

MELBOURNE PROGRAMME GUIDE

Sunday 17th January 2010



06:00 am NFL Game Day (Rpt)	<u>Wildcard Weekend</u> Four teams have snuck into the NFL Playoffs with a wildcard spot. They face the challenge of their more fancied Division champions, but as NFL history has shown many times, favouritism means nothing and anything can happen in the playoffs.
06:30 am Sports Unlimited (Rpt)	Sports Unlimited returns in 2010 with brand new adventures and feature stories covering action sports, from the alternate to the outright bizarre, played around the globe.
07:30 am LIVE: College Basketball	SPECIAL EVENT <u>Michigan State V Illinois</u> Michigan State were the crowd favourite in last year's March Madness, making it through to the NCAA Championship Game. Now in a Big Ten Conference smash, the Spartans host the Illinois Fighting Illini.
10:00 am Basketball: NBA Game Of The Week	
12:00 pm LIVE: National Football League Playoffs	SPECIAL EVENT <u>A.F.C Divisional Playoff - Teams TBA</u> Saturday Night playoff football as the AFC's top seeds, the history making Indianapolis Colts and the San Diego Chargers, make their first appearance this playoff in separate matches. Will they face off in the AFC Championship game next weekend?
03:30 pm Body & Brain Overhaul (Rpt)	G What are the best fuels for your body? Paul leads the participants to enhance their body and brain functions through diet and nutrition.
04:00 pm Omnisport	Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
04:30 pm Beach Volleyball: FIVB World Tour	<u>World Tour Grand Slam - Gstaad</u> The FIVB Beach Volleyball action rolls on with US\$600,000 on offer as prizemoney for the World Tour Grand Slam from Gstaad in Switzerland.
05:00 pm I Fish	G A brand new series for summer brings you the very latest 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.
05:30 pm World Series Sprintcars	The World Series Sprintcar season heads to South Australia's Speedway City for round four. Catch the highlights on ONE.
06:30 pm Drive (Rpt)	<u>The Show</u> Mike Valley takes a look into life on the road as a touring professional skateboarder with the Element and Accel Wheels skateboard teams.
07:00 pm World's Strongest Man (Rpt)	G 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.
07:30 pm LIVE: Sports Tonight	For over 17 years Sports Tonight has been Australia's most trusted name in nightly sports news. Rob Canning presents the weekend snapshot of the very latest news and highlights.



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08:00 pm	Super X	<u>Round 6 - Hamilton, New Zealand</u> Super X hits Hamilton, New Zealand for the sixth round. Some of the best riders in the world including Australia's Chad Reed are competing in this year's series, with new formats and more challenging courses than ever before.
09:00 pm	MotoGP Classics	<u>Assen 1992</u> The Assen round is one of the most awaited on the MotoGP calendar. Take a trip back to the Netherlands in 1992 for another classic 500cc experience.
10:00 pm	Drag Racing: ANDRA Pro Series	<u>Andra Pro Series - Top Fuel Round @ Perth Motorplex WA</u> The ANDRA Pro Series returns to the Perth Motorplex in Western Australia as the 500 kilometre per hour Top Fuel Nitro action continues.
11:00 pm	Drift	<u>Breaking Point - Monroe, Washington</u> High-powered motor sport action testing drivers' skill to control a car while it slides sideways at high speed through a marked course. It is judged on execution and style rather than who finishes the course fastest.
11:30 pm	BMX Mega Tour (Rpt)	PG Six BMX teams and over 40 top riders go on a seven-day road trip seeking out the most challenging and dangerous biking spots in the U.S.
12:30 am	Omnisport (Rpt)	Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
12:55 am	LIVE: Football: Serie A	SPECIAL EVENT <u>Matchday 20 - Teams TBA</u> Tune into ONE for Matchday 20 of the Italian Professional Football League.
02:55 am	TNA Xplosion (Rpt)	Total Non Stop Action Wrestling is America's fast growing wrestling event. Xplosion brings you the best action from the weekend featuring Kurt Angle and the stars of TNA.
03:50 am	Transworld Sport (Rpt)	The world's most acclaimed weekly sports magazine show returns in 2010, bringing you the latest highlights and profiles of the stars behind the results. Plus the wacky and unexpected elements from the world of sport.
04:45 am	NFL Game Day (Rpt)	<u>Wildcard Weekend</u> Four teams have snuck into the NFL Playoffs with a wildcard spot. They face the challenge of their more fancied Division champions, but as NFL history has shown many times, favouritism means nothing and anything can happen in the playoffs.
05:15 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!
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

