

MONDAY EVENING												MARCH 15																
A	L	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	A	L	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	
2	KATU	(2) KATU News at 6:00 p.m. (N)	Jeopardy! (N)	Wheel Fortune (N)	The Bachelor "After the Final Rose" (N)	The Bachelor "After the Final Rose" (N)	News (N)	(3:5) Jimmy Kimmel						2	KATU	(2) KATU News at 6:00 p.m. (N)	Jeopardy! (N)	Wheel Fortune (N)	The Goldbergs	Amer. Housewife	The Conners	Call Your Mother	The Con "The Royal Con" (N)	News (N)	(3:5) Jimmy Kimmel			
4	KOMO	(4) KOMO 4 News at 6:00 p.m. (N)	Wheel Fortune (N)	Jeopardy! (N)	The Bachelor "After the Final Rose" (N)	The Bachelor "After the Final Rose" (N)	KOMO4News (N)	(3:5) Jimmy Kimmel						4	KOMO	(4) KOMO 4 News at 6:00 p.m. (N)	Wheel Fortune (N)	Jeopardy! (N)	The Goldbergs	Amer. Housewife	The Conners	Call Your Mother	The Con "The Royal Con" (N)	KOMO4News (N)	(3:5) Jimmy Kimmel			
5	KING	(5) NBC News (N)	KING 5 News (N)	Evening	The Voice Contestants battle for a recording contract.	Debris	KING 5 News (N)	(3:5) Tonight Show						5	KING	(5) NBC News (N)	KING 5 News (N)	Evening	Chicago Med (N)	Chicago Fire "Escape Route" (N)	Chicago P.D. "Protect and Serve" (N)	KING 5 News (N)	(3:5) Tonight Show					
6	KOIN	(6) KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight	Neighborhood Bob Hearts (N)	All Rise "Georgia" (N)	Colbert						6	KOIN	(6) KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight	Tough Nails "Pour Your Heart Out" (N)	SEAL Team "Reckoning" (N)	S.W.A.T. "Redux" (N)	KOIN 6 News (N)	(3:5) Colbert				
7	KIRO	(7) KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	Neighborhood Bob Hearts (N)	All Rise "Georgia" (N)	Colbert						7	KIRO	(7) KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	Tough Nails "Pour Your Heart Out" (N)	SEAL Team "Reckoning" (N)	S.W.A.T. "Redux" (N)	KIRO 7 Tonight (N)	(3:5) Colbert				
8	KGW	(8) KGW News (N)	KGW News (N)	The Good Stuff (N)	Inside Edition (N)	The Voice Contestants battle for a recording contract.	Debris	(3:5) Tonight Show						8	KGW	(8) KGW News (N)	KGW News (N)	The Good Stuff (N)	Inside Edition (N)	Tough Nails "Pour Your Heart Out" (N)	SEAL Team "Reckoning" (N)	Chicago P.D. "Protect and Serve" (N)	News (N)	(3:5) Tonight Show				
9	KRCW	(9) Modern Family	Modern Family	The Goldbergs	The Goldbergs	Bullet "South Africa: Episode 1" (SP) (N)	Black Lightning (N)	Seinfeld						9	KRCW	(9) Modern Family	Modern Family	The Goldbergs	The Goldbergs	Riverdale (N)	Chicago Fire "Escape Route" (N)	Chicago P.D. "Protect and Serve" (N)	Seinfeld					
10	KOPB	(10) This Old House	Outside Source	PBS NewsHour (N)	Antiques Roadshow (N)	Antiques Rd. "Newport (Hour Three)"	Independent L. "My Country No More"	People						10	KOPB	(10) This Old House	Outside Source	PBS NewsHour (N)	Antiques Roadshow (N)	Antiques Rd. "Newport (Hour Three)"	Independent L. "My Country No More"	People						
12	KPTV	(12) 6 O'Clock News (N)	People	Family Feud	Family Feud	9-1-1 "Hen Begins"	America's Most Wanted (N)	Family Guy						12	KPTV	(12) 6 O'Clock News (N)	People	Family Feud	Family Feud	9-1-1 "Hen Begins"	America's Most Wanted (N)	Family Guy						
13	KPDV	(13) Family Feud	Family Feud	Big Bang Theory	Big Bang Theory	8:00 p.m. Prime News (N)	9:00 p.m. Prime News (N)	Family Guy						13	KPDV	(13) Family Feud	Family Feud	Big Bang Theory	Big Bang Theory	8:00 p.m. Prime News (N)	9:00 p.m. Prime News (N)	Family Guy						
19	KCPQ	(19) Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	9-1-1 "Hen Begins"	America's Most Wanted (N)	The Simpsons						19	KCPQ	(19) Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	9-1-1 "Hen Begins"	America's Most Wanted (N)	The Simpsons						
