

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 | | Xavier Sesame | | Dinosaur | | Varied Programs | | | | Pink Arthur | | Odd Wild Kratt | | Varied Programs | | | | | |
| CBS | 6 | 6 | 6 | 6 | (7:00) CBS Mornings | | 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 Paid Prog. | | Days of our Lives | | Blast Varied | | Ellen DeGeneres | | KGW News at 4 | | News | News | | |
| CW | 9 | 9 | 32 | 32 | KOIN AM Extra | | Tamron Hall | | Maury | | Steve Wilkos Show | | Friends Friends | | King King | | Mom Mom | | Friends Friends | | Last Man Last Man | | Goldbergs Goldbergs | | | |
| FOX | 12 | 12 | 12 | 12 | Good Day Oregon | | Good Day Oregon | | Rachael Ray | | Kelly Clarkson | | 12 O'Clock News | | Wendy Williams | | The People's Court | | Jdg Judy Jdg Judy | | News Varied | | 5 O'Clock News | | | |
| MNT | 13 | 13 | 49 | 49 | Good Day Oregon | | Paid Prog. Varied | | Nick Cannon | | The Real | | Relative Relative | | Divorce Divorce | | Judge Mathis | | Hot Bench Hot Bench | | Jdg Judy Jdg Judy | | FamFeud You Bet | | | |
| UNIV | 22 | 22 | 16 | 47 | (7:00) Despierta América! | | | | Como dice el dicho | | Noticiero | | Nosotr. | | Hoy | | Amor eterno | | La madrastra | | El gordo y la flaca | | Primer impacto | | | |
| A&E | 52 | 55 | 118 | 265 | Parking | Parking | Parking | Parking | Varied Programs | | | | | | | | First 48 | Varied | First 48 | Varied | First 48 | Varied Programs | | | | |
| AMC | 60 | 45 | 131 | 254 | Varied Programs | | Movie | | Varied Programs | | | | | | | | | | | | | | | | | |
| ANP | 24 | 49 | 184 | 282 | Treehouse Masters | | Tanked | | Pit Bulls-Parole | | Pit Bulls-Parole | | Lone Star Law | | Varied Programs | | | | | | | | | | | |
| BET | 4 | 72 | 124 | 392 | Lv Single | Lv Single | black-ish | black-ish | Parkers | Parkers | Parkers | Parkers | Martin | Martin | Martin | Martin | Martin | Martin | Movie | | | | Varied Programs | | | |
| BRAVO | 54 | 65 | 129 | 237 | Varied Programs | | | | | | | | | | | | | | | | | | | | | |
| CARTOON | 25 | 59 | 177 | 297 | Pocoyo | Pocoyo | Thomas | Thomas | Bing | (:20) Bing | Bing | Pocoyo | Mush | Mush | Craig | Craig | Gumball | Gumball | Gumball | Gumball | Varied Programs | | | | | |
| CBSN | 410 | 410 | 158 | 221 | Varied Programs | | Jim Rome | Varied Programs | | | | | | | | | | | Schein | Varied Programs | | | | | | |
| CNN | 68 | 44 | 200 | 202 | At This Hour-Kate | | Ins. Politics | | CNN Newsroom | | CNN Newsroom | | CNN Newsroom | | Jake Tapper | | Jake Tapper | | Situation Room | | Erin Burnett OutFront | | Anderson Cooper 360 | | | |
| COM | 77 | 56 | 107 | 249 | Futurama | Futurama | South Pk | South Pk | South Pk | South Pk | South Pk | Varied Programs | South Pk | Varied | South Pk | South Pk | South Pk | South Pk | South Pk | South Pk | Seinfeld | Seinfeld | Seinfeld | Seinfeld | | |
| COOK | 123 | 123 | 113 | 232 | Varied Programs | | | | | | | | | | | | | | | | | | | | | |
| DISN | 26 | 48 | 173 | 290 | Puppy | Varied | Spidey | Bluey | Bluey | Puppy | Bluey | Bluey | Ladybug | Ladybug | Ladybug | Big City | Ghost | Big City | Varied Programs | | Big City | Big City | Bunk'd | Bunk'd | | |
| E! | 64 | 76 | 114 | 236 | Movie | Varied Programs | | | | | | (10:55) Daily Pop | Varied Programs | | | | | | | | | | | | | |