Monday 18th January 2010



06:00 am Cycling: Jayco Bay Classic

08:00 am LIVE: National Football League Playoffs

SPECIAL EVENT

N.F.C Divisional Playoff - Teams TBA

Super Bowl XLIV is coming. The second week of the playoffs conclude as NFC top seeds make their playoff debut in the Divisional Round. Who will win through to next week's NFC Championship game? Teams TBA.

12:00 pm America's Game (Rpt)

Story Of The 2004 Patriots

Another 17-2 season saw New England crowned AFC Champion, then go on to be only the second team ever to win three Super Bowls in four years. A three point winning margin in all three Super Bowls was the start of a dynasty in the NFL for the Pats.

01:00 pm Transworld Sport (Rpt)

The world's most acclaimed weekly sports magazine show returns in 2010, bringing you the latest highlights and profiles of the stars behind the results. Plus the wacky and unexpected elements from the world of sport.

02:00 pm Super X (Rpt)

Round 6 - Hamilton, New Zealand

Super X hits Hamilton, New Zealand for the sixth round. Some of the best riders in the world including Australia's Chad Reed are competing in this year's series, with new formats and more challenging courses than ever before.

03:00 pm Tread BMX (Rpt)

PG

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!

03:30 pm Body & Brain Overhaul (Rpt)

PG

Paul Taylor takes a closer look at stress and stress management and how it affects the bodies and brains of our 4 overhaul participants.

04:00 pm Omnisport

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

04:30 pm Next Wave

G

Australia's junior surfers showcase their incredible talents as we follow their journey to be among the nation's greatest junior surfers.

05:00 pm Pat Callinan's 4x4 Adventures

Esperance To Kalgoorlie And Beyond

Tune in and join Pat on a stunning drive from white beaches through to red dirt, with a few exciting detours thrown in!

06:00 pm Slamball (Rpt)

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.

06:30 pm Pro Bull Riding (Rpt)

G

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

07:30 pm The Magic Of The FA Cup

SPECIAL EVENT

Chelsea's Greatest Games

The Chelsea Football Club was established in 1905. Since then, the Blues have become one of the most successful and popular clubs in English football. Check out some of their greatest games on ONE.



MELBOURNE PROGRAMME GUIDE

Monday 18th January 2010



09:00 pm Football: FA Classics

F.A. Cup Final 1996/97 Chelsea V Middlesbrough

Take a step back in time with another FA Cup classic match - the final of the 1996/97 season between Chelsea FC and Middlesbrough FC.

09:30 pm LIVE: Sports Tonight

For over 17 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 Football: Bundesliga Weekly Highlights

G **Matchday 18**

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

11:10 pm National Football League Playoffs (Rpt)

N.F.C Divisional Playoff - Teams TBA

Super Bowl XLIV is coming. The second week of the playoffs conclude as NFC top seeds make their playoff debut in the Divisional Round. Who will win through to next week's NFC Championship game? Teams TBA.

01:40 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.

01:55 am Football: The Serie A Highlights Show

Matchday 20

ONE brings you a review of the latest matchday action from Italy's world renowned Serie A football league.

02:45 am Omnisport (Rpt)

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

03:15 am World Series Sprintcars (Rpt)

G

A season preview of the 2009/2010 World Series Sprintcar season and the best highlights of round one from Brisbane International Speedway.

