

Monday Evening

| | CH | DISH | DTV | 6 PM | 6:30 | 7 PM | 7:30 | 8 PM | 8:30 | 9 PM | 9:30 | 10 PM | 10:30 | 11 PM | 11:30 | 12 AM | 12:30 |
|------------------|-----|------|------|--|--|---|---|---|---|---------------------------------|------------------------------------|-----------------------|-------------------|-----------------------|---------|-------|-------|
| BROADCAST | | | | | | | | | | | | | | | | | |
| KFFX | 11 | - | 11 | Seinfeld | Seinfeld | Last Man St. | Last Man St. | 9-1-1: Lone Star "The Bird" (N) | The Cleaning Lady (N) | First at Ten (N) | :35 Modern | :05 Modern | :35 Molly | :05 2½ Men | :35 Mom | | |
| KPTV | 3 | - | - | 6 O'Clock News (N) | People | Family Feud | Family Feud | 9-1-1: Lone Star "The Bird" (N) | The Cleaning Lady (N) | 10 O'Clock News (N) | News (N) | :35 People | :05 TMZ Live! (N) | | | | |
| KEPR | 19 | 19 | 19 | News (N) | Inside Ed. (N) | The Big Bang | The Simpsons | Nbhood (N) | Bob Hearts (N) | NCIS "First Steps" (N) | NCIS: Hawai'i "Pirates" (N) | News (N) | :35 The Late Show | :35 James Corden | | | |
| KOIN | 19 | - | - | News (N) | News (N) | Extra (N) | Ent. Tonight (N) | Nbhood (N) | Bob Hearts (N) | NCIS "First Steps" (N) | NCIS: Hawai'i "Pirates" (N) | KOIN6News (N) | :35 The Late Show | :35 James Corden | | | |
| KNDU | 6 | 25 | 23 | Local News (N) | Family Feud | Wheel (N) | Jeopardy! (N) | America's Got Talent: Extreme | America's Got Talent: Extreme | The Endgame | Local News (N) | :35 The Tonight Show | :40 Seth Meyers | | | | |
| KGW | 8 | - | - | KGW News (N) | KGW News (N) | The Good Stuff | Inside Ed. (N) | America's Got Talent: Extreme | America's Got Talent: Extreme | The Endgame | KGW News (N) | :35 The Tonight Show | :35 Seth Meyers | | | | |
| KVEW | 4 | 42 | - | News (N) | News (N) | Ent. Tonight (N) | Extra (N) | The Bachelor "Women Tell All" (N) | The Bachelor "Women Tell All" (N) | Good Doctor "Yippee Ki-Yay" (N) | News (N) | :05 Jimmy Kimmel | :10 Nightl. (N) | :35 Right This Minute | | | |
| KATU | 5 | - | - | KATU News at 6:00 p.m. (N) | Jeopardy! (N) | Wheel (N) | The Bachelor (N) | The Bachelor "Women Tell All" (N) | The Bachelor "Women Tell All" (N) | Good Doctor "Yippee Ki-Yay" (N) | News (N) | :35 Jimmy Kimmel Live | :35 Nightline (N) | | | | |
| KTNW | - | 31 | 31 | PBS NewsHour (N) | Chateau "Weddings & Aviaires" | Chateau "Weddings & Aviaires" | Antiques Roadshow | Antiques Roadshow | Midsomer Murders | Ind. Lens "The Interpreters" | Amanpour and Company (N) | News (N) | Joy of Painting | | | | |
| OPB | 69 | 13 | - | This Old House | Outside Source | PBS NewsHour (N) | Ken Burns: Country Music | Ken Burns: Country Music | Henry Louis Gates, Jr.: Uncovering America | The World of Wisdom & Wonder | R. Steves' Tasty | | | | | | |
