

THURSDAY EVENING														A - Charter Astoria/ Seaside - L - Charter Long Beach														JUNE 30	
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)	(5:00) Local Programming									Press Your Luck "Still Standing"				Press Your Luck				Your Luck "You Can't Write This #1\$"		News (N)		(35) J. Kimmel (N)					
3	KOMO	(4)	KOMO 4 News at 6:00 p.m. (N)			Wheel of Fortune		Jeopardy! (N)				Press Your Luck "Still Standing"				Press Your Luck				Your Luck "You Can't Write This #1\$"		KOMO4News (N)		(35) J. Kimmel (N)					
4	KING	(5)	NBC News (N)			KING 5 News		KING 5 News (N)		Evening		Law & Order "Fault Lines"				SVU "Video Killed the Radio Star"				Crime "Ashes to Ashes"		KING 5 News (N)		(35) Tonight Show					
5	KOIN	(6)	KOIN 6 News (N)			Evening News (N)		Extra (N)		Ent. Tonight		Young Sheldon		U.S. of AI		Ghosts		B Positive		Bull "Family Matters"		KOIN 6 News (N)		(35) Colbert					
6	KIRO	(7)	KIRO 7 News (N)			Evening News (N)		KIRO 7 News (N)		Ent. Tonight		Young Sheldon		U.S. of AI		Ghosts		B Positive		Bull "Family Matters"		KIRO 7 Tonight (N)		(35) Colbert					
8	KGW	(8)	KGW News (N)			KGW News (N)		The Good Stuff		Inside Edition (N)		Law & Order "Fault Lines"				SVU "Video Killed the Radio Star"				Crime "Ashes to Ashes"		KGW News (N)		(35) Tonight Show					
9	KRCW	(3)	Young Sheldon			Young Sheldon		Modern Family		Modern Family		Walker "They Started It"				The Flash "Negative, Part Two" 2/2				KOIN 6 News at 10:00 p.m. (N)		Seinfeld Pt. 2 of 2		Seinfeld					
10	KOPB	(10)	Craftsman Legacy			Outside Source		PBS NewsHour (N)				Beyond/ CANVAS		This Is Utah		Broadchurch				Masterpiece Classic "Unforgotten"		Aldwych: Fully Assembled							
12	KPTV	(12)	6 O'Clock News (N)					Family Feud		Family Feud		MasterChef				You Can Dance "Around the World"				10 O'Clock News (N)		News (N)		(35) Family Feud					
13	KPDx	(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					
13	KCPQ	(13)	Fox 13 News at 6 p.m. (N)					You Bet Your Life		Big Bang Theory		MasterChef				You Can Dance "Around the World"				Fox 13 News at 10 p.m. (N)		Fox 13 News (N)		You Bet Your Life					
20	TBS	(20)	Young Sheldon			Young Sheldon		Big Bang Theory		Big Bang Theory		Big Bang Theory		Big Bang Theory		Big Bang Theory		Big Bang Theory		Full Frontal		Full Frontal		Young Sheldon					
20	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					
20	ESPN	(29)	ESPN Films (N)									SportsCenter With Scott Van Pelt (N)				SportsCenter (N)				SportsCenter (N)		SportsCenter (N)							
20	ESPN2	(30)	(4:30) CFL Football BC Lions at Ottawa RedBlacks (L)					UFC Flashback		UFC The Walk		DC & RC				37 Words				37 Words		37 Words							
31	NICK	(31)	(5:00) Despicable Me					Danger Force (N)		Side Hustle (N)		That Girl Lay Lay		SpongeBob		★ ★ The SpongeBob Movie: Sponge Out of Water (15) Antonio Banderas.				Friends		Friends							
32	DISN	(32)	Miraculous			Miraculous 3/3		Big City Greens		Big City Greens		(05) Disney Summer Magic Quest				Jessie		Jessie		Big City Greens		Big City Greens		Miraculous					
34	FAM	(34)	The Office			The Office		The Office		The Office 1/2		The Office 2/2		The Office 1/2		The Office 2/2		The Office 1/2		The Office 2/2		The Office 1/2		The 700 Club					
35	FMC	(35)	(5:10) ★ ★ ★ ★ Alien: Covenant (17) Michael Fassbender.			★★★★ Alien: Covenant (17) Katherine Waterston, Michael Fassbender.		★★★★ Alien: Covenant (17) Katherine Waterston, Michael Fassbender.				(50) ★ ★ Truth or Dare (2018, Horror) Tyler Posey, Violet Beane, Lucy Hale.				(45) FXM Presents													
36	LIFE	(36)	Rizzoli & Isles					Rizzoli & Isles "A New Day"				Rizzoli & Isles "...Goodbye"				Rizzoli & Isles "Too Good to Be True"				(05) Rizzoli & Isles "Doomsday"		(05) Rizzoli & Isles "The Best Laid Plans"							
38	ROOT	(38)	Mariners Access			MarinersPre-game		MLB Baseball Oakland Athletics at Seattle Mariners Site: T-Mobile Park -- Seattle, Wash. (L)								Post-game		Post-game		MLB Baseball Oakland vs Seattle									
39	F51	(39)	MLB on F51 Pre-game (L)					MLB Baseball San Diego Padres at Los Angeles Dodgers Site: Dodger Stadium -- Los Angeles, Calif. (L)								WWE SmackDown WWE superstars do battle in long-running rivalries.													
