Thursday Evening — March 17

A - Charter Astoria/ Seaside - L - Charter Long Beach

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)	Station 19 "In My Tree" (N)		Grey's A. "The Makings of You" (N)		Big Sky "A Good Boy" (N)		News (N)	(:35) Jimmy Kimmel
6 KOMO	4	KOMO 4 News at 6:00 p.m. (N)		Wheel Fortune (N)	Jeopardy! (N)	Station 19 "In My Tree" (N)		Grey's A. "The Makings of You" (N)		Big Sky "A Good Boy" (N)		KOMO4News (N)	(:35) Jimmy Kimmel
8 KING	5	NBC News (N)	KING 5 News	KING 5 News	Evening	Law & Order "Fault Lines" (N)		SVU "Sorry If It Got Weird for You" (N)		Crime "Guns & Roses" (N)		KING 5 News	(:35) Tonight Show
9 KOIN	6	(4:00) NCAA Basket.	NCAA Basketball Division I Tournament (L)					KOIN News.	Game On!	Extra (N)	Ent. Tonight (N)	KOIN 6 News (N)	(:35) Colbert
10 KIRO	7	(4:00) NCAA Basket.	NCAA Basketball Division I Tournament (L)					Game Day (N)	Judge Judy	Judge Judy	Ent. Tonight (N)	KIRO 7 Tonight (N)	(:35) Colbert
13 KGW	8	KGW News (N)	KGW News (N)	The Good Stuff	Inside Edition (N)	Law & Order "Fault Lines" (N)		SVU "Sorry If It Got Weird for You" (N)		Crime "Guns & Roses" (N)		KGW News (N)	(:35) Tonight Show
9 KRCW	3	Young Sheldon	Young Sheldon	Modern Family	Modern Family	Walker "Sucker Punch"		Legacies "The Story of My Life"		KOIN 6 News at 10:00 p.m. (N)		Seinfeld	Seinfeld
10 KOPB	10	Craftsman Legacy	Outside Source	PBS NewsHour (N)		Oregon Art Beat	Oregon Guide	Midsomer M.	(:45) Midsomer "Crime and Punishment"	Masterpiece Classic "Unforgotten"			
12 KPTV	12	6 O'Clock News (N)		People	Family Feud	MasterChef "Punch and Munch" (SP) (N)		Call Me Kat (N)	Wel.Flatch (P) (N)	10 O'Clock News (N)		News (N)	(:35) People
13 KPDX	-	Family Feud	Family Feud	Big Bang Theory	Big Bang Theory	8:00 p.m. Prime News (N)		9:00 p.m. Prime News (N)		Big Bang Theory	The Simpsons	Family Guy	Family Guy
KCPQ	13	Fox 13 News at 6pm (N)		You Bet Your Life	Big Bang Theory	MasterChef "Punch and Munch" (SP) (N)		Call Me Kat (N)	Wel.Flatch (P) (N)	Fox 13 News at 10 (N)		Fox 13 News (N)	You Bet Your Life
20 TBS	20	(4:15) NCAA Basket.	(:45) NCAA Basketball					Go-Big "Only One Can Win: The Finale"		Young Sheldon	Young Sheldon	Wipeout "Wheel of Misfortune"	
KZJO	22	Big Bang Theory	Big Bang Theory	Modern Family	Modern Family	You Bet Your Life	You Bet Your Life	Fox 13 News at 9:00 p.m. (N)		Last Man Standing	Last Man Standing	Two and a Half	Two and a Half
29 ESPN	29	(4:00) NCAA Wrestling	Division I Tournament (L)		SportsCenter "Tournament Challenge" (N)			SportsC. "Tournament Challenge" (N)		SportsC. "Tournament Challenge" (N)		SportsC. "Tournament Challenge" (N)	
30 ESPN2	30	NCAA Basketball	Division I Tournament (L)			UFC Archival		NFL Live (N)		E:60 "Project 11: Alex Smith's Final Drive"		UFC Archival	
31 NICK	31	The Loud House	The Loud House	Warped! (N)	Side Hustle (N)	That Girl Lay Lay	SpongeBob	★★★ Madagascar: Escape 2 Africa ('08) Voices of Chris Rock, Ben Stiller.				Friends	Friends
32 DISN	32	Miraculous	Miraculous	Big City Greens	Big City Greens	Big City Greens	Big City Greens	Jessie	Jessie	Big City Greens	Big City Greens	Miraculous	Miraculous
34 FAM	34	The Office	The Office	The Office	The Office	The Office 1/2	The Office 2/2	The Office	The Office	Grown-ish (N)	Single (SF) (N)	The 700 Club	