| CABLE | | | | | | | | | | | | | | | | | |
| A&E | 52 | 118* | 265* | The First 48 "Taken" | Playboy "The Corporate Game" | Playboy "The Corporate Game" | Playboy "The Big Playboy Lie" | Playboy "Predators' Ball" (N) | Secrets of Playboy "The Circus" | :05 Secrets of Playboy | :05 Playboy "The Big Playboy Lie" | | | | | | |
| AMC | 60 | 131* | 254* | 3:00 ♣ 2012 | ♣ *** Twister (1996, Action) Bill Paxton, Jami Gertz, Helen Hunt. | ♣ *** Twister (1996, Action) Bill Paxton, Jami Gertz, Helen Hunt. | Killing Eve "Don't Get Eaten" (N) | Ragdoll (N) | :05 ♣ *** Twister (1996, Action) Bill Paxton, Jami Gertz, Helen Hunt. | | | | | | | | |
| DISC | 51 | 182* | 278* | Street Outl. "Chase the Race" (N) | Street Outl. "Chase the Race" (N) | Street Outl. "Chase the Race" (N) | Street Outlaws (N) | Street Outlaws (N) | WildRide "The Aircraam" (N) | Street Outlaws | Street Outlaws | | | | | | |
| FNC | 66 | 205* | 360* | Hannity (N) | The Ingraham Angle (N) | The Ingraham Angle (N) | Gutfeld! (N) | Fox News @ Night (N) | Tucker Carlson Tonight | Hannity | The Ingraham Angle | | | | | | |
| FOOD | 61 | 110* | 231* | Beat Play | Beat Play | Beat Play | Beat Play | Spring Baking Championship "Molly's Mardi Gras" (N) | Spring Baking Championship (N) | Chopped "Sweet Heat" | Spring Baking "Molly's Mardi Gras" | | | | | | |
| HBO | 518 | 303 | 504 | 5:20 Winning | :25 ♣ Nightmare Alley (2021, Drama) Cate Blanchett, Toni Collette, Bradley Cooper. | Gilded "Irresistible Change" (N) | My Brilliant Friend (N) | :05 Gilded "Irresistible Change" | :55 My Brilliant Friend | | | | | | | | |
| HIST | 50 | 120* | 269* | History's Greatest Mysteries "The Escape of John Wilkes Booth" | History's Greatest Mysteries (N) | History's Greatest Mysteries (N) | I Was There (N) I Was There | :05 Mysterie "The Amber Room" | Mysteries "The Dyatlov Pass Incident" | | | | | | | | |
| ROOT | 37 | - | - | 5:00 NBA Basketball Portland vs Minnesota (L) | Post-game | Pre-game | NBA Basketball Portland Trail Blazers at Minnesota Timberwolves Site: Target Center | Post-game | NCAA Basketball WCC Tournament | | | | | | | | |
| SHOW | 578 | 319 | 546 | :05 ♣ *** The Gentlemen ('19, Cri) Matthew McConaughey. | Super Pumped "X to the X" | Twenties | Twenties | ♣ ** After Yang ('22, Dra) Colin Farrell. | :45 Super Pumped "X to the X" | :45 Billions | | | | | | | |
| STARZ | 621 | 351 | 526 | 5:30 ♣ ** The Equalizer 2 Denzel Washington. | :35 Outlander "Echoes" | Shining Vale | Shining Vale | Power Book IV :55 ♣ The House Next Door: Meet The Blacks 2 Mike Epps. | :35 Power Book IV | | | | | | | | |
| USA | 58 | 105* | 242 | Chicago P.D. | Chicago P.D. "Kasual With a K" | WWE Raw (N) | | Last Man St. | Last Man St. | Last Man St. | Last Man Standing | | | | | | |

