

MONDAY EVENING														JUNE 22	
A	L	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30		
2 KATU	(2)	KATU News at 6:00 p.m. (N)		Jeopardy!	Wheel of Fortune	The Bachelor: The Greatest Seasons - Ever!	"Ben Higgins" (N)					News (N)	(35) Jimmy Kimmel		
3 KOMO	(4)	KOMO 4 News at 6:00 p.m. (N)		Wheel of Fortune	Jeopardy!	The Bachelor: The Greatest Seasons - Ever!	"Ben Higgins" (N)					KOMO4News (N)	(35) Jimmy Kimmel		
5 KING	(5)	NBC News (N)	KING 5 News (N)	KING 5 News (N)	Evening	The Titan Games		The Wall				KING 5 News (N)	(35) Tonight Show		
6 KOIN	(-)	KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight	The Neighborhood	Bob Hearts	All Rise "Maricela and the Desert"				KOIN 6 News (N)	(35) Colbert		
7 KIRO	(7)	KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	The Neighborhood	Bob Hearts	All Rise "Maricela and the Desert"				KIRO 7 News (N)	(35) Colbert		
8 KGW	(-)	KGW News at 6:00 p.m. (N)		The Good Stuff (N)	Inside Edition (N)	The Titan Games		The Wall				News (N)	(35) Tonight Show		
9 KRCW	(3)	Modern Family	Modern Family	The Goldbergs	The Goldbergs	Whose Line (N)	Whose Line Is It?	PennTell "Third Time's a Charm" (SP) (N)		KOIN 6 News at 10:00 p.m. (N)		Seinfeld Pt. 1 of 2	Seinfeld		
10 KOPB	(10)	This Old House	Outside Source	PBS NewsHour (N)		Antiques Rd. "Vintage Mobile" (N)		Ore. Experience	Ore. Experience	Antiques Rd. "Vintage Indianapolis"		Independent Lens "Pipe Dreams" (N)			
12 KPTV	(12)	6 O'Clock News (N)		Family Feud	Family Feud	9-1-1 "Monsters"		9-1-1: Lone Star "Bum Steer"		10 O'Clock News (N)		11:00 News (N)	Big Bang Theory		
13 KPDX	(-)	Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	8:00 p.m. Prime News (N)		9:00 p.m. Prime News (N)		The Simpsons	Family Guy	Family Guy	Bob's Burgers		
15 KCPQ	(13)	Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	9-1-1 "Monsters"		9-1-1: Lone Star "Bum Steer"		Q13 NEWS AT 10 (N)		News (N)	The Simpsons		
20 TBS	(20)	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	American Dad! (N)	American Dad!			Conan	TournamentLaugh		
22 KZJO	(22)	Friends	Mom		Modern Family	Q13 News at 8:00 p.m. (N)		Q13 News at 9:00 p.m. (N)		Big Bang Theory	Big Bang Theory	Two and a Half 1/2	Two and a Half 2/2		
29 ESPN	(29)	30 for 30 "Be Water" (N)				SportsCenter With Scott Van Pelt (N)		SportsCenter With Scott Van Pelt		SportsCenter With Scott Van Pelt		SportsCenter With Scott Van Pelt			
30 ESPN2	(30)	To Be Announced		To Be Announced		For the Culture		FIFA Soccer Classics 2004 International	Friendly Mexico vs. United States Women's	WNBA BasketC. 2018 Playoffs Pho./Sea.					
31 NICK	(31)	The Casagrandes	The Loud House	SpongeBob	SpongeBob	Young Dylan	Group Chat	SpongeBob	Friends	Friends	Friends				
32 DISN	(32)	(05) Jessie	(35) Raven's Home	★★★ High School Musical '06, Mus	Corbin Bleu, Zac Efron. (45) ★★★ High School Musical 2 '07	Vanessa Hudgens, Zac Efron.		Raven's Home		Raven/Bunk'd	(45) BigCityGreen				
34 FAM	(34)	(5:00) Ice Age Voices of Ray Romano.		★★★ Matilda (1996, Family) Danny DeVito, Rhea Perlman, Mara Wilson.		★★★ Shrek (2001, Animated) Voices of Eddie Murphy, Cameron Diaz, Mike Myers.		★★★ Mike and Dave Need Wedding Dates '16	Anna Kendrick, Zac Efron.	(05) Cymbeline ('14, Dra) Ethan Hawke.					