43	SPIKE	(43)	Two and a Half			Two and a Half		Two and a Half		Two and a Half		★ ★ ★ Air Force One (1997, Action) Gary Oldman, Glenn Close, Harrison Ford.										The Accountant (16, Cri) Ben Affleck.							
44	COM	(44)	The Office			The Office		The Daily Show		(45) The Office		(20) The Office				(55) The Office		The Office		The Office		The Office		(45) The Office					
45	HIST	(45)	(5:00) Alone			Alone "The Beaver"						Alone "The Land Giveth"				Alone "The Weasel" (N)				(35) Kings of Pain		Backyard Beasts" (N)		(35) Mountain					
46	A&E	(46)	(5:00) Biography					Right to Offend: The Black Comedy Revolution "Part I: The Revolutionaries"				Right to Offend "Part II: The Contemporaries" (N)												(05) Offend "Part I: The Revolutionaries"					
47	TLC	(47)	SisterWife "Can't Clip These Wings"					Seeking Sister Wife "Three's a Crowd"				90 Day Fiancé				90 Day Fiancé				90 Day Fiancé "Pillow Talk: In the Ring"				90 Day Fiancé					
48	DISC	(48)	Mys. Abandoned "Swamp of Despair"					Abandoned "American Ghost Park"				Mysteries of the Abandoned				Mysteries of the Abandoned				(05) Abandon. "Secrets of Mafia Island"		(05) Abandoned "Ruins of the Rust Belt"							
49	NGEO	(49)	Life Below Zero "Breaking Through"					Life Below Zero "Shakedown"				First Alaskans "The Lone Wolf"				Roots (N)				(15) First Alaskans "The Lone Wolf"		(15) Roots							
50	TNT	(50)	(4:00) Wonder Woman (17) Gal Gadot.					★ ★ ★ Aquaman (2018, Action) Amber Heard, Willem Dafoe, Jason Momoa.								Harley Quinn		Harley Quinn		Batman v Superman: Dawn of Justice		The Breakfast Club (85) Judd Nelson.							
51	AMC	(51)	★ ★ ★ Fast Times at Ridgemont High (82) Jennifer Jason Leigh, Sean Penn.					★ ★ ★ Bridesmaids (2011, Comedy) Maya Rudolph, Rose Byrne, Kristen Wiig.																					
