery during a long, cold night.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 06:30 pm M*A*S*H (Rpt)** PG
The Late Captain Pierce
The Army mistakenly lists Hawkeye as dead, but Hawkeye takes advantage of the situation hoping it'll get him home.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 07:00 pm COPS**
- 07:30 pm Whose Line Is It Anyway?** PG
Sexual References
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Starring: Drew Carey, Wayne Brady
- 08:00 pm Whose Line Is It Anyway?** PG
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Starring: Drew Carey, Wayne Brady



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08:30 pm **Movie: Planet Of The Apes** (Rpt)
(1968)

M
Some Violence

MOVIE

A crew of astronauts crash lands on a planet in the distant future where intelligent talking apes are the dominant species, and humans are the oppressed and enslaved.

Starring: Charlton Heston, Roddy McDowall, Kim Hunter, Maurice Evans, Linda Harrison, James Whitmore, Lou Wagner

10:55 pm **Blokesworld**

NEW EPISODE

Blokesworld heads to Avalon in Victoria for The Ultimate Burn Out Challenge; the CZ 452 rifle is road tested on Home on the Range; Meesha competes in Miss Downunder in WA.

11:25 pm **The Project Encore** (Rpt)

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12:30 am **NASCAR Sprint Cup** (Rpt)

REPLAY

Race 12: Coca-Cola 600 @ Charlotte

Tune in on ONE for Race 12 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Charlotte Motor Speedway.



SYDNEY PROGRAM GUIDE

Friday 30th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am NASCAR Nationwide Series Highlights

Race 11: History 300 @ Charlotte

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 11 is hosted at the Charlotte Motor Speedway.

09:00 am NASCAR Sprint Cup Highlights

Race 12: Coca-Cola 600 @ Charlotte-Highlights

Catch all the non-stop motorsport action highlights from the Charlotte Motor Speedway. The thrills and spills of NASCAR racing continues with the 12th race of the 2014 Sprint Cup Series.

10:00 am The Biggest Loser USA

PG

NEW EPISODE

Apolo Ohno guest stars as the game flips to singles and the contestants compete in a pentathlon for immunity!

12:00 pm Lights Out (Rpt)

M
Some Violence

Inflight

Ed Romeo continues to train Lights in his unorthodox but effective manner. Lights feels in the best shape of his life, but Romeo's constant disdain for his father, brother and sister wears on him.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt)

CC M
WS

Stella's future in TR is threatened when she becomes involved in an illegal car race.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm Undercover Boss (Rpt)

PG
Adult Themes

Beck Taxi

Life on the road takes its toll when the bosses of North America's biggest independent cabbies, Beck Taxi, work in disguise.

03:00 pm Whose Line Is It Anyway? (Rpt)

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady



SYDNEY PROGRAM GUIDE

Friday 30th May 2014

03:30 pm	Whose Line Is It Anyway? (Rpt)	PG Sexual References	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
04:00 pm	Get Smart (Rpt)	PG	<u>Schwartz's Island</u> The Smarts' honeymoon cruise ends when their sailboat blows up. They drift to an uncharted island, which soon proves to be owned by KAOS chief Seigfried. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS		
05:00 pm	I Fish (Rpt)	WS G	Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm	M*A*S*H (Rpt)	PG	<u>Hey, Doc</u> The 4077th is bombarded with requests for special favors, and a sniper begins firing at the compound. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>The Bus</u> Hawkeye, BJ, Frank, Potter and Radar get stranded in unfamiliar territory when their bus breaks down on their way back from a medical conference. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS		
07:30 pm	Frontiers Of Construction (Rpt)	G	<u>Dream Factories</u> Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.
08:30 pm	Frontiers Of Construction (Rpt)	PG Adult Themes	<u>Building For Disasters</u> Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.



SYDNEY PROGRAM GUIDE

Friday 30th May 2014

09:30 pm **Movie: Crash And Burn** (Rpt) (2008)

AV15+
Strong Violence

MOVIE

When the FBI catch a professional car thief red-handed, he's given a choice: go to prison or cooperate with the feds & help them bring down a car theft operation led by the notorious Vincent Scaillo.

Starring: Erik Palladino, Michael Madsen, David Moscow, Peter Jason, Owen Beckman

11:20 pm **The League**

MA15+
Sexual References

NEW EPISODE

The Bye Week

Ruxin misses his flight for a business trip and decides to hide out in Chicago instead of going home. Meanwhile, Taco Corp. gets its first Worldwide Headquarters.

Starring: Nick Kroll, Steve Rannazzisi, Mark Duplass, Paul Scheer, Jon Lajoie

11:50 pm **The Project Encore** (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:50 am **The Indestructibles** (Rpt)

PG
Some Violence

Flying Car Crash

A teenager's car goes airborne after hitting a guardrail and was sent flying across the highway. How did this teenager's car go airborne and how did he survive a crash that should have killed him?

01:50 am **Fight Master MMA** (Rpt)

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

02:50 am **Driving Wars** (Rpt)

PG

A team of Welsh rally enthusiasts take on a trio of car dealers in TV's most extreme motoring game show. To decide who has automotive bragging rights, the teams must survive The Road from Hell.

03:50 am **Flip Men** (Rpt)

PG
Some Coarse
Language

Maggot House

Doug's recklessness prompts Mike to walk off the job at a house laden with insects, larvae and fungus.

04:20 am **Trick My Truck** (Rpt)

PG

The Chrome Shop Mafia tricks out a refrigerated medical-supplies rig. The truck gets a fireplace, a kitchen and a queen-size bed.

04:50 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.



SYDNEY PROGRAM GUIDE

Friday 30th May 2014

05:00 am **Sporting Greats** (Rpt)

G

Mal Meninga

Mal Meninga was a legendary goal-kicking centre, counted amongst the finest footballers of the 20th century. He retired as the top point scorer in the history of the Australian national team and top point scorer for Queensland.

05:30 am **Dirty Weekend** (Rpt)

G

Dirty Weekend

The inaugural running of what is the world's longest assault course. In a festival setting, competitors take on a 20 mile route with 20 zones and over 200 obstacles to be tamed.



SYDNEY PROGRAM GUIDE

Saturday 31st May 2014

06:00 am Golf Getaway (Rpt)

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

06:30 am NASCAR Sprint Cup Qualifying

Race 12: Coca-Cola 600 @ Charlotte-Qualifying

Who will claim pole position in qualifying ahead of race 12 from the Charlotte Motor Speedway?

08:00 am NASCAR Sprint Cup (Rpt)

REPLAY

Race 12: Coca-Cola 600 @ Charlotte

Tune in on ONE for Race 12 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Charlotte Motor Speedway.

01:30 pm 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.

02:00 pm Pat Callinan's 4x4 Adventures (Rpt) WS G

Tasmania's East Coast

Explore the natural beauty and man-made wonders of Tasmania's East Coast. Join Pat Callinan and the team for a breathtaking 4WD adventure around the Apple Isle.

03:00 pm Trick My Truck (Rpt)

PG
Mild Coarse
Language

The Chrome Shop Mafia tricks out the truck of a former Marine who was taken off active duty when he learned his baby daughter had cancer.

03:30 pm Car Torque (Rpt)

CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

04:00 pm Reel Rock (Rpt)

PG
Some Coarse
Language

Spice Girl

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

04:30 pm Reel Action

SEASON PREMIERE

Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.

05:00 pm Escape With ET (Rpt)

G

Join rugby league and fishing legend, Andrew 'ET' Ettingshausen, as he escapes the city for adventures on land and sea.

06:00 pm Trick My Truck (Rpt)

PG

Watch as the cast of Trick My Truck steps in to build Ben Brownlow a truck that reconnects him to his brother and his Texas roots.



SYDNEY PROGRAM GUIDE

Saturday 31st May 2014

06:30 pm **Monster Jam**

G

NEW EPISODE

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 metre tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.

07:30 pm **Driving Wars (Rpt)**

PG
Mild Coarse
Language

A team of Norfolk fire fighters go head to head with three teenage Go-Karters. Before one team is declared the winner, they'll be challenged to out run the cops in Police Chase.

08:30 pm **Law & Order: SVU (Rpt)**

CC M
Adult Themes

Asunder

The truth behind the alleged rape of a woman by her police officer husband comes to light when a history of domestic abuse is uncovered.

Starring: Mariska Hargitay, Chris Meloni, Richard Belzer, Ice T , Dann Florek, Stephanie March

09:30 pm **Bellator MMA**

NEW EPISODE

Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.

11:30 pm **Blokesworld (Rpt)**

Blokesworld heads to Avalon in Victoria for The Ultimate Burn Out Challenge; the CZ 452 rifle is road tested on Home on the Range; Meesha competes in Miss Downunder in WA.

12:00 am **48 Hours**

48 Hours is a popular true-crime series, investigating shocking cases and compelling real-life dramas with journalistic integrity and cutting-edge style.

01:00 am **Ross Kemp On Gangs (Rpt)**

AV15+
Strong Violence,
Adult Themes

East Timor

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

02:00 am **World's Toughest Trucker (Rpt)**

PG
Some Coarse
Language

The three remaining truckers face their final challenge when they have to deliver a consignment of clay pots to an isolated monastery in the heart of the Himalayas.



SYDNEY PROGRAM GUIDE

Saturday 31st May 2014

03:00 am Trick My Truck (Rpt)

PG

Watch as the cast of Trick My Truck steps in to build Ben Brownlow a truck that reconnects him to his brother and his Texas roots.

03:30 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.

04:00 am NASCAR Nationwide Series Highlights (Rpt)

Race 11: History 300 @ Charlotte

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 11 is hosted at the Charlotte Motor Speedway.

05:00 am NASCAR Sprint Cup Highlights (Rpt)

Race 12: Coca-Cola 600 @ Charlotte-Highlights

Catch all the non-stop motorsport action highlights from the Charlotte Motor Speedway. The thrills and spills of NASCAR racing continues with the 12th race of the 2014 Sprint Cup Series.

Sunday 25th May 2014

06:00 am **The List** (Rpt)

The List - Dynamic Drivers

Out of all the drivers in NASCAR's history, who is the best? Here is our list of the ten most dynamic drivers to ever strap themselves into a stock car.

06:30 am **2014 Tudor United Sports car Championship** (Rpt)

REPLAY

Continental Tire Sports Car Festival (Part 1)

The world famous Laguna Seca circuit hosts MotoGP and many other top categories in world motorsport. It plays host to the 4th round of the 2014 Tudor United Sports car Championship.

09:00 am **2014 Tudor United Sports car Championship** (Rpt)

REPLAY

Continental Tire Sports Car Festival (Part 2)

The world famous Laguna Seca circuit hosts MotoGP and many other top categories in world motorsport. It plays host to the 4th round of the 2014 Tudor United Sports car Championship.

11:30 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.

12:00 pm **2014 Australian Athletics Tour** (Rpt) CC

Perth Track Classic

The Perth Track Classic is the opening leg of the prestigious Australian Athletics Tour for 2014 and will welcome a host of international superstars as well as our country's finest athletes.

01:00 pm **Frontiers Of Construction** (Rpt)

PG

Race For The Sky

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

02:00 pm **The Indestructibles** (Rpt)

PG
Some Coarse
Language,
Adult Themes

15,000-Foot Freefall

A skydiving instructor makes a routine jump from 15,000 feet in the air. But both parachutes fail as he plummets to Earth. How does he survive his ordeal?

03:00 pm **Fit 'n' Flexed** (Rpt)

Hosted by Dayne Hudson, Fit 'N' Flexed cuts through the myths of the fitness industry to bring you the latest in health, fitness & nutrition science.

03:30 pm **Trick My Truck** (Rpt)

PG

The Chrome Shop Mafia tricks out a refrigerated medical-supplies rig. The truck gets a fireplace, a kitchen and a queen-size bed.

Sunday 25th May 2014

04:00 pm **Adventure Angler**

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

04:30 pm **Golf Getaway**

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

05:00 pm **What's Up Down Under (Rpt)**

CC G

What's Up Down Under is a lifestyle television show that encourages people to travel Australia in recreational vehicles, stay at holiday parks and enjoy the local attractions of each area.

05:30 pm **I Fish**

ALL NEW EPISODES

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

06:00 pm **M*A*S*H (Rpt)**

PG

Big Mac

The 4077th is turned upside down by rumours of a visit from General Douglas MacArthur, but not all personnel are excited.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm **Reel Rock**

PG
Some Coarse
Language

SEASON FINAL

Spice Girl

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

07:00 pm **Fishing Expedition Amazonia (Rpt)**

PG
Some Coarse
Language

Close encounters with alligators, piranha, bats - all this and more, as extreme adventure angler, Steve Townson, takes on some of Brazil's most ferocious predatory freshwater fish.

07:30 pm **Hardliners (Rpt)**

PG
Some Coarse
Language

Hardliners is a high seas adventure focusing on a unique breed of men who risk their lives every day chasing lucrative, high-grade wild tuna.

08:00 pm **Extreme Fishing With Robson Green (Rpt)**

PG
Some Coarse
Language,
Adult Themes

Senegal

Robson Green heads to the coast of west Africa, where he begins by hunting for the Atlantic sailfish.



MELBOURNE PROGRAM GUIDE

Sunday 25th May 2014

09:00 pm **Bondi Rescue - Encore** (Rpt)

CC PG
Some Coarse
Language,
Adult Themes

SPECIAL ENCORE PRESENTATION

Bondi Rescue Best Of Part 1

In the first instalment of a two-part season finale special, we take a swim down memory beach as we revisit the very best moments from seasons past.

09:30 pm **Movie: Paycheck** (Rpt) (2003)

M
Some Violence

MOVIE

What seemed like an easy idea for an engineer to gain millions of dollars, leaves him on the run for his life and piecing together why he's being chased.

Starring: Ben Affleck, Aaron Eckhart, Uma Thurman, Paul Giamatti, Colm Feore, Joe Morton, Kathryn Morris, Ivana Milicevic

11:55 pm **48 Hours** (Rpt)

M
Adult Themes

The Sweetheart Murders

48 Hours is a popular true-crime series, investigating shocking cases and compelling real-life dramas with journalistic integrity and cutting-edge style.

12:55 am **Fight Master MMA** (Rpt)

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

01:55 am **Ross Kemp On Gangs** (Rpt)

MA15+
Strong Adult
Themes

Colombia

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

02:55 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.

03:25 am **Sporting Greats** (Rpt)

G

Gary Player

Gary Player is widely regarded as one of the greatest players in the history of golf. He accumulated an impressive nine major championships on the regular tour and six Champions Tour major championship victories all by the age of 29.

04:00 am **Rugby Classic Matches** (Rpt)

Autumn International 2008: England V Australia

Relive the classic match between England and Australia in the 2008 Autumn International at Twickenham in London.



MELBOURNE PROGRAM GUIDE

Monday 26th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am NASCAR Sprint Cup

LIVE

Race 12: Coca-Cola 600 @ Charlotte

Tune in on ONE for Race 12 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Charlotte Motor Speedway.

01:00 pm 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 pm Trick My Truck (Rpt)

PG

The cast of Trick My Truck want Harry Joe Hooper the travelling do-gooder to have a truck that trully represents the service he provides to his country.

02:00 pm Frontiers Of Construction (Rpt)

G

Monuments: Engineering For Beauty And Time

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

03:00 pm Whose Line Is It Anyway? (Rpt)

PG

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

03:30 pm Whose Line Is It Anyway? (Rpt)

PG
Sexual References,
Mild Coarse
Language

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

04:00 pm Driving Wars (Rpt)

PG

A team of Welsh rally enthusiasts take on a trio of car dealers in TV's most extreme motoring game show. To decide who has automotive bragging rights, the teams must survive The Road from Hell.



MELBOURNE PROGRAM GUIDE

Monday 26th May 2014

05:00 pm	I Fish (Rpt)	WS G	Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm	M*A*S*H (Rpt)	PG	<u>Payday</u> It's Hawkeye's turn as pay officer, but a \$10 oversight causes trouble. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>White Gold</u> Colonel Flagg shows up when penicillin is stolen but Hawkeye and Trapper soon learn the real reason for his arrival. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	World's Toughest Trucker (Rpt)	PG Some Coarse Language	SEASON FINAL The three remaining truckers face their final challenge when they have to deliver a consignment of clay pots to an isolated monastery in the heart of the Himalayas.
08:00 pm	Flip Men (Rpt)	PG Some Coarse Language	<u>Maggot House</u> Doug's recklessness prompts Mike to walk off the job at a house laden with insects, larvae and fungus.
08:30 pm	Undercover Boss	PG Adult Themes	NEW EPISODE <u>Beck Taxi</u> Life on the road takes its toll when the bosses of North America's biggest independent cabbies, Beck Taxi, work in disguise.
09:30 pm	Hell's Kitchen	M Some Coarse Language	NEW EPISODE The four remaining chefs are challenged to teach bachelors how to cook monkfish. The winning chef and a chosen guest get to ride in the Goodyear Blimp.
10:30 pm	Hell's Kitchen	M Some Coarse Language	NEW EPISODE The chefs are given a taste of the Savoy Grill, then told to recreate one of the dishes that they just tasted. One chef makes a bold move. Will it pay off?



MELBOURNE PROGRAM GUIDE

Monday 26th May 2014

11:30 pm **2014 FORMULA 1® MONACO GRAND PRIX™** (Rpt) CC

REPLAY

2014 Formula 1 Monaco Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the sixth race of the 2014 FIA F1 World Championship from the Circuit de Monaco.

02:00 am **The Project Encore** (Rpt) CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

03:00 am **Trick My Truck** (Rpt) G

Be sure to watch as the gang pitches in to help their youngest driver yet and make his old cab over into the meanest dragster on the road.

03:30 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.

04:00 am **NASCAR Nationwide Series Highlights** (Rpt)

Race 10: Get To Know Newton 250 @ Iowa

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 10 is hosted at the Iowa Speedway.

05:00 am **NASCAR Sprint Cup Highlights** (Rpt)

All-Star Challenge @ Charlotte-Highlights

Tune in for all the highlights and the thrills and spills of the All-Star Challenge from the Charlotte Motor Speedway.



MELBOURNE PROGRAM GUIDE

Tuesday 27th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am Fit 'n' Flexed (Rpt)

Hosted by Dayne Hudson, Fit 'N' Flexed cuts through the myths of the fitness industry to bring you the latest in health, fitness & nutrition science.

08:30 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.

09:00 am Reel Rock (Rpt)

PG
Some Coarse
Language

Spice Girl

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

09:30 am Hardliners (Rpt)

PG
Some Coarse
Language

Hardliners is a high seas adventure focusing on a unique breed of men who risk their lives every day chasing lucrative, high-grade wild tuna.

10:00 am The Biggest Loser USA

PG

NEW EPISODE

Halloween Week brings a crazy candy temptation, a haunted maze and a secret is revealed!

12:00 pm Lights Out (Rpt)

M
Some Violence

Combinations

Lights begins serious training for his upcoming fight, but struggles being away from his family.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt)

CC M
WS Some Coarse
Language,
Adult Themes,
Nudity

When an ex-editor causes a disturbance at Federation Square, TR discovers a link to a series of TAB robberies.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm Monster Jam (Rpt)

G

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 metre tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.



