

# sports this week

## WEDNESDAY

**6:00 a.m.**  
**KTNW** Classical Stretch: The Esmonde Technique (0:30)  
**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)  
**GOLF** Morning Drive (1:00)  
**8:00 a.m.**  
**GOLF** Golf World Long Drive Smash in the Sun. (2:00)  
**11:30 a.m.**  
**KTNW** Sit and Be Fit (0:30)  
**GOLF** Golf Channel Academy (0:30)  
**Noon**  
**ESPN** NBA: The Jump (Live) (1:00)  
**ESPN2** NFL Live (1:00)  
**GOLF** Inside the PGA Tour (0:30)  
**TNT** UEFA Soccer Quarter-final Leg 2 Champions League. (Live) (2:00)  
**12:30 p.m.**  
**GOLF** Golf Central Pre-game (Live) (0:30)  
**12:35 p.m.**  
**HBO2** Real Sports With Bryant Gumbel (1:00)  
**2:00 p.m.**  
**KTNW** Classical Stretch: The Esmonde Technique (0:30)  
**ESPN** Around the Horn (0:30)  
**ESPN2** High Noon (0:30)  
**ROOT** In Depth With Graham Bensing (0:30)  
**TNT** UEFA BR Football Post-Match (Live) (0:30)  
**2:30 p.m.**  
**ESPN** Pardon the Interruption (0:30)  
**ESPN2** Highly Questionable (0:30)  
**ROOT** Mariners All Access (0:30)  
**3:00 p.m.**  
**ESPN2** Around the Horn (0:30)  
**ROOT** Mariners Pre-game (Live) (0:30)  
**3:30 p.m.**  
**ESPN** MLB Baseball Boston at N.Y. Yankees. (Live) (3:00)  
**ROOT** MLB Baseball Cleveland at Seattle. (Live) (3:00)  
**4:00 p.m.**  
**ESPN2** NCAA Softball Women's Florida vs. Florida State. (Live) (2:00)  
**GOLF** LPGA Golf Round 1 LOTTE Championship. (Live) (4:00)  
**TNT** NBA Basketball Playoffs. (Live) (2:30)  
**5:00 p.m.**  
**USA** NHL Hockey Central Division Semifinal Game 4 Stanley Cup Playoffs. Nashville at Dallas. (Live) (2:30)  
**6:00 p.m.**  
**ESPN2** 30 for 30 (2:00)  
**6:30 p.m.**  
**ROOT** Mariners Post-game (Live) (0:30)  
**TNT** NBA Basketball Playoffs. (Live) (2:30)  
**7:00 p.m.**  
**ROOT** MLB Baseball Cleveland at Seattle. (3:00)  
**8:00 p.m.**  
**ESPN2** Hey Rookie: Welcome to the NFL Combine (0:30)  
**GOLF** Golf Central (0:30)  
**8:30 p.m.**  
**ESPN2** Hey Rookie, Welcome to the NFL (0:30)

**GOLF** NCAA Golf Final Round Western Intercollegiate. (3:00)  
**9:00 p.m.**  
**ESPN2** UFC UFC 236 Preliminaries (2:00)  
**TNT** Inside the NBA (Live) (1:00)  
**10:00 p.m.**  
**ROOT** Mariners Post-game (0:30)  
**TNT** NBA Basketball Playoffs. (2:30)  
**10:30 p.m.**  
**ROOT** PBA Bowling Round of 24 Playoffs. (2:00)  
**11:00 p.m.**  
**ESPN2** Now or Never (0:30)  
**11:30 p.m.**  
**ESPN2** UFC Ultimate Knockouts (0:30)  
**GOLF** LPGA Golf Round 1 LOTTE Championship. (7:30)  
**Midnight**  
**ESPN** MLB Baseball Boston at N.Y. Yankees. (2:00)  
**12:30 a.m.**  
**ROOT** Fight Sports MMA (1:00)  
**1:30 a.m.**  
**ROOT** Fight Sports: World Championship Kickboxing (1:00)

