

MELBOURNE PROGRAMME GUIDE

Sunday 15th November 2009



06:00 am LIVE: College Football (Cont)		SPECIAL EVENT <u>Teams TBA</u> College Football action continues on ONE. Teams to be advised.
07:30 am NFL Game Day (Rpt)		Reviews a week of NFL action with unique camera angles and microphones in places they normally cannot go.
08:00 am LIVE: NASCAR Nationwide Series		SPECIAL EVENT <u>Race 34 Able Body Labor 200 @ Phoenix</u> It's the penultimate race of the 2009 season and the Nationwide Series is heading to the Phoenix International Raceway where every point counts.
11:00 am Great Manchester Run (Rpt)	G	<u>Great Manchester Run</u> The Great Run series continues to bring athletics to the people. See the Great Manchester Run here on ONE.
11:30 am Basketball: NBA Game Of The Week		
01:30 pm NASCAR Sprint Cup Happy Hour		<u>Race 35: Checker O'reilly 500 @ Phoenix-Happy Hour</u> The Chase for the Sprint Cup is almost over for 2009. Watch the warm up Happy Hour on the Phoenix International Raceway.
02:15 pm LIVE: College Football		<u>Teams TBA</u> PAC 10 action. Teams to be advised.
05:30 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.
06:00 pm Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
06:30 pm High Octane		Buckle up as we get you behind the wheel of Australian motorsport in the new weekly series High Octane.
07:00 pm The Fast World Of Danica Patrick		
07:30 pm LIVE: Sports Tonight		The best way to end the weekend is Sports Tonight: The Weekend Wrap. Join Rob Canning for extended sports news, results and highlights.
08:00 pm ANDRA Pro Series Drag Racing		SPECIAL EVENT <u>Fast Fours & Rotaries Jamboree</u> Australia, New Zealand and America's fastest sport Compact racers go head to head at the 2009 Fast Fours and Rotaries Jamboree at Willowbank Raceway in Queensland.
09:00 pm Motorsport: British Touring Car Championship		<u>Rockingham</u> After a four year absence, the British Touring Car Championship returns to Rockingham Motor Speedway in Corby, Northamptonshire.
10:00 pm Motorsport: FIA GT Round 7		<u>Paul Ricard, France</u> For only the second time in FIA GT Championship history, round 7 will head to the Paul Ricard HTTT Track in France. Accelerate into the second last event of the season.
11:00 pm Sports Soup (Rpt)		Get your fix of funny clips as comedian Matt Iseman mocks his way through the wacky side of sport. Not even the biggest name players and commentators are safe from his sarcastic and irreverant look at the week's biggest sporting moments.



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11:30 pm Rugby Classics

01:30 am LIVE: Rugby: Grand Slam Tour

SPECIAL EVENT

Ireland V Australia

The Wallabies face Ireland in the second match of the Grand Slam Tour, from the famous Croke Park in Dublin. The challenge for new Wallabies captain Rocky Elsom continues to build as he brings together his young Wallabies in the leadup to the World Cup.

04:00 am NFL Game Day (Rpt)

Reviews a week of NFL action with unique camera angles and microphones in places they normally cannot go.

04:15 am Omnisport (Rpt)

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

04:45 am Triathlon: ITU World Championship Series - 2009 Season Review (Rpt)

G

2009 Season Review

A review of all eight rounds in a memorable first season of the 2009 ITU World Championship Series.

05:45 am Red Bull Air Race (Rpt)

Round 6 Barcelona

Former fighter pilot Matt Hall steps up to the challenge in Barcelona, Spain. Can Matt make a little more altitude to climb to the top of the leader board?



