

## U.S. TELEVISION LISTINGS

**ALL TIMES ARE EASTERN TIME ZONE** – Broadcast times can change – check your local listings

N = première broadcast; L = live; SDD = same day/tape-delayed; R = repeat; HD = available in high definition format

• **Taping advice:** Race broadcasts often run beyond scheduled finish times: set your VCR for at least a half-hour extra time. Also, the reruns of NASCAR races on SPEED often run well beyond their scheduled finish times.

Updated: **March 8, 2010**

### MONDAY, MARCH 8

|               |            |  |
|---------------|------------|--|
| 7:00P-8:00    | HD Theater | 2008 Race of Champions, Wembley Stadium, London, England, Dec 14/08      |
| 7:30P-8:00    | SPEED      | NASCAR Race Hub, HD, L   |
| 9:30P-10:00   | SPEED      | Sounds of NASCAR, HD, N  |
| 10:00P-10:30  | SPEED      | NASCAR in a Hurry – Monday Edition, <i>Kobalt Tools 500</i> , HD, L      |
| 10:00P-11:00  | HD Theater | FIM Speedway Grand Prix Series, WC Event 2, Peterborough, UK, July 13/09 |
| 10:30P-11:00  | SPEED      | NASCAR: <i>What's the Deal?</i> with Jimmy Spencer, HD, N                |
| 11:30P-12:00m | SPEED      | NASCAR Race Hub, HD, R   |

### TUESDAY, MARCH 9

|               |            |   |
|---------------|------------|---|
| 12:00m-1:00A  | espn2      | NASCAR Now  |
| 1:00A-2:00    | HD Theater | FIM Speedway Grand Prix Series, WC Event 2, Peterborough, UK, July 13/09                          |
| 1:30A-2:00    | SPEED      | Sounds of NASCAR, HD, R   |
| 2:00A-3:00    | HD Theater | 2008 Race of Champions, Wembley Stadium, London, England, Dec 14/08                               |
| 2:00A-2:30    | SPEED      | NASCAR in a Hurry – Monday Edition, <i>Kobalt Tools 500</i> , HD, R                               |
| 2:30A-3:00    | SPEED      | NASCAR: <i>What's the Deal?</i> with Jimmy Spencer, HD, R   |
| 2:30A-4:30    | ESPN-CL    | NASCAR: 1988 <i>Checker 500</i> , Phoenix, AZ, Nov 6/88, R  |
| 3:00A-4:00    | SPEED      | National Arenacross Series, BOK Center, Tulsa, OK, Feb 6-7/10, HD, R                              |
| 4:00A-5:00    | SPEED      | National Arenacross Series, Covelli Centre #1, Youngstown, OH, Feb 12-14/10, HD, R                |
| 5:00A-6:00    | HD Theater | FIM Speedway Grand Prix Series, WC Event 2, Peterborough, UK, July 13/09                          |
| 9:30A-10:00   | SPEED      | Sounds of NASCAR, HD, R   |
| 10:00A-10:30  | SPEED      | NASCAR in a Hurry – Monday Edition, <i>Kobalt Tools 500</i> , HD, R                               |
| 10:30A-11:00  | SPEED      | NASCAR: <i>What's the Deal?</i> with Jimmy Spencer, HD, R   |
| 12:30P-3:00   | SPEED      | Daytona Bike Week: Daytona Sportbike <i>Daytona 200</i> , Daytona Intl. Speedway, Mar 5/10, HD, R |
| 3:00P-4:00    | HD Theater | FIM Speedway Grand Prix Series, WC Event 1, Vojens, Denmark, July 11/09                           |
| 6:00P-6:30    | espn2      | NASCAR Now, L   |
| 7:30P-8:00    | SPEED      | NASCAR Race Hub, HD, L  |
| 8:00P-9:00    | SPEED      | Race in 60: NASCAR Sprint Cup wrapup. <i>Kobalt Tools 500</i> at Atlanta Motor Speedway, HD, N    |
| 11:30P-12:00m | SPEED      | NASCAR Race Hub, HD, R  |

