

MELBOURNE PROGRAMME GUIDE

Sunday 13th September 2009



06:00 am	LIVE: NCAA College Football (Cont)		SPECIAL EVENT <u>Oklahoma State V Houston</u> Oklahoma State host Houston in Saturday afternoon College Football action direct from the States and only on ONE.
08:30 am	AFL Premiership Finals 2009 (Rpt)	CC	<u>Finals Week 2 - Semi Final - Teams TBA</u> Week 2 Finals action with a sudden death semi final. Teams and telecast details to be advised.
10:30 am	Football: Bundesliga		
12:30 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
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	Beach Volleyball: FIVB World Tour		<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.
02:00 pm	LIVE: Triathlon: ITU World Championship Series	G	SPECIAL EVENT <u>Womens Grand Final From The Gold Coast</u> Injury has derailed the later stages of Emma Moffatt's season but can she hold out Sweden's Lisa Norden to claim the inaugural Dextro Energy ITU World Championship? The final race is from Emma's home town of the Gold Coast with plenty of Aussie support.
04:30 pm	ANDRA Pro Series Drag Racing (Rpt)		<u>Andra Pro Series Round 1 - Top Bike & Rocket Allstars @ Willowbank Raceway QLD</u> The new season of ANDRA Pro Series Drag Racing action continues with the Top Bike & Rocket Allstars from Queensland's Willowbank Raceway.
05:30 pm	Netball Test Series 2009		<u>Australia Vs New Zealand - 3rd Test</u> The third test on Aussie soil as the Diamonds face the Silver Ferns in Brisbane, ahead of two final tests across the Tasman next week.
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	Avon Descent (Rpt)		<u>Avon Descent 2009</u> The Avon Descent white water race covers 133km of the Avon and Swan Rivers from Northam in Western Australia to Perth. With hundreds of local and international competitors.
09:00 pm	LIVE: Formula 1 Pre-Race Show	G	<u>Race 13 Italian Pre-Race Show</u> The latest F1 news and developments with Greg Rust in the hour counting down to the start of the Italian Grand Prix from Monza.
09:50 pm	LIVE: Formula 1 Grand Prix		SPECIAL EVENT <u>Race 13 Italian Grand Prix</u> Reigning world champion Lewis Hamilton has seen his McLaren team make massive improvements to again be competitive in a season of massive change and surprises. In 'lucky' round 13, can Webber regain the speed needed to master the Monza circuit?



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12:00 am **Australian Superbike Championship (Rpt)**

Mallala, South Australia

The Australian Superbike action continues to roar as the bikes take to the Mallala track in South Australia for the latest round.

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

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

01:30 am **Tennis: ATP Champions Tour (Rpt)**

The ATP Champions Tour features the living legends of the mens game; McEnroe, Becker, Sampras, Rafter, Ivanisevic, Rios & Krajicek amongst others.

02:00 am **Poker: European Poker Tour (Rpt)**

PG
(A)

European Poker Tour: Barcelona Part 3

The European Poker Tour continues with the third part of the Barcelona round.

03:00 am **LIVE: National Football League**

SPECIAL EVENT

Week 1 - Carolina Panthers V Philadelphia Eagles

In 2008, the Carolina Panthers finished top of the NFC South while the Philadelphia Eagles made it through the NFC East with a wildcard. Now they meet in Sunday afternoon football as ONE presents 5 games on opening weekend.



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Monday 14th September 2009



06:00 am	LIVE: National Football League (Cont)		SPECIAL EVENT <u>Week 1 - Carolina Panthers V Philadelphia Eagles</u> In 2008, the Carolina Panthers finished top of the NFC South while the Philadelphia Eagles made it through the NFC East with a wildcard. Now they meet in Sunday afternoon football as ONE presents 5 games on opening weekend.
06:30 am	Football: Serie A		SPECIAL EVENT
08:30 am	Athletix: The IAAF Magazine (Rpt)		The latest instalment of the official weekly magazine program of the IAAF - world athletics' governing body.
09:00 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.
10:00 am	LIVE: National Football League		<u>Week 1 - Green Bay Packers V Chicago Bears</u> A major television spectacle in the US comes to ONE each week as the Green Bay Packers and Chicago Bears start their NFL season under lights in Sunday Night Football.
01:30 pm	NCAA College Football (Rpt)		<u>Wake Forest V Stanford</u> Week 2 of the College Football season sees Wake Forest host Stanford in a ONE exclusive event.
04:00 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
04:25 pm	Football: Bundesliga Weekly Highlights		
05:30 pm	Football: Serie A		
07:30 pm	LIVE: One Week At A Time	G	SPECIAL EVENT In the countdown to the Preliminary Final, Stephen Quartermain and Robert Walls are joined by a panel in the know to discuss all the big issues and preview the AFL finals action.
08:35 pm	NASCAR Sprint Cup Highlights	G	<u>Race 26: Chevy Rock & Roll 400 @ Richmond-Highlights</u> Highlights of the Chevy Rock & Roll 400 from Richmond as the NASCAR Sprint Cup nears the chase.
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.
10:05 pm	National Football League (Rpt)		<u>Week 1 - Carolina Panthers V Philadelphia Eagles</u> In 2008, the Carolina Panthers finished top of the NFC South while the Philadelphia Eagles made it through the NFC East with a wildcard. Now they meet in Sunday afternoon football as ONE presents 5 games on opening weekend.
12:35 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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12:50 am One Week At A Time (Rpt)