MELBOURNE PROGRAM GUIDE

Tuesday 27th May 2014

- 03:00 pm Whose Line Is It Anyway? (Rpt)** PG
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 03:30 pm Whose Line Is It Anyway? (Rpt)** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 04:00 pm Get Smart (Rpt)** PG
The Laser Blazer
Max wears a new blazer given to him by a Chinese merchant, Lin Chan. However, he isn't aware of a weapon in the blazer and is mystified as objects disappear around him.
Starring: Don Adams, Barbara Feldon, Edward Platt
- 04:30 pm Fishing Edge (Rpt)** G
Hosted by Lee Rayner, Fishing Edge is a down to earth DIY fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.
- 05:00 pm Fishing Edge (Rpt)** G
SEASON FINAL
Hosted by Lee Rayner, Fishing Edge is a down to earth DIY fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.
- 05:30 pm I Fish (Rpt)** G
Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
- 06:00 pm M*A*S*H (Rpt)** PG
Abyssinia, Henry
Henry gets his discharge making Frank the commanding officer of the 4077th M*A*S*H unit.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 06:30 pm M*A*S*H (Rpt)** PG
Welcome To Korea (1)
Trapper is shipped home while Hawkeye is on R&R. Hawkeye speeds to Kimpo with Radar to catch Trapper's plane, but they just miss him.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff



MELBOURNE PROGRAM GUIDE

Tuesday 27th May 2014

07:00 pm COPS

07:30 pm **The Indestructibles**

PG
Some Violence

NEW EPISODE

Flying Car Crash

A teenager's car goes airborne after hitting a guardrail and was sent flying across the highway. How did this teenager's car go airborne and how did he survive a crash that should have killed him?

08:30 pm **COPS: Adults Only (Rpt)**

M

Coast To Coast

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

09:00 pm **COPS: Adults Only (Rpt)**

M

Palm Beach

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

09:30 pm **Ross Kemp On Gangs (Rpt)**

AV15+
Strong Violence,
Adult Themes

East Timor

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

10:30 pm **Super Rugby Extra Time**

PG

Relive all the best bits of the weekend's Super Rugby on Extra Time.

11:30 pm **The Project Encore (Rpt)**

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:30 am **Fight Master MMA (Rpt)**

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

01:30 am **Fishing Expedition Amazonia (Rpt)**

PG
Some Coarse
Language

Close encounters with alligators, piranha, bats - all this and more, as extreme adventure angler, Steve Townson, takes on some of Brazil's most ferocious predatory freshwater fish.

02:00 am **Flip Men (Rpt)**

PG
Some Coarse
Language

Maggot House

Doug's recklessness prompts Mike to walk off the job at a house laden with insects, larvae and fungus.

02:30 am **COPS: Adults Only (Rpt)**

PG
Adult Themes

Coast To Coast

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.



MELBOURNE PROGRAM GUIDE

Tuesday 27th May 2014

03:00 am COPS: Adults Only (Rpt)

PG
Adult Themes

Palm Beach

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

03:30 am Frontiers Of Construction (Rpt)

PG

Race For The Sky

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

04:30 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.

05:00 am 2014 Australian Athletics Tour (Rpt) CC

Perth Track Classic

The Perth Track Classic is the opening leg of the prestigious Australian Athletics Tour for 2014 and will welcome a host of international superstars as well as our country's finest athletes.



MELBOURNE PROGRAM GUIDE

Wednesday 28th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am Wild Racers (Rpt)

Competitors from around the globe will gather in South Australia for the internationally renowned adventure race series Wild Racers for the final leg of the season. Who will come out on top?

09:00 am Car Torque (Rpt)

CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

09:30 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.

10:00 am The Biggest Loser USA

PG

NEW EPISODE

A high-stakes calorie challenge realigns the teams and causes a whole lot of drama on the ranch.

12:00 pm Lights Out (Rpt)

M
Some Violence,
A Sex Scene

Crossroads

Lights battles more obstacles in his life, both professional and personal. He enters a real fight and although he wins he doesn't look too good.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt)

CC M
WS Some Violence,
Adult Themes

When teenagers blow up a series of parking pay stations, TR races to prevent them killing themselves and innocent bystanders.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm World's Toughest Trucker (Rpt)

PG
Some Coarse
Language

The three remaining truckers face their final challenge when they have to deliver a consignment of clay pots to an isolated monastery in the heart of the Himalayas.



MELBOURNE PROGRAM GUIDE

Wednesday 28th May 2014

03:00 pm	Super Rugby Extra Time (Rpt)	PG	Relive all the best bits of the weekend's Super Rugby on Extra Time.
04:00 pm	Get Smart (Rpt)	PG	<u>The Farkas Fracas</u> When Agent 99 is caught without dessert, she gratefully accepts chocolate mousse from her solicitous neighbour Naomi Farkas, who is secretly working for KAOS. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS		
05:00 pm	I Fish (Rpt)	WS G	Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm	M*A*S*H (Rpt)	PG	<u>Welcome To Korea (2)</u> While at Kimpo, Haweye and Radar pick up BJ Hunnicut and take him back to camp. On the way back, BJ is introduced to the Korean War. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>Change Of Command</u> Colonel Sherman Potter assumes command of the 4077th and learns that life at a M*A*S*H unit is hardly normal. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS		
07:30 pm	White Collar (Rpt)	PG	<u>Empire City</u> Peter and Neal work a forgery and money laundering case that leads them into two of the most iconic New York institutions, taxi cabs and jazz. Starring: Matt Bomer, Tim Dekay, Tiffani Thiessen
08:30 pm	Burn Notice	M Some Violence	SEASON FINAL <u>Reckoning</u> In the series finale, Michael tries to regain the trust of his friends as they go on the run. Meanwhile, James tries to make him pay for his betrayal. Starring: Jeffery Donovan, Gabrielle Anwar, Coby Bell, Bruce Campbell, Alona Tal, Jack Coleman, Sharon Gless, John Pyper-Ferguson Guest Starring: Alan Ruck



MELBOURNE PROGRAM GUIDE

Wednesday 28th May 2014

09:30 pm **The Killing**

M
Some Violence

SEASON PREMIERE

The Jungle

Detective Holder and his new partner investigate the murder of a 14 year-old hooker who had her throat slit. When parallels are made with an earlier case of Linden's, she's pulled back into the game.

Starring: Mireille Enos, Joel Kinnaman, Hugh Dillon, Amy Seimetz, Peter Sarsgaard

10:30 pm **Breakout Kings**

M
Some Violence,
Sexual References

ALL NEW EPISODES

I Smell Emmy

The team hunt a female fugitive, who may have been assisted by a prison volunteer.

Starring: Laz Alonso, Domenick Lombardozzi, Brooke Nevin, Malcolm Goodwin

11:30 pm **The Glades**

M
Some Violence

ALL NEW EPISODES

Swamp Thing

When a Coast Guard Marine's finger is found inside a dead boar's stomach, Jim and Carlos go on a hunt to find the killer, which results in uncovering something bigger than just a murder.

Starring: Matt Passmore, Kiele Sanchez, Carlos Gomez, Michelle Hurd, Jordan Wall

12:30 am **The Project Encore** (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

01:30 am **Ross Kemp On Gangs** (Rpt)

AV15+
Strong Violence,
Adult Themes

East Timor

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

02:30 am **The Indestructibles** (Rpt)

PG
Some Violence

Flying Car Crash

A teenager's car goes airborne after hitting a guardrail and was sent flying across the highway. How did this teenager's car go airborne and how did he survive a crash that should have killed him?

03:30 am **Adventure Angler** (Rpt)

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.



MELBOURNE PROGRAM GUIDE

Wednesday 28th May 2014

04:00 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.

04:30 am Golf Getaway (Rpt)

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

05:00 am Wild Racers (Rpt)

Competitors from around the globe will gather in South Australia for the internationally renowned adventure race series Wild Racers for the final leg of the season. Who will come out on top?



MELBOURNE PROGRAM GUIDE

Thursday 29th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am 2014 FORMULA 1® MONACO GRAND PRIX™ (Rpt) CC

REPLAY

2014 Formula 1 Monaco Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the sixth race of the 2014 FIA F1 World Championship from the Circuit de Monaco.

10:00 am The Biggest Loser USA PG

NEW EPISODE

Season 11 winner Olivia Ward and chef Devin Alexander host a cooking challenge with an awesome prize!

12:00 pm Lights Out (Rpt) M

Head Games

Robert thinks his son should quit boxing so Lights turns to another trainer, Ed Romeo. Meanwhile, Pat's daughter Ava wants to go to the prom, but her mother has concerns.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt) CC M
WS Some Violence

TR is called to a domestic siege on the outskirts of Melbourne where they journey into dense bush to save a young boy.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm The Glades (Rpt) M
Some Violence

Swamp Thing

When a Coast Guard Marine's finger is found inside a dead boar's stomach, Jim and Carlos go on a hunt to find the killer, which results in uncovering something bigger than just a murder.

Starring: Matt Passmore, Kiele Sanchez, Carlos Gomez, Michelle Hurd, Jordan Wall

03:00 pm Whose Line Is It Anyway? (Rpt) PG

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady



MELBOURNE PROGRAM GUIDE

Thursday 29th May 2014

- 03:30 pm Whose Line Is It Anyway? (Rpt)** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 04:00 pm Get Smart (Rpt)** PG
Temporarily Out Of Control
Max as an ensign and the Chief as a yeoman suddenly realise they'd better get off the ship if they are to thwart a KAOS plot.
Starring: Don Adams, Barbara Feldon, Edward Platt
- 04:30 pm COPS**
- 05:00 pm I Fish (Rpt)** WS G
Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
- 06:00 pm M*A*S*H (Rpt)** PG
IT Happened ONE Night
The 4077th is shaken up by heavy artillery during a long, cold night.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 06:30 pm M*A*S*H (Rpt)** PG
The Late Captain Pierce
The Army mistakenly lists Hawkeye as dead, but Hawkeye takes advantage of the situation hoping it'll get him home.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 07:00 pm COPS**
- 07:30 pm Whose Line Is It Anyway?** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 08:00 pm Whose Line Is It Anyway?** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady



MELBOURNE PROGRAM GUIDE

Thursday 29th May 2014

08:30 pm **Movie: Planet Of The Apes** (Rpt)
(1968)

M
Some Violence

MOVIE

A crew of astronauts crash lands on a planet in the distant future where intelligent talking apes are the dominant species, and humans are the oppressed and enslaved.

Starring: Charlton Heston, Roddy McDowall, Kim Hunter, Maurice Evans, Linda Harrison, James Whitmore, Lou Wagner

10:55 pm **Blokesworld**

NEW EPISODE

Blokesworld heads to Avalon in Victoria for The Ultimate Burn Out Challenge; the CZ 452 rifle is road tested on Home on the Range; Meesha competes in Miss Downunder in WA.

11:25 pm **The Project Encore** (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:25 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.

12:30 am **NASCAR Sprint Cup** (Rpt)

REPLAY

Race 12: Coca-Cola 600 @ Charlotte

Tune in on ONE for Race 12 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Charlotte Motor Speedway.



MELBOURNE PROGRAM GUIDE

Friday 30th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am NASCAR Nationwide Series Highlights

Race 11: History 300 @ Charlotte

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 11 is hosted at the Charlotte Motor Speedway.

09:00 am NASCAR Sprint Cup Highlights

Race 12: Coca-Cola 600 @ Charlotte-Highlights

Catch all the non-stop motorsport action highlights from the Charlotte Motor Speedway. The thrills and spills of NASCAR racing continues with the 12th race of the 2014 Sprint Cup Series.

10:00 am The Biggest Loser USA

PG

NEW EPISODE

Apolo Ohno guest stars as the game flips to singles and the contestants compete in a pentathlon for immunity!

12:00 pm Lights Out (Rpt)

M
Some Violence

Inflight

Ed Romeo continues to train Lights in his unorthodox but effective manner. Lights feels in the best shape of his life, but Romeo's constant disdain for his father, brother and sister wears on him.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt)

CC M
WS

Stella's future in TR is threatened when she becomes involved in an illegal car race.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm Undercover Boss (Rpt)

PG
Adult Themes

Beck Taxi

Life on the road takes its toll when the bosses of North America's biggest independent cabbies, Beck Taxi, work in disguise.

03:00 pm Whose Line Is It Anyway? (Rpt)

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady



MELBOURNE PROGRAM GUIDE

Friday 30th May 2014

03:30 pm	Whose Line Is It Anyway? (Rpt)	PG Sexual References	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
04:00 pm	Get Smart (Rpt)	PG	<u>Schwartz's Island</u> The Smarts' honeymoon cruise ends when their sailboat blows up. They drift to an uncharted island, which soon proves to be owned by KAOS chief Seigfried. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS		
05:00 pm	I Fish (Rpt)	WS G	Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm	M*A*S*H (Rpt)	PG	<u>Hey, Doc</u> The 4077th is bombarded with requests for special favors, and a sniper begins firing at the compound. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>The Bus</u> Hawkeye, BJ, Frank, Potter and Radar get stranded in unfamiliar territory when their bus breaks down on their way back from a medical conference. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS		
07:30 pm	Frontiers Of Construction (Rpt)	G	<u>Dream Factories</u> Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.
08:30 pm	Frontiers Of Construction (Rpt)	PG Adult Themes	<u>Building For Disasters</u> Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

Friday 30th May 2014

09:30 pm **Movie: Crash And Burn** (Rpt) (2008)

AV15+
Strong Violence

MOVIE

When the FBI catch a professional car thief red-handed, he's given a choice: go to prison or cooperate with the feds & help them bring down a car theft operation led by the notorious Vincent Scaillo.

Starring: Erik Palladino, Michael Madsen, David Moscow, Peter Jason, Owen Beckman

11:20 pm **The League**

MA15+
Sexual References

NEW EPISODE

The Bye Week

Ruxin misses his flight for a business trip and decides to hide out in Chicago instead of going home. Meanwhile, Taco Corp. gets its first Worldwide Headquarters.

Starring: Nick Kroll, Steve Rannazzisi, Mark Duplass, Paul Scheer, Jon Lajoie

11:50 pm **The Project Encore** (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:50 am **The Indestructibles** (Rpt)

PG
Some Violence

Flying Car Crash

A teenager's car goes airborne after hitting a guardrail and was sent flying across the highway. How did this teenager's car go airborne and how did he survive a crash that should have killed him?

01:50 am **Fight Master MMA** (Rpt)

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

02:50 am **Driving Wars** (Rpt)

PG

A team of Welsh rally enthusiasts take on a trio of car dealers in TV's most extreme motoring game show. To decide who has automotive bragging rights, the teams must survive The Road from Hell.

03:50 am **Flip Men** (Rpt)

PG
Some Coarse
Language

Maggot House

Doug's recklessness prompts Mike to walk off the job at a house laden with insects, larvae and fungus.

04:20 am **Trick My Truck** (Rpt)

PG

The Chrome Shop Mafia tricks out a refrigerated medical-supplies rig. The truck gets a fireplace, a kitchen and a queen-size bed.

04:50 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.



MELBOURNE PROGRAM GUIDE

Friday 30th May 2014

05:00 am **Sporting Greats** (Rpt)

G

Mal Meninga

Mal Meninga was a legendary goal-kicking centre, counted amongst the finest footballers of the 20th century. He retired as the top point scorer in the history of the Australian national team and top point scorer for Queensland.

05:30 am **Dirty Weekend** (Rpt)

G

Dirty Weekend

The inaugural running of what is the world's longest assault course. In a festival setting, competitors take on a 20 mile route with 20 zones and over 200 obstacles to be tamed.



MELBOURNE PROGRAM GUIDE

Saturday 31st May 2014

06:00 am Golf Getaway (Rpt)

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

06:30 am NASCAR Sprint Cup Qualifying

Race 12: Coca-Cola 600 @ Charlotte-Qualifying

Who will claim pole position in qualifying ahead of race 12 from the Charlotte Motor Speedway?

08:00 am NASCAR Sprint Cup (Rpt)

REPLAY

Race 12: Coca-Cola 600 @ Charlotte

Tune in on ONE for Race 12 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Charlotte Motor Speedway.

01:30 pm 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.

02:00 pm Pat Callinan's 4x4 Adventures (Rpt) WS G

Tasmania's East Coast

Explore the natural beauty and man-made wonders of Tasmania's East Coast. Join Pat Callinan and the team for a breathtaking 4WD adventure around the Apple Isle.

03:00 pm Trick My Truck (Rpt)

PG
Mild Coarse
Language

The Chrome Shop Mafia tricks out the truck of a former Marine who was taken off active duty when he learned his baby daughter had cancer.

03:30 pm Car Torque (Rpt)

CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

04:00 pm Reel Rock (Rpt)

PG
Some Coarse
Language

Spice Girl

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

04:30 pm Reel Action

SEASON PREMIERE

Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.

05:00 pm Escape With ET (Rpt)

G

Join rugby league and fishing legend, Andrew 'ET' Ettingshausen, as he escapes the city for adventures on land and sea.

06:00 pm Trick My Truck (Rpt)

PG

Watch as the cast of Trick My Truck steps in to build Ben Brownlow a truck that reconnects him to his brother and his Texas roots.



MELBOURNE PROGRAM GUIDE

Saturday 31st May 2014

06:30 pm **Monster Jam**

G

NEW EPISODE

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 metre tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.

07:30 pm **Driving Wars (Rpt)**

PG
Mild Coarse
Language

A team of Norfolk fire fighters go head to head with three teenage Go-Karters. Before one team is declared the winner, they'll be challenged to out run the cops in Police Chase.

08:30 pm **Law & Order: SVU (Rpt)**

CC M
Adult Themes

Asunder

The truth behind the alleged rape of a woman by her police officer husband comes to light when a history of domestic abuse is uncovered.

Starring: Mariska Hargitay, Chris Meloni, Richard Belzer, Ice T , Dann Florek, Stephanie March

09:30 pm **Bellator MMA**

NEW EPISODE

Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.

11:30 pm **Blokesworld (Rpt)**

Blokesworld heads to Avalon in Victoria for The Ultimate Burn Out Challenge; the CZ 452 rifle is road tested on Home on the Range; Meesha competes in Miss Downunder in WA.

12:00 am **48 Hours**

48 Hours is a popular true-crime series, investigating shocking cases and compelling real-life dramas with journalistic integrity and cutting-edge style.

01:00 am **Ross Kemp On Gangs (Rpt)**

AV15+
Strong Violence,
Adult Themes

East Timor

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

02:00 am **World's Toughest Trucker (Rpt)**

PG
Some Coarse
Language

The three remaining truckers face their final challenge when they have to deliver a consignment of clay pots to an isolated monastery in the heart of the Himalayas.



MELBOURNE PROGRAM GUIDE

Saturday 31st May 2014

03:00 am Trick My Truck (Rpt)

PG

Watch as the cast of Trick My Truck steps in to build Ben Brownlow a truck that reconnects him to his brother and his Texas roots.

03:30 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.

04:00 am NASCAR Nationwide Series Highlights (Rpt)

Race 11: History 300 @ Charlotte

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 11 is hosted at the Charlotte Motor Speedway.

05:00 am NASCAR Sprint Cup Highlights (Rpt)

Race 12: Coca-Cola 600 @ Charlotte-Highlights

Catch all the non-stop motorsport action highlights from the Charlotte Motor Speedway. The thrills and spills of NASCAR racing continues with the 12th race of the 2014 Sprint Cup Series.



BRISBANE PROGRAM GUIDE

Sunday 25th May 2014

06:00 am **The List** (Rpt)

The List - Dynamic Drivers

Out of all the drivers in NASCAR's history, who is the best? Here is our list of the ten most dynamic drivers to ever strap themselves into a stock car.