### WEDNESDAY, MARCH 10

|              |       |  |
|--------------|-------|--|
| 12:00m-1:00A | SPEED | Race in 60: NASCAR Sprint Cup wrapup. <i>Kobalt Tools 500</i> at Atlanta Motor Speedway, HD, R |
| 1:00A-1:30   | espn2 | NASCAR Now, R  |
| 3:00A-5:00   | SPEED | <i>Chili Bowl Midget Nationals</i> , QuikTrip Center, Tulsa, OK, Jan 16/10, R                  |
| 8:00A-9:00   | SPEED | Race in 60: NASCAR Sprint Cup wrapup. <i>Kobalt Tools 500</i> at Atlanta Motor Speedway, HD, R |

|               |       |   |
|---------------|-------|---|
| 12:00n-3:00P  | SPEED | NASCAR Sprint Cup Replay: <i>Kobalt Tools 500</i> , Atlanta Motor Speedway, Mar 7/10, HD, R-FOX |
| 5:00P-5:30    | espn2 | NASCAR Now, L   |
| 7:30P-8:00    | SPEED | NASCAR Race Hub, HD, L  |
| 8:30A-9:00    | SPEED | Sounds of NASCAR, HD, R   |
| 10:00P-11:00  | SHO   | Inside NASCAR, N  |
| 11:30P-12:00m | SPEED | NASCAR Race Hub, HD, R  |

#### THURSDAY, MARCH 11

|               |       |  |
|---------------|-------|--|
| 12:00m-1:00A  | SHO   | Inside NASCAR, R   |
| 12:30A-1:00   | SPEED | Sounds of NASCAR, HD, R  |
| 1:30A-2:00    | espn2 | NASCAR Now, R  |
| 3:00A-5:00    | SPEED | Australian V8 Supercars, Yas Marina Circuit, Abu Dhabi, United Arab Emirates, Feb 20/10, R     |
| 8:30A-9:00    | SPEED | Sounds of NASCAR, HD, R  |
| 12:00n-2:30P  | SPEED | AMA Supercross, Daytona Intl. Speedway, Mar 6/10, HD, R  |
| 2:30P-3:00    | SPEED | NASCAR: <i>What's the Deal?</i> with Jimmy Spencer, HD, R                                      |
| 3:00P-6:00    | SPEED | NASCAR Classics: TBA   |
| 6:00P-7:00    | SPEED | Race in 60: NASCAR Sprint Cup wrapup. <i>Kobalt Tools 500</i> at Atlanta Motor Speedway, HD, R |
| 7:30P-8:00    | SPEED | NASCAR Race Hub, HD, L   |
| 11:30P-12:00m | SPEED | NASCAR Race Hub, HD, R   |

#### FRIDAY, MARCH 12

|                   |              |  |
|-------------------|--------------|--|
| 12:00m-12:30A     | espn2        | NASCAR Now, N  |
| 4:00A-4:30        | SPEED        | Motorweek, 15010, R  |
| <b>6:00A-7:30</b> | <b>SPEED</b> | <b>FIA Formula 1 PRACTICE, Gulf Air Bahrain Grand Prix, Bahrain, L</b>                         |
| 7:30A-8:00        | SPEED        | NASCAR: <i>What's the Deal?</i> with Jimmy Spencer, HD, R                                      |
| 10:30A-11:00      | SPEED        | Motorweek, 15011, N  |
| 12:00n-3:00P      | SPEED        | Grand-Am Rolex Sports Car Series, <i>Grand Prix of Miami</i> , Homestead, FL, Mar 6/10, HD, R  |
| 7:00P-8:00        | SPEED        | Race in 60: NASCAR Sprint Cup <i>Daytona 500</i> wrapup. HD, R                                 |
| 8:00P-9:00        | SPEED        | Race in 60: NASCAR Sprint Cup <i>Auto Club 500</i> , Fontana wrapup. HD, R                     |
| 9:00P-10:00       | SPEED        | Race in 60: NASCAR Sprint Cup <i>Shelby American</i> , Las Vegas, wrapup. HD, R                |
| 10:00P-11:00      | SPEED        | Race in 60: NASCAR Sprint Cup wrapup. <i>Kobalt Tools 500</i> at Atlanta Motor Speedway, HD, R |
| 11:30P-12:00m     | SPEED        | NASCAR: <i>What's the Deal?</i> with Jimmy Spencer, HD, R                                      |

