

MELBOURNE PROGRAMME GUIDE

Sunday 09th August 2009



06:00 am LIVE: Golf: WGC Bridgestone Invitational (Cont)	SPECIAL EVENT <u>W.G.C Bridgestone Invitational Round 3</u> The Third Round continues on ONE from Firestone Country Club, Ohio. Australian Stuart Appleby was runner up to Vijay Singh last year and will be going all out to go one better in 2009.
08:00 am Athletix: IAAF Magazine (Rpt)	The weekly magazine show of the IAAF, covering world athletics.
08:30 am LIVE: The Sun Herald City2Surf 2009 (Also airing on TEN)	SPECIAL EVENT <u>Athletics: City2surf 2009</u> This iconic Australian event sees more than 70,000 competitors run the 14km from Sydney's Hyde Park to Bondi Beach.
10:00 am LIVE: The Sun Herald City2Surf 2009 continues	<u>Athletics: City2surf 2009</u> Special extended coverage of this major annual community event continues exclusive to ONE.
10:30 am Swimming: Australian Short Course Championships (Rpt)	<u>Aus Short Course Championships Day 1 Finals</u> The LIVE sports action from Tasmania continues as Hobart plays host to the first day of competition at the Australian Short Course Championships. Which members of the Dolphins team will be able to back up their efforts after the World Championships?
01:00 pm I Fish	G 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.
01:30 pm LIVE: NASCAR Nationwide Series	SPECIAL EVENT <u>Race 22 Zippo 200 @ Watkins Glen</u> The world famous New York racetrack Watkins Glen hosts the 22nd race of the 2009 Nationwide Series - the Zippo 200.
05:00 pm LIVE: Swimming: Australian Short Course Championships	<u>Aus Short Course Championships Day 2 Finals</u> The second night of finals as the Aussie Dolphins swim team heat up a cold midwinter Hobart evening with blazing swimming action.
07:30 pm LIVE: Sports Tonight: The Weekend Wrap	The best way to end the weekend is Sports Tonight: The Weekend Wrap. Join Rob Canning for extended sports news, results and highlights.
08:30 pm Motorsport: Isle Of Man Tourist Trophy	<u>Supersport And Superstock Races</u> The sixth instalment of 11 covering all the action from the 2009 Isle Of Man TT. Features the Superstock and Supersport races. Continues with a double dose next Sunday.
09:25 pm NASCAR Sprint Cup Happy Hour	<u>Race 22: Heluva Good! Sour Cream Dips @ Watkins Glen-Happy Hour</u> The last chance for teams and drivers to check their setup and strategy and test their racecar in Final Practice before the 22nd Sprint Cup race of the season at Watkins Glen, NY.
10:30 pm Golf: WGC Bridgestone Invitational (Rpt)	<u>W.G.C Bridgestone Invitational Round 3</u> The Third Round continues on ONE from Firestone Country Club, Ohio. Australian Stuart Appleby was runner up to Vijay Singh last year and will be going all out to go one better in 2009.
02:00 am LIVE: Golf: WGC Bridgestone Invitational	SPECIAL EVENT <u>W.G.C Bridgestone Invitational Final Round</u> LIVE Coverage only on ONE as the World Golf Championship presents the Final Round of the Bridgestone Invitational.



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03:30 am Omnisport

Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.

04:00 am LIVE: Golf: WGC Bridgestone Invitational continues

SPECIAL EVENT

W.G.C Bridgestone Invitational Final Round

The concluding stages as the world's best golfers emerge after 72 holes at the Firestone Country Club in Ohio.



