

MONDAY EVENING														JULY 4	
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	American Tag Sale		The American Rescue Dog Show	Rescued companions strut their fluff.			News (N)	(35) J. Kimmel (N)		
3 KOMO	4	KOMO 4 News at 6:00 p.m. (N)		Wheel of Fortune	Jeopardy! (N)	American Tag Sale		The American Rescue Dog Show	Rescued companions strut their fluff.			KOMO4News (N)	(35) J. Kimmel (N)		
5 KING	5	NBC News (N)	KING 5 News (N)	KING 5 News (N)	Evening	Macy's 4th of July Fireworks Spectacular (N)						KING 5 News (N)	(35) Tonight Show		
6 KOIN	6	KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight	The Neighborhood	Bob Hearts	NCIS "Starting Over"				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	NCIS "Starting Over"				KIRO 7 Tonight (N)	(35) Colbert		
8 KGW	8	KGW News (N)	KGW News (N)	The Good Stuff	Inside Edition (N)	Macy's 4th of July Fireworks Spectacular (N)						KGW News (N)	(35) Tonight Show		
9 KRCW	9	Young Sheldon	Young Sheldon	Modern Family	Modern Family	Roswell New Mex. "Steal My Sunshine"	In the Dark "Bail's in Your Court"					KOIN 6 News at 10:00 p.m. (N)			
10 KOPB	10	This Old House	Outside Source	PBS NewsHour (N)		A Capitol Fourth Celebrate the country's 246th birthday. (N)	A Capitol Fourth Celebrate the country's 246th birthday.					Independent Lens "The Hottest August"			
112 KPTV	12	6 O'Clock News (N)		Family Feud	Family Feud	Don't Forget the Lyrics	Shazam "Friends, Family and Trash!"					10 O'Clock News (N)	(35) Family Feud		
12 KPDX	12	Family Feud	Family Feud	Big Bang Theory	Big Bang Theory	8:00 p.m. Prime News (N)	9:00 p.m. Prime News (N)					Family Guy	Family Guy		
13 KCQP	13	News (N)	The Spotlight	You Bet Your Life	Big Bang Theory	Don't Forget the Lyrics	Shazam "Friends, Family and Trash!"					Fox 13 News at 10 p.m. (N)	You Bet Your Life		
20 TBS	20	(4:45) Friends With Benefits Mila Kunis.	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	American Dad!	American Dad!	American Dad!	American Dad!	American Dad!	American Dad!		
2 KZJO	22	Big Bang Theory	Big Bang Theory	Modern Family	Modern Family	You Bet Your Life	You Bet Your Life	Fox 13 News at 9:00 p.m. (N)				Two and a Half 1/2	Two and a Half		
23 ESPN	23	ESPN Films (N)				SportsCenter (N)		SportsCenter (N)				SportsCenter (N)			
60 ESPN2	30	USL Soccer Colorado Springs Switchbacks FC at San Diego Loyal SC (L)				30 for 30 "The Good, the Bad, the Hungry"	Great American Events (N)					UFC Main Event	UFC 269		
31 NICK	31	PatrickStarShow	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	Friends	Friends	Friends	Friends	Friends	Friends		
32 DISN	32	Bunk'd	Bunk'd	To Be Announced		Jessie/ Jessie	(45) Jessie	(10) BigCityGreen	(35) BigCityGreen	Miraculous	Miraculous				
34 FAM	34	(5:00) *** Spider-Man 3 ('07, Action) Kirsten Dunst, James Franco, Tobey Maguire.				*** Spider-Man: Far From Home (2019, Action) Samuel L. Jackson, Jake Gyllenhaal, Tom Holland.						The 700 Club			
35 FMC	35	(5:35) *** Independence Day (1996, Sci-Fi) Bill Pullman, Jeff Goldblum, Will Smith.				(25) *** Live Free or Die Hard (2007, Action) Justin Long, Timothy Olyphant, Bruce Willis.				(10) Proud Mary ('18) Taraji P. Henson.					