#### SATURDAY, MARCH 13

|                   |              |  |
|-------------------|--------------|--|
| 12:00m-12:30A     | SPEED        | Sounds of NASCAR #1, HD, R   |
| 12:30A-1:00A      | SPEED        | Sounds of NASCAR #2, HD, R   |
| 1:00A-1:30        | SPEED        | Mobil 1 <i>The Grid</i> , motorsports action worldwide, HD, N                                  |
| 1:30A-3:00        | SPEED        | FIA Formula 1 PRACTICE, <i>Gulf Air Bahrain Grand Prix</i> , Bahrain, Mar 12/10, R             |
| <b>6:00A-7:30</b> | <b>SPEED</b> | <b>FIA Formula 1 QUALIFYING, Gulf Air Bahrain Grand Prix, Bahrain, L</b>                       |
| 11:30A-12:00n     | SPEED        | Lucas Oil Drag Boats, 2009 season review, N  |
| 12:00n-1:00P      | SPEED        | Race in 60: NASCAR Sprint Cup wrapup. <i>Kobalt Tools 500</i> at Atlanta Motor Speedway, HD, R |
| <b>1:00P-3:00</b> | <b>SPEED</b> | <b>Grand-Am Continental Tire Challenge, Homestead, FL, Mar 6/10, HD, N</b>                     |
| <b>2:00P-3:00</b> | <b>VS</b>    | <b>IZOD IndyCar Series QUALIFYING, São Paulo, Brazil, HD, L</b>                                |
| 3:00P-4:00        | SPEED        | Lucas Oil Off Road Racing: Lake Elsinore (14017), N  |

|                    |              |   |
|--------------------|--------------|---|
| 4:00P-5:00         | SPEED        | Lucas Oil Off Road Racing: Lake Elsinore (14018), N                       |
| 5:00P-6:00         | SPEED        | IHRA Nitro Jam Drag Racing, 2009 year in review part #1, HD, N            |
| 6:00P-7:00         | SPEED        | IHRA Nitro Jam Drag Racing, 2009 year in review part #2, HD, N            |
| <b>7:30P-10:30</b> | <b>SPEED</b> | <b>AMA Supercross Special, Rogers Centre, Toronto, ON, HD, L</b>          |
| 10:30P-12:00m      | SPEED        | FIA Formula 1 QUALIFYING, <i>Gulf Air Bahrain Grand Prix</i> , Bahrain, R |

#### SUNDAY, MARCH 14 (DAYLIGHT SAVING TIME BEGINS AT 2:00A)

|                     |              |  |
|---------------------|--------------|--|
| <b>12:00m-3:00A</b> | <b>espn2</b> | <b>NHRA Full Throttle Drag Racing Series QUALIFYING, <i>Tire Kingdom Gatornationals</i>, Gainesville, FL, March 13/10, N</b> |
| 10:00A-12:00n       | espn2        | NHRA Full Throttle Drag Racing Series QUALIFYING, <i>Tire Kingdom Gatornationals</i> , Gainesville, FL, March 13/10, R       |
| 12:00m-4:00A        | SPEED        | AMA Supercross Special, Rogers Centre, Toronto, ON, HD, R (3-hour broadcast)   |

#### 2:00A DAYLIGHT SAVING TIME BEGINS (MOVE CLOCKS FORWARD ONE HOUR)

|                      |              |  |
|----------------------|--------------|--|
| <b>7:30A-10:00</b>   | <b>SPEED</b> | <b>FIA Formula 1 <i>Gulf Air Bahrain Grand Prix</i>, Bahrain, L</b>  |
| <b>11:30A-12:00n</b> | <b>VS</b>    | <b>IZOD Indycar Series PRE-RACE, São Paulo, Brazil, HD, L</b>  |
| <b>12:00n-2:30P</b>  | <b>VS</b>    | <b>IZOD Indycar Series, São Paulo, Brazil, HD, L</b>   |
| 12:00n-12:30P        | espn2        | NHRA Race Day, Gainesville, FL, N  |
| 1:00P-1:30           | SPEED        | Mobil 1 <i>The Grid</i> , motorsports action worldwide, HD, R  |
| 1:30P-4:00           | SPEED        | FIA Formula 1 <i>Gulf Air Bahrain Grand Prix</i> , Bahrain, SDD, R   |
| 4:00A-5:00           | SPEED        | National Arenacross Series, Covelli Centre Part #2, Youngstown, OH, Feb 12-14/10, HD, N                                |
| 5:00P-6:00           | SPEED        | AMA Supercross Lites, Rogers Centre, Toronto, ON, Mar 13/10, HD, N   |
| 6:00P-7:00           | SPEED        | AMA Supercross, Rogers Centre, Toronto, ON, Mar 13/10, HD, N   |
| <b>6:00P-9:00</b>    | <b>espn2</b> | <b>NHRA Full Throttle Drag Racing Series ELIMINATIONS, <i>Tire Kingdom Gatornationals</i>, Gainesville, FL, SDD, N</b> |
| 7:00P-8:00           | SPEED        | The SPEED Report, HD, N  |
| 9:00P-10:00          | SPEED        | Wind Tunnel with Dave Despain, HD, L   |