35 FMC	(35)	(4:35) The Longest Ride Britt Robertson.		(15) ★★ Mike and Dave Need Wedding Dates '16	Anna Kendrick, Zac Efron.	(10) ★★ Mike and Dave Need Wedding Dates '16	Anna Kendrick, Zac Efron.	(05) First 48 "Dead End Drive/The Fixer"		(05) First 48 "Heartless"					
36 LIFE	(36)	The First 48 "Fool for Love/Dumped"		The First 48 "Close Ties/ Last Call"	The First 48 "Hit List/ Hand in Hand"	The First 48 "Heartless"		(05) First 48 "Dead End Drive/The Fixer"		(05) First 48 "Heartless"					
38 ROOT	(38)	Mariners Spotlight	Mariners Access	MLB Baseball Classics 2019 Texas League Playoffs	Tulsa Drillers vs. Arkansas Travelers Semifinal Game 1			Fight Alliance "BTC 8 Eliminator Part 2"		Fight Alli. "BTC 8 Eliminator Part 3" (N)					
39 FS1	(39)	(4:00) MLB Baseball Classics		MLB Epic	MLB Epic	Fox Football Now (N)		TMZ Sports (N)	Skip and Shannon: Undisputed	Opinions on the biggest sports topics of the day.		MLB Baseball			
43 SPIKE	(43)	(5:00) To Be Announced		To Be Announced		To Be Announced		To Be Announced		To Be Announced					
44 COM	(44)	The Office	The Office	The Office	The Office	The Daily Show	(45) The Office	(15) South Park	(45) South Park	(15) The Daily Show With Trevor Noah		South Park	South Park		
45 HIST	(45)	Pawn Stars "Gold (& Silver) Digger"		Pawn Stars		Pawn Stars "I Don't Give a Dime"		Pawn Stars "Wind Beneath My Mill"		(05) Pawn Stars					
46 A&E	(46)	Live PD: Patrol	Live PD: Patrol	Live PD: Patrol	Live PD: Patrol	Live PD: Patrol	Live PD: Patrol	Live PD: Patrol	Live PD: Patrol	Live PD: Patrol	Live PD: Patrol	Live PD: Patrol	Live PD: Patrol		
47 TLC	(47)	90 Day "The Truth Will Set You Free"		90 Day "Pillow Talk: Heart My Broken"		90 Day Fiancé: Before the 90 Days (N)		90 Day "My Life in 7 Suitscases" (N)		90 Day Fiancé: Before the 90 Days (N)		Live PD: Patrol	Live PD: Patrol		
48 DISC	(48)	Street Outlaws		MemphisThrottle	"Lanes of Lincoln" (N)	Street Outlaws: Memphis (N)		Diesel Bros. "Back with a Kodiak" (N)		To Be Announced					
49 NGE0	(49)	Man vs. Shark		Cannibal Sharks		Shark vs Predator		World's Biggest Great White?		(05) Shark "Great White Invasion"	(05) Great Shark Chow Down				
50 TNT	(50)	(15) ★★ Pain and Gain '13	Dwayne Johnson, Anthony Mackie, Mark Wahlberg.	★★ Rampage (2018, Action) Malin Akerman, Naomie Harris, Dwayne Johnson.		★★ White House Down (2013, Action) Jamie Foxx, Maggie Gyllenhaal, Channing Tatum.		Man on Fire '04	Denzel Washington.						