## THURSDAY

**6:00 a.m.**  
**KTNW** Classical Stretch: The Esmonde Technique (0:30)  
**OPB** Sit and Be Fit (0:30)  
**ESPN** NFL Live (Live) (1:30)  
**11:00 a.m.**  
**ESPN2** Jalen & Jacoby (1:00)  
**GOLF** Golf Central Pre-game (Live) (1:00)  
**11:30 a.m.**  
**KTNW** Sit and Be Fit (0:30)  
**Noon**  
**ESPN** NBA: The Jump (Live) (1:00)  
**ESPN2** NFL Live (1:00)  
**GOLF** PGA Golf Round 1 The Heritage. (Live) (3:00)  
**1:00 p.m.**  
**ESPN** High Noon (0:30)  
**ESPN2** NBA: The Jump (1:00)  
**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)  
**ESPN2** High Noon (0:30)  
**5:30 p.m.**  
**ESPN2** Boxing Classics Terence Crawford vs. Jose Benavidez Jr. 2018 Top Rank. (1:00)  
**ROOT** Mariners All Access (0:30)  
**6:00 p.m.**  
**ROOT** Mariners All Access (0:30)  
**6:30 p.m.**  
**ESPN2** The Draft: Featured (0:30)  
**ROOT** Mariners Pre-game (Live) (0:30)  
**TNT** NBA Basketball Playoffs. (Live) (2:30)  
**7:00 p.m.**  
**ESPN2** The Draft: Featured (0:30)  
**ROOT** MLB Baseball Seattle at L.A. Angels. (Live) (3:00)  
**USA** NHL Hockey Stanley Cup Playoffs. (Live) (3:00)  
**7:30 p.m.**  
**ESPN2** SportsCenter Special (1:30)

**8:00 p.m.**  
**GOLF** PGA Golf Round 1 The Heritage. (3:00)  
**9:00 p.m.**  
**ESPN2** Hey Rookie: Welcome to the NFL Combine (0:30)  
**TNT** Inside the NBA (Live) (1:00)  
**9:30 p.m.**  
**ESPN2** Hey Rookie, Welcome to the NFL (0:30)  
**10:00 p.m.**  
**ESPN2** The Draft: Featured (0:30)  
**ROOT** Mariners Post-game (Live) (0:30)  
**TNT** NBA Basketball Playoffs. (Live) (2:30)  
**10:30 p.m.**  
**ESPN2** The Draft: Featured (0:30)  
**ROOT** MLB Baseball Seattle at L.A. Angels. (3:00)  
**11:00 p.m.**  
**ESPN2** Now or Never (0:30)  
**GOLF** PGA Golf Round 1 The Heritage. (3:00)  
**11:30 p.m.**  
**ESPN2** Boxing Classics Terence Crawford vs. Jose Benavidez Jr. 2018 Top Rank. (1:00)  
**12:30 a.m.**  
**ESPN2** SportsCenter Special (1:30)  
**1:00 a.m.**  
**HBO** Real Sports With Bryant Gumbel (1:00)  
**1:30 a.m.**  
**ROOT** Mariners Post-game (0:30)  
**2:00 a.m.**  
**ESPN2** Hey Rookie: Welcome to the NFL Combine (0:30)  
**GOLF** LPGA Golf Round 2 LOTTE Championship. (2:00)  
**ROOT** DFL Soccer Mainz at Dortmund. (2:00)  
**4:00 a.m.**  
**GOLF** PGA Golf Round 1 The Heritage. (3:00)  
**ROOT** DFL Soccer Munich at Fortuna Düsseldorf. (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)  
**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)  
**GOLF** Morning Drive (Live) (2:00)  
**9:00 a.m.**  
**ESPN2** First Take (1:00)  
**GOLF** CHAMPS Golf Round 1 Mitsubishi Electric Championship. (Live) (2:30)  
**ROOT** The Rich Eisen Show (Live) (3:00)  
**10:00 a.m.**  
**ESPN** Outside the Lines (Live) (0:30)  
**ESPN2** NCAA Gymnastics Women's National Collegiate Championship. (Live) (2:00)  
**10:30 a.m.**  
**ESPN** NFL Live (Live) (1:30)  
**11:30 a.m.**  
**KTNW** Sit and Be Fit (0:30)

