## 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 | Good | Days of our Lives | | Blast | Varied | 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 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 | | Varied Programs | | Nick Cannon | | The Real | | Relative | Relative | Divorce | Divorce | Judge Mathis | | Hot Bench | Hot Bench | Jdg Judy | Jdg Judy | You Bet | You Bet |
| UNIV | 22 | 22 | 16 | 47 | (7:00) ¡Despierta América! | | | | | | Como dice el dicho | | Noticiero | Nosotr. | Hoy | | Contigo sí | | S.O.S. me estoy | | 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 | First 48 | Varied |
| AMC | 60 | 45 | 131 | 254 | Varied | Paid Prog. | Movie | Varied Programs | | | | | | | | | | | | | | | | |
| ANP | 24 | 49 | 184 | 282 | Dr. Jeff: RMV | | Tanked | | Tanked | | Pit Bulls-Parole | | Pit Bulls-Parole | | Varied Programs | | | | | | | | | |
| BET | 4 | 72 | 124 | 392 | Lv Single | Lv Single | Martin | Martin | black-ish | black-ish | Martin | Martin | Celebrity Family Feud | | Movie | | | | | | Movie | | | |
| BRAVO | 54 | 65 | 129 | 237 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| CARTOON | 25 | 59 | 177 | 297 | Lellobee | Thomas | Mecha | Thomas | Total | Total | Bears | We Bare | Teen | Teen | Craig | Craig | Craig | Gumball | Varied | Gumball | Teen | Teen | Bears | Bears |
| CBSSN | 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 | | 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 | South Pk | South Pk | Varied Programs | | | South Pk | Seinfeld | Seinfeld | Seinfeld | Seinfeld | The Office | The Office |
| COOK | 123 | 123 | 113 | 232 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| DISN | 26 | 48 | 173 | 290 | Bluey | Spidey | Bluey | Bluey | Bluey | Bluey | Big City | Big City | Big City | Ladybug | Ladybug | Ladybug | Big City | Varied Programs | | Big City | Big City | Big City | Big City | Ladybug |
| E! | 64 | 76 | 114 | 236 | Varied Programs | | | | | | Daily Pop | | Sex-City | Sex-City | Sex-City | Sex-City | Sex-City | Sex-City | Mod Fam | Mod Fam | Mod Fam | Mod Fam | 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 | | | Varied Programs | | UEFA | Varied Programs | | | | | | Wager | Varied Programs | | | | |
| FNC | 66 | 25 | 205 | 360 | The Faulkner Focus | | Outnumbered | | America Reports | | | | 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 | | | | | | | | The Office | The Office | The Office | The Office | The Office | The Office |
| FS1 | 41 | 85 | 150 | 219 | Undisputed | | The Herd with Colin Cowherd | | | | | | Speak for Yourself | | | Varied | Undisputed | | Hub | Varied Programs | | | Copa | Varied |
| FX | 65 | 24 | 136 | 249 | Mom | 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 | | | | Golf Today | | | | Golf Central | | Varied Programs | | Golf Central | | Varied Programs | | | |
| HALL | 87 | 87 | 185 | 312 | Gold Girls | Gold Girls | Gold Girls | Gold Girls | Movie | | | | Movie | | | | Movie | | | | Movie | | | |
| HALLMM | 86 | 86 | 187 | 565 | M Murder, She Wrote | | Murder, She Wrote | | Murder, She Wrote | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Monk | | Monk | | Monk | |
