

THURSDAY EVENING													A - Charter Astoria/ Seaside - L - Charter Long Beach				MARCH 31			
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 "Alone in the Dark" (N)	Grey's Anatomy "Road Trippin" (N)	Big Sky "Dead Man's Float" (N)	News (N)	(35) Jimmy Kimmel											
3	KOMO	(4) KOMO 4 News at 6:00 p.m. (N)	Wheel Fortune (N)	Jeopardy! (N)	Station 19 "Alone in the Dark" (N)	Grey's Anatomy "Road Trippin" (N)	Big Sky "Dead Man's Float" (N)	KOMO4News (N)	(35) Jimmy Kimmel											
4	KING	(5) NBC News (N)	KING 5 News	KING 5 News	Evening	Law & Order: Special Victims Unit	KING 5 News	(35) Tonight Show												
5	KOIN	(6) KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight	Young Sheldon (N) U.S. of AI (N)	Ghosts (N) H.WeRoll (P) (N)	Law & Order: Organized Crime	KOIN 6 News (N)	(35) Colbert										
6	KIRO	(7) KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	Young Sheldon (N) U.S. of AI (N)	Ghosts (N) H.WeRoll (P) (N)	Bull "With These Hands" (N)	KIRO 7 Tonight (N)	(35) Colbert										
7	KGW	(8) KGW News (N)	KGW News (N)	The Good Stuff	Inside Edition (N)	Law & Order	Law & Order: Special Victims Unit	KGW News (N)	(35) Tonight Show											
8	KRCW	(3) Young Sheldon	Young Sheldon	Modern Family	Modern Family	Walker "Common Ground" (N)	Legacies (N)	KOIN 6 News at 10:00 p.m. (N)	Seinfeld	Seinfeld Pt. 2 of 2										
9	KOPB	(10) Craftsman Legacy	Outside Source	PBS NewsHour (N)		Art Beat (N)	Oregon Guide	Midsomer M. (45) Midsomer "Red in Tooth and Claw"	Masterpiece Classic	"Unforgotten"										
10	KPTV	(12) 6 O'Clock News (N)	People	Family Feud	Family Feud	MasterChef "All's Fair at Ren Faire" (N)	Call Me Kat (N)	WelcomeFlatch (N)	10 O'Clock News (N)	News (N)	(35) People									
11	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)	Big Bang Theory	The Simpsons	Family Guy	Family Guy									
12	KCPQ	(13) Fox 13 News at 6pm (N)	You Bet Your Life	Big Bang Theory	Big Bang Theory	MasterChef "All's Fair at Ren Faire" (N)	Call Me Kat (N)	WelcomeFlatch (N)	Fox 13 News at 10 (N)	Fox 13 News (N)	You Bet Your Life									
13	TBS	(20) Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Rat in the Kitchen (N)	Full Frontal (N)	Rat in the Kitchen	Full Frontal									
14	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									
15	ESPN	(29) NCAA Basketball	College Slam Dunk & 3 Point Championship (L)	SportsCenter (N)		SportsCenter (N)	SportsCenter (N)	SportsCenter With Scott Van Pelt (N)	SportsCenter (N)		Two and a Half									
16	ESPN2	(30) (5:00) NCAA Baseball	Florida at Georgia (L)	SportsCenter Special "Mike Tannenbaum's NFL Mock Draft 1.0"		Around the Horn	Interruption	Friends	Friends	Friends	Friends									
17	NICK	(31) The Loud House	The Loud House	Warped! (N)	Warped! (N)	The Croods (2013, Animated)	Emma Stone, Ryan Reynolds, Nicolas Cage.	Friends	Friends	Friends	Friends									
18	DISN	(32) Miraculous	Miraculous	Big City Greens	Big City Greens	Big City Greens	Big City Greens	Jessie	Jessie	Big City Greens	Miraculous									
19	FAM	(34) The Office	The Office	The Office	The Office 1/2	The Office 2/2	The Office	The Office	The Office	The Office	The 700 Club									
20	FMC	(35) (5:00) Mamma Mia! Here We Go Again	(20) *** Mamma Mia! Here We Go Again (2018, Comedy) Meryl Streep, Cher, Amanda Seyfried.	(40) *** Lucy in the Sky (2019, Drama) Jon Hamm, Zazie Beetz, Natalie Portman.																