20	TBS	(20) Family Guy	Family Guy	Family Guy	Family Guy	Family Guy "It's a Trap!"	American Dad!	Conan						20	TBS	(20) Family Guy	Family Guy	Family Guy	Family Guy	Family Guy "It's a Trap!"	American Dad!	Conan						
22	KZJO	(22) Friends	Friends	Mom	Mom	Q13 News at 8:00 p.m. (N)	Q13 News at 9:00 p.m. (N)	Two and a Half						22	KZJO	(22) Friends	Friends	Mom	Mom	Q13 News at 8:00 p.m. (N)	Q13 News at 9:00 p.m. (N)	Two and a Half						
29	ESPN	(29) (5:15) NBA Basketball (L)		(3:5) NBA Basketball (L)				SportsCenter With Scott Van Pelt (N)						29	ESPN	(29) (5:15) NBA Basketball (L)		(3:5) NBA Basketball (L)				SportsCenter With Scott Van Pelt (N)						
30	ESPN2	(30) (5:00) Tournament Challenge (L)						SportsCenter (N)						30	ESPN2	(30) (5:00) Tournament Challenge (L)						SportsCenter (N)						
31	NICK	(31) The Loud House	The Loud House	Kids' Choice Awards	Kids' Choice Awards	Bunk'd	Bunk'd	Friends						31	NICK	(31) The Loud House	The Loud House	Kids' Choice Awards	Kids' Choice Awards	Bunk'd	Bunk'd	Friends						
32	DISN	(32) Jessie	Jessie	Bunk'd	Bunk'd	Raven's Home	Raven's Home	Friends						32	DISN	(32) Jessie	Jessie	Bunk'd	Bunk'd	Raven's Home	Raven's Home	Friends						
34	FAM	(34) (4:00) The Goonies	*** Matilda (1996, Family) Danny DeVito, Rhea Perlman, Mara Wilson.	*** Wonder (2017, Drama) Julia Roberts.				Big City Greens						34	FAM	(34) (4:00) The Goonies	*** Matilda (1996, Family) Danny DeVito, Rhea Perlman, Mara Wilson.	*** Wonder (2017, Drama) Julia Roberts.				Big City Greens						
35	FMC	(35) (4:45) Independence Day: Resurgence	(05) ** Independence Day: Resurgence (16, Action) Maika Monroe, Jeff Goldblum, Liam Hemsworth.	(25) *** Rise of the Planet of the Apes (11) Andy Serkis, James Franco.	(35) FXM Presents									35	FMC	(35) (4:45) Independence Day: Resurgence	(05) ** Independence Day: Resurgence (16, Action) Maika Monroe, Jeff Goldblum, Liam Hemsworth.	(25) *** Rise of the Planet of the Apes (11) Andy Serkis, James Franco.	(35) FXM Presents									
36	LIFE	(36) Rizzoli & Isles "Crazy for You"	Rizzoli & Isles "Crazy for You"	Rizzoli & Isles "Cuts Like a Knife"	Rizzoli & Isles "Home Town Glory"	Rizzoli & Isles "Melt My Heart to Stone"	(05) Rizzoli "Class Action Satisfaction"	Shogun Fights "Best Of"						36	LIFE	(36) Rizzoli & Isles "Crazy for You"	Rizzoli & Isles "Crazy for You"	Rizzoli & Isles "Cuts Like a Knife"	Rizzoli & Isles "Home Town Glory"	Rizzoli & Isles "Melt My Heart to Stone"	(05) Rizzoli "Class Action Satisfaction"	Shogun Fights "Best Of"						
38	ROOT	(38) A.U. Volleyball		United Fight Alliance	United Fight Alliance	United Fight Alliance	United Fight Alliance	Shogun Fights "Best Of"						38	ROOT	(38) A.U. Volleyball		United Fight Alliance	United Fight Alliance	United Fight Alliance	United Fight Alliance	Shogun Fights "Best Of"						
39	F51	(39) To Be Announced		To Be Announced	To Be Announced	To Be Announced	To Be Announced	Shogun Fights "Best Of"						39	F51	(39) To Be Announced		To Be Announced	To Be Announced	To Be Announced	To Be Announced	Shogun Fights "Best Of"						
43	SPIKE	(43) Two and a Half	Two and a Half	*** Star Trek (2009, Sci-Fi) Zachary Quinto, Eric Bana, Chris Pine.				*** White House Down (2013, Action) Jamie Foxx, Maggie Gyllenhaal, Channing Tatum.						43	SPIKE	(43) Two and a Half	Two and a Half	*** Star Trek (2009, Sci-Fi) Zachary Quinto, Eric Bana, Chris Pine.				*** White House Down (2013, Action) Jamie Foxx, Maggie Gyllenhaal, Channing Tatum.						
44	COM	(44) (5:5) The Office	The Office	The Office	The Office	The Daily Show	(4:5) The Office	(15) South Park	(4:5) South Park					44	COM	(44) (5:5) The Office	The Office	The Office	The Office	The Daily Show	(4:5) The Office	(15) South Park	(4:5) South Park					
45	HIST	(45) American Pickers "Back Road Buys"	Amer. Pickers "Brothers and Burlesque"	Amer. Pickers "Brothers and Burlesque"	Amer. Pickers "Brothers and Burlesque"	Amer. Pickers "Brothers and Burlesque"	Amer. Pickers "Brothers and Burlesque"	Amer. Pickers "Brothers and Burlesque"	Amer. Pickers "Brothers and Burlesque"					45	HIST	(45) American Pickers "Back Road Buys"	Amer. Pickers "Brothers and Burlesque"	Amer. Pickers "Brothers and Burlesque"	Amer. Pickers "Brothers and Burlesque"	Amer. Pickers "Brothers and Burlesque"	Amer. Pickers "Brothers and Burlesque"	Amer. Pickers "Brothers and Burlesque"	Amer. Pickers "Brothers and Burlesque"					
46	A&E	(46) Intervention "Susie and Miriam"	Intervention "Gina/ Kaila"	Intervention "Eddie"	Intervention "Susan" (SP) (N)	Intervention "Susan" (SP) (N)	(05) Intervention "Samantha C"	Intervention "Samantha C"						46	A&E	(46) Intervention "Susie and Miriam"	Intervention "Gina/ Kaila"	Intervention "Eddie"	Intervention "Susan" (SP) (N)	Intervention "Susan" (SP) (N)	(05) Intervention "Samantha C"	Intervention "Samantha C"						
47	TLC	(47) Unexpected (N)	Unexpected (N)	Unexpected (N)	Unexpected (N)	Unexpected (N)	Unexpected (N)	Unexpected (N)						47	TLC	(47) Unexpected (N)	Unexpected (N)	Unexpected (N)	Unexpected (N)	Unexpected (N)	Unexpected (N)	Unexpected (N)						
48	DISC	(48) Street Outlaws "New Rules, New Road"	Street Outlaws: Full Throttle	Street Outlaws: Full Throttle	Street Outlaws: Full Throttle	Street Outlaws: Full Throttle	Street Outlaws: Full Throttle	Street Outlaws: Full Throttle						48	DISC	(48) Street Outlaws "New Rules, New Road"	Street Outlaws: Full Throttle	Street Outlaws: Full Throttle	Street Outlaws: Full Throttle	Street Outlaws: Full Throttle	Street Outlaws: Full Throttle	Street Outlaws: Full Throttle						
49	NGEO	(49) Life Below Zero "Taking Chances"	Life Below Zero "The Other Side"	Life Below Zero "The Other Side"	Life Below Zero "The Other Side"	Life Below Zero "The Other Side"	Life Below Zero "The Other Side"	Life Below Zero "The Other Side"						49	NGEO	(49) Life Below Zero "Taking Chances"	Life Below Zero "The Other Side"	Life Below Zero "The Other Side"	Life Below Zero "The Other Side"	Life Below Zero "The Other Side"	Life Below Zero "The Other Side"	Life Below Zero "The Other Side"						
50	AMC	(50) *** Aquaman (2018, Action) Amber Heard, Willem Dafoe, Jason Momoa.												50	AMC	(50) *** Aquaman (2018, Action) Amber Heard, Willem Dafoe, Jason Momoa.												
51	AMC	(51) (5:30) *** Escape Plan (13) Arnold Schwarzenegger, Sylvester Stallone.												51	AMC	(51) (5:30) *** Escape Plan (13) Arnold Schwarzenegger, Sylvester Stallone.												