| | | | | | T Murder, She Wrote | | Murder, She Wrote | | Murder, She Wrote | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Monk | | Monk | | Monk | |
| | | | | | W Murder, She Wrote | | Murder, She Wrote | | Murder, She Wrote | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Monk | | Monk | | Monk | |
| | | | | | Th Murder, She Wrote | | Murder, She Wrote | | Murder, She Wrote | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Monk | | Monk | | Monk | |
| | | | | | F Murder, She Wrote | | Murder, She Wrote | | Murder, She Wrote | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | Diagnosis Murder | | 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 | | Grey's Anatomy | | Grey's Anatomy | | The Mentalist | | The Mentalist | | The Mentalist | | Castle | | Castle | | Castle | |
| MAGN | 81 | 81 | 111 | 230 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| MSNBC | 71 | 67 | 209 | 356 | MSNBC Reports | | Andrea Mitchell | | Chris Jansing | | 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 | | | | | | | | | | | | | | When Sharks Attack | | When Sharks Attack | |
| NICK | 27 | 51 | 171 | 299 | PAW | PAW | Bubble | Baby | PAW | PAW | Blaze | Blaze | PAW | PAW | PAW | PAW | Smurfs | Sponge. | Sponge. | Sponge. | Patrick | Sponge. | Loud | Loud |
| 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 | Oxygen | Paid Prog. | Varied Programs | | | | | | | | | | | | | | | | | |
| SYFY | 67 | 50 | 122 | 244 | Varied Programs | | | | | | | | | | | | (:02) Movie | | Varied Programs | | | | | |
| TCM | 56 | 73 | 132 | 256 | M (:15) ★★ "Lovely to Look At" (1952) | | | | ★★★★ "Ziegfeld Follies" (1946, Musical) | | | | ★★★ "Neptune's Daughter" | | | (:45) ★★★ "Three Little Words" (1950) | | | ★★ "Texas Carnival" (1951) | | | | ★★★ "Tommy" | |
| | | | | | T "Captain Nemo and the Underwater City" | | | | (:15) ★★★ "Master of the World" (1961) | | | | "From the Earth to the Moon" | | | (:45) ★★★★ "Around the World in 80 Days" (1956) David Niven, Cantinflas. | | | | | | | "Where-Sidewlk" | |
| | | | | | W (7:30) "Comanche" | | (:15) ★★ "Spring Reunion" | | | (:45) ★★ "The Fearmakers" | | | (:15) ★★★ "Joy of Living" (1938) | | | | ★★ "My Favorite Spy" (1942) | | ★★ "Soldiers Three" (1951) | | | | "Hollywood Shuffle" | |
| | | | | | Th (7:00) ★★★★ "Fiddler on the Roof" (1971) | | | | (:15) ★★★ "Little Lord Fauntleroy" (1936) | | | | ★★ "Beyond Tomorrow" | | | ★★ "Maisie Was a Lady" | | | ★★★★ "The Prisoner of Zenda" (1937) | | | | "Below the Sea" | |
| | | | | | F Jezebel | | "The Toast of New Orleans" | | N. Orle | | ★ "New Orleans" (1947) | | "Always" | | ★★★ "Hotel" (1967, Drama) Rod Taylor. | | | | (:15) ★★★ "The Cincinnati Kid" (1965) | | | | "Killer's Kiss" (1955) | |
| TDC | 51 | 42 | 182 | 278 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| TLC | 49 | 62 | 183 | 280 | Varied Programs | | | | | | | | | | | | | | | | | | | |
| TNT | 57 | 52 | 138 | 245 | Charmed | | Charmed | | 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 | | Andy G. | Andy G. | Andy G. | Andy G. |
| USA | 58 | 39 | 105 | 242 | Tour | Varied Programs | | | NCIS | Varied Programs | | | | | | | | | | | | | | |