06:30 am **2014 Tudor United Sports car Championship** (Rpt)

REPLAY

Continental Tire Sports Car Festival (Part 1)

The world famous Laguna Seca circuit hosts MotoGP and many other top categories in world motorsport. It plays host to the 4th round of the 2014 Tudor United Sports car Championship.

09:00 am **2014 Tudor United Sports car Championship** (Rpt)

REPLAY

Continental Tire Sports Car Festival (Part 2)

The world famous Laguna Seca circuit hosts MotoGP and many other top categories in world motorsport. It plays host to the 4th round of the 2014 Tudor United Sports car Championship.

11:30 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.

12:00 pm **2014 Australian Athletics Tour** (Rpt) CC

Perth Track Classic

The Perth Track Classic is the opening leg of the prestigious Australian Athletics Tour for 2014 and will welcome a host of international superstars as well as our country's finest athletes.

01:00 pm **Frontiers Of Construction** (Rpt)

PG

Race For The Sky

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

02:00 pm **The Indestructibles** (Rpt)

PG
Some Coarse
Language,
Adult Themes

15,000-Foot Freefall

A skydiving instructor makes a routine jump from 15,000 feet in the air. But both parachutes fail as he plummets to Earth. How does he survive his ordeal?

03:00 pm **Fit 'n' Flexed** (Rpt)

Hosted by Dayne Hudson, Fit 'N' Flexed cuts through the myths of the fitness industry to bring you the latest in health, fitness & nutrition science.

03:30 pm **Trick My Truck** (Rpt)

PG

The Chrome Shop Mafia tricks out a refrigerated medical-supplies rig. The truck gets a fireplace, a kitchen and a queen-size bed.



BRISBANE PROGRAM GUIDE

Sunday 25th May 2014

04:00 pm Adventure Angler

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

04:30 pm Golf Getaway

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

05:00 pm What's Up Down Under (Rpt)

CC G

What's Up Down Under is a lifestyle television show that encourages people to travel Australia in recreational vehicles, stay at holiday parks and enjoy the local attractions of each area.

05:30 pm I Fish

ALL NEW EPISODES

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

06:00 pm M*A*S*H (Rpt)

PG

Big Mac

The 4077th is turned upside down by rumours of a visit from General Douglas MacArthur, but not all personnel are excited.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm Reel Rock

PG
Some Coarse
Language

SEASON FINAL

Spice Girl

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

07:00 pm Fishing Expedition Amazonia (Rpt)

PG
Some Coarse
Language

Close encounters with alligators, piranha, bats - all this and more, as extreme adventure angler, Steve Townson, takes on some of Brazil's most ferocious predatory freshwater fish.

07:30 pm Hardliners (Rpt)

PG
Some Coarse
Language

Hardliners is a high seas adventure focusing on a unique breed of men who risk their lives every day chasing lucrative, high-grade wild tuna.

08:00 pm Extreme Fishing With Robson Green (Rpt)

PG
Some Coarse
Language,
Adult Themes

Senegal

Robson Green heads to the coast of west Africa, where he begins by hunting for the Atlantic sailfish.



BRISBANE PROGRAM GUIDE

Sunday 25th May 2014

09:00 pm Bondi Rescue - Encore (Rpt)

CC PG
Some Coarse Language,
Adult Themes

SPECIAL ENCORE PRESENTATION

Bondi Rescue Best Of Part 1

In the first instalment of a two-part season finale special, we take a swim down memory beach as we revisit the very best moments from seasons past.

09:30 pm Movie: Paycheck (Rpt) (2003)

M
Some Violence

MOVIE

What seemed like an easy idea for an engineer to gain millions of dollars, leaves him on the run for his life and piecing together why he's being chased.

Starring: Ben Affleck, Aaron Eckhart, Uma Thurman, Paul Giamatti, Colm Feore, Joe Morton, Kathryn Morris, Ivana Milicevic

11:55 pm 48 Hours (Rpt)

M
Adult Themes

The Sweetheart Murders

48 Hours is a popular true-crime series, investigating shocking cases and compelling real-life dramas with journalistic integrity and cutting-edge style.

12:55 am Fight Master MMA (Rpt)

M
Realistic Violence,
Some Coarse Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

01:55 am Ross Kemp On Gangs (Rpt)

MA15+
Strong Adult Themes

Colombia

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

02:55 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.

03:25 am Sporting Greats (Rpt)

G

Gary Player

Gary Player is widely regarded as one of the greatest players in the history of golf. He accumulated an impressive nine major championships on the regular tour and six Champions Tour major championship victories all by the age of 29.

04:00 am Rugby Classic Matches (Rpt)

Autumn International 2008: England V Australia

Relive the classic match between England and Australia in the 2008 Autumn International at Twickenham in London.



BRISBANE PROGRAM GUIDE

Monday 26th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am NASCAR Sprint Cup

LIVE

Race 12: Coca-Cola 600 @ Charlotte

Tune in on ONE for Race 12 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Charlotte Motor Speedway.

01:00 pm 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 pm Trick My Truck (Rpt)

PG

The cast of Trick My Truck want Harry Joe Hooper the travelling do-gooder to have a truck that trully represents the service he provides to his country.

02:00 pm Frontiers Of Construction (Rpt)

G

Monuments: Engineering For Beauty And Time

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

03:00 pm Whose Line Is It Anyway? (Rpt)

PG

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

03:30 pm Whose Line Is It Anyway? (Rpt)

PG
Sexual References,
Mild Coarse
Language

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

04:00 pm Driving Wars (Rpt)

PG

A team of Welsh rally enthusiasts take on a trio of car dealers in TV's most extreme motoring game show. To decide who has automotive bragging rights, the teams must survive The Road from Hell.



BRISBANE PROGRAM GUIDE

Monday 26th May 2014

05:00 pm I Fish (Rpt)

WS G

Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.

06:00 pm M*A*S*H (Rpt)

PG

Payday

It's Hawkeye's turn as pay officer, but a \$10 oversight causes trouble.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm M*A*S*H (Rpt)

PG

White Gold

Colonel Flagg shows up when penicillin is stolen but Hawkeye and Trapper soon learn the real reason for his arrival.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

07:00 pm World's Toughest Trucker (Rpt)

PG
Some Coarse
Language

SEASON FINAL

The three remaining truckers face their final challenge when they have to deliver a consignment of clay pots to an isolated monastery in the heart of the Himalayas.

08:00 pm Flip Men (Rpt)

PG
Some Coarse
Language

Maggot House

Doug's recklessness prompts Mike to walk off the job at a house laden with insects, larvae and fungus.

08:30 pm Undercover Boss

PG
Adult Themes

NEW EPISODE

Beck Taxi

Life on the road takes its toll when the bosses of North America's biggest independent cabbies, Beck Taxi, work in disguise.

09:30 pm Hell's Kitchen

M
Some Coarse
Language

NEW EPISODE

The four remaining chefs are challenged to teach bachelors how to cook monkfish. The winning chef and a chosen guest get to ride in the Goodyear Blimp.

10:30 pm Hell's Kitchen

M
Some Coarse
Language

NEW EPISODE

The chefs are given a taste of the Savoy Grill, then told to recreate one of the dishes that they just tasted. One chef makes a bold move. Will it pay off?



BRISBANE PROGRAM GUIDE

Monday 26th May 2014

11:30 pm **2014 FORMULA 1® MONACO GRAND PRIX™** (Rpt) CC

REPLAY

2014 Formula 1 Monaco Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the sixth race of the 2014 FIA F1 World Championship from the Circuit de Monaco.

02:00 am **The Project Encore** (Rpt) CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

03:00 am **Trick My Truck** (Rpt) G

Be sure to watch as the gang pitches in to help their youngest driver yet and make his old cab over into the meanest dragster on the road.

03:30 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.

04:00 am **NASCAR Nationwide Series Highlights** (Rpt)

Race 10: Get To Know Newton 250 @ Iowa

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 10 is hosted at the Iowa Speedway.

05:00 am **NASCAR Sprint Cup Highlights** (Rpt)

All-Star Challenge @ Charlotte-Highlights

Tune in for all the highlights and the thrills and spills of the All-Star Challenge from the Charlotte Motor Speedway.



BRISBANE PROGRAM GUIDE

Tuesday 27th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am Fit 'n' Flexed (Rpt)

Hosted by Dayne Hudson, Fit 'N' Flexed cuts through the myths of the fitness industry to bring you the latest in health, fitness & nutrition science.

08:30 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.

09:00 am Reel Rock (Rpt)

PG
Some Coarse
Language

Spice Girl

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

09:30 am Hardliners (Rpt)

PG
Some Coarse
Language

Hardliners is a high seas adventure focusing on a unique breed of men who risk their lives every day chasing lucrative, high-grade wild tuna.

10:00 am The Biggest Loser USA

PG

NEW EPISODE

Halloween Week brings a crazy candy temptation, a haunted maze and a secret is revealed!

12:00 pm Lights Out (Rpt)

M
Some Violence

Combinations

Lights begins serious training for his upcoming fight, but struggles being away from his family.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt)

CC M
WS Some Coarse
Language,
Adult Themes,
Nudity

When an ex-editor causes a disturbance at Federation Square, TR discovers a link to a series of TAB robberies.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm Monster Jam (Rpt)

G

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 metre tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.

Tuesday 27th May 2014

03:00 pm Whose Line Is It Anyway? (Rpt)	PG	<p>An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.</p> <p>Starring: Drew Carey, Wayne Brady</p>
03:30 pm Whose Line Is It Anyway? (Rpt)	PG Sexual References	<p>An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.</p> <p>Starring: Drew Carey, Wayne Brady</p>
04:00 pm Get Smart (Rpt)	PG	<p><u>The Laser Blazer</u></p> <p>Max wears a new blazer given to him by a Chinese merchant, Lin Chan. However, he isn't aware of a weapon in the blazer and is mystified as objects disappear around him.</p> <p>Starring: Don Adams, Barbara Feldon, Edward Platt</p>
04:30 pm Fishing Edge (Rpt)	G	<p>Hosted by Lee Rayner, Fishing Edge is a down to earth DIY fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.</p>
05:00 pm Fishing Edge (Rpt)	G	<p>SEASON FINAL</p> <p>Hosted by Lee Rayner, Fishing Edge is a down to earth DIY fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.</p>
05:30 pm I Fish (Rpt)	G	<p>Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.</p>
06:00 pm M*A*S*H (Rpt)	PG	<p><u>Abyssinia, Henry</u></p> <p>Henry gets his discharge making Frank the commanding officer of the 4077th M*A*S*H unit.</p> <p>Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff</p>
06:30 pm M*A*S*H (Rpt)	PG	<p><u>Welcome To Korea (1)</u></p> <p>Trapper is shipped home while Hawkeye is on R&R. Hawkeye speeds to Kimpo with Radar to catch Trapper's plane, but they just miss him.</p> <p>Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff</p>



BRISBANE PROGRAM GUIDE

Tuesday 27th May 2014

07:00 pm COPS

07:30 pm **The Indestructibles**

PG
Some Violence

NEW EPISODE

Flying Car Crash

A teenager's car goes airborne after hitting a guardrail and was sent flying across the highway. How did this teenager's car go airborne and how did he survive a crash that should have killed him?

08:30 pm **COPS: Adults Only (Rpt)**

M

Coast To Coast

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

09:00 pm **COPS: Adults Only (Rpt)**

M

Palm Beach

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

09:30 pm **Ross Kemp On Gangs (Rpt)**

AV15+
Strong Violence,
Adult Themes

East Timor

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

10:30 pm **Super Rugby Extra Time**

PG

Relive all the best bits of the weekend's Super Rugby on Extra Time.

11:30 pm **The Project Encore (Rpt)**

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:30 am **Fight Master MMA (Rpt)**

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

01:30 am **Fishing Expedition Amazonia (Rpt)**

PG
Some Coarse
Language

Close encounters with alligators, piranha, bats - all this and more, as extreme adventure angler, Steve Townson, takes on some of Brazil's most ferocious predatory freshwater fish.

02:00 am **Flip Men (Rpt)**

PG
Some Coarse
Language

Maggot House

Doug's recklessness prompts Mike to walk off the job at a house laden with insects, larvae and fungus.

02:30 am **COPS: Adults Only (Rpt)**

PG
Adult Themes

Coast To Coast

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.



BRISBANE PROGRAM GUIDE

Tuesday 27th May 2014

03:00 am COPS: Adults Only (Rpt)

PG
Adult Themes

Palm Beach

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

03:30 am Frontiers Of Construction (Rpt)

PG

Race For The Sky

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

04:30 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.

05:00 am 2014 Australian Athletics Tour (Rpt) CC

Perth Track Classic

The Perth Track Classic is the opening leg of the prestigious Australian Athletics Tour for 2014 and will welcome a host of international superstars as well as our country's finest athletes.



BRISBANE PROGRAM GUIDE

Wednesday 28th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am Wild Racers (Rpt)

Competitors from around the globe will gather in South Australia for the internationally renowned adventure race series Wild Racers for the final leg of the season. Who will come out on top?

09:00 am Car Torque (Rpt)

CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

09:30 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.

10:00 am The Biggest Loser USA

PG

NEW EPISODE

A high-stakes calorie challenge realigns the teams and causes a whole lot of drama on the ranch.

12:00 pm Lights Out (Rpt)

M
Some Violence,
A Sex Scene

Crossroads

Lights battles more obstacles in his life, both professional and personal. He enters a real fight and although he wins he doesn't look too good.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt)

CC M
WS Some Violence,
Adult Themes

When teenagers blow up a series of parking pay stations, TR races to prevent them killing themselves and innocent bystanders.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm World's Toughest Trucker (Rpt)

PG
Some Coarse
Language

The three remaining truckers face their final challenge when they have to deliver a consignment of clay pots to an isolated monastery in the heart of the Himalayas.



BRISBANE PROGRAM GUIDE

Wednesday 28th May 2014

03:00 pm	Super Rugby Extra Time (Rpt)	PG	Relive all the best bits of the weekend's Super Rugby on Extra Time.
04:00 pm	Get Smart (Rpt)	PG	<u>The Farkas Fracas</u> When Agent 99 is caught without dessert, she gratefully accepts chocolate mousse from her solicitous neighbour Naomi Farkas, who is secretly working for KAOS. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS		
05:00 pm	I Fish (Rpt)	WS G	Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm	M*A*S*H (Rpt)	PG	<u>Welcome To Korea (2)</u> While at Kimpo, Haweye and Radar pick up BJ Hunnicut and take him back to camp. On the way back, BJ is introduced to the Korean War. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>Change Of Command</u> Colonel Sherman Potter assumes command of the 4077th and learns that life at a M*A*S*H unit is hardly normal. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS		
07:30 pm	White Collar (Rpt)	PG	<u>Empire City</u> Peter and Neal work a forgery and money laundering case that leads them into two of the most iconic New York institutions, taxi cabs and jazz. Starring: Matt Bomer, Tim Dekay, Tiffani Thiessen
08:30 pm	Burn Notice	M Some Violence	SEASON FINAL <u>Reckoning</u> In the series finale, Michael tries to regain the trust of his friends as they go on the run. Meanwhile, James tries to make him pay for his betrayal. Starring: Jeffery Donovan, Gabrielle Anwar, Coby Bell, Bruce Campbell, Alona Tal, Jack Coleman, Sharon Gless, John Pyper-Ferguson Guest Starring: Alan Ruck



BRISBANE PROGRAM GUIDE

Wednesday 28th May 2014

09:30 pm **The Killing**

M
Some Violence

SEASON PREMIERE

The Jungle

Detective Holder and his new partner investigate the murder of a 14 year-old hooker who had her throat slit. When parallels are made with an earlier case of Linden's, she's pulled back into the game.

Starring: Mireille Enos, Joel Kinnaman, Hugh Dillon, Amy Seimetz, Peter Sarsgaard

10:30 pm **Breakout Kings**

M
Some Violence,
Sexual References

ALL NEW EPISODES

I Smell Emmy

The team hunt a female fugitive, who may have been assisted by a prison volunteer.

Starring: Laz Alonso, Domenick Lombardozzi, Brooke Nevin, Malcolm Goodwin

11:30 pm **The Glades**

M
Some Violence

ALL NEW EPISODES

Swamp Thing

When a Coast Guard Marine's finger is found inside a dead boar's stomach, Jim and Carlos go on a hunt to find the killer, which results in uncovering something bigger than just a murder.

Starring: Matt Passmore, Kiele Sanchez, Carlos Gomez, Michelle Hurd, Jordan Wall

12:30 am **The Project Encore** (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

01:30 am **Ross Kemp On Gangs** (Rpt)

AV15+
Strong Violence,
Adult Themes

East Timor

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

02:30 am **The Indestructibles** (Rpt)

PG
Some Violence

Flying Car Crash

A teenager's car goes airborne after hitting a guardrail and was sent flying across the highway. How did this teenager's car go airborne and how did he survive a crash that should have killed him?

03:30 am **Adventure Angler** (Rpt)

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.



BRISBANE PROGRAM GUIDE

Wednesday 28th May 2014

04:00 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.

04:30 am Golf Getaway (Rpt)

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

05:00 am Wild Racers (Rpt)

Competitors from around the globe will gather in South Australia for the internationally renowned adventure race series Wild Racers for the final leg of the season. Who will come out on top?



BRISBANE PROGRAM GUIDE

Thursday 29th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am 2014 FORMULA 1® MONACO GRAND PRIX™ (Rpt) CC

REPLAY

2014 Formula 1 Monaco Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the sixth race of the 2014 FIA F1 World Championship from the Circuit de Monaco.

10:00 am The Biggest Loser USA PG

NEW EPISODE

Season 11 winner Olivia Ward and chef Devin Alexander host a cooking challenge with an awesome prize!

12:00 pm Lights Out (Rpt) M

Head Games

Robert thinks his son should quit boxing so Lights turns to another trainer, Ed Romeo. Meanwhile, Pat's daughter Ava wants to go to the prom, but her mother has concerns.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt) CC M
WS Some Violence

TR is called to a domestic siege on the outskirts of Melbourne where they journey into dense bush to save a young boy.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm The Glades (Rpt) M
Some Violence

Swamp Thing

When a Coast Guard Marine's finger is found inside a dead boar's stomach, Jim and Carlos go on a hunt to find the killer, which results in uncovering something bigger than just a murder.

Starring: Matt Passmore, Kiele Sanchez, Carlos Gomez, Michelle Hurd, Jordan Wall

03:00 pm Whose Line Is It Anyway? (Rpt) PG

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady



BRISBANE PROGRAM GUIDE

Thursday 29th May 2014

03:30 pm Whose Line Is It Anyway? (Rpt)	PG Sexual References	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
04:00 pm Get Smart (Rpt)	PG	<u>Temporarily Out Of Control</u> Max as an ensign and the Chief as a yeoman suddenly realise they'd better get off the ship if they are to thwart a KAOS plot. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm COPS		
05:00 pm I Fish (Rpt)	WS G	Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm M*A*S*H (Rpt)	PG	<u>IT Happened ONE Night</u> The 4077th is shaken up by heavy artillery during a long, cold night. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm M*A*S*H (Rpt)	PG	<u>The Late Captain Pierce</u> The Army mistakenly lists Hawkeye as dead, but Hawkeye takes advantage of the situation hoping it'll get him home. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm COPS		
07:30 pm Whose Line Is It Anyway?	PG Sexual References	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
08:00 pm Whose Line Is It Anyway?	PG Sexual References	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady



BRISBANE PROGRAM GUIDE

Thursday 29th May 2014

08:30 pm **Movie: Planet Of The Apes** (Rpt)
(1968)

M
Some Violence

MOVIE

A crew of astronauts crash lands on a planet in the distant future where intelligent talking apes are the dominant species, and humans are the oppressed and enslaved.