04:10 am World Series Sprintcars (Rpt)

Charlton Raceway in Toowoomba and Parramatta City Raceway host the second and third rounds of the World Series Sprintcar season. Catch the highlights on ONE.

05:05 am World Series Sprintcars (Rpt)

The World Series Sprintcar season heads to South Australia's Speedway City for round four. Catch the highlights on ONE.



MELBOURNE PROGRAMME GUIDE

Tuesday 19th January 2010



06:00 am National Football League Playoffs (Rpt)	<u>A.F.C Divisional Playoff - Teams TBA</u> Saturday Night playoff football as the AFC's top seeds, the history making Indianapolis Colts and the San Diego Chargers, make their first appearance this playoff in separate matches. Will they face off in the AFC Championship game next weekend?
08:30 am Sports Unlimited	Sports Unlimited returns in 2010 with brand new adventures and feature stories covering action sports, from the alternate to the outright bizarre, played around the globe.
09:30 am Drive (Rpt)	<u>The Show</u> Mike Vallely takes a look into life on the road as a touring professional skateboarder with the Element and Accel Wheels skateboard teams.
10:00 am College Basketball (Rpt)	<u>N.C. State V Clemson</u> The competition is wild in college basketball this season as the North Carolina State Wolfpack host the Clemson Tigers. NCAA basketball continues all the way through to March Madness on ONE.
12:00 pm LIVE: Basketball: NBA	<u>Boston V Dallas</u> TD Garden hosts a clash between these two NBA division leaders. Kevin Garnett, Paul Pierce and Rajon Rondo lead the Boston Celtics out against Dirk Nowitzki, Jason Kidd and the Dallas Mavericks.
02:30 pm LIVE: Basketball: NBA Doubleheader	SPECIAL EVENT <u>L.A. Lakers V Orlando</u> The long awaited rematch of last season's NBA Finals series, as the championship L.A. Lakers look to silence coach Stan Van Gundy and his Orlando Magic. Dwight Howard will be looking to gain revenge on Kobe Bryant.
05:00 pm Real NBA	Real NBA is your weekly access all areas pass into the world's most prestigious basketball league. With profiles, highlights and intimate stories of the teams and players away from the court.
05:30 pm Omnisport	Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
06:00 pm Slamball (Rpt)	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.
06:30 pm Pro Bull Riding (Rpt)	G America's PBR continues as the world's best bullriders hold on for dear life.
07:30 pm Golf: NSW PGA Highlights (Rpt)	G <u>NSW PGA Highlights</u> 144 Golfers tee off for \$110,000 in prize money at Wollongong Golf Club for the third event of the PGA Tour of Australasia. Catch the highlights of the NSW PGA on ONE.
08:30 pm The Pro Shop	Andrew Maher and Grant Dodd present the weekly golf program for players of any level. Reviews the latest news and highlights, plus global results, features, profiles and interviews with special guests and tour professionals.



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09:30 pm LIVE: Sports Tonight

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10:00 pm Johnny Lewis Boxing Classics

Johnny Lewis Boxing Classics: Hector Camacho V Tony Menefee

Greg Rust and Johnny Lewis take a look at a classic bout from August 1998 between Puerto Rica's Hector 'Macho' Camacho and American boxer Tony Menefee.

11:00 pm Basketball: NBA (Rpt)

L.A. Lakers V Orlando

The long awaited rematch of last season's NBA Finals series, as the championship L.A. Lakers look to silence coach Stan Van Gundy and his Orlando Magic. Dwight Howard will be looking to gain revenge on Kobe Bryant.

01:00 am 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.

01:30 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.

01:45 am Cycling: Jayco Bay Classic

03:40 am Omnispport (Rpt)

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04:10 am Football: Bundesliga Weekly Highlights (Rpt)

G **Matchday 18**

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

05:15 am Australian Fishing Championships (Rpt)

G **Round 4**

Australia's top anglers return to battle it out again for the title of Outdoors Champion in the Australian Fishing Championships.