#### MONDAY, MARCH 15

|               |            |  |
|---------------|------------|--|
| 1:00A-2:00    | SPEED      | The SPEED Report, HD, R  |
| 3:00A-4:00    | SPEED      | Wind Tunnel with Dave Despain, HD, R                                     |
| 8:00A-9:00    | SPEED      | The SPEED Report, HD, R  |
| 10:00A-11:00  | SPEED      | Wind Tunnel with Dave Despain, HD, R                                     |
| 12:00n-2:00P  | ESPN-CL    | NASCAR: 1986 <i>First Union 400</i> , North Wilkesboro, NC, Apr 20/86    |
| 12:00n-12:30P | SPEED      | Mobil 1 <i>The Grid</i> , motorsports action worldwide, HD, R            |
| 12:30P-3:00   | SPEED      | FIA Formula 1 <i>Gulf Air Bahrain Grand Prix</i> , Bahrain, Mar 14/10, R |
| 7:30P-8:00    | SPEED      | NASCAR Race Hub, HD, L   |
| 9:30P-10:00   | SPEED      | Sounds of NASCAR, HD, R  |
| 10:00P-11:00  | HD Theater | FIM Speedway Grand Prix Series, WC Race Off, Leszno, Poland, July 16/09  |
| 10:30P-11:00  | SPEED      | NASCAR: <i>What's the Deal?</i> with Jimmy Spencer, HD, N                |
| 11:30P-12:00m | SPEED      | NASCAR Race Hub, HD, R   |

#### TUESDAY, MARCH 16

|            |            |  |
|------------|------------|--|
| 1:00A-2:00 | HD Theater | FIM Speedway Grand Prix Series, WC Race Off, Leszno, Poland, July 16/09, R         |
| 1:30A-2:00 | SPEED      | Sounds of NASCAR, HD, R  |
| 2:30A-3:00 | SPEED      | NASCAR: <i>What's the Deal?</i> with Jimmy Spencer, HD, R                          |
| 3:00A-4:00 | SPEED      | National Arenacross Series, Covelli Centre #1, Youngstown, OH, Feb 12-14/10, HD, R |
| 4:00A-5:00 | SPEED      | National Arenacross Series, Covelli Centre #2, Youngstown, OH, Feb 12-14/10, HD, R |

|               |            |   |
|---------------|------------|---|
| 5:00A-6:00    | HD Theater | FIM Speedway Grand Prix Series, WC Race Off, Leszno, Poland, July 16/09, R  |
| 9:30A-10:00   | SPEED      | Sounds of NASCAR, HD, R   |
| 10:30A-11:00  | SPEED      | NASCAR: <i>What's the Deal?</i> with Jimmy Spencer, HD, R                   |
| 1:00P-2:00    | SPEED      | AMA Supercross, Rogers Centre, Toronto, ON, Mar 13/10, HD, R                |
| 2:00P-3:00    | SPEED      | AMA Supercross Lites, Rogers Centre, Toronto, ON, Mar 13/10, HD, R          |
| 3:00P-4:00    | HD Theater | FIM Speedway Grand Prix Series, WC Event 2, Peterborough, UK, July 13/09, R |
| 5:00P-5:30    | espn2      | NASCAR Now  |
| 7:30P-8:00    | SPEED      | NASCAR Race Hub, HD, L  |
| 8:00P-9:00    | SPEED      | Race in 60: NASCAR Sprint Cup <i>Daytona 500</i> wrapup. HD, R              |
| 11:30P-12:00m | SPEED      | NASCAR Race Hub, HD, R  |

### WEDNESDAY, MARCH 17

|               |         |  |
|---------------|---------|--|
| 12:00m-1:00A  | SPEED   | Race in 60: NASCAR Sprint Cup <i>Daytona 500</i> wrapup. HD, R       |
| 3:00A-4:00    | SPEED   | AMA Supercross, Rogers Centre, Toronto, ON, Mar 13/10, HD, R         |
| 4:00A-5:00    | SPEED   | AMA Supercross Lites, Rogers Centre, Toronto, ON, Mar 13/10, HD, R   |
| 8:00A-9:00    | SPEED   | Race in 60: NASCAR Sprint Cup <i>Daytona 500</i> wrapup. HD, R       |
| 12:00n-3:00P  | SPEED   | AMA Supercross Special, Rogers Centre, Toronto, ON, Mar 13/10, HD, R |
| 5:00P-5:30    | espn2   | NASCAR Now   |
| 7:30P-8:00    | SPEED   | NASCAR Race Hub, HD, L   |
| 8:30P-9:00    | SPEED   | Sounds of NASCAR, HD, R  |
| 9:00P-11:00   | ESPN-CL | IRL IndyCar <i>Firestone 300</i> , Motegi, Japan, April 21/08        |
| 11:30P-12:00m | SPEED   | NASCAR Race Hub, HD, R   |

