

WEEKDAY DAYTIME

LG - La Grande BC - Baker City D - DISH DTV - DirecTV

MOVIES

SPORTS

| | LG | BC | D | DTV | 8 AM | 8:30 | 9 AM | 9:30 | 10 AM | 10:30 | 11 AM | 11:30 | 12 PM | 12:30 | 1 PM | 1:30 | 2 PM | 2:30 | 3 PM | 3:30 | 4 PM | 4:30 | 5 PM | 5:30 |
|---------|-----|-----|-----|-----|---|-----------------|--------------------------------------|-----------------|---|-----------------|---|----------------|-----------------------------------|---------------|--|----------|----------------------------|----------|---------------------|-----------------|-----------------------|-----------------------------------|---------------------|------------|
| ABC | 2 | 2 | 2 | 2 | Good Morning | | AM Northwest | | The View | | Kelly and Ryan | | GMA3: Strahan | | General Hospital | | Afternoon Live | | Tamron Hall | | KATU News First | | News | ABC |
| PBS | 3 | 5 | | | Curious | Go Luna | Tiger | Tiger | Pink | Sesame | Dinosaur | Cat in the | Varied Programs | | | | Splash | Molly | Odd | Odd | Arthur | Arthur | Ready Jet | Wild Kratt |
| CBS | 6 | 6 | 6 | 6 | CBS This Morning | | Let's Make a Deal | | The Price Is Right | | Young & Restless | | News | Bold | The Talk | | The 700 Club | | Dr. Phil | | KOIN 6 News at 4 | | News | News |
| NBC | 8 | 8 | 8 | 8 | (7:00) Today | | Today 3rd Hour | | Today-Hoda | | Blast | Blast | News | Paid Prg. | Days of our Lives | | The Dr. Oz Show | | Ellen DeGeneres | | KGW News at 4 | | News | News |
| CW | 9 | 9 | 32 | 32 | Paternity | Court | DailyMail | DailyMail | Steve Wilkos Show | | Steve Wilkos Show | | Maury | | Jerry Springer | | Mel Robbins | | King | Friends | Mom | Mom | black-ish | black-ish |
| FOX | 12 | 12 | 12 | 12 | Good Day Oregon | | Good Day Or. | | Good Day Or. | | Kelly Clarkson | | News | Varied | Wendy | Varied | Court | Varied | Jdg Judy | Jdg Judy | 4 O'Clock News | | 5 O'Clock News | |
| MNT | 13 | 13 | 49 | 49 | Good Day Oregon | | Varied Programs | | TMZ Live | | Rachael Ray | | Protection | Divorce | Judge Mathis | | Hot | Hot | Jerry | Jerry | Jdg Judy | Jdg Judy | 25 Words | 25 Words |
| UNIV | 22 | 22 | 16 | 47 | (7:00) Despierta América! | | | | La Gata | | Noticiero | Nosotr. | Hoy | | Como dice el dicho | | Y mañana será | | El gordo y la flaca | | Primer impacto | | | |
| A&E | 52 | 55 | 118 | 265 | The First 48 | | The First 48 | | The First 48 | | Varied Programs | | | | | | | Movie | | Varied Programs | | | | |
| AMC | 60 | 45 | 131 | 254 | Paid Prg. | Paid Prg. | Varied Programs | | | | | | | | | | | | | | | | | |
| ANP | 24 | 49 | 184 | 282 | The Zoo | | Secret Life-Zoo | | Pit Bulls-Parole | | Pit Bulls-Parole | | Varied Programs | | | | | | | | | | | |
| BET | 4 | 72 | 124 | 392 | Martin | Martin | Martin | Martin | Martin | Martin | Browns | Browns | Girlfriend | Girlfriend | Payne | Payne | Payne | Payne | | | Varied Programs | | | |
| BRAVO | 54 | 65 | 129 | 237 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| CARTOON | 25 | 59 | 177 | 297 | Gumball | Gumball | Varied Programs | | New | New | Teen | Teen | Ben 10 | Teen | Victor | Victor | Total | Total | Gumball | Gumball | Gumball | Gumball | Total | Total |
| CNN | 68 | 44 | 200 | 202 | At This Hour-Kate | | Inside Politics | | CNN Right Now | | CNN Newsroom | | CNN Newsroom | | Jake Tapper | | Situation Room | | Situation Room | | Erin Burnett OutFront | | Anderson Cooper | |
| COM | 77 | 56 | 107 | 249 | King/Hill | King/Hill | Futurama | Futurama | Futurama | Futurama | Futurama | (:45) Futurama | Varied | | South Pk | South Pk | South Pk | South Pk | South Pk | South Pk | South Pk | South Pk | Office | Office |
| COOK | 123 | 123 | 113 | 232 | Varied Programs | | | | Good Eat | Good Eat | Varied Programs | | | | | | | | | | | | | |
| DISN | 26 | 48 | 173 | 290 | Mickey | Mickey | Mickey | T.O.T.S. | Playtime | Puppy | Muppet | Giganto | Vampirina | PJ Masks | Puppy | T.O.T.S. | Academy | Ladybug | Amphibia | Big City | Big City | Big City | Bunk'd | Bunk'd |
