

2:00 a.m.
ESPN2 H.S. Basketball Classics 2007 Jam Fest. (1:00)
ROOT NHRA Drag Racing (3:00)
5:30 a.m.
DISC Jimmy Houston Outdoors (0:30)

SUNDAY

9:00 a.m.
KEPR KOIN ESPN2 NCAA Basketball Second Round Division I Tournament. *(Live)* (2:30)
KNDU KGW NHL Hockey Philadelphia at Washington. *(Live)* (3:00)
ESPN NCAA Softball Women's LSU at Georgia. *(Live)* (2:00)
ESPN2 NCAA Basketball Women's Second Round Division I Tournament. *(Live)* (2:00)
10:00 a.m.
GOLF PGA Golf Final Round Valspar Championship. *(Live)* (2:00)
11:00 a.m.
ESPN NCAA Basketball Second Round NIT Tournament. *(Live)* (2:00)
ESPN2 NCAA Basketball Women's Second Round Division I Tournament. *(Live)* (2:00)
11:30 a.m.
KEPR KOIN NCAA Basketball Second Round Division I Tournament. *(Live)* (2:30)
Noon
KNDU KGW PGA Golf Final Round Valspar Championship. *(Live)* (3:00)
GOLF EPGA Golf Final Round Maybank Championship. (2:00)
1:00 p.m.
ESPN NCAA Basketball Second Round NIT Tournament. *(Live)* (2:00)
ESPN2 NCAA Softball Women's Oklahoma State at Baylor. *(Live)* (2:00)
2:00 p.m.
KEPR KOIN NCAA Basketball Second Round Division I Tournament. *(Live)* (2:00)
3:00 p.m.
GOLF LPGA Golf Final Round Founders Cup. *(Live)* (3:00)
TNT NCAA Basketball Second Round Division I Tournament. *(Live)* (2:30)
4:00 p.m.
ESPN ESPN2 **TBS** NCAA Basketball Women's Second Round Division I Tournament. *(Live)* (2:00)
TBS NCAA Basketball Second Round Division I Tournament. *(Live)* (2:30)
5:30 p.m.
TNT NCAA Basketball Second Round Division I Tournament. *(Live)* (2:30)
6:00 p.m.
ESPN ESPN2 NCAA Basketball Women's Second Round Division I Tournament. *(Live)* (2:00)
6:30 p.m.
TBS NCAA Basketball Second Round Division I Tournament. *(Live)* (2:30)
7:00 p.m.
GOLF PGA Golf Final Round Valspar Championship. (5:00)
8:00 p.m.
ESPN2 UEFA European Qualifiers Highlights (0:30)
10:30 p.m.
KFFX The Outdoorsman With Buck McNeely (0:30)
ROOT Fight Sports: World Championship Kickboxing (1:00)
11:00 p.m.
KFFX Mountain Top Ski and Snowboard Series (0:30)
ESPN2 UFC Main Event (1:00)

11:30 p.m.
KTVF In Depth With Graham Bensing (0:30)
ROOT Champions Tennis Classics QQQ Series 2018 Champions Cup. (2:00)
11:35 p.m.
KOIN Game On (0:30)
KGW Sports Sunday (0:26)
4:30 a.m.
ROOT Motocross X-Fighters. (1:30)
5:00 a.m.
ESPN Get Up! *(Live)* (2:00)

MONDAY

6:00 a.m.
KTNW Classical Stretch: The Esmonde Technique (0:30)
OPB Classical Stretch: The Esmonde Technique (0:30)
GOLF Morning Drive (2:00)
6:30 a.m.
KTNW Yoga in Practice (0:30)
10:00 a.m.
ESPN Outside the Lines *(Live)* (0:30)
GOLF PGA Golf Final Round Valspar Championship. (4:00)
10:30 a.m.
ESPN NFL Live *(Live)* (1:30)
11:00 a.m.
ESPN2 Jalen & Jacoby (1:00)
11:30 a.m.
KTNW Sit and Be Fit (0:30)
Noon
ESPN NBA: The Jump *(Live)* (1:00)
ESPN2 Outside the Lines (0:30)
12:30 p.m.
ESPN2 UEFA Soccer Euro 2020 Qualifier. Serbia vs. Portugal. *(Live)* (2:30)
1:00 p.m.
ESPN High Noon (0:30)
ROOT The Dan Patrick Show (3:00)
1:30 p.m.
ESPN Highly Questionable (0:30)
2:00 p.m.
KTNW Classical Stretch: The Esmonde Technique (0:30)
ESPN Around the Horn (0:30)
GOLF Golf Central Special *(Live)* (1:00)
2:30 p.m.
ESPN Pardon the Interruption (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 NCAA Basketball Women's Second Round Division I Tournament. *(Live)* (2:00)
GOLF The Skill Code (0:30)
ROOT Edgar Martinez (0:30)
4:30 p.m.
ESPN2 H.S. Basketball Jam Fest. *(Live)* (1:30)
GOLF Golf Channel Academy (0:30)
ROOT Mariners All Access (0:30)
5:00 p.m.
GOLF Feherty (1:00)
ROOT Mariners All Access (0:30)
5:30 p.m.
ROOT Mariners All Access (0:30)
6:00 p.m.
ESPN NCAA Women's Basketball Championship Studio *(Live)* (0:30)
ESPN2 NCAA Basketball Second Round NIT Tournament. *(Live)* (2:00)