| ESPN | 33 | 27 | 140 | 206 | (7:00) First Take | | SportsCenter | | SportsCenter | | This Just In | | NBA Today | | NFL Live | | Around Pardon | SportsCenter | | | Varied Programs | | | | | |
| ESPN2 | 34 | 28 | 143 | 209 | (7:00) Get Up | | First Take | | SportsCenter | | This Just In | | Jalen Varied | | NFL Live | Varied | Around Pardon | SportsCenter | | | 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 | 331 | Varied Programs | | | | | | | | | | | | | | | | | | | | | |
| FREE | 32 | 33 | 180 | 311 | (7:00) Movie | | 700 Club | Varied | 700 Club | Varied | Movie | Varied Programs | | | | | | | | | (:10) Movie | | Varied Programs | | | |
| FS1 | 41 | 85 | 150 | 219 | Undisputed | | The Herd with Colin Cowherd | | 2021 FIFA Arab Cup | | Varied Programs | | Speak for Yourself | | Varied Programs | | | | Basketball | | Varied Programs | | Basketball | | | |
| FX | 65 | 24 | 136 | 249 | Mom | Mom | Varied Programs | | | | | | King/Hill | King/Hill | King/Hill | King/Hill | King/Hill | King/Hill | Futurama | Futurama | Futurama | Futurama | Movie | Varied | | |
| FX | 35 | 64 | 125 | 259 | (7:00) Movie | | Varied Programs | | | | | | King/Hill | King/Hill | King/Hill | King/Hill | King/Hill | King/Hill | Futurama | Futurama | Futurama | Futurama | Simpsons | Simpsons | | |
| GOLF | 88 | 88 | 401 | 218 | Varied Programs | | Golf Today | | Golf Today | | Varied Programs | | Golf Central | | Varied Programs | | Golf Central | | Varied Programs | | | | | | | |
| HALL | 87 | 87 | 185 | 312 | Movie | | Movie | | Movie | | Movie | | Movie | | Movie | | Movie | | Movie | | Movie | | | | | |
| HALLMM | 86 | 86 | 187 | 565 | M "A Glenbrooke Christmas" (2020, Drama) | T "Romance at Reindeer Lodge" (2017) | W "Memories of Christmas" (2018, Drama) | Th "Christmas at Grand Valley" (2018) | F "Angels and Ornaments" (2014, Romance) | "Christmas at Cartwright's" (2014, Drama) | "Time for Us to Come Home for Christmas" (2019) | "Christmas Dance" (2012) Andrew McCarthy. | "Christmas Encore" (2017) Maggie Lawson. | "A Veteran's Christmas" (2018) Sean Faris | "A Homecoming for the Holidays" (2019) | "Project Christmas Wish" (2020, Drama) | "A Blue Ridge Mountain Christmas" (2019) | "Family for Christmas" (2015) Tyron Leitso | "Macomber's A Mrs. Miracle Christmas" | "The Christmas Train" (2017, Drama) | "Journey Back to Christmas" (2016, Drama) | "Meet Me at Christmas" (2020) Mark Deklin | "Christmas Wonderland" (2018, Romance) | "The Christmas Bow" (2020) Lucia Micarelli. | "Christmas in Evergreen" (2017, Romance) | "A Christmas Melody" (2015) Lacey Chabert. |
| HGTV | 62 | 57 | 112 | 229 | Varied Programs | | | | | | | | | | | | | | | | | | | | | |
| HIST | 50 | 60 | 120 | 269 | Varied Programs | | | | | | | | | | | | | | | | | | | | | |
| LIFE | 29 | 29 | 108 | 252 | Movie | | Movie | | Movie | | Movie | | Movie | | Movie | | Movie | | Movie | | Movie | | | | | |
| MSNBC | 71 | 67 | 209 | 356 | Craig Melvin Reports | | Andrea Mitchell | | MTP Daily | | Katy Tur Reports | | Hallie Jackson | | Deadline: White House | | The Beat With | | The ReidOut | | All In With | | | | | |
| NBCSN | 89 | 89 | 159 | 220 | SKY Sports News | | Varied Programs | | | | | | | | | | | | | | | | | | | |
| NGEO | 55 | 78 | 197 | 276 | Paid Prog. Paid Prog. | | Varied Programs | | | | | | | | | | | | | | Life Below Zero | Life Below Zero | Life Below Zero | | | |
