

MELBOURNE PROGRAMME GUIDE

Sunday 16th August 2009



06:00 am LIVE: NASCAR Nationwide Series (Cont)	SPECIAL EVENT <u>Race 23 Carfax 250 @ Michigan</u> Nationwide racing action from Michigan in the 23rd race of the 2009 season. Can the pack, led by previous race winners Carl Edwards, Brad Keselowski and Joey Logano catch series leader Kyle Busch?
08:00 am AFL Premiership Season 2009 (Rpt)	<u>Round 20 - Richmond V Collingwood</u> 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.
10:00 am LIVE: Major League Baseball	SPECIAL EVENT <u>Texas Rangers V Boston Red Sox</u> East meets West in the American League as the Texas Rangers host the Boston Red Sox.
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 Triathlon: Escape From Alcatraz	<u>Escape From Alcatraz 2008</u> Before the action from the 2009 event, ONE looks back at this extreme triathlon event from the infamous Alcatraz island in San Francisco Bay.
02:30 pm Triathlon: Escape From Alcatraz	<u>Escape From Alcatraz 2009</u> Race coverage of the 2009 Escape from Alcatraz event from San Francisco.
03:30 pm Omnisport	Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
04:00 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.
05:00 pm World's Strongest Man	<u>Documentaries</u> Since 1977, the most powerful men from around the world have come together head-to-head, bicep-to-bicep to compete for the title of the MET-Rx World's Strongest Man.
06:00 pm Powerboating: Class 1 World Championships (Rpt)	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 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!
07:00 pm Slamball	G Slamball is inspired by the strategies, aesthetics and pacing of video games, where athletes fly higher and hit harder, performing feats that are part basketball, football, hockey and gymnastics.



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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: Le Mans 24 Hour Official Film 2009 (Rpt)	<u>2009 Official Film</u>	The 2009 Official Film condenses 24 hours of breath taking motor racing into one unmissable hour, from the unique Le Mans circuit.
09:30 pm	Motorsport: Isle Of Man Tourist Trophy	<u>Superstock And Sidecar Races</u>	The 7th instalment of ONE's look back at the 2009 Isle of Man TT brings you action from the Superstock and Sidecar races.
10:25 pm	Motorsport: Isle Of Man Tourist Trophy	<u>Supersport TT Race 2</u>	More race action from the Supersport TT class with Race 2 from the world famous street circuit of the Isle of Man.
11:20 pm	Moto GP <i>(Also airing on TEN)</i>	SPECIAL EVENT <u>Round 11 Czech Republic</u>	Can Casey Stoner keep up with Valentino Rossi after using the summer break to recover from illness? The MotoGP series moves onto Round 11 in the Czech Republic.
12:30 am	Motorcycle Racing: FIM 250cc Championship <i>(Also airing on TEN)</i>	<u>Round 11 Czech Republic</u>	Coverage of the 250cc plus highlights of the 125 class from the 11th round in the Czech Republic.
01:35 am	Omnisport (Rpt)		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
02:00 am	Poker: Asia Pacific Tour (Rpt)	PG (A)	<u>Asia Pacific Tour - Tournament Of Champions</u> A special encore presentation of the grand final of the Asia Pacific Tour - the Tournament of Champions - featuring Joe Hachem, from Star City in Sydney.
03:00 am	Major League Baseball (Rpt)		<u>Texas Rangers V Boston Red Sox</u> East meets West in the American League as the Texas Rangers host the Boston Red Sox.
05:30 am	Powerboating: Class 1 World Championships (Rpt)		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.