35 FMC	35	(4:35) Bloodshot	(:50) ★★ Bloodshot (2020, Action) Eiza González, Sam Heughan, Vin Diesel.					(:05) ★★ Logan (2017, Action) Patrick Stewart, Dafne Keen, Hugh Jackman.					(:50) FXM Presents
36 LIFE	36	Castle "Suicide Squeeze"		Castle		Rizzoli "We Don't Need Another Hero"		Rizzoli & Isles "Living Proof"		(:05) Rizzoli & Isles "Sailor Man"		(:05) Rizzoli & Isles "Brown Eyed Girl"	
38 ROOT	38	Kraken Hockey (N)	Supergirl Pro Supergirl Pro Surf		Footvolley		Footvolley		Inside Kraken	MLR Rugby Seattle Seawolves at Houston SaberCats			
39 FS1	39	(5:00) WWE SmackDown		Boxing Premier Champions Luis Ortiz vs. Charles Martin				PBA Bowling Shark Championship World Series					
43 SPIKE	43	Two and a Half	Two and a Half	★★★ Men in Black (1997, Sci-Fi) Tommy Lee Jones, Vincent D'Onofrio, Will Smith.					★★ Men in Black II (2002, Sci-Fi) Tommy Lee Jones, Lara Flynn Boyle, Will Smith.				
44 COM	44	The Office	The Office	The Daily Show	(:45) The Office	(:20) The Office		(:55) The Office	The Office	The Office	The Office	The Daily Show (N)	(:45) The Office
45 HIST	45	Swamp People "Gators in Low Places"		Swamp People "Secret Sauce"		Swamp People "Battle of Black Lagoon"		Swamp People "Sinkhole Giants" (N)		(:35) Swamp People "Secret Sauce"			
46 A&E	46	The First 48 "The Devil You Know"		The First 48 "The Ties That Bind"		The First 48 "A Murder in Mobile"		The First 48 (N)		(:05) Nightwatch "Man's Best Friend" (N)		(:05) The First 48	
47 TLC	47	Doubling Down "Doubling Down South"		Doubling Down With the Derricos		Dr. Pimple Popper "Raw Meat Mass"		Dr. Pimple Popper (N)		1000-lb Best Friends (N)		Hoarding "Overtaken by Puppets"	
48 DISC	48	BttlBots "To the Victor, Go the Spoils"		BttlBots "To the Victor, Go the Spoils"		BattleBots "Let the Tournament Begin!"		The World Championship Tournament has arrived! (N)				BttlBots "The Desperado Tournament"	
49 NGEO	49	Life Below Zero "Breaking Point"		Life Below Zero "Search and Rescue"		Zero "Deadman's Return"		Mode "Priceless" (N)		(:15) Remote Access "Halibut, Hoist and Home" (N)			Mode
50 TNT	50	(:20) NCAA Basketball	Division I Tournament (L)				Fast Foodies	Fast Foodies	★★★ Shazam! (2019, Action) Mark Strong, Asher Angel, Zachary Levi.				
51 AMC	51	(5:00) ★★★ Live Free or Die Hard ('07)	Justin Long, Timothy Olyphant, Bruce Willis.			★★★ Man on Fire (2004, Action) Dakota Fanning, Marc Anthony, Denzel Washington.						The Fugitive ('93, Thriller) Harrison Ford.	
52 USA	52	Law&Order: SVU "American Disgrace"		9-1-1 "Ocean's 9-1-1"		9-1-1 "Bobby Begins Again"		9-1-1 "Careful What You Wish For"		9-1-1 "This Life We Choose"		Law&Order: SVU "Producer's Backend"	
53 FOOD	53	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Rest. "Revisited: Heart of the City" (N)		Beat Flay (N)	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay
54 HGTV	54	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop (N)	Flip or Flop	Fix My Flip (N)		House Hunters (N)	House Hunters (N)	House Hunters	House Hunters
56 FX	56	(3:30) Transformers: The Last Knight		★★★ The Martian (2015, Adventure) Jessica Chastain, Kate Mara, Matt Damon.						★★★ The Martian (2015, Adventure) Jessica Chastain, Kate Mara, Matt Damon.			
