

# sports this week

## WEDNESDAY

6:00 a.m.

**KTNW** Classical Stretch: The Esmonde Technique (0:30)

**GOLF** Live from the PLAYERS (Live) (5:00)

6:30 a.m.

**KTNW** Wai Lana Yoga (0:30)

7:00 a.m.

**ESPN** First Take (Live) (2:00)

**ESPN2** Get Up! (2:00)

9:00 a.m.

**ESPN** NCAA Basketball Second Round ACC Tournament. (Live) (2:00)

**ROOT** The Rich Eisen Show (Live) (3:00)

11:00 a.m.

**ESPN** NCAA Basketball Second Round ACC Tournament. (Live) (2:30)

**ESPN2** NBA: The Jump (Live) (1:00)

**GOLF** On the Range (Live) (1:00)

11:30 a.m.

**KTNW** Sit and Be Fit (0:30)

Noon

**ESPN2** SportsCenter Special (Live) (1:30)

**GOLF** Live from the PLAYERS (Live) (2:00)

**TNT** UEFA BR Football Matchday (Live) (1:00)

1:00 p.m.

**ROOT** The Dan Patrick Show (3:00)

**TNT** UEFA Soccer Round of 16 Leg 2 Champions League. Liverpool vs. Bayern Munich. (Live) (2:00)

1:30 p.m.

**ESPN** NFL Live (Live) (1:30)

**ESPN2** High Noon (0:30)

2:00 p.m.

**KTNW** Classical Stretch: The Esmonde Technique (0:30)

**ESPN2** Highly Questionable (0:30)

**GOLF** Golf Highlights (1:00)

2:10 p.m.

**HBO2** Real Sports With Bryant Gumbel (1:00)

2:30 p.m.

**ESPN2** Around the Horn (0:30)

3:00 p.m.

**ESPN2** High Noon (0:30)

**GOLF** Inside the PGA Tour (0:30)

**TNT** UEFA BR Football Post-Match (Live) (0:30)

3:30 p.m.

**ESPN2** Around the Horn (0:30)

**GOLF** Golfing World (0:30)

4:00 p.m.

**ESPN** NBA Basketball Brooklyn at Oklahoma. (Live) (2:30)

**ESPN2** NCAA Basketball Second Round ACC Tournament. (Live) (2:00)

**GOLF** Live from the PLAYERS (Live) (2:00)

**ROOT** Champions Tennis Classics QQQ Series 2018 Champions Classic. (2:00)

6:00 p.m.

**ESPN2** NCAA Basketball Second Round ACC Tournament. (Live) (2:30)

**GOLF** Vantage Point With Mike Tirico (Live) (1:00)

**ROOT** Mariners All Access (0:30)

6:30 p.m.

**ESPN** NBA Basketball Golden State at Houston. (Live) (2:25)

**ROOT** MLB Baseball Spring Training. San Francisco vs. Seattle. (Live) (3:00)

7:00 p.m.

**GOLF** Live from the PLAYERS (2:00)

8:55 p.m.

**ESPN** NBA: After the Buzzer (Live) (0:15)

9:00 p.m.

**ESPN2** UFC Unleashed (1:00)

**GOLF** Vantage Point With Mike Tirico (1:00)

9:30 p.m.

**ROOT** Mariners All Access (0:30)

10:00 p.m.

**ESPN2** UFC Unleashed (1:00)

**GOLF** Live from the PLAYERS (2:00)

**ROOT** MLB Baseball Spring Training. San Francisco vs. Seattle. (3:00)

11:00 p.m.

**ESPN2** Now or Never (0:30)

11:30 p.m.

**ESPN2** NBA Basketball Brooklyn at Oklahoma. (2:00)

Midnight

**GOLF** Vantage Point With Mike Tirico (1:00)

1:00 a.m.

**GOLF** EPGA Golf Round 1 Kenya Open. (Live) (2:00)

3:00 a.m.

**ESPN2** Golic and Wingo (Live) (2:00)

4:00 a.m.

**GOLF** Morning Drive (Live) (2:00)

5:00 a.m.

**ESPN** Get Up! (Live) (2:00)

## THURSDAY

6:00 a.m.

**KTNW** Classical Stretch: The Esmonde Technique (0:30)

**OPB** Sit and Be Fit (0:30)

**GOLF** Live from the PLAYERS (Live) (4:00)

6:30 a.m.

**KTNW** Wai Lana Yoga (0:30)

7:00 a.m.

**ESPN** First Take (Live) (2:00)

**ESPN2** Get Up! (2:00)

9:00 a.m.