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06:00 am	AFL Premiership Season 2009 (Rpt)	CC	<u>Round 20 - Sydney Swans V Geelong</u> 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.
08:00 am	Triathlon: Escape From Alcatraz (Rpt)		<u>Escape From Alcatraz 2008</u> Before the action from the 2009 event, ONE looks back at this extreme triathlon event from the infamous Alcatraz island in San Francisco Bay.
09:00 am	Triathlon: Escape From Alcatraz (Rpt)		<u>Escape From Alcatraz 2009</u> Race coverage of the 2009 Escape from Alcatraz event from San Francisco.
10:00 am	Motorsport: Sertoes International Rally 2009 (Rpt)		Spectacular rally action from around the world continues on ONE with the Sertoes Rally.
10:30 am	Motorsport: Australian Off Road Championship (Rpt)		<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.
11:00 am	Australian Superbike Championship (Rpt)	PG	<u>Queensland: Part 1</u> The first of 2 highlights programs from the Queensland round of the 2009 Australian Superbike Championship.
12:00 pm	Australian Superbike Championship (Rpt)	PG	<u>Queensland: Part 2</u> The Australian Superbike action continues with the rest of the Championship action from the recent Queensland round.
01:00 pm	Motorsport: Isle Of Man Tourist Trophy (Rpt)		<u>Superstock And Sidecar Races</u> The 7th instalment of ONE's look back at the 2009 Isle of Man TT brings you action from the Superstock and Sidecar races.
02:00 pm	Motorsport: Isle Of Man Tourist Trophy (Rpt)		<u>Supersport TT Race 2</u> More race action from the Supersport TT class with Race 2 from the world famous street circuit of the Isle of Man.
03:00 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
03:30 pm	Sports Unlimited		A weekly magazine show focussing on Action Sports, from the alternate to the outright bizarre, played around the globe.
04:30 pm	Major League Baseball (Rpt)		<u>Texas Rangers V Boston Red Sox</u> East meets West in the American League as the Texas Rangers host the Boston Red Sox.
07:00 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.
07:30 pm	LIVE: One Week At A Time	G	SPECIAL EVENT With 2 rounds until the Finals, Stephen Quartermain and Robert Walls are joined by special guests to review and analyse the Round 20 action.
08:35 pm	Drag Racing: ANDRA Championship		A brand new season in a brand new timeslot as battle begins for the ANDRA Championship for 2009/10.
09:35 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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Monday 17th August 2009



		SPECIAL EVENT	
10:05 pm	Grand-Am Rolex Sportscar Series Highlights	G	<u>Race 9 Watkins Glen International-Recap</u> Marcos Ambrose makes a guest driving appearance, sharing a car with current Nascar Sprint Cup Champion Jimmie Johnson, in the 9th round of the Grand-Am Sportscar series from Watkins Glen, New York.
11:05 pm	NASCAR Nationwide Series Highlights	G	<u>Race 23 Carfax 250 @ Michigan-Recap</u> An hour of race highlights from the 23rd round of the NASCAR Nationwide Series - the Carfax 250 at Michigan.
12:05 am	One Week At A Time (Rpt)	G	With 2 rounds until the Finals, Stephen Quartermain and Robert Walls are joined by special guests to review and analyse the Round 20 action.
01:05 am	Superboxer (Rpt)		<u>Melbourne Town Hall</u> Tim Bell takes on Walter Papua for the WBO/PABA Lightweight Title in the headline event from the Melbourne Town Hall.
04:00 am	AFL Premiership Season - Best Of 2009 (Rpt)		<u>Round 6 - Hawthorn V Carlton</u> Revisit the Round 6 clash as the legendary rivalry continues between these two powerhouse clubs - reigning Premiers Hawthorn against rising stars the Blues.