57 CNN	57	CNN Tonight (N)		Don Lemon Tonight (N)		Don Lemon Tonight (N)		Anderson Cooper 360		CNN Tonight		Don Lemon Tonight	
58 FNC	58	Hannity (N)		The Ingraham Angle (N)		Gutfeld! (N)		Fox News @ Night (N)		Tucker Carlson Tonight		Hannity	
60 MSNB	60	The Rachel Maddow Show (N)		The Last Word (N)		The 11th Hour (N)		The Rachel Maddow Show		The Last Word		The 11th Hour with Stephanie Ruhle	
61 CNBC	61	Shark Tank		Shark Tank		Shark Tank		The News With Shepard Smith		No Retreat: "Didn't Have a Plan"		Dateline "The Match" Pt. 1 of 2	
63 BRAV	63	Million Dollar Listing Los Angeles		Top Chef "Friday Night Bites"		Top Chef (N)		Top Chef: "No Pig Skins Allowed" (N)		Watch What (N)	★★ Big Daddy ('99, Com) Joey Lauren Adams, Adam Sandler.		
64 TCM	64	(5:00) ★★★★ The Music Man ('62) Robert Preston.			(:45) ★★★★ Oliver! (1968, Musical) Shani Wallis, Oliver Reed, Ron Moody.						★★ Camelot ('67, Musical) Vanessa Redgrave, Richard Harris.		
65 SYFY	65	★★ Leprechaun 2 (1994, Horror) Sandy Baron, Charlie Heath, Warwick Davis.				★★ Leprechaun (1993, Horror) Jennifer Aniston, Ken Olandt, Warwick Davis.				★★ Leprechaun 2 (1994, Horror) Sandy Baron, Charlie Heath, Warwick Davis.			
162 RFD	162	Nxt Lvl Frm (N)	WhereFood (N)	Rural America 'Live' "AARP" (L)		Machinery Pete TV	Rural Eve. News	Grown	Farm Monitor	Nxt Lvl Farming	Where the Food	Paid Program	

Friday Evening — March 18

A - Charter Astoria/ Seaside - L - Charter Long Beach

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)	Shark Tank (N)		20/20 Interviews and hard-hitting investigative reports.				News (N)	(:35) Jimmy Kimmel
6 KOMO	4	KOMO 4 News at 6:00 p.m. (N)		Wheel Fortune (N)	Jeopardy! (N)	Shark Tank (N)		20/20 Interviews and hard-hitting investigative reports.				KOMO4News (N)	(:35) Jimmy Kimmel
8 KING	5	NBC News (N)	KING 5 News	KING 5 News	Evening	The Blacklist "The Chairman" (N)		Dateline NBC Investigative features are covered.				KING 5 News	(:35) Tonight Show
9 KOIN	-	(4:00) NCAA Basket.	NCAA Basketball Division I Tournament (L)					KOIN News.	Game On!	Extra (N)	Ent. Tonight (N)	KOIN 6 News (N)	(:35) Colbert
10 KIRO	7	(4:00) NCAA Basket.	NCAA Basketball Division I Tournament (L)					Game Day (N)	Judge Judy	Judge Judy	Ent. Tonight (N)	KIRO 7 Tonight (N)	(:35) Colbert
13 KGW	-	KGW News (N)	KGW News (N)	Straight Talk	Inside Edition (N)	The Blacklist "The Chairman" (N)		Dateline NBC Investigative features are covered.				KGW News (N)	(:35) Tonight Show
9 KRCW	3	Young Sheldon	Young Sheldon	Modern Family	Modern Family	Charmed (N)		Dynasty "Go Catch Your Horse" (N)		KOIN 6 News at 10:00 p.m. (N)		Seinfeld	Seinfeld
10 KOPB	10	Woodsmith Shop	BBC News Today	PBS NewsHour (N)		F.Drake "A Sunshine State of Mind"		Masterpiece Mystery!		SeaHotel "Mrs. Madsen's Jewellery"		Jamestown	
12 KPTV	12	6 O'Clock News (N)		People	Family Feud	WWE SmackDown WWE superstars do battle in long-running rivalries. (N)				10 O'Clock News (N)		News (N)	(:35) People
13 KPDX	-	Family Feud	Family Feud	Big Bang Theory	Big Bang Theory	8 p.m. Prime News		9 p.m. Prime News		Big Bang Theory	The Simpsons	Family Guy	Family Guy
KCPQ	13	Fox 13 News at 6pm (N)		Bet Your Life (N)	Big Bang Theory	WWE SmackDown WWE superstars do battle in long-running rivalries. (N)				Fox 13 News at 10 (N)		Fox 13 News (N)	You Bet Your Life
20 TBS	20	(4:15) NCAA Basket.	(:45) NCAA Basketball					Wipeout "The Road to Redemption"		★★ The Amazing Spider-Man ('12, Act) Emma Stone, Rhys Ifans, Andrew Garfield.			