51 AMC	(51)	(5:30) ★★ Knight and Day (2010, Action)	Tom Cruise, Cameron Diaz,	Chicago P.D. "Confession"		Chicago P.D. "Reckoning"		Modern Family	Modern Family						
53 FOOD	(53)	Guy's Game "Big Bacon Battle"		Guy's Grocery Games "Yes, Chefs Can"		Guy's Game "Like Father, Like Chef"		Big Time Bake "Food Fight" (N)		Duff Cake (N)	Duff Cake				
54 HGTV	(54)	Home Town "An Island for All"		Home Town "Restoring a Craftsman"		Home Town "Stay Awhile (N)		Reno: Lake "Unforeseen Challenges" (N)		Home Town "Sweet Home Laurel"		Home Town "Everybody Wants a Porch"			
56 FX	(56)	(5:00) The Dark Tower '17	Idris Elba.	★★ Maze Runner: The Death Cure (2018, Action) Kaya Scodelario, Thomas Brodie-Sangster, Dylan O'Brien.		★★ Maze Runner: The Death Cure '18		Kaya Scodelario, Dylan O'Brien.							
57 CNN	(57)	CNN Special Report		CNN Tonight With Don Lemon		CNN Tonight With Don Lemon		CNN Tonight With Don Lemon		CNN Tonight With Don Lemon					
58 FNC	(58)	Hannity		The Ingraham Angle		Fox News @ Night		Tucker Carlson Tonight		Fox News @ Night					
60 MSNB	(60)	The Rachel Maddow Show		The Last Word		The 11th Hour With Brian Williams		The Rachel Maddow Show		The 11th Hour With Brian Williams					
61 CNBC	(61)	Shark Tank		Shark Tank		Shark Tank		Leno Garage "In Pursuit of Perfection"		Leno Garage "Truly Unconventional"					
63 BRAV	(63)	Below Deck: Mediterranean		Below Deck "Can't Touch This!"		Below "Never Before Scene: 503" (N)		Below Deck: Mediterranean (N)		Camp Getaway One		Watch What (N)	Below Deck		
64 TCM	(64)	(5:00) Summer Jazz	★★★ Thelonious Monk: Straight No Chaser			(15) Jam The Blues	★★★ Shadows (1960, Drama) Hugh Hurd, Lella Goldoni.	(15) ★★ Mickey One '65, Cri) Hurd Hatfield, Alexandra Stewart, Warren Beatty.							
65 SYFY	(65)	Movie	★★★★ John Wick: Chapter 2 (2017, Action) Common, Ruby Rose, Keanu Reeves.	★★★ The Mummy (1999, Adventure) Rachel Weisz, John Hannah, Brendan Fraser.				(35) Futurama							
162 RFD	(162)	Rancher (N)	Red Steagall (N)	NHSRA Rodeo	Horse of the West	Craig Cameron	Rural Eve. News	Rural America 'Live'		American Rancher	Red Steagall	Product Showcase			

TUESDAY EVENING														JUNE 23	
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2 KATU	(2)	KATU News at 6:00 p.m. (N)		Jeopardy!	Wheel of Fortune	The Conners	The Conners	Black-ish	Mixed-ish	The Genetic Detective (N)		News (N)	(35) Jimmy Kimmel		
3 KOMO	(4)	KOMO 4 News at 6:00 p.m. (N)		Wheel of Fortune	Jeopardy!	The Conners	The Conners	Black-ish	Mixed-ish	The Genetic Detective (N)		KOMO4News (N)	(35) Jimmy Kimmel		
5 KING	(5)	NBC News (N)	KING 5 News (N)	KING 5 News (N)	Evening	America's Got Talent	Hopeful stars display their talents.	NCIS "No Vacancy"		FBI "Crossroads"		KING 5 News (N)	(35) Tonight Show		
6 KOIN	(-)	KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight	NCIS "No Vacancy"		FBI "Crossroads"		FBI: Most Wanted "Invisible"		KOIN 6 News (N)	(35) Colbert		
