

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 Varied | | 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 | | 4 O'Clock News | | 5 O'Clock News | |
| MNT | 13 | 13 | 49 | 49 | Good Day Oregon | | Paid Prog. Medicare | | 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 | | | | El gordo y la flaca | | Primer impacto | |
| A&E | 52 | 55 | 118 | 265 | Parking Parking | | Parking Parking | | Varied Programs | | | | | | | | | | First 48 | | Varied Programs | | First 48 | Varied |
| AMC | 60 | 45 | 131 | 254 | Paid Prog. Paid Prog. | | Stooges (:45) Movie | | | | Varied Programs | | (:15) Movie | | | | Varied | | Movie | | Varied Programs | | | Movie |
| ANP | 24 | 49 | 184 | 282 | Treehouse Masters | | Tanked | | Pit Bulls-Parole | | Varied Programs | | 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 | | | | | | | | | | | | | | | | | | | Varied Programs |
| CARTOON | 25 | 59 | 177 | 297 | Pocoyo Pocoyo | | Thomas Thomas | | Bing (:20) Bing | | Pocoyo Mush | | Craig Craig | | Craig Craig | | Gumball Gumball | | Gumball Gumball | | Bears Craig | | Craig Craig | Craig |
| CBSN | 410 | 410 | 158 | 221 | Varied Programs | | The Jim Rome Show | | Varied Programs | | | | Tiki & Tierney | | Varied Programs | | | | Schein | | Varied Programs | | | |
| CNN | 68 | 44 | 200 | 202 | At This Hour-Kate | | Ins. Politics | | CNN Newsroom | | CNN Newsroom | | Jake Tapper | | Jake Tapper | | Jake Tapper | | Situation Room | | Erin Burnett OutFront | | Anderson Cooper 360 | |
| COM | 77 | 56 | 107 | 249 | Cleveland Cleveland | | South Pk South Pk | | South Pk South Pk | | South Pk Varied | | South Pk South Pk | | South Pk South Pk | | South Pk South Pk | | Seinfeld Seinfeld | | Seinfeld Seinfeld | | The Office The Office | |
| COOK | 123 | 123 | 113 | 232 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| DISN | 26 | 48 | 173 | 290 | Bluey Mickey | | Spidey Bluey | | Bluey Puppy | | Bluey Bluey | | Ladybug Ladybug | | Big City Ghost | | Amphibia Big City | | Varied Programs | | Big City Big City | | Bunk'd Bunk'd | |
| E! | 64 | 76 | 114 | 236 | The Kardashians | | Varied Programs | | Daily Pop | | Varied Programs | | | | | | | | | | | | | Mod Fam |
| ESPN | 33 | 27 | 140 | 206 | (7:00) First Take | | SportsCenter | | SportCtr Varied | | This Just In | | NBA Today | | NFL Live | | Around Pardon | | (2:57) SportsCenter | | Varied Programs | | | Varied Programs |
| ESPN2 | 34 | 28 | 143 | 209 | (7:00) Get Up | | First Take | | SportsCenter | | This Just In | | Jalen Football | | NFL Live | | Varied Programs | | | | Basketball 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 | black-ish black-ish | | The 700 Club | | 700 Club Middle | | Middle Middle | | Middle Middle | | Movie | | Varied Programs | | | | Movie | | Varied Programs | |
| FS1 | 41 | 85 | 150 | 219 | Undisputed | | The Herd with Colin Cowherd | | | | | | Speak for Yourself | | Varied Programs | | | | | | | | | |
| FX | 65 | 24 | 136 | 249 | Mom Mom | | Varied Programs | | | | | | | | | | | | | | | | | |
| 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 | GOLF Varied | | Golf Varied Programs | | Golf Today | | | | Golf Central | | Varied Programs | | Golf Central | | Varied Programs | | | | | |
| HALL | 87 | 87 | 185 | 312 | Reba Reba | | Gold Girls Gold Girls | | Gold Girls Gold Girls | | Gold Girls Gold Girls | | Movie | | | | | | | | | | | Movie |
| HALLMM | 86 | 86 | 187 | 565 | M Murder, She Wrote | | Murder, She Wrote | | Murder, She Wrote | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Monk | | Monk | | Monk | | Martha's Vineyard | |
| | | | | | T Murder, She Wrote | | Murder, She Wrote | | Murder, She Wrote | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Monk | | Monk | | Monk | | Perfect Mysteries | |
| | | | | | W Murder, She Wrote | | Murder, She Wrote | | Murder, She Wrote | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Monk | | Monk | | Monk | | "Signed, Sealed" | |
| | | | | | Th Murder, She Wrote | | Murder, She Wrote | | Murder, She Wrote | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Monk | | Monk | | Monk | | "Love in Paradise" | |
| | | | | | F Murder, She Wrote | | Murder, She Wrote | | Murder, She Wrote | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Monk Murder. | | Monk | | Monk | | "Candles on Bay" | |
| 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 | | Grey's Anatomy | | The Closer | | The Closer | | The Closer | | Rizzoli & Isles | | Rizzoli & Isles | | Rizzoli & Isles | | Castle | |