36 LIFE	36	Sleeping With a Killer "Ashley Mead"		Sleeping With a Killer "Melanie Eam"	#TextMe "Beverly Carter"	#TextMe "April Millsap"	#TextMe "Hannah Anderson"					(05) #TextMe "Kenia Monge"			
38 ROOT	38	(3:30) MLB Baseball Post-game	MarinersPre-game	MLB Baseball Seattle Mariners	Mariners at San Diego Padres Site: Petco Park -- San Diego, Calif.							Boxing			
39 FS1	39	(4:30) USFL Football Playoffs		Season in USFL	Skip and Shannon: Undisputed			TMZ Sports (N)		USFL Football Playoffs Final					
43 SPIKE	43	Yellowstone "I Want to Be Him"	Yellowstone "Keep the Wolves Close"		Yellowst "No Kindness for the Coward"	Yellowstone "No Such Thing as Fair"				USFL Football Playoffs Final					
44 COM	44	The Office	The Office	The Daily Show	(45) The Office	(20) The Office	(55) The Office	The Office	The Office	The Daily Show	(45) The Office				
45 HIST	45	The Food That Built America "Lines in the Sand" Pt. 1 of 3			The Food That Built America "Best Served Cold" 2/3	(05) The Food That Built America "The Spoils of War" 3/3									
46 A&E	46	(5:00) Biography	Cultureshock		Right to Offend: The Black Comedy Revolution "Part I: The Revolutionaries"	Right to Offend: The Black Comedy Revolution "Part II: The Contemporaries"									
47 TLC	47	The Family Chantel "On the Chin"	Family Chantel "No Ninos or Ninas"		90 Day Diaries (N)	SisterW. "Do You Have Condoms?" (N)	Welcome to Plathville								
48 DISC	48	MythBusters "The Simpsons Special"	MythBusters		To Be Announced	Street Outlaws: Mega Cash Days "Money, Power, Respect"									
49 NGE0	49	Northern "Fresh Stars"	Northern "Seal the Deal"		Northern "Hell or High Water"	Northern "Falling Behind"	Northern "Best Laid Plans"								
50 TNT	50	(4:00) Star Wars: Episode VI - Return...	*** Independence Day (1996, Sci-Fi)	Bill Pullman, Jeff Goldblum, Will Smith.		*** Independence Day (1996, Sci-Fi)	Bill Pullman, Jeff Goldblum, Will Smith.								
51 AMC	51	(4:30) Rocky II ('79) Sylvester Stallone.	*** Rocky III (1982, Drama) Talia Shire, Carl Weathers, Sylvester Stallone.			*** Rocky IV (1985, Drama) Talia Shire, Carl Weathers, Sylvester Stallone.	Rocky Balboa ('06)								
52 USA	52	(5:05) *** John Wick: Chapter 3 - Parabellum ('19) Halle Berry, Keanu Reeves.				WWE Raw (N)		Miz & Mrs. (N)	Austin Dillon						
53 FOOD	53	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins		
54 HGTV	54	Home Town "Clean Lines, Open Spaces"	Home Town "Color Psychology"			Home Town "Sweet Tea Dreams"	HomeTown "A House for Mom and Dad"								
56 FX	56	(5:30) To Be Announced				*** Captain America: The Winter Soldier (2014, Action) Scarlett Johansson, Sebastian Stan, Chris Evans.									
57 CNN	57	(4:00) CNN Special (N)								Independence Day: Resurgence					
58 FNC	58	Hannity (N)		The Ingraham Angle (N)		Gutfeld! (N)		Fox News @ Night (N)		CNN Newsroom Live (N)					
60 MSNB	60	The Rachel Maddow Show (N)		The Last Word (N)		The 11th Hour (N)		The Rachel Maddow Show							
61 CNBC	61	Shark Tank		Shark Tank		Shark Tank		Shark Tank							
63 BRAV	63	Below Deck: Mediterranean		Below Deck "Cool as a Cucumber"		Below Deck "Something's Fishy"		Below Deck "A Real Handful"		Below Deck "The Ball is in Your Court"					
64 TCM	64	Movie	(45) *** The Buddy Holly Story ('78) Don Stroud, Gary Busey.			(45) *** Great Balls of Fire! ('89, Bio) Winona Ryder, Alec Baldwin, Dennis Quaid.	(45) *** Mystery Train ('89) Tom Noonan, Sy Richardson.								
65 SYFY	65	(4:00) Jaws 2 ('78)	*** Jaws (1975, Horror) Richard Dreyfuss, Robert Shaw, Roy Scheider.			*** Jaws (1975, Horror) Richard Dreyfuss, Robert Shaw, Roy Scheider.									
