## 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 | | Varied Programs | | Ellen DeGeneres | | KGW News at 4 | | News | NBC |
| CW | 9 | 9 | 32 | 32 | KOIN AM Extra | | Everyday Northwest | | Tamron Hall | | Steve Wilkos Show | | Maury | | 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 | Varied | 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. | Paid Prog. | 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! | | | | | | Dicho | Varied | Noticiero | Nosotr. | Hoy | | Amor | Varied Programs | | | 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 Programs | | |
| AMC | 60 | 45 | 131 | 254 | Paid Prog. | Paid Prog. | Movie | Varied Programs | | | | | | | | | | | | | | | Movie | Varied |
| 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 | Payne | Payne | Payne | Payne | Parkers | Parkers | Parkers | Parkers | Martin | Martin | Movie | Varied Programs | | | | |
| BRAVO | 54 | 65 | 129 | 237 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| CARTOON | 25 | 59 | 177 | 297 | Love M | Caillou | Thomas | Thomas | Mush | Care | Varied Programs | | | | | | | | | | Bears | Varied Programs | | |
| CBSSN | 410 | 410 | 158 | 221 | Varied Programs | | The Jim Rome Show | | Varied Programs | | | | Maggie and Perloff | | | | 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 | Cleveland | Cleveland | South Pk | South Pk | South Pk | South Pk | South Pk | Varied | South Pk | South Pk | Varied Programs | | | | 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 | Alice's | Bluey | Bluey | Ladybug | Ladybug | Big City | Ghost | Amphibia | Big City | Varied Programs | | Big City | Big City | Raven | Raven |
| E! | 64 | 76 | 114 | 236 | Varied Programs | | | | | | 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 | | Basketball | Varied Programs | | |
| ESPN2 | 34 | 28 | 143 | 209 | (7:00) Get Up | | First Take | | | | SportsCenter | | This Just In | | Jalen | This Just | NFL Live | Varied | Daily Wager | | College Basketball | | | |
| FNC | 66 | 25 | 205 | 360 | The Faulkner Focus | | Outnumbered | | America Reports With John Roberts | | | | The Story | | Neil Cavuto | | The Five | | Special Report | | Jesse Watters | | Tucker Carlson | |
| FOOD | 61 | 54 | 110 | 231 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| FREE | 32 | 33 | 180 | 311 | black-ish | black-ish | The 700 Club | | 700 Club | Movie | Varied Programs | | | Movie | Varied Programs | | | | Movie | Varied Programs | | | | The Office |
| FS1 | 41 | 85 | 150 | 219 | First Things First | | The Herd with Colin Cowherd | | | | | | Speak for Yourself | | | | Herd | | Hub | Varied | Basketball | Varied Programs | | |
| FX | 65 | 24 | 136 | 249 | Mom | Varied Programs | | | | | | Movie | Varied Programs | | | | Movie | | Varied Programs | | | | | |
| FXX | 35 | 64 | 125 | 259 | (7:00) Movie | | Varied Programs | | | | | | Cleveland | Cleveland | Cleveland | Cleveland | King/Hill | King/Hill | King/Hill | King/Hill | King/Hill | King/Hill | Simpsons | Simpsons |
| GOLF | 88 | 88 | 401 | 218 | Varied Programs | | Golf Today | | 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 | | | | 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 | | Aurora Teagarden | |