| 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 | SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022 | | SPORTS ARE HEADING TO USA NETWORK BEGINNING JANUARY 1, 2022 | | | | | | | | | | | | | | | | | |
| 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 | Peppa Pig PAW | | Blaze Blaze | | Bubble Bubble | | PAW PAW | | PAW PAW | | Blaze PAW | | PAW PAW | | Sponge. Sponge. | | Sponge. Sponge. | | Sponge. Sponge. | Loud Loud |
| OWN | 40 | 41 | 189 | 279 | Dr. Phil | | Dr. Phil | | Dr. Phil | | Dr. Phil | | Dr. Phil | | Court Court | | Court Court | | Court Court | | Court Court | | 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 | | Mom Mom | | Mom Mom | | Mom Mom | | Two Men Two Men | |
| ROOT | 37 | 26 | 426 | 687 | Varied | | Paid Prog. Varied Programs | | | | | | Footvolley | | Varied Programs | | | | | | | | | |
| SYFY | 67 | 50 | 122 | 244 | Movie | | Varied Programs | | | | | | | | | | | | | | | | Movie | Varied Programs |
| TCM | 56 | 73 | 132 | 256 | M "Our-Maidens" *** "Mata Hari" (1931) | | *** "After Tonight" (:45) *** "Flesh" (1932) Wallace Beery. | | *** "The Night Is Young" *** "The Merry Widow" (1952) | | *** "Mandalay" *** "Phidelpia" *** "The Great Escape" *** "In Cold Blood" *** "Hell Drivers" (1957) | | T "Two-Faced Woman" *** "Our Bette's" (1933) "Bed of Roses" (:45) *** "Topper" (1937) Cary Grant. | | *** "Topper Takes a Trip" (:15) *** "Merrily We Live" (1938) | | | | | | | | | |
| | | | | | W (:15) ** "The Big City" (:45) *** "The Emperor's Candlesticks" (1937, Drama) Paul Muni. | | *** "The Great Ziegfeld" (1936) William Powell, Lise Rainer. | | | | | | Th (:15) ** "Kiss Me Again" (:45) *** "Because You're Mine" (:15) ** "For the First Time" (1959) | | *** "Grounds for Marriage" (:45) *** "Maytime" (1937) Jeanette MacDonald. | | | | | | | | | |
| | | | | | F "Never a Dull" (:15) ** "Night Unto Night" (:45) *** "Holiday Affair" (:15) ** "Four Wives" (1939) | | *** "Mother's Cry" (1930) ** "Washington Masquerade" | | | | | | | | | | | | | | | | | |
| TDC | 51 | 42 | 182 | 278 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| TLC | 49 | 62 | 183 | 280 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| TNT | 57 | 52 | 138 | 245 | Charmed | | Charmed | | Supernatural | | Supernatural | | Supernatural | | Supernatural | | Supernatural | | Supernatural | | 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 ... | | 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 | | Andy G. Andy G. | |
| USA | 58 | 39 | 105 | 242 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| WE | 118 | 118 | 128 | 260 | Paid Prog. Paid Prog. | | Oxygen | | 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 | | Storm Center | | Storm Center | | Storm Center | | Storm Center | | Storm Center | Varied Programs |
| 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 | | Sheldon Sheldon | |
| HBO | 518 | 518 | 303 | 504 | M "Kill Chain: Cyber War" (:20) ** "Darkness Falls" (10:46) ** "Cry Wolf" (2005) | | "Tyler Perry's Why Did I Get Married Too?" (:23) *** "Transformers" (2007) Shia LaBeouf. | | (4:48) ** "Taken 2" | | T Transportr (:45) ** "The Scorpion King" (2002) | | (:20) ** "Greenland" (2020, Action) | | (:20) ** "The Peacemaker" (1997, Action) | | (:25) "The Fast and the Furious" (:15) ** "Wonder Woman 1984" (2020) | | | | | | | |
| | | | | | W (:7:05) "Prime" (2005) (8:52) ** "Starter for 10" *** "13 Going on 30" (2004) | | (:10) *** "The Last Five Years" (2014) | | (1:50) ** "Joyful Noise" (2012) | | Th Tenet ** "The Mummy" (1999) Rachel Weisz (:35) ** "The Hobbit: An Unexpected Journey" (2012) | | Hard | | (:15) ** "What Women Want" (2000) Mel Gibson. | | Gemstones Gemstone | | | | | | | |
| | | | | | F (7:00) "Pitch Perfect" (8:55) ** "27 Dresses" (2008) | | (10:50) "Anger Management" (:35) *** "Blades of Glory" (:10) ** "Real Steel" (2011) Hugh Jackman. | | (:20) *** "Transformers" (:09) ** "Just Before I Go" (:39) ** "Immigration Tango" (:12) ** "One More Time" (2015) | | (12:50) ** "Hard Rain" (1998) (:28) *** "Matchstick Men" (2003) | | (:26) ** "Man on a Ledger" (7:55) *** "Swingers" (1996) (:32) ** "The Purge" (2013) (10:58) "Beverly Hills Cop" (1984) (:45) ** "Swimfan" (2002) | | (:12) ** "Identity Thief" (2013, Comedy) (:05) *** "Presumed Innocent" (1990) | | | | | | | | | |
| MAX | 531 | 531 | 311 | 516 | W (:15) "The Trouble With Spies" (:45) ** "Stand Up Guys" (2012) Al Pacino. (:20) *** "Risky Business" ** "The Secret Life of Bees" (2008) | | | | | | | | | | | | | | | | | | | |