| WE | 118 | 118 | 128 | 260 | Varied Programs | | | | | | | | | | | | | | | | Criminal Minds | | Criminal Minds | |
| WEATH | 14 | 19 | 214 | 362 | AMHQ | | Pattrn | | Weather Underground | | Weather Underground | | Weather Underground | | Pattrn | | 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 "West Side Story" | | (8:55) ★★ "The X-Files" (1998) | | | | "The X-Files: I Want to Believe" | | | (:45) Edge of the Earth | | | (1:50) "Little Miss Sunshine" | | | (:35) "That Awkward Moment" | | | Nikki Glaser | |
| | | | | | T Holiday | (:23) ★ "Baggage Claim" | | | "The Legend of Hercules" (2014) | | | (:40) ★★ "Next" (2007) Nicolas Cage. | | | | (:20) ★ "Supernova" (2000) | | | (2:55) ★★★ "Pacific Rim" (2013) Idris Elba | | | | (:10) The Anarchists | |
| | | | | | W Much Ado | (:25) "Masters of the Universe" | | | (:10) ★★ "Ender's Game" (2013) | | | | (:05) "The Command" (2018) Léa Seydoux | | | | (:05) ★★ "Non-Stop" (2014, Action) | | | | REAL Sports | | Edge of the Earth | |
| | | | | | Th Warm Bod | ★ "Killers" (2010, Action) | | | (:15) ★★ "Transporter 3" (2008, Action) | | | | ★★ "Godzilla vs. Kong" (2021) | | | | (1:55) ★★ "Cry Macho" | | | (:40) ★★★ "Tenet" (2020) John David Washington. | | | | |
| | | | | | F "Stepford Wives" | | REAL Sports | | (:10) ★★★ "The Bourne Identity" (2002) | | | | Edge of the Earth | | (:15) ★★ "The Day the Earth Stood Still" | | | | ★★ "The Little Things" (2021) Rami Malek | | | | (:10) The Anarchists | |
| MAX | 531 | 531 | 311 | 516 | M (6:50) "Transformers" | | (:15) ★★ "Unbroken" (2014) Jack O'Connell. | | | | | (:33) ★★★ "Red Eye" (2005) | | | ★★ "Oblivion" (2013) Tom Cruise. | | | | (:05) ★★ "Aftermath" (2017) | | | (:40) ★★★ "Boy Erased" (2018) | | |
| | | | | | T (7:26) ★★ "Taken 2" | | (:05) ★★★ "Frida" (2002) Salma Hayek. | | | | | (:08) ★★ "The Good German" (2006) | | | (12:57) "Reservoir Dogs" (1992) | | (:38) "Dragon Blade" (2015) Jackie Chan. | | | | | (:22) ★★ "How to Deal" (2003) | |
| | | | | | W (7:53) ★ "A Guy Thing" (2003) | | (:35) ★★ "The Uninvited" (2009) | | | | | (:03) ★★ "Escape Plan" (2013, Action) | | | ★★★ "News of the World" (2020) | | | | ★ "The Unborn" (2009) | | | | ★★ "Spare Parts" (2015) | |
| | | | | | Th (:12) ★★ "Vanilla Sky" (2001, Suspense) Tom Cruise. | | | | | ★★ "Never Die Alone" (2004) | | | ★★ "Cold Pursuit" (2019) Liam Neeson. | | | | (:01) ★ "The Empty Man" (2020) James Badge Dale. | | | | | | (:20) "The Day After Tomorrow" | |
| | | | | | F (7:04) ★★★ "Chaplin" (1992) | | | (:31) ★★ "Universal Soldier" (1992) | | | | (:17) ★★★ "Let Him Go" (2020) | | | (:13) ★★★ "Red Eye" (2005) | | (:40) ★★ "47 Ronin" (2013) Keanu Reeves. | | | | | (:40) ★ "Devil's Due" (2014) | |
| SHOW | 578 | 578 | 319 | 546 | M (7:45) ★★★ "Selma" (2014) | | | | "Birthmarked" (2018) Premiere. | | | | ★★★ "Parenthood" (1989) Steve Martin. | | | (:35) ★ "Black Sheep" | | | "Bill & Ted's Adventure" | | | | Cypress Hill: Insane in the Brain | |
| | | | | | T (:05) ★★★ "Bounce" (2000) Ben Affleck | | | | (9:55) ★★★ "Lady Bird" | | | | ★★ "How to Lose a Guy in 10 Days" | | | ★★★ "A Ghost Story" | | | Spotlights | (:20) ★★★ "The Green Knight" (2021) | | | | Souvenir |
