

Today

Gold medals up for grabs **23**

Pick of the day

Athletics Men's triple jump final

It is time for Phillips Idowu, *right*, to fulfil his potential on the big stage. Four years ago, he blew it in Athens with three no jumps in the final, but now he is ranked world No 1. It should be another gold for Great Britain, but never underestimate the propensity for drama with Idowu.

● 1.25pm



Brit watch



Iain Percy and Andrew Simpson Star-class sailing

The Britain duo, *left*, go into the medal race in second place and ready to add to the Team GB haul. They are only two points behind Sweden, the leaders, and 16 ahead of fourth-placed France, needing only to finish in the top eight to clinch Britain's sixth sailing medal.

● 6am-noon

Hidden gem

Martyn Rooney Men's 400 metres final

Can Britain's hope in the one-lap final draw inspiration from Christine Ohuruogu's victory? Like the women's champion, Rooney, *right*, leaves things late, but Jeremy Wariner, of the US, the defending champion and fastest qualifier, might be harder to catch than Sanya Richards.

● 2.20pm



Best of the rest



Canoeing Flatwater semi-finals	8.30-10.12am
Diving Women's 10m platform final	1-2.10pm
Equestrianism Individual showjumping	12.15-4.30pm
Football Women's final: Brazil v United States	2-5pm
Modern pentathlon Men's event	1.30am-3.30pm
Softball Final: Japan v United States	11.30am-1.30pm
Taekwondo Men's -68kg, women's -57kg	8am-1.26pm

TV and weather

Television

BBC One, live, 1.50am-noon; BBC Two, noon-12.45pm; BBC One, 12.45-5.15pm; BBC Two, 5.15-6pm; BBC One, highlights, 7-8pm; BBC Three, 8-9pm.

Weather

Heavy rain. Max temp 23C (73F), min temp 19C (66F). Visibility good. Pressure 1,006mb. Humidity 95 per cent.



Online



Find out whether Shanaze Reade won BMX gold in the early hours



Can Phillips Idowu leap to glory for GB? Report by Rick Broadbent



24/7 news service, plus 8am and 4pm updates on your mobile — just text Games to 61008



Beijing 2008

timesonline.co.uk/olympics

Tomorrow

Gold medals up for grabs **20**

Pick of the day

Canoeing Men's K-1 flatwater 1,000 metres final

Tim Brabants, *right*, of Britain, will be the one to watch in the nine-man final. The doctor from Walton-on-Thames, in Surrey, will be looking to improve on the bronze medal he won in Sydney eight years ago and looked impressive in qualification.

● 8.30am



Brit watch



Men's 4 x 100 metres relay team Athletics

Britain pulled off a stunning victory in Athens, but it is hard to consider them finishing ahead of the superstars from Jamaica and the United States this time around. However, anything can happen in the sprint relay and should they qualify for the final they could sneak a medal.

● Finals noon-3.27pm

Hidden gem

Tony Jeffries Light-heavyweight boxing

Jeffries, *right*, is guaranteed at least a bronze medal, but will be desperate to reach the final. The Sunderland man takes on Kenny Egan, of Ireland, in what promises to be a bruising encounter. David Price (super-heavyweight) and James DeGale (middleweight) also box for Team GB.

● 2.01pm



Best of the rest



Baseball Semi-finals	3.30am-2pm
Basketball Men's semi-finals	1-5pm
Cycling Women's mountain bike	8-10.15am
Football Men's bronze-medal match	Noon-3pm
Hockey Women's gold-medal match	1.30-3.30pm
Modern pentathlon Women's event	1.30am-1.30pm
Table tennis Women's singles	3am-1.30pm

TV and weather

Television

BBC One, live, 1.50am-noon; BBC Two, noon-12.45pm; BBC One, 12.45-5.15pm; BBC Two, 5.15-6pm; BBC One, highlights, 7-8pm.

Weather

Sunny intervals. Max temp 29C (84F), min temp 20C (68F). Visibility poor. Pressure 1,004mb. Humidity 78 per cent.