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06:00 am	LIVE: Golf: WGC Bridgestone Invitational continues (Cont)		SPECIAL EVENT <u>W.G.C Bridgestone Invitational Final Round</u> The concluding stages as the world's best golfers emerge after 72 holes at the Firestone Country Club in Ohio.
08:00 am	Swimming: Australian Short Course Championships (Rpt)		<u>Aus Short Course Championships Day 2 Finals</u> The second night of finals as the Aussie Dolphins swim team heat up a cold midwinter Hobart evening with blazing swimming action.
10:30 am	AFL Premiership Season 2009 (Rpt)		<u>Round 19 - Hawthorn V St Kilda</u> Round 19 AFL action from Aurora Stadium in Tasmania as reigning premiers the Hawthorn Hawks look to salvage a place in September against this season's frontrunners the St Kilda Saints.
12:30 pm	K1 Fast Driver (Rpt)	G	<u>K1 Fast Driver</u> Improve your golf game and lower your scores as former Ryder Cup winner Sam Torrance is joined by Dean Wilson at St. Andrews to present the K1 Fast phenomenon - one of the longest legal drivers in golf today.
01:00 pm	Sports Unlimited		A weekly magazine show focussing on Action Sports, from the alternate to the outright bizarre, played around the globe.
02:00 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
02:30 pm	The Sun Herald City2Surf 2009 (Rpt)		<u>Athletics: City2surf 2009</u> This iconic Australian event sees more than 70,000 competitors run the 14km from Sydney's Hyde Park to Bondi Beach.
04:00 pm	The Sun Herald City2Surf 2009 continues (Rpt)		<u>Athletics: City2surf 2009</u> Special extended coverage of this major annual community event continues exclusive to ONE.
04:30 pm	Omnisport (Rpt)		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
05:00 pm	LIVE: Swimming: Australian Short Course Championships		SPECIAL EVENT <u>Aus Short Course Championships Day 3 Finals</u> Over the 25 metre distance of a short course event, members of the Aussie Dolphins team compete to be national Short Course Champion.
07:30 pm	LIVE: One Week At A Time	G	SPECIAL EVENT After 19 rounds of the 2009 Premiership Season, Stephen Quartermain and Robert Walls continue to analyse the week and track the progress of your team as final football nears.
08:35 pm	This Week In Baseball		In its 32nd year, the weekly magazine show of the MLB brings you profiles, news, highlights and stories beyond the ballpark.
09:05 pm	Tread BMX		Witness the most dangerous stunts performed by the most talented and fearless riders on the planet. Features the wildest leaps, spins and crashes plus some downright hilarious antics that put other extreme action sports to shame!



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09:30 pm LIVE: Sports Tonight

For over 16 years Sports Tonight has been Australia's most trusted name in nightly sports news. Now in a new, more convenient later timeslot join host Brad McEwan for all today's news and highlights.

10:00 pm Golf: WGC Bridgestone Invitational (Rpt)

W.G.C Bridgestone Invitational Final Round

The concluding stages as the world's best golfers emerge after 72 holes at the Firestone Country Club in Ohio.

01:00 am One Week At A Time (Rpt)

G

After 19 rounds of the 2009 Premiership Season, Stephen Quartermain and Robert Walls continue to analyse the week and track the progress of your team as final football nears.

02:05 am Sports Tonight Late

The perfect way to end the day - your late night fix of sports news, results and highlights in a special late night edition of Sports Tonight.

02:20 am Omnisport (Rpt)

Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.

02:50 am Poker: Asia Pacific Tour (Rpt)

PG

Asia Pacific Tour Part 2

03:40 am Athletix: IAAF Magazine (Rpt)

The weekly magazine show of the IAAF, covering world athletics.

04:10 am Motorsport: Raceworld (Rpt)

Raceworld takes race fans behind closed doors with special features on drivers, lifestyles, circuits and race cars, as well as race reports, test sessions, predictions and race reviews.

05:05 am Motorsport: FIA GT Round 3 (Rpt)

G

Oschersleben, Germany

One of Europe's premier touring car categories continues on ONE with 3rd Round from Oschersleben, Germany.