| | | | | | W Murder, She Wrote | | Murder, She Wrote | | Murder, She Wrote | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Monk | | Monk | | Monk | | Matchmaker | |
| | | | | | Th Murder, She Wrote | | Murder, She Wrote | | Murder, She Wrote | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Monk | | Monk | | Monk | | "Signed, Sealed" | |
| | | | | | F Murder, She Wrote | | Murder, She Wrote | | Murder, She Wrote | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Monk (Part 1 of 2) | | Monk (Part 2 of 2) | | Monk | | "Midway to Love" | |
| 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 | | Castle | | Castle | | Castle | | Castle | |
| MAGN | 81 | 81 | 111 | 230 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| 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 | |
| NGEO | 55 | 78 | 197 | 276 | Paid Prog. | Paid Prog. | Varied Programs | | | | | | | | | | | | | | | | | |
| NICK | 27 | 51 | 171 | 299 | PAW | PAW | PAW | PAW | PAW | PAW | PAW | PAW | PAW | PAW | PAW | PAW | Sponge. | Varied | Movie | | Varied Programs | | | |
| OWN | 40 | 41 | 189 | 279 | Dr. Phil | | Dr. Phil | | Dr. Phil | | Dr. Phil | | Dr. Phil | | Court | Court | Court | Court | Court | Court | 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 | | Mom | Mom | Mom | Mom | Two Men | Two Men | Two Men | Two Men |
| ROOT | 37 | 26 | 426 | 687 | Paid Prog. | Paid Prog. | Varied Programs | | | | | | | | | | | | | | | | | |
| SYFY | 67 | 50 | 122 | 244 | Movie | Varied Programs | | | | | (10:55) Movie | | | Varied Programs | | Movie | | Varied Programs | | | | | | Movie |
| TCM | 56 | 73 | 132 | 256 | M "George Wash." | | "The Angels Wash Their Faces" | | ★★★ "Castle on the Hudson" | | | | ★★★ "Torrid Zone" (1940) | | | ★★★ "The Man Who Came to Dinner" | | | | ★★★ "Woman on the Run" | | | "Splendor-Grass" | |
| | | | | | T ★★ "Father Takes a Wife" | | | ★ "Holiday in Havana" | | | ★★★ "Bataan" (1943, War) Robert Taylor. | | | | ★★ "Forever Darling" (1956) Lucille Ball. | | | | ★★★ "The Long, Trailer" (1954) | | | | "How the West" | |
| | | | | | W (7:15) "Firecreek" | | (:15) ★★ "The Arnelo Affair" (1947) | | | | ★★★ "Dial M for Murder" (1954) | | | | "The Postman Always Rings Twice" (1946) | | | | ★★★ "Night Watch" (1973, Mystery) | | | | "Mississippi Burning" | |
| | | | | | Th "Pride-Prejudice" | | ★★★ "The Secret Garden" (1949) | | | | ★★★ "Murder, She Said" | | | (:45) ★★★ "The Heart Is a Lonely Hunter" (1968) | | | | | ★★★ "Wise Blood" (1979) Brad Dourif. | | | "2001: Odyssey" | |
| | | | | | F ★★★★ "The Philadelphia Story" (1940) | | | | ★★ "Washington Story" (1952) | | | ★★ "Viva Las Vegas" | | | ★★★ "Meet Me in St. Louis" (1944) | | | | ★★★ "San Francisco" (1936) | | | | ★★★ "Hoosiers" | |
| TDC | 51 | 42 | 182 | 278 | The Repair Shop | | The Repair Shop | | Varied Programs | | | | | | | | | | | | | | | |
| TLC | 49 | 62 | 183 | 280 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| TNT | 57 | 52 | 138 | 245 | Charmed | | Charmed | | Varied Programs | | | | | | | | | | | | | | | |
| TRAV | 53 | 38 | 196 | 277 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| TRUTV | 73 | 75 | 242 | 246 | Ad. Ruins | Ad. Ruins | Jokers | Jokers | Carbonaro | Carbonaro | Carbonaro | Carbonaro | Dumbest | Varied | Dumbest | Varied | Dumbest | Varied | Dumbest | Varied | 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 | | Andy G. | Andy G. | Andy G. | Andy G. |