G

In the countdown to the Preliminary Final, Stephen Quartermain and Robert Walls are joined by a panel in the know to discuss all the big issues and preview the AFL finals action.

01:55 am AFL Premiership Finals 2009 (Rpt)

CC

Finals Week 2 - Semi Final - Teams TBA

Week 2 Finals action with a sudden death semi final. Teams and telecast details to be advised.

03:55 am Omnisport (Rpt)

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

04:10 am Netball Test Series 2009 (Rpt)

Australia Vs New Zealand - 2nd Test

Two all star teams featuring the very best of the ANZ Championship do battle as the Aussie Diamonds host the Silver Ferns from NZ in the Second Test of the series from Melbourne's Hisense Arena.



MELBOURNE PROGRAMME GUIDE

Tuesday 15th September 2009



06:00 am	Netball Test Series 2009 (Rpt)		<u>Australia Vs New Zealand - 3rd Test</u> The third test on Aussie soil as the Diamonds face the Silver Ferns in Brisbane, ahead of two final tests across the Tasman next week.
08:00 am	One Week At A Time (Rpt)	G	In the countdown to the Preliminary Final, Stephen Quartermain and Robert Walls are joined by a panel in the know to discuss all the big issues and preview the AFL finals action.
09:00 am	LIVE: National Football League		SPECIAL EVENT <u>Week 1 - New England Patriots V Buffalo Bills</u> Quarterback Tom Brady makes his return for the New England Patriots in a Monday Night Football doubleheader against division rivals from the tough AFC East group, the Buffalo Bills from New York state.
12:15 pm	LIVE: National Football League		<u>Week 1 - Oakland Raiders V San Diego Chargers</u> San Diego charged to a Division win over the Denver Broncos in the AFC West last season with a 5-1 division record. They will be keen to start the new season with a first up intra division win over the Oakland Raiders in the second game of a Monday double
03:45 pm	Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
04:15 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.
04:45 pm	Triathlon: ITU World Championship Series Highlights	G	<u>Grand Final Highlights - Gold Coast</u> The inaugural Dextro Energy ITU Triathlon World Championship Series has been an event to remember. Now after 8 rounds of racing we look back at the highlights of the mens and womens Grand Final events from the Gold Coast.
05:45 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.
06:15 pm	Motorsport: British Touring Car Championship		<u>Croft</u> Round 5 action from Croft as the British Touring Car Championship heats up with renegade driver Jason Plato sure to be amongst the action.
07:15 pm	Formula 1 Grand Prix (Rpt)		<u>Race 13 Italian Grand Prix</u> Reigning world champion Lewis Hamilton has seen his McLaren team make massive improvements to again be competitive in a season of massive change and surprises. In 'lucky' round 13, can Webber regain the speed needed to master the Monza circuit?
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	Football: Serie A Weekly Highlights		
10:45 pm	National Football League (Rpt)		<u>Week 1 - New England Patriots V Buffalo Bills</u> Quarterback Tom Brady makes his return for the New England Patriots in a Monday Night Football doubleheader against division rivals from the tough AFC East group, the Buffalo Bills from New York state.



MELBOURNE PROGRAMME GUIDE

Tuesday 15th September 2009



01:15 am Sports Tonight Late

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

01:30 am NCAA College Football (Rpt)

Oklahoma State V Houston

Oklahoma State host Houston in Saturday afternoon College Football action direct from the States and only on ONE.

04:00 am NCAA College Football (Rpt)

Wake Forest V Stanford

Week 2 of the College Football season sees Wake Forest host Stanford in a ONE exclusive event.