MELBOURNE PROGRAMME GUIDE

Tuesday 11th August 2009



06:00 am	Swimming: Australian Short Course Championships (Rpt)		Aus Short Course Championships Day 3 Finals Over the 25 metre distance of a short course event, members of the Aussie Dolphins team compete to be national Short Course Champion.
08:30 am	K1 Fast Driver (Rpt)	G	K1 Fast Driver Improve your golf game and lower your scores as former Ryder Cup winner Sam Torrance is joined by Dean Wilson at St. Andrews to present the K1 Fast phenomenon - one of the longest legal drivers in golf today.
09:00 am	LIVE: Major League Baseball		New York Yankees V Toronto Blue Jays The first of 5 LIVE games every week on ONE comes from the new Yankees Stadium as New York host Toronto.
12:00 pm	This Week In Baseball (Rpt)		In its 32nd year, the weekly magazine show of the MLB brings you profiles, news, highlights and stories beyond the ballpark.
12:30 pm	One Week At A Time (Rpt)	G	After 19 rounds of the 2009 Premiership Season, Stephen Quartermain and Robert Walls continue to analyse the week and track the progress of your team as final football nears.
01:35 pm	Golf: WGC Bridgestone Invitational (Rpt)		W.G.C Bridgestone Invitational Final Round The concluding stages as the world's best golfers emerge after 72 holes at the Firestone Country Club in Ohio.
04:35 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
05:00 pm	LIVE: Swimming: Australian Short Course Championships		Aus Short Course Championships Day 4 Finals The penultimate night of competition as national and personal glory is on the line in Hobart. Exclusive to ONE.
07:30 pm	NASCAR Sprint Cup Highlights		Race 22: Heluva Good! Sour Cream Dips @ Watkins Glen-Highlights Marcos Ambrose is a red hot chance to win his first Sprint Cup race as the 22nd round comes from Watkins Glen.
08:30 pm	NASCAR Nationwide Series Highlights	G	Race 22: Zippo 200 @ Watkins Glen-Recap NASCAR Nationwide highlights from the world famous track affectionately known as "the Glen", Watkins Glen.
09:30 pm	LIVE: Sports Tonight		For over 16 years Sports Tonight has been Australia's most trusted name in nightly sports news. Now in a new, more convenient later timeslot join host Brad McEwan for all today's news and highlights.
10:00 pm	AFL Premiership Season 2009	CC	Round 19 - Adelaide V Collingwood (Replay) A top four berth is on the line as the Adelaide Crows host the Collingwood Magpies less than 4 weeks out from the finals.
12:15 am	Sports Tonight Late		The perfect way to end the day - your late night fix of sports news, results and highlights in a special late night edition of Sports Tonight.
12:35 am	Omnisport (Rpt)		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
01:05 am	Major League Baseball (Rpt)		New York Yankees V Toronto Blue Jays The first of 5 LIVE games every week on ONE comes from the new Yankees Stadium as New York host Toronto.



MELBOURNE PROGRAMME GUIDE

Tuesday 11th August 2009



03:35 am Motorsport: Australian Off Road Championships (Rpt)

G **Season Preview**

Previews the 2009 Off Road Championship which brings together fearless drivers and heavily modified 4WDs and buggies in a battle against the harsh and unforgiving terrain of the Australian outback.

04:05 am Transworld Sport (Rpt)

The world's most acclaimed weekly sports magazine show, bringing you the big highlights and profiles of the stars behind the results. Plus the wacky and unexpected elements from the World of Sport.

05:05 am Sports Unlimited (Rpt)

A weekly magazine show focussing on Action Sports, from the alternate to the outright bizarre, played around the globe.



