

Today

Mon

Tue

Wed

Thu

Fri

Sat

STARS OF THE DAY

Cyclist Rebecca Romero will make history this morning when she faces fellow Brit Wendy Houvenaghel in the final of the women's individual pursuit. Guaranteed at least a silver medal, the 28-year-old, who also won a silver in the rowing quadruple sculls in Athens four years ago, will become the first British woman to make the podium in two different summer sports. Jamaica's Shelly-Ann Fraser is favourite to take gold in the women's 100m final

Yelena Isinbayeva is arguably the most famous female athlete in the world right now. The Russian pole vaulter has set 23 world records in her event, becoming the first woman to clear 5m, and is the defending champion here. British interest is provided by 2006 world gymnastics medallist Beth Tweddle who, after overcoming injury to compete in Beijing, knows she will have to improve on the performance that saw her scrape into the final of the uneven bars

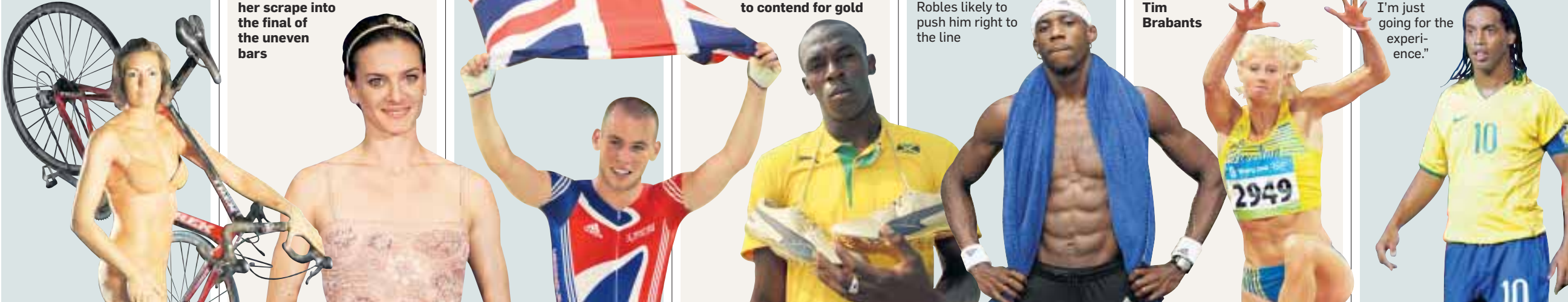
The first Briton to win four stages in a single Tour de France, Mark Cavendish rides in the men's Madison, alongside Bradley Wiggins, who is aiming for his second Olympic title in China. If you are looking for good omens, Cavendish had said earlier in this year that it would be "harder for me to win a stage of the Tour than to get a gold medal".

Having won the men's 100m final in dramatic style yesterday, Jamaican Usain Bolt now turns his focus onto his preferred race, the 200m, where he will be looking to break the current world record. His gold medal chances have been helped by Tyson Gay's failure to qualify for the event after pulling up with an injury at the US trials. In the RS:X wind-surfing category, Britain's Bryony Shaw has put on hold her architecture degree to contend for gold

Easily recognisable by his long white socks, even longer legs, body piercings and dyed red hair, Phillips Idowu must show that he can cope with the expectation of being favourite and claim gold for Britain in the triple jump final. Whatever pressure there might be on the Londoner will be nothing compared to that felt by China's Liu Xiang, the poster boy for the hosts, who is expected to win the 110m hurdles. But it's no formality, with world record-holder Dayron Robles likely to push him right to the line

Carolina Klufft withdrew from the women's heptathlon where she would have been defending champion but must still fancy her chances in the long jump final, despite failing in the triple jump. Britain must be optimistic of reaching the final of the women's 4x400m relay, if Christine Ohuruogu and Nicola Sanders run, and achieving a medal in the men's K1 1000m canoeing, through the current world champion Tim Brabants

With Argentina scheduled to meet Brazil in the semi-finals of the men's football, either Ronaldinho or Lionel Messi will have to return to Europe with their dream of an Olympic gold medal unfulfilled. Meanwhile, Tom Daley, hoping to be involved in the individual 10m platform final at 1pm, won't have the distraction of Blake Aldridge calling his mum on the phone. Mind you, Tom's not exactly optimistic, "I don't think I'll get anywhere near a medal. I'm just going for the experience."