### THURSDAY, MARCH 18

|               |            |  |
|---------------|------------|--|
| 12:30A-1:00P  | SPEED      | Sounds of NASCAR, HD, R  |
| 1:30A-2:00    | espn2      | NASCAR Now, R  |
| 3:00A-5:00    | SPEED      | Australian V8 Supercars <i>Desert 400</i> , Bahrain International Circuit, Manama, Bahrain, Feb 27/10, R |
| 8:30A-9:00    | SPEED      | Sounds of NASCAR, HD, R  |
| 12:00n-2:00P  | SPEED      | Grand-Am Continental Tire Challenge, Homestead, FL, Mar 6/10, HD, R                                      |
| 2:00P-3:00    | SPEED      | FIM World Supersport, Phillip Island, Australia, Feb 28/10, R  |
| 3:00P-6:00    | SPEED      | NASCAR Classics: TBA   |
| 5:00P-5:30    | espn2      | NASCAR Now, L  |
| 6:00P-7:00    | SPEED      | Race in 60: NASCAR Sprint Cup <i>Daytona 500</i> wrapup. HD, R   |
| 7:30P-8:00    | SPEED      | NASCAR Race Hub, HD, L   |
| 10:00P-10:30  | HD Theater | World Rally Championship Mexico Rally, preview, N  |
| 10:30P-11:00  | HD Theater | World Rally Championship Mexico Rally, Mar 5-7/10, Day 1, N  |
| 11:30P-12:00m | SPEED      | NASCAR Race Hub, HD, R   |

### FRIDAY, MARCH 19

|              |            |   |
|--------------|------------|---|
| 1:00A-1:30   | HD Theater | World Rally Championship Mexico Rally, preview, R           |
| 1:30A-2:00   | HD Theater | World Rally Championship Mexico Rally, Mar 5-7/10, Day 1, R |
| 1:30A-2:00   | espn2      | NASCAR Now, R   |
| 4:00A-4:30   | SPEED      | Motorweek, 15011, R   |
| 5:00A-5:30   | HD Theater | World Rally Championship Mexico Rally, preview, R           |
| 5:30A-6:00   | HD Theater | World Rally Championship Mexico Rally, Mar 5-7/10, Day 1, R |
| 10:30A-11:00 | SPEED      | Motorweek, 15012, N   |

|               |            |  |
|---------------|------------|--|
| 12:00n-1:30P  | SPEED      | NASCAR Sprint Cup PRACTICE, <i>Food City 500</i> , Bristol Motor Speedway, HD, L                                     |
| 1:30P-3:30    | SPEED      | NASCAR Nationwide Series PRACTICE, <i>Scotts Turf Builder 300</i> , Bristol Motor Speedway, Bristol, TN, HD, L       |
| 3:30P-5:00    | SPEED      | NASCAR Sprint Cup QUALIFYING, <i>Food City 500</i> , Bristol Motor Speedway, HD, L                                   |
| 5:00P-6:00    | SPEED      | NASCAR Nationwide Series FINAL PRACTICE, <i>Scotts Turf Builder 300</i> , Bristol Motor Speedway, Bristol, TN, HD, L |
| 6:00P-6:30    | SPEED      | NASCAR Live at Bristol Motor Speedway, HD, L   |
| 6:00P-6:30    | espn2      | NASCAR Now, L  |
| 6:30P-7:00    | SPEED      | Sounds of NASCAR, HD, R  |
| 7:00P-8:00    | SPEED      | Trackside (NASCAR) at Bristol Motor Speedway, HD, L  |
| 8:00P-9:30    | SPEED      | NASCAR Sprint Cup PRACTICE, <i>Food City 500</i> , Bristol Motor Speedway, HD, SDD, R                                |
| 9:30P-11:00   | SPEED      | NASCAR Sprint Cup QUALIFYING, <i>Food City 500</i> , Bristol Motor Speedway, HD, SDD, R                              |
| 10:00P-10:30  | HD Theater | World Rally Championship Mexico Rally, Mar 5-7/10, Day 2, N  |
| 10:30P-11:00  | HD Theater | World Rally Championship Mexico Rally, Mar 5-7/10, Day 3, N  |
| 11:00P-12:00m | SPEED      | Trackside (NASCAR) at Bristol Motor Speedway, HD, R  |

