

AUTO RACING

THURSDAY

1:55 a.m. ESPN2 F1 Auto Racing Austrian Grand Prix Practice (CC) 1h35 *Live*

FRIDAY

2:55 a.m. ESPN2 F1 Auto Racing Austrian Grand Prix Practice (CC) 1h5 *Live*

4:00 a.m. KTVP Cars.TV (CC) 30m
KEPR KATU Three Wide Life (CC) 30m

ESPN2 F1 Auto Racing French Grand Prix (CC) 1h55

5:55 a.m. ESPN2 F1 Auto Racing Austrian Grand Prix Qualifying (CC) 1h5 *Live*

SATURDAY

5:00 p.m. ROOT NHRA Drag Racing (CC) 2h

3:00 a.m. KEPR Three Wide Life (CC) 30m

5:30 a.m. ESPN2 Formula One on the Grid Live (CC) 35m *Live*

SUNDAY

6:05 a.m. ESPN2 F1 Auto Racing Austrian Grand Prix (CC) 1h55 *Live*

11:00 a.m. KEPR KOIN Off-Road Racing Lucas Oil Series Pro 4 and Pro 2 (CC) 1h

1:30 p.m. KATU Three Wide Life (CC) 30m

7:00 p.m. ESPN2 F1 Auto Racing Austrian Grand Prix (CC) 2h30

BASEBALL

WEDNESDAY

4:00 p.m. ESPN NCAA Baseball Division I Tournament National Championship Game 3 (if necessary) (CC) 3h *Live*

ROOT Mariners All Access (CC) 30m

4:30 p.m. ROOT Mariners Pre-game (CC) 30m *Live*

5:00 p.m. ROOT MLB Baseball Seattle Mariners at Milwaukee Brewers (CC) 3h *Live*

8:00 p.m. ROOT Mariners Post-game (CC) 30m *Live*

11:00 p.m. ROOT MLB Baseball Seattle Mariners at Milwaukee Brewers (CC) 3h

2:00 a.m. ROOT Mariners Post-game (CC) 30m

THURSDAY

9:00 a.m. ROOT Grand Junction Rockies Double Play 30m

10:00 a.m. ROOT Mariners All Access (CC) 30m

10:30 a.m. ROOT Mariners Pre-game (CC) 30m *Live*

11:00 a.m. ROOT MLB Baseball Seattle Mariners at Milwaukee Brewers (CC) 3h *Live*

2:00 p.m. ROOT Mariners Post-game (CC) 30m *Live*

4:00 p.m. ESPN MLB All-Star Election Night 1h *Live*

5:30 p.m. ROOT Mariners Spotlight 30m

6:00 p.m. ROOT Mariners Spotlight 30m

6:30 p.m. ROOT Mariners Pre-game (CC) 30m

7:00 p.m. ROOT MLB Baseball Seattle Mariners at Milwaukee Brewers (CC) 3h

10:00 p.m. ROOT Mariners Post-game (CC) 30m

FRIDAY

4:00 p.m. ROOT Mariners All Access (CC) 30m

4:30 p.m. ROOT Mariners Pre-game (CC) 30m *Live*

5:00 p.m. ROOT MLB Baseball Seattle Mariners at Houston Astros (CC) 3h *Live*

8:00 p.m. ROOT Mariners Post-game (CC) 30m *Live*

8:30 p.m. ROOT MLB Baseball Seattle Mariners at Houston Astros (CC) 3h

11:30 p.m. ROOT Mariners Post-game (CC) 30m

SATURDAY

9:30 a.m. KFFX KTVP MLB Pre-game Show (CC) 30m *Live*

10:00 a.m. KFFX KTVP MLB Baseball New York Yankees vs. Boston Red Sox (CC) 3h *Live*

