



# VERIZON FiOS CHANNEL LINEUP

## FiOS® TV LOCAL AND REGIONAL SPORTS & NEWS PROGRAMMING

### WASHINGTON METRO AREA

EFFECTIVE JANUARY 2010



## WELCOME TO FiOS CHANNEL LINEUP

### GOT QUESTIONS? GET ANSWERS

Whenever you have questions or need help with your FiOS TV service, we make it easy to get answers any way you want. Here's how:

- On your TV — for Help videos, press **Menu** on the remote or check out **Channel 131** to see what's new
- Online — visit us online at **verizon.com/fiostvcentral**
- In the palm of your hand — look through your **FiOS User Guide** for step-by-step instructions

The following lineup includes channel listings for the FiOS TV Local and Regional Sports & News Programming packages.

## FiOS TV LOCAL

Included with all FiOS TV packages. Additional packages/subscriptions are available.<sup>1</sup>

### FiOS TV LOCAL BROADCAST

ABC — WJLA-TV 7 <sup>v</sup>	7	The Worship Network	494
CBS — WUSA-TV 9 <sup>v</sup>	9	WETA 26	471
CW — WDCW-TV 50	3	WETA Create	474
FiOS1 <sup>2</sup>	1	WETA Kids	472
FOX — WTTG-TV 5	5	WETA World	473
ION-TV 66	13	WHUT DT	470
Local Programming	28	WJLA Weather Now	462
Local Programming	29	WJLA-7.3 RTN	467
My Network TV — WDCA-TV 20	6	WMPT Select	480
NBC — WHAG	15	WRC Universal Sports	464
NBC — WRC-TV 4	4	WUSA Weather Radar	461
News Channel 8	8		
PBS — WETA-TV 26	26		
PBS — WHUT-TV 32	32		
PBS — WMPT-TV 22	22		
Telefutera	17		
Telemundo — WZDC-TV	20		
Univision — WFDC-TV 14	14		
Weatherscan Local	49		
WGN America	29		

### FiOS TV LOCAL BROADCAST HD

ABC — WJLA HD <sup>v</sup>	507
CBS — WUSA HD <sup>v</sup>	509
CW — WDCW HD	503
FOX — WTTG HD	505
MPT-HD	522
My Network TV — WDCA HD	506
NBC — WHAG HD	515
NBC — WRC HD	504
PBS — WETA HD	526

### LOCAL PLUS

CW — WDCW-DT (MyNet)	463
ION Life	492
MHz1 Worldview	451
MHz2 SABC	452
MHz3 France 24	453
MHz4 Nigerian Television Authority	454
MHz5 RT	455
MHz6 NHK	456
MHz7 BVN	457
MHz8 Metro Chinese Network	458
MPTV-ME	481
NBC Plus (WRC)	460
Qubo	491

### LOCAL PUBLIC/EDUCATION/GOVERNMENT

#### ARLINGTON COUNTY

AETV, Arlington Ed. TV	41
APS-ARTS, NoVA and GMU	43
APS-NASA	42
Arlington County Gov. (AVN)	39
Arlington County Gov. (AVN-2)	40
Arlington Independent Media	38

#### BERWYN HEIGHTS

Berwyn Heights Gov. Access	12
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#### BLADENSBURG

University of Maryland (UMUC)	18
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#### BOWIE

Bowie Gov. 1	10
Bowie Gov. 2	11
Bowie Public Access	12

#### BRAMBLETON

Brambleton Community Access	489
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#### BRENTWOOD

Brentwood Gov. Access	36
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#### CAPITOL HEIGHTS

Capitol Heights Gov.	16
Capitol Heights Gov. 2	28

#### CHEVERLY

Cheverly Gov. Access	35
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#### CITY OF FAIRFAX, FAIRFAX COUNTY, FALLS CHURCH, HERNDON & VIENNA

City of Fairfax Gov.	12
Community Classroom 25-FCPS	25
Fairfax County Gov.	16
Falls Church Community TV <sup>3</sup>	35
FPA Community Programming	10
FPA International Programming	30
George Mason University	18





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### FiOS TV LOCAL *(continued)*