7 KIRO	(7)	KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	NCIS "No Vacancy"		FBI "Crossroads"		FBI: Most Wanted "Invisible"		KIRO 7 News (N)	(35) Colbert		
8 KGW	(-)	KGW News at 6:00 p.m. (N)		The Good Stuff (N)	Inside Edition (N)	America's Got Talent	Hopeful stars display their talents.	DC's Stargirl "The Justice Society" (N)	Louie Anderson: Big Underwear	KOIN 6 News at 10:00 p.m. (N)		News (N)	(35) Tonight Show		
9 KRCW	(3)	Modern Family	Modern Family	The Goldbergs	The Goldbergs	American Masters "Toni Morrison: The Pieces I Am" (N)		Frontline "Opioids, Inc."		Seinfeld Pt. 2 of 2		Seinfeld			
10 KOPB	(10)	Ask-Old House	Outside Source	PBS NewsHour (N)		Hell's Kitchen "Josh Josh Josh"		Hell "Seafarer's Family Restaurant"		10 O'Clock News (N)		11:00 News (N)	Big Bang Theory		
12 KPTV	(12)	6 O'Clock News (N)		Family Feud	Family Feud	8:00 p.m. Prime News (N)		9:00 p.m. Prime News (N)		The Simpsons	Family Guy	Family Guy	Bob's Burgers		
13 KPDX	(-)	Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	Hell's Kitchen "Josh Josh Josh"		Hell "Seafarer's Family Restaurant"		Q13 NEWS AT 10 (N)		News (N)	The Simpsons		
15 KCPQ	(13)	Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Celebrity Show-Off (P) (N)		Conan	CelebrityShow		
20 TBS	(20)	Family Guy	Family Guy	Family Guy	Family Guy	Q13 News at 8:00 p.m. (N)		Q13 News at 9:00 p.m. (N)		Big Bang Theory	Big Bang Theory	Two and a Half	Two and a Half		
22 KZJO	(22)	Friends	Mom		Modern Family	SportsCenter With Scott Van Pelt (N)		SportsCenter With Scott Van Pelt		SportsCenter With Scott Van Pelt		SportsCenter With Scott Van Pelt			
29 ESPN	(29)	Boxing		Boxing		ESPN Awards		KBO Baseball							
30 ESPN2	(30)	(5:00) FIFA Soccer Classics		Main Event (N)	UFC Main Event "Rousey vs. Tate 2" (N)	UFC Main Event		ESPY Awards							
31 NICK	(31)	The Casagrandes	The Loud House	SpongeBob	SpongeBob	Young Dylan	SpongeBob	Friends	Friends	Friends	Friends				
32 DISN	(32)	(05) Jessie	(35) Raven's Home	Teen Beach Movie (2013, Family) Maia Mitchell, Ross Lynch.	(45) Teen Beach Movie 2 (2015, Family) Maia Mitchell, Grace Phipps, Ross Lynch.	Sydney to the Max		Sydney/ Coop	(45) Coop & Cami						
34 FAM	(34)	(5:00) Shrek '01	Voices of Mike Myers.	★★★ Despicable Me '10, Ani) Voices of Jason Segel, Russell Brand, Steve Carell.		★★★ Despicable Me 2 (2013, Animated) Kristen Wiig, Benjamin Bratt, Steve Carell.		The 700 Club							
35 FMC	(35)	(5:20) Suburbicon (2017, Crime Story) Julianne Moore, Oscar Isaac, Matt Damon.		(15) ★★ Maze Runner: The Scorch Trials		(15) Kaya Scodelario, Thomas Brodie-Sangster, Dylan O'Brien.	(50) FXM Presents								
36 LIFE	(36)	Grey's Anatomy "Change of Heart"		Grey's Anatomy		Grey's A. "Shake Your Groove Thing"		Grey's A. "If Tomorrow Never Comes"		(05) Grey's A. "The Self-Destruct Button"	(05) Grey's Anatomy "Save Me"				