21	LIFE	(36) Rizzoli & Isles "Money for Nothing"	Rizzoli & Isles "I Kissed a Girl"	Rizzoli & Isles "I Missed a Girl"	Rizzoli & Isles "Born to Run"	Rizzoli & Isles "I'm Your Boogie Man"	Rizzoli & Isles "The Beast in Me"	(05) Rizzoli & Isles	(05) Rizzoli & Isles											
22	ROOT	(38) Hurd Mentality	MLB Baseball Spring Training Cleveland Guardians vs. Seattle Mariners Site: Peoria Stadium - Peoria, Ariz. (L)	MLB Baseball Spring Training Cleveland Guardians vs. Seattle Mariners Site: Peoria Stadium		MLB Baseball Spring Training Cleveland Guardians vs. Seattle Mariners Site: Peoria Stadium		TMZ Sports (N)	All Madden											
23	FS1	(39) (5:00) WWE SmackDown	All Madden	WWE SmackDown WWE superstars do battle in long-running rivalries.		WWE SmackDown WWE superstars do battle in long-running rivalries.		TMZ Sports (N)	All Madden											
24	SPIKE	(43) Two and a Half	Two and a Half	*** The Longest Yard (2005, Comedy) Chris Rock, Burt Reynolds, Adam Sandler.		*** Old School (2003, Comedy) Will Ferrell, Vince Vaughn, Luke Wilson.														
25	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 (45) The Office										
26	HIST	(45) Swamp People "Secret Sauce"	Swamp People "Battle of Black Lagoon"	Swamp People "Sinkhole Giants"	Swamp People "Swamp Professor" (N)															
27	A&E	(46) The First 48 "Kiss of Death"	The First 48 "Gangland"	The First 48 "Bride of Lies"	AfterFirst48 "Down a Dark Hallway" (N)															
28	TLC	(47) Unexpected "Bread Milk Pancakes"	Unexpected "Can Men Lactate?"	Dr. Pimple Popper "My Third Eye"	My Feet Are Killing Me"															
29	DISC	(48) BattleBots "8 Down, 8 to Go"	BattleBots "8 Down, 8 to Go"	BattleBots "Round of 16" The final 16 bots fight for survival. (N)																
30	NGEO	(49) Life Below Zero "The Crash"	Life Below Zero "Aftermath"	Life Below Zero "The Monster"	Life Below Zero: Next Generation (N)															
31	TNT	(50) (4:30) NBA Basketball	Mill/Brook. (L)	NBA Basketball Los Angeles Lakers at Utah Jazz Site: Vivint Smart Home Arena - Salt Lake City, Utah (L)	Inside the NBA (L)															
32	AMC	(51) (4:30) *** Armageddon (1998, Adventure)	Liv Tyler, Ben Affleck, Bruce Willis.	*** Sixteen Candles (84) Anthony Michael Hall, Molly Ringwald.																
33	USA	(52) Law & Order: S.V.U. "Contrappasso"	9-1-1 "Rage"	9-1-1 "Monsters"	9-1-1 "Athena Begins"															
34	FOOD	(53) Beat Bobby Flip	Beat Bobby Flip	Beat Bobby Flip	Beat Bobby Flip	Restaurant: Impossible (N)	Beat Bobby Flip	Beat Bobby Flip	Beat Bobby Flip	Beat Bobby Flip	Beat Bobby Flip									
35	HGTV	(54) Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop	Flip or Flop (N)	Flip or Flop (N)	Flip or Flop (N)	Flip or Flop (N)	House Hunters (N)	House Hunters									
36	FX	(56) (5:00) *** Talladega Nights: The Ballad of Ricky Bobby	*** Thor: The Dark World (2013, Action) Chris Hemsworth, Tom Hiddleston, Natalie Portman.																	
37	CNN	(57) CNN Tonight (N)	Don Lemon Tonight (N)	Don Lemon Tonight (N)	Anderson Cooper 360															
38	FNC	(58) Hannity (N)	The Ingraham Angle (N)	Gutfeld! (N)	Fox News @ Night (N)															
39	MSNB	(60) The Rachel Maddow Show (N)	The Last Word (N)	The 11th Hour (N)	The Rachel Maddow Show															
40	CNBC	(61) Shark Tank	Shark Tank	Shark Tank	Shark Tank	American Greed "Recipe for Murder"	Dateline "Mystery in Big Sky Country"	Chrisley Knows	Chrisley Knows	Chrisley Knows	Chrisley Knows									
41	BRAV	(63) Below Deck "Stew the Right Thing"	Top Chef	Top Chef (N)	Top Chef (N)															
42	TCM	(64) (5:00) *** To Kill a Mockingbird (62) Gregory Peck.	*** A Patch of Blue (65, Dra) Elizabeth Hartman, Shelley Winters, Sidney Poitier.	*** The Hustler (1961, Drama) Jackie Gleason, George C. Scott, Paul Newman.																