| E! | 64 | 76 | 114 | 236 | Kardash | Kardash | Kardash | Kardash | Varied Programs | | Kardash | Varied | Varied | Varied | Varied | Varied | Varied | Varied | Varied | Varied | Varied | Varied | Varied | Varied |
| ESPN | 33 | 27 | 140 | 206 | (7:00) First Take | | SportsCenter | | Outside | NFL Live | | | Varied | NBA: The Jump | Noon | Question | Around | Pardon | SportsCenter | | Varied Programs | | | |
| ESPN2 | 34 | 28 | 143 | 209 | (7:00) Get Up | | First Take | | | | Jalen & Jacoby | | NFL Live | | Varied | Football | Noon | Question | Varied Programs | | | | | |
| FNC | 66 | 25 | 205 | 360 | America's Newsroom | | Outnumbered | | Outnumbered | | The Daily Briefing | | Shepard Smith | | Neil Cavuto | | The Five | | Special Report | | The Story | | Tucker Carlson | |
| FOOD | 61 | 54 | 110 | 231 | Paid Prg. | Varied | Paid Prg. | Pioneer | Varied Programs | | | | | | Pioneer | Pioneer | Varied Programs | | | | | | | |
| FREE | 32 | 33 | 180 | 311 | Daddy | Daddy | Daddy | 700 Club | The 700 Club | | Middle | Middle | Varied Programs | | | | Movie | | Varied Programs | | Movie | | Varied Programs | |
| FS1 | 41 | 85 | 150 | 219 | Undisputed | | The Herd with Colin Cowherd | | | | | | Speak for Yourself | | Lock It In | | Fair | | NASCAR Race Hub | | Varied Programs | | | |
| FX | 65 | 24 | 136 | 249 | (7:00) Movie | | Varied Programs | | | | | | | | Mike | | Varied Programs | | | | | | Movie | Varied |
| FXX | 35 | 64 | 125 | 259 | Mom | Mom | Mom | black-ish | black-ish | Varied Programs | | | | | Movie | | Varied Programs | | Movie | | Varied Programs | | | |
| GOLF | 88 | 88 | 401 | 218 | Varied Programs | | | | | | | | | | | | | | Golf Central | | Varied Programs | | | |
| HALLMM | 86 | 86 | 187 | 565 | M (7:00) Columbo | | Matlock "The Angel" | | Matlock | | Matlock | | Matlock "The Chef" | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Hart to Hart | |
| | | | | | T (7:00) Columbo | | Matlock | | Matlock | | Matlock "The Nurse" | | Matlock | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | "Hart to Hart" | |
| | | | | | W (7:00) Columbo | | Matlock (Part 1 of 2) | | Matlock (Part 2 of 2) | | Matlock | | Matlock | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | "Hart to Hart" | |
| | | | | | Th (7:00) Columbo | | Matlock | | Matlock | | Matlock | | Matlock | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | "Murder, She Wrote" | |
| | | | | | F (7:00) Columbo | | Matlock (Part 1 of 2) | | Matlock (Part 2 of 2) | | Matlock | | Matlock | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | "Murder-Wrote" | |
| HGTV | 62 | 57 | 112 | 229 | Varied Programs | | | | | | | | Fixer Upper | | Varied Programs | | | | | | | | | |
| HIST | 50 | 60 | 120 | 269 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| LIFE | 29 | 29 | 108 | 252 | The Closer | | The Closer | | The Closer | | The Closer | | Wife Swap | | Wife Swap | | Wife Swap | | Wife Swap | | Wife Swap | | Wife Swap | |
| MSNBC | 71 | 67 | 209 | 356 | MSNBC Live | | Andrea Mitchell | | MSNBC | | MSNBC Live | | MSNBC Live | | Deadline | | MTP Daily | | The Beat With | | Hardball Matthews | | All In With | |
| NBCSN | 89 | 89 | 159 | 220 | Sports | Varied Programs | | | | | | | | | | | | | | | | | | |
| NBCSNW | 426 | 37 | 424 | | Rip City | | Paid Prg. | Paid Prg. | Varied Programs | | SKY Sports News | | The Brian Noe Show | | | | | | | | | Rip City Drive with Travis & Chad | | |
| NGEO | 55 | 78 | 197 | 276 | Paid Prg. | Paid Prg. | Drain | Varied | Drain the Oceans | | Drain the Oceans | | Varied Programs | | | | | | | | | | | |
| NICK | 27 | 51 | 171 | 299 | PAW | PAW | Bubble | Bubble | PAW | PAW | Ryan | Blaze | Blaze | Ricky | PAW | PAW | Sponge. | Sponge. | Sponge. | Sponge. | Sponge. | Sponge. | Loud | Loud |
| OWN | 40 | 41 | 189 | 279 | Dr. Phil | | Dr. Phil | | Dr. Phil | | Dr. Phil | | Dr. Phil | | Dr. Phil | | Dr. Phil | | Dr. Phil | | Varied Programs | | | |
