

| SUN 14/7/2019 | | ITV | | ITV | | | | | | | | | | | | | | | | | | | | | |
|---------------|-------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|----|
| START | END | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 9:00 | 9:30 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | cJBS R128 | |
| 9:30 | 10:00 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | |
| 10:00 | 10:30 | cJGS R64 | cJGS R64 | cJGS R64 | cJGS R64 | cCBS R64 | cCBS R64 | cCBS R64 | cCBS R64 | cCBS R64 | cCBS R64 | cCBS R64 | cCBS R64 | cCBS R64 | cCBS R64 | cCBS R64 | cCBS R64 | cCBS R64 | cCBS R64 | cCBS R64 | cCBS R64 | cCBS R64 | cCBS R64 | cCBS R64 | |
| 10:30 | 11:00 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | cCGS R64 | |
| 11:00 | 11:30 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | cJBS R64 | |
| 11:30 | 12:00 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | cCGS R32 | |
| 12:00 | 12:30 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | cCBS R32 | |
| 12:30 | 13:15 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | |
| 13:15 | 14:00 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | CBS R64 | |
| 14:00 | 14:45 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | CGS R64 | |
| 14:45 | 15:30 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | |
| 15:30 | 16:15 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | JBS R64 | |
| 16:15 | 17:00 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | JGS R64 | |
| 17:00 | 17:30 | CXD QF | CXD QF | CXD QF | CXD QF | | | | | | | | | | | | | | | | | | | | |
| 17:30 | 18:00 | JXD QF | JXD QF | JXD QF | JXD QF | | | | | | | | | | | | | | | | | | | | |
| 18:00 | 18:30 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | CBD R32 | |
| 18:30 | 19:00 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | CGD R32 | |
| 19:00 | 19:30 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | JGD R32 | |
| 19:30 | 20:15 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | CBS R32 | |
| 20:15 | 21:00 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | JBS R32 | |
| 21:00 | 21:45 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | CGS R32 | |