#### SATURDAY, MARCH 20

|               |            |  |
|---------------|------------|--|
| 12:00m-2:00A  | SPEED      | NASCAR Nationwide Series PRACTICE, <i>Scotts Turf Builder 300</i> , Bristol Motor Speedway, Bristol, TN, Mar 19/10, HD, R          |
| 1:00A-1:30    | HD Theater | World Rally Championship Mexico Rally, Mar 5-7/10, Day 2, R  |
| 1:30A-2:00    | HD Theater | World Rally Championship Mexico Rally, Mar 5-7/10, Day 3, R  |
| 1:30A-2:00    | espn2      | NASCAR Now, R  |
| 2:00A-3:00    | SPEED      | NASCAR Nationwide Series FINAL PRACTICE, <i>Scotts Turf Builder 300</i> , Bristol Motor Speedway, Bristol, TN, Mar 19/10, HD, R    |
| 3:00A-4:00    | SPEED      | IHRA Nitro Jam Drag Racing, 2009 year in review part #1, HD, R   |
| 4:00A-5:00    | SPEED      | IHRA Nitro Jam Drag Racing, 2009 year in review part #2, HD, R   |
| 7:00A-7:30    | SPEED      | Motorweek, 15012, R  |
| 9:00A-9:30    | HD Theater | World Rally Championship Mexico Rally, preview, R  |
| 9:30A-10:00   | HD Theater | World Rally Championship Mexico Rally, Mar 5-7/10, Day 1, R  |
| 10:00A-12:00n | SPEED      | <b>American Le Mans Series Mobil 1 Twelve Hours of Sebring Part #1, Sebring, FL, HD, L</b>   |
| 10:00A-10:30  | HD Theater | World Rally Championship Mexico Rally, Mar 5-7/10, Day 2, R  |
| 10:30A-11:00  | HD Theater | World Rally Championship Mexico Rally, Mar 5-7/10, Day 3, R  |
| 12:00n-1:00P  | SPEED      | NASCAR Nationwide Series QUALIFYING, <i>Scotts Turf Builder 300</i> , Bristol Motor Speedway, Bristol, TN, HD, L                   |
| 1:00P-2:00    | SPEED      | NASCAR Sprint Cup FINAL PRACTICE, <i>Food City 500</i> , Bristol Motor Speedway, HD, L   |
| 2:00P-11:00   | SPEED      | <b>American Le Mans Series Mobil 1 Twelve Hours of Sebring Part #2, Sebring, FL, HD, L</b>   |
| 2:00P-2:30    | ABC        | NASCAR Nationwide Series COUNTDOWN, <i>Scotts Turf Builder 300</i> , Bristol Motor Speedway, Bristol, TN, HD, L                    |
| 2:30P-5:00    | ABC        | <b>NASCAR Nationwide Series <i>Scotts Turf Builder 300</i>, Bristol Motor Speedway, Bristol, TN, HD, L (expect green at 2:43P)</b> |
| 5:30P-6:30    | espn2      | Saturday Night Showdown at Bristol, a 35-lap 'All-Star' race, Bristol Motor Speedway, L  |
| 11:00P-11:30  | SPEED      | NASCAR Performance, Bristol Motor Speedway, N  |

#### SUNDAY, MARCH 21

|                     |            |  |
|---------------------|------------|--|
| 12:00m-12:30A       | SPEED      | Mobil 1 The Grid, N  |
| 3:00A-5:00          | espn2      | NASCAR Nationwide Series <i>Scotts Turf Builder 300</i> , Bristol Motor Speedway, Bristol, TN, Mar 20/10, HD, R-ESPN |
| 8:30A-9:00          | SPEED      | NASCAR Performance, Bristol Motor Speedway, R  |
| 9:00A-10:00         | espn2      | NASCAR Now, pre-race, L  |
| 9:30A-10:00n        | SPEED      | NASCAR in a Hurry, Bristol Motor Speedway, HD, L   |
| 10:00A-12:00n       | SPEED      | NASCAR RaceDay, preview of today's <i>Food City 500</i> at Bristol Motor Speedway, HD, L                             |
| 10:00A-11:00        | HD Theater | World Rally Championship Mexico Rally, Event Highlights, Mar 5-7/10, N   |
| 10:00A-11:00        | espn2      | NHRA Lucas Oil Drag Racing Sportsman Series, Gainesville, FL, Mar 14/10, N   |
| 11:00A-11:30        | espn2      | NHRA Get Screened America Pro Modified Series, Gainesville, FL, Mar 14/10, N   |
| 12:00n-1:00P        | SPEED      | Lucas Oil Off Road Racing: Lake Elsinore (14019), N  |
| <b>12:00n-1:00P</b> | <b>FOX</b> | <b>NASCAR Sprint Cup PRE-RACE, <i>Food City 500</i>, Bristol Motor Speedway, HD, L</b>                               |

