

sports this week

AUTO RACING

FRIDAY

4:00 a.m. KTVP Cars.TV (CC) 30m
KEPR KATU Three Wide Life (CC) 30m

SATURDAY

10:30 a.m. KNDU KGW IMSA Auto Racing Rolex 24 at Daytona SportsCar Championship (CC) 1h Live

3:00 a.m. KEPR Three Wide Life (CC) 30m

SUNDAY

9:00 a.m. KNDU KGW IMSA Auto Racing Rolex 24 at Daytona SportsCar Championship (CC) 2h Live

BASEBALL

MONDAY

6:30 p.m. ROOT Mariners All Access 30m

7:00 p.m. ROOT Mariners Mondays 3h

11:30 p.m. ROOT Mariners All Access 30m

Midnight ROOT Mariners Mondays 3h

BASKETBALL

WEDNESDAY

Noon ESPN NBA: The Jump (CC) 1h Live

4:00 p.m. ESPN NBA Basketball Philadelphia 76ers at Toronto Raptors (CC) 2h30 Live

ESPN2 NCAA Basketball (CC) 2h Live

ROOT NCAA Basketball Georgia Tech at Louisville (CC) 2h Live

6:00 p.m. ROOT NCAA Basketball Boston College at Pittsburgh (CC) 2h Live

6:30 p.m. ESPN NBA Basketball Denver Nuggets at Houston Rockets (CC) 2h35 Live

9:00 p.m. ROOT NCAA Basketball San Jose State at New Mexico (CC) 2h

11:00 p.m. ROOT NCAA Basketball Georgetown at Xavier (CC) 2h

1:00 a.m. ESPN NBA Basketball Denver Nuggets at Houston Rockets (CC) 2h

ROOT NCAA Basketball Providence at Seton Hall (CC) 2h

3:00 a.m. ROOT NCAA Basketball Georgia Tech at Louisville (CC) 2h

THURSDAY

Noon ESPN NBA: The Jump (CC) 1h Live

2:30 p.m. ROOT The Mark Few Show (CC) 30m

3:00 p.m. ROOT NCAA Basketball North Carolina (Chapel Hill) vs. Georgia Tech Women's (CC) 2h Live

4:00 p.m. ESPN NCAA Basketball Tennessee vs. Connecticut Women's (CC) 2h Live

ESPN2 NCAA Basketball Belmont vs. Murray State (CC) 2h Live

TNT NBA Pre-game Show (CC) 1h Live

5:00 p.m. ROOT NCAA Basketball Virginia vs. Louisville Women's (CC) 2h Live

TNT NBA Basketball Los Angeles Lakers at Brooklyn Nets (CC) 2h30 Live

7:00 p.m. ROOT NCAA Basketball Pepperdine at Santa Clara (CC) 2h Live

7:30 p.m. TNT NBA Basketball Dallas Mavericks at Portland Trail Blazers (CC) 2h30 Live

10:00 p.m. ROOT NCAA Basketball Pepperdine at Santa Clara (CC) 2h

TNT Inside the NBA (CC) 1h Live

11:00 p.m. TNT NBA Basketball Los Angeles Lakers at Brooklyn Nets (CC) 2h30

FRIDAY

Noon ESPN NBA: The Jump (CC) 1h Live

4:00 p.m. ESPN NBA Countdown (CC) 1h Live

4:30 p.m. ROOT NCAA Basketball Pepperdine at Santa Clara (CC) 2h

5:00 p.m. ESPN NBA Basketball Houston Rockets at Minnesota Timberwolves (CC) 2h35 Live

Midnight ROOT NCAA Basketball Marquette at Butler (CC) 2h

1:00 a.m. ESPN NBA Basketball Los Angeles Clippers at Miami Heat (CC) 2h

SATURDAY

8:00 a.m. ESPN College Gameday (CC) 1h Live

9:00 a.m. ESPN NCAA Basketball (CC) 2h Live

ESPN2 NCAA Basketball Big 12/ SEC Challenge (CC) 2h Live

9:30 a.m. KEPR KOIN Inside College Basketball (CC) 30m

10:00 a.m. KEPR KOIN NCAA Basketball Villanova at Providence (CC) 2h Live

11:00 a.m. ESPN ESPN2 NCAA Basketball Big 12/ SEC Challenge (CC) 2h Live

ROOT NCAA Basketball Clemson at Louisville (CC) 2h Live

1:00 p.m. ESPN ESPN2 NCAA Basketball Big 12/ SEC Challenge (CC) 2h Live

ROOT NCAA Basketball North Carolina State at Georgia Tech (CC) 2h Live

3:00 p.m. ESPN NCAA Basketball Kentucky vs. Texas Tech Big 12/ SEC Challenge (CC) 2h Live