Starring: Charlton Heston, Roddy McDowall, Kim Hunter, Maurice Evans, Linda Harrison, James Whitmore, Lou Wagner

10:55 pm **Blokesworld**

NEW EPISODE

Blokesworld heads to Avalon in Victoria for The Ultimate Burn Out Challenge; the CZ 452 rifle is road tested on Home on the Range; Meesha competes in Miss Downunder in WA.

11:25 pm **The Project Encore** (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:25 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.

12:30 am **NASCAR Sprint Cup** (Rpt)

REPLAY

Race 12: Coca-Cola 600 @ Charlotte

Tune in on ONE for Race 12 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Charlotte Motor Speedway.



BRISBANE PROGRAM GUIDE

Friday 30th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am **NASCAR Nationwide Series Highlights**

Race 11: History 300 @ Charlotte

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 11 is hosted at the Charlotte Motor Speedway.

09:00 am **NASCAR Sprint Cup Highlights**

Race 12: Coca-Cola 600 @ Charlotte-Highlights

Catch all the non-stop motorsport action highlights from the Charlotte Motor Speedway. The thrills and spills of NASCAR racing continues with the 12th race of the 2014 Sprint Cup Series.

10:00 am **The Biggest Loser USA**

PG

NEW EPISODE

Apolo Ohno guest stars as the game flips to singles and the contestants compete in a pentathlon for immunity!

12:00 pm **Lights Out (Rpt)**

M
Some Violence

Inflight

Ed Romeo continues to train Lights in his unorthodox but effective manner. Lights feels in the best shape of his life, but Romeo's constant disdain for his father, brother and sister wears on him.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm **Rush (Rpt)**

CC M
WS

Stella's future in TR is threatened when she becomes involved in an illegal car race.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm **Undercover Boss (Rpt)**

PG
Adult Themes

Beck Taxi

Life on the road takes its toll when the bosses of North America's biggest independent cabbies, Beck Taxi, work in disguise.

03:00 pm **Whose Line Is It Anyway? (Rpt)**

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady



BRISBANE PROGRAM GUIDE

Friday 30th May 2014

03:30 pm Whose Line Is It Anyway? (Rpt)	PG Sexual References	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
04:00 pm Get Smart (Rpt)	PG	<u>Schwartz's Island</u> The Smarts' honeymoon cruise ends when their sailboat blows up. They drift to an uncharted island, which soon proves to be owned by KAOS chief Seigfried. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm COPS		
05:00 pm I Fish (Rpt)	WS G	Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm M*A*S*H (Rpt)	PG	<u>Hey, Doc</u> The 4077th is bombarded with requests for special favors, and a sniper begins firing at the compound. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm M*A*S*H (Rpt)	PG	<u>The Bus</u> Hawkeye, BJ, Frank, Potter and Radar get stranded in unfamiliar territory when their bus breaks down on their way back from a medical conference. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm COPS		
07:30 pm Frontiers Of Construction (Rpt)	G	<u>Dream Factories</u> Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.
08:30 pm Frontiers Of Construction (Rpt)	PG Adult Themes	<u>Building For Disasters</u> Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.



BRISBANE PROGRAM GUIDE

Friday 30th May 2014

09:30 pm **Movie: Crash And Burn** (Rpt) (2008)

AV15+
Strong Violence

MOVIE

When the FBI catch a professional car thief red-handed, he's given a choice: go to prison or cooperate with the feds & help them bring down a car theft operation led by the notorious Vincent Scaillo.

Starring: Erik Palladino, Michael Madsen, David Moscow, Peter Jason, Owen Beckman

11:20 pm **The League**

MA15+
Sexual References

NEW EPISODE

The Bye Week

Ruxin misses his flight for a business trip and decides to hide out in Chicago instead of going home. Meanwhile, Taco Corp. gets its first Worldwide Headquarters.

Starring: Nick Kroll, Steve Rannazzisi, Mark Duplass, Paul Scheer, Jon Lajoie

11:50 pm **The Project Encore** (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:50 am **The Indestructibles** (Rpt)

PG
Some Violence

Flying Car Crash

A teenager's car goes airborne after hitting a guardrail and was sent flying across the highway. How did this teenager's car go airborne and how did he survive a crash that should have killed him?

01:50 am **Fight Master MMA** (Rpt)

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

02:50 am **Driving Wars** (Rpt)

PG

A team of Welsh rally enthusiasts take on a trio of car dealers in TV's most extreme motoring game show. To decide who has automotive bragging rights, the teams must survive The Road from Hell.

03:50 am **Flip Men** (Rpt)

PG
Some Coarse
Language

Maggot House

Doug's recklessness prompts Mike to walk off the job at a house laden with insects, larvae and fungus.

04:20 am **Trick My Truck** (Rpt)

PG

The Chrome Shop Mafia tricks out a refrigerated medical-supplies rig. The truck gets a fireplace, a kitchen and a queen-size bed.

04:50 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.



BRISBANE PROGRAM GUIDE

Friday 30th May 2014

05:00 am **Sporting Greats** (Rpt)

G

Mal Meninga

Mal Meninga was a legendary goal-kicking centre, counted amongst the finest footballers of the 20th century. He retired as the top point scorer in the history of the Australian national team and top point scorer for Queensland.

05:30 am **Dirty Weekend** (Rpt)

G

Dirty Weekend

The inaugural running of what is the world's longest assault course. In a festival setting, competitors take on a 20 mile route with 20 zones and over 200 obstacles to be tamed.



BRISBANE PROGRAM GUIDE

Saturday 31st May 2014

06:00 am Golf Getaway (Rpt)

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

06:30 am NASCAR Sprint Cup Qualifying

Race 12: Coca-Cola 600 @ Charlotte-Qualifying

Who will claim pole position in qualifying ahead of race 12 from the Charlotte Motor Speedway?

08:00 am NASCAR Sprint Cup (Rpt)

REPLAY

Race 12: Coca-Cola 600 @ Charlotte

Tune in on ONE for Race 12 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Charlotte Motor Speedway.

01:30 pm 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.

02:00 pm Pat Callinan's 4x4 Adventures (Rpt) WS G

Tasmania's East Coast

Explore the natural beauty and man-made wonders of Tasmania's East Coast. Join Pat Callinan and the team for a breathtaking 4WD adventure around the Apple Isle.

03:00 pm Trick My Truck (Rpt)

PG
Mild Coarse
Language

The Chrome Shop Mafia tricks out the truck of a former Marine who was taken off active duty when he learned his baby daughter had cancer.

03:30 pm Car Torque (Rpt)

CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

04:00 pm Reel Rock (Rpt)

PG
Some Coarse
Language

Spice Girl

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

04:30 pm Reel Action

SEASON PREMIERE

Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.

05:00 pm Escape With ET (Rpt)

G

Join rugby league and fishing legend, Andrew 'ET' Ettingshausen, as he escapes the city for adventures on land and sea.

06:00 pm Trick My Truck (Rpt)

PG

Watch as the cast of Trick My Truck steps in to build Ben Brownlow a truck that reconnects him to his brother and his Texas roots.



BRISBANE PROGRAM GUIDE

Saturday 31st May 2014

06:30 pm **Monster Jam**

G

NEW EPISODE

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 metre tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.

07:30 pm **Driving Wars (Rpt)**

PG
Mild Coarse
Language

A team of Norfolk fire fighters go head to head with three teenage Go-Karters. Before one team is declared the winner, they'll be challenged to out run the cops in Police Chase.

08:30 pm **Law & Order: SVU (Rpt)**

CC M
Adult Themes

Asunder

The truth behind the alleged rape of a woman by her police officer husband comes to light when a history of domestic abuse is uncovered.

Starring: Mariska Hargitay, Chris Meloni, Richard Belzer, Ice T , Dann Florek, Stephanie March

09:30 pm **Bellator MMA**

NEW EPISODE

Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.

11:30 pm **Blokesworld (Rpt)**

Blokesworld heads to Avalon in Victoria for The Ultimate Burn Out Challenge; the CZ 452 rifle is road tested on Home on the Range; Meesha competes in Miss Downunder in WA.

12:00 am **48 Hours**

48 Hours is a popular true-crime series, investigating shocking cases and compelling real-life dramas with journalistic integrity and cutting-edge style.

01:00 am **Ross Kemp On Gangs (Rpt)**

AV15+
Strong Violence,
Adult Themes

East Timor

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

02:00 am **World's Toughest Trucker (Rpt)**

PG
Some Coarse
Language

The three remaining truckers face their final challenge when they have to deliver a consignment of clay pots to an isolated monastery in the heart of the Himalayas.



BRISBANE PROGRAM GUIDE

Saturday 31st May 2014

03:00 am Trick My Truck (Rpt)

PG

Watch as the cast of Trick My Truck steps in to build Ben Brownlow a truck that reconnects him to his brother and his Texas roots.

03:30 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.

04:00 am NASCAR Nationwide Series Highlights (Rpt)

Race 11: History 300 @ Charlotte

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 11 is hosted at the Charlotte Motor Speedway.

05:00 am NASCAR Sprint Cup Highlights (Rpt)

Race 12: Coca-Cola 600 @ Charlotte-Highlights

Catch all the non-stop motorsport action highlights from the Charlotte Motor Speedway. The thrills and spills of NASCAR racing continues with the 12th race of the 2014 Sprint Cup Series.



ADELAIDE PROGRAM GUIDE

Sunday 25th May 2014

06:00 am **The List** (Rpt)

The List - Dynamic Drivers

Out of all the drivers in NASCAR's history, who is the best? Here is our list of the ten most dynamic drivers to ever strap themselves into a stock car.

06:30 am **2014 Tudor United Sportscar Championship** (Rpt)

REPLAY

Continental Tire Sports Car Festival (Part 1)

The world famous Laguna Seca circuit hosts MotoGP and many other top categories in world motorsport. It plays host to the 4th round of the 2014 Tudor United Sportscar Championship.

09:00 am **2014 Tudor United Sportscar Championship** (Rpt)

REPLAY

Continental Tire Sports Car Festival (Part 2)

The world famous Laguna Seca circuit hosts MotoGP and many other top categories in world motorsport. It plays host to the 4th round of the 2014 Tudor United Sportscar Championship.

11:30 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.

12:00 pm **2014 Australian Athletics Tour** (Rpt) CC

Perth Track Classic

The Perth Track Classic is the opening leg of the prestigious Australian Athletics Tour for 2014 and will welcome a host of international superstars as well as our country's finest athletes.

01:00 pm **Frontiers Of Construction** (Rpt)

PG

Race For The Sky

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

02:00 pm **The Indestructibles** (Rpt)

PG
Some Coarse
Language,
Adult Themes

15,000-Foot Freefall

A skydiving instructor makes a routine jump from 15,000 feet in the air. But both parachutes fail as he plummets to Earth. How does he survive his ordeal?

03:00 pm **Fit 'n' Flexed** (Rpt)

Hosted by Dayne Hudson, Fit 'N' Flexed cuts through the myths of the fitness industry to bring you the latest in health, fitness & nutrition science.

03:30 pm **Trick My Truck** (Rpt)

PG

The Chrome Shop Mafia tricks out a refrigerated medical-supplies rig. The truck gets a fireplace, a kitchen and a queen-size bed.

Sunday 25th May 2014

04:00 pm **Adventure Angler**

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

04:30 pm **Golf Getaway**

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

05:00 pm **What's Up Down Under (Rpt)**

CC G

What's Up Down Under is a lifestyle television show that encourages people to travel Australia in recreational vehicles, stay at holiday parks and enjoy the local attractions of each area.

05:30 pm **I Fish**

ALL NEW EPISODES

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

06:00 pm **M*A*S*H (Rpt)**

PG

Big Mac

The 4077th is turned upside down by rumours of a visit from General Douglas MacArthur, but not all personnel are excited.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm **Reel Rock**

PG
Some Coarse
Language

SEASON FINAL

Spice Girl

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

07:00 pm **Fishing Expedition Amazonia (Rpt)**

PG
Some Coarse
Language

Close encounters with alligators, piranha, bats - all this and more, as extreme adventure angler, Steve Townson, takes on some of Brazil's most ferocious predatory freshwater fish.

07:30 pm **Hardliners (Rpt)**

PG
Some Coarse
Language

Hardliners is a high seas adventure focusing on a unique breed of men who risk their lives every day chasing lucrative, high-grade wild tuna.

08:00 pm **Extreme Fishing With Robson Green (Rpt)**

PG
Some Coarse
Language,
Adult Themes

Senegal

Robson Green heads to the coast of west Africa, where he begins by hunting for the Atlantic sailfish.



ADELAIDE PROGRAM GUIDE

Sunday 25th May 2014

09:00 pm	2014 FORMULA 1® MONACO GRAND PRIX™	CC	LIVE <u>2014 Formula 1 Monaco Grand Prix</u> Join Greg Rust and Alan Jones as they bring you all the action from the sixth race of the 2014 FIA F1 World Championship from the Circuit de Monaco.
11:30 pm	48 Hours (Rpt)	M Adult Themes	<u>The Sweetheart Murders</u> 48 Hours is a popular true-crime series, investigating shocking cases and compelling real-life dramas with journalistic integrity and cutting-edge style.
12:30 am	Fight Master MMA (Rpt)	M Realistic Violence, Some Coarse Language	MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.
01:30 am	Ross Kemp On Gangs (Rpt)	MA15+ Strong Adult Themes	<u>Colombia</u> Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.
02:30 am	Adventure Angler (Rpt)	G	Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.
03:00 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.
03:25 am	Sporting Greats (Rpt)	G	<u>Gary Player</u> Gary Player is widely regarded as one of the greatest players in the history of golf. He accumulated an impressive nine major championships on the regular tour and six Champions Tour major championship victories all by the age of 29.
04:00 am	Rugby Classic Matches (Rpt)		<u>Autumn International 2008: England V Australia</u> Relive the classic match between England and Australia in the 2008 Autumn International at Twickenham in London.



ADELAIDE PROGRAM GUIDE

Monday 26th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am NASCAR Sprint Cup

Race 12: Coca-Cola 600 @ Charlotte

Tune in on ONE for Race 12 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Charlotte Motor Speedway.

01:00 pm 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 pm Trick My Truck (Rpt)

PG

The cast of Trick My Truck want Harry Joe Hooper the travelling do-gooder to have a truck that trully represents the service he provides to his country.

02:00 pm Frontiers Of Construction (Rpt)

G

Monuments: Engineering For Beauty And Time

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

03:00 pm Whose Line Is It Anyway? (Rpt)

PG

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

03:30 pm Whose Line Is It Anyway? (Rpt)

PG
Sexual References,
Mild Coarse
Language

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

04:00 pm Driving Wars (Rpt)

PG

A team of Welsh rally enthusiasts take on a trio of car dealers in TV's most extreme motoring game show. To decide who has automotive bragging rights, the teams must survive The Road from Hell.



ADELAIDE PROGRAM GUIDE

Monday 26th May 2014

05:00 pm I Fish (Rpt)

WS G

Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.

06:00 pm M*A*S*H (Rpt)

PG

Payday

It's Hawkeye's turn as pay officer, but a \$10 oversight causes trouble.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm M*A*S*H (Rpt)

PG

White Gold

Colonel Flagg shows up when penicillin is stolen but Hawkeye and Trapper soon learn the real reason for his arrival.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

07:00 pm World's Toughest Trucker (Rpt)

PG
Some Coarse
Language

SEASON FINAL

The three remaining truckers face their final challenge when they have to deliver a consignment of clay pots to an isolated monastery in the heart of the Himalayas.

08:00 pm Flip Men (Rpt)

PG
Some Coarse
Language

Maggot House

Doug's recklessness prompts Mike to walk off the job at a house laden with insects, larvae and fungus.

08:30 pm Undercover Boss

PG
Adult Themes

NEW EPISODE

Beck Taxi

Life on the road takes its toll when the bosses of North America's biggest independent cabbies, Beck Taxi, work in disguise.

09:30 pm Hell's Kitchen

M
Some Coarse
Language

NEW EPISODE

The four remaining chefs are challenged to teach bachelors how to cook monkfish. The winning chef and a chosen guest get to ride in the Goodyear Blimp.

10:30 pm Hell's Kitchen

M
Some Coarse
Language

NEW EPISODE

The chefs are given a taste of the Savoy Grill, then told to recreate one of the dishes that they just tasted. One chef makes a bold move. Will it pay off?



ADELAIDE PROGRAM GUIDE

Monday 26th May 2014

11:30 pm **2014 FORMULA 1® MONACO GRAND PRIX™** (Rpt) CC

REPLAY

2014 Formula 1 Monaco Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the sixth race of the 2014 FIA F1 World Championship from the Circuit de Monaco.

02:00 am **The Project Encore** (Rpt) CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

03:00 am **Trick My Truck** (Rpt) G

Be sure to watch as the gang pitches in to help their youngest driver yet and make his old cab over into the meanest dragster on the road.

03:30 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.

04:00 am **NASCAR Nationwide Series Highlights** (Rpt)

Race 10: Get To Know Newton 250 @ Iowa

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 10 is hosted at the Iowa Speedway.

05:00 am **NASCAR Sprint Cup Highlights** (Rpt)

All-Star Challenge @ Charlotte-Highlights

Tune in for all the highlights and the thrills and spills of the All-Star Challenge from the Charlotte Motor Speedway.



one

ADELAIDE PROGRAM GUIDE

Tuesday 27th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am Fit 'n' Flexed (Rpt)

Hosted by Dayne Hudson, Fit 'N' Flexed cuts through the myths of the fitness industry to bring you the latest in health, fitness & nutrition science.

08:30 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.

09:00 am Reel Rock (Rpt)

PG
Some Coarse
Language

Spice Girl

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

09:30 am Hardliners (Rpt)

PG
Some Coarse
Language

Hardliners is a high seas adventure focusing on a unique breed of men who risk their lives every day chasing lucrative, high-grade wild tuna.

10:00 am The Biggest Loser USA

PG

NEW EPISODE

Halloween Week brings a crazy candy temptation, a haunted maze and a secret is revealed!

12:00 pm Lights Out (Rpt)

M
Some Violence

Combinations

Lights begins serious training for his upcoming fight, but struggles being away from his family.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt)

CC M
WS Some Coarse
Language,
Adult Themes,
Nudity

When an ex-editor causes a disturbance at Federation Square, TR discovers a link to a series of TAB robberies.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm Monster Jam (Rpt)

G

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 metre tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.