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SPORTS MOVIES NEWS

Tuesday Evening

| | CH | DISH | DTV | 6 PM | 6:30 | 7 PM | 7:30 | 8 PM | 8:30 | 9 PM | 9:30 | 10 PM | 10:30 | 11 PM | 11:30 | 12 AM | 12:30 |
|------------------|-----|------|------|--|---|---|---|---|-------------------------------------|------------------------------------|-----------------------------|-----------------------|----------------------|-----------------------|------------------|-------|-------|
| BROADCAST | | | | | | | | | | | | | | | | | |
| KFFX | 11 | - | 11 | Seinfeld | Seinfeld | Last Man St. | Last Man St. | The Resident "In for a Penny" (N) | I Can See Your Voice (N) | First at Ten (N) | :35 Modern | :05 Modern | :35 Molly | :05 2½ Men | :35 Mom | | |
| KPTV | 3 | - | - | 6 O'Clock News | People | Family Feud | Family Feud | The Resident "In for a Penny" (N) | Prime News | 10 O'Clock News (N) | News (N) | :35 People | :05 TMZ Live! (N) | | | | |
| KEPR | 19 | 19 | 19 | News (N) | Inside Ed. (N) | The Big Bang | The Simpsons | FBI "Ambition" (N) | FBI: International "Snakes" (N) | NCIS: Hawai'i | News (N) | :35 The Late Show | :35 James Corden | | | | |
| KOIN | 19 | - | - | News (N) | News (N) | Extra (N) | Ent. Tonight (N) | FBI "Ambition" (N) | FBI: International "Snakes" (N) | Most Wanted "Shattered" (N) | KOIN6News (N) | :35 The Late Show | :35 James Corden | | | | |
| KNDU | 6 | 25 | 23 | Local News (N) | Family Feud | Wheel (N) | Jeopardy! (N) | American Auto | Grand Crew | This Is Us | The Thing About Pam (P) (N) | Local News (N) | :35 The Tonight Show | :40 Seth Meyers | | | |
| KGW | 8 | - | - | KGW News (N) | KGW News (N) | The Good Stuff | Inside Ed. (N) | American Auto | Grand Crew | This Is Us | The Thing About Pam (P) (N) | KGW News (N) | :35 The Tonight Show | :40 Seth Meyers | | | |
| KVEW | 4 | 42 | - | News (N) | News (N) | Ent. Tonight (N) | Extra (N) | The Bachelor (N) | The Bachelor (N) | To Tell the Truth (N) | News (N) | :05 Jimmy Kimmel | :10 Nightl. (N) | :35 Right This Minute | | | |
| KATU | 5 | - | - | KATU News at 6:00 p.m. (N) | Jeopardy! (N) | Wheel (N) | The Bachelor (N) | The Bachelor (N) | To Tell the Truth (N) | News (N) | :35 Jimmy Kimmel Live | :35 Nightline (N) | | | | | |
| KTNW | - | 31 | 31 | PBS NewsHour (N) | Good Shape (N) | Global 3000 (N) | Secrets Six Wives "Divorced" | Six Wives "Beheaded, Died" | Secrets of the Six Wives | Amanpour and Company (N) | News (N) | The Chavis Chronicles | | | | | |
| OPB | 69 | 13 | - | Ask-Old House | Outside Source | PBS NewsHour (N) | Betty White | American Experience "American Oz" | Unguarded | PBS NewsHour | | | | | | | |