43	SYFY	(65) (4:30) Salt ('10, Act)	*** Wanted (2008, Action) Morgan Freeman, Angelina Jolie, James McAvoy.																	
44	RFD	(162) Nxt Lvl Frm (N)	WhereFood (N)	Rural "Best of Commodity Classic" (N)	Old Iron	Rural Eve. News	Grown	Farm Monitor	Nxt Lvl Farming	Where the Food	Paid Program									

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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.		20/20 Interviews and hard-hitting investigative reports.		News (N)	(35) Jimmy Kimmel									
3	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.		20/20 Interviews and hard-hitting investigative reports.		KOMO4News (N)	(35) Jimmy Kimmel									
4	KING	(5) NBC News (N)	KING 5 News	KING 5 News	Evening	The Blacklist "Eva Mason" (N)	Dateline NBC Investigative features are covered.	Magnum "Remember Me Tomorrow" (N)	Blue Bloods "Hidden Motive" (N)	KOIN 6 News (N)	(35) Colbert									
5	KOIN	(6) KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight	Under Boss "Mayor of Fontana" (N)	Magnum "Remember Me Tomorrow" (N)	Blue Bloods "Hidden Motive" (N)	KOIN 6 Tonight (N)	(35) Colbert										
6	KIRO	(7) KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	Under Boss "Mayor of Fontana" (N)	Magnum "Remember Me Tomorrow" (N)	Blue Bloods "Hidden Motive" (N)	KGW News (N)	(35) Colbert										
7	KGW	(8) KGW News (N)	KGW News (N)	Straight Talk (N)	Inside Edition (N)	The Blacklist "Eva Mason" (N)	Charmed "Ripples" (N)	Dynasty (N)	KOIN 6 News at 10:00 p.m. (N)	Seinfeld	Seinfeld									
8	KRCW	(3) Young Sheldon	Young Sheldon	Modern Family	Modern Family	Charmed "Ripples" (N)	Dynasty (N)		KOIN 6 News at 10:00 p.m. (N)	Seinfeld	Seinfeld									
9	KOPB	(10) Woodsmith Shop	BBC News Today	PBS NewsHour (N)		Frankie Drake "Ladies in Red"	Masterpiece Mystery!	Seaside Hotel "Stauning"	Jamestown											
10	KPTV	(12) 6 O'Clock News (N)	People	Family Feud	Family Feud	WWE SmackDown WWE superstars do battle in long-running rivalries. (N)		10 O'Clock News (N)	News (N)	(35) People										
11	KPDV	(13) 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									
12	KCPQ	(13) Fox 13 News at 6pm (N)	You Bet Your Life	Big Bang Theory	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										
13	TBS	(20) Bob's Burgers	Bob's Burgers	Bob's Burgers	Bob's Burgers	*** Gemini Man (2019, Action) Mary Elizabeth Winstead, Clive Owen, Will Smith.		*** Suicide Squad	(2016, Action) Margot Robbie, Will Smith.											
14	KZJO	(22) Big Bang Theory	Big Bang Theory	Modern Family	Modern Family	Be 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									
15	ESPN	(29) Final Four Special	NCAA Basketball Division I Tournament (L)	SportsCenter (N)		SportsCenter (N)		SportsCenter (N)			Two and a Half									
16	ESPN2	(30) To Be Announced		SportsCenter (N)		SportsCenter (N)	NFL Live	Friends	Friends	Friends	Friends									
17	NICK	(31) SpongeBob	SpongeBob	PatrickStarShow	Rugrats (N)	Loud House (N)	ALVINNN!!! (N)	SpongeBob	Friends	Friends	Friends									
18	DISN	(32) Sulphur Springs	Sulphur Springs	Sulphur Springs	Sulphur Springs	Raven's Home (N)	Holly Hobbie	Holly Hobbie	Raven's Home	Sulphur Springs	Sulphur Springs									
19	FAM	(34) Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy									
20	FMC	(35) (4:20) Aliens ('86) Sigourney Weaver.	(10) *** Alien: Resurrection ('97) Winona Ryder, Sigourney Weaver.	(05) *** Alien: Resurrection ('97) Winona Ryder, Sigourney Weaver.																