ADELAIDE PROGRAM GUIDE

Tuesday 27th May 2014

03:00 pm Whose Line Is It Anyway? (Rpt)	PG	<p>An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.</p> <p>Starring: Drew Carey, Wayne Brady</p>
03:30 pm Whose Line Is It Anyway? (Rpt)	PG Sexual References	<p>An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.</p> <p>Starring: Drew Carey, Wayne Brady</p>
04:00 pm Get Smart (Rpt)	PG	<p><u>The Laser Blazer</u></p> <p>Max wears a new blazer given to him by a Chinese merchant, Lin Chan. However, he isn't aware of a weapon in the blazer and is mystified as objects disappear around him.</p> <p>Starring: Don Adams, Barbara Feldon, Edward Platt</p>
04:30 pm Fishing Edge (Rpt)	G	<p>Hosted by Lee Rayner, Fishing Edge is a down to earth DIY fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.</p>
05:00 pm Fishing Edge (Rpt)	G	<p>SEASON FINAL</p> <p>Hosted by Lee Rayner, Fishing Edge is a down to earth DIY fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.</p>
05:30 pm I Fish (Rpt)	G	<p>Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.</p>
06:00 pm M*A*S*H (Rpt)	PG	<p><u>Abyssinia, Henry</u></p> <p>Henry gets his discharge making Frank the commanding officer of the 4077th M*A*S*H unit.</p> <p>Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff</p>
06:30 pm M*A*S*H (Rpt)	PG	<p><u>Welcome To Korea (1)</u></p> <p>Trapper is shipped home while Hawkeye is on R&R. Hawkeye speeds to Kimpo with Radar to catch Trapper's plane, but they just miss him.</p> <p>Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff</p>



ADELAIDE PROGRAM GUIDE

Tuesday 27th May 2014

07:00 pm COPS

07:30 pm **The Indestructibles**

PG
Some Violence

NEW EPISODE

Flying Car Crash

A teenager's car goes airborne after hitting a guardrail and was sent flying across the highway. How did this teenager's car go airborne and how did he survive a crash that should have killed him?

08:30 pm **COPS: Adults Only (Rpt)**

M

Coast To Coast

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

09:00 pm **COPS: Adults Only (Rpt)**

M

Palm Beach

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

09:30 pm **Ross Kemp On Gangs (Rpt)**

AV15+
Strong Violence,
Adult Themes

East Timor

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

10:30 pm **Super Rugby Extra Time**

PG

Relive all the best bits of the weekend's Super Rugby on Extra Time.

11:30 pm **The Project Encore (Rpt)**

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:30 am **Fight Master MMA (Rpt)**

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

01:30 am **Fishing Expedition Amazonia (Rpt)**

PG
Some Coarse
Language

Close encounters with alligators, piranha, bats - all this and more, as extreme adventure angler, Steve Townson, takes on some of Brazil's most ferocious predatory freshwater fish.

02:00 am **Flip Men (Rpt)**

PG
Some Coarse
Language

Maggot House

Doug's recklessness prompts Mike to walk off the job at a house laden with insects, larvae and fungus.

02:30 am **COPS: Adults Only (Rpt)**

PG
Adult Themes

Coast To Coast

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.



ADELAIDE PROGRAM GUIDE

Tuesday 27th May 2014

03:00 am COPS: Adults Only (Rpt)

PG
Adult Themes

Palm Beach

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

03:30 am Frontiers Of Construction (Rpt)

PG

Race For The Sky

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

04:30 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.

05:00 am 2014 Australian Athletics Tour (Rpt) CC

Perth Track Classic

The Perth Track Classic is the opening leg of the prestigious Australian Athletics Tour for 2014 and will welcome a host of international superstars as well as our country's finest athletes.



ADELAIDE PROGRAM GUIDE

Wednesday 28th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am Wild Racers (Rpt)

Competitors from around the globe will gather in South Australia for the internationally renowned adventure race series Wild Racers for the final leg of the season. Who will come out on top?

09:00 am Car Torque (Rpt)

CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

09:30 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.

10:00 am The Biggest Loser USA

PG

NEW EPISODE

A high-stakes calorie challenge realigns the teams and causes a whole lot of drama on the ranch.

12:00 pm Lights Out (Rpt)

M
Some Violence,
A Sex Scene

Crossroads

Lights battles more obstacles in his life, both professional and personal. He enters a real fight and although he wins he doesn't look too good.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt)

CC M
WS Some Violence,
Adult Themes

When teenagers blow up a series of parking pay stations, TR races to prevent them killing themselves and innocent bystanders.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm World's Toughest Trucker (Rpt)

PG
Some Coarse
Language

The three remaining truckers face their final challenge when they have to deliver a consignment of clay pots to an isolated monastery in the heart of the Himalayas.



ADELAIDE PROGRAM GUIDE

Wednesday 28th May 2014

03:00 pm	Super Rugby Extra Time (Rpt)	PG	Relive all the best bits of the weekend's Super Rugby on Extra Time.
04:00 pm	Get Smart (Rpt)	PG	<u>The Farkas Fracas</u> When Agent 99 is caught without dessert, she gratefully accepts chocolate mousse from her solicitous neighbour Naomi Farkas, who is secretly working for KAOS. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS		
05:00 pm	I Fish (Rpt)	WS G	Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm	M*A*S*H (Rpt)	PG	<u>Welcome To Korea (2)</u> While at Kimpo, Haweye and Radar pick up BJ Hunnicut and take him back to camp. On the way back, BJ is introduced to the Korean War. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>Change Of Command</u> Colonel Sherman Potter assumes command of the 4077th and learns that life at a M*A*S*H unit is hardly normal. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS		
07:30 pm	White Collar (Rpt)	PG	<u>Empire City</u> Peter and Neal work a forgery and money laundering case that leads them into two of the most iconic New York institutions, taxi cabs and jazz. Starring: Matt Bomer, Tim Dekay, Tiffani Thiessen
08:30 pm	Burn Notice	M Some Violence	SEASON FINAL <u>Reckoning</u> In the series finale, Michael tries to regain the trust of his friends as they go on the run. Meanwhile, James tries to make him pay for his betrayal. Starring: Jeffery Donovan, Gabrielle Anwar, Coby Bell, Bruce Campbell, Alona Tal, Jack Coleman, Sharon Gless, John Pyper-Ferguson Guest Starring: Alan Ruck



ADELAIDE PROGRAM GUIDE

Wednesday 28th May 2014

09:30 pm **The Killing**

M
Some Violence

SEASON PREMIERE

The Jungle

Detective Holder and his new partner investigate the murder of a 14 year-old hooker who had her throat slit. When parallels are made with an earlier case of Linden's, she's pulled back into the game.

Starring: Mireille Enos, Joel Kinnaman, Hugh Dillon, Amy Seimetz, Peter Sarsgaard

10:30 pm **Breakout Kings**

M
Some Violence,
Sexual References

ALL NEW EPISODES

I Smell Emmy

The team hunt a female fugitive, who may have been assisted by a prison volunteer.

Starring: Laz Alonso, Domenick Lombardozzi, Brooke Nevin, Malcolm Goodwin

11:30 pm **The Glades**

M
Some Violence

ALL NEW EPISODES

Swamp Thing

When a Coast Guard Marine's finger is found inside a dead boar's stomach, Jim and Carlos go on a hunt to find the killer, which results in uncovering something bigger than just a murder.

Starring: Matt Passmore, Kiele Sanchez, Carlos Gomez, Michelle Hurd, Jordan Wall

12:30 am **The Project Encore** (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

01:30 am **Ross Kemp On Gangs** (Rpt)

AV15+
Strong Violence,
Adult Themes

East Timor

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

02:30 am **The Indestructibles** (Rpt)

PG
Some Violence

Flying Car Crash

A teenager's car goes airborne after hitting a guardrail and was sent flying across the highway. How did this teenager's car go airborne and how did he survive a crash that should have killed him?

03:30 am **Adventure Angler** (Rpt)

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.



ADELAIDE PROGRAM GUIDE

Wednesday 28th May 2014

04:00 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.

04:30 am Golf Getaway (Rpt)

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

05:00 am Wild Racers (Rpt)

Competitors from around the globe will gather in South Australia for the internationally renowned adventure race series Wild Racers for the final leg of the season. Who will come out on top?



ADELAIDE PROGRAM GUIDE

Thursday 29th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am 2014 FORMULA 1® MONACO GRAND PRIX™ (Rpt) CC

REPLAY

2014 Formula 1 Monaco Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the sixth race of the 2014 FIA F1 World Championship from the Circuit de Monaco.

10:00 am The Biggest Loser USA PG

NEW EPISODE

Season 11 winner Olivia Ward and chef Devin Alexander host a cooking challenge with an awesome prize!

12:00 pm Lights Out (Rpt) M

Head Games

Robert thinks his son should quit boxing so Lights turns to another trainer, Ed Romeo. Meanwhile, Pat's daughter Ava wants to go to the prom, but her mother has concerns.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt) CC M
WS Some Violence

TR is called to a domestic siege on the outskirts of Melbourne where they journey into dense bush to save a young boy.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm The Glades (Rpt) M
Some Violence

Swamp Thing

When a Coast Guard Marine's finger is found inside a dead boar's stomach, Jim and Carlos go on a hunt to find the killer, which results in uncovering something bigger than just a murder.

Starring: Matt Passmore, Kiele Sanchez, Carlos Gomez, Michelle Hurd, Jordan Wall

03:00 pm Whose Line Is It Anyway? (Rpt) PG

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady



ADELAIDE PROGRAM GUIDE

Thursday 29th May 2014

03:30 pm Whose Line Is It Anyway? (Rpt)	PG Sexual References	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
04:00 pm Get Smart (Rpt)	PG	<u>Temporarily Out Of Control</u> Max as an ensign and the Chief as a yeoman suddenly realise they'd better get off the ship if they are to thwart a KAOS plot. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm COPS		
05:00 pm I Fish (Rpt)	WS G	Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm M*A*S*H (Rpt)	PG	<u>IT Happened ONE Night</u> The 4077th is shaken up by heavy artillery during a long, cold night. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm M*A*S*H (Rpt)	PG	<u>The Late Captain Pierce</u> The Army mistakenly lists Hawkeye as dead, but Hawkeye takes advantage of the situation hoping it'll get him home. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm COPS		
07:30 pm Whose Line Is It Anyway?	PG Sexual References	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
08:00 pm Whose Line Is It Anyway?	PG Sexual References	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady



ADELAIDE PROGRAM GUIDE

Thursday 29th May 2014

08:30 pm **Movie: Planet Of The Apes** (Rpt)
(1968)

M
Some Violence

MOVIE

A crew of astronauts crash lands on a planet in the distant future where intelligent talking apes are the dominant species, and humans are the oppressed and enslaved.

Starring: Charlton Heston, Roddy McDowall, Kim Hunter, Maurice Evans, Linda Harrison, James Whitmore, Lou Wagner

10:55 pm **Blokesworld**

NEW EPISODE

Blokesworld heads to Avalon in Victoria for The Ultimate Burn Out Challenge; the CZ 452 rifle is road tested on Home on the Range; Meesha competes in Miss Downunder in WA.

11:25 pm **The Project Encore** (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:25 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.

12:30 am **NASCAR Sprint Cup** (Rpt)

REPLAY

Race 12: Coca-Cola 600 @ Charlotte

Tune in on ONE for Race 12 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Charlotte Motor Speedway.



ADELAIDE PROGRAM GUIDE

Friday 30th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am NASCAR Nationwide Series Highlights

Race 11: History 300 @ Charlotte

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 11 is hosted at the Charlotte Motor Speedway.

09:00 am NASCAR Sprint Cup Highlights

Race 12: Coca-Cola 600 @ Charlotte-Highlights

Catch all the non-stop motorsport action highlights from the Charlotte Motor Speedway. The thrills and spills of NASCAR racing continues with the 12th race of the 2014 Sprint Cup Series.

10:00 am The Biggest Loser USA

PG

NEW EPISODE

Apolo Ohno guest stars as the game flips to singles and the contestants compete in a pentathlon for immunity!

12:00 pm Lights Out (Rpt)

M
Some Violence

Inflight

Ed Romeo continues to train Lights in his unorthodox but effective manner. Lights feels in the best shape of his life, but Romeo's constant disdain for his father, brother and sister wears on him.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt)

CC M
WS

Stella's future in TR is threatened when she becomes involved in an illegal car race.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm Undercover Boss (Rpt)

PG
Adult Themes

Beck Taxi

Life on the road takes its toll when the bosses of North America's biggest independent cabbies, Beck Taxi, work in disguise.

03:00 pm Whose Line Is It Anyway? (Rpt)

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady



ADELAIDE PROGRAM GUIDE

Friday 30th May 2014

03:30 pm	Whose Line Is It Anyway? (Rpt)	PG Sexual References	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
04:00 pm	Get Smart (Rpt)	PG	<u>Schwartz's Island</u> The Smarts' honeymoon cruise ends when their sailboat blows up. They drift to an uncharted island, which soon proves to be owned by KAOS chief Seigfried. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS		
05:00 pm	I Fish (Rpt)	WS G	Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm	M*A*S*H (Rpt)	PG	<u>Hey, Doc</u> The 4077th is bombarded with requests for special favors, and a sniper begins firing at the compound. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>The Bus</u> Hawkeye, BJ, Frank, Potter and Radar get stranded in unfamiliar territory when their bus breaks down on their way back from a medical conference. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS		
07:30 pm	Frontiers Of Construction (Rpt)	G	<u>Dream Factories</u> Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.
08:30 pm	Frontiers Of Construction (Rpt)	PG Adult Themes	<u>Building For Disasters</u> Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

Friday 30th May 2014

09:30 pm **Movie: Crash And Burn** (Rpt) (2008)

AV15+
Strong Violence

MOVIE

When the FBI catch a professional car thief red-handed, he's given a choice: go to prison or cooperate with the feds & help them bring down a car theft operation led by the notorious Vincent Scaillo.

Starring: Erik Palladino, Michael Madsen, David Moscow, Peter Jason, Owen Beckman

11:20 pm **The League**

MA15+
Sexual References

NEW EPISODE

The Bye Week

Ruxin misses his flight for a business trip and decides to hide out in Chicago instead of going home. Meanwhile, Taco Corp. gets its first Worldwide Headquarters.

Starring: Nick Kroll, Steve Rannazzisi, Mark Duplass, Paul Scheer, Jon Lajoie

11:50 pm **The Project Encore** (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:50 am **The Indestructibles** (Rpt)

PG
Some Violence

Flying Car Crash

A teenager's car goes airborne after hitting a guardrail and was sent flying across the highway. How did this teenager's car go airborne and how did he survive a crash that should have killed him?

01:50 am **Fight Master MMA** (Rpt)

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

02:50 am **Driving Wars** (Rpt)

PG

A team of Welsh rally enthusiasts take on a trio of car dealers in TV's most extreme motoring game show. To decide who has automotive bragging rights, the teams must survive The Road from Hell.

03:50 am **Flip Men** (Rpt)

PG
Some Coarse
Language

Maggot House

Doug's recklessness prompts Mike to walk off the job at a house laden with insects, larvae and fungus.

04:20 am **Trick My Truck** (Rpt)

PG

The Chrome Shop Mafia tricks out a refrigerated medical-supplies rig. The truck gets a fireplace, a kitchen and a queen-size bed.

04:50 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.



ADELAIDE PROGRAM GUIDE

Friday 30th May 2014

05:00 am Sporting Greats (Rpt)

G

Mal Meninga

Mal Meninga was a legendary goal-kicking centre, counted amongst the finest footballers of the 20th century. He retired as the top point scorer in the history of the Australian national team and top point scorer for Queensland.

05:30 am Dirty Weekend (Rpt)

G

Dirty Weekend

The inaugural running of what is the world's longest assault course. In a festival setting, competitors take on a 20 mile route with 20 zones and over 200 obstacles to be tamed.



ADELAIDE PROGRAM GUIDE

Saturday 31st May 2014

06:00 am Golf Getaway (Rpt)

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

06:30 am NASCAR Sprint Cup Qualifying

Race 12: Coca-Cola 600 @ Charlotte-Qualifying

Who will claim pole position in qualifying ahead of race 12 from the Charlotte Motor Speedway?

08:00 am NASCAR Sprint Cup (Rpt)

REPLAY

Race 12: Coca-Cola 600 @ Charlotte

Tune in on ONE for Race 12 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Charlotte Motor Speedway.

01:30 pm 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.

02:00 pm Pat Callinan's 4x4 Adventures (Rpt) WS G

Tasmania's East Coast

Explore the natural beauty and man-made wonders of Tasmania's East Coast. Join Pat Callinan and the team for a breathtaking 4WD adventure around the Apple Isle.

03:00 pm Trick My Truck (Rpt)

PG
Mild Coarse
Language

The Chrome Shop Mafia tricks out the truck of a former Marine who was taken off active duty when he learned his baby daughter had cancer.

03:30 pm Car Torque (Rpt)

CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

04:00 pm Reel Rock (Rpt)

PG
Some Coarse
Language

Spice Girl

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

04:30 pm Reel Action

SEASON PREMIERE

Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.

05:00 pm Escape With ET (Rpt)

G

Join rugby league and fishing legend, Andrew 'ET' Ettingshausen, as he escapes the city for adventures on land and sea.

06:00 pm Trick My Truck (Rpt)

PG

Watch as the cast of Trick My Truck steps in to build Ben Brownlow a truck that reconnects him to his brother and his Texas roots.



ADELAIDE PROGRAM GUIDE

Saturday 31st May 2014

06:30 pm **Monster Jam**

G

NEW EPISODE

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 metre tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.

07:30 pm **Driving Wars (Rpt)**

PG
Mild Coarse
Language

A team of Norfolk fire fighters go head to head with three teenage Go-Karters. Before one team is declared the winner, they'll be challenged to out run the cops in Police Chase.

08:30 pm **Law & Order: SVU (Rpt)**

CC M
Adult Themes

Asunder

The truth behind the alleged rape of a woman by her police officer husband comes to light when a history of domestic abuse is uncovered.

Starring: Mariska Hargitay, Chris Meloni, Richard Belzer, Ice T , Dann Florek, Stephanie March

09:30 pm **Bellator MMA**

NEW EPISODE

Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.

11:30 pm **Blokesworld (Rpt)**

Blokesworld heads to Avalon in Victoria for The Ultimate Burn Out Challenge; the CZ 452 rifle is road tested on Home on the Range; Meesha competes in Miss Downunder in WA.

12:00 am **48 Hours**

48 Hours is a popular true-crime series, investigating shocking cases and compelling real-life dramas with journalistic integrity and cutting-edge style.

01:00 am **Ross Kemp On Gangs (Rpt)**

AV15+
Strong Violence,
Adult Themes

East Timor

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

02:00 am **World's Toughest Trucker (Rpt)**

PG
Some Coarse
Language

The three remaining truckers face their final challenge when they have to deliver a consignment of clay pots to an isolated monastery in the heart of the Himalayas.



ADELAIDE PROGRAM GUIDE

Saturday 31st May 2014

03:00 am Trick My Truck (Rpt)

PG

Watch as the cast of Trick My Truck steps in to build Ben Brownlow a truck that reconnects him to his brother and his Texas roots.

03:30 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.

04:00 am NASCAR Nationwide Series Highlights (Rpt)

Race 11: History 300 @ Charlotte

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 11 is hosted at the Charlotte Motor Speedway.

05:00 am NASCAR Sprint Cup Highlights (Rpt)

Race 12: Coca-Cola 600 @ Charlotte-Highlights

Catch all the non-stop motorsport action highlights from the Charlotte Motor Speedway. The thrills and spills of NASCAR racing continues with the 12th race of the 2014 Sprint Cup Series.



PERTH PROGRAM GUIDE

Sunday 25th May 2014

06:00 am **The List** (Rpt)

The List - Dynamic Drivers

Out of all the drivers in NASCAR's history, who is the best? Here is our list of the ten most dynamic drivers to ever strap themselves into a stock car.

06:30 am **2014 Tudor United Sports car Championship** (Rpt)

REPLAY

Continental Tire Sports Car Festival (Part 1)

The world famous Laguna Seca circuit hosts MotoGP and many other top categories in world motorsport. It plays host to the 4th round of the 2014 Tudor United Sports car Championship.