52	USA	(52)	Law&Order: SVU "Sunk Cost Fallacy"					Law&Order: SVU "The Book of Esther"				Chrisley Knows		Chrisley Knows (N)		Chrisley Knows (N)		Austin Dillon (N)		Chrisley Knows		Chrisley Knows		Chrisley Knows					
53	FOOD	(53)	Beat Bobby Play			Beat Bobby Play		Beat Bobby Play		Beat Bobby Play		Restaurant "Anghish in Abilene" (N)				Beat Play (N)		Beat Play (N)		Me or the "Meet the Couples" P (N)		Beat Bobby Play		Beat Bobby Play					
54	HGTV	(54)	Christin "Zen Kitchen Transformation"					Christina on the Coast				No Demo Reno "Color Correction"				No Demo Reno (N)				House Hunters (N)		House Hunters		House Hunters					
56	FX	(56)	(5:30) ★ ★ ★ xXx: Return of Xander Cage			(17) Vin Diesel.		Bad Boys for Life (2020, Action) Martin Lawrence, Vanessa Hudgens, Will Smith.												The Old Man "IV" (N)									
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)				MSNBN Prime				The Last Word				The 11th Hour with Stephanie Ruhle					
61	CNBC	(61)	Shark Tank					Shark Tank				Shark Tank				The News With Shepard Smith				Amer. Greed "The Playbook of Indiana"				Dateline "Someone Was Waiting" 1/2					
63	BRAV	(63)	Below Deck "B*tch in Charge"					Below Deck "Naked Smoothies"				S. Charm "Never Before Scene 801" (N)				Southern Charm "Suspicious Minds" (N)				Watch What (N)		Southern Charm "Suspicious Minds"		Below Deck Yacht					
64	TCM	(64)	(5:00) Westworld			(45) ★ ★ ★ Near Dark (1987, Horror) Jenny Wright, Lance Henriksen, Adrian Pasdar.		★ ★ ★ Dead Man (1995, Drama) Lance Henriksen, Michael Wincott, Johnny Depp.				(45) ★ ★ ★ Posse (93) Stephen Baldwin, Mario Van Peebles.																	
65	SYFY	(65)	★ ★ ★ Spider-Man 2 (2004, Action) Kirsten Dunst, James Franco, Tobey Maguire.									★ ★ Spider-Man 3 (2007, Action) Kirsten Dunst, James Franco, Tobey Maguire.																	
162	RFD	(162)	Nxt Lvl Farming			Where the Food		Livestock Auction (N)				Old Iron		Rural Eve. News		Grown		Farm Monitor		Nxt Lvl Farming		Where the Food		Paid Program					

FRIDAY EVENING														A - Charter Astoria/ Seaside - L - Charter Long Beach														JULY 1	
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	Shark Tank			20/20 A combination of interviews and hard-hitting reports.						News (N)		(35) Jimmy Kimmel										
3	KOMO	(4)	KOMO 4 News at 6:00 p.m. (N)		Wheel of Fortune		Jeopardy! (N)	Shark Tank			20/20 A combination of interviews and hard-hitting reports.						KOMO4News (N)		(35) Jimmy Kimmel										
4	KING	(5)	NBC News (N)		KING 5 News		KING 5 News (N)	Evening		American Ninja War. "Qualifiers 4" The qualifying rounds continue in San Antonio.	Dateline NBC						KING 5 News (N)		(35) Tonight Show										
5	KOIN	(6)	KOIN 6 News (N)		Evening News (N)		Extra (N)	Ent. Tonight		S.W.A.T. "Albatross"	Magnum P.I.			Blue Bloods "Guilt"			KOIN 6 News (N)		(35) Colbert										
6	KIRO	(7)	KIRO 7 News (N)		Evening News (N)		KIRO 7 News (N)	Ent. Tonight		S.W.A.T. "Albatross"	Magnum P.I.			Blue Bloods "Guilt"			KIRO 7 Tonight (N)		(35) Colbert										
7	KGW	(8)	KGW News (N)		KGW News (N)		Straight Talk	Inside Edition (N)		American Ninja War. "Qualifiers 4" The qualifying rounds continue in San Antonio.	Dateline NBC						KGW News (N)		(35) Tonight Show										
8	KRCW	(3)	Young Sheldon		Young Sheldon		Modern Family	Modern Family		Penn&Teller "The Magic Toilet"	Dynasty "My Family, My Blood" (N)			KOIN 6 News at 10:00 p.m. (N)			Seinfeld		Seinfeld										
9	KOPB	(10)	Woodsmith Shop		BBC World News		PBS NewsHour (N)			Penn&Teller "The Magic Toilet"	The Hunter			How to Be Likeable in a Crisis			Jamestown												
10	KPTV	(12)	6 O'Clock News (N)				Family Feud	Family Feud		WWE SmackDown WWE superstars do battle in long-running rivalries. (N)	10 O'Clock News (N)						News (N)		(35) Family Feud										
11	KPDx	(2)	Family Feud		Family Feud		Big Bang Theory	Big Bang Theory		8 p.m. Prime News	9 p.m. Prime News			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	WWE SmackDown WWE superstars do battle in long-running rivalries. (N)		Fox 13 News at 10 p.m. (N)				Fox 13 News at 10 p.m. (N)			Fox 13 News (N)		You Bet Your Life										
13	TBS	(20)	American Dad!		American Dad!		*** Independence Day (1996, Sci-Fi) Bill Pullman, Jeff Goldblum, Will Smith.							(10) *** Suicide Squad (2016, Action) Margot Robbie, Joel Kinnaman, Will Smith.															