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Wednesday 12th August 2009

06:00 am	Swimming: Australian Short Course Championships (Rpt)		Aus Short Course Championships Day 4 Finals The penultimate night of competition as national and personal glory is on the line in Hobart. Exclusive to ONE.
08:30 am	One Week At A Time (Rpt)	G	After 19 rounds of the 2009 Premiership Season, Stephen Quartermain and Robert Walls continue to analyse the week and track the progress of your team as final football nears.
09:35 am	AFL Premiership Season 2009 (Rpt)		Round 19 - Hawthorn V St Kilda Round 19 AFL action from Aurora Stadium in Tasmania as reigning premiers the Hawthorn Hawks look to salvage a place in September against this season's frontrunners the St Kilda Saints.
11:35 am	This Week In Baseball (Rpt)		In its 32nd year, the weekly magazine show of the MLB brings you profiles, news, highlights and stories beyond the ballpark.
12:00 pm	LIVE: Major League Baseball		SPECIAL EVENT Los Angeles Angels V Tampa Bay Rays The LA Angels host World Series runners up from last year, the Tampa Bay Rays. Exclusive to ONE.
03:00 pm	I Fish (Rpt)	G	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.
03:30 pm	Transworld Sport (Rpt)		The world's most acclaimed weekly sports magazine show, bringing you the big highlights and profiles of the stars behind the results. Plus the wacky and unexpected elements from the World of Sport.
04:30 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
05:00 pm	LIVE: Swimming: Australian Short Course Championships		Aus Short Course Championships Day 5 Finals Anthony Hudson and Nicole Livingstone present the final night at the pool in Hobart as the Aussie Dolphins wrap up their National Short Course campaign.
07:30 pm	High Five		An edgy, character driven focus on Action Sports and off the wall pursuits that dominate worldwide youth culture today.
08:00 pm	Surfing: Bells Beach 2008 (Rpt)	G	Rip Curl, Bells Beach '08 Ep.2 The second of this 2 part series recaptures the memories and magical surfing moments from the Bells Beach Classic 2008.
08:30 pm	Pro Bull Riding		Sport unlike anything you've ever seen before. An American institution comes to Aussie TV but we have sent over our own cowboys to out ride the competition.
09:30 pm	LIVE: Sports Tonight		For over 16 years Sports Tonight has been Australia's most trusted name in nightly sports news. Now in a new, more convenient later timeslot join host Brad McEwan for all today's news and highlights.
10:00 pm	Poker		SPECIAL EVENT Ante Up For Africa - Part 1 Exclusive Pokerstars action continues on ONE as the tour makes a unique and breathtaking detour to Africa for this special two part series.



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11:00 pm	Surfing: ASP Season		<u>Billabong Pro - Spain 2006</u> The ASP Mens World Championship Tour is the premier mens surfing tour, featuring 10 rounds with the top 45 ranked professional surfers in the world, as well as local wild card entries.
12:00 am	Sports Tonight Late		The perfect way to end the day - your late night fix of sports news, results and highlights in a special late night edition of Sports Tonight.
12:20 am	Omnisport (Rpt)		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
12:50 am	Major League Baseball (Rpt)		<u>Los Angeles Angels V Tampa Bay Rays</u> The LA Angels host World Series runners up from last year, the Tampa Bay Rays. Exclusive to ONE.
03:20 am	The Sun Herald City2Surf 2009 (Rpt)		<u>Athletics: City2surf 2009</u> This iconic Australian event sees more than 70,000 competitors run the 14km from Sydney's Hyde Park to Bondi Beach.
04:50 am	The Sun Herald City2Surf 2009 continues (Rpt)		<u>Athletics: City2surf 2009</u> Special extended coverage of this major annual community event continues exclusive to ONE.
05:20 am	Baseball Bloopers (Rpt)	G	<u>Baseball Bloopers</u>
05:30 am	LIVE: Major League Baseball		SPECIAL EVENT <u>Arizona Diamondbacks V New York Mets</u> The Arizona D-Backs host the NY Mets in a Wednesday late afternoon Baseball dash exclusive to ONE.