GOLF Feherty (1:00)
ROOT Mariners All Access (0:30)
6:30 p.m.
ESPN NCAA Basketball Women's Second Round Division I Tournament. *(Live)* (2:00)
ROOT Mariners All Access (0:30)
7:00 p.m.
GOLF Feherty (1:00)
ROOT MLB Baseball Spring Training. San Diego vs. Seattle. *(Live)* (3:00)
8:00 p.m.
GOLF Golf Central Special (1:00)
USA WWE Monday Night Raw (3:00)
8:30 p.m.
ESPN2 UFC Main Event (0:30)
9:00 p.m.
ESPN2 UFC UFC 235 Preliminaries (2:00)
GOLF Golf Central (1:00)
10:00 p.m.
GOLF Feherty (1:00)
ROOT Mariners All Access (0:30)
10:30 p.m.
ROOT MLB Baseball Spring Training. San Diego vs. Seattle. (3:00)
11:00 p.m.
ESPN2 Now or Never (0:30)
GOLF Feherty (1:00)
11:30 p.m.
ESPN2 H.S. Basketball Jam Fest. (1:00)
12:30 a.m.
ESPN2 The Draft: Featured (0:30)
HBO2 Real Sports With Bryant Gumbel (1:05)
1:00 a.m.
ESPN2 The Draft: Featured (0:30)
1:30 a.m.
ESPN2 NFL Live (1:30)
ROOT Fight Sports MMA (1:00)
2:00 a.m.
GOLF Golf Central Special (1:00)
2:30 a.m.
ROOT MLB Baseball Spring Training. San Diego vs. Seattle. (3:00)
3:00 a.m.
ESPN2 Golic and Wingo *(Live)* (2:00)
GOLF Golf Central (1:00)
4:00 a.m.
GOLF Morning Drive *(Live)* (2:00)

5:00 a.m.
ESPN Get Up! *(Live)* (2:00)
5:30 a.m.
ROOT Mariners All Access (0:30)
TUESDAY
6:00 a.m.
KTNW Classical Stretch: The Esmonde Technique (0:30)
OPB Sit and Be Fit (0:30)
GOLF Morning Drive (2:00)
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)
8:00 a.m.
GOLF EPGA Golf Final Round Maybank Championship. (1:30)
9:00 a.m.
ESPN2 First Take (2:00)
ROOT The Rich Eisen Show (3:00)
9:30 a.m.
GOLF Inside the PGA Tour (0:30)
10:00 a.m.
ESPN Outside the Lines *(Live)* (0:30)
GOLF Feherty (1:00)
10:30 a.m.
ESPN NFL Live *(Live)* (1:30)
11:00 a.m.
ESPN2 Jalen & Jacoby (1:00)
GOLF Inside the PGA Tour (0:30)
11:30 a.m.
KTNW Sit and Be Fit (0:30)
GOLF Feherty (1:00)
Noon
ESPN NBA: The Jump *(Live)* (1:00)
ESPN2 NFL Live (1:00)
ROOT Mariners All Access (0:30)
12:30 p.m.
GOLF Feherty (1:00)
ROOT Mariners All Access (0:30)
1:00 p.m.
ESPN High Noon (0:30)
ESPN2 NBA: The Jump (1:00)
ROOT MLB Baseball Spring Training. San Diego vs. Seattle. *(Live)* (3:00)
1:30 p.m.
ESPN Highly Questionable (0:30)