MELBOURNE PROGRAMME GUIDE

Wednesday 20th January 2010



06:00 am	Pat Callinan's 4x4 Adventures (Rpt)	<u>Esperance To Kalgoorlie And Beyond</u> Tune in and join Pat on a stunning drive from white beaches through to red dirt, with a few exciting detours thrown in!
07:00 am	Football: Bundesliga (Rpt)	<u>Matchday 18 - Bayer Leverkusen V Mainz</u> Things are tight at the top of the Bundesliga table. Only a few goals separate Bayer Leverkusen and Mainz and the competition this season has never been more fierce. Can Leverkusen stay undefeated for their home fans at Bayarena?
09:00 am	Football: The Serie A Highlights Show (Rpt)	<u>Matchday 20</u> ONE brings you a review of the latest matchday action from Italy's world renowned Serie A football league.
10:00 am	The Pro Shop (Rpt)	Andrew Maher and Grant Dodd present the weekly golf program for players of any level. Reviews the latest news and highlights, plus global results, features, profiles and interviews with special guests and tour professionals.
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01:00 pm	TNA Xplosion (Rpt)	Total Non Stop Action Wrestling is America's fast growing wrestling event. Xplosion brings you the best action from the weekend featuring Kurt Angle and the stars of TNA.
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03:00 pm	Tread BMX (Rpt)	PG 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!
03:30 pm	Body & Brain Overhaul (Rpt)	PG (D) The penultimate episode as Paul Taylor takes a closer look at how to condition our bodies and brains to be happy. What positive changes do our 4 participants need to make?
04:00 pm	Omnisport	Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
04:30 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.
05:00 pm	I Fish (Rpt)	G A brand new series for summer brings you the very latest 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.
05:30 pm	Beach Volleyball: FIVB World Tour (Rpt)	G <u>World Championships - Stavanger</u> Highlights of the Swatch FIVB World Championships from Stavanger in Norway.



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06:00 pm Slamball (Rpt)

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.

06:30 pm Twenty20 Champions League Cricket (Rpt)

SPECIAL EVENT

Trinidad & Tobago V NSW Blues

A blazing start by Phillip Hughes and David Warner had the NSW Blues in the box seat with a big total but nothing is predictable in Twenty20. Big hitting Kieron Pollard played a career defining innings for Trinidad & Tobago.

09:30 pm LIVE: Sports Tonight

For over 17 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 True Blue Champions

11:00 pm Basketball: NBA (Rpt)

SPECIAL EVENT

Boston V Dallas

TD Garden hosts a clash between these two NBA division leaders. Kevin Garnett, Paul Pierce and Rajon Rondo lead the Boston Celtics out against Dirk Nowitzki, Jason Kidd and the Dallas Mavericks.

01:00 am Real NBA (Rpt)

Real NBA is your weekly access all areas pass into the world's most prestigious basketball league. With profiles, highlights and intimate stories of the teams and players away from the court.

01:30 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.

01:45 am Omnisport (Rpt)

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

02:15 am NFL Game Day (Rpt)

Wildcard Weekend

Four teams have snuck into the NFL Playoffs with a wildcard spot. They face the challenge of their more fancied Division champions, but as NFL history has shown many times, favouritism means nothing and anything can happen in the playoffs.

02:45 am Drive (Rpt)

The Show

Mike Vallely takes a look into life on the road as a touring professional skateboarder with the Element and Accel Wheels skateboard teams.

03:15 am The Poker Star (Rpt)

PG Memory

(A) A Poker Star must always be observant and pick up on the smallest detail. But in everyday situations, or bearing witness to a car crash, each player will recall a wildly different sequence of events.

04:10 am The Poker Star (Rpt)

PG Endurance

(A) Poker is more than a hobby, its a way of life for these players. But on the pro circuit they will need physical and mental endurance. In the blink of an eye the game will change and a double elimination will see two more gone at the halfway point.