| NICK | 27 | 51 | 171 | 299 | PAW PAW | Peppa Pig | Peppa Pig | Bubble | Blaze | Blaze | PAW | Varied | PAW | PAW | PAW | Sponge. | Varied Programs | | | | Sponge. | Loud | Loud | | | |
| OWN | 40 | 41 | 189 | 279 | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Dr. Phil | Court | Court | Court | Court | Court | Court | Court | Court | Varied Programs | | | | | |
| OXY | 30 | 69 | 127 | 251 | Varied Programs | | | | | | | | | | | | | | | | | | Homicide Hol | | | |
| 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 | Bar Rescue | Mom | Mom | Mom | Mom | Mom | Two Men | Two Men | Two Men | Two Men | | |
| ROOT | 37 | 26 | 426 | 687 | Varied | Paid Prog. | Varied Programs | | | | | | | | | | | | | | | | Kraken | | | |
| SYFY | 67 | 50 | 122 | 244 | Movie | | Varied Programs | | | | | | | | | | | | | | | | | | | |
| TCM | 56 | 73 | 132 | 256 | M (7:30) "The Great Sinner" (1949) | T (15) "Heli to Eternity" (1960) Jeffrey Hunter. | W (7:30) "That Girl From Paris" (1937) | Th Tarzan "New Adv-Tarzn" (:45) ** "Tarzan Escapes" (1936) | F Flame-Arr. ** "Knights of the Round Table" | "The Magnificent Ambersons" (:15) *** "Dark Passage" (1947, Mystery) | ** "December 7th" (1943) | ** "Blues in the Night" (1962) | ** "All Night Long" (1962) | ** "Swing Cat" (:15) ** "Pete Kelly's Blues" (1955) | ** "Camelot" (1967) Richard Harris, Vanessa Redgrave. | (:15) *** "Caged" (1950) Eleanor Parker. | ** "Johnny Belinda" (1948, Drama) | ** "They Were Expendable" (1945, War) | ** "Macomber's A Mrs. Miracle Christmas" | ** "The Christmas Train" (2017, Drama) | ** "Journey Back to Christmas" (2016, Drama) | ** "Meet Me at Christmas" (2020) Mark Deklin | ** "Christmas Wonderland" (2018, Romance) | ** "The Christmas Bow" (2020) Lucia Micarelli. | ** "Christmas in Evergreen" (2017, Romance) | ** "A Christmas Melody" (2015) Lacey Chabert. |
| TDC | 51 | 42 | 182 | 278 | Varied Programs | | | | | | | | | | | | | | | | | | | | | |
| TLC | 49 | 62 | 183 | 280 | Varied Programs | | | | | | | | | | | | | | | | | | | | | |
| TNT | 57 | 52 | 138 | 245 | Charmed | Charmed | Supernatural | Supernat. | Varied Programs | | | | | | | | | | | | | | | | | |
| TRAV | 53 | 38 | 196 | 277 | Varied Programs | | | | | | | | | | | | | | | | | | | | | |
| TRUTV | 73 | 75 | 242 | 246 | Ad. Ruins | Ad. Ruins | Jokers | Jokers | Carbonaro | Carbonaro | Carbonaro | Carbonaro | World's Dumbest ... | World's Dumbest ... | World's Dumbest ... | World's Dumbest ... | World's Dumbest ... | World's Dumbest ... | World's Dumbest ... | World's Dumbest ... | Jokes | Jokes | Jokes | Jokes | | |
| TVL | 75 | 74 | 106 | 304 | Paid Prog. Paid Prog. | 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 | Gunsmoke | Andy G. | Andy G. | Andy G. | Andy G. | | |
| USA | 58 | 39 | 105 | 242 | Varied Programs | | | | | | | | | | | | | | | | | | | | | |
| WE | 118 | 118 | 128 | 260 | Paid Prog. Varied Programs | | Oxygen | Law & Order | Law & Order | Law & Order | Law & Order | Law & Order | Law & Order | Law & Order | Law & Order | Law & Order | Law & Order | Law & Order | Law & Order | Law & Order | Criminal Minds | Criminal Minds | Criminal Minds | | | |
| WEATH | 14 | 19 | 214 | 362 | AMHQ | Weather Underground | Weather Underground | Weather Underground | Weather Underground | Weather Underground | Weather Underground | Weather Underground | Weather Underground | Weather Underground | Weather Underground | Weather Underground | Weather Underground | Weather Underground | Weather Underground | Weather Underground | Weather Underground | Weather Underground | Weather Underground | Weather Underground | | |