MELBOURNE PROGRAMME GUIDE

Thursday 13th August 2009



06:00 am	LIVE: Major League Baseball (Cont)		SPECIAL EVENT <u>Arizona Diamondbacks V New York Mets</u> The Arizona D-Backs host the NY Mets in a Wednesday late afternoon Baseball dash exclusive to ONE.
08:30 am	Swimming: Australian Short Course Championships (Rpt)		<u>Aus Short Course Championships Day 5 Finals</u> Anthony Hudson and Nicole Livingstone present the final night at the pool in Hobart as the Aussie Dolphins wrap up their National Short Course campaign.
11:00 am	Motorsport: Raceworld (Rpt)		Raceworld takes race fans behind closed doors with special features on drivers, lifestyles, circuits and race cars, as well as race reports, test sessions, predictions and race reviews.
12:00 pm	Motorsport: FIA GT Round 4 (Rpt)		<u>Spa, Belgium</u> The 4th round of the FIA GT in 2009 comes from Spa in Belgium.
01:00 pm	NASCAR Nationwide Series Highlights (Rpt)	G	<u>Race 22: Zippo 200 @ Watkins Glen-Recap</u> NASCAR Nationwide highlights from the world famous track affectionately known as "the Glen", Watkins Glen.
02:00 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
02:30 pm	K1 Fast Driver (Rpt)	G	<u>K1 Fast Driver</u> Improve your golf game and lower your scores as former Ryder Cup winner Sam Torrance is joined by Dean Wilson at St. Andrews to present the K1 Fast phenomenon - one of the longest legal drivers in golf today.
03:00 pm	Sports Unlimited (Rpt)		A weekly magazine show focussing on Action Sports, from the alternate to the outright bizarre, played around the globe.
04:00 pm	High Five (Rpt)		An edgy, character driven focus on Action Sports and off the wall pursuits that dominate worldwide youth culture today.
04:30 pm	Omnisport (Rpt)		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
05:00 pm	Major League Baseball (Rpt)		<u>Arizona Diamondbacks V New York Mets</u> The Arizona D-Backs host the NY Mets in a Wednesday late afternoon Baseball dash exclusive to ONE.
07:30 pm	LIVE: Thursday Night Live	PG	SPECIAL EVENT The highlight of the sporting week, TNL gives you the latest teams and odds, a fun look at the lighter side plus an athlete's perspective as Bill Woods goes in depth and one on one with a star of world sport.
09:00 pm	Xtreme Paintball: Beyond The Paint		You won't believe what happens on the paintball field and away from the arena as the world's most outrageous, fun and fearless paintball players face off for cash prizes, respect and glory.
09:30 pm	LIVE: Sports Tonight		For over 16 years Sports Tonight has been Australia's most trusted name in nightly sports news. Now in a new, more convenient later timeslot join host Brad McEwan for all today's news and highlights.



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10:00 pm	UFC Wired		UFC Wired comes to ONE with a hard-hitting hour hosted by Joe Rogan. Featuring the greatest moments of the Ultimate Fighting Championships as well as a unique perspective on some of the top mixed martial artists from the past and today.
11:00 pm	Boxing: KO TV Classic	PG	<u>Young World Champions</u> Classic Boxing action from the KOTV vault rounds out Combat Thursday with a look at classic young world champions, 21 years and under.
12:00 am	Sports Tonight Late		The perfect way to end the day - your late night fix of sports news, results and highlights in a special late night edition of Sports Tonight.
12:20 am	Omnisport (Rpt)		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
12:50 am	NASCAR Sprint Cup Highlights (Rpt)		<u>Race 22: Heluva Good! Sour Cream Dips @ Watkins Glen-Highlights</u> Marcos Ambrose is a red hot chance to win his first Sprint Cup race as the 22nd round comes from Watkins Glen.
01:50 am	Motorsport: DTM German Touring Cars (Rpt)		<u>Circuit Park Zandvoort</u> One of Europe's finest touring car series continues with the DTM (Deutsche Tourenwagen Masters) on ONE. In the fourth round, the teams and drivers travel to Zandvoort in the Netherlands.
02:50 am	Motorsport: Australian Off Road Championships R1 (Rpt)	G	<u>Round 1: Western Australia</u> Round 1 of the 2009 Australian Off Road Championship from Hyden, WA sees fearless drivers in heavily modified 4WDs and buggies take on the harsh and unforgiving terrain of the Aussie outback.
03:20 am	Motorsport: Australian Off Road Championships R2 (Rpt)	G	<u>Round 2: Northern Territory</u> The second race in the 2009 Australian Off Road Championship comes from the Finke Desert in the Northern Territory.
03:50 am	Tread BMX (Rpt)		Witness the most dangerous stunts performed by the most talented and fearless riders on the planet. Features the wildest leaps, spins and crashes plus some downright hilarious antics that put other extreme action sports to shame!
04:15 am	LIVE: Major League Baseball		SPECIAL EVENT <u>Chicago Cubs V Philadelphia Phillies</u> The Cubs host World Series Champions the Philadelphia Phillies, live and only on ONE.