| USA | 58 | 39 | 105 | 242 | Varied Programs | | | | | | | | | | | | | | Law & Order: SVU | | Law & Order: SVU | | Law & Order: SVU | |
| WE | 118 | 118 | 128 | 260 | Paid Prog. | Paid Prog. | Paid Prog. | Paid Prog. | 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 | | 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 Last Week To. | | (8:50) ★★ "The Great Gatsby" (2013) | | | | (:15) ★★★ "The Way, Way Back" (2013) | | | | ★★ "Australia" (2008) Nicole Kidman, Hugh Jackman. | | | | | | Icahn: The Restless Billionaire | | | Last |
| | | | | | T Obama: In Pursuit | | | Obama: In Pursuit of a More Perfect Union | | | | Obama: In Pursuit | | | | "The League of Extraordinary Gentlemen" | | | (:05) ★★ "Mortal Kombat" (2021) | | | | (4:55) "Nobody" | |
| | | | | | W "Jurassic Park" | | ★★★ "Clueless" (1995) | | | (:40) "United Skates" (2018) | | | (:10) ★★ "The New Mutants" | | | | (:45) ★ "R.I.P.D." (2013) Jeff Bridges. | | | (:25) ★★ "Days of Thunder" | | | REAL Sports | |
| | | | | | Th "Down a Dark Hall" (2018) | | | | (:40) ★★★ "The Aviator" (2004, Biography) Leonardo DiCaprio. | | | | | (:35) The Gilded Age | | (:25) ★★ "Reminiscence" (2021) | | | | Terry Bradshaw | | Gemstones | | Ind. Day |
| | | | | | F (7:45) ★★ "The Book Thief" (2013) | | | | We Are the Dream | | ★★ "Mortal Kombat" (2021) Lewis Tan. | | | | REAL Sports | | (1:50) ★★ "J. Edgar" (2011, Biography) | | | | (:10) ★★ "Cry Macho" (2021, Drama) | | | |
| MAX | 531 | 531 | 311 | 516 | M Laws | ★ "Max Payne" (2008) | | | (:11) ★★★ "Eight Men Out" (1988) | | | | (:13) ★★ "Raw Deal" (1986, Action) | | | | ★★ "Repentance" (2013) | | | (:36) ★★★ "Changeling" (2008, Drama) Angelina Jolie. | | | | |
| | | | | | T (7:23) ★★★ "Primal Fear" | | | (:35) ★★★ "Happy-Go-Lucky" (2008) | | | | (:35) "Golden Arm" (2020) | | (:06) ★★ "Deadfall" (2012) | | | | (:42) ★★★ "Drumline" (2002) Nick Cannon. | | | (:42) ★ "Runner Runner" | |
| | | | | | W ★★★ "The Madness of King George" | | | | (9:52) ★★ "Assassins" (1995, Action) | | | | (:07) ★★★ "War Horse" (2011) Emily Watson. | | | | | (:35) "I'm Gonna Git You Sucka" | | | (:05) ★★ "Blood Ties" (2013) Clive Owen. | | | |
| | | | | | Th "The Comebacks" | | (:15) ★ "Old Dogs" (2009) | | | (:45) ★ "Max Payne" (2008) Mila Kunis | | | | (:26) ★★★★ "The Untouchables" (1987) | | | | (:28) ★★★ "Haywire" (2011) | | | (:03) ★ "Robin Hood" (2018, Action) | | | |
| | | | | | F "Master-Commd" | | (8:49) ★★★ "Adventureland" | | | (:36) "2 Minutes of Fame" (2020) | | | (:15) ★★ "The Relic" (1997) Tom Sizemore | | | | (:07) ★★★ "Red Dragon" (2002, Suspense) | | | | (:13) ★★★ "The Birdcage" (1996, Comedy) | | | |
| SHOW | 578 | 578 | 319 | 546 | M "Transistors" | | Bitchin': The Sound and Fury of Rick James | | | | (:15) ★★★ "Attica" (2021) | | | | (:15) ★★★ "The Farewell" (2019) | | | | "The Dry" (2020, Crime Drama) Eric Bana. | | | "Road to Perdition" | |
| | | | | | T Teddy Pendergrass | | (:15) "Werewolves Within" (2021, Comedy) | | | | "Ricky Powell: The Individualist" (2020) | | | | ★★ "Mojave" (2015, Suspense) | | (:45) ★★★ "Good Time" (2017, Suspense) | | | | ★★ "Shaft" (2000, Action) | | | |
