

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-Need to Know | | General Hospital | | Afternoon Live | | Drew Barrymore | | KATU News First | | News | ABC | | | | | |
| PBS | 3 | 5 | | | Tiger | Donkey | Elinor | Clifford | Xavier | Sesame | Dinosaur | Varied Programs | | | | | Pink | Arthur | Odd | Wild Kratt | | Varied Programs | | | | | | | |
| CBS | 6 | 6 | 6 | 6 | (7:00) CBS Mornings | | 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 Prog. | Days of our Lives | | Blast | Varied | Ellen DeGeneres | | KGW News at 4 | | News | NBC | | | | | |
| CW | 9 | 9 | 32 | 32 | KOIN AM Extra | | Everyday Northwest | | Tamron Hall | | Steve Wilkos Show | Maury | | King | King | | Mom | Mom | Friends | Friends | Last Man | Last Man | Goldbergs | Goldbergs | | | | | |
| FOX | 12 | 12 | 12 | 12 | Good Day Oregon | | Good Day Oregon | | Rachael Ray | | Kelly Clarkson | | 12 O'Clock News | | Wendy | Varied | The People's Court | | Jdg Judy | Jdg Judy | 4 O'Clock News | | 5 O'Clock News | | | | | | |
| MNT | 13 | 13 | 49 | 49 | Good Day Oregon | | Paid Prog. Varied | | Nick Cannon | | The Real | | Relative | Relative | Divorce | Divorce | Judge Mathis | | Hot Bench | Hot Bench | Jdg Judy | Jdg Judy | FamFeud | You Bet | | | | | |
| UNIV | 22 | 22 | 16 | 47 | (7:00) Despierta América! | | | | Como dice el dicho | | Noticiero | Nosotr. | Hoy | | | | Amor eterno | | Varied Programs | | El gordo y la flaca | | Impacto | Varied | | | | | |
| A&E | 52 | 55 | 118 | 265 | Parking | Parking | Parking | Parking | Varied Programs | | | | | | | | Movie | | Varied Programs | | | | First 48 | Varied | | | | | |
| AMC | 60 | 45 | 131 | 254 | Paid Prog. | Paid Prog. | Varied Programs | | | | | | | | | | | | | | | | | | | | | | |
| ANP | 24 | 49 | 184 | 282 | Treehouse Masters | | Tanked | | Pit Bulls-Parole | | Pit Bulls-Parole | | Lone Star Law | | Varied Programs | | | | | | | | | | | | | | |
| BET | 4 | 72 | 124 | 392 | Lv Single | Lv Single | black-ish | black-ish | Payne | Payne | Payne | Payne | Parkers | (:41) The Parkers | Parkers | | Martin | Martin | Martin | | Varied Programs | | | | | | | | |
| BRAVO | 54 | 65 | 129 | 237 | Varied Programs | | | | | | | | | | | | | | | | | | | | | | | | |
| CARTOON | 25 | 59 | 177 | 297 | Love M | Caillou | Thomas | Thomas | Mush | Care | Craig | Craig | Craig | Teen | Teen | Teen | Gumball | Gumball | Gumball | Gumball | Bears | Craig | Craig | Craig | | | | | |
| CBSN | 410 | 410 | 158 | 221 | Varied Programs | | The Jim Rome Show | | Varied Programs | | | | | | | | | Schein | | Varied Programs | | | | | | | | | |
| CNN | 68 | 44 | 200 | 202 | At This Hour-Kate | | Ins. Politics | | CNN Newsroom | | CNN Newsroom | | CNN Newsroom | | Jake Tapper | | Jake Tapper | | Situation Room | | Erin Burnett OutFront | | Anderson Cooper 360 | | | | | | |
| COM | 77 | 56 | 107 | 249 | Cleveland | Cleveland | South Pk | South Pk | South Pk | South Pk | South Pk | South Pk | South Pk | South Pk | South Pk | South Pk | South Pk | South Pk | Seinfeld | Seinfeld | Seinfeld | Seinfeld | The Office | The Office | | | | | |
| COOK | 123 | 123 | 113 | 232 | Varied Programs | | | | | | | | | | | | | | | | | | | | | | | | |
| DISN | 26 | 48 | 173 | 290 | Bluey | Mickey | Spidey | Bluey | Bluey | Alice's | Bluey | Bluey | Ladybug | Ladybug | Big City | Amphibia | Big City | Varied Programs | | Ghost | Big City | Big City | Raven | Raven | | | | | |
| E! | 64 | 76 | 114 | 236 | Varied Programs | | | | Daily Pop | | Varied Programs | | | | | | | | | | | | | | | | | | |
| ESPN | 33 | 27 | 140 | 206 | (7:00) First Take | | SportsCenter | | SportsCenter | | This Just In | | NBA Today | | NFL Live | | Around | Pardon | SportsCenter | | Basketball | Varied Programs | | | | | | | |