WHAT TO WATCH... ALL TIMES BST

12.30am Athletics Paula Radcliffe competes in the marathon, hoping to add an Olympic gold medal to her illustrious list of achievements
1.30am Hockey Great Britain's men take on Canada
3am Cycling Apart from the women's individual pursuit final, world champions Victoria Pendleton and Chris Hoy are also in action in the sprint
3am Swimming Michael Phelps goes for his eighth gold, in the 4x100m medley relay
8.30am Rowing British focus will be on the finals of the men's and women's eights, the men's lightweight doubles and the women's quadruple sculls
9am Tennis The departure of Roger Federer opens the way for new world No 1 Rafa Nadal
12pm Athletics Highlights include the final of the women's 100m and men's 10,000m

2am Athletics Phillips Idowu aims to make the final of the triple jump
3am Triathlon Great Britain has a great prospect in current world champion Helen Tucker
8.30am Canoeing A bronze medallist in Sydney eight years ago, Dr Tim Brabants has, for three weeks at least, swapped his patient's charts for a paddle, for the men's K1 1000m heats
11am Gymnastics Beth Tweddle leads the British hopes in the women's uneven bars
12pm Athletics Six gold medals are available, most notably in the women's pole vault, the men's long jump and the women's 800m final
12pm Baseball A possible grudge match sees hosts China take on the United States

2am Athletics First glimpses of Carolina Klufft in the long jump qualifying round
3am Triathlon Tim Don hopes to lead the way in the swimming, cycling and running events
6am Sailing Medal races for the men's and women's Laser class
8am Weightlifting Look out for Itte Detenamo, left, Pacific Island Nauru's only competitor in Beijing
9.30am Cycling Favourites Mark Cavendish and Bradley Wiggins, race together in the men's Madison. There are also finals for the women's and men's sprints, with Victoria Pendleton strongly fancied
12pm Athletics Christine Ohuruogu and Nicola Sanders go for glory in the 400m

2am Swimming Trying to avoid their fellow competitors and any angry jellyfish who cross their path, will be GB swimmers Cassie Patten and Keri-Anne Payne in the women's 10km marathon race
2am Taekwondo Eighteen-year-old Michael Harvey, from Hyde in Cheshire, is in action in the men's -58kg preliminaries
6am Sailing Britain has strong medal hopes in the RS:X class with Bryony Shaw and Nick Dempsey
9am Wrestling Expect the Russians and Americans to dominate here in the freestyle
12pm Athletics Final of the men's 200m, where Usain Bolt is now the favourite, and the women's 400m hurdles

2am Athletics Besides the qualifying rounds for the men's javelin and women's high jump, it is day one of the decathlon
2am Cycling Shanaze Reade, winner of the 2007 Sunday Times Young Sportswoman of the Year award, should be involved in the latter stages of the women's BMX competition
2am Beach Volleyball Medals time for the women and the absence of a British team should not prove to be a deterrent to watch
6am Sailing The completion of the Tornado and Star classes signal the end of the 13-day sailing programme
12pm Athletics The women's 200m final is arguably a sideshow to the men's 110m hurdles, where China's Liu Xiang, left, runs

1.30am Modern Pentathlon Heather Fell and Katy Livingston undertake five separate disciplines (shooting, fencing, swimming, riding and running)
1.30am Hockey Completion of the women's hockey
6.30am Boxing A big day as there are semi-finals for each of the 11 categories
8.30am Canoeing Tim Brabants will expect to figure in the K1 1000m final
12pm Athletics Six golds available, the most notable being the women's long jump and men's 4x100m final, which Britain won four years ago
12pm Diving Tom Daley, above, returns for the individual 10m platform preliminaries

5am Football Look no further than Brazil or Argentina as gold medal winners in the men's final
8am Cycling Liam Killeen and Oli Beckinsale carry British hopes in the mountain bike race
8am Taekwondo Beijing is Sarah Stevenson's third Olympics. This time she is aiming for a medal in the women's +67kg
12pm Athletics The men's marathon aside, this is the final programme of track and field events, with the conclusion of the women's high jump, the men's javelin, the women's 1500m and the men's 800m
12pm Boxing Britain will hope to have at least one representative in the five finals

BBC1 12.10am-4.45pm
 BBC2 4.45pm-6pm
 Highlights BBC1 7pm-8pm
 Eurosport 24 hours non-stop coverage

BBC1 1.50am-12pm; 12.45pm-5.15pm
 BBC2 12pm-12.45pm; 5.15pm-6pm
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PUNDIT WATCH



What's her role? To grin like a proud mother from the presentation suite as she interviews Britain's heroes of the day
If she was an Olympian, she'd be Sally Gunnell. If only because her interviewing style is about as rigorous as that of the hurdler before the BBC got rid of her
Least likely to say It's been a rather dull day in Beijing so I'd turn over to Emmerdale if I were you