MELBOURNE PROGRAMME GUIDE

Tuesday 18th August 2009



		SPECIAL EVENT
06:00 am	LIVE: Major League Baseball	<u>Atlanta Braves V Arizona Diamondbacks</u> National League action sees the Arizona Diamondbacks travel to the Home of the Braves - Turner Field - to face Atlanta
09:00 am	Athletix: The IAAF Magazine (Rpt)	See the world's best athletes complete their preparation for the biggest athletics meet since Beijing, the IAAF World Championships in Berlin.
09:30 am	One Week At A Time (Rpt)	G With 2 rounds until the Finals, Stephen Quartermain and Robert Walls are joined by special guests to review and analyse the Round 20 action.
10:30 am	Australian Rally Championship R1 (Rpt)	G <u>Round 1 Tasmania</u> Reviews the Round 1 action from Tasmania in the Australian Rally Championship.
11:30 am	Australian Rally Championship R2 (Rpt)	G <u>Round 2 Canberra</u> Round 2 Australian Rally Championship action from the forests around the Nation's capital.
12:30 pm	Australian Rally Championship R3 (Rpt)	G <u>Round 3 Western Australia</u> ONE presents a special look at the third round of Australian Rally Championship from the West Coast.
01:30 pm	Australian Rally Championship R4 (Rpt)	G <u>Round 4 Queensland</u> Highlights of the Fourth Round of the 2009 Australian Rally Championship from Queensland.
02:30 pm	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.
03:30 pm	Omnisport	Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
04:00 pm	Major League Baseball (Rpt)	<u>Atlanta Braves V Arizona Diamondbacks</u> National League action sees the Arizona Diamondbacks travel to the Home of the Braves - Turner Field - to face Atlanta
06:40 pm	Marcos Ambrose: Standing Out (Rpt)	G <u>Marcos Ambrose: Standing Out</u> This ONE exclusive documentary follows Marcos Ambrose as he transitions from two-time V8 Supercar champion through to cementing his place in one of the biggest sports in the world - NASCAR. Includes insights from former team boss Ross Stone.
07:10 pm	Motorcycle Racing: FIM 250cc Championship (Rpt)	<u>Round 11 Czech Republic</u> Coverage of the 250cc plus highlights of the 125 class from the 11th round in the Czech Republic.
08:15 pm	Moto GP (Rpt)	<u>Round 11 Czech Republic</u> Can Casey Stoner keep up with Valentino Rossi after using the summer break to recover from illness? The MotoGP series moves onto Round 11 in the Czech Republic.
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	NASCAR Sprint Cup Highlights	G <u>Race 23: Michigan 400 @ Michigan-Highlights</u> Marcos Ambrose gives ONE an exclusive insight into his progress after 23 rounds in the premier class of US motorsport - the Sprint Cup.



MELBOURNE PROGRAMME GUIDE

Tuesday 18th August 2009



11:00 pm AFL Premiership Season 2009 (Rpt)

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.

01:00 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.

01:15 am Omnisport (Rpt)

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

01:45 am BMX Road Fools (Rpt)

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.

02:45 am Major League Baseball (Rpt)

Atlanta Braves V Arizona Diamondbacks

National League action sees the Arizona Diamondbacks travel to the Home of the Braves - Turner Field - to face Atlanta

05:25 am Baseball Bloopers (Rpt)

G **Baseball Bloopers**

05:30 am Beach Volleyball: FIVB World Tour (Rpt)

G **Round 5 Myslowice, Poland**

The FIVB World Tour moves on to Poland as the world's best mens and womens beach volleyballers come to Myslowice.



MELBOURNE PROGRAMME GUIDE

Wednesday 19th August 2009



06:00 am	NASCAR Sprint Cup Highlights (Rpt)	G	<u>Race 23: Michigan 400 @ Michigan-Highlights</u> Marcos Ambrose gives ONE an exclusive insight into his progress after 23 rounds in the premier class of US motorsport - the Sprint Cup.
07:00 am	Grand-Am Rolex Sportscar Series Highlights (Rpt)	G	<u>Race 9 Watkins Glen International-Recap</u> Marcos Ambrose makes a guest driving appearance, sharing a car with current Nascar Sprint Cup Champion Jimmie Johnson, in the 9th round of the Grand-Am Sportscar series from Watkins Glen, New York.
08:00 am	Sports Unlimited (Rpt)		A weekly magazine show focussing on Action Sports, from the alternate to the outright bizarre, played around the globe.
09:00 am	LIVE: Major League Baseball		SPECIAL EVENT <u>Detroit Tigers V Seattle Mariners</u> One of the season's biggest surprise packets the Detroit Tigers continue to push towards the American League Championship as they host the Seattle Mariners.
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	With 2 rounds until the Finals, Stephen Quartermain and Robert Walls are joined by special guests to review and analyse the Round 20 action.
01:30 pm	AFL Premiership Season 2009 (Rpt)	CC	<u>Round 20 - Sydney Swans V Geelong</u> 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.
03:30 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
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	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.
05:00 pm	Triathlon: ITU World Championship Series	G	<u>Round 6 Womens From London</u> Australia's Olympic bronze medallist Emma Moffatt has won the last 3 womens races in the inaugural ITU World Championship series. Race 6 of 8 comes from the next Olympic city of London.
07:30 pm	Body & Brain Overhaul		
08:00 pm	High Five		An edgy, character driven focus on Action Sports and off the wall pursuits that dominate worldwide youth culture today.
08:30 pm	Pro Bull Riding		Dare to enter the bullring as Aussie cowboys compete among the best of the US in Pro Bull Riding.
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**

Who will be The Poker Star? Find out as Joe Hachem guides a crew of up and coming poker players in a series of challenges - beginning soon only on ONE.