14	KZJO	(22)	Big Bang Theory		Big Bang Theory		WNBA Basketball Indiana Fever at Seattle Storm (L)			Fox 13 News at 9:00 p.m. (N)				Last Man Standing		Last Man Standing	Two and a Half		Two and a Half										
15	ESPN	(29)	(5:00) PFL Mixed Martial Arts (L)				SportsCenter (N)			SportsCenter (N)				SportsCenter (N)				SportsCenter (N)											
16	ESPN2	(30)	(5:00) Softball (L)				Cornhole ACL Final Chase (L)			Max on Boxing		UFC Live Exclusive takes from the UFC are presented.						UFC "Stars of the Middleweight Division"											
17	NICK	(31)	(5:00) The Lorax ("12, Ani) Zac Efron.				Loud House (N)	Casagrandes (N)	Rugrats	Tooned In (N)	Shorts/(:10) Sponge		Friends	Friends	Friends	Friends	Friends	Friends	Friends										
18	DISN	(32)	Jessie		Jessie	Raven's Home	Bunk'd (N)	Villains Valley (N)	Ultra Violet (N)	Raven's Home	Jessie	Jessie	Jessie	Jessie	Jessie	Jessie	Jessie	Jessie	To Be Announced										
19	FAM	(34)	Family Guy		Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	The 700 Club										
20	FMC	(35)	(4:35) Man on Fire Denzel Washington.				*** Bloodshot (2020, Action) Eiza González, Sam Heughan, Vin Diesel.			(15) Keep Watching (2017, Thriller) Ioan Gruffudd, Chandler Riggs, Bella Thorne.				(05) Castle "Meme Is Murder"				(05) Castle "The Time of Our Lives"											
21	LIFE	(36)	Castle "Driven"				Castle "Montreal"			Castle "Child's Play"				(05) Castle "Meme Is Murder"				(05) Castle "The Time of Our Lives"											
22	ROOT	(38)	Mariners Archive		MarinersPre-game	MLB Baseball Oakland Athletics at Seattle Mariners Site: T-Mobile Park -- Seattle, Wash. (L)				Season in USFL		Season in USFL	Season in USFL	Season in USFL	Season in USFL	Season in USFL	Season in USFL	Season in USFL	Season in USFL										
23	FS1	(39)	(4:00) USFL Football Playoffs				Season in USFL	Season in USFL	Season in USFL	Season in USFL	Season in USFL	Season in USFL	Season in USFL	Season in USFL	Season in USFL	Season in USFL	Season in USFL	Season in USFL	Season in USFL										
24	SPIKE	(43)	Two and a Half		Two and a Half	Two and a Half	Two and a Half	Two and a Half	Two and a Half	Two and a Half	Two and a Half	Two and a Half	Two and a Half	Two and a Half	Two and a Half	Two and a Half	Two and a Half	Two and a Half	Two and a Half										
25	COM	(44)	South Park		South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park	South Park										
26	HIST	(45)	Ancient Aliens "Project Hybrid"				Ancient Aliens "The Harmonic Code"			Ancient Aliens: Declassified "Roswell & UFO Conspiracies" Learn more about what crashed outside of Roswell. (N)																			
27	A&E	(46)	The First 48				The First 48 "Tracked"			The First 48 "Bad Luck/ Red Dawn"		The First 48 "Spree Killer"						(05) The First 48 "Cranked"											
28	TLG	(47)	90 Day Diaries "Not My First Rodeo"				90 Day Diaries			90 Day Fiancé "More to Love: How to Marry a Stripper" (N)								90 Day Fiancé											
29	DISC	(48)	Gold Rush				Gold Rush: Parker's Trail			Gold Rush		GoldRushTurinMine "H2 ... Oh No" (N)						Opal Hunters "Scrap Noodler" (N)											
30	NGEO	(49)	Wicked Tuna "Bombs Away"				Wicked Tuna "Fins of the Father"			Wicked Tuna: Outer Banks		Wicked Tuna "Wicked Ride"						Wicked Tuna "Reels of Misfortune"											
31	TNT	(50)	(4:05) Solo: A Star Wars Story		(05) *** Rogue One (2016, Action) Diego Luna, Ben Mendelsohn, Felicity Jones.														Star Wars: The Rise of Skywalker										
32	AMC	(51)	(5:45) *** The Breakfast Club '85) Emilio Estevez, Molly Ringwald, Judd Nelson.		*** Caddyshack (1980, Comedy) Rodney Dangerfield, Ted Knight, Chevy Chase.														*** The Great Outdoors '88, Com) John Candy, Stephanie Faracy, Dan Aykroyd.										
