

WEDNESDAY

6:00 a.m.
KTNW Classical Stretch: The Esmonde Technique (0:30)

11:00 a.m.
ESPN2 Jalen & Jacoby (1:00)
GOLF Lessons With a Champion Golfer (0:30)

1:30 p.m.
ESPN Highly Questionable (0:30)
GOLF Golfing World (0:30)

2:00 p.m.
KTNW Classical Stretch: The Esmonde Technique (0:30)
ESPN ESPN2 ESPN FC (0:30)
GOLF Golf Highlights (1:00)

2:30 p.m.
ESPN Pardon the Interruption (0:30)
ESPN2 Highly Questionable (0:30)

3:00 p.m.
ESPN2 Around the Horn (0:30)
GOLF Golf Central (1:00)

3:30 p.m.
ESPN2 Pardon the Interruption (0:30)

4:00 p.m.
ESPN NBA Basketball Boston at Philadelphia. (Live) (2:30)
ESPN2 NCAA Basketball First Round NIT Tournament. (Live) (2:00)
GOLF PGA TOUR Champions Learning Center (0:30)
ROOT In Depth With Graham Bensinger (0:30)

4:30 p.m.
GOLF Inside the PGA Tour (0:30)
ROOT Formula E: Street Racers (0:30)

5:00 p.m.
GOLF PGA Golf Classics Final Round 2018 Valspar Championship. (3:00)
ROOT Sled Head 24/7 (0:30)

5:30 p.m.
ROOT Snow Motion (0:30)

6:00 p.m.
ESPN2 NCAA Basketball First Round NIT Tournament. (Live) (2:00)

6:30 p.m.
ESPN NBA Basketball Toronto at Oklahoma. (Live) (2:40)

8:30 p.m.
GOLF EPGA Golf Round 1 Maybank Championship. (Live) (2:00)

9:00 p.m.
ESPN2 2019 Special Olympics World Summer Games Abu Dhabi (1:00)
ROOT Motocross X-Fighters. (1:30)

10:00 p.m.
ESPN2 NFL Live (1:00)

10:30 p.m.
GOLF EPGA Golf Round 1 Maybank Championship. (2:00)
ROOT Crashed Ice (1:00)

Midnight
ESPN NBA Basketball Boston at Philadelphia. (2:00)

12:30 a.m.
GOLF EPGA Golf Round 1 Maybank Championship. (Live) (3:00)
ROOT Champions Tennis Classics QQQ Series 2018 Champions Cup. (2:00)

1:30 a.m.
ESPN2 E:60 (1:00)

2:30 a.m.
ESPN MLB Baseball Seattle vs. Oakland. (Live) (3:00)
ROOT Fight Sports MMA (1:00)

3:30 a.m.
GOLF EPGA Golf Round 1 Maybank Championship. (3:30)
ROOT Fight Sports: World Championship Kickboxing (1:00)

5:30 a.m.
ESPN Get Up! (Live) (1:30)
ROOT Poker Night in America (0:30)

THURSDAY

6:00 a.m.
KTNW Classical Stretch: The Esmonde Technique (0:30)
OPB Sit and Be Fit (0:30)

9:00 a.m.
KEPR KOIN NCAA Basketball First Round Division I Tournament. (Live) (2:30)
ESPN2 First Take (2:00)
GOLF Golf Central Pre-game (Live) (2:00)
ROOT The Rich Eisen Show (Live) (3:00)

10:00 a.m.
ESPN Outside the Lines (Live) (0:30)
TNT The Road to the Final Four (0:20)

10:20 a.m.
TNT NCAA Basketball First Round Division I Tournament. (Live) (2:30)

10:30 a.m.
ESPN NFL Live (Live) (1:30)
TBS The Road to the Final Four (0:20)

10:50 a.m.
TBS NCAA Basketball First Round Division I Tournament. (Live) (2:30)

11:00 a.m.
ESPN2 Jalen & Jacoby (1:00)
GOLF PGA Golf Round 1 Valspar Championship. (Live) (4:00)

11:30 a.m.
KEPR KOIN NCAA Basketball First Round Division I Tournament. (Live) (2:30)
KTNW Sit and Be Fit (0:30)