KZJO	22	Big Bang Theory	Big Bang Theory	Modern Family	Modern Family	Bet Your Life (N)	You Bet Your Life	Fox 13 News at 9:00 p.m. (N)		Last Man Standing	Last Man Standing	Two and a Half	Two and a Half
29 ESPN	29	(5:00) NCAA Wrestling	Division I Tournament (L)			SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)	
30 ESPN2	30	(5:00) NCAA Basketball		NCAA Basketball Division I Tournament Women's First Round (L)				Max on Boxing (N)	UFC Live (N)	UFC UFC		NFL Live (N)	
31 NICK	31	SpongeBob	PatrickStarShow	PatrickStarShow	Rugrats	Loud House (N)	ALVINNN!!! (N)	SpongeBob	SpongeBob	Friends	Friends	Friends	Friends
32 DISN	32	Jessie	Jessie	Jessie	Raven's Home	Raven's Home (N)	Holly Hobbie	Holly Hobbie	Jessie	Jessie	Raven's Home	Raven's Home	Holly Hobbie
34 FAM	34	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	The 700 Club	
35 FMC	35	(5:05) The Predator ('18) Boyd Holbrook.		★★ The Predator (2018, Action) Olivia Munn, Yvonne Strahovski, Boyd Holbrook.				(:55) ★★ Snatched (2017, Action) Goldie Hawn, Amy Schumer.		(:45) ★★ Snatched (2017, Action) Goldie Hawn, Amy Schumer.			
36 LIFE	36	Castle "Boom!"		Castle "Wrapped Up in Death"		Castle "The Late Shaft"		Castle "Den of Thieves"		(:05) Castle "Food to Die For"		(:05) Castle "Overkill"	
38 ROOT	38	(4:30) NBA Basketball	Por./Brook. (L)	Blazers Post-game	Trail Blazers Court	Blazers Pre-game	NBA Basketball Portland Trail Blazers at Brooklyn Nets Site: Barclays Center -- Brooklyn, N.Y.					Blazers Post-game	Sports Stars (N)
39 FS1	39	(4:00) NASCAR Auto Racing	Classics	NASCAR Auto Racing		MFL Soccer Juárez at Tijuana (L)				TMZ Sports (N)	TMZ Sports (N)	PBA Bowling Cheetah Championship	
43 SPIKE	43	Two and a Half	Two and a Half	★★ Fantastic Four (2005, Action) Jessica Alba, Chris Evans, Ioan Gruffudd.					★★★ Star Trek (2009, Sci-Fi) Zachary Quinto, Eric Bana, Chris Pine.				