**GOLF** Golf Central Pre-game (Live) (0:30)  
**Noon**  
**ESPN** NBA: The Jump (Live) (1:00)  
**ESPN2** Jalen & Jacoby (1:00)  
**GOLF** PGA Golf Round 2 The Heritage. (Live) (3:00)  
**2:30 p.m.**  
**ESPN** Pardon the Interruption (0:30)  
**ESPN2** NCAA Softball Women's Alabama at Florida. (Live) (2:00)  
**3:00 p.m.**  
**GOLF** Golf Central (1:00)  
**GOLF** PGA Golf Round 3 LOTTE Championship. (Live) (4:00)  
**4:00 p.m.**  
**ESPN** NBA Countdown (Live) (1:00)  
**GOLF** LPGA Golf Round 3 LOTTE Championship. (Live) (4:00)  
**ROOT** Mariners All Access (0:30)  
**4:30 p.m.**  
**ESPN2** NCAA Gymnastics Women's National Collegiate Championship. (Live) (3:00)  
**ROOT** Mariners All Access (0:30)  
**5:00 p.m.**  
**KVEW** KATU NBA Countdown (Live) (0:30)  
**7:00 p.m.**  
**ROOT** MLB Baseball Seattle at L.A. Angels. (Live) (3:00)  
**7:30 p.m.**  
**ESPN** NBA Basketball Playoffs. (Live) (2:30)  
**ESPN2** Hey Rookie, Welcome to the NFL (0:30)  
**8:00 p.m.**  
**GOLF** PGA Golf Round 2 The Heritage. (3:00)  
**10:00 p.m.**  
**ESPN2** Countdown To (0:30)  
**ROOT** Mariners Post-game (Live) (0:30)  
**10:30 p.m.**  
**ESPN2** Max on Boxing (0:30)  
**ROOT** MLB Baseball Seattle at L.A. Angels. (3:00)  
**11:00 p.m.**  
**ESPN2** NBA Basketball Playoffs. (2:00)  
**GOLF** CHAMPS Golf Round 1 Mitsubishi Electric Championship. (2:00)  
**TBS** eSports Semifinal Paulonetto vs. Tuga (1:00)  
**Midnight**  
**ESPN** NBA Basketball Playoffs. (2:00)  
**1:00 a.m.**  
**ESPN2** NBA Basketball Playoffs. (2:25)  
**GOLF** LPGA Golf Round 3 LOTTE Championship. (3:00)  
**1:30 a.m.**  
**ROOT** Mariners Post-game (0:30)  
**2:00 a.m.**  
**ROOT** NHRA Drag Racing (2:00)  
**2:05 a.m.**  
**KEPR** Ring of Honor Wrestling (0:55)  
**3:25 a.m.**  
**ESPN2** Serie A Soccer Milan at Parma. (Live) (2:05)  
**3:35 a.m.**  
**KATU** The James Brown Show (0:25)  
**4:00 a.m.**  
**KEPR** KATU Three Wide Life (0:30)  
**GOLF** PGA Golf Round 2 The Heritage. (3:00)  
**ROOT** NHRA Drag Racing Pro Stock Series (1:00)  
**5:00 a.m.**  
**ROOT** Poker Heartland Tour. (1:00)  
**5:30 a.m.**  
**ESPN2** NFL Live (1:30)

## 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)  
**7:00 a.m.**  
**CNBC** EPL Soccer Bournemouth at Fulham. (Live) (2:00)  
**DISC** The Scott Martin Challenge (0:30)  
**ESPN2** UFC UFC Fight Night 149 Preliminaries (Live) (3:00)  
**GOLF** Morning Drive (Live) (2:00)  
**8:00 a.m.**  
**DISC** Chasin' the Sun (0:30)  
**9:30 a.m.**  
**KNDU** KGW EPL Soccer Southampton at Newcastle. (Live) (2:00)  
**10:00 a.m.**  
**ESPN2** Cornhole Day 2 ACL Mania. (2:00)  
**GOLF** PGA Golf Round 3 The Heritage. (Live) (1:45)  
**10:30 a.m.**  
**TNT** NBA Tip-Off (Live) (0:30)  
**11:00 a.m.**  
**ESPN** NCAA Softball Women's Alabama at Florida. (Live) (2:00)  
**ROOT** MLB Baseball Seattle at L.A. Angels. (3:00)  
**TNT** NBA Basketball Playoffs. (Live) (2:30)  
**Noon**  
**KEPR** KOIN PGA Golf Round 3 Heritage Classic. (Live) (3:00)  
**KNDU** KGW NHL Hockey Stanley Cup Playoffs. (Live) (3:00)  
**ESPN2** NCAA Baseball Florida at LSU. (Live) (3:00)  
**GOLF** CHAMPS Golf Round 2 Mitsubishi Electric Championship. (Live) (3:00)  
**1:00 p.m.**  
**KVEW** KATU World of X Games (1:00)  
**ESPN** MLS Soccer Dallas at Atlanta. (Live) (2:00)  
**1:30 p.m.**  
**TNT** NBA Basketball Playoffs. (Live) (2:30)  
**2:00 p.m.**  
**KVEW** KATU SportsCenter Special (1:30)  
**ROOT** NHRA Drag Racing (2:00)  
**3:00 p.m.**  
**ESPN2** Boxing Card TBA Top Rank. (Live) (3:00)  
**GOLF** Golf Central (1:00)  
**3:30 p.m.**  
**KVEW** KATU The Draft: Featured (0:30)  
**4:00 p.m.**  
**ESPN** NBA Countdown (Live) (1:00)  
**GOLF** LPGA Golf Final Round LOTTE Championship. (Live) (4:00)  
**ROOT** NHRA Drag Racing Pro Stock Series (1:00)  
**4:30 p.m.**  
**KATU** The James Brown Show (0:30)  
**4:55 p.m.**  
**UNI** MFL Fútbol UNAM vs. Cruz. (Live) (2:00)  
**5:00 p.m.**  
**KFFX** KTVB Boxing Danny Garcia vs. Adrian Garandos Premier Champions. (Live) (2:00)  
**KNDU** KGW NHL Hockey Stanley Cup Playoffs. (Live) (3:00)