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06:00 am	Red Bull Air Race (Cont) (Rpt)	Round 6 Barcelona Former fighter pilot Matt Hall steps up to the challenge in Barcelona, Spain. Can Matt make a little more altitude to climb to the top of the leader board?
07:45 am	Motorsport: Australian Off Road Championships (Rpt)	Round 5: Goondiwindi 400, Queensland The dust will be flying as round 5 of the Australian Off Road Championships heads to Queensland.
08:15 am	LIVE: National Football League	SPECIAL EVENT Week 10 - Green Bay Packers V Dallas Cowboys The 1967 'Ice Bowl' between Green Bay and Dallas is considered one of the greatest games in NFL history and has sparked a rivalry between the two teams since. This season both teams are fighting to climb to the top of their division and every win counts.
11:20 am	Sports Unlimited	A weekly magazine show focussing on Action Sports, from the alternate to the outright bizarre, played around the globe.
12:20 pm	LIVE: National Football League	SPECIAL EVENT Week 10 - Indianapolis Colts V New England Patriots Another battle of the superstar quarterbacks as Peyton Manning and Tom Brady clash at Lucas Oil Stadium. Two divisional leaders mark their territory as the Indianapolis Colts host the New England Patriots.
03:45 pm	NFL Game Day (Rpt)	Reviews a week of NFL action with unique camera angles and microphones in places they normally cannot go.
04:00 pm	Omnisport	Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
04:30 pm	Great Ireland Run (Rpt)	Great Ireland Run Highlights of Ireland's fastest growing running event, a 10 kilometre run through the stunning Phoenix Park in Dublin.
05:00 pm	Rugby Classics	
07:00 pm	Rugby: Grand Slam Tour (Rpt)	Ireland V Australia The Wallabies face Ireland in the second match of the Grand Slam Tour, from the famous Croke Park in Dublin. The challenge for new Wallabies captain Rocky Elsom continues to build as he brings together his young Wallabies in the leadup to the World Cup.
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	National Football League (Rpt)	Week 10 - Green Bay Packers V Dallas Cowboys The 1967 'Ice Bowl' between Green Bay and Dallas is considered one of the greatest games in NFL history and has sparked a rivalry between the two teams since. This season both teams are fighting to climb to the top of their division and every win counts.
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.



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Monday 16th November 2009



12:45 am **Omnisport (Rpt)**

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

01:15 am **Golf: WA Open Highlights (Rpt)**

G **WA Open Highlights**

Western Australia's oldest and most prestigious state golf championship. See the best of Australia's up and coming golf talent and a few well-known names battle for the title around Perth's picturesque Cottesloe Golf Course.

02:15 am **Football: Bundesliga Weekly Highlights (Rpt)**

G **Matchday 12**

A comprehensive roundup of the latest Matchday action from Europe's highest scoring football league - Germany's Bundesliga.

03:25 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.

04:20 am **Mecum Auto Auction (Rpt)**

G

The perfect show for carlovers and everyone who enjoys motoring pursuits as tenderly restored muscle cars go under the auctioneer's hammer.

05:20 am **Snowboarding Moment (Rpt)**

G **Snowboarding Moment**

Snowboarding

05:30 am **Powerboating: Class 1 World Championships (Rpt)**

PG

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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Tuesday 17th November 2009