| | | | | | W (:15) "John and the Hole" (2021, Suspense) | | | | "Elizabeth: A Portrait in Part(s)" | | | | ★★★ "Still Alice" (2014) | | Spotlights | ★★★ "Ingrid Goes West" | | | Spotlights | "Debug" (2014) Adrian Holmes | | | "Sleepy Hollow" | |
| | | | | | Th Minority | ★ "Beverly Hills Ninja" | | | ★★ "The Contractor" (2022) | | | | Spotlights | ★★★ "Minari" (2020) Steven Yeun. | | | ★★★ "Minority Report" (2002) Tom Cruise. | | | | | ★★ "Last Vegas" (2013) | | |
| | | | | | F (7:15) ★★ "The War" (1994) | | | (:25) ★★★ "Mission: Impossible III" (2006) | | | | | ★ "Black Sheep" (1996) | | | "The Naked Gun: Police Squad" | | ★★ "Nacho Libre" (2006) | | | (:05) The Chi | | "Ida Red" (2021) | |
| STARZ | 621 | 621 | 351 | 526 | M The Bay | (:38) ★ "Mr. Deeds" (2002) Adam Sandler. | | | | (:18) "Misbehaviour" (2020) | | | | Becoming Elizabeth | (:11) ★★★ "Elysium" (2013) Matt Damon. | | | | (:04) ★★ "National Security" | | | (:36) ★ "Mr. Deeds" (2002) | | |
| | | | | | T "Show Father" | | (8:48) ★★ "A Knight's Tale" (2001) | | | | (:03) ★★ "It's Complicated" (2009) | | | | (:07) ★★★ "The Father" (2020, Drama) | | | | Becoming Elizabeth | | "Scott Pilgrim vs. the World" | | White Hse |
| | | | | | W "Runaway Jury" | | (8:56) ★★★ "Ray" (2004, Biography) Jamie Foxx. | | | | | (:32) ★★★ "Scott Pilgrim vs. the World" | | | | (:28) ★★★ "Die Hard" (1988, Action) | | | | (:44) ★★ "You're Next" (2011, Horror) | | | Brothers | |
| | | | | | Th (7:53) ★★★ "Spider-Man: No Way Home" (2021) | | | | | Becoming Elizabeth | | (:25) ★★★ "The Curious Case of Benjamin Button" | | | | | (:14) ★★★ "Brothers" (2009, Drama) | | | | (:02) "The Misfits" (2021, Action) | | Iron Lady | |
| | | | | | F "Don't Breathe 2" | | (:04) "Witch Hunt" (2021) | | | (:44) ★★ "Alien 3" (1992) Charles S. Dutton | | | | (:41) "Tyler Perry's the Family That Preys" | | | | Becoming Elizabeth | | (:34) ★★ "Can't Hardly Wait" (1998) | | | (:17) Alien |
| TMC | 591 | 591 | 327 | 554 | M ★★ "Letters to Juliet" (2010, Adventure) | | | | (9:55) "Violet" (2021, Drama) | | | ★★ "Equals" (2015) | | | | (:15) ★★★ "Hereditary" (2018) Toni Collette. | | | | (:25) "Unearth" (2020, Horror) | | | "The Kill Team", War | |
| | | | | | T "Down to Earth" | | ★★★ "A Fish Called Wanda" (1988) | | | | (10:50) "Queen Bees" (2021) | | | (:35) "Another Girl" (2021) | | | (:10) "No Man's Land" (2021) Frank Grillo. | | | | (:05) "Run This Town" (2019) Ben Platt. | | | |
| | | | | | W "Anywhere With You" (2018) | | ★★ "Flashdance" (1983) | | | | (:05) ★★ "Kingpin" (1996) Randy Quaid | | | | ★★★ "20th Century Women" (2016) | | | | "Another Kind of Wedding" | | | "Six Minutes to Midnight" (2020) | |
| | | | | | Th "3 Day Weekend" | | "Low Tide" (2019, Drama) | | ★★ "A Perfect Man" (2012) | | | | (:05) "Violet" (2021) Olivia Munn. | | | (:40) "The Djinn" (2021, Horror) | | | (:05) "3 Day Weekend" (2019) | | | "Holler" (2020) Jessica Barden. | |
| | | | | | F "Dreamland" (2019, Drama) | | | (:45) "Last Call" (2021) Jeremy Piven. | | | | ★ "The Tuxedo" (2002) | | | (:10) ★★ "The Jerk" (1979) | | | (:45) ★★ "Equals" (2015) Kristen Stewart. | | | | "My Salinger Year" (2020) | |