33	USA	(52)	Chicago "You Never Know Who's Who"		*** Too Fast Too Furious (2003, Action) Tyrese Gibson, Eva Mendes, Paul Walker.				*** The Fast and the Furious (2001, Action) Michelle Rodriguez, Paul Walker, Vin Diesel.										Fast and Furious										
34	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		Diners, Drive-Ins Diners, Drive-Ins		Diners, Drive-Ins										
35	HGTV	(54)	Property Br. "Build the Love Together"		My Dream Home		My Dream Home		My Dream Home		Vacation House "Funky Farmhouse" (N)		My Dream Home		My Dream Home		My Dream Home		My Dream Home										
36	FX	(56)	(5:30) Bad Boys for Life (20, Act) Martin Lawrence, Vanessa Hudgens, Will Smith.		*** Talladega Nights: The Ballad of Ricky Bobby '06) John C. Reilly, Sacha Baron Cohen, Will Ferrell.														*** Talladega Nights: The Ballad of Ricky Bobby										
37	CNN	(57)	CNN Tonight (N)		CNN Special (N)				Anderson Cooper 360		CNN Tonight		CNN Newsroom Live (N)		CNN Newsroom Live (N)		CNN Newsroom Live (N)		CNN Newsroom Live (N)										
38	FNC	(58)	Hannity (N)		The Ingraham Angle (N)				Gutfeld! (N)		Fox News @ Night (N)		Tucker Carlson Tonight		The Last Word		Hannity		The 11th Hour with Stephanie Ruhle										
39	MSNB	(60)	MSNBC Prime (N)		The Last Word (N)				The 11th Hour (N)		MSNBC Prime		The Last Word		Greed "The Fall of an Opoid Mogul"		Dateline "The Good Husband"		Dateline "The Good Husband"										
40	CNBC	(61)	American Greed: Scam		American Greed: Scam				American Greed "Judgment of Terror"		The News With Shepard Smith		Greed "The Fall of an Opoid Mogul"		Dateline "The Good Husband"		Dateline "The Good Husband"		Dateline "The Good Husband"										
41	BRAV	(63)	Below Deck "The Proposal"		Below Deck "Weekend at Brandy's"				Below Deck "Weekend at Brandy's II"		Below Deck "Magic Ashton"		Below Deck "Come Sail Away"		Below Deck "Come Sail Away"		Below Deck "Smashon"		Below Deck "Smashon"										
42	TCM	(64)	(5:00) Some Like It Hot Jack Lemmon.		(15) *** The Apartment (1960, Romance) Shirley MacLaine, Fred MacMurray, Jack Lemmon.				*** Irma La Douce (1963, Comedy) Shirley MacLaine, Lou Jacobi, Jack Lemmon.																				
43	SYFY	(65)	Quantum Leap "Lee Harvey Oswald" 1/2		(05) Quantum "Lee Harvey Oswald" 1/2		(10) Quantum "Leaping of the Shrew"		(15) Quantum Leap "Nowhere to Run"		(20) Quantum Leap "Killin' Time" Sam is mass murderer.								(25) Quantum Leap										
44	RFD	(162)	Texas-Reporter		FarmHer		PRCA Rodeo Cody Stampede Performance one, 2022 -- Cody, Wyo. (L)				PRCA Rodeo Prescott Frontier Days Performance four, 2022 -- Prescott, Ariz.																		