09:00 am **2014 Tudor United Sports car Championship** (Rpt)

REPLAY

Continental Tire Sports Car Festival (Part 2)

The world famous Laguna Seca circuit hosts MotoGP and many other top categories in world motorsport. It plays host to the 4th round of the 2014 Tudor United Sports car Championship.

11:30 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.

12:00 pm **2014 Australian Athletics Tour** (Rpt) CC

Perth Track Classic

The Perth Track Classic is the opening leg of the prestigious Australian Athletics Tour for 2014 and will welcome a host of international superstars as well as our country's finest athletes.

01:00 pm **Frontiers Of Construction** (Rpt)

PG

Race For The Sky

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

02:00 pm **The Indestructibles** (Rpt)

PG
Some Coarse
Language,
Adult Themes

15,000-Foot Freefall

A skydiving instructor makes a routine jump from 15,000 feet in the air. But both parachutes fail as he plummets to Earth. How does he survive his ordeal?

03:00 pm **Fit 'n' Flexed** (Rpt)

Hosted by Dayne Hudson, Fit 'N' Flexed cuts through the myths of the fitness industry to bring you the latest in health, fitness & nutrition science.

03:30 pm **Trick My Truck** (Rpt)

PG

The Chrome Shop Mafia tricks out a refrigerated medical-supplies rig. The truck gets a fireplace, a kitchen and a queen-size bed.



PERTH PROGRAM GUIDE

Sunday 25th May 2014

04:00 pm **Adventure Angler**

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

04:30 pm **Golf Getaway**

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

05:00 pm **What's Up Down Under (Rpt)**

CC G

What's Up Down Under is a lifestyle television show that encourages people to travel Australia in recreational vehicles, stay at holiday parks and enjoy the local attractions of each area.

05:30 pm **I Fish**

ALL NEW EPISODES

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

06:00 pm **M*A*S*H (Rpt)**

PG

Big Mac

The 4077th is turned upside down by rumours of a visit from General Douglas MacArthur, but not all personnel are excited.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm **Reel Rock**

PG
Some Coarse
Language

SEASON FINAL

Spice Girl

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

07:00 pm **Fishing Expedition Amazonia (Rpt)**

PG
Some Coarse
Language

Close encounters with alligators, piranha, bats - all this and more, as extreme adventure angler, Steve Townson, takes on some of Brazil's most ferocious predatory freshwater fish.

07:30 pm **2014 FORMULA 1® MONACO GRAND PRIX™**

CC

LIVE

2014 Formula 1 Monaco Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the sixth race of the 2014 FIA F1 World Championship from the Circuit de Monaco.

10:00 pm **Movie: Joy Ride 2: Dead Ahead (Rpt) (2008)**

AV15+
Strong Violence,
Very Coarse
Language,
Horror

MOVIE

A raucous trip to a Las Vegas veers off course for four friends after they steal a car owned by a sadistic, murderous trucker named Rusty Nail.

Starring: Nicki Aycox, Nick Zano, Laura Jordan, Mark Gibbon, Kyle

Sunday 25th May 2014

11:55 pm 48 Hours (Rpt)

M
Adult Themes

The Sweetheart Murders

48 Hours is a popular true-crime series, investigating shocking cases and compelling real-life dramas with journalistic integrity and cutting-edge style.

12:55 am Fight Master MMA (Rpt)

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

01:55 am Ross Kemp On Gangs (Rpt)

MA15+
Strong Adult
Themes

Colombia

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

02:55 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.

03:25 am Sporting Greats (Rpt)

G

Gary Player

Gary Player is widely regarded as one of the greatest players in the history of golf. He accumulated an impressive nine major championships on the regular tour and six Champions Tour major championship victories all by the age of 29.

04:00 am Rugby Classic Matches (Rpt)

Autumn International 2008: England V Australia

Relive the classic match between England and Australia in the 2008 Autumn International at Twickenham in London.



PERTH PROGRAM GUIDE

Monday 26th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am NASCAR Sprint Cup

Race 12: Coca-Cola 600 @ Charlotte

Tune in on ONE for Race 12 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Charlotte Motor Speedway.

01:00 pm 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 pm Trick My Truck (Rpt)

PG

The cast of Trick My Truck want Harry Joe Hooper the travelling do-gooder to have a truck that trully represents the service he provides to his country.

02:00 pm Frontiers Of Construction (Rpt)

G

Monuments: Engineering For Beauty And Time

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

03:00 pm Whose Line Is It Anyway? (Rpt)

PG

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

03:30 pm Whose Line Is It Anyway? (Rpt)

PG
Sexual References,
Mild Coarse
Language

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

04:00 pm Driving Wars (Rpt)

PG

A team of Welsh rally enthusiasts take on a trio of car dealers in TV's most extreme motoring game show. To decide who has automotive bragging rights, the teams must survive The Road from Hell.



PERTH PROGRAM GUIDE

Monday 26th May 2014

05:00 pm	I Fish (Rpt)	WS G	Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm	M*A*S*H (Rpt)	PG	<u>Payday</u> It's Hawkeye's turn as pay officer, but a \$10 oversight causes trouble. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>White Gold</u> Colonel Flagg shows up when penicillin is stolen but Hawkeye and Trapper soon learn the real reason for his arrival. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	World's Toughest Trucker (Rpt)	PG Some Coarse Language	SEASON FINAL The three remaining truckers face their final challenge when they have to deliver a consignment of clay pots to an isolated monastery in the heart of the Himalayas.
08:00 pm	Flip Men (Rpt)	PG Some Coarse Language	<u>Maggot House</u> Doug's recklessness prompts Mike to walk off the job at a house laden with insects, larvae and fungus.
08:30 pm	Undercover Boss	PG Adult Themes	NEW EPISODE <u>Beck Taxi</u> Life on the road takes its toll when the bosses of North America's biggest independent cabbies, Beck Taxi, work in disguise.
09:30 pm	Hell's Kitchen	M Some Coarse Language	NEW EPISODE The four remaining chefs are challenged to teach bachelors how to cook monkfish. The winning chef and a chosen guest get to ride in the Goodyear Blimp.
10:30 pm	Hell's Kitchen	M Some Coarse Language	NEW EPISODE The chefs are given a taste of the Savoy Grill, then told to recreate one of the dishes that they just tasted. One chef makes a bold move. Will it pay off?



PERTH PROGRAM GUIDE

Monday 26th May 2014

11:30 pm **2014 FORMULA 1® MONACO GRAND PRIX™** (Rpt) CC

REPLAY

2014 Formula 1 Monaco Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the sixth race of the 2014 FIA F1 World Championship from the Circuit de Monaco.

02:00 am **The Project Encore** (Rpt) CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

03:00 am **Trick My Truck** (Rpt) G

Be sure to watch as the gang pitches in to help their youngest driver yet and make his old cab over into the meanest dragster on the road.

03:30 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.

04:00 am **NASCAR Nationwide Series Highlights** (Rpt)

Race 10: Get To Know Newton 250 @ Iowa

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 10 is hosted at the Iowa Speedway.

05:00 am **NASCAR Sprint Cup Highlights** (Rpt)

All-Star Challenge @ Charlotte-Highlights

Tune in for all the highlights and the thrills and spills of the All-Star Challenge from the Charlotte Motor Speedway.



PERTH PROGRAM GUIDE

Tuesday 27th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am Fit 'n' Flexed (Rpt)

Hosted by Dayne Hudson, Fit 'N' Flexed cuts through the myths of the fitness industry to bring you the latest in health, fitness & nutrition science.

08:30 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.

09:00 am Reel Rock (Rpt)

PG
Some Coarse
Language

Spice Girl

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

09:30 am Hardliners (Rpt)

PG
Some Coarse
Language

Hardliners is a high seas adventure focusing on a unique breed of men who risk their lives every day chasing lucrative, high-grade wild tuna.

10:00 am The Biggest Loser USA

PG

NEW EPISODE

Halloween Week brings a crazy candy temptation, a haunted maze and a secret is revealed!

12:00 pm Lights Out (Rpt)

M
Some Violence

Combinations

Lights begins serious training for his upcoming fight, but struggles being away from his family.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt)

CC M
WS Some Coarse
Language,
Adult Themes,
Nudity

When an ex-editor causes a disturbance at Federation Square, TR discovers a link to a series of TAB robberies.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm Monster Jam (Rpt)

G

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 metre tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.



PERTH PROGRAM GUIDE

Tuesday 27th May 2014

03:00 pm	Whose Line Is It Anyway? (Rpt)	PG	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
03:30 pm	Whose Line Is It Anyway? (Rpt)	PG Sexual References	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
04:00 pm	Get Smart (Rpt)	PG	<u>The Laser Blazer</u> Max wears a new blazer given to him by a Chinese merchant, Lin Chan. However, he isn't aware of a weapon in the blazer and is mystified as objects disappear around him. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	Fishing Edge (Rpt)	G	Hosted by Lee Rayner, Fishing Edge is a down to earth DIY fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.
05:00 pm	Fishing Edge (Rpt)	G	SEASON FINAL Hosted by Lee Rayner, Fishing Edge is a down to earth DIY fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.
05:30 pm	I Fish (Rpt)	G	Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm	M*A*S*H (Rpt)	PG	<u>Abyssinia, Henry</u> Henry gets his discharge making Frank the commanding officer of the 4077th M*A*S*H unit. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>Welcome To Korea (1)</u> Trapper is shipped home while Hawkeye is on R&R. Hawkeye speeds to Kimpo with Radar to catch Trapper's plane, but they just miss him. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff



PERTH PROGRAM GUIDE

Tuesday 27th May 2014

07:00 pm COPS

07:30 pm **The Indestructibles**

PG
Some Violence

NEW EPISODE

Flying Car Crash

A teenager's car goes airborne after hitting a guardrail and was sent flying across the highway. How did this teenager's car go airborne and how did he survive a crash that should have killed him?

08:30 pm **COPS: Adults Only**

M

Coast To Coast

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

09:00 pm **COPS: Adults Only (Rpt)**

M

Palm Beach

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

09:30 pm **Ross Kemp On Gangs (Rpt)**

AV15+
Strong Violence,
Adult Themes

East Timor

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

10:30 pm **Super Rugby Extra Time**

PG

Relive all the best bits of the weekend's Super Rugby on Extra Time.

11:30 pm **The Project Encore (Rpt)**

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:30 am **Fight Master MMA (Rpt)**

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

01:30 am **Fishing Expedition Amazonia (Rpt)**

PG
Some Coarse
Language

Close encounters with alligators, piranha, bats - all this and more, as extreme adventure angler, Steve Townson, takes on some of Brazil's most ferocious predatory freshwater fish.

02:00 am **Flip Men (Rpt)**

PG
Some Coarse
Language

Maggot House

Doug's recklessness prompts Mike to walk off the job at a house laden with insects, larvae and fungus.

02:30 am **COPS: Adults Only (Rpt)**

PG
Adult Themes

Coast To Coast

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.



PERTH PROGRAM GUIDE

Tuesday 27th May 2014

03:00 am COPS: Adults Only (Rpt)

PG
Adult Themes

Palm Beach

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

03:30 am Frontiers Of Construction (Rpt)

PG

Race For The Sky

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

04:30 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.

05:00 am 2014 Australian Athletics Tour (Rpt) CC

Perth Track Classic

The Perth Track Classic is the opening leg of the prestigious Australian Athletics Tour for 2014 and will welcome a host of international superstars as well as our country's finest athletes.



PERTH PROGRAM GUIDE

Wednesday 28th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am Wild Racers (Rpt)

Competitors from around the globe will gather in South Australia for the internationally renowned adventure race series Wild Racers for the final leg of the season. Who will come out on top?

09:00 am Car Torque (Rpt)

CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

09:30 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.

10:00 am The Biggest Loser USA

PG

NEW EPISODE

A high-stakes calorie challenge realigns the teams and causes a whole lot of drama on the ranch.

12:00 pm Lights Out (Rpt)

M
Some Violence,
A Sex Scene

Crossroads

Lights battles more obstacles in his life, both professional and personal. He enters a real fight and although he wins he doesn't look too good.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt)

CC M
WS Some Violence,
Adult Themes

When teenagers blow up a series of parking pay stations, TR races to prevent them killing themselves and innocent bystanders.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm World's Toughest Trucker (Rpt)

PG
Some Coarse
Language

The three remaining truckers face their final challenge when they have to deliver a consignment of clay pots to an isolated monastery in the heart of the Himalayas.



PERTH PROGRAM GUIDE

Wednesday 28th May 2014

03:00 pm Super Rugby Extra Time (Rpt)	PG	Relive all the best bits of the weekend's Super Rugby on Extra Time.
04:00 pm Get Smart (Rpt)	PG	<p data-bbox="810 465 1010 497"><u>The Farkas Fracas</u></p> <p data-bbox="810 506 1517 584">When Agent 99 is caught without dessert, she gratefully accepts chocolate mousse from her solicitous neighbour Naomi Farkas, who is secretly working for KAOS.</p> <p data-bbox="810 607 1334 633">Starring: Don Adams, Barbara Feldon, Edward Platt</p>
04:30 pm COPS		
05:00 pm I Fish (Rpt)	WS G	Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm M*A*S*H (Rpt)	PG	<p data-bbox="810 913 1050 945"><u>Welcome To Korea (2)</u></p> <p data-bbox="810 954 1517 1010">While at Kimpo, Haweye and Radar pick up BJ Hunnicut and take him back to camp. On the way back, BJ is introduced to the Korean War.</p> <p data-bbox="810 1032 1409 1059">Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff</p>
06:30 pm M*A*S*H (Rpt)	PG	<p data-bbox="810 1160 1043 1191"><u>Change Of Command</u></p> <p data-bbox="810 1200 1517 1256">Colonel Sherman Potter assumes command of the 4077th and learns that life at a M*A*S*H unit is hardly normal.</p> <p data-bbox="810 1279 1409 1305">Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff</p>
07:00 pm COPS		
07:30 pm White Collar (Rpt)	PG	<p data-bbox="810 1480 938 1512"><u>Empire City</u></p> <p data-bbox="810 1520 1517 1599">Peter and Neal work a forgery and money laundering case that leads them into two of the most iconic New York institutions, taxi cabs and jazz.</p> <p data-bbox="810 1621 1315 1648">Starring: Matt Bomer, Tim Dekay, Tiffani Thiessen</p>
08:30 pm Burn Notice	M Some Violence	<p data-bbox="810 1727 1034 1758">SEASON FINAL</p> <p data-bbox="810 1767 927 1798"><u>Reckoning</u></p> <p data-bbox="810 1807 1517 1886">In the series finale, Michael tries to regain the trust of his friends as they go on the run. Meanwhile, James tries to make him pay for his betrayal.</p> <p data-bbox="810 1908 1458 1986">Starring: Jeffery Donovan, Gabrielle Anwar, Coby Bell, Bruce Campbell, Alona Tal, Jack Coleman, Sharon Gless, John Pyper-Ferguson</p> <p data-bbox="810 2009 1074 2036">Guest Starring: Alan Ruck</p>



PERTH PROGRAM GUIDE

Wednesday 28th May 2014

09:30 pm **The Killing**

M
Some Violence

SEASON PREMIERE

The Jungle

Detective Holder and his new partner investigate the murder of a 14 year-old hooker who had her throat slit. When parallels are made with an earlier case of Linden's, she's pulled back into the game.

Starring: Mireille Enos, Joel Kinnaman, Hugh Dillon, Amy Seimetz, Peter Sarsgaard

10:30 pm **Breakout Kings**

M
Some Violence,
Sexual References

ALL NEW EPISODES

I Smell Emmy

The team hunt a female fugitive, who may have been assisted by a prison volunteer.

Starring: Laz Alonso, Domenick Lombardozzi, Brooke Nevin, Malcolm Goodwin

11:30 pm **The Glades**

M
Some Violence

ALL NEW EPISODES

Swamp Thing

When a Coast Guard Marine's finger is found inside a dead boar's stomach, Jim and Carlos go on a hunt to find the killer, which results in uncovering something bigger than just a murder.

Starring: Matt Passmore, Kiele Sanchez, Carlos Gomez, Michelle Hurd, Jordan Wall

12:30 am **The Project Encore** (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

01:30 am **Ross Kemp On Gangs** (Rpt)

AV15+
Strong Violence,
Adult Themes

East Timor

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

02:30 am **The Indestructibles** (Rpt)

PG
Some Violence

Flying Car Crash

A teenager's car goes airborne after hitting a guardrail and was sent flying across the highway. How did this teenager's car go airborne and how did he survive a crash that should have killed him?

03:30 am **Adventure Angler** (Rpt)

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.



PERTH PROGRAM GUIDE

Wednesday 28th May 2014

04:00 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.

04:30 am Golf Getaway (Rpt)

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

05:00 am Wild Racers (Rpt)

Competitors from around the globe will gather in South Australia for the internationally renowned adventure race series Wild Racers for the final leg of the season. Who will come out on top?



PERTH PROGRAM GUIDE

Thursday 29th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am 2014 FORMULA 1® MONACO GRAND PRIX™ (Rpt) CC

REPLAY

2014 Formula 1 Monaco Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the sixth race of the 2014 FIA F1 World Championship from the Circuit de Monaco.

10:00 am The Biggest Loser USA PG

NEW EPISODE

Season 11 winner Olivia Ward and chef Devin Alexander host a cooking challenge with an awesome prize!

12:00 pm Lights Out (Rpt) M

Head Games

Robert thinks his son should quit boxing so Lights turns to another trainer, Ed Romeo. Meanwhile, Pat's daughter Ava wants to go to the prom, but her mother has concerns.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt) CC M
WS Some Violence

TR is called to a domestic siege on the outskirts of Melbourne where they journey into dense bush to save a young boy.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm The Glades (Rpt) M
Some Violence

Swamp Thing

When a Coast Guard Marine's finger is found inside a dead boar's stomach, Jim and Carlos go on a hunt to find the killer, which results in uncovering something bigger than just a murder.

Starring: Matt Passmore, Kiele Sanchez, Carlos Gomez, Michelle Hurd, Jordan Wall

03:00 pm Whose Line Is It Anyway? (Rpt) PG

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady



PERTH PROGRAM GUIDE

Thursday 29th May 2014

- 03:30 pm Whose Line Is It Anyway? (Rpt)** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 04:00 pm Get Smart (Rpt)** PG
Temporarily Out Of Control
Max as an ensign and the Chief as a yeoman suddenly realise they'd better get off the ship if they are to thwart a KAOS plot.
Starring: Don Adams, Barbara Feldon, Edward Platt
- 04:30 pm COPS**
- 05:00 pm I Fish (Rpt)** WS G
Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
- 06:00 pm M*A*S*H (Rpt)** PG
IT Happened ONE Night
The 4077th is shaken up by heavy artillery during a long, cold night.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 06:30 pm M*A*S*H (Rpt)** PG
The Late Captain Pierce
The Army mistakenly lists Hawkeye as dead, but Hawkeye takes advantage of the situation hoping it'll get him home.
Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
- 07:00 pm COPS**
- 07:30 pm Whose Line Is It Anyway?** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady
- 08:00 pm Whose Line Is It Anyway?** PG
Sexual References
An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.
Starring: Drew Carey, Wayne Brady



PERTH PROGRAM GUIDE

Thursday 29th May 2014

08:30 pm **Movie: Planet Of The Apes** (Rpt)
(1968)

M
Some Violence

MOVIE

A crew of astronauts crash lands on a planet in the distant future where intelligent talking apes are the dominant species, and humans are the oppressed and enslaved.