06:00 am	Rugby International (Rpt)		France Vs South Africa As part of a big November of European rugby on ONE, including the Wallabies' Grand Slam Tour, we also present three French Test Matches including this blockbuster against Tri Nations champions South Africa.
08:00 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.
09:00 am	Chicago Marathon 2009 (Rpt)		Chicago Marathon 2009 Now in its 32nd year, the Chicago Marathon brings together a record 45,000 participants of all abilities in one of America's biggest community running events.
10:00 am	World Netball Series (Rpt)	G	Day 1 Highlights An innovative new Netball format - the World Netball Series sees the world's best netballers compete in a round robin tournament in Manchester, England. Rule changes include double points for shots outside the circle and a power play quarter.
12:00 pm	NFL Game Day (Rpt)		Reviews a week of NFL action with unique camera angles and microphones in places they normally cannot go.
12:30 pm	LIVE: National Football League		SPECIAL EVENT Week 10 - Cleveland Browns V Baltimore Ravens AFC North rivals the Cleveland Browns and Baltimore Ravens fight it out to climb the Division rankings behind the high flying Steelers and Bengals.
03:50 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
04:20 pm	Football: Bundesliga Weekly Highlights (Rpt)	G	Matchday 12 A comprehensive roundup of the latest Matchday action from Europe's highest scoring football league - Germany's Bundesliga.
05:30 pm	Triathlon: ITU World Championship Series - 2009 Season Review (Rpt)	G	2009 Season Review A review of all eight rounds in a memorable first season of the 2009 ITU World Championship Series.
06:30 pm	NASCAR Nationwide Series Highlights	G	Race 34 Able Body Labor 200 @ Phoenix-Recap The best highlights of the second last race of the 2009 Nationwide Series brought to you from Phoenix, Arizona.
07:30 pm	NASCAR Sprint Cup Highlights	G	Race 35: Checker O'reilly 500 @ Phoenix-Highlights The Chase for the Sprint Cup is nearing its conclusion for 2009. Who has the endurance to go all the way? Catch the best moments from 500 miles of racing at the Phoenix International Raceway.
08:30 pm	The Pro Shop		SPECIAL EVENT ONE's exclusive new weekly golf show. The Pro Shop covers all aspects of the game for golfers of all levels. Hosted by Andrew Maher and Grant Dodd, who are joined by an array of special guests and tour professionals.
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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Tuesday 17th November 2009



10:00 pm	National Football League (Rpt)		<u>Week 10 - Cleveland Browns V Baltimore Ravens</u> AFC North rivals the Cleveland Browns and Baltimore Ravens fight it out to climb the Division rankings behind the high flying Steelers and Bengals.
12:30 am	LIVE: 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.
12:45 am	Omnisport (Rpt)		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
01:15 am	Motorsport: British Touring Car Championship (Rpt)		<u>Rockingham</u> After a four year absence, the British Touring Car Championship returns to Rockingham Motor Speedway in Corby, Northamptonshire.
02:15 am	Motorsport: Australian Off Road Championships (Rpt)		<u>Round 5: Goondiwindi 400, Queensland</u> The dust will be flying as round 5 of the Australian Off Road Championships heads to Queensland.
02:45 am	Red Bull Air Race (Rpt)		<u>Round 6 Barcelona</u> Former fighter pilot Matt Hall steps up to the challenge in Barcelona, Spain. Can Matt make a little more altitude to climb to the top of the leader board?
04:45 am	Surfing Moment (Rpt)	G	<u>Surfing Moments</u>
05:00 am	Omnisport (Rpt)		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
05:30 am	Powerboating: Class 1 World Championships (Rpt)	G	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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Wednesday 18th November 2009



06:00 am	National Football League (Rpt)		<u>Week 10 - Indianapolis Colts V New England Patriots</u> Another battle of the superstar quarterbacks as Peyton Manning and Tom Brady clash at Lucas Oil Stadium. Two divisional leaders mark their territory as the Indianapolis Colts host the New England Patriots.
08:30 am	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.
09:00 am	Golf: WA PGA Highlights (Rpt)	G	<u>WA PGA Highlights</u> Western Australia's oldest and most prestigious state golf championship. Check out the highlights of Australia's up and coming golf talent and a few well-known names battle for the title around Perth's picturesque Cottesloe Golf Course.
10:00 am	World Netball Series (Rpt)	G	<u>Day 2 Highlights</u> Day 2 Highlights of the World Netball Series, a fast paced new netball format with unlimited substitutions and a power play quarter as well as double points for shots outside the circle. Australia's three matches are against New Zealand, Samoa and England
12:30 pm	LIVE: Basketball: NBA		SPECIAL EVENT <u>Phoenix V Houston</u> Will Aussie born centre David Anderson be the difference for the Houston Rockets as they travel to Phoenix? Both the Rockets and the Suns came second in their divisions last year. The challenge is set, can they go one better?
03:00 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
03:30 pm	Great Edinburgh Run (Rpt)		<u>Great Edinburgh Run</u> A world-class 10km road running event that takes athletics to the people. From one of the most beautiful cities in Europe, the course includes famous landmarks such as Edinburgh Castle, The Scott Monument, The Royal Mile and Holyrood Palace
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	College Football - Game Of The Week		
07:30 pm	Real NBA		ONE presents the highlights of the American NBA. Catch the news, profiles, results and best hoops of the week.
08:00 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.
08:30 pm	The Poker Star		SPECIAL EVENT The players have been tested on composure, memory, bluffing and reading other people and now in this season finale, Joe Hachem will announce who will be the first Poker Star.