44 COM	44	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	Esther Povitsky: Hot for My Name	
45 HIST	45	Aliens "The Mystery of Nan Madol"		Ancient Aliens		Aliens "Decoding the Dragon Gods"		Ancient Aliens "The Time Benders" (N)		(:05) History's Greatest Mysteries		(:05) Ancient Aliens "Destination Chile"	
46 A&E	46	The First 48 "Uncommon Valor"		First 48 "Escape Plan/ Path of Terror"		The First 48 "Truly Lost"		Cold Case Files "Written in Blood" (N)		SerialKiller (N)	SerialKiller (SF) (N)	(:05) The First 48 "Deadly Premonition"	
47 TLC	47	90 Day Fiancé: Before the 90 Days		90 Day F "Pillow Talk: Head Games"		90 Day Fiancé: Before the 90 Days "More to Love: There's No Fear in Love" (N)				90 Day Fiancé (N)	90 Day: The Single Life		90 Day Fiancé
48 DISC	48	Gold Rush "Whatever It Takes"		Gold Rush "Rally Valley Bonanza" (N)		Gold Rush						(:20) GoldRushFreddy "Young Guns"	
49 NGEO	49	Uncharted "The Wilds of South Africa"		Uncharted "Guyana's Wild Jungles"		On the Road (N)	On the Road (N)	On the Road (N)	On the Road (N)	To Hell and Back "Bella Gianna's"		Hell "The Old Coffee Pot Restaurant"	
50 TNT	50	(:20) NCAA Basketball	Division I Tournament (L)				All Elite Wrestling: Rampage (N)		★★ Justice League (2017, Action) Ben Affleck, Jason Momoa, Gal Gadot.				
51 AMC	51	(5:00) ★★★ Man on Fire (2004) Dakota Fanning, Marc Anthony, Denzel Washington.						★★★ Liar Liar (1997, Comedy) Maura Tierney, Cary Elwes, Jim Carrey.		★★ Bruce Almighty ('03, Com/Dra) Morgan Freeman, Jennifer Aniston, Jim Carrey.			
52 USA	52	Chicago Fire "An Agent of the Machine"		Chicago Fire "Trading in Scuttlebutt"		Chicago Fire "Purgatory"				Chicago Fire "Deathtrap"		Chicago Fire "Telling Her Goodbye"	
53 FOOD	53	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners...Dives (N)	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins
54 HGTV	54	My Dream Home	My Dream Home	My Dream Home	My Dream Home	Dream Home (N)	My Dream Home	Sell.B.Easy (N)	Selling-Big Easy	My Dream Home	My Dream Home	My Dream Home	My Dream Home
56 FX	56	★ Ride Along 2 (2016, Action/Comedy) Kevin Hart, Tika Sumpter, Ice Cube.				★★ Talladega Nights: The Ballad of Ricky Bobby ('06) John C. Reilly, Sacha Baron Cohen, Will Ferrell.				★★ Talladega Nights: The Ballad of Ricky Bobby			
57 CNN	57	CNN Tonight (N)		Don Lemon Tonight (N)		Don Lemon Tonight (N)		Anderson Cooper 360		CNN Tonight		Don Lemon Tonight	
58 FNC	58	Hannity (N)		The Ingraham Angle (N)		Gutfeld! (N)		Fox News @ Night (N)		Tucker Carlson Tonight		Hannity	
60 MSNB	60	The Rachel Maddow Show (N)		The Last Word (N)		The 11th Hour (N)		The Rachel Maddow Show		The Last Word		The 11th Hour with Stephanie Ruhle	
61 CNBC	61	UndercoverBoss:Celeb "Jewel"		Undercover "Stephanie McMahon"		UndercoverBoss:Celeb "Bethany Mota"		The News With Shepard Smith		Undercover Boss		Dateline "Finding Sarah Goode" 1/2	
63 BRAV	63	(4:30) Office Space	★★ 17 Again (2009, Comedy/Drama) Leslie Mann, Thomas Lennon, Zac Efron.					★★ Big Daddy (1999, Comedy) Joey Lauren Adams, Jon Stewart, Adam Sandler.			★★ 17 Again (2009, Comedy/Drama) Leslie Mann, Zac Efron.		
64 TCM	64	(5:00) Annie Hall	(:45) ★★★ Shampoo (1975, Romance) Julie Christie, Goldie Hawn, Warren Beatty.				(:45) ★★★★ The Sting (1973, Comedy) Robert Redford, Robert Shaw, Paul Newman.					(:15) Dog Day Afternoon Al Pacino.	