Starring: Charlton Heston, Roddy McDowall, Kim Hunter, Maurice Evans, Linda Harrison, James Whitmore, Lou Wagner

10:55 pm **Blokesworld**

NEW EPISODE

Blokesworld heads to Avalon in Victoria for The Ultimate Burn Out Challenge; the CZ 452 rifle is road tested on Home on the Range; Meesha competes in Miss Downunder in WA.

11:25 pm **The Project Encore** (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:25 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.

12:30 am **NASCAR Sprint Cup** (Rpt)

REPLAY

Race 12: Coca-Cola 600 @ Charlotte

Tune in on ONE for Race 12 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Charlotte Motor Speedway.



PERTH PROGRAM GUIDE

Friday 30th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am NASCAR Nationwide Series Highlights

Race 11: History 300 @ Charlotte

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 11 is hosted at the Charlotte Motor Speedway.

09:00 am NASCAR Sprint Cup Highlights

Race 12: Coca-Cola 600 @ Charlotte-Highlights

Catch all the non-stop motorsport action highlights from the Charlotte Motor Speedway. The thrills and spills of NASCAR racing continues with the 12th race of the 2014 Sprint Cup Series.

10:00 am The Biggest Loser USA

PG

NEW EPISODE

Apolo Ohno guest stars as the game flips to singles and the contestants compete in a pentathlon for immunity!

12:00 pm Lights Out (Rpt)

M
Some Violence

Inflight

Ed Romeo continues to train Lights in his unorthodox but effective manner. Lights feels in the best shape of his life, but Romeo's constant disdain for his father, brother and sister wears on him.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt)

CC M
WS

Stella's future in TR is threatened when she becomes involved in an illegal car race.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm Undercover Boss (Rpt)

PG
Adult Themes

Beck Taxi

Life on the road takes its toll when the bosses of North America's biggest independent cabbies, Beck Taxi, work in disguise.

03:00 pm Whose Line Is It Anyway? (Rpt)

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady



PERTH PROGRAM GUIDE

Friday 30th May 2014

03:30 pm	Whose Line Is It Anyway? (Rpt)	PG Sexual References	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
04:00 pm	Get Smart (Rpt)	PG	<u>Schwartz's Island</u> The Smarts' honeymoon cruise ends when their sailboat blows up. They drift to an uncharted island, which soon proves to be owned by KAOS chief Seigfried. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS		
05:00 pm	I Fish (Rpt)	WS G	Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm	M*A*S*H (Rpt)	PG	<u>Hey, Doc</u> The 4077th is bombarded with requests for special favors, and a sniper begins firing at the compound. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H (Rpt)	PG	<u>The Bus</u> Hawkeye, BJ, Frank, Potter and Radar get stranded in unfamiliar territory when their bus breaks down on their way back from a medical conference. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS		
07:30 pm	Frontiers Of Construction (Rpt)	G	<u>Dream Factories</u> Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.
08:30 pm	Frontiers Of Construction (Rpt)	PG Adult Themes	<u>Building For Disasters</u> Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.



PERTH PROGRAM GUIDE

Friday 30th May 2014

09:30 pm **Movie: Crash And Burn** (Rpt) (2008)

AV15+
Strong Violence

MOVIE

When the FBI catch a professional car thief red-handed, he's given a choice: go to prison or cooperate with the feds & help them bring down a car theft operation led by the notorious Vincent Scaillo.

Starring: Erik Palladino, Michael Madsen, David Moscow, Peter Jason, Owen Beckman

11:20 pm **The League**

MA15+
Sexual References

NEW EPISODE

The Bye Week

Ruxin misses his flight for a business trip and decides to hide out in Chicago instead of going home. Meanwhile, Taco Corp. gets its first Worldwide Headquarters.

Starring: Nick Kroll, Steve Rannazzisi, Mark Duplass, Paul Scheer, Jon Lajoie

11:50 pm **The Project Encore** (Rpt)

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:50 am **The Indestructibles** (Rpt)

PG
Some Violence

Flying Car Crash

A teenager's car goes airborne after hitting a guardrail and was sent flying across the highway. How did this teenager's car go airborne and how did he survive a crash that should have killed him?

01:50 am **Fight Master MMA** (Rpt)

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

02:50 am **Driving Wars** (Rpt)

PG

A team of Welsh rally enthusiasts take on a trio of car dealers in TV's most extreme motoring game show. To decide who has automotive bragging rights, the teams must survive The Road from Hell.

03:50 am **Flip Men** (Rpt)

PG
Some Coarse
Language

Maggot House

Doug's recklessness prompts Mike to walk off the job at a house laden with insects, larvae and fungus.

04:20 am **Trick My Truck** (Rpt)

PG

The Chrome Shop Mafia tricks out a refrigerated medical-supplies rig. The truck gets a fireplace, a kitchen and a queen-size bed.

04:50 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.



PERTH PROGRAM GUIDE

Friday 30th May 2014

05:00 am **Sporting Greats** (Rpt)

G

Mal Meninga

Mal Meninga was a legendary goal-kicking centre, counted amongst the finest footballers of the 20th century. He retired as the top point scorer in the history of the Australian national team and top point scorer for Queensland.

05:30 am **Dirty Weekend** (Rpt)

G

Dirty Weekend

The inaugural running of what is the world's longest assault course. In a festival setting, competitors take on a 20 mile route with 20 zones and over 200 obstacles to be tamed.



PERTH PROGRAM GUIDE

Saturday 31st May 2014

06:00 am Golf Getaway (Rpt)

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

06:30 am NASCAR Sprint Cup Qualifying

Race 12: Coca-Cola 600 @ Charlotte-Qualifying

Who will claim pole position in qualifying ahead of race 12 from the Charlotte Motor Speedway?

08:00 am NASCAR Sprint Cup (Rpt)

REPLAY

Race 12: Coca-Cola 600 @ Charlotte

Tune in on ONE for Race 12 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Charlotte Motor Speedway.

01:30 pm 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.

02:00 pm Pat Callinan's 4x4 Adventures (Rpt) WS G

Tasmania's East Coast

Explore the natural beauty and man-made wonders of Tasmania's East Coast. Join Pat Callinan and the team for a breathtaking 4WD adventure around the Apple Isle.

03:00 pm Trick My Truck (Rpt)

PG
Mild Coarse
Language

The Chrome Shop Mafia tricks out the truck of a former Marine who was taken off active duty when he learned his baby daughter had cancer.

03:30 pm Car Torque (Rpt)

CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

04:00 pm Reel Rock (Rpt)

PG
Some Coarse
Language

Spice Girl

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

04:30 pm Reel Action

SEASON PREMIERE

Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.

05:00 pm Escape With ET (Rpt)

G

Join rugby league and fishing legend, Andrew 'ET' Ettingshausen, as he escapes the city for adventures on land and sea.

06:00 pm Trick My Truck (Rpt)

PG

Watch as the cast of Trick My Truck steps in to build Ben Brownlow a truck that reconnects him to his brother and his Texas roots.



PERTH PROGRAM GUIDE

Saturday 31st May 2014

06:30 pm **Monster Jam**

G

NEW EPISODE

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 metre tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.

07:30 pm **Driving Wars (Rpt)**

PG
Mild Coarse
Language

A team of Norfolk fire fighters go head to head with three teenage Go-Karters. Before one team is declared the winner, they'll be challenged to out run the cops in Police Chase.

08:30 pm **Law & Order: SVU (Rpt)**

CC M
Adult Themes

Asunder

The truth behind the alleged rape of a woman by her police officer husband comes to light when a history of domestic abuse is uncovered.

Starring: Mariska Hargitay, Chris Meloni, Richard Belzer, Ice T , Dann Florek, Stephanie March

09:30 pm **Bellator MMA**

NEW EPISODE

Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.

11:30 pm **Blokesworld (Rpt)**

Blokesworld heads to Avalon in Victoria for The Ultimate Burn Out Challenge; the CZ 452 rifle is road tested on Home on the Range; Meesha competes in Miss Downunder in WA.

12:00 am **48 Hours**

48 Hours is a popular true-crime series, investigating shocking cases and compelling real-life dramas with journalistic integrity and cutting-edge style.

01:00 am **Ross Kemp On Gangs (Rpt)**

AV15+
Strong Violence,
Adult Themes

East Timor

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

02:00 am **World's Toughest Trucker (Rpt)**

PG
Some Coarse
Language

The three remaining truckers face their final challenge when they have to deliver a consignment of clay pots to an isolated monastery in the heart of the Himalayas.



PERTH PROGRAM GUIDE

Saturday 31st May 2014

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Race 12: Coca-Cola 600 @ Charlotte-Highlights

Catch all the non-stop motorsport action highlights from the Charlotte Motor Speedway. The thrills and spills of NASCAR racing continues with the 12th race of the 2014 Sprint Cup Series.



TASMANIA PROGRAM GUIDE

Sunday 25th May 2014

06:00 am The List

The List - Dynamic Drivers

Out of all the drivers in NASCAR's history, who is the best? Here is our list of the ten most dynamic drivers to ever strap themselves into a stock car.

06:30 am 2014 Tudor United Sports car Championship

REPLAY

Continental Tire Sports Car Festival (Part 1)

The world famous Laguna Seca circuit hosts MotoGP and many other top categories in world motorsport. It plays host to the 4th round of the 2014 Tudor United Sports car Championship.

09:00 am 2014 Tudor United Sports car Championship

REPLAY

Continental Tire Sports Car Festival (Part 2)

The world famous Laguna Seca circuit hosts MotoGP and many other top categories in world motorsport. It plays host to the 4th round of the 2014 Tudor United Sports car Championship.

11:30 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.

12:00 pm 2014 Australian Athletics Tour CC

Perth Track Classic

The Perth Track Classic is the opening leg of the prestigious Australian Athletics Tour for 2014 and will welcome a host of international superstars as well as our country's finest athletes.

01:00 pm Frontiers Of Construction PG

Race For The Sky

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

02:00 pm The Indestructibles PG
Some Coarse Language,
Adult Themes

15,000-Foot Freefall

A skydiving instructor makes a routine jump from 15,000 feet in the air. But both parachutes fail as he plummets to Earth. How does he survive his ordeal?

03:00 pm Fit 'n' Flexed

Hosted by Dayne Hudson, Fit 'N' Flexed cuts through the myths of the fitness industry to bring you the latest in health, fitness & nutrition science.

03:30 pm Trick My Truck PG

The Chrome Shop Mafia tricks out a refrigerated medical-supplies rig. The truck gets a fireplace, a kitchen and a queen-size bed.



TASMANIA PROGRAM GUIDE

Sunday 25th May 2014

04:00 pm Adventure Angler

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.

04:30 pm Golf Getaway

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

05:00 pm What's Up Down Under

CC G

What's Up Down Under is a lifestyle television show that encourages people to travel Australia in recreational vehicles, stay at holiday parks and enjoy the local attractions of each area.

05:30 pm I Fish

ALL NEW EPISODES

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

06:00 pm M*A*S*H

PG

Big Mac

The 4077th is turned upside down by rumours of a visit from General Douglas MacArthur, but not all personnel are excited.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm Reel Rock

PG
Some Coarse
Language

SEASON FINAL

Spice Girl

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

07:00 pm Fishing Expedition Amazonia

PG
Some Coarse
Language

Close encounters with alligators, piranha, bats - all this and more, as extreme adventure angler, Steve Townson, takes on some of Brazil's most ferocious predatory freshwater fish.

07:30 pm Hardliners

PG
Some Coarse
Language

Hardliners is a high seas adventure focusing on a unique breed of men who risk their lives every day chasing lucrative, high-grade wild tuna.

08:00 pm Extreme Fishing With Robson Green

PG
Some Coarse
Language,
Adult Themes

Senegal

Robson Green heads to the coast of west Africa, where he begins by hunting for the Atlantic sailfish.



TASMANIA PROGRAM GUIDE

Sunday 25th May 2014

09:00 pm **Bondi Rescue - Encore**

CC PG
Some Coarse
Language,
Adult Themes

SPECIAL ENCORE PRESENTATION

Bondi Rescue Best Of Part 1

In the first instalment of a two-part season finale special, we take a swim down memory beach as we revisit the very best moments from seasons past.

09:30 pm **Movie: Paycheck (2003)**

M
Some Violence

MOVIE

What seemed like an easy idea for an engineer to gain millions of dollars, leaves him on the run for his life and piecing together why he's being chased.

Starring: Ben Affleck, Aaron Eckhart, Uma Thurman, Paul Giamatti, Colm Feore, Joe Morton, Kathryn Morris, Ivana Milicevic

11:55 pm **48 Hours**

M
Adult Themes

The Sweetheart Murders

48 Hours is a popular true-crime series, investigating shocking cases and compelling real-life dramas with journalistic integrity and cutting-edge style.

12:55 am **Fight Master MMA**

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

01:55 am **Ross Kemp On Gangs**

MA15+
Strong Adult
Themes

Colombia

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

02:55 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.

03:25 am **Sporting Greats**

G

Gary Player

Gary Player is widely regarded as one of the greatest players in the history of golf. He accumulated an impressive nine major championships on the regular tour and six Champions Tour major championship victories all by the age of 29.

04:00 am **Rugby Classic Matches**

Autumn International 2008: England V Australia

Relive the classic match between England and Australia in the 2008 Autumn International at Twickenham in London.



TASMANIA PROGRAM GUIDE

Monday 26th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am NASCAR Sprint Cup

LIVE

Race 12: Coca-Cola 600 @ Charlotte

Tune in on ONE for Race 12 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Charlotte Motor Speedway.

01:00 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.

01:30 pm Trick My Truck

PG

The cast of Trick My Truck want Harry Joe Hooper the travelling do-gooder to have a truck that trully represents the service he provides to his country.

02:00 pm Frontiers Of Construction

G

Monuments: Engineering For Beauty And Time

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

03:00 pm Whose Line Is It Anyway? (Rpt)

PG

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

03:30 pm Whose Line Is It Anyway? (Rpt)

PG
Sexual References,
Mild Coarse
Language

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady

04:00 pm Driving Wars

PG

A team of Welsh rally enthusiasts take on a trio of car dealers in TV's most extreme motoring game show. To decide who has automotive bragging rights, the teams must survive The Road from Hell.



TASMANIA PROGRAM GUIDE

Monday 26th May 2014

05:00 pm I Fish (Rpt)

WS G

Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.

06:00 pm M*A*S*H

PG

Payday

It's Hawkeye's turn as pay officer, but a \$10 oversight causes trouble.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

06:30 pm M*A*S*H

PG

White Gold

Colonel Flagg shows up when penicillin is stolen but Hawkeye and Trapper soon learn the real reason for his arrival.

Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff

07:00 pm World's Toughest Trucker

PG
Some Coarse
Language

SEASON FINAL

The three remaining truckers face their final challenge when they have to deliver a consignment of clay pots to an isolated monastery in the heart of the Himalayas.

08:00 pm Flip Men

PG
Some Coarse
Language

Maggot House

Doug's recklessness prompts Mike to walk off the job at a house laden with insects, larvae and fungus.

08:30 pm Undercover Boss

PG
Adult Themes

NEW EPISODE

Beck Taxi

Life on the road takes its toll when the bosses of North America's biggest independent cabbies, Beck Taxi, work in disguise.

09:30 pm Hell's Kitchen

M
Some Coarse
Language

NEW EPISODE

The four remaining chefs are challenged to teach bachelors how to cook monkfish. The winning chef and a chosen guest get to ride in the Goodyear Blimp.

10:30 pm Hell's Kitchen

M
Some Coarse
Language

NEW EPISODE

The chefs are given a taste of the Savoy Grill, then told to recreate one of the dishes that they just tasted. One chef makes a bold move. Will it pay off?



TASMANIA PROGRAM GUIDE

Monday 26th May 2014

11:30 pm 2014 FORMULA 1® MONACO GRAND PRIX™ CC

REPLAY

2014 Formula 1 Monaco Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the sixth race of the 2014 FIA F1 World Championship from the Circuit de Monaco.

02:00 am The Project Encore CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

03:00 am Trick My Truck G

Be sure to watch as the gang pitches in to help their youngest driver yet and make his old cab over into the meanest dragster on the road.

03:30 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.

04:00 am NASCAR Nationwide Series Highlights

Race 10: Get To Know Newton 250 @ Iowa

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 10 is hosted at the Iowa Speedway.

05:00 am NASCAR Sprint Cup Highlights

All-Star Challenge @ Charlotte-Highlights

Tune in for all the highlights and the thrills and spills of the All-Star Challenge from the Charlotte Motor Speedway.



TASMANIA PROGRAM GUIDE

Tuesday 27th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am Fit 'n' Flexed

Hosted by Dayne Hudson, Fit 'N' Flexed cuts through the myths of the fitness industry to bring you the latest in health, fitness & nutrition science.

08:30 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.

09:00 am Reel Rock

PG
Some Coarse
Language

Spice Girl

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

09:30 am Hardliners

PG
Some Coarse
Language

Hardliners is a high seas adventure focusing on a unique breed of men who risk their lives every day chasing lucrative, high-grade wild tuna.

10:00 am The Biggest Loser USA

PG

NEW EPISODE

Halloween Week brings a crazy candy temptation, a haunted maze and a secret is revealed!

12:00 pm Lights Out

M
Some Violence

Combinations

Lights begins serious training for his upcoming fight, but struggles being away from his family.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt)

CC M
WS Some Coarse
Language,
Adult Themes,
Nudity

When an ex-editor causes a disturbance at Federation Square, TR discovers a link to a series of TAB robberies.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm Monster Jam

G

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 metre tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.



TASMANIA PROGRAM GUIDE

Tuesday 27th May 2014

03:00 pm	Whose Line Is It Anyway?	PG	<p>An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.</p> <p>Starring: Drew Carey, Wayne Brady</p>
03:30 pm	Whose Line Is It Anyway?	PG Sexual References	<p>An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.</p> <p>Starring: Drew Carey, Wayne Brady</p>
04:00 pm	Get Smart	PG	<p><u>The Laser Blazer</u></p> <p>Max wears a new blazer given to him by a Chinese merchant, Lin Chan. However, he isn't aware of a weapon in the blazer and is mystified as objects disappear around him.</p> <p>Starring: Don Adams, Barbara Feldon, Edward Platt</p>
04:30 pm	Fishing Edge	G	<p>Hosted by Lee Rayner, Fishing Edge is a down to earth DIY fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.</p>
05:00 pm	Fishing Edge	G	<p>SEASON FINAL</p> <p>Hosted by Lee Rayner, Fishing Edge is a down to earth DIY fishing program that travels the length and breadth of Australia visiting some of the country's most remote and beautiful places.</p>
05:30 pm	I Fish (Rpt)	G	<p>Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.</p>
06:00 pm	M*A*S*H	PG	<p><u>Abyssinia, Henry</u></p> <p>Henry gets his discharge making Frank the commanding officer of the 4077th M*A*S*H unit.</p> <p>Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff</p>
06:30 pm	M*A*S*H	PG	<p><u>Welcome To Korea (1)</u></p> <p>Trapper is shipped home while Hawkeye is on R&R. Hawkeye speeds to Kimpo with Radar to catch Trapper's plane, but they just miss him.</p> <p>Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff</p>



TASMANIA PROGRAM GUIDE

Tuesday 27th May 2014

07:00 pm COPS

07:30 pm **The Indestructibles**

PG
Some Violence

NEW EPISODE

Flying Car Crash

A teenager's car goes airborne after hitting a guardrail and was sent flying across the highway. How did this teenager's car go airborne and how did he survive a crash that should have killed him?