MELBOURNE PROGRAMME GUIDE

Friday 14th August 2009



06:00 am	LIVE: Major League Baseball (Cont)		SPECIAL EVENT <u>Chicago Cubs V Philadelphia Phillies</u> The Cubs host World Series Champions the Philadelphia Phillies, live and only on ONE.
07:15 am	NASCAR Sprint Cup Highlights (Rpt)		<u>Race 22: Heluva Good! Sour Cream Dips @ Watkins Glen-Highlights</u> Marcos Ambrose is a red hot chance to win his first Sprint Cup race as the 22nd round comes from Watkins Glen.
08:15 am	AFL Premiership Season 2009 (Rpt)	CC	<u>Round 19 - Adelaide V Collingwood (Replay)</u> A top four berth is on the line as the Adelaide Crows host the Collingwood Magpies less than 4 weeks out from the finals.
10:30 am	Beach Volleyball: FIVB World Tour	G	<u>Round 5 Myslowice, Poland</u> The FIVB World Tour moves on to Poland as the world's best mens and womens beach volleyballers come to Myslowice.
11:00 am	Sports Unlimited (Rpt)		A weekly magazine show focussing on Action Sports, from the alternate to the outright bizarre, played around the globe.
12:00 pm	Red Bull Air Race (Rpt)	G	<u>Round 3 Windsor Ontario</u> Complete two hour coverage of the third Red Bull Air Race for 2009 from Ontario, Canada.
02:00 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
02:30 pm	Motorsport: Raceworld		Raceworld takes race fans behind closed doors with special features on drivers, lifestyles, circuits and race cars, as well as race reports, test sessions, predictions and race reviews.
03:30 pm	Athletix: IAAF Magazine		
04:00 pm	Major League Baseball (Rpt)		<u>Chicago Cubs V Philadelphia Phillies</u> The Cubs host World Series Champions the Philadelphia Phillies, live and only on ONE.
06:30 pm	Transworld Sport		The world's most acclaimed weekly sports magazine show, bringing you the big highlights and profiles of the stars behind the results. Plus the wacky and unexpected elements from the World of Sport.
07:30 pm	Motorsport: DTM German Touring Cars		<u>Motorsport Arena Oschersleben</u> At the halfway point of the DTM season and after an excursion to the Netherlands, the teams and drivers return to Germany with racing action from Motorsport Arena Oschersleben.
08:30 pm	Motorsport: Australian Off Road Championships		<u>Team Profiles</u> After 2 rounds of the 2009 Australian Off Road Championship, we meet the teams and fearless drivers behind the wheel of the heavily modified 4WDs and buggies. Plus we recap the action from the harsh and unforgiving terrain of the WA and NT outback.
09:00 pm	Motorsport: Sertoes International Rally 2009		Spectacular rally action from around the world continues on ONE with the Sertoes Rally.
09:30 pm	LIVE: Sports Tonight		For over 16 years Sports Tonight has been Australia's most trusted name in nightly sports news. Now in a new, more convenient later timeslot join host Brad McEwan for all today's news and highlights.



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10:00 pm **Poker**

Ante Up For Africa - Part 2

The thrilling conclusion to Ante Up For Africa - as the exclusive Pokerstars action continues on ONE every Wednesday and Friday night.

11:00 pm **BMX Road Fools**

Hop on the bus with 13 of the world's most talented BMX riders as the Road Fools trek across the desert of the Southwestern United States in search of the ultimate riding spots.

12:00 am **Xtreme Paintball: Beyond The Paint (Rpt)**

You won't believe what happens on the paintball field and away from the arena as the world's most outrageous, fun and fearless paintball players face off for cash prizes, respect and glory.

12:30 am **Sports Tonight Late**

The perfect way to end the day - your late night fix of sports news, results and highlights in a special late night edition of Sports Tonight.

01:00 am **Omnisport (Rpt)**

Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.

01:30 am **NASCAR Nationwide Series (Rpt)**

Race 22 Zippo 200 @ Watkins Glen

The world famous New York racetrack Watkins Glen hosts the 22nd race of the 2009 Nationwide Series - the Zippo 200.