ESPN2 NCAA Basketball Kansas State at Alabama Big 12/ SEC Challenge (CC) 2h Live

ROOT NCAA Basketball Texas vs. Oklahoma State Women's (CC) 2h

5:00 p.m. KVEW KATU NBA: The Jump (CC) 30m Live

ESPN NCAA Basketball Baylor at Florida Big 12/ SEC Challenge (CC) 2h Live

ROOT NCAA Basketball Boise State at Fresno State (CC) 2h Live

5:30 p.m. KVEW KATU NBA Basketball Los Angeles Lakers at Philadelphia 76ers (CC) 2h30 Live

7:00 p.m. ROOT NCAA Basketball Pacific at Gonzaga (CC) 2h Live

9:00 p.m. ROOT NCAA Basketball Boise State at Fresno State (CC) 2h

11:00 p.m. ROOT NCAA Basketball Pacific at Gonzaga (CC) 2h

1:00 a.m. ESPN NBA Basketball Los Angeles Lakers at Philadelphia 76ers (CC) 2h

ROOT NCAA Basketball St. John's at DePaul (CC) 2h

SUNDAY

10:00 a.m. KEPR KOIN NCAA Basketball Maryland (College Park) at Indiana (CC) 2h Live

ROOT NCAA Basketball Clemson vs. Virginia Tech Women's (CC) 2h Live

11:30 a.m. KFFX KTVP Fox College Hoops Tip-Off (CC) 30m Live

Noon KFFX KTVP NCAA Basketball Michigan State at Minnesota (CC) 2h Live

ROOT NCAA Basketball Pacific at Gonzaga (CC) 2h

1:00 p.m. ESPN2 NCAA Basketball Oregon at Oregon State Women's (CC) 2h Live

2:00 p.m. KFFX KTVP NCAA Basketball UCLA at Oregon (CC) 2h Live

ROOT NCAA Basketball Boise State at Fresno State (CC) 2h

3:00 p.m. ESPN NBA Basketball Boston Celtics at New Orleans Pelicans (CC) 2h30 Live

9:00 p.m. ROOT NCAA Basketball Xavier at Creighton (CC) 2h

11:00 p.m. ROOT NCAA Basketball Pacific at Gonzaga (CC) 2h

12:30 a.m. ESPN NBA Basketball Boston Celtics at New Orleans Pelicans (CC) 2h

MONDAY

Noon ESPN NBA: The Jump (CC) 1h Live

4:00 p.m. ESPN NCAA Basketball North Carolina (Chapel Hill) at North Carolina State (CC) 2h Live

ESPN2 Basketball Exhibition Game Women's Team USA vs. Connecticut (CC) 2h Live

6:00 p.m. ESPN NCAA Basketball Kansas at Oklahoma State (CC) 2h Live

ROOT The Mark Few Show (CC) 30m

TUESDAY

Noon ESPN NBA: The Jump (CC) 1h Live

4:00 p.m. ESPN ESPN2 NCAA Basketball (CC) 2h Live

ROOT NCAA Basketball Syracuse at Clemson (CC) 2h Live

TNT NBA Pre-game Show (CC) 30m Live

4:30 p.m. TNT NBA Basketball Boston Celtics at Miami Heat (CC) 2h30 Live

6:00 p.m. ESPN NCAA Basketball (CC) 2h Live

ROOT NCAA Basketball Fresno State at Air Force (CC) 2h Live

7:00 p.m. TNT NBA Basketball Los Angeles Clippers at Los Angeles Lakers (CC) 2h30 Live

8:00 p.m. ROOT The Mark Few Show (CC) 30m

9:00 p.m. ROOT NCAA Basketball Villanova at St. John's (CC) 2h

9:30 p.m. TNT Inside the NBA (CC) 1h Live

10:30 p.m. TNT NBA Basketball Boston Celtics at Miami Heat (CC) 2h30

11:00 p.m. ROOT NCAA Basketball Fresno State at Air Force (CC) 2h

4:00 a.m. ROOT NCAA Basketball Villanova at St. John's (CC) 2h

BOWLING

THURSDAY

Midnight ROOT PBA Bowling Hall of Fame Classic (CC) 2h

FRIDAY

9:00 p.m. ROOT PBA Bowling Hall of Fame Classic (CC) 2h

TUESDAY

2:00 a.m. ROOT PBA Bowling Oklahoma Open (CC) 2h

BOXING

FRIDAY

2:00 p.m. ESPN2 Max on Boxing (CC) 30m Live

SATURDAY

12:30 p.m. KFFX KTVP Fight Camp 360 (CC) 30m

6:00 p.m. SHOW Boxing Showtime Championship Danny Garcia vs. Ivan Redkach (CC) 3h30 Live

SUNDAY

9:00 a.m. SHOW Boxing Showtime Championship Danny Garcia vs. Ivan Redkach (CC) 3h30