| CABLE | | | | | | | | | | | | | | | | | |
| A&E | 52 | 118* | 265* | Storage Wars | Storage Wars | Storage Wars | Storage Wars | S. Wars (SP) (N) | Storage W. (N) | DeepFrie (P) (N) | Deep Fried (N) | :05 Storage W. | :35 Storage W. | :05 Storage W. | :35 Storage Wars | | |
| AMC | 60 | 131* | 254* | 5:30 ♣ *** Field of Dreams ('89, Dra) Kevin Costner. | ♣ *** Bruce Almighty ('03, Com/Dra) Morgan Freeman, Jim Carrey. | ♣ *** Evan Almighty ('07, Com) Morgan Freeman, Steve Carell. | ♣ *** Ghostbusters Bill Murray. | | | | | | | | | | |
| DISC | 51 | 182* | 278* | 5:00 Street Outlaws: Countdown to Gone Girl "Axed Out" | Street Outlaws: Gone Girl "Viva Las Ladies" (N) | Street Outlaws: Gone Girl "Viva Las Ladies" (N) | Street Outlaws | Street Outlaws | StreetOutlawsGirl "Viva Las Ladies" | | | | | | | | |
| FNC | 66 | 205* | 360* | Hannity (N) | The Ingraham Angle (N) | The Ingraham Angle (N) | Gutfeld! (N) | Fox News @ Night (N) | Tucker Carlson Tonight | Hannity | The Ingraham Angle | | | | | | |
| FOOD | 61 | 110* | 231* | Chopped | Chopped "Chefs in a Pickle" | Chopped "Surf And Turf" | Chopped "Meal of Fortune" (N) | Chopped "Oodles Of Noodles" | Chopped "Wild Times" | Chopped "Meal of Fortune" | | | | | | | |
| HBO | 518 | 303 | 504 | The Gilded Age :50 ♣ ** The Eyes of Tammy Faye ('21, Dra) Andrew Garfield, Jessica Chastain. | To Be Announced | :05 To Be Announced | :15 Winning Time | :20 ♣ The Last Duel Matt Damon. | | | | | | | | | |
| HIST | 50 | 120* | 269* | Oak Island "Premier of the Dig" | Curse of Oak Island | Oak Island "Gold Diggers" (N) | Oak Isl. "Blast from the Past" (N) | :05 Beyond Oak Island (N) | :05 The Curse of Oak Island | Curse of Oak Island "Gold Diggers" | | | | | | | |
| ROOT | 37 | - | - | 5:00 NHL Hockey Seattle vs Toronto (L) | Kraken Post | Kraken Post | Kraken Post | Kraken Post | Inside Kraken | Boxing Classics | | | | | | | |
| SHOW | 578 | 319 | 546 | 5:00 ♣ ** The Dry Eric Bana. | Super Pumped "X to the X" | ♣ *** Monday (2020, Romance) Denise Gough, Sebastian Stan. | ♣ *** The Diary of a Teenage Girl Bel Powley. | :45 Super Pumped "X to the X" | :45 Billions | | | | | | | | |
| STARZ | 621 | 351 | 526 | :05 ♣ ** Contraband ('12, Act) Giovanni Ribisi, Mark Wahlberg. | Ahead of the Curve | :45 ♣ Don't Breathe 2 ('21, Hor) Madelyn Grace, Stephen Lang. | :25 Shining | :55 Shining | ♣ ** Contraband | | | | | | | | |
| USA | 58 | 105* | 242 | SVU "Must Be Held Accountable" | Law & Order: S.V.U. | WWE NXT (N) | | :10 America's Got Talent: Extreme "Auditions 2" (N) | :10 Law & Order: S.V.U. "Gray" | | | | | | | | |

