Find your **favorites**

COX

September 2026 Channel Lineup

Hampton Roads Area

Contour Starter (Included in all video packages)

Starter

2	My Network TV WTVZ	42	TBS	94	C-SPAN 2	115	ME TV WVEC	131	Daystar
3	CBS – WTKR	44	IND – WGNT	95	C-SPAN	116	GREAT TV – WAVY	133	EWTN
4	WSKY	49	ION – WPXV	98	HSN	117	Rewind TV WAVY	137	Quest WVEC
5	Univision	50	QVC	106	VTC – Higher Education	118	Court TV WTKR	138	Cozi – WVBT
6	UNC TV WUNC •	60	Yurview Virginia	107	World WHRO	120	QVC3	139	Rewind TV – WVBT
7	CW – WVBT	69	Jewelry TV	108	Kids WHRO	121	HSN 2	141	Defy – WAVY
10	NBC – WAVY	70	Shop LC	109	Create WHRO	123	Comet TV – WTVZ	901–950	Music Choice
13	ABC – WVEC	73	Leased Access	110	MeTV Toons – WSKY	125	The North Carolina Channel WUNC •		
14	Fox WVBT	83	QVC2	111	Stadium WTVZ				
15	PBS WHRO	86	Government Access	112	TBD WGNT	126	PBS Kids UNCTV •		
20	TBN WTPC	87	GovernmentEducational	113	ION Mystery – WGNT	127	Explorer UNCTV •		
21	QVC	88	GovernmentEducational	114	True Crime	128	Start TV – WSKY		
34	HSN	93	C-SPAN 3		Network WVEC	129	Movies Channel – WSKY		

Contour Preferred (Includes Starter channels)

Preferred

8	CNN	32	Comedy Central	59	History	81	MTV Live	159	Washington Nationals
9	Lifetime	33	CMT	61	Bravo	82	FETV	171	ACC Network
11	ESPN2	35	Monumental Sports	62	Travel Channel	84	Jewish Life TV	200	IFC
12	ESPN	36	BET	63	Fox Sports 1	97	POP	201	Sundance TV
16	FX	37	TV Land	64	Fox News Channel	99	WGN America	209	Lifetime Movie Network
17	Cartoon / Adult Swim	38	Disney	65	Golf Channel	103	Investigation Discovery	212	WE TV
18	USA Network	39	MASN	66	TNT	105	Nick Jr.	219	Fox Sports 2
19	Freeform	40	Syfy	67	VH1	119	Monumental Sports+	235	Magnolia
22	MTV	41	E! Entertainment	68	Food Network	132	INSP	240	TV One
23	MS NOW	43	Animal Planet	71	National Geographic	134	The Word Network	248	Oxygen
24	The Weather Channel	51	FXX	72	MoviePlex	140	Newsmax	252	BBC America
25	CNBC	53	Fox Weather	74	Hallmark	151	Justice Central	260	Cowboy Channel
26	HLN	53	NBC Sports Network	75	Hallmark Mystery	152	Recipe TV	264	Great American Family
27	HGTV	54	Fox Business Channel	76	GSN	153	Comedy.TV	267	Hallmark Family
28	A&E	55	AMC	77	STARZ ENCORE Español *	154	Aspire		
29	Nickelodeon	56	Paramount Network	78	Unimas	156	theGrio		
30	TLC	57	truTV	79	Galavision	157	Bounce		
31	Discovery	58	OWN	80	Discovery Turbo	158	The Impact Network *		

Bonus Pack (Included with subscription to at least one other Pack and Preferred) *

100	Discovery Family	102	Destination America	214	MLB Network
101	Science Channel	104	American Heroes	234	Discovery Life

*,**,*** See other side for details.

Contour Preferred (Includes Starter channels)

(Continued from other side)

Variety Pack (Optional) *

155	Africa Channel	241	BET Her	249	Logo TV	256	CMT Music	291	Disney Jr.
187	Crime & Investigation	242	UP	250	Cooking Channel	257	BET Jams	292	TR3S: MTV, Musica y Mas
188	Lifetime Real Women	244	Disney XD	251	Smithsonian Channel	265	CLEO TV		
189	Military History	245	Nicktoons	253	NickMusic	268	MTV2		
197	NBC Universo	246	TeenNick	254	MTV Classics	269	National Geographic Wild		
236	Baby First	247	Boomerang	255	BET Soul				

Sports & Info Pack (Optional) *

53	NBC Sports Network	220	NHL Network	224	NFL Network	231	ESPNews
165	Pursuit Network	221	CNNi	225	SEC Network	232	ESPNU
216	CBS Sports	222	Tennis Channel	228	FYI	233	NBA TV
217	Outdoor Channel	223	TUDN	229	Viceland	238	NASA

Sports Pack 2 (Optional) *

160	NFL RedZone †	163	MLB Strikezone †	168	Big Ten Network	223	TUDN
161	NFL Network	165	Pursuit Network	170	World Fishing Channel	233	NBA TV
162	MLB Network	167	Sportsman Channel	173	Zona Futbol		

