

Beat: Sports

United States Grand Prix Schedule Across U.S. Time Zones

United States Grand Prix 2025 F1

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USPA NEWS - This weekend, the Circuit of the Americas in Austin, Texas, becomes the epicenter of global motorsport with the running of the Formula 1 United States Grand Prix. To help fans across the country follow the action, here's a breakdown of the key events, adjusted to major U.S. time zones.

On Friday, October 17, the weekend kicks off with Formula 1's free practice session, scheduled from 12:30 to 13:30 local time in Texas (CDT). That translates to 1:30 PM in New York (EDT), 10:30 AM in Los Angeles (PDT), and 11:30 AM in Denver (MDT). Later in the day, from 14:35 to 15:05 CDT, the Porsche Carrera Cup North America holds its practice session, followed by Formula 1's Sprint Qualifying from 16:30 to 17:14 CDT.

Saturday, October 18 begins early with qualifying for the Porsche Carrera Cup North America, from 09:45 to 10:15 CDT. The Formula 1 Sprint Race takes place between 12:00 and 12:30 CDT, while the first Porsche Carrera Cup race is set for 14:40 to 15:20 CDT. The highlight of the day is Formula 1's official qualifying session, held from 16:00 to 17:00 CDT—equivalent to 5:00 PM on the East Coast, 2:00 PM on the West Coast, and 3:00 PM in the Mountain Time zone.

On Sunday, October 19, the second race of the Porsche Carrera Cup Asia runs from 11:00 to 11:40 CDT. At 12:00 CDT, the traditional Formula 1 drivers' parade takes place, and finally, the United States Grand Prix begins at 14:00 CDT and concludes at 16:00. That means fans can tune in live at 3:00 PM in New York, 12:00 PM in California, and 1:00 PM in Colorado.

For fans watching from Alaska or Hawaii, it's recommended to adjust your clocks accordingly: in Anchorage, the race starts at 11:00 AM, while in Honolulu it begins at 10:00 AM.

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