| ESPN2 | 34 | 28 | 143 | 209 | (7:00) Get Up | | First Take | | SportsCenter | | This Just In | | Jalen | This Just | Around | Varied Programs | | Situation Room | | Daily Wager | | College Basketball | | | | | | | |
| FNC | 66 | 25 | 205 | 360 | The Faulkner Focus | | Outnumbered | | America Reports With John Roberts | | The Story | | Neil Cavuto | | The Five | | Special Report | | Special Report | | Jesse Watters | | Tucker Carlson | | | | | | |
| FOOD | 61 | 54 | 110 | 231 | Varied Programs | | | | | | | | | | | | | | | | | | | | | | | | |
| FREE | 32 | 33 | 180 | 311 | black-ish | black-ish | The 700 Club | | 700 Club | Middle | Middle | Middle | Middle | Varied Programs | | | | | | | | | | | | | | | |
| FS1 | 41 | 85 | 150 | 219 | Undisputed | | The Herd with Colin Cowherd | | | | | | Speak for Yourself | | Varied | | Herd | | Varied Programs | | | | | | | | | | |
| FX | 65 | 24 | 136 | 249 | Mom | Varied Programs | | | | | | | Movie | | Varied Programs | | Movie | | | | | Varied | Movie | Varied | | | | | |
| FXX | 35 | 64 | 125 | 259 | (7:00) Movie | | Varied Programs | | | | | | Cleveland | Cleveland | Cleveland | Cleveland | King/Hill | King/Hill | King/Hill | King/Hill | King/Hill | King/Hill | Simpsons | Simpsons | | | | | |
| GOLF | 88 | 88 | 401 | 218 | Varied Programs | | | | College | Women's College Golf | | | | | | | Gold C'tral | | Varied Programs | | | | | | | | | | |
| HALL | 87 | 87 | 185 | 312 | Reba | Reba | Gold Girls | Gold Girls | Gold Girls | Gold Girls | Gold Girls | Gold Girls | Movie | | | | Movie | | | | | | | | | | | | |
| HALLMM | 86 | 86 | 187 | 565 | M | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | | | | |
| | | | | | T | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | | |
| | | | | | W | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | |
| | | | | | Th | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | |
| | | | | | F | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder | Diagnosis Murder |
| HGTV | 62 | 57 | 112 | 229 | Varied Programs | | | | | | | | | | | | | | | | | | | | | | | | |
| HIST | 50 | 60 | 120 | 269 | Varied Programs | | | | | | | | | | | | | | | | | | | | | | | | |
| LIFE | 29 | 29 | 108 | 252 | Grey's Anatomy | | Grey's Anatomy | | Grey's Anatomy | | The Closer | | The Closer | | The Closer | | Castle | | Castle | | Castle | | Castle | | | | | | |
| MAGN | 81 | 81 | 111 | 230 | Varied Programs | | | | | | | | | | | | | | | | | | | | | | | | |
| MSNBC | 71 | 67 | 209 | 356 | Craig Melvin Reports | | Andrea Mitchell | | MTP Daily | | Katy Tur Reports | | Hallie Jackson | | Deadline: White House | | | | The Beat With | | The ReidOut | | All In With | | | | | | |
| NGEO | 55 | 78 | 197 | 276 | Paid Prog. | Paid Prog. | Varied Programs | | | | | | | | | | | | | | | | | | | | | | |
| NICK | 27 | 51 | 171 | 299 | PAW | PAW | Blaze | Blaze | Bubble | Bubble | PAW | PAW | PAW | Blaze | PAW | PAW | Patrick | Koral | Sponge. | Sponge. | Sponge. | Sponge. | Loud | Loud | | | | | |
| OWN | 40 | 41 | 189 | 279 | Dr. Phil | | Dr. Phil | | Dr. Phil | | Dr. Phil | | Dr. Phil | | Court | Court | Court | Court | Court | Court | Court | Court | Dr. Phil | Dr. Phil | | | | | |
| OXY | 30 | 69 | 127 | 251 | Varied Programs | | | | | | | | | | | | | | | | | | | | | | | | |
| PARMT | 42 | 43 | 241 | 241 | Bar Rescue | | Bar Rescue | | Bar Rescue | | Bar Rescue | | Bar Rescue | | Bar Rescue | | Mom | Mom | Mom | Mom | Two Men | Two Men | Two Men | Two Men | | | | | |
