

WEEKDAY DAYTIME

LG - La Grande BC - Baker City D - DISH DTV - DirecTV

MOVIES

SPORTS

| | LG | BC | D | DTV | 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 | | | |
|---------|--------------------------------------|-----------------------------|-----------------------|-----------------------------------|---|--|--|---|--|------------------------------------|---|---|--------------------|-----------------------|-------------------|---------------------|-----------------|---------------|---------------|---------------|---------------|---------------|---------------|---------------|--------------|------------|------------|
| ABC | 2 | 2 | 2 | 2 | Good Morning | | AM Northwest | The View | | | Kelly and Ryan | GMA3-Need to Know | General Hospital | Afternoon Live | Drew Barrymore | KATU News First | News | ABC | | | | | | | | | |
| PBS | 3 | 5 | | | Tiger Donkey | Elinor Clifford | Pink Sesame | Dinosaur Xavier | Varied Programs | | | | Go Luna Nature | Hero Odd | Arthur Peg | Ready Jet | Wild Kratt | | | | | | | | | | |
| CBS | 6 | 6 | 6 | 6 | CBS This Morning | Let's Make a Deal | The Price Is Right | Young & Restless | News Bold | The Talk | | | The 700 Club | Dr. Phil | KOIN 6 News at 4 | News | News | | | | | | | | | | |
| NBC | 8 | 8 | 8 | 8 | (7:00) Today | Today 3rd Hour | Today-Hoda | Blast Blast | News Varied | Days of our Lives | Varied Programs | Ellen DeGeneres | KGW News at 4 | News | News | | | | | | | | | | | | |
| CW | 9 | 9 | 32 | 32 | KOIN AM Extra | Tamron Hall | Dr. Phil | Steve Wilkos Show | Mauri | Jerry Springer | Steve Wilkos Show | King Friends | black-ish Last Man | Mom | Mom | | | | | | | | | | | | |
| FOX | 12 | 12 | 12 | 12 | Good Day Oregon | Good Day Or. | Rachael Ray | Kelly Clarkson | 12 O'Clock News | Wendy Williams | The People's Court | Jdg Judy Jdg Judy | 4 O'Clock News | 5 O'Clock News | | | | | | | | | | | | | |
| MNT | 13 | 13 | 49 | 49 | Good Day Oregon | Paid Prg. | Paid Prg. | Mike Mike | TMZ Live | Jerry | Protection | Divorce Divorce | Judge Mathis | Hot Hot | Jdg Judy Jdg Judy | FamFeud | FamFeud | | | | | | | | | | |
| UNIV | 22 | 22 | 16 | 47 | (7:00) ¡Despierta América! | | | | Varied Programs | Noticiero | Nosotr. | Rosa de Guadalupe | Mañana | Varied | Quererlo todo | El gordo y la flaca | Primer impacto | | | | | | | | | | |
| A&E | 52 | 55 | 118 | 265 | Parking | Parking | Parking | Parking | Varied Programs | | | | | | | | | | | | | | | | | | |
| AMC | 60 | 45 | 131 | 254 | Paid Prg. | Paid Prg. | Movie | Varied Programs | | | | | | | | | | | | | | | | | | | |
| ANP | 24 | 49 | 184 | 282 | Treehouse Masters | Tanked | | Pit Bulls and Parolees | | | | | Lone Star Law | Varied Programs | | | | | | | | | | | | | |
| BET | 4 | 72 | 124 | 392 | Parkers | Parkers | Parkers | Parkers | Martin Martin | Martin Martin | Martin Martin | Martin Martin | Prince Prince | Browns Browns | Movie | | | | | | | | | | | | |
| BRAVO | 54 | 65 | 129 | 237 | Below | Varied Programs | | | | | | | | | | | | | | | | | | | | | |
| CARTOON | 25 | 59 | 177 | 297 | Teen | Teen | Gumball Gumball | Craig Craig | Craig Craig | Teen Teen | Gumball Gumball | Gumball Gumball | Gumball Gumball | Craig Craig | Craig Craig | Craig Craig | Craig Craig | Total Total | | | | | | | | | |