| OXY | 30 | 69 | 127 | 251 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| PARMT | 42 | 43 | 241 | 241 | Bar Rescue | | Bar Rescue | | (:02) Bar Rescue | | (:04) Bar Rescue | | (:06) Bar Rescue | | (:08) Bar Rescue | | Two Men | Two Men | Two Men | Two Men | Mom | (:25) Mom | Mom | Mom |
| ROOT | 37 | 26 | 426 | 687 | Paid Prg. | Varied | Rich Ei | Varied Programs | | | | | Dan Patrick | | Varied Programs | | Mariners | Mariners | Baseball | | Varied Programs | | | |
| SYFY | 67 | 50 | 122 | 244 | Varied Programs | | | | | | | | | | Movie | | Varied Programs | | Movie | | Varied Programs | | | |
| TCM | 56 | 73 | 132 | 256 | M (7:15) "Designing Woman" | | *** "Sex and the Single Girl" (1964) | | "To Have and Have Not" (1944) | | (:15) *** "The Big Sleep" (1946) | | (:15) *** "Key Largo" (1948) | | "Wonder. Cntry" | | | | | | | | | |
| | | | | | T (:15) *** "Dead Ringer" (1964, Mystery) | | (:15) ** "Flame of the West" | | "The Big Stampede" | | "The Star Packer" | | ** "Prairie Law" | | (:45) "Man From God's Country" | | "Land Beyond" | | "To Sir, With Love" | | | | | |
| | | | | | W *** "The Miracle Worker" (1962) | | *** "Inherit the Wind" (1960) | | (:15) *** "A Hard Day's Night" | | *** "It's a Mad, Mad, Mad, Mad World" (1963) Spencer Tracy. | | *** "The Pink Panther" | | | | | | | | | | | |
| | | | | | Th ** "So Big" (1932, Drama) | | "A Successful Calamity" (1932) | | "House" | | (:15) ** "The Working Man" | | (:45) "Two Heads on a Pillow" | | *** "Angel on My Shoulder" (1946) | | "Spy-Loved Me" | | | | | | | |
| | | | | | F Liquidator ** "The Defector" (1966, Suspense) | | *** "The Double Man" (1967) | | ** "To Trap a Spy" | | (:15) ** "Ice Station Zebra" (1968, Suspense) Rock Hudson. | | "Jim Thorpe" | | | | | | | | | | | |
| TDC | 51 | 42 | 182 | 278 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| TLC | 49 | 62 | 183 | 280 | (7:00) Outdaughtered | | Varied Programs | | Untold Stories of ER | | Untold Stories of ER | | Dr. Pimple Popper | | Gypsy Wedding | | Gypsy Wedding | | Say Yes | Say Yes | Say Yes | Say Yes | Say Yes | Say Yes |
| TNT | 57 | 52 | 138 | 245 | Charmed | | Charmed | | Supernatural | | Supernatural | | Supernatural | | Varied Programs | | | | | | | | | Movie |
| TRAV | 53 | 38 | 196 | 277 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| TRUTV | 73 | 75 | 242 | 246 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| TVL | 75 | 74 | 106 | 304 | Paid Prg. | Paid Prg. | Andy G. | Andy G. | Andy G. | Bonanza | Varied Programs | | (11:50) Gunsmoke | | (12:55) Gunsmoke | | Gunsmoke | | Gunsmoke | | M*A*S*H | M*A*S*H | M*A*S*H | M*A*S*H |
| USA | 58 | 39 | 105 | 242 | NCIS | Varied Programs | | | | | Law & Order: SVU | | Law & Order: SVU | | Varied Programs | | Law & Order: SVU | | Law & Order: SVU | | Law & Order: SVU | | Law & Order: SVU | |
| WE | 118 | 118 | 128 | 260 | Varied Programs | | Tummy | Paid Prg. | Law Order: CI | | Law Order: CI | | Law Order: CI | | Law Order: CI | | Varied Programs | | | | | | | |
| WEATH | 14 | 19 | 214 | 362 | (6:00) The Weather Channel LIVE | | The Weather Channel LIVE | | | | | | | | | | (1:59) Weather Underground | | | | | | Varied Programs | |
| WTBS | 59 | 40 | 139 | 247 | King | King | Seinfeld | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | American | American | American | American | American | American |
| | | | | | M (:05) ** "Paper Heart" | | (:35) "The Stepford Wives" | | (:10) ** "Beaches" (1988) Bette Midler. | | (:15) ** "Elektra" (2005) Jennifer Garner. | | (:25) "Icebox" (2018, Drama) | | (:20) ** "Night School" (2018) | | | | | | | | | |
| | | | | | T (7:10) "Hail, Caesar!" | | ** "The A-Team" (2010, Action) | | (:10) ** "Aquaman" (2018) Jason Momoa. | | (:40) ** "Notting Hill" (1999) | | (:45) *** "RoboCop" (1987) | | Ballers | | | | | | | | | |
| | | | | | W San Fran | | (:40) * "RoboCop 3" (1993) Rip Torn | | (:25) ** "Skyscraper" (2018) | | (:10) *** "Away From Her" (2006) | | * "The Wicker Man" (2006, Horror) | | (3:50) ** "The Meg" (2018) Li Bingbing | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | | | | | |