

MONDAY EVENING													A - Charter Astoria/ Seaside - L - Charter Long Beach		JUNE 13	
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)	NBA Basketball Playoffs Boston Celtics at Golden State Warriors Site: Chase Center (L)				Jimmy Kimmel (N)	KATU News Special Edition		Jeopardy! (N)	Wheel of Fortune	News (N)	(3:5) J. Kimmel (N)			
3	KOMO	(4)	NBA Basketball Playoffs Boston Celtics at Golden State Warriors Site: Chase Center (L)				Jimmy Kimmel (N)	To Be Announced		To Be Announced		KOMO4News (N)	(3:5) J. Kimmel (N)			
4	KING	(5)	NBC News (N)	KING 5 News	KING 5 News (N)	Evening	American Ninja Warrior Contestants try to become the next Ninja Warrior.	Weakest Link		KING 5 News (N)	(3:5) Tonight Show					
5	KOIN	(6)	KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight (N)	The Neighborhood Bob Hearts	NCIS: Hawai'i "Legacy"		KOIN 6 News (N)	(3:5) Colbert					
6	KIRO	(7)	KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight (N)	The Neighborhood Bob Hearts	NCIS: Hawai'i "Legacy"		KIRO 7 Tonight (N)	(3:5) Colbert					
7	KGW	(8)	KGW News (N)	KGW News (N)	The Good Stuff	Inside Edition (N)	American Ninja Warrior Contestants try to become the next Ninja Warrior.	Weakest Link		KGW News (N)	(3:5) Tonight Show					
8	KRCW	(9)	Young Sheldon	Young Sheldon	Modern Family	Modern Family	Roswell, New Mexico "Fly" (N)	In the Dark "No Cane Do" (N)		KOIN 6 News at 10:00 p.m. (N)	Seinfeld	Seinfeld				
9	KOPB	(10)	This Old House	Outside Source	PBS NewsHour (N)		Nitty Gritty Dirt Band: 50 Years and Circlin' Back	John Denver: Country Roads: Live in England		Mindfulness Goes Mainstream						
10	KPTV	(12)	6 O'Clock News (N)		Family Feud	Family Feud	Don't Forget the Lyrics (N)	Shazam "Daddy-Daughter Time" (N)		10 O'Clock News (N)	(3:5) Family Feud					
11	KPDV	(13)	Family Feud	Family Feud	Big Bang Theory	Big Bang Theory	8:00 p.m. Prime News (N)	9:00 p.m. Prime News (N)		Big Bang Theory	The Simpsons	Family Guy	Family Guy			
12	KCPQ	(13)	News (N)	The Spotlight	You Bet Your Life	Big Bang Theory	Don't Forget the Lyrics (N)	Shazam "Daddy-Daughter Time" (N)		Fox 13 News at 10 p.m. (N)		Family Guy	You Bet Your Life			
13	TBS	(20)	Young Sheldon	Young Sheldon	Big Bang Theory	Big Bang Theory	American Dad!	American Dad!		American Dad!	American Dad!					
14	KZJO	(22)	Big Bang Theory	Big Bang Theory	Modern Family	Modern Family	You Bet Your Life	You Bet Your Life		Last Man Standing	Last Man Standing	Two and a Half	Two and a Half			
15	ESPN	(29)	(5:30) A.U. Softball (L)				SportsCenter Scott Van Pelt presents the day in sports. (N)	SportsCenter (N)		SportsCenter (N)						
16	ESPN2	(30)	NCAA Baseball Division I Tournament (L)					NFL Live (N)		Around Horn (N)	Interruption (N)	NFL Live				
17	NICK	(31)	The Loud House	The Loud House	Warped!	SpongeBob	SpongeBob	SpongeBob		Friends	Friends	Friends	Friends			
18	DISN	(32)	Miraculous	Miraculous	*** Frozen (13, Family) Voices of Idina Menzel, Kristen Bell, (4:5) Villains Valley	(10) Raven's Home	(3:5) Ultra Violet	Big City Greens	Big City Greens	Miraculous	Miraculous					
19	FAM	(34)	*** The Proposal (2009, Comedy) Ryan Reynolds, Betty White, Sandra Bullock.				*** Sweet Home Alabama (2002, Comedy) Candice Bergen, Josh Lucas, Reese Witherspoon.	The 700 Club								
20	FNC	(35)	(5:05) *** Kingsman: The Golden Circle (17) Channing Tatum, Taron Egerton.			(5:5) *** Free State of Jones (2016, Action) Gugu Mbatha-Raw, Keri Russell, Matthew McConaughey.	(4:5) *** Jojo Rabbit (19) Roman Griffin Davis.									