| CNN | 68 | 44 | 200 | 202 | At This Hour-Kate | Ins. Politics | CNN Newsroom | CNN Newsroom | CNN Newsroom | CNN Newsroom | Jake Tapper | Jake Tapper | Situation Room | Erin Burnett OutFront | Anderson Cooper | | | | | | | | | | | | |
| COM | 77 | 56 | 107 | 249 | Futurama | Futurama | South Pk | South Pk | South Pk | South Pk | South Pk | South Pk | South Pk | South Pk | Varied Programs | | | | | | | | | | | | |
| COOK | 123 | 123 | 113 | 232 | Varied Programs | | | | | | | | | | | | | | | | | | | | | | |
| DISN | 26 | 48 | 173 | 290 | Puppy Puppy | Bluey Bluey | Ladybug Ladybug | Ladybug Bluey | Bluey Big City | Big City | Big City | Big City | Varied Programs | Jessie Jessie | Big City | Big City | Jessie Jessie | | | | | | | | | | |
| E! | 64 | 76 | 114 | 236 | The Kardashians | The Kardashians | The Kardashians | Jalen Question | NBA: The Jump | NFL Live | Around Pardon | SportsCenter | Varied Programs | | | | | | | | | | | | | | |
| ESPN | 33 | 27 | 140 | 206 | (7:00) First Take | SportsCenter | SportsCenter | Jalen Question | NBA: The Jump | NFL Live | Around Pardon | SportsCenter | Varied Programs | | | | | | | | | | | | | | |
| ESPN2 | 34 | 28 | 143 | 209 | (7:00) Get Up | First Take | Varied Programs | SportsCenter | Varied Programs | NBA: The Jump | Varied Programs | | | | | | | | | | | | | | | | |
| FNC | 66 | 25 | 205 | 360 | The Faulkner Focus | Outnumbered | America Reports With John Roberts | The Story | Neil Cavuto | The Five | Special Report | FOX News Primetime | Tucker Carlson | | | | | | | | | | | | | | |
| FOOD | 61 | 54 | 110 | 231 | Varied Programs | | | | | | | | | | | | | | | | | | | | | | |
| FREE | 32 | 33 | 180 | 311 | Melissa Melissa | The 700 Club | 700 Club | Middle Middle | Middle Middle | Middle Middle | Varied Programs | | | | | | | | | | | | | | | | |
| FS1 | 41 | 85 | 150 | 219 | Undisputed | The Herd with Colin Cowherd | | | | | | | Speak for Yourself | Fox Bet | Skip | Hub | Varied Programs | | | | | | | | | | |
| FX | 65 | 24 | 136 | 249 | (7:00) Movie | Varied | Mike | Mike | Varied Programs | | | | | | | | | | | | | | | | | | |
| FXX | 35 | 64 | 125 | 259 | Mom Mom | Mom | black-ish | Varied Programs | | | | | | | | | | | | | | | | | | | |
| GOLF | 88 | 88 | 401 | 218 | Varied Programs | Golf Today | | | | | | | | | | | | | | | | | | | | | |
| HALL | 87 | 87 | 185 | 312 | Gold Girls | Gold Girls | Gold Girls | Gold Girls | Family | Varied | Last Man | Last Man | Last Man | Last Man | Middle Middle | Middle Middle | Middle Middle | Middle Middle | Golf Central | Reba | Reba | Reba | Reba | Reba | Reba | | |
| HALLMM | 86 | 86 | 187 | 565 | M | Little House/Prairie | Little House/Prairie | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Good Witch | Good Witch | Good Witch | Good Witch | | | |
| | | | | | T | Little House/Prairie | Little House/Prairie | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Good Witch | Good Witch | Good Witch | Good Witch | |
| | | | | | W | Little House/Prairie | Little House/Prairie | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Good Witch | Good Witch | Good Witch | Good Witch |