52	USA	(52) Chicago P.D. "Ghosts"	Chicago P.D. "Payback"	Chicago P.D. "Payback"	Chicago P.D. "Payback"	Chicago P.D. "Payback"	Chicago P.D. "Payback"	Chicago P.D. "Payback"						52	USA	(52) Chicago P.D. "Ghosts"	Chicago P.D. "Payback"	Chicago P.D. "Payback"	Chicago P.D. "Payback"	Chicago P.D. "Payback"	Chicago P.D. "Payback"	Chicago P.D. "Payback"						
53	FOOD	(53) Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games						53	FOOD	(53) Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games	Guy's Grocery Games						
54	HGTV	(54) My Dream Home	My Dream Home	My Dream Home	My Dream Home	My Dream Home	My Dream Home	My Dream Home						54	HGTV	(54) My Dream Home	My Dream Home	My Dream Home	My Dream Home	My Dream Home	My Dream Home	My Dream Home						
56	FX	(56) *** Fantastic Four (2015, Action) Kate Mara, Michael B. Jordan, Miles Teller.												56	FX	(56) *** Fantastic Four (2015, Action) Kate Mara, Michael B. Jordan, Miles Teller.												
57	CNN	(57) Cuomo Prime Time (N)	CNN Tonight With Don Lemon (N)	CNN Tonight With Don Lemon (N)	CNN Tonight With Don Lemon (N)	CNN Tonight With Don Lemon (N)	CNN Tonight With Don Lemon (N)	CNN Tonight With Don Lemon (N)						57	CNN	(57) Cuomo Prime Time (N)	CNN Tonight With Don Lemon (N)	CNN Tonight With Don Lemon (N)	CNN Tonight With Don Lemon (N)	CNN Tonight With Don Lemon (N)	CNN Tonight With Don Lemon (N)	CNN Tonight With Don Lemon (N)						
58	FNC	(58) Hannity	The Ingraham Angle	The Ingraham Angle	The Ingraham Angle	The Ingraham Angle	The Ingraham Angle	The Ingraham Angle						58	FNC	(58) Hannity	The Ingraham Angle	The Ingraham Angle	The Ingraham Angle	The Ingraham Angle	The Ingraham Angle	The Ingraham Angle						
60	MSNB	(60) The Rachel Maddow Show (N)	The Last Word (N)	The Last Word (N)	The Last Word (N)	The Last Word (N)	The Last Word (N)	The Last Word (N)						60	MSNB	(60) The Rachel Maddow Show (N)	The Last Word (N)	The Last Word (N)	The Last Word (N)	The Last Word (N)	The Last Word (N)	The Last Word (N)						
61	CNBC	(61) Shark Tank	Shark Tank	Shark Tank	Shark Tank	Shark Tank	Shark Tank	Shark Tank						61	CNBC	(61) Shark Tank	Shark Tank	Shark Tank	Shark Tank	Shark Tank	Shark Tank	Shark Tank						
63	BRAV	(63) Below "That Was Very Greek of Us"	Below Deck Yacht "Running on Fumes"	Below Deck Yacht "Running on Fumes"	Below Deck Yacht "Running on Fumes"	Below Deck Yacht "Running on Fumes"	Below Deck Yacht "Running on Fumes"	Below Deck Yacht "Running on Fumes"						63	BRAV	(63) Below "That Was Very Greek of Us"	Below Deck Yacht "Running on Fumes"	Below Deck Yacht "Running on Fumes"	Below Deck Yacht "Running on Fumes"	Below Deck Yacht "Running on Fumes"	Below Deck Yacht "Running on Fumes"	Below Deck Yacht "Running on Fumes"						
64	TCM	(64) (5:00) Midnight Lace (60) Doris Day.	(15) *** The Man Who Knew Too Much (1956, Mystery) Doris Day, Brenda de Banzie, James Stewart.	(15) *** The Man Who Knew Too Much (1956, Mystery) Doris Day, Brenda de Banzie, James Stewart.	(15) *** The Man Who Knew Too Much (1956, Mystery) Doris Day, Brenda de Banzie, James Stewart.	(15) *** The Man Who Knew Too Much (1956, Mystery) Doris Day, Brenda de Banzie, James Stewart.	(15) *** The Man Who Knew Too Much (1956, Mystery) Doris Day, Brenda de Banzie, James Stewart.	(15) *** The Man Who Knew Too Much (1956, Mystery) Doris Day, Brenda de Banzie, James Stewart.						64	TCM	(64) (5:00) Midnight Lace (60) Doris Day.	(15) *** The Man Who Knew Too Much (1956, Mystery) Doris Day, Brenda de Banzie, James Stewart.	(15) *** The Man Who Knew Too Much (1956, Mystery) Doris Day, Brenda de Banzie, James Stewart.	(15) *** The Man Who Knew Too Much (1956, Mystery) Doris Day, Brenda de Banzie, James Stewart.	(15) *** The Man Who Knew Too Much (1956, Mystery) Doris Day, Brenda de Banzie, James Stewart.	(15) *** The Man Who Knew Too Much (1956, Mystery) Doris Day, Brenda de Banzie, James Stewart.	(15) *** The Man Who Knew Too Much (1956, Mystery) Doris Day, Brenda de Banzie, James Stewart.						