Noon
ESPN NBA: The Jump (Live) (1:30)
ESPN2 Outside the Lines (0:30)

12:30 p.m.
ESPN2 UEFA Soccer Euro 2020 Qualifier. Russia vs. Belgium. (Live) (2:30)

12:50 p.m.
TNT NCAA Basketball First Round Division I Tournament. (Live) (2:55)

1:00 p.m.
ROOT The Dan Patrick Show (3:00)

3:00 p.m.
ESPN2 NBA: The Jump (1:00)
GOLF LPGA Golf Round 1 Founders Cup. (Live) (3:00)

3:45 p.m.
TNT NCAA Basketball First Round Division I Tournament. (Live) (2:30)

4:00 p.m.
KEPR KOIN NCAA Basketball First Round Division I Tournament. (Live) (2:30)
ESPN NCAA Wrestling Second Round Division I Tournament. (Live) (3:30)
ESPN2 The Draft: Featured (0:30)
ROOT Mariners All Access (0:30)

4:15 p.m.
TBS NCAA Basketball First Round Division I Tournament. (Live) (2:30)

4:30 p.m.
ESPN2 The Draft: Featured (0:30)
ROOT Mariners All Access (0:30)

5:00 p.m.
ESPN2 FIFA Soccer International Friendly. Ecuador vs. United States. (Live) (2:00)
ROOT Mariners All Access (0:30)

6:15 p.m.
TNT NCAA Basketball First Round Division I Tournament. (Live) (2:15)

6:30 p.m.
KEPR KOIN NCAA Basketball First Round Division I Tournament. (Live) (2:30)
GOLF PGA Golf Round 1 Valspar Championship. (4:00)
ROOT Mariners All Access (0:30)

6:45 p.m.
TBS NCAA Basketball First Round Division I Tournament. (Live) (2:45)

7:00 p.m.
ESPN2 eSports (1:00)
ROOT Edgar Martinez (0:30)

7:30 p.m.
ROOT Mariners All Access (0:30)

8:00 p.m.
ESPN2 NFL Live (1:00)
ROOT Undeniable (1:00)

9:00 p.m.
KOIN Game On (0:30)
ESPN2 2019 Special Olympics World Summer Games Abu Dhabi (1:00)
ROOT WCC All-Access (0:30)

9:30 p.m.
ROOT The Rich Eisen Show (3:00)

10:00 p.m.
ESPN2 College Basketball Live (Live) (0:30)

10:30 p.m.
ESPN2 UFC Fight Flashback (0:30)
GOLF EPGA Golf Round 2 Maybank Championship. (2:00)

11:00 p.m.
ESPN2 Now or Never (0:30)

11:30 p.m.
ESPN2 UFC UFC 164 Benson Henderson vs. Anthony Pettis (3:00)

12:30 a.m.
GOLF EPGA Golf Round 2 Maybank Championship. (Live) (3:00)
ROOT The Dan Patrick Show (3:00)

3:30 a.m.
GOLF EPGA Golf Round 2 Maybank Championship. (3:30)
ROOT Poker Heartland Tour. (1:00)

4:30 a.m.
ROOT Poker Night in America (0:30)

5:00 a.m.
ESPN Get Up! (Live) (2:00)
ROOT Fight Sports MMA (1:00)

FRIDAY

9:00 a.m.
KEPR KOIN ESPN2 NCAA Basketball First Round Division I Tournament. (Live) (2:30)
ESPN2 NCAA Basketball Women's First Round Division I Tournament. (Live) (2:00)
GOLF Golf Central Pre-game (Live) (2:00)

10:20 a.m.
TNT NCAA Basketball First Round Division I Tournament. (Live) (2:30)

10:50 a.m.
TBS NCAA Basketball First Round Division I Tournament. (Live) (2:30)

11:00 a.m.
ESPN2 NCAA Basketball Women's First Round Division I Tournament. (Live) (2:00)
GOLF PGA Golf Round 2 Valspar Championship. (Live) (4:00)

11:30 a.m.
KEPR KOIN NCAA Basketball First Round Division I Tournament. (Live) (2:30)
KTNW Sit and Be Fit (0:30)

Noon
ESPN NBA: The Jump (Live) (1:30)