MELBOURNE PROGRAMME GUIDE

Wednesday 16th September 2009



06:00 am	NCAA College Football (Cont) (Rpt)		Wake Forest V Stanford Week 2 of the College Football season sees Wake Forest host Stanford in a ONE exclusive event.
06:30 am	National Football League (Rpt)		Week 1 - Oakland Raiders V San Diego Chargers San Diego charged to a Division win over the Denver Broncos in the AFC West last season with a 5-1 division record. They will be keen to start the new season with a first up intra division win over the Oakland Raiders in the second game of a Monday double
09:00 am	Triathlon: ITU World Championship Series (Rpt)	G	Womens Grand Final From The Gold Coast Injury has derailed the later stages of Emma Moffatt's season but can she hold out Sweden's Lisa Norden to claim the inaugural Dextro Energy ITU World Championship? The final race is from Emma's home town of the Gold Coast with plenty of Aussie support.
11:30 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.
12:00 pm	LIVE: Major League Baseball		SPECIAL EVENT San Francisco Giants V Colorado Rockies The battle is on for wildcard spots through to the the division stages of the MLB Jewel Games. The San Francisco Giants and Colorado Rockies meet in the city by the bay, but only one team can represent the National League.
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	TNL Presents: John Aloisi (Rpt)	G	T.N.L Presents: John Aloisi Socceroo and Sydney FC superstar John Aloisi sits down for an in depth one on one interview with Bill Woods on Thursday Night Live.
04:45 pm	Football: Serie A Weekly Highlights		
05:30 pm	NASCAR Sprint Cup Highlights (Rpt)	G	Race 26: Chevy Rock & Roll 400 @ Richmond-Highlights Highlights of the Chevy Rock & Roll 400 from Richmond as the NASCAR Sprint Cup nears the chase.
06:30 pm	NASCAR Nationwide Series Highlights	G	Race 27 Virginia 529 College Savings 250 @ Richmond-Recap The NASCAR Nationwide Series action heats up as summer draws to a close and makes the turn for the home straight but the championship is still wide open.
07:30 pm	Body & Brain Overhaul		In the fifth of eight episodes, the rewards are emerging with signs of real and life long improvements among subjects including former Hawks and Kangaroos AFL player Jonathon Hay.
08:00 pm	Amazing NBA Playoff Moments		
08:30 pm	Pro Bull Riding		Pro Bull Riding tests the skill and staying power of the best American cowboys and also features our own hardcore Aussie Brendon Clark.
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

Latin American Poker Tour: Uruguay (Part 4)

Before the Pokerstars roll onto Argentina, see the final two parts of the Uruguay Poker Tour.

11:00 pm AFL Premiership Finals 2009 (Rpt) CC

Finals Week 2 - Semi Final - Teams TBA

Week 2 Finals action with a sudden death semi final. Teams and telecast details to be advised.

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.

01:30 am Major League Baseball (Rpt)

San Francisco Giants V Colorado Rockies

The battle is on for wildcard spots through to the the division stages of the MLB Jewel Games. The San Francisco Giants and Colorado Rockies meet in the city by the bay, but only one team can represent the National League.

04:00 am LIVE: Major League Baseball

SPECIAL EVENT

St Louis Cardinals V Florida Marlins

The Marlins and the Cardinals meet in St Louis. The Cards have wrapped up top spot in the National League Central division while the Marlins are in a battle for the remaining wildcard spot amongst a host of NL heavyweights.