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SPORTS MOVIES NEWS

March 7, 2022



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Weekday Daytime

| | CH | DISH | DTV | 6 AM | 6:30 | 7 AM | 7:30 | 8 AM | 8:30 | 9 AM | 9:30 | 10 AM | 10:30 | 11 AM | 11:30 | 12 PM | 12:30 | 1 PM | 1:30 | 2 PM | 2:30 | 3 PM | 3:30 | 4 PM | 4:30 | 5 PM | 5:30 |
|------------------|-----|------|------|--------------------|----------------------|----------------------|--------------------|-------------------------------|-------------------|------------------|-------------------|----------------------|--------------------|--------------------|----------------------------|--------------------|---------------|---------|---------------|----------|---------------|---------|---------------|---------|---------------|---------|----------|
| BROADCAST | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| KFFX | 11 | - | 11 | Various | AgDay | Good Day | 25 Words | 25 Words | Tamron Hall | Maury | Dateline | Law&Order: SVU | Judge Mathis | The People's Court | Queens | Queens | 2 Broke | 2 Broke | | | | | | | | | |
| KPTV | 3 | - | - | Good Day Oregon | Good Day Oregon | Good Day | Rachael Ray | Kelly Clarkson | 12 O'Clock News | Wendy | AnimalR. | The People's Court | Judy | Judy | 4 O'Clock News | 5 O'Clock News | | | | | | | | | | | |
| KEPR | 19 | 19 | 19 | News | News | CBS Mornings | Kelly Clarkson | The Price Is Right | Y & R/(Tue) UEFA | Judy | B & B | The Talk | Let's Make a Deal | Dr. Phil | Judy | Judy | News | News | | | | | | | | | |
| KOIN | 19 | - | - | KOIN 6 News | CBS Mornings | Let's Make a Deal | The Price Is Right | Y & R/(Tue) UEFA | News | B & B | The Talk | The 700 Club | Dr. Phil | KOIN 6 News | News | News | | | | | | | | | | | |
| KNDU | 6 | 25 | 23 | 4:30 Wake Up NW | Today | Today III | Hoda and Jenna | Wendy Williams | Jeopardy | TMZ | Days of Our Lives | H.Bench | H.Bench | Drew Barrymore | Ellen DeGeneres | Ellen DeGeneres | News | News | | | | | | | | | |
| KGW | 8 | - | - | KGW News | Today | Today III | Hoda and Jenna | Blast | Blast | News | Paied | Days of Our Lives | Various | Ellen DeGeneres | Ellen DeGeneres | Ellen DeGeneres | News | News | | | | | | | | | |
| KVEW | 4 | 42 | - | News | News | Good Morning America | Live | The View | Paied | Minute | You Need to Know | General Hospital | The Doctors | Rachael Ray | The Good Dish | News | News | | | | | | | | | | |
| KATU | 5 | - | - | 5:00 KATU News | Good Morning America | AM Northwest | The View | Live | You Need to Know | General Hospital | Afternoon Live | Drew Barrymore | KATU News First | News | News | | | | | | | | | | | | |
| KTNW | - | 31 | 31 | Stretch | Yoga | Molly | Wild K. | Hero Ele | Alma | George | D.Tiger | Donkey | Elinor W | Sesame | Sit Fit | Amanpour/ Mastep | Various | Various | Stretch | Let's Go | Cat | Wild K. | Alma | Xavier | O. Squad | News | |
| OPB | 69 | 13 | - | Stretch | Molly | Alma | George | D.Tiger | Donkey | Elinor W | Clifford | Xavier | Sesame | DinoT | Various | Various | Various | Various | Various | Various | Various | Various | Various | Various | Various | Various | Various |
| CABLE | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| A&E | 52 | 118* | 265* | David J. Life | P.Wars | P.Wars | P.Wars | P.Wars | P.Wars | P.Wars | P.Wars | Various | Neighbor | Various | Neighbor | Various | Neighbor | Various | Neighbor | Various | Neighbor | Various | Neighbor | Various | Neighbor | Various | Neighbor |
| AMC | 60 | 131* | 254* | Paid Program | Paid Program | Paid Program | Various | (Wed) ♣ The Usual Suspects... | Movie | Movie | Movie | (Mon) ♣ Dante's Peak | Movie | Movie | (Mon) ♣ ** 2012 ('09, Act) | Movie | Movie | | | | | | | | | | |
| DISC | 51 | 182* | 278* | Various | The Repair Shop | The Repair Shop | Repair/ FastLoud | Various | Various | Various | Various | Various | Various | Various | Various | Various | Various | Various | Various | Various | Various | Various | Various | Various | Various | Various | Various |
| FNC | 66 | 205* | 360* | America's Newsroom | Faulkner Focus | Outnumbered | America Reports | The Story | Your World | The Five | Special Report | Jesse Watters | Tucker Carlson | | | | | | | | | | | | | | |
| FOOD | 61 | 110* | 231* | Paid | Paid | Paid | Various | Various | Various | Various | Pioneer | Various | Pioneer | Various | Pioneer | Various | BeatPlay | Various | BeatPlay | Various | BeatPlay | Various | BeatPlay | Various | BeatPlay | Various | |
| HBO | 518 | 303 | 504 | (Thu) ♣ Moonst... | Movie | Various | Movie | (M) LastWk | Movie | Various | Movie | Movie | (Tue) :15 ♣ Cry... | (Th) Gilded | Various | Movie | Movie | Movie | Movie | Movie | Movie | Movie | Movie | Movie | Movie | Movie | Movie |
| HIST | 50 | 120* | 269* | Amazing | David J. Life | Various | 10Things | Various | Pawn | Pawn | Pawn | AdamEat | AdamEat | Various | Pawn | (Thu) Pawn Star... | Martels/ Pawn | Various | Martels/ Pawn | Various | Martels/ Pawn | Various | Martels/ Pawn | Various | Martels/ Pawn | Various | |
| ROOT | 37 | - | - | Paid | Paid | Paid | Various | Pawn | Pawn | Mountain | Rugby | Kraken | Various | Various | Kraken | Kraken | Basket. | MASL | FightSp | Kraken | Various | Various | Various | Various | Various | Hurd | |
| SHOW | 578 | 319 | 546 | Movie | Various | (Wed) :05 ♣ Sist... | Various | Movie | (Thu) ♣ Footloose | | | | | | | | | | | | | | | | | | |