| | | | | | W (7:15) "Delivery Man" | | "Support the Girls" (2018) | | | "Holler" (2020) Jessica Barden. | | | ★★★ "Hereditary" (2018) Toni Collette. | | | | (:10) "The Ballad of Lefty Brown" (2017) | | | (:05) "Old Henry" (2021, Western) | | | Lee-Butler |
| | | | | | Th (7:35) ★★ "A Raisin in the Sun" (2008) | | | | ★★★ "Southside With You" | | | | ★ "Snake Eyes" (1998) | | (:15) ★★★ "Serpico" (1973) Al Pacino, Jack Kehoe. | | | | ★★★ "Moonlight" (2016) Alex Hibbert | | | | The Dry | |
| | | | | | F (7:35) ★★ "Footloose" | | | (:25) ★★★★ "Aliens" (1986) Carrie Henn | | | | (:45) ★★★ "The Farewell" | | | Bellator MMA 275: Mousasi vs. Vanderford. (N) (Live) | | | | ★★★ "Gladiator" (2000) Russell Crowe. | | | | |
| STARZ | 621 | 621 | 351 | 526 | M "Don't Breathe 2" | | (:12) ★ "The Unholy" (2021, Horror) | | | | (10:54) ★★ "The Edge" (1997) | | | | Power Book IV: Force | | "Tyler Perry's Meet the Browns" | | (:33) ★ "The Unholy" (2021) | | | (:15) ★★ "Be Cool" | |
| | | | | | T (7:34) "In Good Company" (2004) | | (:27) ★★ "The Change-Up" (2011, Comedy) | | | | | Power Book IV: Force | | (:19) ★★ "The Craft: Legacy" | | | (1:57) ★★★ "This Is the End" (2013) | | | | (3:47) ★★ "The Change-Up" | | Spider |
| | | | | | W (:01) ★★ "Here Today" (2021) Billy Crystal. | | | | (:01) ★★ "Don't Breathe 2" | | | (:43) ★★ "The Broken Hearts Gallery" | | | | (:35) ★★★ "Spider-Man: Homecoming" (2017, Action) | | | | | Power Book IV: Force | | "Fantasy Island" | |
| | | | | | Th Arms | (:34) ★★★ "The Father" | | | (:15) ★★ "Parkland" (2013) Zac Efron | | | | (11:52) "The Cable Guy" (1996) | | (:31) "The Misfits" (2021, Action) | | | | (:09) ★★ "Monster Hunter" (2020, Fantasy) | | | "Broken Hearts" | |
| | | | | | F (6:55) ★★ "Venom" | | (8:51) ★★ "Monster Hunter" | | | (:38) ★★ "Hulk" (2003) Eric Bana, Jennifer Connelly. | | | | ★ "The Unholy" (2021) | | | (:43) ★★ "Venom" (2018) Tom Hardy. | | | | | (:39) "American Hustle" (2013) | |
| TMC | 591 | 591 | 327 | 554 | M Cut Bank | "Made in Italy" (2020) | | | (:05) "Martin Eden" (2019) Luca Marinelli. | | | | (:15) "Blithe Spirit" (2020) Dan Stevens. | | | | ★★ "The Mauritanian" (2021, Drama) | | | | (:15) "Dreamland" (2019) Margot Robie. | | | |
| | | | | | T (:05) ★★★ "Quartet" (2012) | | | (:45) ★★★ "The Spectacular Now" (2013) | | | | (:25) "Another Girl" (2021) | | (:05) ★★ "Falling" (2020, Drama) | | | | | ★★★ "The Station Agent" | | | | ★★★ "Damsels in Distress" | |
| | | | | | W "Low Tide" (2019, Drama) | | | "A Very British Christmas" | | | ★★★ "The Lobster" (2015) | | | | "Queen of the Morning Calm" | | | ★★★ "A Most Violent Year" (2014) | | | | (:35) ★★ "Aeon Flux" (2005) | |
| | | | | | Th (7:35) "Zeroville" | | (:15) ★★ "Anything Else" (2003) | | | | (:05) "Martin Eden" (2019) Luca Marinelli. | | | | (:15) ★★ "Swiss Army Man" (2016) | | | | "Pixie" (2020) Olivia Cooke. | | | (:40) ★★★ "The Guest" (2014) | |
| | | | | | F "The Manchurian Candidate" | | (:25) ★★ "The Perfect Score" | | | | ★★★ "The Station Agent" | | | ★★★ "Scary Movie" (2000) | | | ★★★ "In the Bedroom" (2001, Drama) | | | | (:15) "Big Stone Gap" (2014) Ashley Judd. | | | |