04:45 am **Motorsport: FIA GT Round 4 (Rpt)**

Spa, Belgium

The 4th round of the FIA GT in 2009 comes from Spa in Belgium.

05:45 am **Surfing Moment (Rpt)**

G **Surfing Moments**



MELBOURNE PROGRAMME GUIDE

Saturday 15th August 2009



06:00 am	The Sun Herald City2Surf 2009 (Rpt)		Athletics: City2surf 2009 This iconic Australian event sees more than 70,000 competitors run the 14km from Sydney's Hyde Park to Bondi Beach.
07:30 am	Triathlon: ITU World Championship Series Highlights (Rpt)	G	Round 5 Highlights With the world's best triathletes about to compete again in London, we look back at the highlights of the previous round from Hamburg. The Aussies are doing well in the race to be crowned World Champion in this inaugural ITU Triathlon series.
08:30 am	K1 Fast Driver (Rpt)	G	K1 Fast Driver Improve your golf game and lower your scores as former Ryder Cup winner Sam Torrance is joined by Dean Wilson at St. Andrews to present the K1 Fast phenomenon - one of the longest legal drivers in golf today.
09:00 am	LIVE: Major League Baseball		SPECIAL EVENT Florida Marlins V Colorado Rockies The Florida Marlins host the Colorado Rockies in ONE's fifth live and exclusive game this week.
12:00 pm	NASCAR Sprint Cup Qualifying		Race 23: Michigan 400 @ Michigan-Qualifying The NASCAR Sprint Cup roadshow rolls into motorcity as Qualifying begins for the Michigan 400.
02:00 pm	Mecum Auto Auction	G	Fast talking motor action as classic and restored cars go under the hammer.
03:00 pm	AFL Premiership Season 2009 (Also airing on TEN)		SPECIAL EVENT Round 20 - Richmond V Collingwood Round 20 action from the MCG as the premiership race continues for the Collingwood Magpies, while Richmond players will be keen to impress as the search for a new coach in 2010 continues.
06:00 pm	Powerboating: Class 1 World Championships		The most spectacular marine motorsport series brings together the latest in million dollar state of the art technology in an array of unforgettable venues from the golden sands of the Arabian Gulf, to Norwegian Fjords and the coasts of southern Europe.
06:30 pm	Before The Game	CC PG	Join Dave Hughes, Mick Molloy, Andrew Maher, Sam Lane and Lehmo for all the footy action giving you the full low-down of all the weekend's games.
07:00 pm	LIVE: AFL Premiership Season 2009 (Also airing on TEN)	CC	SPECIAL EVENT Round 20 - Sydney Swans V Geelong Round 20 is the AFL's green round and in a Saturday Night thriller at ANZ Stadium, the Sydney Swans host the finals-bound Geelong Cats.
10:30 pm	UFC Wired (Rpt)		UFC Wired comes to ONE with a hard-hitting hour hosted by Joe Rogan. Featuring the greatest moments of the Ultimate Fighting Championships as well as a unique perspective on some of the top mixed martial artists from the past and today.
11:30 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
12:00 am	Major League Baseball (Rpt)		Florida Marlins V Colorado Rockies The Florida Marlins host the Colorado Rockies in ONE's fifth live and exclusive game this week.



MELBOURNE PROGRAMME GUIDE

Saturday 15th August 2009



02:30 am Motorsport: DTM German Touring Cars (Rpt)

Motorsport Arena Oschersleben

At the halfway point of the DTM season and after an excursion to the Netherlands, the teams and drivers return to Germany with racing action from Motorsport Arena Oschersleben.

03:30 am LIVE: NASCAR Sprint Cup Happy Hour

Race 23: Michigan 400 @ Michigan-Happy Hour

Final Practice for the Sprint Cup Michigan 400 and Marcos Ambrose and the other leading drivers will take to the track to test their race setup.

05:00 am LIVE: NASCAR Nationwide Series

SPECIAL EVENT

Race 23 Carfax 250 @ Michigan

Nationwide racing action from Michigan in the 23rd race of the 2009 season. Can the pack catch Kyle Busch, led by previous race winners Carl Edwards, Brad Keselowski and Joey Logano.