| | | | | | Th | Little House/Prairie | Little House/Prairie | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Good Witch | Good Witch | Good Witch |
| F | Little House/Prairie | Little House/Prairie | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Murder, She Wrote | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | Monk | | | |
| HGTV | 62 | 57 | 112 | 229 | Varied Programs | | | | | | | | | | | | | | | | | | | | | | |
| HIST | 50 | 60 | 120 | 269 | Varied Programs | | | | | | | | | | | | | | | | | | | | | | |
| LIFE | 29 | 29 | 108 | 252 | Grey's Anatomy | Grey's Anatomy | The Closer | The Closer | Major Crimes | Major Crimes | Major Crimes | Major Crimes | Major Crimes | Major Crimes | Major Crimes | Major Crimes | Major Crimes | Major Crimes | Major Crimes | Major Crimes | Major Crimes | Major Crimes | Major Crimes | Major Crimes | | | |
| MSNBC | 71 | 67 | 209 | 356 | Craig Melvin Reports | Andrea Mitchell | MTP Daily | Katy Tur Reports | Ayman Mohyeldin | Deadline: White House | The Beat With | The ReidOut | All In With | | | | | | | | | | | | | | |
| NBCSN | 89 | 89 | 159 | 220 | SKY Sports News | | Varied Programs | | | | | | | | | | | | | | | | | | | | |
| NBCSNW | 426 | 37 | 424 | Rip City | Paid Prg. | Paid Prg. | Varied Programs | Mecum | Blazers | The Brian Noe Show | | | | | | | | | | | | | | | | | |
| NGEO | 55 | 78 | 197 | 276 | Paid Prg. | Paid Prg. | Varied Programs | | | | | | | | | | | | | | | | | | | | |
| NICK | 27 | 51 | 171 | 299 | Peppa | Blaze | PAW | Blaze | Blue | PAW | PAW | PAW | Sponge. | Sponge. | Sponge. | Sponge. | Sponge. | Sponge. | Sponge. | Sponge. | Sponge. | Sponge. | Sponge. | Loud | Loud | | |
| OWN | 40 | 41 | 189 | 279 | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | | |
| OXY | 30 | 69 | 127 | 251 | Varied Programs | | | | | | | | | | | | | | | | | | | | | | |
| PARMT | 42 | 43 | 241 | 241 | Bar Rescue | Bar Rescue | Bar Rescue | Bar Rescue | Bar Rescue | Bar Rescue | Bar Rescue | Bar Rescue | Bar Rescue | Bar Rescue | Mom | Mom | Mom | Mom | Mom | Mom | Mom | Mom | Mom | Mom | Mom | | |
| ROOT | 37 | 26 | 426 | 687 | Paid Prg. | Paid Prg. | Varied Programs | | | | | | Baseball | Varied Programs | | | | | | | | | | | | | |
| SYFY | 67 | 50 | 122 | 244 | Movie | Varied Programs | | | | | | | | | | | | | | | | | | | | | |
| TCM | 56 | 73 | 132 | 256 | M | (7:15) ** "Four for Texas" | *** "Ocean's Eleven" (1960) Frank Sinatra. | | | | *** "Some Came Running" (1958) Frank Sinatra. | *** "Rio Bravo" (1959) John Wayne, Dean Martin. | "Fast Company" | | | | | | | | | | | | | | |
| | | | | | T | (7:45) "Never Say Goodbye" | ** "Chain Lightning" | (:15) ** "One for the Book" (1947) | (:15) ** "Many Rivers to Cross" | ** "Escape Me Never" (1947, Drama) | "Two Weeks" | | | | | | | | | | | | | | | | |
| | | | | | W | "Love-A. Hardy" | "Out West With the Hardys" | "The Hardys Ride High" (1938) | "Andy Hardy-Spring Fever" | *** "Judge Hardy and Son" | ** "Andy Hardy Meets Debutante" | "Arsenic & Lace" | | | | | | | | | | | | | | | |
| | | | | | Th | *** "Till the Clouds Roll By" (1946) | (:15) *** "The Pirate" (1948, Musical) | *** "Summer Stock" (1950) Gene Kelly | *** "A Star Is Born" (1954) Judy Garland, James Mason. | "Riot-Juvenile" | | | | | | | | | | | | | | | | | |