162 RFD	162	American Rancher	Red Steagall	To Be Announced	Horse of the West	The Experience	Rural Eve. News	Rural America 'Live'		American Rancher	Red Steagall	Paid Program			

TUESDAY EVENING														JULY 5	
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 "Is This Guy Weird?" (N)	The Chase (N)			Who Believe? "Kill Thy Neighbor" (N)		News (N)	(35) J. Kimmel (N)		
3	KOMO	4	KOMO 4 News at 6:00 p.m. (N)	Wheel of Fortune	Jeopardy! (N)	Holey Moley "Is This Guy Weird?" (N)	The Chase (N)			Who Believe? "Kill Thy Neighbor" (N)		KOMO4News (N)	(35) J. Kimmel (N)		
5	KING	5	NBC News (N)	KING 5 News (N)	KING 5 News (N)	Evening	America's Got Talent Hopeful stars display their talents.			Dancing With Myself		KING 5 News (N)	(35) Tonight Show		
6	KOIN	6	KOIN 6 News (N)	Evening News (N)	Extra (N)	Ent. Tonight	FBI	FBI: Int. "Get That Revolution Started"		FBI: Most Wanted		KOIN 6 News (N)	(35) Colbert		
7	KIRO	7	KIRO 7 News (N)	Evening News (N)	KIRO 7 News (N)	Ent. Tonight	FBI	FBI: Int. "Get That Revolution Started"		FBI: Most Wanted		KIRO 7 Tonight (N)	(35) Colbert		
8	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)	(35) Tonight Show		
9	KRCW	3	Young Sheldon	Young Sheldon	Modern Family	Modern Family	Superman & Lois "What Lies Beneath"	Tom Swift (N)		KOIN 6 News at 10:00 p.m. (N)		Seinfeld	Seinfeld Pt. 2 of 2		
10	KOPB	10	Ask-Old House	Outside Source	PBS NewsHour (N)		Finding Your Roots "All in the Family"	America "Death Valley: Life Blooms" (N)		Great Muslim America (N)		Hope Road			
112	KPTV	12	6 O'Clock News (N)		Family Feud	Family Feud	Crime Scene "Red, White and Clue"	Fantasy Island		10 O'Clock News (N)		News (N)	(35) Family Feud		
12	KPDX	12	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		
13	KCPQ	13	Fox 13 News at 6 p.m. (N)		You Bet Your Life	Big Bang Theory	Crime Scene "Red, White and Clue"	Fantasy Island		Fox 13 News at 10 p.m. (N)		Fox 13 News (N)	You Bet Your Life		
20	TBS	20	(4:00) MLB Baseball (L)		Post-game Show	Big Bang Theory	Big Bang Theory	Big Bang Theory	Big Bang Theory	Young Sheldon	Young Sheldon	Young Sheldon	Young Sheldon		
22	KZJO	22	Big Bang Theory	Big Bang Theory	Modern Family	Modern Family	You Bet Your Life	You Bet Your Life	Fox 13 News at 9:00 p.m. (N)	Last Man Standing	Last Man Standing	Two and a Half 2/2	Two and a Half		
23	ESPN	23	ESPN Films (N)				SportsCenter (N)		SportsCenter (N)			SportsCenter (N)			
30	ESPN2	30	(5:00) NBA Basketball Summer League (L)	NBA Basketball Summer League (L)			DC & RC (N)	UFC Flashback		Around Horn (N)	Interruption (N)	E:60			
31	NICK	31	The Loud House	The Loud House	The Loud House	SpongeBob	SpongeBob	SpongeBob	Friends	Friends	Friends	Friends	Friends		
32	DISN	32	Miraculous	Miraculous	Big City Greens	Big City Greens	Big City Greens	Big City Greens	Bunk'd	Bunk'd	Big City Greens	Miraculous	Miraculous		
34	FAM	34	The Office 2/2	The Office 1/2	The Office	The Office	The Office	The Office	The Office	The Office	The Office	The 700 Club			
35	FMC	35	(5:20) The Greatest Showman	(15) *** The Greatest Showman ('17)	Bio) Zac Efron, Zendaya, Hugh Jackman.		(10) *** Green Book (2018, Biography)	Mahershala Ali, Linda Cardellini, Viggo Mortensen.	(50) FXM Presents						
36	LIFE	36	Castle "Bad Santa"	Castle "Castle, P.I."		Castle "Private Eye Caramba!"	Castle "I, Witness"	(05) Castle "Resurrection" Pt. 1 of 2	(05) Castle "Reckoning" Pt. 2 of 2						
38	ROOT	38	(5:00) MLB Baseball Seattle Mariners at San Diego Padres			Post-game	HBCU Marching Bands		National Senior Games			MLS Soccer Portland vs Nashville			
39	FS1	39	(4:30) NASCAR Auto Racing Classics 2005 Golden Corral 500		Skip and Shannon: Undisputed		TMZ Sports (N)	USFL Football Playoffs Final							
43	SPIKE	43	Two and a Half	Two and a Half	Two and a Half	Two and a Half	*** Rush Hour 2 (2001, Action) Chris Tucker, Zhang Ziyi, Jackie Chan.		*** Rush Hour 3 (2007, Action) Jackie Chan, Roman Polanski, Chris Tucker.						