21	LIFE	(36) Castle "The Wild Rover"	Castle "The Lives of Others"	Castle "The Fast and the Furriest"	Castle "The Squab and the Quail"	(05) Castle "Stazers"														
22	ROOT	(38) Trail Blazers (N)	To Be Announced	Trail Blazers (N)	To Be Announced	Trail Blazers Court	To Be Announced													
23	FS1	(39) (5:30) NASCAR Auto Racing Classics 1986	Miller High Life 400 Site: Richmond Fairgrounds Raceway	Final Draw WC Qatar		Final Draw WC Qatar		TMZ Sports (N)	TMZ Sports (N)	NHRA Drag Racing Four-Wide Nationals										
24	SPIKE	(43) Two and a Half	Two and a Half	*** Django Unchained (2012, Western) Christoph Waltz, Leonardo DiCaprio, Jamie Foxx.		*** Django Unchained (2012, Western) Christoph Waltz, Leonardo DiCaprio, Jamie Foxx.														
25	COM	(44) South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park									
26	HIST	(45) The Unexplained "Leading Double Lives"	UnExplained "Extraordinary Engineering"	The UnExplained "Bizarre Vanishings"	UnExplained "Mysterious Ancient Ruins" (N)	(05) The UnExplained (N)														
27	A&E	(46) The First 48	The First 48 "The Cover Up Bad Seed"	First 48 "Endless Love and Out of Time"	Cold Case "Queen of the Ozarks" (N)	American Justice "Love to Death" (N)														
28	TLC	(47) 90 Day Diaries "The Perfect Storm"	Loren & Alexei "Loren & Alexei"	90 Day Fiancé: Before the 90 Days "More to Love: Cold and Calculated" (N)	90 Day Fiancé (N)	[Single "Pillow Talk"	Lust at First Sight"	90 Day Fiancé												
29	DISC	(48) GoldRushDirt "Beginning of the End"	GoldRush "The Toddfather Returns" (N)	Gold Rush "Cleaning Up a Hot Mess" Todd needs to get his washplant up and running. (N)																
30	NGEO	(49) Life and Death Row "Crisis Stage"	Life and Death Row "No Appeal"	Trafficked "Scams"	Trafficked "Fentanyl"															
31	TNT	(50) (5:00) Now You See Me Jesse Eisenberg.	(15) *** Kingsman: The Secret Service (2014, Action) Colin Firth, Samuel L. Jackson, Taron Egerton.																	
32	AMC	(51) *** Vegas Vacation (1997, Comedy) Beverly D'Angelo, Randy Quaid, Chevy Chase.	*** National Lampoon's Vacation ('83) Beverly D'Angelo, Chevy Chase.																	
33	USA	(52) Chicago Fire "The Strongest Among Us"	Chicago Fire "The Unrivaled Standard"	Chicago Fire "One for the Ages"	Chicago Fire "The Grand Gesture"															
34	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									
35	HGTV	(54) My Dream Home	My Dream Home	My Dream Home	My Dream Home	Sell.B.Easy (N)	Selling-Big Easy	My Dream Home	My Dream Home	My Dream Home	My Dream Home									
36	FX	(56) (5:30) *** Thor: The Dark World ('13) Chris Hemsworth, Natalie Portman.																		
37	CNN	(57) CNN Tonight (N)	Don Lemon Tonight (N)	Don Lemon Tonight (N)	Anderson Cooper 360															
38	FNC	(58) Hannity	The Ingraham Angle	Gutfeld! (N)	Fox News @ Night (N)															
39	MSNB	(60) The Rachel Maddow Show (N)	The Last Word (N)	The 11th Hour (N)	The Rachel Maddow Show															
40	CNBC	(61) American Greed "Paul Manafort"	American Greed "The Real Dr. Death"	American Greed "Scam	The News With Shepard Smith	Greed "Deadly Opioids, Dirty Doctors"	Dateline "Finding Venus" Pt. 1 of 2													
41	BRAV	(63) *** Die Hard II: Die Harder (1990, Action) William Atherton, Bonnie Bedelia, Bruce Willis.	*** Die Hard With a Vengeance (1995, Action) Samuel L. Jackson, Graham Greene, Bruce Willis.																	
42	TCM	(64) (5:00) Paul Gialy ('43) Mickey Rooney.	*** The Southerner (45, Dra) Betty Field, Zachary Scott.	(45) *** Day for Night (1973, Drama) Jean-Pierre Aumont, Valentina Cortese, Jacqueline Bisset.																
43	SYFY	(65) (5:00) Paul (2011, Comedy) Nick Frost.	*** Shaun of the Dead (2004, Horror) Kate Ashfield, Nick Frost, Simon Pegg.	*** Zombieland (2009, Action) Jesse Eisenberg, Emma Stone, Woody Harelson.																
44</																				