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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 Basketball: NBA (Rpt)

Phoenix V Houston

Will Aussie born centre David Anderson be the difference for the Houston Rockets as they travel to Phoenix? Both the Rockets and the Suns came second in their divisions last year. The challenge is set, can they go one better?

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.

12:15 am Omnisport (Rpt)

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

12:45 am The Pro Shop (Rpt)

ONE's exclusive new weekly golf show. The Pro Shop covers all aspects of the game for golfers of all levels. Hosted by Andrew Maher and Grant Dodd, who are joined by an array of special guests and tour professionals.

01:45 am NASCAR Sprint Cup (Rpt)

Race 1: Daytona 500-Race

The biggest annual motorsport event in the United States begins a new Sprint Cup season - with Aussie Marcos Ambrose in the Daytona 500.



MELBOURNE PROGRAMME GUIDE

Thursday 19th November 2009



06:00 am	NASCAR Sprint Cup Highlights (Rpt)	G	<u>Race 35: Checker O'reilly 500 @ Phoenix-Highlights</u> The Chase for the Sprint Cup is nearing its conclusion for 2009. Who has the endurance to go all the way? Catch the best moments from 500 miles of racing at the Phoenix International Raceway.
07:00 am	NASCAR Nationwide Series Highlights (Rpt)	G	<u>Race 34 Able Body Labor 200 @ Phoenix-Recap</u> The best highlights of the second last race of the 2009 Nationwide Series brought to you from Phoenix, Arizona.
08:00 am	Motorsport: FIA GT Round 7 (Rpt)		<u>Paul Ricard, France</u> For only the second time in FIA GT Championship history, round 7 will head to the Paul Ricard HTTT Track in France. Accelerate into the second last event of the season.
09:00 am	Motorsport: British Touring Car Championship (Rpt)		<u>Rockingham</u> After a four year absence, the British Touring Car Championship returns to Rockingham Motor Speedway in Corby, Northamptonshire.
10:00 am	World Netball Series (Rpt)		<u>Finals Night</u> Its finals night at the inaugural World Netball Series and the Aussie Diamonds take on the world's best including England and New Zealand in the modified short form of the game. Who will take advantage of the power plays and unlimited substitutions?
02:00 pm	Sports Unlimited (Rpt)		A weekly magazine show focussing on Action Sports, from the alternate to the outright bizarre, played around the globe.
03:00 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
03:30 pm	Mecum Auto Auction (Rpt)	G	The perfect show for carlovers and everyone who enjoys motoring pursuits as tenderly restored muscle cars go under the auctioneer's hammer.
04:30 pm	NFL Game Day (Rpt)		Reviews a week of NFL action with unique camera angles and microphones in places they normally cannot go.
05:00 pm	National Football League - Game Of The Week		
07:30 pm	Why Do Jamaicans Run So Fast?		SPECIAL EVENT
08:30 pm	World Heli Challenge		<u>World Heli Challenge 2009 - Part 2</u> Part two of the World Heli Challenge sees the best snowboarders and skiers in the world head to the epic Lake Wanaka in New Zealand for an event that combines the best of mountain downhill in a competitive format.
09:00 pm	Sports Soup		SPECIAL EVENT Get your fix of funny clips as comedian Matt Iseman mocks his way through the wacky side of sport. Not even the biggest name players and commentators are safe from his sarcastic and irreverant look at the week's biggest sporting moments.
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 UFC Countdown

U.F.C. Countdown 106

Previews the mixed martial arts action ahead of UFC 106.