**ROOT** The Rich Eisen Show (Live) (3:00)

9:30 a.m.

**ESPN** NCAA Basketball Quarter-final ACC Tournament. (Live) (2:00)

**ESPN2** NCAA Basketball Quarter-final Big 12 Tournament. (Live) (2:00)

10:00 a.m.

**GOLF** PGA Golf Round 1 The Players Championship. (Live) (6:00)

11:30 a.m.

**KTNW** Sit and Be Fit (0:30)

**ESPN** NCAA Basketball Quarter-final ACC Tournament. (Live) (2:30)

**ESPN2** NCAA Basketball Quarter-final Big 12 Tournament. (Live) (2:30)

1:00 p.m.

**ROOT** The Dan Patrick Show (3:00)

2:00 p.m.

**KTNW** Classical Stretch: The Esmonde Technique (0:30)

**ESPN2** NFL Live (Live) (1:30)

3:30 p.m.

**ESPN2** Jalen & Jacoby (0:30)

4:00 p.m.

**ESPN** NCAA Basketball Quarter-final ACC Tournament. (Live) (2:00)

**ESPN2** NCAA Basketball Quarter-final Big 12 Tournament. (Live) (2:00)

**GOLF** Live from the PLAYERS (Live) (2:00)

**ROOT** Motocross X-Fighters. (1:30)

5:00 p.m.

**TNT** NBA Basketball L.A. Lakers at Toronto. (Live) (2:30)

5:30 p.m.

**ROOT** Mariners All Access (0:30)

6:00 p.m.

**ESPN** NCAA Basketball Quarter-final ACC Tournament. (Live) (2:30)

**ESPN2** NCAA Basketball Quarter-final Big 12 Tournament. (Live) (2:30)

**GOLF** PGA Golf Round 1 The Players Championship. (3:00)

**ROOT** Mariners All Access (0:30)

6:30 p.m.

**ROOT** MLB Baseball Spring Training. San Francisco vs. Seattle. (3:00)

7:30 p.m.

**TNT** NBA Basketball Dallas at Denver. (Live) (2:30)

8:30 p.m.

**ESPN** NCAA Basketball Quarter-final Pac-12 Tournament. (Live) (2:00)

9:00 p.m.

**GOLF** Live from the PLAYERS (4:00)

9:30 p.m.

**ROOT** Crashed Ice (1:30)

10:00 p.m.

**TNT** Inside the NBA (1:00)

10:30 p.m.

**ESPN2** 2019 Special Olympics World Summer Games Abu Dhabi (3:00)

11:00 p.m.

**ROOT** Cliff Diving (1:00)

**TNT** NBA Basketball L.A. Lakers at Toronto. (2:30)

Midnight

**ROOT** Snowboarding Women's Half-pipe Final U.S. Open. (1:30)

1:00 a.m.

**GOLF** EPGA Golf Round 2 Kenya Open. (Live) (2:00)

3:00 a.m.

**ESPN2** Golic and Wingo (Live) (2:00)

4:00 a.m.

**GOLF** Morning Drive (Live) (2:00)

5:00 a.m.

**ESPN** Get Up! (Live) (2:00)

## FRIDAY

6:00 a.m.

**KTNW** Classical Stretch: The Esmonde Technique (0:30)

**OPB** Classical Stretch: The Esmonde Technique (0:30)

**GOLF** Live from the PLAYERS (Live) (4:00)

6:10 a.m.

**HBO3** Billie Jean King: Portrait of a Pioneer (1:05)

6:30 a.m.

**KTNW** Happy Yoga With Sarah Starr (0:30)

7:00 a.m.

**ESPN** First Take (Live) (2:00)

**ESPN2** Get Up! (2:00)

9:00 a.m.

**ESPN2** NCAA Basketball Quarter-final The American Tournament. (Live) (2:00)

**ROOT** The Rich Eisen Show (Live) (3:00)

10:00 a.m.

**ESPN** NCAA Basketball Quarter-final SEC Tournament. (Live) (2:00)

**GOLF** PGA Golf Round 2 The Players Championship. (Live) (6:00)

11:00 a.m.

**ESPN2** NCAA Basketball Quarter-final The American Tournament. (Live) (2:30)

11:30 a.m.

**KTNW** Sit and Be Fit (0:30)

Noon

**ESPN** College Basketball Live Scoreboard (Live) (0:30)

12:30 p.m.

**ESPN** NCAA Basketball Quarter-final SEC Tournament. (Live) (2:00)

1:00 p.m.

**ROOT** The Dan Patrick Show (3:00)

1:30 p.m.

**ESPN2** ATP Tennis Quarter-final BNP Paribas Open. (Live) (2:00)

2:00 p.m.