10:00 a.m. KFFX KTVP PBC Countdown (CC) 1h

EQUESTRIAN

SATURDAY

1:30 p.m. KNDU KGW Horse Racing Pegasus World Cup (CC) 1h30 Live

FOOTBALL

WEDNESDAY

9:00 a.m. ROOT The Rich Eisen Show (CC) 3h Live

10:30 a.m. ESPN NFL Live (CC) 1h30 Live

2:00 p.m. ESPN2 NFL Live (CC) 1h

Midnight SHOW Inside the NFL (CC) 1h

THURSDAY

9:00 a.m. ROOT The Rich Eisen Show (CC) 3h Live

10:30 a.m. ESPN NFL Live (CC) 1h30 Live

2:00 p.m. ESPN2 NFL Live (CC) 1h

6:00 p.m. ESPN NFL Football Pro Bowl Skills Showdown (CC) 1h

2:00 a.m. ROOT The Rich Eisen Show (CC) 3h

FRIDAY

9:00 a.m. ROOT The Rich Eisen Show (CC) 3h Live

10:30 a.m. ESPN NFL Live (CC) 1h30 Live

1:00 p.m. ESPN2 NFL Live (CC) 1h

11:00 p.m. ROOT Pro Football Weekly (CC) 30m

3:00 a.m. SHOW Inside the NFL (CC) 1h

5:00 a.m. ESPN2 NFL Football Pro Bowl Skills Showdown (CC) 1h

SATURDAY

8:00 a.m. SHOW Inside the NFL (CC) 1h

5:00 p.m. ESPN2 NFL Football Pro Bowl Skills Showdown (CC) 1h

5:00 a.m. ESPN2 NFL Football Pro Bowl Skills Showdown (CC) 1h

SUNDAY

8:00 a.m. ESPN2 NFL Football Pro Bowl Skills Showdown (CC) 55m

SHOW Inside the NFL (CC) 1h

9:00 a.m. ESPN NFL Football Pro Bowl Skills Showdown (CC) 1h

10:00 a.m. KVEW KATU NFL Countdown (CC) 1h45 Live

ESPN Postseason NFL Countdown 1h45 Live

11:45 a.m. KVEW KATU ESPN Pro Bowl Kickoff (CC) 15m Live

Noon KVEW KATU ESPN NFL Football Pro Bowl (CC) 3h Live

MONDAY

9:00 a.m. ROOT The Rich Eisen Show (CC) 3h Live

10:30 a.m. ESPN NFL Live (CC) 1h30 Live

2:00 p.m. ESPN2 NFL Football Pro Bowl Skills Showdown (CC) 1h

TUESDAY

9:00 a.m. ROOT The Rich Eisen Show (CC) 3h Live

10:30 a.m. ESPN NFL Live (CC) 1h30 Live

2:00 p.m. ESPN2 NFL Live (CC) 1h

9:00 p.m. SHOW Inside the NFL (CC) 1h

11:00 p.m. SHOW Inside the NFL (CC) 1h

GOLF

WEDNESDAY

8:30 a.m. GOLF Morning Drive 2h

10:30 a.m. GOLF Korn Ferry Golf Bahamas Great Abaco Classic Final Round (CC) 3h Live

1:30 p.m. GOLF Golf Central (CC) 1h

2:30 p.m. GOLF Chronicles of a Champion Golfer (CC) 30m

3:00 p.m. GOLF Chronicles of a Champion Golfer 30m

3:30 p.m. GOLF PGA Tour: The CUT 30m

4:00 p.m. GOLF PGA TOUR Champions Learning Center (CC) 30m

4:30 p.m. GOLF PGA Tour: The CUT 30m

5:00 p.m. GOLF Masters Highlights 1h

6:00 p.m. GOLF Feherty Live 1h

7:00 p.m. GOLF Feherty Live 1h

sports feature

Chen doing it again: U.S. Championships set to crown men's champion

By Ryan Guebert
TV Media

The top American figure skaters from across the country are showcasing their talents at the 2020 U.S. championships. U.S. Figure Skating has already crowned the women's, pairs and ice dance champions, and is now set to decide the men's champion in the free skate on Sunday, Jan. 26. Tune in for the last day of action at Greensboro Coliseum in Greensboro, North Carolina, with live coverage on NBC.

This is the third time in the past decade that Greensboro Coliseum has hosted the nation's most prestigious figure skating

event. In 2011, Ryan Bradley won his first national title there in what would be his final competitive season. In 2015, after earning a bronze medal at the 2014 Olympic Games in Sochi for the team event, Jason Brown, at the age of 20, won his first and only senior national title. The closest he has come to repeating that feat was in 2017 and 2019, when he placed third overall. In that span of time, there hasn't been a skater more dominant than Nathan Chen.

Chen was only 11 years old at the 2011 U.S. championships, where he defended his novice title after becoming the youngest novice champion in the history of U.S. Figure Skating the previous year. In

his senior national debut, Chen finished eighth at the 2015 competition. He won his first U.S. gold medal in 2017 and has successfully defended that title every year leading up to the 2020 competition. The seemingly effortless ability to land quadruple jumps has helped Chen win competitions with massive point differentials — he won last year's U.S. championship by more than 58 points.

Chen is the clear favorite to win this year's U.S. men's championship for the fourth straight time since 2017. Find out how many quadruple jumps Chen has packed into his free skate on Sunday, Jan. 26, at Greensboro Coliseum. Tune in to NBC for live coverage of the event.