11:30 pm Boxing: KO TV Classic

PG **Jail Birds**

Check out 'fight night' on ONE with a countdown of five top classic boxing bouts from the KOTV archives.

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.

12:45 am Omnisport (Rpt)

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

01:15 am NASCAR Sprint Cup (Rpt)

Race 18: Coke Zero 400 @ Daytona-Race

Full race coverage from the Nascar Sprint Cup series as the feature event of the 4th of July weekend meet at Daytona comes to you on ONE.

05:15 am High Octane (Rpt)

Buckle up as we get you behind the wheel of Australian motorsport in the new weekly series High Octane.

05:45 am Omnisport (Rpt)

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



MELBOURNE PROGRAMME GUIDE

Friday 20th November 2009



06:00 am The Pro Shop (Rpt)

ONE's exclusive new weekly golf show. The Pro Shop covers all aspects of the game for golfers of all levels. Hosted by Andrew Maher and Grant Dodd, who are joined by an array of special guests and tour professionals.

07:00 am College Football - Game Of The Week

09:30 am NASCAR Nationwide Series (Rpt)

Race 34 Able Body Labor 200 @ Phoenix

It's the penultimate race of the 2009 season and the Nationwide Series is heading to the Phoenix International Raceway where every point counts.

12:00 pm LIVE: Basketball: NBA

SPECIAL EVENT

New Orleans V Phoenix

It's only the second season that the New Orleans Hornets have been back full time at home since Hurricane Katrina. They will be looking to score a win against the Phoenix Suns in front of their home crowd at the Lloyd Noble Centre.

02:30 pm LIVE: Basketball: NBA Doubleheader

SPECIAL EVENT

L.A. Lakers V Chicago

The L.A. Lakers are favourites to win back to back rings. They face one of the 90's multiple championship winning teams the Chicago Bulls, who are looking to rebuild with Derrick Rose. From the Staples Center in downtown Los Angeles.

05:00 pm Omnisport

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

05:30 pm NFL Game Day

06:00 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.

07:00 pm Real NBA (Rpt)

ONE presents the highlights of the American NBA. Catch the news, profiles, results and best hoops of the week.

07:30 pm Basketball: NBA (Rpt)

New Orleans V Phoenix

It's only the second season that the New Orleans Hornets have been back full time at home since Hurricane Katrina. They will be looking to score a win against the Phoenix Suns in front of their home crowd at the Lloyd Noble Centre.

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 The Poker Star (Rpt)

The players have been tested on composure, memory, bluffing and reading other people and now in this season finale, Joe Hachem will announce who will be the first Poker Star.

11:00 pm Basketball: NBA (Rpt)

L.A. Lakers V Chicago

The L.A. Lakers are favourites to win back to back rings. They face one of the 90's multiple championship winning teams the Chicago Bulls, who are looking to rebuild with Derrick Rose. From the Staples Center in downtown Los Angeles.



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Friday 20th November 2009



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.

01:30 am NASCAR Sprint Cup (Rpt)

Race 20: Allstate 400 @ Indianapolis-Race

In the leadup to ONE's live telecast of this weekend's season final, relive the NASCAR Sprint Cup action from the world famous Brickyard racetrack in Indianapolis.



