

Autoweek Racing On TV: Listings For March 31-April 6

Where to find F1 Japanese Grand Prix, NASCAR at Darlington and more.



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A look at this week's major racing action at the track:

MONDAY, MARCH 31

- NASCAR Winternationals Eliminations, Pomona, Calif.; 1 p.m., FS2 (L)
- NASCAR Cup Series Cook Out 400, Martinsville, 9 p.m., FS2 (T)
- NASCAR Craftsman Truck Series Boys & Girls Club of the Blue Ridge 200, Martinsville, midnight, FS2 (T)

TUESDAY, APRIL 1

- NASCAR Cup Series Cook Out 400, Martinsville, 5:30 a.m., FS1 (T)
- MotoGP Sprint and Feature Races, Circuit of the Americas, 6:30 a.m., FS1 (S)

WEDNESDAY, APRIL 2

- NASCAR Cup Series Cook Out 400, Martinsville, 12:30 a.m., FS2 (T)

THURSDAY, APRIL 3

- Formula 1 Japanese Grand Prix Practice 1, Suzuka, Japan; 10:25 p.m., ESPNNews (L)
- Formula 1 Japanese Grand Prix Practice 2, Suzuka, Japan; 1:55 a.m., ESPN2 (L)

FRIDAY, APRIL 4

Formula 1 Japanese Grand Prix Qualifying, Suzuka, Japan; 1: 55 a.m., ESPNNews (L)

SATURDAY, APRIL 5

- Formula 1 Japanese Grand Prix, Suzuka, Japan; 12:55 a.m., ESPN (L)
- NASCAR Xfinity Series Practice and Qualifying, Darlington, 10:05 a.m., The CW App (L)
- NASCAR Cup Series Practice and Qualifying, Darlington, 12:35 p.m., Amazon Prime Video (L)
- AMA Supercross, Foxborough, Mass.; 1:30 p.m., Peacock (L)
- NASCAR Xfinity Series Sport Clips Haircuts VFW Help a Hero 200, Darlington, 3:30 p.m., The CW (L)
- AMA Supercross, Foxborough, Mass.; 7 p.m., Peacock (L)

SUNDAY, APRIL 6

- Formula 1 Japanese Grand Prix, Suzuka, Japan; noon, ESPNNews (S)

- **NASCAR Cup Series Goodyear 400, Darlington, 3 p.m., FS1 (L)**
- Formula 1 Japanese Grand Prix, Suzuka, Japan, 8 p.m., ESPNNews (S)
- NASCAR Cup Series: Goodyear 400, Darlington, 9 p.m., FS2 (T)

ALL TIMES EASTERN

L=Live, S=Same Day, T=Recorded, LS=Live Streamed



MIKE PRYSON