65	SYFY	(65) ** Cold Pursuit (2019, Action) Emmy Rossum, Laura Dern, Liam Neeson.												65	SYFY	(65) ** Cold Pursuit (2019, Action) Emmy Rossum, Laura Dern, Liam Neeson.												
69	RFD	(69) American Rancher	Red Steagall	To Be Announced	Horse of the West	Better Horses TV	Rural Eve. News	Rural America 'Live'						69	RFD	(69) American Rancher	Red Steagall	To Be Announced	Horse of the West	Better Horses TV	Rural Eve. News	Rural America 'Live'						

TUESDAY EVENING												MARCH 16															
A	L	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	A	L	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
2	KATU	(2) KATU News at 6:00 p.m. (N)	Jeopardy! (N)	Wheel Fortune (N)	To Tell the Truth	To Tell the Truth	Black-ish	Mixed-ish	Soul of a Nation	News (N)	(3:5) Jimmy Kimmel			2	KATU	(2) KATU News at 6:00 p.m. (N)	Jeopardy! (N)	Wheel Fortune (N)	To Tell the Truth	To Tell the Truth	Black-ish	Mixed-ish	Soul of a Nation	News (N)	(3:5) Jimmy Kimmel		
4	KOMO	(4) KOMO 4 News at 6:00 p.m. (N)	Wheel Fortune (N)	Jeopardy! (N)	To Tell the Truth	To Tell the Truth	Black-ish	Mixed-ish	Soul of a Nation	KOMO4News (N)	(3:5) Jimmy Kimmel			4	KOMO	(4) KOMO 4 News at 6:00 p.m. (N)	Wheel Fortune (N)	Jeopardy! (N)	To Tell the Truth	To Tell the Truth	Black-ish	Mixed-ish	Soul of a Nation	KOMO4News (N)	(3:5) Jimmy Kimmel		
5	KING	(5) NBC News (N)	KING 5 News (N)	Evening	Young Rock	Kenan	The Voice	NCIS "Watchdog" (N)	FBI "Leverage" (N)	KING 5 News (N)	(3:5) Tonight Show			5	KING	(5) NBC News (N)	KING 5 News (N)	Evening	Young Rock	Kenan	The Voice	NCIS "Watchdog" (N)	FBI "Leverage" (N)	KING 5 News (N)	(3:5) Tonight Show		
6	KOIN	(6) KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight	NCIS "Watchdog" (N)	FBI "Leverage" (N)	FBI "Leverage" (N)	FBI: Most Wanted "One-Zero" (N)	KOIN 6 News (N)	(3:5) Colbert			6	KOIN	(6) KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight	NCIS "Watchdog" (N)	FBI "Leverage" (N)	FBI "Leverage" (N)	FBI: Most Wanted "One-Zero" (N)	KOIN 6 News (N)	(3:5) Colbert		
7	KIRO	(7) KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	NCIS "Watchdog" (N)	FBI "Leverage" (N)	FBI "Leverage" (N)	FBI: Most Wanted "One-Zero" (N)	KIRO 7 Tonight (N)	(3:5) Colbert			7	KIRO	(7) KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	NCIS "Watchdog" (N)	FBI "Leverage" (N)	FBI "Leverage" (N)	FBI: Most Wanted "One-Zero" (N)	KIRO 7 Tonight (N)	(3:5) Colbert		
8	KGW	(8) KGW News (N)	KGW News (N)	The Good Stuff (N)	Inside Edition (N)	Young Rock	Kenan	The Voice	New Amsterdam	News (N)	(3:5) Tonight Show			8	KGW	(8) KGW News (N)	KGW News (N)	The Good Stuff (N)	Inside Edition (N)	Young Rock	Kenan	The Voice	New Amsterdam	News (N)	(3:5) Tonight Show		
9	KRCW	(9) Modern Family	Modern Family	The Goldbergs	The Goldbergs	The Flash "Mother" (N)	Superman & Lois "Haywire" (N)	KOIN 6 News at 10:00 p.m. (N)	Seinfeld	KOIN 6 News at 10:00 p.m. (N)	Seinfeld			9	KRCW	(9) Modern Family	Modern Family	The Goldbergs	The Goldbergs	The Flash "Mother" (N)	Superman & Lois "Hay						