GOLF Golf Channel Academy (0:30)
2:00 p.m.
KTNW Classical Stretch: The Esmonde Technique (0:30)
ESPN Around the Horn (0:30)
ESPN2 High Noon (0:30)
GOLF Inside the PGA Tour (0:30)
2:30 p.m.
ESPN Pardon the Interruption (0:30)
ESPN2 Highly Questionable (0:30)
GOLF PGA TOUR Champions Learning Center (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 NCAA Basketball Quarter-final NIT Tournament. *(Live)* (2:00)
ESPN2 SportsCenter Special (0:55)
GOLF School of Golf (0:30)
ROOT The Dan Patrick Show (3:00)
4:30 p.m.
GOLF The Skill Code (0:30)
4:55 p.m.
ESPN2 FIFA Soccer International Friendly. Chile vs. United States. *(Live)* (2:05)
5:00 p.m.
GOLF Golf Classics Final 2018 WGC: Match Play. (3:00)
TNT NBA Basketball Houston at Milwaukee. *(Live)* (2:30)
6:00 p.m.
ESPN NCAA Basketball Quarter-final NIT Tournament. *(Live)* (2:00)
7:00 p.m.
ESPN2 Sport Climbing Sport and Speed Open National Championship. (1:00)
ROOT MLB Baseball Spring Training. San Diego vs. Seattle. (3:00)
7:30 p.m.
TNT NBA Basketball Washington at L.A. Lakers. *(Live)* (2:30)
8:00 p.m.
ESPN2 H.S. Basketball Classics 2018 Jam Fest. (1:00)
GOLF Inside the PGA Tour (0:30)
USA WWE Super Smackdown (2:00)

8:30 p.m.
GOLF PGA TOUR Champions Learning Center (0:30)
9:00 p.m.
ESPN2 Ariel Helwani's MMA Show (1:00)
GOLF Golf Central (1:00)
10:00 p.m.
ESPN2 UFC Main Event (0:30)
GOLF Feherty (1:00)
ROOT PBA Bowling World Series Cheetah Championship. (2:00)
TNT Inside the NBA (1:00)
HBO Real Sports With Bryant Gumbel (1:00)
10:30 p.m.
ESPN UEFA European Qualifiers Highlights (0:30)
11:00 p.m.
ESPN2 Now or Never (0:30)
GOLF Inside the PGA Tour (0:30)
TNT NBA Basketball Houston at Milwaukee. (2:30)
11:30 p.m.
ESPN2 UFC Main Event (0:30)
GOLF PGA TOUR Champions Learning Center (0:30)
Midnight
ESPN2 UFC UFC 232 Jon Jones vs. Alexander Gustafsson 2 (3:00)
ROOT PBA Bowling World Series Chameleon Championship. (2:00)
2:00 a.m.
GOLF Golfing World (0:30)
ROOT FIA Auto Racing Formula E Championship Sanya E-Prix. (1:00)
2:30 a.m.
GOLF Inside the PGA Tour (0:30)
3:00 a.m.
ESPN2 Golic and Wingo *(Live)* (2:00)
GOLF Golf Central (1:00)
ROOT Champions Tennis Classics QQQ Series 2018 Helpful Cup. (2:00)
4:00 a.m.
GOLF Morning Drive *(Live)* (4:00)
5:00 a.m.
ESPN Get Up! *(Live)* (2:00)

Pendleton East-Oregonian, OR: Sports Mar 20, 2019 to Mar 26, 2019

sports feature

Capitals set to host rival Flyers for final meeting of the season

By Ryan Guebert
TV Media

As the 2018-19 NHL regular season winds down, teams are either getting prepared for the post-season or the off-season. The Washington Capitals have an opportunity to defend the Stanley Cup championship they won last year, but their standing going into the playoffs depends on how the rest of the regular season goes. Tune in Sunday, March 24, as the Capitals take on the rival Philadelphia Flyers at Capital One Arena to wrap up the four-game regular season series. Catch live action on NBC.

Looking at all 244 games the teams have played against each other, the Flyers generally best the Capitals, with an all-time series record of 127-98-19. However, the Capitals have a post-season record of 16-13 over the Flyers. Their last meeting in the Stanley Cup playoffs came in 2016, when the Caps won the first-round matchup four games to two. The Flyers have not advanced past the first round of the post-season since 2012, and they're on track to miss out on the playoffs this year for the fourth time in seven seasons. When Capitals captain Alexander Ovechkin's goalscoring dipped from 50 goals in 2015-16 to 33 goals the following season, many declared the 33-year-old

to be past his prime. He went on to prove them wrong by ending last season with 49 goals and helping the Capitals win the Stanley Cup for the first time in franchise history. At the 65-game mark of this season, Ovechkin had reached 45 goals and was on pace to break the 50-goal plateau for the eighth time in his career. With only seven games left for both teams, a victory over a longtime rival could redeem a disappointing season for the Flyers and give the Caps the momentum they need heading into the Stanley Cup playoffs. Tune in Sunday, March 24, as Ovechkin and the Capitals host the Flyers at Capital One Arena. Catch live action of the Metropolitan Division rivalry on NBC.