44	COM	44	The Office	The Office	The Daily Show	(45) Tosh.0	(20) Tosh.0	(55) Tosh.0	Tosh.0	The Daily Show	(45) South Park				
45	HIST	45	Sknwlkr Rnch "Where There's Smoke"	Skinwalker Ranch "Full Metal Mesa"			SknwlkrRnch "Dome of the Rock" (N)	Sknwlkr Rnch "Closer Encounters" (N)	(05) Proof "Secret Portals & Orbs" (N)	(05) Sknwlkr Rnch "Full Metal Mesa"					
46	A&E	46	Every Little Step	Every Little Step	Every Little Step	Every Little Step	Every Little Step	Every Step (N)	Every Step (N)	Origins of Hip-Hop "Lil Jon" (N)	(05) Every Step	(35) Every Step			
47	TLC	47	Plathville "Dirty Little Sinners"	Welcome to Plathville			Little People "Break in the Matrix" (N)	Little People "Break in the Matrix" (N)	Welcome to Plathville (N)	SisterWife "Do You Have Condoms?" (N)	(05) D. Catch "A Hillstrand 4th of July"				
48	DISC	48	Deadliest Catch "Dark Waters"	Deadliest Catch: On Deck			(05) D. Catch "A Hillstrand 4th of July"								
49	NGEO	49	First Alaskans "The Lone Wolf"	First Alaskans "Sign of Good Luck"			First Alaskans "It Takes a Village" (N)	Northern (N)		First Alaskans "Sign of Good Luck"		First Alaskans "It Takes a Village"			
50	TNT	50	(05) *** Avengers: Endgame (2019, Action) Robert Downey Jr., Karen Gillan, Brie Larson.				Titans "Trigon" (N)			Avengers: Endgame ('19) Brie Larson.					
51	AMC	51	*** Rocky IV (1985, Drama) Talia Shire, Carl Weathers, Sylvester Stallone.			*** The Fugitive (1993, Thriller) Sela Ward, Tommy Lee Jones, Harrison Ford.									
52	USA	52	Law&O: SVU "A Story of More Woe"	Law & Order: S.V.U. "Part 33"			WWE NXT (N)		(10) *** Happy Gilmore ('96) Christopher McDonald, Julie Bowen, Adam Sandler.						
53	FOOD	53	Chopped "Cocktail Party"	Chopped "Thrill of the Grill"			Chopped "Beach Bites"	Stakeout "Parking at the Beach" (N)		Supermarket Stakeout (N)		Chopped "Cooking Caribbean"			
54	HGTV	54	Unsellable Houses "Cottage Vibe"	Unsellable Houses (N)			Unsellable Houses (N)	Unsellable Houses (N)		House Hunters	House Hunters	House Hunters	House Hunters		
56	FX	56	(5:30) *** X-Men: Dark Phoenix ('19) Michael Fassbender, James McAvoy.				To Be Announced								
57	CNN	57	CNN Tonight (N)		Don Lemon Tonight (N)		Don Lemon Tonight (N)		Anderson Cooper 360		CNN Tonight		Don Lemon Tonight		
58	FNC	58	Hannity (N)		The Ingraham Angle (N)		Gutfeld! (N)		Fox News @ Night (N)		Tucker Carlson Tonight		Hannity		
60	MSNB	60	MSNBC Prime (N)		The Last Word (N)		The 11th Hour (N)		MSNBC Prime		The Last Word		The 11th Hour with Stephanie Ruhle		
61	CNBC	61	Shark Tank		Shark Tank		Shark Tank		The News With Shepard Smith		American Greed "Murder in Memphis"		Dateline "The Night Lysie Disappeared"		
63	BRAV	63	Below "That Was Very Greek of Us"	Married Medicine "Reunion Part One"			MarriedMed (N)	*** Ocean's Eleven (2001, Crime Story) Brad Pitt, Matt Damon, George Clooney.							
64	TCM	64	(5:00) The Westerner ('40) Gary Cooper.	*** Laura (1944, Mystery) Gene Tierney, Clifton Webb.	(45) *** State Fair ('45, Musical) Jeanne Crain, Dana Andrews, Charles Winniger.		*** Ball of Fire ('41, Com) Barbara Stanwyck, Gary Cooper.								
65	SYFY	65	(5:30) *** Wanted (2008, Action) Morgan Freeman, Angelina Jolie, James McAvoy.	*** Olympus Has Fallen (2013, Action) Morgan Freeman, Aaron Eckhart, Gerard Butler.			*** Constantine (2005, Sci-Fi) Rachel Weisz, Keanu Reeves.								
162	RFD	162	(5:30) Cattleman	SharkFarmer TV	Chris Cox	Saddle Up	Best of America	Rural Eve News	Ag PhD	Cattleman to Cattleman		SharkFarmer TV	Paid Program		