| ROOT | 37 | 26 | 426 | 687 | Varied | Paid Prog. | Varied Programs | | | | | | | | | | | | | | | | | | | | | | |
| SYFY | 67 | 50 | 122 | 244 | Movie | Varied | Varied Programs | | | | | | Movie | | Varied Programs | | | | | | | | | | | | | | |
| TCM | 56 | 73 | 132 | 256 | M | (7:00) "Gigi" (1958) | **** "Father of the Bride" | (:45) *** "The Bad and the Beautiful" (1952) | | | **** "An American in Paris" (1951) | | *** "Brigadoon" (1954) Gene Kelly. | | | | | | | | | | | "The Awful Truth" | | | | | |
| | | | | | T | "Picture-Gray" | *** "Mighty Joe Young" (1949, Fantasy) | **** "The Yearling" (1946, Children's) | (:15) *** "The Naked City" (1948) | | | *** "Key Largo" (1948, Crime Drama) | | | | | | | | | | | | | | | "The Lost Weekend" | | |
| | | | | | W | (7:00) "Picnic" (1955) | ** "Written on the Wind" | (:45) *** "The Barefoot Contessa" (1954, Drama) | *** "The Bad and the Beautiful" | | | *** "La Strada" (1954) Anthony Quinn. | | **** "Gigi" | | | | | | | | | | | | | | | |
| | | | | | Th | Judgment | **** "The Lion in Winter" (1968) Peter O'Toole. | ** "Butterfield 8" (1960, Drama) | *** "Never on Sunday" | (:45) *** "Sweet Bird of Youth" (1962) Paul Newman. | | | | | | | | | | | | | | | | | | | "The Apartment" |
| | | | | | F | (7:45) "Harlan County, U.S.A." | (:45) *** "Bound for Glory" (1976) David Carradine. | *** "Alice Doesn't Live Here Anymore" | *** "Cabaret" (1972) Liza Minnelli, Joel Grey. | | | **** "Network" | | | | | | | | | | | | | | | | | |
| TDC | 51 | 42 | 182 | 278 | The Repair Shop | (:10) The Repair Shop | Varied Programs | | | | | | | | | | | | | | | | | | | | | | |
| TLC | 49 | 62 | 183 | 280 | Varied Programs | | | | | | | | | | | | | | | | | | | | | | | | |
| TNT | 57 | 52 | 138 | 245 | Charmed | | Charmed | | Varied Programs | | | | | | | | (:02) Movie | | | | | | | | | | | | |
| TRAV | 53 | 38 | 196 | 277 | Varied Programs | | | | | | | | | | | | | | | | | | | | | | | | |
| TRUTV | 73 | 75 | 242 | 246 | Ad. Ruins | Ad. Ruins | Jokers | Jokers | Carbonaro | Carbonaro | Carbonaro | Carbonaro | World's Dumbest ... | World's Dumbest ... | World's Dumbest ... | World's Dumbest ... | World's Dumbest ... | World's Dumbest ... | Jokes | Jokes | Jokes | Jokes | Jokes | Jokes | | | | | |
| TVL | 75 | 74 | 106 | 304 | Paid Prog. | Paid Prog. | M*A*S*H | M*A*S*H | M*A*S*H | M*A*S*H | Bonanza | | Gunsmoke | | Gunsmoke | | Gunsmoke | | Gunsmoke | | Andy G. | Andy G. | Andy G. | Andy G. | | | | | |
| USA | 58 | 39 | 105 | 242 | Varied Programs | | | | | | | | | | | | | | | | | | | | | | | | |
| WE | 118 | 118 | 128 | 260 | Paid Prog. | Paid Prog. | Paid Prog. | Paid Prog. | Law & Order | | Law & Order | | Law & Order | | Law & Order | | Law & Order | | Criminal Minds | | Criminal Minds | | Criminal Minds | | | | | | |
| WEATH | 14 | 19 | 214 | 362 | AMHQ | | Weather Underground | | Weather Underground | | Weather Underground | | Weather Underground | | Storm Center | | Storm Center | | Storm Center | | Storm Center | | Storm Center | | | | | | |
| WTBS | 59 | 40 | 139 | 247 | George | George | Broke Girl | Broke Girl | Broke Girl | Broke Girl | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | | | | | |
| HBO | 518 | 518 | 303 | 504 | M | Airheads | Last | "The League of Extraordinary Gentlemen" | (:05) "The Lost World: Jurassic Park" (1997) | (:15) ** "I, Robot" (2004) Will Smith. | | "Immortal Life of Henrietta" | | Five Speeches | Last | | | | | | | | | | | | | | |
| | | | | | T | (7:35) ** "Joyful Noise" | (:35) ** "Ender's Game" (2013) | ** "Real Steel" (2011) Hugh Jackman. | (:40) ** "Wonder Woman 1984" (2020) Gal Gadot. | Real Time, Bill Maher | My Brilliant Friend | | | | | | | | | | | | | | | | | | |