**KTNW** Classical Stretch: The Esmonde Technique (0:30)

3:30 p.m.

**ESPN2** Jalen & Jacoby (0:30)

4:00 p.m.

**ESPN** NCAA Basketball Semifinal ACC Tournament. (Live) (2:00)

**ESPN2** NCAA Basketball Semifinal Big 12 Tournament. (Live) (2:00)

**GOLF** Live from the PLAYERS (Live) (2:00)

**ROOT** In Depth With Graham Bensing (0:30)

4:30 p.m.

**ROOT** Sled Head 24/7 (0:30)

5:00 p.m.

**ROOT** Charlie Moore: No Offense (0:30)

5:30 p.m.

**ROOT** Snow Motion (0:30)

6:00 p.m.

**ESPN** College Basketball Live Scoreboard (Live) (0:30)

**ESPN2** NCAA Basketball Semifinal Big 12 Tournament. (Live) (2:30)

**GOLF** PGA Golf Round 2 The Players Championship. (3:00)

**ROOT** PBA Bowling World Tour Finals. (2:00)

6:30 p.m.

**ESPN** NCAA Basketball Semifinal ACC Tournament. (Live) (2:00)

8:00 p.m.

**ROOT** Champions Tennis Classics QQQ Series 2018 Champions Classic. (2:00)

**HBO3** Real Sports With Bryant Gumbel (1:00)

8:30 p.m.

**ESPN** NCAA Basketball Semifinal Pac-12 Tournament. (Live) (2:00)

9:00 p.m.

**ESPN2** WTA Tennis Semifinal BNP Paribas Open. (Live) (1:55)

**GOLF** Live from the PLAYERS (7:00)

10:00 p.m.

**ROOT** FIA Auto Racing Formula E Championship Hong Kong E-Prix. (1:00)

10:55 p.m.

**ESPN2** F1 Auto Racing Qualifying Australian Grand Prix. (Live) (1:05)

11:00 p.m.

**ROOT** Snowboarding Women's Slopestyle Final U.S. Open. (1:30)

**TBS** eSports Winner's Final Cloud9 vs. BIG (1:00)

Midnight

**ESPN2** UFC Francis Ngannou vs. Cain Velasquez (3:00)

4:00 a.m.

**GOLF** Morning Drive (Live) (2:00)

## SATURDAY

6:00 a.m.

**KTNW** Classical Stretch: The Esmonde Technique (0:30)

**ESPN2** Bassmaster (1:00)

**GOLF** Live from the PLAYERS (Live) (5:00)

6:30 a.m.

**KTNW** Happy Yoga With Sarah Starr (0:30)

**DISC** The Fish Guyz (0:30)

7:00 a.m.

**DISC** Addictive Fishing (0:30)

**ESPN2** H.S. Cheerleading Division 1 National Championship. (1:00)

7:30 a.m.

**CNBC** IMSA Auto Racing Special (2:30)

**DISC** The Next Bite (0:30)

8:00 a.m.

**DISC** Chasin' the Sun (0:30)

**ESPN2** NCAA Basketball Championship AE Tournament. (Live) (2:00)

8:30 a.m.

**DISC** Operation Fishing Freedom (0:30)

9:00 a.m.

**KEPR** KOIN Inside College Basketball (1:00)

**KNDU** KGW RBS6 Rugby Ireland vs. Wales. (2:00)

**ESPN** College Gameday (Live) (1:00)

10:00 a.m.

**KEPR** KOIN NCAA Basketball Big-10 Tournament. (Live) (2:30)

**ESPN** NCAA Basketball Semifinal SEC Tournament. (Live) (2:00)

**ESPN2** NCAA Basketball Championship MEAC Tournament. (Live) (2:00)

11:00 a.m.

**KNDU** KGW PGA Golf Round 3 The Players Championship. (Live) (5:00)

**KVEW** KATU ATP Tennis Semifinal BNP Paribas Open. (Live) (4:00)

**GOLF** Feherty (1:00)

**ROOT** Motocross X-Fighters. (1:30)

11:30 a.m.

**KTVB** The American Athlete (0:30)

Noon

**ESPN** NCAA Basketball Semifinal SEC Tournament. (Live) (2:30)

**ESPN2** NCAA Basketball Semifinal The American Tournament. (Live) (2:00)

**GOLF** EPGA Golf Round 3 Kenya Open. (4:00)

12:30 p.m.

**KEPR** KOIN NCAA Basketball Semifinal Big-10 Tournament. (Live) (2:30)

**ROOT** Crashed Ice (1:30)