| MON 15/7/2019 | | ITV | | ITV | | | | | | | | | | | | | | | | | | | | | |
|---------------|---------|---------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|---------|---------|---------|---------|----|----|----|----|
| START | END | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 10:00 | 10:30 | cCGS R16 | cCGS R16 | cCGS R16 | cCGS R16 | cCGS R16 | cCGS R16 | cCGS R16 | cCGS R16 | cCBS R16 | cCBS R16 | cCBS R16 | cCBS R16 | cCBS R16 | cCBS R16 | cCBS R16 | cCBS R16 | | | | | | | | |
| 10:30 | 11:00 | cJGS R16 | cJGS R16 | cJGS R16 | cJGS R16 | cJGS R16 | cJGS R16 | cJGS R16 | cJGS R16 | cJBS R16 | cJBS R16 | cJBS R16 | cJBS R16 | cJBS R16 | cJBS R16 | cJBS R16 | cJBS R16 | | | | | | | | |
| 11:00 | 11:30 | cCGS QF | cCGS QF | cCGS QF | cCGS QF | cCBS QF | cCBS QF | cCBS QF | cCBS QF | | | | | | | | | | | | | | | | |
| 11:30 | 12:00 | cJBS QF | cJBS QF | cJBS QF | cJBS QF | cJGS QF | cJGS QF | cJGS QF | cJGS QF | | | | | | | | | | | | | | | | |
| 12:00 | 12:15 | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:15 | 12:45 | CXD SF | CXD SF | | | | | | | | | | | | | | | | | | | | | | |
| 13:00 | 13:30 | JXD SF | JXD SF | | | | | | | | | | | | | | | | | | | | | | |
| 13:30 | 14:00 | CBD R16 | CGD R16 | CBD R16 | CGD R16 | CBD R16 | CGD R16 | CBD R16 | CGD R16 | CGD R16 | CGD R16 | CGD R16 | CGD R16 | CGD R16 | CGD R16 | CGD R16 | CGD R16 | | | | | | | | |
| 14:00 | 14:30 | JBD R16 | JGD R16 | JBD R16 | JGD R16 | JBD R16 | JGD R16 | JBD R16 | JGD R16 | JBD R16 | JGD R16 | JBD R16 | JGD R16 | JBD R16 | JGD R16 | JBD R16 | JGD R16 | | | | | | | | |
| 14:30 | 15:15 | CGS R16 | CBS R16 | CBS R16 | CGS R16 | CBS R16 | CGS R16 | CBS R16 | CGS R16 | CBS R16 | CGS R16 | CBS R16 | CGS R16 | CBS R16 | CGS R16 | CBS R16 | CGS R16 | cCBS SF | cCBS SF | cCGS SF | cCGS SF | | | | |
| 15:15 | 16:00 | JGS R16 | JBS R16 | JGS R16 | JBS R16 | JGS R16 | JBS R16 | JGS R16 | JBS R16 | JGS R16 | JBS R16 | JGS R16 | JBS R16 | JGS R16 | JBS R16 | JGS R16 | JBS R16 | cJBS SF | cJBS SF | cJGS SF | cJGS SF | | | | |
| 16:00 | 16:30 | CBD QF | CGD QF | CBD QF | CGD QF | CBD QF | CGD QF | CBD QF | CGD QF | | | | | | | | | | | | | | | | |
| 16:30 | 17:00 | JGD QF | JBD QF | JGD QF | JBD QF | JGD QF | JBD QF | JGD QF | JBD QF | | | | | | | | | | | | | | | | |
| 17:00 | 17:45 | CBS QF | CBS QF | CBS QF | CBS QF | | | | | | | | | | | | | | | | | | | | |
| 17:45 | 18:30 | JBS QF | JBS QF | JBS QF | JBS QF | | | | | | | | | | | | | | | | | | | | |
| 18:30 | 19:15 | JGS QF | JGS QF | JGS QF | JGS QF | | | | | | | | | | | | | | | | | | | | |
| 19:15 | 20:00 | CGS QF | CGS QF | CGS QF | CGS QF | | | | | | | | | | | | | | | | | | | | |
| 20:00 | 20:15 | | | | | | | | | | | | | | | | | | | | | | | | |
| 20:15 | 20:55 | JXD F | CXD F | | | | | | | | | | | | | | | | | | | | | | |
| 21:10 | approx. | CEREMONIES CXD, JXD | | | | | | | | | | | | | | | | | | | | | | | |

| TUE 16/7/2019 | | ITV | | ITV | | | | | | | | | | | | | | | | | | | | | |
|---------------|---------|---|--------|--------|--------|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| START | END | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 10:00 | 10:40 | CGD SF | CBD SF | CGD SF | CBD SF | | | | | | | | | | | | | | | | | | | | |
| 10:40 | 11:20 | JBD SF | JGD SF | JBD SF | JGD SF | | | | | | | | | | | | | | | | | | | | |
| 11:20 | 11:30 | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:30 | 12:20 | CBS SF | CGS SF | CBS SF | CGS SF | | | | | | | | | | | | | | | | | | | | |
| 12:20 | 13:10 | JGS SF | JBS SF | JGS SF | JBS SF | | | | | | | | | | | | | | | | | | | | |
| 13:10 | 13:20 | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:20 | 14:00 | CBD F | CGD F | | | | | | | | | | | | | | | | | | | | | | |
| 14:00 | 14:40 | JBD F | JGD F | | | | | | | | | | | | | | | | | | | | | | |
| 14:40 | 14:50 | | | | | | | | | | | | | | | | | | | | | | | | |
| 14:50 | 15:40 | CBS F | CGS F | | | | | | | | | | | | | | | | | | | | | | |
| 15:40 | 16:30 | JBS F | JGS F | | | | | | | | | | | | | | | | | | | | | | |
| 16:45 | approx. | CEREMONIES CGD, CBD, JGD, JBD, CGS, CBS, JGS, JBS | | | | | | | | | | | | | | | | | | | | | | | |