65 SYFY	65	(3:30) Harry Potter & the Sorcerer's S...		★★★ Harry Potter and the Chamber of Secrets (2002, Family) Rupert Grint, Emma Watson, Daniel Radcliffe.								Resident Alien "Alien Dinner Party"	
162 RFD	162	Texas-Reporter (N)	FarmHer	SF Machinery	Bluegrass Trail	Country Legends	Rural News (N)	My Bluegrass	Penny Gilley Show	Texas-Reporter	SF Machinery	Paid Program	

Saturday Evening — March 19

A - Charter Astoria/ Seaside - L - Charter Long Beach

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	(5:00) NHL Hockey	New York Rangers at Tampa Bay Lightning (L)					KATU News Special Edition		Paid Program	Paid Program	Jeopardy!	Wheel of Fortune
6 KOMO	4	(5:00) NHL Hockey	New York Rangers at Tampa Bay Lightning (L)					KOMO 4 News	Seattle Refined	Wheel of Fortune	Jeopardy!	KOMO 4 News at 10:00 p.m. (N)	
8 KING	5	NBC News (N)		KING 5 News		Paid Program		Law & Order		Dateline NBC		Saturday Night Live	
9 KOIN	6	(4:30) NCAA Basketball				KOIN 6 News Special Edition		Pet Vet Dream	All in With Laila	Extra Weekend (N)		48 Hours	
10 KIRO	7	(4:30) NCAA Basketball				Game Day (N)	Hot Topics	Paid Program		Entertainment Tonight Weekend (N)		This Minute (N)	Right This Minute
13 KGW	8	NBC News (N)		Straight Talk	Grant's Getaways	Inside Edition (N)		Law & Order		Dateline NBC		Saturday Night Live	
9 KRCW	3	WHL Hockey	Portland Winter Hawks at Seattle Thunderbirds Site: ShoWare Centre -- Kent, Washington (L)					Great Chocolate Showdown (N)		Young Sheldon		KOIN 6 News at 10:00 p.m. (N)	
10 KOPB	10	Shelter Me "2020"			Steves' Europe	Steves' Europe		Father Brown "The Skylark Scandal"		Shakespeare "The Play's the Thing"		Thou Shalt Not Kill	
12 KPTV	12	★★★ Clue (1985, Mystery) Colleen Camp, Eileen Brennan, Tim Curry.						9-1-1 "Defend in Place"		The Cleaning Lady "Mother's Mission"		10 O'Clock News (N)	
13 KPDX	-	(5:30) MLS Soccer	Portland Timbers at FC Dallas (L)		Portland Timbers			2 Broke Girls	2 Broke Girls	Big Bang Theory	Big Bang Theory	SOS: "High Altitude Injury"	
KCPQ	13	FOX 13 News at 6:00 p.m. (N)			Big Bang Theory	Big Bang Theory		9-1-1 "Defend in Place"		The Cleaning Lady "Mother's Mission"		FOX 13 News (N)	The Spotlight
20 TBS	20	(4:00) NCAA Basket.	NCAA Basketball							NCAA Post-game	Chad	Chad	American Dad!
KZJO	22	WHL Hockey	Portland Winter Hawks at Seattle Thunderbirds Site: ShoWare Centre -- Kent, Washington (L)									★★★ Parker (2013, Action) Jennifer Lopez, Michael Chiklis, Jason Statham.	
29 ESPN	29	(4:00) NCAA Wrestling			Boxing Top Rank Steve Rolls vs. Edgar Berlanga (L)					SportsCenter (N)		SportsCenter (N)	
30 ESPN2	30	(5:00) NCAA Basketball			NCAA Basketball Division I Tournament Women's First Round (L)					World Chase Tag "UK Nationals"			
31 NICK	31	SpongeBob	PatrickStarShow	★★★ The Peanuts Movie ('15) Bill Melendez, Hadley Belle Miller, Noah Schnapp.						SpongeBob	SpongeBob	Friends	Friends
32 DISN	32	Ghost & Molly	Ghost & Molly	Ghost & Molly	Ghost & Molly	Big City Greens	BigCity/ Ghost	(:15) Ghost & Molly	(:40) Amphibia	(:05) Amphibia	Amphibia	OwlHouse/ Owl	(:50) Raven's Home
34 FAM	34	(5:40) ★★ Sweet Home Alabama ('02) Candice Bergen, Reese Witherspoon.						(:15) ★★★ The Blind Side (2009, Sport) Tim McGraw, Quinton Aaron, Sandra Bullock.					21 Jump Street
35 FMC	35	(5:45) ★★★ A Dog's Purpose ('17) Dennis Quaid, Josh Gad.						(:40) ★★ Murder on the Orient Express ('17, Crime Story) Daisy Ridley, Johnny Depp, Kenneth Branagh.				★★ Murder on the Orient Express ('17) Daisy Ridley, Kenneth Branagh.	