21	LIFE	(36)	The First 48	The First 48		#TextMe "Hannah Anderson" (N)	(5:5) Sleeping/Killer "Bianca Devins" (N)									
22	ROOT	(38)	Mariners Access	MarinersPre-game	MLB Baseball Minnesota Twins at Seattle Mariners Site: T-Mobile Park -- Seattle, Wash. (L)			Post-game	MarinersPre-game	MLB Baseball Minnesota vs Seattle						
23	F51	(39)	NASCAR Auto Racing Toyota/ Save Mart 350 Site: Sonoma Raceway -- Sonoma, Calif.					USFL Football								
24	SPIKE	(43)	Two and a Half	Two and a Half	Two and a Half	Two and a Half	*** Ghostbusters (1984, Comedy) Harold Ramis, Dan Aykroyd, Bill Murray.			*** Ghostbusters II (89) Sigourney Weaver, Bill Murray.						
25	COM	(44)	The Office	The Office	The Office	(4:5) The Office	The Office	The Office		The Office	The Office					
26	HIST	(45)	Amer. Pickers "Wolves in Wisconsin"	Presidency "Presidential Vision"	Presidency "Building the Economy"	American Presidency "Extremism" (N)	Presidency "Separate but Unequal"	(5:5) American Presidency "Extremism"								
27	A&E	(46)	Intervention "Jake"	Intervention "Elliot"	Intervention "Peter"	Intervention "Kenny" (SP) (N)	Digital Addict "Beth & Brandon" (P) (N)	(5:5) Intervention "Ashley"								
28	TLC	(47)	Family Chantel "The Ties That Bind"	Chantel "Home is Where the Tension Is"	Chantel "No Turning Back Now" (N)	90 Day Diaries (N)	SisterWife "Little Do They Know" (N)	Welcome to Plathville								
29	DISC	(48)	(5:00) Street Outlaws: Full Throttle "Lizzy in a Tizzy"	Street Outlaws A look at underground street racing in America.			Street Outlaws "Evening the Odds"									
30	NGEO	(49)	Life Below Zero "The Howling"	Life Below Zero "Winter's End"	Northern "Fresh Starts"	Northern "Seal the Deal"	Northern "Hell or High Water"	Northern "Trail Blazing"								
31	TNT	(50)	(5:05) *** Avengers: Endgame (2019, Action) Robert Downey Jr., Karen Gillan, Brie Larson.				Rich & Shameless "Girls Gone Wild Exposed: Special Presentation" (N)			Rich & Shameless						