12:50 p.m.
TNT NCAA Basketball First Round Division I Tournament. (Live) (2:55)

1:00 p.m.
ESPN2 NCAA Women's Basketball Championship Studio (Live) (0:30)
ROOT The Dan Patrick Show (3:00)

1:20 p.m.
TBS NCAA Basketball First Round Division I Tournament. (Live) (2:55)

1:30 p.m.
ESPN NFL Live (1:30)
ESPN2 NCAA Basketball Women's First Round Division I Tournament. (Live) (2:00)

2:00 p.m.
KTNW Classical Stretch: The Esmonde Technique (0:30)

3:00 p.m.
GOLF LPGA Golf Round 2 Founders Cup. (Live) (3:00)

3:45 p.m.
TNT NCAA Basketball First Round Division I Tournament. (Live) (2:30)

4:00 p.m.
KEPR KOIN ESPN2 NCAA Basketball First Round Division I Tournament. (Live) (2:30)
ESPN2 NCAA Basketball Women's First Round Division I Tournament. (Live) (2:00)
ROOT Champions Tennis Classics QQQ Series 2018 Champions Cup. (2:00)

4:15 p.m.
TBS NCAA Basketball First Round Division I Tournament. (Live) (2:30)

5:00 p.m.
ESPN NCAA Wrestling Semifinal Division I Tournament. (Live) (3:00)

6:00 p.m.
ESPN2 NCAA Women's Basketball Championship Studio (Live) (0:30)
GOLF Golf Central (0:30)
ROOT Mariners All Access (0:30)

6:15 p.m.
TNT NCAA Basketball First Round Division I Tournament. (Live) (2:15)

6:30 p.m.
KTVF Timbers in 30 (0:30)
KEPR KOIN ESPN2 NCAA Basketball First Round Division I Tournament. (Live) (2:30)

6:45 p.m.
ESPN2 NCAA Basketball Women's First Round Division I Tournament. (Live) (2:00)
GOLF PGA Golf Round 2 Valspar Championship. (4:00)
ROOT NHRA Drag Racing (3:00)

7:00 p.m.
TBS NCAA Basketball First Round Division I Tournament. (Live) (2:45)

8:30 p.m.
ESPN2 UFC Main Event (0:30)

9:00 p.m.
KOIN Game On (0:30)
ESPN2 UFC Unleashed (1:00)

9:30 p.m.
ROOT The Rich Eisen Show (3:00)

10:00 p.m.
ESPN2 College Basketball Live (Live) (0:30)
TBS eSports Lower Bracket Final FaZe vs. BIG (Live) (1:00)

10:30 p.m.
ESPN2 UEFA European Qualifiers Highlights (0:30)

11:00 p.m.
ESPN2 Now or Never (0:30)

GOLF PGA Golf Round 2 Valspar Championship. (4:00)

3:00 a.m.
ESPN2 NFL Live (1:30)
GOLF EPGA Golf Round 3 Maybank Championship. (4:00)

3:30 a.m.
KATU The James Brown Show (0:30)
ROOT In Depth With Graham Bensinger (0:30)

4:00 a.m.
KEPR KATU Three Wide Life (0:30)
ROOT Champions Tennis Classics QQQ Series 2018 Champions Cup. (2:00)

4:30 a.m.
ESPN2 Cornhole Pro Final ACL Kickoff Battle. (2:00)

5:30 a.m.
DISC The Scott Martin Challenge (0:30)

SATURDAY

6:00 a.m.
KTNW Classical Stretch: The Esmonde Technique (0:30)

6:30 a.m.
KTNW Happy Yoga With Sarah Starr (0:30)
DISC The Fish Guyz (0:30)
ESPN2 Cheerleading Division 1 and 2 UCA College Championship. (0:30)

7:00 a.m.
DISC Addictive Fishing (0:30)
ESPN2 H.S. Cheerleading Division 1 National Championship. (1:00)

8:00 a.m.
DISC Chasin' the Sun (0:30)
ESPN College Gameday (Live) (1:00)
ESPN2 NCAA Basketball Women's First Round Division I Tournament. (Live) (2:00)