| F | Faithless (:45) ** "Madame Du Barry" | (:15) "The Matrimonial Bed" | ** "Play Girl" (1940) | *** "Camille" (1936) Greta Garbo. | *** "The Blue Angel" (1930, Drama) | "Million Dollar" | | | | | | | | | | | | | | | | | | | | | |
| TDC | 51 | 42 | 182 | 278 | Varied Programs | | | | | | | | | | | | | | | | | | | | | | |
| TLC | 49 | 62 | 183 | 280 | Varied Programs | | | | | | | | | | | | | | | | | | | | | | |
| TNT | 57 | 52 | 138 | 245 | Charmed | Charmed | Supernatural | Supernatural | Movie | Varied Programs | (:15) Movie | Varied Programs | Basket | Varied Programs | | | | | | | | | | | | | |
| TRAV | 53 | 38 | 196 | 277 | Varied Programs | | | | | | | | | | | | | | | | | | | | | | |
| TRUTV | 73 | 75 | 242 | 246 | Ad. Ruins | Ad. Ruins | Jokers | Jokers | Carbon | Carbon | Carbon | Carbon | Dumbest | Varied | Dumbest | Varied | Dumbest | Varied | Dumbest | Varied | Jokes | Jokes | Jokes | Jokes | | | |
| TVL | 75 | 74 | 106 | 304 | Paid Prg. | Paid Prg. | M*A*S*H | M*A*S*H | M*A*S*H | M*A*S*H | Bonanza | Gunsmoke | Gunsmoke | Gunsmoke | Gunsmoke | Gunsmoke | Gunsmoke | Gunsmoke | Gunsmoke | Gunsmoke | Andy G. | Andy G. | Andy G. | Andy G. | | | |
| USA | 58 | 39 | 105 | 242 | Varied Programs | | | | | | | | | | | | | | | | | | | | | | |
| WE | 118 | 118 | 128 | 260 | Paid Prg. | Paid Prg. | NeuroQ | Varied | Law Order: CI | Law Order: CI | Law Order: CI | Law Order: CI | Law Order: CI | Law Order: CI | Law Order: CI | Law Order: CI | Law Order: CI | Law Order: CI | Law Order: CI | Law Order: CI | Law Order: CI | Law Order: CI | Law Order: CI | Law Order: CI | | | |
| WEATH | 14 | 19 | 214 | 367 | Weather LIVE | Weather LIVE | Weather LIVE | Weather LIVE | Weather LIVE | Weather LIVE | Weather LIVE | Weather LIVE | Weather LIVE | Weather LIVE | Weather LIVE | Weather LIVE | Weather LIVE | Weather LIVE | Weather LIVE | Weather LIVE | Weather LIVE | Weather LIVE | Weather LIVE | Weather LIVE | Weather LIVE | | |
| WTBS | 59 | 40 | 139 | 247 | Broke Girl | Broke Girl | Broke Girl | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | | | |
| HBO | 518 | 518 | 303 | 504 | M | Last (:40) ** "Drillbit Taylor" (2008) Premiere. | Flight of the Conchords | "Personal History David Copperfield" | (:15) ** "Midway" (2019) Ed Skrein. | (:15) ** "This Is 40" (2012) | | | | | | | | | | | | | | | | | |
| | | | | | T | Black (:25) *** "The Family Man" (2000) | ** "Rat Race" (2001) Rowan Atkinson. | (:25) ** "My Baby's Daddy" | (:15) *** "The Dark Knight Rises" (2012, Action) | (:40) *** "Dunkirk", War | | | | | | | | | | | | | | | | | |
| | | | | | W | (7:35) "Abandon" | Under the Grapefruit Tree: CC (:25) *** "War Horse" (2011) Emily Watson. | (:25) *** "Dreamgirls" (2006) | (:10) *** "The Aviator" (2004) Leonardo DiCaprio. | | | | | | | | | | | | | | | | | | |
| | | | | | Th | It Takes 2 (:45) *** "Lars and the Real Girl" | (:35) The Out List (:40) ** "Dante's Peak" (1997) | *** "Ford v Ferrari" (2019) Matt Damon. | (:05) ** "Dark Shadows" (2012) | | | | | | | | | | | | | | | | | | |
| MAX | 531 | 531 | 516 | F | Lucky (:20) *** "Sneakers" (1992, Suspense)</ | | | | | | | | | | | | | | | | | | | | | | |