32	AMC	(51)	(4:30) *** The Green Mile (1999, Drama) David Morse, Bonnie Hunt, Tom Hanks.													
33	USA	(52)	Chicago P.D. "Prison Fall"	Chicago P.D.	WWE Raw (N)											
34	FOOD	(53)	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	BBQ Brawl "Not Your Average 'Cue" (N)	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay	Beat Bobby Flay					
35	HGTV	(54)	Celebrity IOU	Celebrity IOU	Celebrity IOU (N)		The Great Giveback (N)	Home Town "The Zen Room"	Home Town "Bones and Bugs"							
36	FX	(56)	(5:30) *** Bad Moms (2016, Comedy) Kristen Bell, Mila Kunis.	*** The Hangover Part II (2011, Comedy) Zach Galifianakis, Ed Helms, Bradley Cooper.			Breeders (N)	Breeders	Good Boys (19)							
37	CNN	(57)	CNN Tonight (N)	Don Lemon Tonight (N)	Don Lemon Tonight (N)	Anderson Cooper 360	CNN Tonight	Don Lemon Tonight								
38	FNC	(58)	Hannity (N)	The Ingraham Angle (N)	Gutfeld! (N)	Fox News @ Night (N)	Tucker Carlson Tonight	Hannity								
39	MSNB	(60)	The Rachel Maddow Show (N)	The Last Word (N)	The 11th Hour (N)	The Rachel Maddow Show	The Last Word	The 11th Hour								
40	CNBC	(61)	Shark Tank	Shark Tank	Shark Tank	The News With Shepard Smith	Greed "Confessions of a Scam Artist"	Dateline								
41	BRAV	(63)	Below Deck: Sailing Yacht "Smashley"	BD Yacht "Never Before Scene" (N)	BD Yacht "Parsifal's First Wedding" (N)	Watch What (N)	BD Yacht "Parsifal's First Wedding"	*** Ocean's Thirteen (07, Com) Brad Pitt, George Clooney.								
42	TCM	(64)	Movie	(4:5) *** What's the Matter With Helen? (71) Shelley Long, Debbie Reynolds.	Always on Sunday	Baby Jane	Mrs. Stone	Spy on the Fly	Private Parts (1972) Lucille Benson, Ayn Ruymen.							
43	SYFY	(65)	(4:55) *** Armageddon (1998, Adventure) Liv Ullmann, Ben Affleck, Bruce Willis.	*** 2012 (2009, Action) Amanda Peet, Thandie Newton, John Cusack.												
44	RFD	(162)	American Rancher	Red Steagall	NHSRA Rodeo	Horse/West (N)	The Experience	Rural Eve. News	Rural America "Live"	American Rancher	Red Steagall	Paid Program				

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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! (N)	Wheel of Fortune	Holey Moley "Night of Music!" (N)	The Chase (N)			Who Do Believe? "Legacy & Lies" (N)	News (N)	(3:5) J. Kimmel (N)				
3	KOMO	(4)	KOMO 4 News at 6:00 p.m. (N)	Wheel of Fortune	Jeopardy! (N)	Holey Moley "Night of Music!" (N)	The Chase (N)			Who Do Believe? "Legacy & Lies" (N)	KOMO4News (N)	(3:5) J. Kimmel (N)				
4	KING	(5)	NBC News (N)	KING 5 News	KING 5 News (N)	Evening	America's Got Talent Hopeful stars display their talents.	Dancing With Myself		KING 5 News (N)	(3:5) Tonight Show					
5	KOIN	(6)	KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight (N)	FBI "Fear Nothing"	FBI: International "Left of Boom"		KOIN 6 News (N)	(3:5) Colbert					
6	KIRO	(7)	KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight (N)	FBI "Fear Nothing"	FBI: International "Left of Boom"		KIRO 7 Tonight (N)	(3:5) Colbert					