08:30 pm **COPS: Adults Only**

M

Coast To Coast

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

09:00 pm **COPS: Adults Only**

M

Palm Beach

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

09:30 pm **Ross Kemp On Gangs**

AV15+
Strong Violence,
Adult Themes

East Timor

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

10:30 pm **Super Rugby Extra Time**

PG

Relive all the best bits of the weekend's Super Rugby on Extra Time.

11:30 pm **The Project Encore**

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:30 am **Fight Master MMA**

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

01:30 am **Fishing Expedition Amazonia**

PG
Some Coarse
Language

Close encounters with alligators, piranha, bats - all this and more, as extreme adventure angler, Steve Townson, takes on some of Brazil's most ferocious predatory freshwater fish.

02:00 am **Flip Men**

PG
Some Coarse
Language

Maggot House

Doug's recklessness prompts Mike to walk off the job at a house laden with insects, larvae and fungus.

02:30 am **COPS: Adults Only**

PG
Adult Themes

Coast To Coast

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.



TASMANIA PROGRAM GUIDE

Tuesday 27th May 2014

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Adult Themes

Palm Beach

This series documents the personal and professional lives of the police officers enforcing the troubled streets of America.

03:30 am Frontiers Of Construction

PG

Race For The Sky

Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.

04:30 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.

05:00 am 2014 Australian Athletics Tour

CC

Perth Track Classic

The Perth Track Classic is the opening leg of the prestigious Australian Athletics Tour for 2014 and will welcome a host of international superstars as well as our country's finest athletes.



TASMANIA PROGRAM GUIDE

Wednesday 28th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am Wild Racers

Competitors from around the globe will gather in South Australia for the internationally renowned adventure race series Wild Racers for the final leg of the season. Who will come out on top?

09:00 am Car Torque

CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

09:30 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.

10:00 am The Biggest Loser USA

PG

NEW EPISODE

A high-stakes calorie challenge realigns the teams and causes a whole lot of drama on the ranch.

12:00 pm Lights Out

M
Some Violence,
A Sex Scene

Crossroads

Lights battles more obstacles in his life, both professional and personal. He enters a real fight and although he wins he doesn't look too good.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt)

CC M
WS Some Violence,
Adult Themes

When teenagers blow up a series of parking pay stations, TR races to prevent them killing themselves and innocent bystanders.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm World's Toughest Trucker

PG
Some Coarse
Language

The three remaining truckers face their final challenge when they have to deliver a consignment of clay pots to an isolated monastery in the heart of the Himalayas.



TASMANIA PROGRAM GUIDE

Wednesday 28th May 2014

03:00 pm	Super Rugby Extra Time	PG	Relive all the best bits of the weekend's Super Rugby on Extra Time.
04:00 pm	Get Smart	PG	<u>The Farkas Fracas</u> When Agent 99 is caught without dessert, she gratefully accepts chocolate mousse from her solicitous neighbour Naomi Farkas, who is secretly working for KAOS. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS		
05:00 pm	I Fish (Rpt)	WS G	Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm	M*A*S*H	PG	<u>Welcome To Korea (2)</u> While at Kimpo, Haweye and Radar pick up BJ Hunnicut and take him back to camp. On the way back, BJ is introduced to the Korean War. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H	PG	<u>Change Of Command</u> Colonel Sherman Potter assumes command of the 4077th and learns that life at a M*A*S*H unit is hardly normal. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS		
07:30 pm	White Collar	PG	<u>Empire City</u> Peter and Neal work a forgery and money laundering case that leads them into two of the most iconic New York institutions, taxi cabs and jazz. Starring: Matt Bomer, Tim Dekay, Tiffani Thiessen
08:30 pm	Burn Notice	M Some Violence	SEASON FINAL <u>Reckoning</u> In the series finale, Michael tries to regain the trust of his friends as they go on the run. Meanwhile, James tries to make him pay for his betrayal. Starring: Jeffery Donovan, Gabrielle Anwar, Coby Bell, Bruce Campbell, Alona Tal, Jack Coleman, Sharon Gless, John Pyper-Ferguson Guest Starring: Alan Ruck



TASMANIA PROGRAM GUIDE

Wednesday 28th May 2014

09:30 pm **The Killing**

M
Some Violence

SEASON PREMIERE

The Jungle

Detective Holder and his new partner investigate the murder of a 14 year-old hooker who had her throat slit. When parallels are made with an earlier case of Linden's, she's pulled back into the game.

Starring: Mireille Enos, Joel Kinnaman, Hugh Dillon, Amy Seimetz, Peter Sarsgaard

10:30 pm **Breakout Kings**

M
Some Violence,
Sexual References

ALL NEW EPISODES

I Smell Emmy

The team hunt a female fugitive, who may have been assisted by a prison volunteer.

Starring: Laz Alonso, Domenick Lombardozzi, Brooke Nevin, Malcolm Goodwin

11:30 pm **The Glades**

M
Some Violence

ALL NEW EPISODES

Swamp Thing

When a Coast Guard Marine's finger is found inside a dead boar's stomach, Jim and Carlos go on a hunt to find the killer, which results in uncovering something bigger than just a murder.

Starring: Matt Passmore, Kiele Sanchez, Carlos Gomez, Michelle Hurd, Jordan Wall

12:30 am **The Project Encore**

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

01:30 am **Ross Kemp On Gangs**

AV15+
Strong Violence,
Adult Themes

East Timor

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

02:30 am **The Indestructibles**

PG
Some Violence

Flying Car Crash

A teenager's car goes airborne after hitting a guardrail and was sent flying across the highway. How did this teenager's car go airborne and how did he survive a crash that should have killed him?

03:30 am **Adventure Angler**

G

Join Micah Adams as he travels to exotic destinations and the adventures he has getting there. Featuring high adventure sports and intense fishing action.



TASMANIA PROGRAM GUIDE

Wednesday 28th May 2014

04:00 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.

04:30 am Golf Getaway

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

05:00 am Wild Racers

Competitors from around the globe will gather in South Australia for the internationally renowned adventure race series Wild Racers for the final leg of the season. Who will come out on top?



TASMANIA PROGRAM GUIDE

Thursday 29th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am 2014 FORMULA 1® MONACO GRAND PRIX™ CC

REPLAY

2014 Formula 1 Monaco Grand Prix

Join Greg Rust and Alan Jones as they bring you all the action from the sixth race of the 2014 FIA F1 World Championship from the Circuit de Monaco.

10:00 am The Biggest Loser USA PG

NEW EPISODE

Season 11 winner Olivia Ward and chef Devin Alexander host a cooking challenge with an awesome prize!

12:00 pm Lights Out M

Head Games

Robert thinks his son should quit boxing so Lights turns to another trainer, Ed Romeo. Meanwhile, Pat's daughter Ava wants to go to the prom, but her mother has concerns.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm Rush (Rpt) CC M
WS Some Violence

TR is called to a domestic siege on the outskirts of Melbourne where they journey into dense bush to save a young boy.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm The Glades M
Some Violence

Swamp Thing

When a Coast Guard Marine's finger is found inside a dead boar's stomach, Jim and Carlos go on a hunt to find the killer, which results in uncovering something bigger than just a murder.

Starring: Matt Passmore, Kiele Sanchez, Carlos Gomez, Michelle Hurd, Jordan Wall

03:00 pm Whose Line Is It Anyway? PG

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady



TASMANIA PROGRAM GUIDE

Thursday 29th May 2014

03:30 pm	Whose Line Is It Anyway?	PG Sexual References	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
04:00 pm	Get Smart	PG	<u>Temporarily Out Of Control</u> Max as an ensign and the Chief as a yeoman suddenly realise they'd better get off the ship if they are to thwart a KAOS plot. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS		
05:00 pm	I Fish (Rpt)	WS G	Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm	M*A*S*H	PG	<u>IT Happened ONE Night</u> The 4077th is shaken up by heavy artillery during a long, cold night. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H	PG	<u>The Late Captain Pierce</u> The Army mistakenly lists Hawkeye as dead, but Hawkeye takes advantage of the situation hoping it'll get him home. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS		
07:30 pm	Whose Line Is It Anyway?	PG Sexual References	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
08:00 pm	Whose Line Is It Anyway?	PG Sexual References	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady



TASMANIA PROGRAM GUIDE

Thursday 29th May 2014

08:30 pm **Movie: Planet Of The Apes** (Rpt)
(1968)

M
Some Violence

MOVIE

A crew of astronauts crash lands on a planet in the distant future where intelligent talking apes are the dominant species, and humans are the oppressed and enslaved.

Starring: Charlton Heston, Roddy McDowall, Kim Hunter, Maurice Evans, Linda Harrison, James Whitmore, Lou Wagner

10:55 pm **Blokesworld**

NEW EPISODE

Blokesworld heads to Avalon in Victoria for The Ultimate Burn Out Challenge; the CZ 452 rifle is road tested on Home on the Range; Meesha competes in Miss Downunder in WA.

11:25 pm **The Project Encore**

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:25 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.

12:30 am **NASCAR Sprint Cup**

REPLAY

Race 12: Coca-Cola 600 @ Charlotte

Tune in on ONE for Race 12 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Charlotte Motor Speedway.



TASMANIA PROGRAM GUIDE

Friday 30th May 2014

06:00 am Home Shopping

06:30 am Home Shopping

07:00 am Home Shopping

07:30 am Home Shopping

08:00 am **NASCAR Nationwide Series Highlights**

Race 11: History 300 @ Charlotte

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 11 is hosted at the Charlotte Motor Speedway.

09:00 am **NASCAR Sprint Cup Highlights**

Race 12: Coca-Cola 600 @ Charlotte-Highlights

Catch all the non-stop motorsport action highlights from the Charlotte Motor Speedway. The thrills and spills of NASCAR racing continues with the 12th race of the 2014 Sprint Cup Series.

10:00 am **The Biggest Loser USA**

PG

NEW EPISODE

Apolo Ohno guest stars as the game flips to singles and the contestants compete in a pentathlon for immunity!

12:00 pm **Lights Out**

M
Some Violence

Inflight

Ed Romeo continues to train Lights in his unorthodox but effective manner. Lights feels in the best shape of his life, but Romeo's constant disdain for his father, brother and sister wears on him.

Starring: Holt McCallany, Catherine McCormack, Pablo Schreiber, Stacy Keach, Meredith Hagner, Ryann Shane, Lily Pilblad, Billy Brown

01:00 pm **Rush (Rpt)**

CC M
WS

Stella's future in TR is threatened when she becomes involved in an illegal car race.

Starring: Callan Mulvey, Catherine McClements, Jolene Anderson, Samuel Johnson, Rodger Corser

02:00 pm **Undercover Boss**

PG
Adult Themes

Beck Taxi

Life on the road takes its toll when the bosses of North America's biggest independent cabbies, Beck Taxi, work in disguise.

03:00 pm **Whose Line Is It Anyway?**

PG
Sexual References

An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey.

Starring: Drew Carey, Wayne Brady



TASMANIA PROGRAM GUIDE

Friday 30th May 2014

03:30 pm	Whose Line Is It Anyway?	PG Sexual References	An improvisational comedy game show in which four players act out various comic games and sketches. Hosted by Drew Carey. Starring: Drew Carey, Wayne Brady
04:00 pm	Get Smart	PG	<u>Schwartz's Island</u> The Smarts' honeymoon cruise ends when their sailboat blows up. They drift to an uncharted island, which soon proves to be owned by KAOS chief Seigfried. Starring: Don Adams, Barbara Feldon, Edward Platt
04:30 pm	COPS		
05:00 pm	I Fish (Rpt)	WS G	Drop a line with I Fish - looking back at the best tips and info for the beginner fisherman, right through to the hard-core fishing enthusiasts.
06:00 pm	M*A*S*H	PG	<u>Hey, Doc</u> The 4077th is bombarded with requests for special favors, and a sniper begins firing at the compound. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
06:30 pm	M*A*S*H	PG	<u>The Bus</u> Hawkeye, BJ, Frank, Potter and Radar get stranded in unfamiliar territory when their bus breaks down on their way back from a medical conference. Starring: Alan Alda, Loretta Swit, Jamie Farr, Gary Burghoff
07:00 pm	COPS		
07:30 pm	Frontiers Of Construction	G	<u>Dream Factories</u> Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.
08:30 pm	Frontiers Of Construction	PG Adult Themes	<u>Building For Disasters</u> Each episode focuses on a single engineering specialty, like blasting, underwater construction, forensic engineering, robotics and virtual engineering.



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Friday 30th May 2014

09:30 pm **Movie: Crash And Burn (2008)**

AV15+
Strong Violence

MOVIE

When the FBI catch a professional car thief red-handed, he's given a choice: go to prison or cooperate with the feds & help them bring down a car theft operation led by the notorious Vincent Scaillo.

Starring: Erik Palladino, Michael Madsen, David Moscow, Peter Jason, Owen Beckman

11:20 pm **The League**

MA15+
Sexual References

NEW EPISODE

The Bye Week

Ruxin misses his flight for a business trip and decides to hide out in Chicago instead of going home. Meanwhile, Taco Corp. gets its first Worldwide Headquarters.

Starring: Nick Kroll, Steve Rannazzisi, Mark Duplass, Paul Scheer, Jon Lajoie

11:50 pm **The Project Encore**

CC

Join the Project Hosts and our guest panellists as they dissect, digest and re-constitute the daily news, events and hottest topics...The Project... It's news delivered differently.

12:50 am **The Indestructibles**

PG
Some Violence

Flying Car Crash

A teenager's car goes airborne after hitting a guardrail and was sent flying across the highway. How did this teenager's car go airborne and how did he survive a crash that should have killed him?

01:50 am **Fight Master MMA**

M
Realistic Violence,
Some Coarse
Language

MMA trainers Randy Couture, Frank Shamrock, Greg Jackson and Joe Warren will judge 32 amateur fighters who will be competing for a spot in Bellator's welterweight tournament.

02:50 am **Driving Wars**

PG

A team of Welsh rally enthusiasts take on a trio of car dealers in TV's most extreme motoring game show. To decide who has automotive bragging rights, the teams must survive The Road from Hell.

03:50 am **Flip Men**

PG
Some Coarse
Language

Maggot House

Doug's recklessness prompts Mike to walk off the job at a house laden with insects, larvae and fungus.

04:20 am **Trick My Truck**

PG

The Chrome Shop Mafia tricks out a refrigerated medical-supplies rig. The truck gets a fireplace, a kitchen and a queen-size bed.

04:50 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.



TASMANIA PROGRAM GUIDE

Friday 30th May 2014

05:00 am Sporting Greats

G

Mal Meninga

Mal Meninga was a legendary goal-kicking centre, counted amongst the finest footballers of the 20th century. He retired as the top point scorer in the history of the Australian national team and top point scorer for Queensland.

05:30 am Dirty Weekend

G

Dirty Weekend

The inaugural running of what is the world's longest assault course. In a festival setting, competitors take on a 20 mile route with 20 zones and over 200 obstacles to be tamed.



TASMANIA PROGRAM GUIDE

Saturday 31st May 2014

06:00 am Golf Getaway

Golf Getaway is a short, sharp slice of all things golf including golf course reviews, interviews and tips from the pros and special offers on golf equipment.

06:30 am NASCAR Sprint Cup Qualifying

Race 12: Coca-Cola 600 @ Charlotte-Qualifying

Who will claim pole position in qualifying ahead of race 12 from the Charlotte Motor Speedway?

08:00 am NASCAR Sprint Cup

REPLAY

Race 12: Coca-Cola 600 @ Charlotte

Tune in on ONE for Race 12 of the 2014 NASCAR Sprint Cup. Catch all the high speed action from the Charlotte Motor Speedway.

01:30 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.

02:00 pm Pat Callinan's 4x4 Adventures

WS G

Tasmania's East Coast

Explore the natural beauty and man-made wonders of Tasmania's East Coast. Join Pat Callinan and the team for a breathtaking 4WD adventure around the Apple Isle.

03:00 pm Trick My Truck

PG
Mild Coarse
Language

The Chrome Shop Mafia tricks out the truck of a former Marine who was taken off active duty when he learned his baby daughter had cancer.

03:30 pm Car Torque

CC

Every great car has a story to tell. They talk to us through the way they look, the way they sound and the way they make us feel. Car Torque, it's all about cars that speak for themselves.

04:00 pm Reel Rock

PG
Some Coarse
Language

Spice Girl

Reel Rock captures exhilarating sites and stories as top personalities in mountain adventure and rock climbing best the world's most vertical terrain.

04:30 pm Reel Action

SEASON PREMIERE

Hosted by Michael Guest, 'Reel Action' is a fishing show, providing heaps of tips and tricks to help you catch bigger fish.

05:00 pm Escape With ET

G

Join rugby league and fishing legend, Andrew 'ET' Ettingshausen, as he escapes the city for adventures on land and sea.

06:00 pm Trick My Truck

PG

Watch as the cast of Trick My Truck steps in to build Ben Brownlow a truck that reconnects him to his brother and his Texas roots.



TASMANIA PROGRAM GUIDE

Saturday 31st May 2014

06:30 pm **Monster Jam**

G

NEW EPISODE

Monster Jam features the biggest performers on four wheels: Monster Jam trucks! The 3 metre tall, 5 ton machines are the perfect sports and entertainment, action packed viewing.

07:30 pm **Driving Wars**

PG
Mild Coarse
Language

A team of Norfolk fire fighters go head to head with three teenage Go-Karters. Before one team is declared the winner, they'll be challenged to out run the cops in Police Chase.

08:30 pm **Law & Order: SVU (Rpt)**

CC M
Adult Themes

Asunder

The truth behind the alleged rape of a woman by her police officer husband comes to light when a history of domestic abuse is uncovered.

Starring: Mariska Hargitay, Chris Meloni, Richard Belzer, Ice T , Dann Florek, Stephanie March

09:30 pm **Bellator MMA**

NEW EPISODE

Bellator showcases a unique format of world-class Mixed Martial Arts fighting with 12-week, eight-man tournaments featuring some of the most dynamic fighters in the world.

11:30 pm **Blokesworld**

Blokesworld heads to Avalon in Victoria for The Ultimate Burn Out Challenge; the CZ 452 rifle is road tested on Home on the Range; Meesha competes in Miss Downunder in WA.

12:00 am **48 Hours**

48 Hours is a popular true-crime series, investigating shocking cases and compelling real-life dramas with journalistic integrity and cutting-edge style.

01:00 am **Ross Kemp On Gangs**

AV15+
Strong Violence,
Adult Themes

East Timor

Ross Kemp journeys into the underbelly of some of the world's most notorious gangs. From South Africa to El Salvador, Ross goes beyond the gangster's local haunts and finds out what makes them tick.

02:00 am **World's Toughest Trucker**

PG
Some Coarse
Language

The three remaining truckers face their final challenge when they have to deliver a consignment of clay pots to an isolated monastery in the heart of the Himalayas.



TASMANIA PROGRAM GUIDE

Saturday 31st May 2014

03:00 am Trick My Truck

PG

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03:30 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.

04:00 am NASCAR Nationwide Series Highlights

Race 11: History 300 @ Charlotte

Catch the highlights from every race of the 2014 Nationwide Series on ONE. Race 11 is hosted at the Charlotte Motor Speedway.

05:00 am NASCAR Sprint Cup Highlights

Race 12: Coca-Cola 600 @ Charlotte-Highlights

Catch all the non-stop motorsport action highlights from the Charlotte Motor Speedway. The thrills and spills of NASCAR racing continues with the 12th race of the 2014 Sprint Cup Series.