What's her role? To make all things horsey comprehensible to people whose favourite equine experience so far has been a 'steak' meal in France
If she was an Olympian, she'd be Princess Anne. Doughty, down-to-earth and fiercely proud of Britain's equestrian tradition
Most likely to say More good news for Britain as the New Zealander takes a fall at the first jump and is forced to withdraw



What's his role? To anchor the rowing, or rather to listen to and nod knowingly as Sir Steve Redgrave talks about our medal chances
If he was an Olympian, he'd be James Cracknell. Telegenic and solid in his own right but probably wouldn't look so good without Redgrave alongside him
Least likely to say Actually, Steve, I would really have to disagree with what you've just said there



What's her role? To ensure that the BBC's swimming coverage gets column inches (and photos) in areas of the press where it normally would not - the tabloid front pages
If she was a current Olympian, she'd be Dara Torres. The US swimmer and former Sports Illustrated swimsuit model is still going strong at 41. Enough said
Least likely to say It's a bit cold down here at poolside, I think I'll put a cardy on



What's his role? To prove that the Beeb doesn't have a thing against Brummie accents and to justify the several million pounds they have just bunged him in his new contract
If he was an Olympian, he'd be Mark Foster. Been around for a long time but was only recently given his moment in the spotlight
Most likely to say Watching the finish of that race reminds me of a time when West Brom played...



What's her role? To sound chirpy through even the dullest of sports and at the earliest of hours, while adding another regional voice to the coverage
If she was an Olympian, she'd be Nicole Cooke. Never going to be the main star but a smile goes a long way
Least likely to say Bronze for Britain today in the welly-throwing but who cares - it's not as if it's a sport anyone's bothered about, after all



What's her role? To bring in the Strictly Come Dancing viewers and people under the age of 35 who think Sue Barker sounds and looks like their aunt living in Spain
If she was an Olympian, she'd be Victoria Pendleton. Combination of talent and looks likely to reap rewards in Beijing and beyond
Most likely to say And don't forget you can see and read more online, on BBC interactive and...[continues for 5 minutes]

NUMBER OF THE DAY

1988 year in which tennis was reintroduced into the Olympics (in Seoul) after a 64-year absence

23 number of world records set by pole vaulter Yelena Isinbayeva, 13 of which have occurred outdoors. Her current best is 5.04m

3 number of drug tests missed by Christine Ohuruogu over a ten-month period, for which she received an Olympic ban, later overturned on appeal

12 years since American Michael Johnson dramatically set the world record for the men's 200m in the Olympic final in Atlanta in 1996

1.3 billion people in China are expected to watch Liu Xiang, the first male Chinese athlete to win a track gold, race in the 110m hurdles final

78 months since Carolina Klufft lost a heptathlon or pentathlon competition. The 25-year-old Swede is now focusing on the triple and long jumps

16 million estimated annual income, in pounds, of Ronaldinho. He is one of three over-23 players in Brazil's Olympic squad

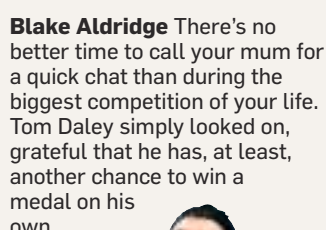
AND SOME STORIES YOU MAY HAVE MISSED LAST WEEK



Benjamin Boukpeti Won Togo's first ever Olympic medal, a bronze in the men's kayak slalom, then admitted he had only once visited the country he represents, when he went as a child to visit his grandmother



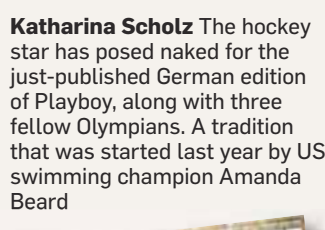
Natalia Uryadova The Russian beach volleyballer certainly didn't allow external tensions to creep in when she accused the Georgians of using ringers: "We were not actually playing against the Georgian team. We were playing against our Brazilian friends."



Blake Aldridge There's no better time to call your mum for a quick chat than during the biggest competition of your life. Tom Daley simply looked on, grateful that he has, at least, another chance to win a medal on his own



Ara Abrahamian The Swede grudgingly stomped onto the podium, then threw his bronze medal down onto the competition mat after he believed he had been cheated out of the silver in the Greco-Roman wrestling. He was duly expelled from the event



Katharina Scholz The hockey star has posed naked for the just-published German edition of Playboy, along with three fellow Olympians. A tradition that was started last year by US swimming champion Amanda Beard



Spain's basketball team Upset the hosts with this photo in which they made slit-eyed gestures. Amazingly, the shoot was for one of the national federation's official sponsors and appeared in a daily newspaper. In Spain, no one can see what the fuss is about