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Wednesday 20th January 2010



05:05 am **The Poker Star (Rpt)**

PG **The Final Four**

(A) Four players remain and only one will reach the heights of the world poker circuit. But in a challenge as much about life as it is about cards, all players will be pushed to go further and higher. Will the Pokerbots lose their cool?



MELBOURNE PROGRAMME GUIDE

Thursday 21st January 2010



06:00 am	Transworld Sport (Rpt)		The world's most acclaimed weekly sports magazine show returns in 2010, bringing you the latest highlights and profiles of the stars behind the results. Plus the wacky and unexpected elements from the world of sport.
07:00 am	Football: Serie A (Rpt)		<u>Matchday 20 - Teams TBA</u> Tune into ONE for Matchday 20 of the Italian Professional Football League.
09:00 am	Netball: ANZ Championship 2009 Season's Best (Rpt)		<u>Firebirds Vs Magic</u> Before the 2010 ANZ Championship begins, ONE revisits the fourth round clash from 2009 between the Queensland Firebirds and 2008 Grand Finalists the Waikato-Bay of Plenty Magic. Will a NZ team break through for a win on Australian soil?
11:00 am	College Basketball (Rpt)		<u>Michigan State V Illinois</u> Michigan State were the crowd favourite in last year's March Madness, making it through to the NCAA Championship Game. Now in a Big Ten Conference smash, the Spartans host the Illinois Fighting Illini.
01:00 pm	LIVE: College Basketball		SPECIAL EVENT <u>N.C. State V Duke</u> A bitter college basketball rivalry match between two ACC teams from North Carolina. The N.C. State Wolfpack host the Duke Blue Devils.
03:00 pm	Tread BMX (Rpt)	PG	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!
03:30 pm	Body & Brain Overhaul (Rpt)	G	ONE presents the final overhaul in this season finale. The participants are run through their peak performance challenges. Has the overhaul been complete?
04:00 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
04:30 pm	Super X (Rpt)		<u>Round 6 - Hamilton, New Zealand</u> Super X hits Hamilton, New Zealand for the sixth round. Some of the best riders in the world including Australia's Chad Reed are competing in this year's series, with new formats and more challenging courses than ever before.
05:30 pm	Beach Volleyball: FIVB World Tour (Rpt)	G	<u>World Championships - Stavanger Part 2</u> See the world's finest beach volleyballers in action in part two of the highlights from the 2009 FIVB World Championships from Stavanger in Norway.
06:00 pm	Slamball (Rpt)	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.
06:30 pm	Pro Bull Riding (Rpt)	G	America's PBR continues as the world's best bullriders hold on for dear life.
07:30 pm	Drive		<u>Place To Ride</u> Mike Vallely talks to Miki Vuchovich, executive director of the Tony Hawk Foundation, to discuss the bureaucratic process, the planning process, financing, and construction of public skate parks.



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Thursday 21st January 2010



08:00 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 17 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	SPECIAL EVENT	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 A2Z		Bozing A2Z delves into the archives to spotlight some of the great boxers and matchups over recent decades. This week features Oscar De La Hoya, Pedro Ortega and Sven Ottke.
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 True Blue Champions		
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 Mega Tour (Rpt)	M	Six BMX teams and over 40 top riders go on a seven-day road trip seeking out the most challenging and dangerous biking spots in the U.S.
02:45 am BMX Mega Tour (Rpt)	PG (A)	Six BMX teams and over 40 top riders go on a seven-day road trip seeking out the most challenging and dangerous biking spots in the U.S.
03:40 am BMX Mega Tour (Rpt)	PG	Six BMX teams and over 40 top riders go on a seven-day road trip seeking out the most challenging and dangerous biking spots in the U.S.
04:35 am BMX Mega Tour (Rpt)	PG	Six BMX teams and over 40 top riders go on a seven-day road trip seeking out the most challenging and dangerous biking spots in the U.S.
05:30 am Omnisport (Rpt)		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.