**1:00P-4:30 FOX NASCAR Sprint Cup *Food City 500*, Bristol Motor Speedway, HD, L (expect green at 1:13P)**

|                   |              |  |
|-------------------|--------------|--|
| <b>2:00P-4:00</b> | <b>SPEED</b> | <b>Australian V8 Supercars <i>Clipsal 500</i>, Adelaide, AUS, Mar 14/10, N</b>         |
| 4:00P-5:00        | VS           | AMSOIL Championship Snocross: Quick Draw Canadian Nationals - Sarnia, ON, Feb 19-21/10 |
| 4:00P-5:00        | SPEED        | National Arenacross Series, Alamodome, San Antonio, TX, Feb 21/10, HD, N               |
| 5:00P-6:00        | SPEED        | AMA Supercross Lites, Cowboy Stadium, Arlington, TX, March 20/10, HD, N                |
| 6:00P-7:00        | SPEED        | AMA Supercross Cowboy Stadium, Arlington, TX, March 20/10, HD, N                       |
| 7:00P-8:00        | SPEED        | The SPEED Report, HD, N  |
| 8:00P-9:00        | SPEED        | NASCAR Victory Lane, <i>Food City 500</i> at Bristol Motor Speedway, HD, L             |
| 9:00P-10:00       | SPEED        | Wind Tunnel with Dave Despain, HD, L   |

#### MONDAY, MARCH 22

|               |       |  |
|---------------|-------|--|
| 1:00A-2:00    | SPEED | The SPEED Report, HD, R  |
| 2:00A-3:00    | SPEED | NASCAR Victory Lane, <i>Food City 500</i> at Bristol Motor Speedway, HD, R |
| 3:00A-4:00    | SPEED | Wind Tunnel with Dave Despain, HD, R                                       |
| 8:00A-9:00    | SPEED | The SPEED Report, HD, R  |
| 9:00A-10:00   | SPEED | NASCAR Victory Lane, <i>Food City 500</i> at Bristol Motor Speedway, HD, R |
| 10:00A-11:00  | SPEED | Wind Tunnel with Dave Despain, HD, R                                       |
| 12:00n-2:00P  | SPEED | Australian V8 Supercars <i>Clipsal 500</i> , Adelaide, AUS, Mar 14/10, R   |
| 2:00P-3:00    | SPEED | National Arenacross Series, Alamodome, San Antonio, TX, Feb 21/10, HD, R   |
| 5:00P-6:00    | espn2 | NASCAR Now, L  |
| 7:30P-8:00    | SPEED | NASCAR Race Hub, HD, L   |
| 9:30P-10:00   | SPEED | Sounds of NASCAR, HD, N  |
| 10:00P-10:30  | SPEED | NASCAR in a Hurry - Monday Edition, Bristol Motor Speedway, HD, N          |
| 10:30P-11:00  | SPEED | NASCAR: <i>What's the Deal?</i> with Jimmy Spencer, HD, N                  |
| 11:30P-12:00m | SPEED | NASCAR Race Hub, HD, R   |

#### TUESDAY, MARCH 23

|             |       |   |
|-------------|-------|---|
| 1:30A-2:00  | SPEED | Sounds of NASCAR, HD, R   |
| 2:00A-2:30A | SPEED | NASCAR in a Hurry - Monday Edition, Bristol Motor Speedway, HD, R                       |
| 2:30A-3:30  | espn2 | NASCAR Now, R   |
| 2:30A-3:00  | SPEED | NASCAR: <i>What's the Deal?</i> with Jimmy Spencer, HD, R                               |
| 3:00A-4:00  | SPEED | National Arenacross Series, Covelli Centre Part #2, Youngstown, OH, Feb 12-14/10, HD, R |

|               |       |   |
|---------------|-------|---|
| 4:00A-5:00    | SPEED | National Arenacross Series, Alamodome, San Antonio, TX, Feb 21/10, HD, R                    |
| 9:30A-10:00   | SPEED | Sounds of NASCAR, HD, R   |
| 10:00A-10:30  | SPEED | NASCAR in a Hurry - Monday Edition, Bristol Motor Speedway, HD, R                           |
| 10:30A-11:00  | SPEED | NASCAR: <i>What's the Deal?</i> with Jimmy Spencer, HD, R                                   |
| 1:00P-2:00    | SPEED | AMA Supercross Lites, Cowboy Stadium, Arlington, TX, March 20/10, HD, R                     |
| 2:00P-3:00    | SPEED | AMA Daytona Superbike, Daytona Intl. Speedway, Mar 4-5/10, HD, R                            |
| 5:00P-5:30    | espn2 | NASCAR Now, L   |
| 7:30P-8:00    | SPEED | NASCAR Race Hub, HD, L  |
| 8:00P-9:00    | SPEED | Race in 60: NASCAR Sprint Cup <i>Food City 500</i> at Bristol Motor Speedway wrap up. HD, N |
| 11:30P-12:00m | SPEED | NASCAR Race Hub, HD, R  |