11:00 a.m. ROOT Mariners Spotlight 30m

4:30 p.m. KFFX KTVP MLB Pre-game Show (CC) 30m *Live*

5:00 p.m. KFFX MLB Baseball (CC) 3h *Live*

KTVP MLB Baseball Seattle Mariners at Houston Astros (CC) 3h *Live*

ESPN2 Baseball College Home Run Derby (CC) 2h30 *Live*

7:00 p.m. ROOT MLB Baseball Eugene Emeralds at Hillsboro Hops (CC) 3h *Live*

10:00 p.m. ROOT Grand Junction Rockies Double Play 30m

10:30 p.m. ROOT Mariners Spotlight 30m

1:00 a.m. ROOT MLB Baseball Eugene Emeralds at Hillsboro Hops (CC) 3h

SUNDAY

6:00 a.m. ESPN Baseball Tonight (CC) 1h *Live*

7:00 a.m. ESPN MLB Baseball New York Yankees vs. Boston Red Sox (CC) 3h *Live*

9:30 a.m. ROOT Mariners Spotlight 30m

10:00 a.m. ROOT Mariners All Access (CC) 30m

10:30 a.m. ROOT Mariners Pre-game (CC) 30m *Live*

11:00 a.m. ROOT MLB Baseball Seattle Mariners at Houston Astros (CC) 3h *Live*

2:00 p.m. ROOT Mariners Post-game (CC) 30m *Live*

2:30 p.m. ESPN MLB All-Star Selection Show (CC) 30m *Live*

ROOT Mariners All Access (CC) 30m

3:00 p.m. ESPN Baseball Tonight (CC) 1h *Live*

ROOT MLB Baseball Eugene Emeralds at Hillsboro Hops (CC) 3h

4:00 p.m. ESPN MLB Baseball Atlanta Braves at New York Mets (CC) 3h *Live*

8:00 p.m. ROOT MLB Baseball Seattle Mariners at Houston Astros (CC) 3h

11:00 p.m. ESPN2 MLB Baseball Atlanta Braves at New York Mets (CC) 2h

ROOT Mariners Post-game (CC) 30m

11:30 p.m. ROOT Mariners All Access (CC) 30m

MONDAY

4:00 p.m. ESPN MLB Baseball Chicago Cubs at Pittsburgh Pirates (CC) 3h *Live*

5:00 p.m. ROOT Mariners Spotlight 30m

5:30 p.m. ROOT Mariners Spotlight 30m

6:00 p.m. ROOT Mariners Spotlight 30m

6:30 p.m. ROOT Mariners All Access (CC) 30m

11:30 p.m. ESPN2 MLB Baseball Chicago Cubs at Pittsburgh Pirates (CC) 2h

TUESDAY

5:00 p.m. ROOT Grand Junction Rockies Double Play 30m

5:30 p.m. ROOT Mariners Spotlight 30m

6:00 p.m. ROOT Mariners All Access (CC) 30m

6:30 p.m. ROOT Mariners Pre-game (CC) 30m *Live*

7:00 p.m. ROOT MLB Baseball St. Louis Cardinals at Seattle Mariners (CC) 3h *Live*

10:00 p.m. ROOT Mariners Post-game (CC) 30m *Live*

10:30 p.m. ROOT MLB Baseball St. Louis Cardinals at Seattle Mariners (CC) 3h

1:30 a.m. ROOT Mariners Post-game (CC) 30m

BASKETBALL

WEDNESDAY

Noon ESPN NBA: The Jump (CC) 1h *Live*

1:00 p.m. ESPN2 NBA: The Jump (CC) 1h

7:00 p.m. ESPN2 NBA: The Jump (CC) 1h

THURSDAY

Noon ESPN NBA: The Jump (CC) 1h *Live*

1:00 p.m. ESPN2 NBA: The Jump (CC) 1h

FRIDAY

Noon ESPN NBA: The Jump (CC) 1h *Live*

1:00 p.m. ESPN2 NBA: The Jump (CC) 1h

4:00 p.m. ESPN2 Woj & Lowe 30m

SATURDAY

8:30 a.m. ESPN2 Woj & Lowe 30m

9:00 a.m. KEPR KOIN BIG3 Basketball (CC) 2h *Live*

ESPN2 NBA: The Jump (CC) 1h

11:00 a.m. ESPN WNBA Basketball Connecticut Sun at Washington Mystics (CC) 2h *Live*

5:00 a.m. ESPN2 Woj & Lowe 30m

SUNDAY

2:00 p.m. ESPN2 NBA: The Jump 5h *Live*

MONDAY

Noon ESPN2 NBA: The Jump (CC) 1h *Live*

2:30 p.m. ESPN2 NBA: The Jump (CC) 1h

5:00 p.m. ESPN2 NBA: The Jump 1h *Live*

6:00 p.m. ESPN2 NBA Basketball Summer League (CC) 2h *Live*

TUESDAY

Noon ESPN2 NBA: The Jump (CC) 1h *Live*

2:30 p.m. ESPN2 NBA: The Jump (CC) 1h

4:00 p.m. ESPN NBA: The Jump 1h *Live*

5:00 p.m. ESPN2 NBA: The Jump 1h *Live*

6:00 p.m. ESPN2 NBA Basketball Summer League (CC) 2h *Live*

CYCLING

MONDAY

5:30 a.m. ROOT Crankworx Slope-style Championship (CC) 30m

BOAT RACING

SATURDAY

1:00 p.m. ROOT Crackerbox Racing 30m

3:00 p.m. KNDU Boat Racing Richland Regatta Race 2019 Race (CC) 2h *Live*

SUNDAY

3:00 p.m. KNDU Boat Racing Richland Regatta Race 2019 Race (CC) 2h *Live*

MONDAY

8:30 p.m. ROOT Crackerbox Racing 30m

BODYBUILDING

SUNDAY

10:00 a.m. KEPR KOIN Strongman World's Strongest Man (CC) 1h

BOXING

FRIDAY

2:00 p.m. ESPN2 Max on Boxing (CC) 30m

7:00 p.m. ESPN Boxing Top Rank Richard Comney vs. Raymundo Beltran (CC) 2h *Live*

9:00 p.m. ESPN2 Max on Boxing (CC) 30m

11:30 p.m. ESPN2 Max on Boxing (CC) 30m

Midnight ESPN2 Boxing Top Rank Richard Comney vs. Raymundo Beltran (CC) 2h

SATURDAY

8:00 a.m. ESPN2 Max on Boxing (CC) 30m

6:00 p.m. SHOW Boxing Showtime Championship Jermall Charlo vs. Brandon Adams (CC) 3h30 *Live*

SUNDAY

9:00 a.m. SHOW Boxing Showtime Championship (CC) 3h30

10:00 a.m. KFFX KTVP PBC Face to Face (CC) 30m

10:30 a.m. KFFX KTVP PBC Fight Camp (CC) 30m

FOOTBALL

WEDNESDAY

9:00 a.m. ROOT The Rich Eisen Show (CC) 3h *Live*

10:30 a.m. ESPN NFL Live (CC) 1h30 *Live*

Noon ESPN2 NFL Live (CC) 1h

4:00 p.m. ESPN2 NFL Live (CC) 1h

8:00 p.m. ESPN2 Hey Rookie: Welcome to the NFL Combine 30m

THURSDAY

10:30 a.m. ESPN NFL Live (CC) 1h30 *Live*

Noon ESPN2 NFL Live (CC) 1h

4:00 p.m. ESPN2 NFL Live (CC) 1h30

5:30 p.m. ESPN2 CFL Football Edmonton Eskimos at Winnipeg Blue Bombers (CC) 3h *Live*

FRIDAY

9:00 a.m. ROOT The Rich Eisen Show (CC) 3h

10:30 a.m. ESPN NFL Live (CC) 1h30 *Live*

Noon ESPN2 NFL Live (CC) 1h

4:00 p.m. ESPN NFL Live (CC) 1h

4:30 p.m. ESPN2 CFL Football Montreal Alouettes at Hamilton Tiger-Cats (CC) 3h *Live*

Midnight ROOT The Rich Eisen Show (CC) 3h

MONDAY

9:00 a.m. ROOT The Rich Eisen Show (CC) 3h *Live*

10:30 a.m. ESPN2 NFL Live (CC) 1h30 *Live*

1:00 p.m. ESPN2 NFL Live (CC) 1h30

3:30 p.m. ESPN2 NFL Live (CC) 1h30

TUESDAY

9:00 a.m. ROOT The Rich Eisen Show (CC) 3h *Live*

10:30 a.m. ESPN2 NFL Live (CC) 1h30 *Live*

1:00 p.m. ESPN2 NFL Live (CC) 1h30

3:30 p.m. ESPN2 NFL Live (CC) 1h30

GOLF

WEDNESDAY

7:00 a.m. GOLF Morning Drive (CC) 1h

8:00 a.m. GOLF LET Golf Thailand Championship Final Round (CC) 2h

10:00 a.m. GOLF Inside the PGA Tour 30m

10:30 a.m. GOLF PGA TOUR Champions Learning Center (CC) 30m

11:00 a.m. GOLF Chronicles of a Champion Golfer 30m

11:30 a.m. GOLF Chronicles of a Champion Golfer 30m

Noon GOLF Inside the PGA Tour 30m

12:30 p.m. GOLF Chronicles of a Champion Golfer (CC) 30m

1:00 p.m. GOLF Chronicles of a Champion Golfer 30m

1:30 p.m. GOLF School of Golf 30m

2:00 p.m. GOLF Inside the PGA Tour 30m

2:30 p.m. GOLF Playing Lessons (CC) 30m

3:00 p.m. GOLF Golf Central (CC) 1h

sports feature

Froome for fifth title: Tour de France kicks off in Brussels

By Ryan Guebert
TV Media

The 2019 UCI World Tour is set to feature the biggest sporting event in the world with the 106th edition of the Tour de France. The 21-stage race takes place over 23 days starting in Brussels, Belgium, and ending on the Champs-Élysées in Paris, France. Catch the first stage of the Tour de France on Saturday, July 6, with coverage on NBC.

The first stage of the 2019 Tour de France spans 192 kilometers through a flat course in Brussels. It is the second time in Tour history that the race will start

in Brussels, the last being the 1958 Tour, which saw Charly Gaul win his first and only yellow jersey. Brussels was chosen for this year's starting location in honor of Belgian cyclist Eddy Merckx's first Tour de France win 50 years ago. Following his 1969 win, Merckx went on to win the Tour four times in a row, and once more in 1974, making him one of only four riders to have won the Tour five times.

Four-time Tour winner Chris Froome enters this year's race as the bookmakers' favorite, and he hopes to become the fifth rider to set that record. Following his third-place finish last year, Froome is not defending the Tour title for the first time

in three years. His only win in 2018 came at the Giro d'Italia — the first-ever pink jersey of his career.

The Giro d'Italia is known for its hilly and mountainous stages with steep climbs through the Alps. Froome's win at the Giro d'Italia came just over a month before the start of the Tour, and was a factor in his third-place finish, which is why he chose to forgo this year's Giro and focus on becoming the fifth rider to win five Tours.

Find out who will take the early lead in this year's Tour de France as riders pedal their way through Brussels for the "Grand Départ." Tune in Saturday, July 6, for Stage 1 coverage on NBC.