7	KGW	(8)	KGW News (N)	KGW News (N)	The Good Stuff	Inside Edition (N)	America's Got Talent Hopeful stars display their talents.	Dancing With Myself		KGW News (N)	(3:5) Tonight Show					
8	KRCW	(9)	Young Sheldon	Young Sheldon	Modern Family	Modern Family	Superman & Lois "Lies That Bind" (N)	Tom Swift (N)		KOIN 6 News at 10:00 p.m. (N)	Seinfeld Pt. 1 of 2	Seinfeld				
9	KOPB	(10)	Ask-Old House	Outside Source	PBS NewsHour (N)		Rick Steves' Learn how fascism rose and then fell in Europe.	Uncovering A celebration of the renowned popular historian.		Relieving Stress						
10	KPTV	(12)	6 O'Clock News (N)		Family Feud	Family Feud	Crime Scene Kitchen "Just Desserts"	I Can See Your Voice		10 O'Clock News (N)	(3:5) Family Feud					
11	KPDV	(13)	Family Feud	Family Feud	Big Bang Theory	Big Bang Theory	8:00 p.m. Prime News (N)	9:00 p.m. Prime News (N)		Big Bang Theory	The Simpsons	Family Guy	Family Guy			
12	KCPQ	(13)	Fox 13 News at 6 p.m. (N)	You Bet Your Life	Big Bang Theory	Crime Scene Kitchen "Just Desserts"	I Can See Your Voice	Fox 13 News at 10 p.m. (N)		Fox 13 News (N)	You Bet Your Life					
13	TBS	(20)	(4:00) MLB Baseball T.B./N.Y. Y. (L)				MLB Baseball Los Angeles Angels at Los Angeles Dodgers Site: Dodger Stadium -- Los Angeles, Calif. (L)	Post-game Show		George Lopez	George Lopez					
14	KZJO	(22)	Big Bang Theory	Big Bang Theory	Pre-Match	MLS Soccer Vancouver Whitecaps at Seattle Sounders FC (L)		Post-match (N)		Last Man Standing	Last Man Standing	Two and a Half	Two and a Half			
15	ESPN	(29)	(5:00) NHL Hockey Stanley Cup Playoffs T.B./N.Y. R. (L)				SportsCenter Scott Van Pelt presents the day in sports. (N)	SportsCenter (N)		SportsCenter (N)						
16	ESPN2	(30)	WNBA Basketball Seattle Storm at Minnesota Lynx (L)				Documentary	Shorts		PFL 2022 Best	Around Horn (N)	Interruption (N)	NFL Live			
17	NICK	(31)	The Loud House	The Loud House	Side Hustle	SpongeBob	SpongeBob	SpongeBob		Friends	Friends	Friends	Friends			
18	DISN	(32)	Miraculous	Miraculous	Big City Greens	Big City Greens	Big City Greens	Bunk'd		Big City Greens	Big City Greens	Miraculous	Miraculous			
19	FAM	(34)	The Office	The Office	The Office	The Office	The Office	The Office		The Office 1/2	The Office 2/2	The 700 Club				
20	FNC	(35)	(5:35) *** Bloodshot (2020, Action) Eiza Gonzalez, Vin Diesel.	(5:0) *** Bloodshot (2020, Action) Eiza Gonzalez, Sam Heughan, Vin Diesel.			(5:5) *** Upgrade (18) Betty Gabriel, Harrison Gilbertson, Logan Marshall-Green.									
21	LIFE	(36)	Castle "Linchpin" Pt. 2 of 2	Castle "Once Upon a Crime"	Castle "A Dance With Death"	Castle "47 Seconds"	(5:5) Castle "The Limey"	(5:5) Castle "Headhunters"								
22	ROOT	(38)	Mariners Access	MarinersPre-game	MLB Baseball Minnesota Twins at Seattle Mariners Site: T-Mobile Park -- Seattle, Wash. (L)			Post-game	MarinersPre-game	MLB Baseball Minnesota vs Seattle						
23	F51	(39)	(5:00) To Be Announced		UEFA Soccer Nations League Italy vs. Germany			UEFA Nations League		USFL Football						
24	SPIKE	(43)	Two and a Half	Two and a Half	Two and a Half	Two and a Half	To Be Announced			*** Top Gun (1986, Action) Kelly McGillis, Tom Cruise.						