MELBOURNE PROGRAMME GUIDE

Thursday 17th September 2009



06:00 am LIVE: Major League Baseball (Cont)		SPECIAL EVENT St Louis Cardinals V Florida Marlins The Marlins and the Cardinals meet in St Louis. The Cards have wrapped up top spot in the National League Central division while the Marlins are in a battle for the remaining wildcard spot amongst a host of NL heavyweights.
07:00 am Football: Serie A Weekly Highlights		
07:45 am Football: Bundesliga Weekly Highlights		
08:50 am NFL Moment (Rpt)	G	NFL Moment The big hits and magic moments in a comprehensive wrap up of the 2008 season of the NFL - America's national game.
09:05 am Motorsport: British Touring Car Championship (Rpt)		Croft Round 5 action from Croft as the British Touring Car Championship heats up with renegade driver Jason Plato sure to be amongst the action.
10:05 am Australian Superbike Championship (Rpt)		Mallala, South Australia The Australian Superbike action continues to roar as the bikes take to the Mallala track in South Australia for the latest round.
11:05 am Motorsport: Raceworld (Rpt)		Raceworld takes race fans behind closed doors with special features on drivers, lifestyles, circuits and race cars, as well as race reports, test sessions, predictions and race reviews.
12:00 pm LIVE: Major League Baseball		SPECIAL EVENT Seattle Mariners V Chicago White Sox As the sun sets on summer and the season draws to a close, the stakes are rising. The Seattle Mariners are a slim chance of claiming AL wildcard spot while the Chicago White Sox only hope of progressing is to knock Detroit off the top of the AL Central.
03:00 pm Omnisport		Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.
03:30 pm Body & Brain Overhaul (Rpt)		In the fifth of eight episodes, the rewards are emerging with signs of real and life long improvements among subjects including former Hawks and Kangaroos AFL player Jonathon Hay.
04:00 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.
05:00 pm Major League Baseball (Rpt)		St Louis Cardinals V Florida Marlins The Marlins and the Cardinals meet in St Louis. The Cards have wrapped up top spot in the National League Central division while the Marlins are in a battle for the remaining wildcard spot amongst a host of NL heavyweights.
07:30 pm LIVE: Thursday Night Live	PG	SPECIAL EVENT Your fix of finals football news and reviews plus the first place to see the weekend's team lineups and latest betting trends. Join Bill Woods and the motley crew of sporting misfits including Mark Howard, Luke Darcy, Liz Ellis and Joel Caine.



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Thursday 17th September 2009



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

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: KO TV Classic

PG **French**

Counting down the 5 best French boxers, including Lorcy v Castillo, Cerdan v Charron, Tiozzi v Taylor, Mormeck v Hill and Carpenter v Cook.

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.

12:30 am Netball Test Series 2009 (Rpt)

Australia Vs New Zealand - 3rd Test

The third test on Aussie soil as the Diamonds face the Silver Ferns in Brisbane, ahead of two final tests across the Tasman next week.

02:30 am Triathlon: ITU World Championship Series Highlights (Rpt)

G **Grand Final Highlights - Gold Coast**

The inaugural Dextro Energy ITU Triathlon World Championship Series has been an event to remember. Now after 8 rounds of racing we look back at the highlights of the mens and womens Grand Final events from the Gold Coast.

03:30 am Major League Baseball (Rpt)

Seattle Mariners V Chicago White Sox

As the sun sets on summer and the season draws to a close, the stakes are rising. The Seattle Mariners are a slim chance of claiming AL wildcard spot while the Chicago White Sox only hope of progressing is to knock Detroit off the top of the AL Central.



MELBOURNE PROGRAMME GUIDE

Friday 18th September 2009



06:00 am	AFL Premiership Finals 2009 (Rpt)	CC	<u>Finals Week 2 - Semi Final - Teams TBA</u> Week 2 Finals action with a sudden death semi final. Teams and telecast details to be advised.
08:00 am	NASCAR Nationwide Series Highlights (Rpt)	G	<u>Race 27 Virginia 529 College Savings 250 @ Richmond-Recap</u> The NASCAR Nationwide Series action heats up as summer draws to a close and makes the turn for the home straight but the championship is still wide open.
09:00 am	LIVE: Major League Baseball		SPECIAL EVENT <u>Boston Red Sox V Los Angeles Angels</u> The fourth of ONE's five MLB matches this week sees two of the biggest names in Baseball put it all on the line. LA's Angels lead the AL West but the Halos will be keen to end the Boston Red Sox hopes of a AL wildcard spot.
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	Amazing NBA Playoff Moments		
01:00 pm	Motorsport: Raceworld		Raceworld takes race fans behind closed doors with special features on drivers, lifestyles, circuits and race cars, as well as race reports, test sessions, predictions and race reviews.
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	Athletix: The IAAF Magazine		
04:00 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.
05:00 pm	National Football League - Match Of The Week		
07:30 pm	Red Bull Air Race		<u>Round 5 Porto</u> The Red Bull Air Race moves on to Portugal for the fifth round of the 2009 World Championship. Can Aussie fighter pilot Matt Hall continue to take it up the world's best in his rookie season?
09:30 pm	LIVE: Sports Tonight		For over 16 years Sports Tonight has been Australia's most trusted name in nightly sports news. Now in a new, more convenient later timeslot join host Brad McEwan for all today's news and highlights.
10:00 pm	Poker		<u>Latin American Poker Tour: Uruguay (Part 5)</u> Who will be crowned Pokerstars Champion of Uruguay?
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	Football: Bundesliga Weekly Highlights		



MELBOURNE PROGRAMME GUIDE

Friday 18th September 2009



01:05 am Sports Tonight Late

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

01:30 am Omnisport (Rpt)

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

02:00 am Body & Brain Overhaul (Rpt)

In the fifth of eight episodes, the rewards are emerging with signs of real and life long improvements among subjects including former Hawks and Kangaroos AFL player Jonathon Hay.