Herndon Community Channel <sup>4</sup>	42	<b>FREDERICKSBURG</b>		<b>MONTGOMERY COUNTY</b>		<b>PRINCE WILLIAM COUNTY</b>	
NoVA Community College	19	Fredericksburg Ed. Access 1	41	Access Montgomery TV 19	19	George Mason University	18
Red Apple 21-FCPS	21	Fredericksburg Ed. Access 2	44	Access Montgomery TV 21	21	NoVA Community College	19
WEBR Radio/Community	37	Fredericksburg Gov. Access	42	County Cable		Prince William County Gov.	37
<b>CITY OF MOUNT RAINIER</b>		Fredericksburg Public Access	43	Montgomery (CCM)	30	Prince William County Schools	36
Mount Rainier Gov. Access	21	<b>GLENARDEN</b>		Montgomery College (MCTV)	10	<b>QUANTICO</b>	
<b>COLLEGE PARK</b>		Glenarden Gov. Access	16	Montgomery County		Quantico Information 1	487
College Park Gov. Access	25	<b>GREENBELT</b>		Public Schools 1	35	Quantico Information 2	488
<b>COTTAGE CITY</b>		Greenbelt Gov. Access	21	Montgomery County		<b>RIVERDALE PARK</b>	
Cottage City Gov. Access	28	Greenbelt Public Access	19	Public Schools 2	36	Riverdale Park Gov. Access	10
<b>DISTRICT HEIGHTS</b>		<b>HYATTSVILLE</b>		Montgomery Municipal		<b>SPOTSYLVANIA COUNTY</b>	
District Heights Gov. Access	25	Hyattsville Gov. Access	12	Cable (MMC)	16	Spotsylvania Cnty. Ed. Access	36
<b>DISTRICT OF COLUMBA</b>		<b>LANDOVER HILLS</b>		Takoma Park City TV	28	Spotsylvania Cnty. Gov. Access	35
District Public Schools	12	Landover Hills Gov. Access	28	The Rockville Channel	11	<b>STAFFORD COUNTY</b>	
University of District of Columbia	19	<b>LAUREL</b>		University of Maryland (UMTV)	40	Stafford Cnty. Ed.	38
Washington DC Council 1	18	Laurel Gov. Access	12	University of Maryland (UMUC)	18	Stafford Cnty. Gov.	39
Washington DC Council 2	25	<b>LEESBURG &amp; LOUDOUN COUNTY</b>		<b>NEW CARROLLTON</b>		<b>TOWN OF BLADENSBURG</b>	
Washington DC Mayor 1	16	George Mason University	18	New Carrollton Gov. Access	30	Bladensburg Gov. Access	19
Washington DC Mayor 2	21	Leesburg Gov.	35	<b>PRINCE GEORGE'S COUNTY</b>		<b>TOWN OF UNIVERSITY PARK</b>	
Washington DC Public Access	28	Loudoun County Gov.	40	Bowie State University	43	University Park Gov. Access	16
Washington DCTV 1	10	Loudoun County Public Access	41	Prince George's		<b>UPPER MARLBORO</b>	
Washington DCTV 2	11	Loudoun County Public Schools	43	Community College	44	Upper Marlboro Gov. Access	19
<b>EDMONSTON</b>		Loudoun County Public Schools	43	Prince George's	42		
Edmonston Gov. Access	30	NoVA Community College	19	Community Television			
<b>FAIRMOUNT HEIGHTS</b>		<b>MANASSAS</b>		Prince George's County			
Fairmount Heights Gov. Access	11	Manassas City Education	38	Gov. and Public Affairs	41		
<b>FORT BELVOIR</b>		Manassas City Gov. Access	39	Prince George's County			
Fort Belvoir Information	489	Manassas Park City Gov. Access	43	Public Safety —			
				Emergency Preparedness	39		
				Prince George's County			
				Public Schools	38		
				Prince George's County			
				Public Schools #2	37		
				University of Maryland (UMTV)	40		
				University of Maryland (UMUC)	18		

### REGIONAL SPORTS PROGRAMMING Channels vary by package subscription.<sup>1</sup>

<b>ESSENTIALS</b>		<b>EXTREME HD (PRE 1/17/10)</b>		<b>PRIME HD, EXTREME HD (POST 1/17/10)</b>		<b>LA CONEXIÓN</b>	
Comcast SportsNet		Comcast SportsNet		<b>AND ULTIMATE HD</b>		Comcast SportsNet	
Mid-Atlantic	76	Mid-Atlantic HD	576	Comcast SportsNet		Mid-Atlantic	1525
Mid-Atlantic Sports Network	77	Mid-Atlantic Sports		Mid-Atlantic	76	Mid-Atlantic Sports Network	1526
		Network HD	577	Comcast SportsNet			
				Mid-Atlantic HD	576		
				Mid-Atlantic Sports Network	77		
				Mid-Atlantic			
				Sports Network HD	577		

Verizon FiOS TV occasionally changes its channel offerings. For a complete listing of all the Verizon FiOS TV channels available in your area, visit [verizon.com/fioschannels](http://verizon.com/fioschannels).

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<sup>1</sup>A Verizon-supplied HD receiver and an HD-ready TV set required to receive HD programming.

<sup>2</sup>When a regional sports station carries more than one game, Verizon may air that additional game on channel 1 (FiOS1).

<sup>3</sup>Only available in Falls Church.

<sup>4</sup>Only available in Herndon.

<sup>v</sup>Select programming available on Video On Demand.

Programming services offered within each package are subject to change, and not all programming services will be available at all times. Blackout restrictions also apply.

WASHMET-02/10 ZCT10004

**THIS IS  
FiOS.  
THIS IS  
BIG.**