36 LIFE	36	Next Door Nightmare	Mark Taylor, Deborah Grover, Julia Borsellino.					Sins In The Suburbs (2022, Thriller) Brandon Santana, Monique Sypkens.				(:05) Murder on Maple Drive (2021, Thriller) Sebastien Roberts, Bea Santos.	
38 ROOT	38	Kraken Warm (N)		Seattle Kraken Pre	NHL Hockey	Detroit Red Wings at Seattle Kraken Site: Climate Pledge Arena -- Seattle, Wash. (L)				Kraken Post-game		MLB Baseball	Spring Training Colorado Rockies vs. San Diego Padres
39 FS1	39	NASCAR Auto Racing	Nalley Cars 250					WWE SmackDown WWE superstars do battle in long-running rivalries.				NASCAR Auto Racing	Folds of Honor QuikTrip 500
43 SPIKE	43	(3:00) The Lord of the Rings: The Tw...			★★★ The Lord of the Rings: The Fellowship of the Ring (2001, Fantasy) Ian McKellen, Sean Astin, Elijah Wood.								The Lord of the Rings: The Return o...
44 COM	44	Movie		To Be Announced						To Be Announced			To Be Announced
45 HIST	45	American Pickers "Hollywood in Texas"		American Pickers "Hidden Harley"		American Pickers "Pinball Jack"				A. Pickers "Wolves in Wisconsin" (N)		(:05) Pickers "Super Best + Wheels" (N)	(:05) Amer. Pickers "Presidential Picks"
46 A&E	46	(5:00) ★★ Den of Thieves ('18) Jordan Bridges, O'Shea Jackson Jr., Gerard Butler.						★★ Olympus Has Fallen (2013, Action) Morgan Freeman, Aaron Eckhart, Gerard Butler.				★★ Den of Thieves ('18, Act) Jordan Bridges, Gerard Butler.	
47 TLC	47	90 Day Diaries		90 Day Diaries				Pimple Adventures in Pimplepopping"		Dr. Pimple Popper "Shoulder Boulder"		Dr. Pimple Popper "Cyster, Cyster"	Dr. Pimple Popper "Alligator Skin"
48 DISC	48	Lone Star Law "Liars and Trespassers"			Lone Star Law "Wild Call"			Lone Star Law		Lone Star Law		Lone Star Law "Thrill of the Hunt"	Lone Star Law "Reckless Behavior"
49 NGEO	49	To Catch a Smuggler "Hidden Heroin"			Catch a Smuggler "Coke in the Coat"			Catch a Smuggler "Search and Seize"		Secret Stash "Guns of New York" (N)		Madrid "Sewn-in Stash"	Madrid "Cocaine Carnival"
50 TNT	50	(5:30) NCAA Basketball	Division I Tournament (L)					Snowpiercer "Setting Itself Right"		★★★ American Gangster (2007, Crime Story) Russell Crowe, Chiwetel Ejiofor, Denzel Washington.			
51 AMC	51	(:15) Breaking Bad			(:25) Breaking Bad "Cancer Man"					Breaking Bad "Gray Matter"		(:40) Breaking Bad	(:45) Breaking Bad "A No-Rough-Stuff Type Deal"
52 USA	52	(12:30) IMSA Auto Racing	12 Hours of Sebring (L)					Chrisley Knows		Chicago P.D. "Night in Chicago"		To Be Announced	Chicago P.D. "The Forgotten"
53 FOOD	53	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins
54 HGTV	54	Build it Forward (N)		My Dream Home	My Dream Home	My Dream Home		Mash-Up Our Home (N)		MarriedEstate "Canton Get Any Better"		MarriedEstate "Sandy Springs Love"	RealEstate "Greatness in Grant Park"
56 FX	56	(5:00) ★★★ Spider-Man: Far From Home ('19) Samuel L. Jackson, Tom Holland.						★★★ Jurassic World (2015, Adventure) Bryce Dallas Howard, Vincent D'Onofrio, Chris Pratt.				★★★ Bumblebee (2018, Action) John Cena, Hailee Steinfeld.	