**ESPN** NBA Basketball Playoffs. (Live) (2:30)  
**ROOT** Mariners All Access (0:30)  
**5:30 p.m.**  
**ROOT** Mariners Pre-game (Live) (0:30)  
**6:00 p.m.**  
**ESPN2** The Draft: Featured (0:30)  
**ROOT** MLB Baseball Seattle at L.A. Angels. (Live) (3:00)  
**6:30 p.m.**  
**ESPN2** The Draft: Featured (0:30)  
**6:55 p.m.**  
**UNI** MFL Fútbol Puebla at Guadalajara. (Live) (2:05)  
**7:00 p.m.**  
**KTVB** In Depth With Graham Bensing (0:30)  
**ESPN2** Hey Rookie: Welcome to the NFL Combine (0:30)  
**7:30 p.m.**  
**KTVB** Whacked Out Sports (0:30)  
**ESPN** NBA Basketball Playoffs. (Live) (2:30)  
**8:00 p.m.**  
**GOLF** PGA Golf Round 3 The Heritage. (3:00)  
**9:00 p.m.**  
**ROOT** Mariners Post-game (Live) (0:30)  
**9:30 p.m.**  
**ROOT** MLS Soccer Portland at Columbus. (2:00)  
**11:00 p.m.**  
**ESPN2** NBA Basketball Playoffs. (2:00)  
**GOLF** CHAMPS Golf Round 2 Mitsubishi Electric Championship. (2:00)  
**11:30 p.m.**  
**KEPR** Ring of Honor Wrestling (1:00)  
**ROOT** Portland Timbers Post-game (0:30)  
**1:00 a.m.**  
**ESPN** NBA Basketball Playoffs. (2:00)  
**GOLF** LPGA Golf Final Round LOTTE Championship. (3:00)  
**1:20 a.m.**  
**KATU** Three Wide Life (0:11)  
**3:00 a.m.**  
**KEPR** Three Wide Life (0:30)  
**ESPN2** Sport Climbing Sport and Speed Open National Championship. (1:00)  
**ROOT** Mariners Post-game (0:30)  
**TNT** NBA Basketball Playoffs. (2:30)  
**3:30 a.m.**  
**KNDU** The American Athlete (0:30)  
**ROOT** MLS Soccer Portland at Columbus. (2:00)  
**4:00 a.m.**  
**ESPN2** NCAA Gymnastics Women's Super Six National Collegiate Championship. (2:00)  
**GOLF** PGA Golf Round 3 The Heritage. (3:00)  
**5:00 a.m.**  
**DISC** Sport Fishing Television (0:30)  
**5:30 a.m.**  
**DISC** Jimmy Houston Outdoors (0:30)  
**ROOT** Portland Timbers Post-game (0:30)

## SUNDAY

**6:00 a.m.**  
**ESPN** E:60 (Live) (1:00)  
**7:00 a.m.**  
**DISC** Local Knowledge (0:30)  
**ESPN2** E:60 (1:00)  
**GOLF** Morning Drive (Live) (2:00)  
**7:30 a.m.**  
**DISC** Into the Blue (0:30)