| WTBS | 59 | 40 | 139 | 247 | George | George | Broke Girl | Broke Girl | Broke Girl | Broke Girl | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | Friends | | |
| HBO | 518 | 518 | 303 | 504 | M (7:05) ** "Pulse" (2006) Kristen Bell. | T Diego Mar "The League of Extraordinary Gentlemen" (:20) ** "The New Mutants" | W "A Mighty Wind" (8:55) *** "Jurassic Park" (1993) | Th (7:20) "Half Brothers" REAL Sports ** "Hitchcock" (2012) | F (:12) *** "The Way, Way Back" (2013) | M (7:23) "Phantom" (:04) ** "Norbit" (2007) Eddie Murphy. | T Doubt ** "Grand Canyon" (1991) Kevin Kline | W "Revenge of the Nerds IV: Love" (:40) *** "American Graffiti" (1973) | Th Get a Job (:43) *** "Drumline" (2002) Nick Cannon. | F (7:22) "10 Years" (:03) "For a Good Time, Call ..." | M Scary 5 (:25) "Big Stone Gap" (2014) | T (7:00) "Waves" (2019, Drama) | M "Close Encounters" (:45) *** "Aliens" (1986) Sigourney Weaver. | Th *** "The Descendants" (2011) | F (7:30) "Come Play" (:10) "North Hollywood" (2021) | M (7:25) "The Father" (:05) ** "Grown Ups 2" (2013) Kevin James | T (7:47) ** "Miami Vice" (2006) Gong Li | W (7:58) ** "The Edge" (1997) | F (7:59) *** "Cinderella" (2015) Lily James | Th (7:54) *** "Elf" (2003) | M Kindrgartn (:40) *** "Blue Jasmine" (2013, Drama) | T Babe Andy "Under the Volcano" (2021) |
| MAX | 531 | 531 | 311 | 516 | M (7:05) ** "Pulse" (2006) Kristen Bell. | T Diego Mar "The League of Extraordinary Gentlemen" (:20) ** "The New Mutants" | W "A Mighty Wind" (8:55) *** "Jurassic Park" (1993) | Th (7:20) "Half Brothers" REAL Sports ** "Hitchcock" (2012) | F (:12) *** "The Way, Way Back" (2013) | M (7:23) "Phantom" (:04) ** "Norbit" (2007) Eddie Murphy. | T Doubt ** "Grand Canyon" (1991) Kevin Kline | W "Revenge of the Nerds IV: Love" (:40) *** "American Graffiti" (1973) | Th Get a Job (:43) *** "Drumline" (2002) Nick Cannon. | F (7:22) "10 Years" (:03) "For a Good Time, Call ..." | M Scary 5 (:25) "Big Stone Gap" (2014) | T (7:00) "Waves" (2019, Drama) | M "Close Encounters" (:45) *** "Aliens" (1986) Sigourney Weaver. | Th *** "The Descendants" (2011) | F (7:30) "Come Play" (:10) "North Hollywood" (2021) | M (7:25) "The Father" (:05) ** "Grown Ups 2" (2013) Kevin James | T (7:47) ** "Miami Vice" (2006) Gong Li | W (7:58) ** "The Edge" (1997) | F (7:59) *** "Cinderella" (2015) Lily James | Th (7:54) *** "Elf" (2003) | M Kindrgartn (:40) *** "Blue Jasmine" (2013, Drama) | T Babe Andy "Under the Volcano" (2021) |
| SHOW | 578 | 578 | 319 | 546 | M (7:05) ** "Pulse" (2006) Kristen Bell. | T Diego Mar "The League of Extraordinary Gentlemen" (:20) ** "The New Mutants" | W "A Mighty Wind" (8:55) *** "Jurassic Park" (1993) | Th (7:20) "Half Brothers" REAL Sports ** "Hitchcock" (2012) | F (:12) *** "The Way, Way Back" (2013) | M (7:23) "Phantom" (:04) ** "Norbit" (2007) Eddie Murphy. | T Doubt ** "Grand Canyon" (1991) Kevin Kline | W "Revenge of the Nerds IV: Love" (:40) *** "American Graffiti" (1973) | Th Get a Job (:43) *** "Drumline" (2002) Nick Cannon. | F (7:22) "10 Years" (:03) "For a Good Time, Call ..." | M Scary 5 (:25) "Big Stone Gap" (2014) | T (7:00) "Waves" (2 | | | | | | | | | | |