57 CNN	57	Roadrunner: A Film About Anthony Bourdain (N)						Stanley Tucci "Sicily" (N)		Stanley Tucci: Searching for Italy (N)		Roadrunner Anthony B	How Chef Anthony Bourdain became a cultural icon. (N)
58 FNC	58	Unfiltered		Lawrence Jones Cross Country				One Nation		Unfiltered		Lawrence Jones Cross Country	One Nation
60 MSNB	60	Ayman (N)		American Voices				Ayman		Ayman		Dateline "Secrets in the Snow"	Dateline
61 CNBC	61	(4:00) AMA Supercross			No Retreat: "Get The Deal Done!"			No Retreat: "Didn't Have a Plan"		Jay Leno's Garage "American Muscle"		Jay Leno's Garage "Supercars"	Paid Program
63 BRAV	63	Movie		★★ Step Brothers (2008, Comedy) John C. Reilly, Richard Jenkins, Will Ferrell.				★★ Step Brothers (2008, Comedy) John C. Reilly, Richard Jenkins, Will Ferrell.				★★★ Wedding Crashers ('05) Vince Vaughn, Owen Wilson.	
64 TCM	64	(5:00) ★★★ Out of Africa ('85) Robert Redford, Meryl Streep.						★★★ On Golden Pond ('81, Drama) Henry Fonda, Jane Fonda, Katharine Hepburn.				★★★★ Places in the Heart ('84, Dra) Danny Glover, John Malkovich, Sally Field.	
65 SYFY	65	(4:00) Harry Potter & the Prisoner of...					(:05) ★★★ Harry Potter and the Goblet of Fire (2005, Adventure) Emma Watson, Rupert Grint, Daniel Radcliffe.						(:35) ★★ Fantastic Beasts and Where to Find Them
162 RFD	162	Daniel O'Donnell "Thoughts of Home"			Polka "Klancnik and Harvey Becker"				Larry's Country Diner		Paid Program	Paid Program	The Red Skelton Show

Sunday Evening — March 20

A - Charter Astoria/ Seaside - L - Charter Long Beach

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)		America's Funniest Home Videos		American Idol "Auditions" Auditions continue across L.A., Austin and Nashville. (N)				Step Into The Movies (N)		News (N)	(:35) Full Measure
6 KOMO	4	KOMO 4 News Sunday at 6:00 p.m. (N)		America's Funniest Home Videos		American Idol "Auditions" Auditions continue across L.A., Austin and Nashville. (N)				Step Into The Movies (N)		KOMO4News (N)	(:35) Full Measure
8 KING	5	NBC News (N)	KING 5 News	America's Got Talent: Extreme		Courtship "Test of Sportsmanship" (N)				Weakest Link (N)		Transplant "Sever" (N)	(:35) Band Seattle
9 KOIN	-	Eye on Northwest	Weekend News (N)	60 Minutes		The Equalizer				NCIS: Los Angeles "Murmuration" (N)		S.W.A.T.	KOIN 6 News (N) (:35) Game On!
10 KIRO	7	Weekend News (N)	KIRO 7 News (N)	60 Minutes		The Equalizer				NCIS: Los Angeles "Murmuration" (N)		S.W.A.T.	KIRO 7 Tonight (N) KIRO 7 Tonight
13 KGW	-	NBC News (N)	Straight Talk	America's Got Talent: Extreme		Courtship "Test of Sportsmanship" (N)				Weakest Link (N)		Transplant "Sever" (N)	KGW News (N) (:35) Sports Sunday
9 KRCW	3	KOIN 6 News (N)	Young Sheldon	FunniestAnimalsPuppy (N)		Riverdale (N)				March "Clear Skies Ahead" (N)		KOIN 6 News (N)	Game On Two and a Half Two and a Half
10 KOPB	10	Oregon Art Beat	Oregon Guide	Legacy List "Home on the Range"		Call the Midwife (SP) (N)				Masterpiece Classic "Sanditon" (SP) (N)		Before We Die (P) (N)	Line of Separation
12 KPTV	12	Family Feud	Family Feud	The Simpsons	Welcome to Flatch	The