25	COM	(44)	The Office	The Office	The Office	(4:5) Tosh.0	(2:0) Tosh.0	(5:5) Tosh.0	Tosh.0	Tosh.0	The Daily Show	(4:5) South Park				
26	HIST	(45)	Skinwalker Ranch "Inner Fear-ence"	Skinwalker Ranch "Scoped Out"	SknlwlrRnch "Digging Up the Past" (N)	Sknlwlr "Where There's Smoke" (N)	(5:5) Proof "Legends of Folklore" (N)	(5:5) Skinwalker Ranch "Scoped Out"								
27	A&E	(46)	JANET JACKSON. "Black Diamond"	Every Little Step "New Beginnings"	Every Little Step "Every Little Step"	Every Step (N)	Every Step (N)	Origins of Hip-Hop "Ja Rule" (N)								
28	TLC	(47)	Welcome to Plathville "Missed Myself"	Welcome to Plathville	Little People, Big World (N)	Little People "Two Two Cute" (N)	Welcome to Plathville (N)	SeekSisterWife "Little Do They Know"								
29	DISC	(48)	Deadliest Catch "Sons of Legacy"	Deadliest Catch "Deepest Alaska"	Deadliest Catch Follows the daily lives of Alaskan crab fishermen.		Deadliest Catch	Arctic Hurricane								
30	NGEO	(49)	Zero "White Out"	First Alaskans "In Perfect Balance"	First Alaskans "Cold Catch" (N)	Northern "Falling Behind" (N)	First Alaskans "In Perfect Balance"	First Alaskans "Cold Catch"								
31	TNT	(50)	(5:30) *** Batman Begins (2005, Action) Michael Caine, Liam Neeson, Christian Bale.				*** The Dark Knight (2008, Action) Heath Ledger, Aaron Eckhart, Christian Bale.									
32	AMC	(51)	(5:30) *** Draft Day (2014, Sport) Jennifer Garner, Tom Welling, Kevin Costner.				*** Die Hard (1988, Action) Alan Rickman, Bonnie Bedelia, Bruce Willis.									
33	USA	(52)	Law & Order: S.V.U. "Forgiving Rollins"	Law&Order: SVU "Agent Provocateur"	WWE NXT (N)		(1:0) *** Sicario (2015, Crime Story) Josh Brolin, Benicio del Toro, Emily Blunt.	Supermarket Stakeout (N)								
34	FOOD	(53)	Chopped "Battle Of the Grandpas"	Chopped "Greater Gator"	Chopped (N)											
35	HGTV	(54)	Unsellable Houses "Family Fixer"	Unsellable Houses "Timeless Elegance"	Unsellable Houses (N)											
36	FX	(56)	(4:30) *** The Hangover Part II				*** The Fate of the Furious (2017, Action) Dwayne Johnson, Jason Statham, Vin Diesel.									
37	CNN	(57)	CNN Tonight (N)	Don Lemon Tonight (N)	Don Lemon Tonight (N)	Anderson Cooper 360	CNN Tonight	Don Lemon Tonight								
38	FNC	(58)	Hannity (N)	The Ingraham Angle (N)	Gutfeld! (N)	Fox News @ Night (N)	Tucker Carlson Tonight	Hannity								
39	MSNB	(60)	MSNBC Prime (N)	The Last Word (N)	The 11th Hour (N)	MSNBC Prime	The Last Word	The 11th Hour								
40	CNBC	(61)	Shark Tank	Shark Tank	Shark Tank	The News With Shepard Smith	American Greed: Scam	Dateline "Deadly Ambush"								
41	BRAV	(63)	Below Deck: Sailing Yacht "Smashley"	Below Deck Yacht "Salty Seamen"	BD Yacht "Parsifal's First Wedding"	House Miami "Versace and Venom" (N)	Watch What	To Be Announced	Chrisley Knows							
42	TCM	(64)	Movie	(4:5) *** How to Succeed in Business Without Really Trying (67) Michele Lee, Robert Morse.	*** How to Steal a Million (66) Audrey Hepburn, Hugh Griffith, Peter O'Toole.					</						