MELBOURNE PROGRAMME GUIDE

Saturday 21st November 2009



06:00 am	FINA World Swimming Championships Highlights (Rpt)	G	<u>Championship Highlights</u> Melissa Gorman, Brenton Rickard, Jessicah Schipper and Marieke Guerher beat the world's best to win Gold. But across eight action packed nights at the pool there were plenty of stunning performances by the Aussie Dolphins and others such as Michael Phelps
07:00 am	Telstra Swimmer Of The Year 2009 (Rpt)	G	<u>Aus Swimmer Of The Year Awards</u> Swimming's night of nights as the Aussie Dolphins come together to celebrate their success in this World Championship year with the Swimmer of the Year Awards.
08:00 am	Football: Bundesliga Weekly Highlights (Rpt)	G	<u>Matchday 12</u> A comprehensive roundup of the latest Matchday action from Europe's highest scoring football league - Germany's Bundesliga.
09:05 am	Great North 10k		<u>Great North 10k</u> 4500 runners take to the streets starting and finishing at Sunderland's Stadium of Light for England's Great North 10K.
09:35 am	New York Marathon 2009		<u>New York Marathon 2009</u> The New York Marathon, a tradition since 1970, sees 38,000 participants and countless spectators pace through all five boroughs of New York and shows off the fabulous skyline views of the Big Apple.
10:35 am	NASCAR Sprint Cup Qualifying		SPECIAL EVENT <u>Race 36: Ford 400 @ Miami-Qualifying</u> Homestead-Miami Speedway hosts the final round of the NASCAR Sprint Cup for 2009. Qualifying has never been more important. Who will take the Sprint Cup?
12:05 pm	Mecum Auto Auction	G	The perfect show for carlovers and everyone who enjoys motoring pursuits as tenderly restored muscle cars go under the auctioneer's hammer.
01:00 pm	National Football League - Game Of The Week		
03:30 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
04:00 pm	780: The F1 Experience (Rpt)	G	<u>780: The F1 Experience</u> An F1 racecar has around 780 horsepower. In this Exclusive ONE Special Production, Cam McConville experiences the power and exhilaration when he steps behind the wheel of the final Honda F1 car, just days before they withdrew from the sport.
04:30 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.
05:00 pm	The Fast World Of Danica Patrick		
05:30 pm	Golf: Queensland PGA Highlights		<u>Queensland PGA Highlights</u> The PGA Tour of Australasia comes to the garden city of Toowoomba. See the highlights as 144 competitors play over 72 holes.
06:30 pm	The Pro Shop (Rpt)		ONE's exclusive new weekly golf show. The Pro Shop covers all aspects of the game for golfers of all levels. Hosted by Andrew Maher and Grant Dodd, who are joined by an array of special guests and tour professionals.



MELBOURNE PROGRAMME GUIDE

Saturday 21st November 2009



07:30 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.

08:00 pm Pro Bull Riding

America's PBR continues as the world's best bullriders hold on for dear life.

09:00 pm Xtreme Paintball: Beyond The Paint (Rpt) PG

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

09:30 pm Why Do Jamaicans Run So Fast?

10:30 pm Sports Soup (Rpt)

Get your fix of funny clips as comedian Matt Iseman mocks his way through the wacky side of sport. Not even the biggest name players and commentators are safe from his sarcastic and irreverent look at the week's biggest sporting moments.

11:00 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.

12:00 am UFC Countdown (Rpt)

U.F.C. Countdown 106
Previews the mixed martial arts action ahead of UFC 106.

12:25 am Superboxer

Extra - Western Sydney
The boxing action continues on ONE with unseen action from the fourth round of Superboxer's inaugural season from Western Sydney.

12:55 am Omnisport (Rpt)

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

01:25 am LIVE: Football: Bundesliga

SPECIAL EVENT
Matchday 13 - Wolfsburg V Nuremberg
The Wolves have made a shaky start defending their Bundesliga championship. Can Aussie Dario Vidosic and his Nuremberg teammates come to Wolfsburg and steal the points at the HSH Nordbank Arena?

03:30 am High Octane (Rpt)

Buckle up as we get you behind the wheel of Australian motorsport in the new weekly series High Octane.

04:00 am LIVE: Rugby: Grand Slam Tour

SPECIAL EVENT
Scotland V Australia
Rocky Elsom will lead the Wallabies out onto Murrayfield in Edinburgh for the third of four Tests as part of the Grand Slam Tour. Can they live up to the tradition of the 1984 team?