02:30 am Major League Baseball (Rpt)

Boston Red Sox V Los Angeles Angels

The fourth of ONE's five MLB matches this week sees two of the biggest names in Baseball put it all on the line. LA's Angels lead the AL West but the Halos will be keen to end the Boston Red Sox hopes of a AL wildcard spot.

05:00 am LIVE: NASCAR Sprint Cup Qualifying

Race 27: Sylvania 300 @ New Hampshire-Qualifying

The Chase is on as the Sprint Cup action moves into the final 10 rounds for the championship, beginning with qualifying before the 300 lap race at the New Hampshire Speedway.



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Saturday 19th September 2009



06:00 am	LIVE: NASCAR Sprint Cup Qualifying (Cont)		<p>Race 27: Sylvania 300 @ New Hampshire-Qualifying The Chase is on as the Sprint Cup action moves into the final 10 rounds for the championship, beginning with qualifying before the 300 lap race at the New Hampshire Speedway.</p>
07:00 am	National Football League - Match Of The Week		
09:30 am	Grand-Am Rolex Sportscar Series Highlights (Rpt)	G	<p>Race 10 Circuit Gilles Villeneuve-Recap Aussie racing star Marcos Ambrose makes his first appearance in the Rolex Grand-Am Sportscar Series with a guest stint behind the wheel with Sprint Cup rival Carl Edwards at the Circuit Gilles Villeneuve in Montreal, Canada.</p>
10:30 am	Mecum Auto Auction	G	<p>The latest motor auction action from Mecum, only on ONE.</p>
11:30 am	LIVE: Major League Baseball		<p>SPECIAL EVENT Arizona Diamondbacks V Colorado Rockies Aussie outfielder Trent Oeltjen is in action once again for the Arizona Diamondbacks as the new local hero of the Phoenix crowd welcome neighbouring Colorado - as the Rockies fight for the National League wildcard spot.</p>
02:30 pm	Omnisport		<p>Hot off the satellite, your daily dose of international sports news and highlights from a European perspective.</p>
03:00 pm	Triathlon: ITU World Championship Series Highlights (Rpt)	G	<p>Grand Final Highlights - Gold Coast The inaugural Dextro Energy ITU Triathlon World Championship Series has been an event to remember. Now after 8 rounds of racing we look back at the highlights of the mens and womens Grand Final events from the Gold Coast.</p>
04:00 pm	Body & Brain Overhaul (Rpt)		<p>In the fifth of eight episodes, the rewards are emerging with signs of real and life long improvements among subjects including former Hawks and Kangaroos AFL player Jonathon Hay.</p>
04:30 pm	Red Bull Air Race (Rpt)		<p>Round 5 Porto The Red Bull Air Race moves on to Portugal for the fifth round of the 2009 World Championship. Can Aussie fighter pilot Matt Hall continue to take it up the world's best in his rookie season?</p>
06:30 pm	Before The Game	CC PG	<p>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.</p>
07:30 pm	2009 AFL Preliminary Final (Also airing on TEN)	CC	<p>SPECIAL EVENT Finals Week 3 - Preliminary Final - Teams TBA Two teams remain in the hunt for the premiership. Who will face Friday night's winner in the ultimate battle - the AFL Grand Final - next weekend at the MCG? Teams, time and venue to be confirmed a week prior to the match.</p>
10:30 pm	UFC Wired (Rpt)		<p>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.</p>



MELBOURNE PROGRAMME GUIDE

Saturday 19th September 2009



SPECIAL EVENT

11:25 pm LIVE: Football: Bundesliga

01:25 am Surfing Moment (Rpt)

G Surfing Short Moment 3 Min

01:30 am Omnisport (Rpt)

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

02:00 am Major League Baseball (Rpt)

Arizona Diamondbacks V Colorado Rockies

Aussie outfielder Trent Oeltjen is in action once again for the Arizona Diamondbacks as the new local hero of the Phoenix crowd welcome neighbouring Colorado - as the Rockies fight for the National League wildcard spot.

04:30 am Australian Superbike Championship (Rpt)

Mallala, South Australia

The Australian Superbike action continues to roar as the bikes take to the Mallala track in South Australia for the latest round.

05:30 am LIVE: NCAA College Football

Florida V Tennessee

The third week of the 2009 College Football season kicks off with Saturday afternoon action from sunny Florida as the locals welcome Tennessee.