11:00 pm **Surfing: ASP Season**

Nova Schin Festival - Brazil 2006

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)**

Detroit Tigers V Seattle Mariners

One of the season's biggest surprise packets the Detroit Tigers continue to push towards the American League Championship as they host the Seattle Mariners.

03:20 am **Surfing Moment (Rpt)**

G **Surfing Moments**

03:30 am **Triathlon: ITU World Championship Series (Rpt)**

G **Round 6 Womens From London**

Australia's Olympic bronze medallist Emma Moffatt has won the last 3 womens races in the inaugural ITU World Championship series. Race 6 of 8 comes from the next Olympic city of London.



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Thursday 20th August 2009



06:00 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.
07:00 am	AFL Premiership Season 2009 (Rpt)		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.
09:00 am	LIVE: Major League Baseball		SPECIAL EVENT Cleveland Indians V Los Angeles Angels Division leaders the LA Angels look to consolidate their spot on top of the AL West as they travel to Cleveland to take on the Indians.
12:00 pm	Body & Brain Overhaul		
12:30 pm	NASCAR Nationwide Series (Rpt)		Race 23 Carfax 250 @ Michigan Nationwide racing action from Michigan in the 23rd race of the 2009 season. Can the pack, led by previous race winners Carl Edwards, Brad Keselowski and Joey Logano catch series leader Kyle Busch?
03:40 pm	Netball: Festival Of Stars Celebrity Match (Rpt)		Netball: Festival Of Stars Celebrity Match Former Australian Captain Liz Ellis and her co-commentator Luke Darcy take to the other side of the microphone as they captain rival teams of celebrities and sportspeople in a charity match in support of Beyond Blue and the Breast Cancer Foundation.
04:30 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
05:00 pm	Triathlon: ITU World Championship Series	G	Round 6 Mens From London The sixth of eight rounds in the inaugural Mens ITU World Championship series comes from the next Olympic city of London.
07:30 pm	LIVE: Thursday Night Live	PG	SPECIAL EVENT Bill Woods, Luke Darcy and Mark Howard preview the weekend in all the major sports plus review the funny side of the week that was.
09:00 pm	Xtreme Paintball: Beyond The Paint		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.
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	Boxing Wars (Part 3) The KO TV Boxing classic action continues as the biggest name of the them all - Muhammad Ali - takes on Joe Frazier.



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Thursday 20th August 2009



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 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.

01:50 am Sports Unlimited

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

02:50 am High Five (Rpt)

An edgy, character driven focus on Action Sports and off the wall pursuits that dominate worldwide youth culture today.

03:20 am Major League Baseball (Rpt)

Cleveland Indians V Los Angeles Angels

Division leaders the LA Angels look to consolidate their spot on top of the AL West as they travel to Cleveland to take on the Indians.

05:50 am Surfing Moment (Rpt)

G **Surfing Moments**



MELBOURNE PROGRAMME GUIDE

Friday 21st August 2009



06:00 am	Triathlon: ITU World Championship Series (Rpt)	G	Round 6 Womens From London Australia's Olympic bronze medallist Emma Moffatt has won the last 3 womens races in the inaugural ITU World Championship series. Race 6 of 8 comes from the next Olympic city of London.
08:30 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.
09:00 am	LIVE: Major League Baseball		SPECIAL EVENT New York Mets V Atlanta Braves ONE takes you out to the ballpark with a visit to Citi Field as the NY Mets host the Atlanta Braves.
12:00 pm	Motorsport: Australian Off Road Championship R1 (Rpt)	G	Round 1: Western Australia 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.
12:30 pm	Motorsport: Australian Off Road Championship R2 (Rpt)	G	Round 2: Northern Territory The second race in the 2009 Australian Off Road Championship comes from the Finke Desert in the Northern Territory.
01:00 pm	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.
02:00 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
02:30 pm	AFL Premiership Season - Best Of 2009 (Rpt)		Round 6 - Hawthorn V Carlton Revisit the Round 6 clash as the legendary rivalry continues between these two powerhouse clubs - reigning Premiers Hawthorn against rising stars the Blues.
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	Athletix: The IAAF Magazine		IAAF Athletics action including news and highlights from the World Championships in Berlin.
05:30 pm	Mecum Auto Auction (Rpt)	G	Fast talking motor action as classic and restored cars go under the hammer.
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	Australian Rally Championship	G	SPECIAL EVENT Round 5 South Australia Fifth round Australian Rally action from the forests of South Australia.
08:30 pm	Australian Superbike Championship		SPECIAL EVENT Eastern Creek The Australian Superbike action continues only on ONE with all the action from Sydney's Eastern Creek.
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.