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Friday 22nd January 2010



06:00 am The Pro Shop (Rpt)		Andrew Maher and Grant Dodd present the weekly golf program for players of any level. Reviews the latest news and highlights, plus global results, features, profiles and interviews with special guests and tour professionals.
07:00 am Super X (Rpt)	<u>Round 6 - Hamilton, New Zealand</u>	Super X hits Hamilton, New Zealand for the sixth round. Some of the best riders in the world including Australia's Chad Reed are competing in this year's series, with new formats and more challenging courses than ever before.
08:00 am Tennis: ATP Champions Tour		The ATP Champions Tour features the living legends of the mens game including McEnroe, Becker, Sampras, Rafter, Ivanisevic, Rios and Krajicek amongst others.
08:30 am Transworld Sport		The world's most acclaimed weekly sports magazine show returns in 2010, bringing you the latest highlights and profiles of the stars behind the results. Plus the wacky and unexpected elements from the world of sport.
09:30 am National Football League Playoffs (Rpt)	<u>A.F.C Divisional Playoff - Teams TBA</u>	Saturday Night playoff football as the AFC's top seeds, the history making Indianapolis Colts and the San Diego Chargers, make their first appearance this playoff in separate matches. Will they face off in the AFC Championship game next weekend?
12:00 pm LIVE: Basketball: NBA	<u>SPECIAL EVENT</u> <u>Cleveland V L.A. Lakers</u>	Three nights after facing the Magic, the LA Lakers clash with another league giant - the Cavaliers. LeBron and Shaq will defend their home turf at the Quicken Loans Arena and help make this one of Kobe's toughest road trips.
02:45 pm LIVE: Basketball: NBA Doubleheader	<u>Denver V L.A. Clippers</u>	Number one draft pick Blake Griffin and his L.A Clippers will have to muster all their courage as they travel to the Pepsi Centre in Denver. Can Carmelo Anthony and Chris 'the Birdman' Andersen keep the Nuggets atop the Northwest division?
05:15 pm Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
05:30 pm Beach Volleyball: FIVB World Tour (Rpt)	<u>World Tour Grand Slam - Gstaad</u>	The FIVB Beach Volleyball action rolls on with US\$600,000 on offer as prizemoney for the World Tour Grand Slam from Gstaad in Switzerland.
06:00 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.
06:30 pm Pro Bull Riding (Rpt)	G	America's PBR continues as the world's best bullriders hold on for dear life.
07:30 pm Basketball: NBA (Rpt)	<u>Cleveland V L.A. Lakers</u>	Three nights after facing the Magic, the LA Lakers clash with another league giant - the Cavaliers. LeBron and Shaq will defend their home turf at the Quicken Loans Arena and help make this one of Kobe's toughest road trips.



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10:00 pm Sports Soup

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.

10:30 pm America's Game

Story Of The 2005 Steelers

Relive the 2005/06 season that took the Pittsburgh Steelers all the way to Superbowl XL, where their final test was against the Seattle Seahawks.

11:30 pm Basketball: NBA (Rpt)

Denver V L.A. Clippers

Number one draft pick Blake Griffin and his L.A Clippers will have to muster all their courage as they travel to the Pepsi Centre in Denver. Can Carmelo Anthony and Chris 'the Birdman' Andersen keep the Nuggets atop the Northwest division?

01:30 am Sports Tonight Late

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02:00 am Omnisport (Rpt)

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

02:30 am Football: Serie A (Rpt)

Matchday 20 - Teams TBA

Tune into ONE for Matchday 20 of the Italian Professional Football League.

04:25 am Football: Bundesliga (Rpt)

Matchday 18 - Bayer Leverkusen V Mainz

Things are tight at the top of the Bundesliga table. Only a few goals separate Bayer Leverkusen and Mainz and the competition this season has never been more fierce. Can Leverkusen stay undefeated for their home fans at Bayarena?