9:00 a.m.
KEPR KOIN NCAA Basketball Second Round Division I Tournament. (Live) (2:30)
ESPN NCAA Basketball Second Round NIT Tournament. (Live) (2:00)
GOLF Golf Central Pre-game (Live) (1:00)

10:00 a.m.
ESPN2 NCAA Women's Basketball Championship Studio (Live) (0:30)
GOLF PGA Golf Round 3 Valspar Championship. (Live) (2:00)

10:30 a.m.
KFFX KTVF NASCAR RaceDay (Live) (0:30)
ESPN2 NCAA Basketball Women's First Round Division I Tournament. (Live) (2:00)

11:00 a.m.
KFFX KTVF NASCAR Truck Racing Gander Outdoors Series (Live) (2:30)
KVEW Xterra Pan American Championships (1:00)
ESPN NCAA Basketball Second Round NIT Tournament. (Live) (2:00)
TNT AAF Football Orlando at Atlanta. (Live) (3:00)

11:30 a.m.
KEPR KOIN NCAA Basketball Second Round Division I Tournament. (Live) (2:30)

Noon
KNDU KGW PGA Golf Round 3 Valspar Championship. (Live) (3:00)
KVEW KATU eSports Stage 1 Playoffs. (Live) (3:00)
GOLF EPGA Golf Round 3 Maybank Championship. (3:00)

12:30 p.m.
ESPN2 NCAA Basketball Women's First Round Division I Tournament. (Live) (2:00)

1:00 p.m.
ESPN NCAA Softball Women's Washington at Oregon. (Live) (2:00)
ROOT WCC All-Access (0:30)

1:30 p.m.
ROOT IDEAL National Championship (0:30)

2:00 p.m.
KEPR KOIN NCAA Basketball Second Round Division I Tournament. (Live) (2:30)
ROOT In Depth With Graham Bensinger (0:30)
TNT NCAA Tip-Off (Live) (1:00)

2:30 p.m.
ESPN2 NCAA Women's Basketball Championship Studio (Live) (0:30)
ROOT Undeniable (1:00)

3:00 p.m.
KVEW KATU World of X Games (1:00)
ESPN2 NCAA Basketball Women's First Round Division I Tournament. (Live) (2:00)
GOLF LPGA Golf Round 3 Founders Cup. (Live) (3:00)
TNT NCAA Basketball Second Round Division I Tournament. (Live) (2:30)

3:30 p.m.
ROOT NHRA Drag Racing (3:00)

4:00 p.m.
ESPN NCAA Wrestling Championship Division I Tournament. (Live) (3:00)
TBS NCAA Basketball Second Round Division I Tournament. (Live) (2:30)

4:30 p.m.
KEPR KOIN NCAA Basketball Second Round Division I Tournament. (Live) (2:30)
KATU The James Brown Show (0:30)

5:00 p.m.
ESPN2 NCAA Gymnastics Women's SEC Championship. (Live) (2:00)

5:30 p.m.
TNT NCAA Basketball Second Round Division I Tournament. (Live) (2:30)

6:30 p.m.
ROOT Champions Tennis Classics QQQ Series 2018 Champions Cup. (2:00)
TBS NCAA Basketball Second Round Division I Tournament. (Live) (2:30)

7:00 p.m.
ESPN Boxing Kubrat Pulev vs. Bogdan Dinu Top Rank. (Live) (2:00)
ESPN2 The Undeclared Presents Unapologetic: The Black Female Athlete (0:30)
GOLF PGA Golf Round 3 Valspar Championship. (5:00)

8:00 p.m.
KNDU KGW ISU Figure Skating Women's and Men's Free World Championship. (2:00)

9:00 p.m.
ESPN2 UEFA European Qualifiers Highlights (0:30)
TBS Inside March Madness (0:30)

11:00 p.m.
ESPN2 Boxing Kubrat Pulev vs. Bogdan Dinu Top Rank. (2:00)
ROOT WPT Poker L.A. Classic. (1:00)

11:30 p.m.
KEPR KATU Ring of Honor Wrestling (1:00)

Midnight
GOLF LPGA Golf Round 3 Founders Cup. (3:00)
ROOT Fight Sports MMA (1:00)

1:00 a.m.
ESPN2 UFC Main Event (1:00)
ROOT Fight Sports: World Championship Kickboxing (1:00)