MELBOURNE PROGRAMME GUIDE

Friday 21st August 2009



10:00 pm Poker

Pokerstars action exclusive to 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 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.

12:30 am Omnisport (Rpt)

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

01:00 am Major League Baseball (Rpt)

New York Mets V Atlanta Braves

ONE takes you out to the ballpark with a visit to Citi Field as the NY Mets host the Atlanta Braves.

03:30 am Xtreme Paintball: Beyond The Paint (Rpt)

The world's most outrageous, fun and fearless paintball players face off for cash prizes, respect and glory.

04:00 am LIVE: NASCAR Sprint Cup Happy Hour

Race 24: Sharpie 500 @ Bristol-Happy Hour

Final practice action LIVE on ONE as the Sprint Cup series rolls onto Bristol for the Sharpie 500.



MELBOURNE PROGRAMME GUIDE

Saturday 22nd August 2009



06:00 am	Triathlon: ITU World Championship Series (Rpt)	G	Round 6 Mens From London The sixth of eight rounds in the inaugural Mens ITU World Championship series comes from the next Olympic city of London.
08:30 am	LIVE: NASCAR Nationwide Series Highlights (Rpt)	G	SPECIAL EVENT Race 23 Carfax 250 @ Michigan-Recap An hour of race highlights from the 23rd round of the NASCAR Nationwide Series - the Carfax 250 at Michigan.
09:30 am	LIVE: NASCAR Nationwide Series		SPECIAL EVENT Race 24 Ford City 250 @ Bristol The 24th race in the 2009 NASCAR Nationwide Series comes from Bristol as ONE presents exclusive coverage of the Ford City 250.
12:30 pm	Mecum Auto Auction	G	Fast talking motor action as classic and restored cars go under the hammer.
01:30 pm	Beach Volleyball: FIVB World Tour		Round 6 Seoul The FIVB World Tour continues with Round 6 from the beaches of Seoul in Korea.
02:00 pm	Australian Rally Championship (Rpt)	G	Round 5 South Australia Fifth round Australian Rally action from the forests of South Australia.
03:00 pm	AFL Premiership Season 2009 (Also airing on TEN)		SPECIAL EVENT Round 21 - Carlton V Melbourne Join commentary team Tim Lane, Michael Christian, Luke Darcy and Andrew Maher for all the action for Round 21 from Etihad Stadium.
06:00 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
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.
07:30 pm	AFL Premiership Season 2009 (Also airing on TEN)	CC	SPECIAL EVENT Round 21 - Richmond V Hawthorn
11:00 pm	Formula 1 Qualifying		SPECIAL EVENT Race 11 European Qualifying Its been a season of surprises, with the emergence of Brawn GP and Mark Webber's first win. But in the most unexpected move seven time F1 World Champion Michael Schumacher steps back into the Ferrari in Valencia for the injured Felipe Massa.
12:15 am	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.
01:15 am	Omnisport (Rpt)		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
01:45 am	NASCAR Sprint Cup Qualifying		Race 24: Sharpie 500 @ Bristol-Qualifying Qualifying action from Bristol as Marcos Ambrose takes on the rest of the field for top spot on the grid.



MELBOURNE PROGRAMME GUIDE

Saturday 22nd August 2009



03:00 am Triathlon: ITU World Championship Series Highlights

G **Round 6 London - Highlights**

Highlights of the mens and womens races in the sixth round of the ITU World Championship Series from London.

04:00 am Athletix: The IAAF Magazine (Rpt)

IAAF Athletics action including news and highlights from the World Championships in Berlin.

04:30 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.

05:30 am High Five (Rpt)

An edgy, character driven focus on Action Sports and off the wall pursuits that dominate worldwide youth culture today.