MELBOURNE PROGRAMME GUIDE

Saturday 23rd January 2010



06:00 am	Football: Bundesliga (Cont) (Rpt)		<u>Matchday 18 - Bayer Leverkusen V Mainz</u> Things are tight at the top of the Bundesliga table. Only a few goals separate Bayer Leverkusen and Mainz and the competition this season has never been more fierce. Can Leverkusen stay undefeated for their home fans at Bayarena?
06:20 am	Football: Bundesliga Weekly Highlights (Rpt)	G	<u>Matchday 18</u> A comprehensive roundup of the latest Matchday action from Europe's highest scoring football league - Germany's Bundesliga.
07:30 am	College Basketball (Rpt)		<u>N.C. State V Duke</u> A bitter college basketball rivalry match between two ACC teams from North Carolina. The N.C. State Wolfpack host the Duke Blue Devils.
09:30 am	National Football League Playoffs (Rpt)		<u>N.F.C Divisional Playoff - Teams TBA</u> Super Bowl XLIV is coming. The second week of the playoffs conclude as NFC top seeds make their playoff debut in the Divisional Round. Who will win through to next week's NFC Championship game? Teams TBA.
12:00 pm	Mecum Auto Auction (Rpt)	G	The ultimate car show, find out the asking price of some of the most treasured and lovingly restored classic cars.
01:00 pm	True Blue Champions		
02:00 pm	TNA Xplosion (Rpt)		Total Non Stop Action Wrestling is America's fast growing wrestling event. Xplosion brings you the best action from the weekend featuring Kurt Angle and the stars of TNA.
03:00 pm	Mountain Bike: Cape To Cape Challenge		SPECIAL EVENT
04:00 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
04:30 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.
05:00 pm	Australian Fishing Championships		Australia's top anglers return to battle it out again for the title of Outdoors Champion in the Australian Fishing Championships.
06:00 pm	Escape With ET	G	Join footy & fishing legend Andrew 'ET' Ettingshausen as he escapes to some of Australia's best fishing, 4WD'ing and other incredible destinations.
06:30 pm	Pat Callinan's 4x4 Adventures (Rpt)		<u>Esperance To Kalgoorlie And Beyond</u> Tune in and join Pat on a stunning drive from white beaches through to red dirt, with a few exciting detours thrown in!
07:30 pm	Sports Tonight		For over 17 years Sports Tonight has been Australia's most trusted name in nightly sports news. Rob Canning presents the weekend snapshot of the very latest news and highlights.



MELBOURNE PROGRAMME GUIDE

Saturday 23rd January 2010



08:00 pm	AFL - Saturday Night Classics (Rpt)	CC	First Semi Final - Collingwood V Adelaide Collingwood will be desperate to arrest a two game losing streak while the Crows come into the MCG clash with amazing form and a powerhouse forward line. A preliminary final against Geelong awaits the winner and for the loser its season over.
10:00 pm	The Poker Star (Rpt)	PG (A)	Heads Up Shuffle up and deal as three remain, but after the final heads up only one will win \$100,000 and be crowned the inaugural Poker Star. Joe Hachem has tested composure, recall, bluffing, endurance, courage and reading other people.
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	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.
12:30 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!
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 19 - Werder Bremen V Bayern Munich Two heavyweights of European football meet as fourth placed Werder Bremen host their rivals from Munich. The Bundesliga heats up as the second half of the season kicks into gear.
03:25 am	Football Moment (Rpt)	G	Football Moment
03:30 am	NFL Game Day		Divisional Round The second week of the NFL Playoffs and the highest placed Division leaders make their debut after the week off. Ten teams remain on the journey to South Florida for Superbowl XLIV.
04:00 am	LIVE: College Basketball		SPECIAL EVENT Alabama V Mississippi State The Alabama Crimson Tide celebrated a strong college football season. Now their basketball program is put to the test against the Mississippi State Bulldogs.