Movie Pack (Optional) *

179	MGM Hits	192	RetroPlex	204	STARZ ENCORE Westerns	206	STARZ ENCORE Action	211	Turner Classic Movies
180	MGM Marquee	193	IndiePlex			207	STARZ ENCORE Black	213	MGM+
181	MGM+ Drive-in	202	Flix	205	STARZ ENCORE Suspense	208	STARZ ENCORE Family		
191	FXM	203	STARZ ENCORE Classic			210	STARZ ENCORE		

Latino Pack (Optional) *

182	FOROtv	199	Telefe	272	ESPN Deportes	282	de Pelicula Clasico	293	Sony Cine
183	ESNE	258	TUDN	273	CNN en Español	283	Discovery Familia	295	Cine Estelar
185	CentroamericaTV	261	Nuestra Tele	274	Discovery en Español	284	Disney XD (SAP)	296	Univision
186	Hola TV	262	Nicktoons	275	Galavision	285	Bandamax	297	Baby TV
190	Hogar de HGTV	263	Cartoon / Adult Swim	277	Fox Deportes	286	History En Español	299	tlNovelas
194	Baby First	266	VePlus	279	Boomerang (SAP)	287	TR3S: MTV, Musica y Mas		
195	EWTN en Español	270	Telemundo	280	Cine Latino	288	NBC Universo		
198	Pasiones	271	UniMas	281	de Pelicula	290	WAPA		

Premium Networks (Optional)

179	MGM Hits	308	HBO Latino	332	Cinemax Action (West)	351	Paramount+ with SHOWTIME West	364	Starz Cinema
180	MGM Marquee	309	HBO Drama (West)	341	Paramount+ with SHOWTIME	352	SHOWTIME Women	365	Starz Kids & Family
181	MGM+ Drive-in	312	HBO Hits (West)			353	SHOWTIME Family Zone	367	Starz Edge (West)
213	MGM+	321	Cinemax (East)	342	SHOWTIME 2	354	SHOWTIME 2 (West)	368	Starz in Black (West)
301	HBO (East)	322	Cinemax Hits (East)	343	SHO*BET	357	The Movie Channel (West)	371	Starz (West)
302	HBO Hits (East)	323	Cinemax Action	344	SHOWTIME Extreme			380	STARZ ENCORE
303	HBO Drama	328	Playboy en Espanol	345	SHOWTIME Showcase			381	AMC+
305	HBO (West)	329	Playboy	346	SHOWTIME Next	361	Starz (East)		
306	HBO Movies	330	Cinemax Hits (West)	348	The Movie Channel (East)	362	Starz Edge		
307	HBO Comedy	331	Cinemax (West)	349	TMC Extra	363	Starz in Black		

Contour TV Ultimate (Includes all networks listed on channel lineup for each section)

Starter
Preferred
Bonus Pack
Variety Pack
Sports & Info Pack
Sports Pack 2
Movie Pack
Premium Networks

*,** See other side for details.

Additional Channels and Pay-Per-View

Subscription Sports Packages & Pay-Per-View (Optional) *

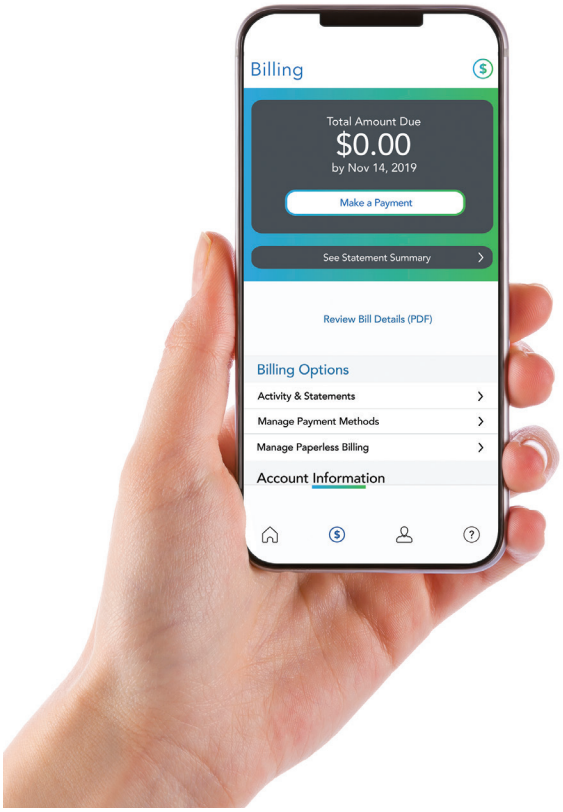
215	NFL RedZone ***	503	PPV en Español HD	594	Adult Pay-Per-View	671–684	MLB Extra Innings	690	Fox Soccer Plus
501	Pay-Per-View 2	504	Pay-Per-View	651–660	NBA League Pass	671–684	NHL Center Ice		

International Channels (Optional) *

507	TFC	511	SET Asia	515	Rai Italia	522	Phoenix InfoNews	526	Colors
508	GMA Pinoy TV	512	CCTV 4	516	TV5Monde	523	Phoenix North America		
509	Myx	513	CTI-Zhong Tian	519	SBTN	524	ART		
510	ZEE TV	514	DW (Deutsche+)	521	TV Asia	525	RTN (formerly TV Russia)		

FAST Channels ***

951–970 Xumo Channels



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Effective September 2026.

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