38 ROOT	(38)	(4:30) MLS Soccer	Mariners Access	MLB Baseball Classics Cincinnati Reds vs. Seattle Mariners September 10, 2019		WWE Backstage (N)		TMZ Sports (N)	WWE: Royal Rumble "2008"						
39 FS1	(39)	(4:00) WWE: Royal Rumble "2008"													
43 SPIKE	(43)	Two and a Half	Two and a Half	Two and a Half	To Be Announced			To Be Announced							
44 COM	(44)	(55) Drunk History	Drunk History	Drunk History	Drunk History	The Daily Show	(45) South Park	(15) Crank Yankers	(45) South Park	(15) The Daily Show With Trevor Noah		South Park	South Park		
45 HIST	(45)	American Pickers		American Pickers "High Energy Crisis"		Amer. Pickers "Roll Like a Rock Star"		American Pickers "Rock'n'Roll Heaven"		(05) American Pickers "Pick This Way"		(05) American Pickers "Aerosmith Van"			
46 A&E	(46)	(5:00) The First 48 "Chain of Death"		The First 48 "Dead Stop/Uninvited"		The First 48 "Devil in Me/ Trail of Blood"		The First 48: Catch "Fatal Mistake"		The First 48					
47 TLC	(47)	90 Day "I Now Pronounce You/ Tell All"		Home Sextuplets "A Six-ring Circus"		OutDaughtered "Snow-cation"		OutDaughtered (N)		Home Sextuplets "Karate Kids" (N)		Counting On			
48 DISC	(48)	Deadliest Catch		Deadliest Catch "Harm's Way"		Deadliest Catch (N)		Monter Garage "Chop Shop" (N)		To Be Announced		Deadliest Catch			
49 NGE0	(49)	Drain the Oceans "The Vuking Seas"		DrainOcean "Secrets of Loch Ness"		Ocean "Ghost Ships of the Atlantic"		Drain the Oceans "Chicago" (N)		(05) Drain the Oceans: Deep Dive (N)	(05) Drain the Oceans "Chicago"				
50 TNT	(50)	★★ The Fast and the Furious: Tokyo Drift '06	Brandon Brendel, Lucas Black.	★★ Fast and Furious (2009, Action) Paul Walker, Jordana Brewster, Vin Diesel.		★★★ Non-Stop (2014, Thriller) Julianne Moore, Michelle Dockery, Liam Neeson.									
51 AMC	(51)	(5:00) ★★ White House Down '13	Jamie Foxx, Channing Tatum.	★★★ Gladiator (2000, Epic) Joaquin Phoenix, Connie Nielsen, Russell Crowe.				Star Trek '09							
52 USA	(52)	Law&Order: SVU "Fashionable Crimes"		Law & Order: S.V.U. "Exile"		Law & Order: S.V.U. "Alta Cockers"		Dirty John "Scream Therapy" (N)		(05) Law & Order: S.V.U. "Part 33"					
53 FOOD	(53)	Chopped "Beat the Judge: Maneet"		Chopped "Chopping Block Blues"		Chopped "Terrine Cuisine" (N)		Supermarket Stakeout (N)		Chopped "Leap Of Faith"					
54 HGTV	(54)	Good Bones		Good Bones		Good Bones (N)		Bargain Mansions (N)		House in a Hurry	House Hunters				
56 FX	(56)	(5:30) ★★ Spy (2015, Action/Comedy) Jude Law, Rose Byrne, Melissa McCarthy.		★★ Jumanji: Welcome to the Jungle (2017, Action) Karen Gillan, Jack Black, Dwayne Johnson.		★★ Jumanji: Welcome to the Jungle '17	Dwayne Johnson.								
57 CNN	(57)	Cuomo Prime Time		CNN Tonight With Don Lemon		CNN Tonight With Don Lemon		Anderson Cooper 360		Cuomo Prime Time		CNN Tonight With Don Lemon			
58 FNC	(58)	Hannity		The Ingraham Angle		Fox News @ Night		Tucker Carlson Tonight		Hannity		The Ingraham Angle			