### WEDNESDAY, MARCH 24

|               |       |   |
|---------------|-------|---|
| 12:00m-1:00A  | SPEED | Race in 60: NASCAR Sprint Cup <i>Food City 500</i> at Bristol Motor Speedway wrap up. HD, R   |
| 1:30A-2:00    | espn2 | NASCAR Now, R   |
| 3:00A-4:00    | SPEED | AMA Supercross Lites, Cowboy Stadium, Arlington, TX, March 20/10, HD, R                       |
| 4:00A-5:00    | SPEED | AMA Daytona Superbike, Daytona Intl. Speedway, Mar 4-5/10, HD, R                              |
| 8:00A-9:00    | SPEED | Race in 60: NASCAR Sprint Cup <i>Food City 500</i> at Bristol Motor Speedway wrap up. HD, R   |
| 12:00n-3:00P  | SPEED | NASCAR Sprint Cup Replay: <i>Food City 500</i> , Bristol Motor Speedway, Mar 21/10, HD, R-FOX |
| 5:00P-5:30    | espn2 | NASCAR Now, L   |
| 7:30P-8:00    | SPEED | NASCAR Race Hub, HD, L  |
| 8:30P-9:00    | SPEED | Sounds of NASCAR, HD, R   |
| 11:30P-12:00m | SPEED | NASCAR Race Hub, HD, R  |

### THURSDAY, MARCH 25

|               |       |   |
|---------------|-------|---|
| 12:30A-1:00   | espn2 | NASCAR Now, R   |
| 12:30A-1:00   | SPEED | Sounds of NASCAR, HD, R   |
| 3:00A-5:00    | SPEED | Australian V8 Supercars <i>Clipsal 500</i> , Adelaide, AUS, Mar 14/10, R  |
| 5:00A-5:30    | espn2 | NASCAR Now, R   |
| 8:30A-9:00    | SPEED | Sounds of NASCAR, HD, R   |
| 12:00n-2:30P  | SPEED | NASCAR Nationwide Series <i>Scotts Turf Builder 300</i> , Bristol Motor Speedway, Bristol, TN, Mar 20/10, HD, R-ABC |
| 2:30P-3:00    | SPEED | NASCAR: <i>What's the Deal?</i> with Jimmy Spencer, HD, R   |
| 3:00P-6:00    | SPEED | NASCAR Classics: TBA  |
| 5:00P-5:30    | espn2 | NASCAR Now, L   |
| 6:00P-7:00    | SPEED | Race in 60: NASCAR Sprint Cup <i>Food City 500</i> at Bristol Motor Speedway wrap up. HD, R                         |
| 7:30P-8:00    | SPEED | NASCAR Race Hub, HD, L  |
| 11:30P-12:00m | SPEED | NASCAR Race Hub, HD, R  |

### FRIDAY, MARCH 26

|                   |              |   |
|-------------------|--------------|---|
| 1:00A-1:30        | SPEED        | Sounds of NASCAR, HD, R   |
| 1:30A-2:00        | espn2        | NASCAR Now, R   |
| <b>1:30A-3:00</b> | <b>SPEED</b> | <b>FIA Formula 1 PRACTICE. QANTAS Australian Grand Prix, Albert Park, Melbourne, AUS, L</b> |
| 4:00A-4:30        | SPEED        | Motorweek, 15012, R   |
| 10:30A-11:00      | SPEED        | Motorweek, 15013, N   |

|               |       |   |
|---------------|-------|---|
| 11:00A-11:30  | SPEED | NASCAR Live at Martinsville Speedway, HD, L   |
| 11:30A-1:00P  | SPEED | <b>NASCAR Sprint Cup PRACTICE, Goody's Fast Pain Relief 500, Martinsville, VA, HD, L</b>                        |
| 1:00P-2:00    | SPEED | <b>NASCAR Camping World Truck Series PRACTICE, Kroger 250, Martinsville Speedway, Martinsville, VA, HD, L</b>   |
| 2:00P-3:00    | SPEED | NASCAR Live at Martinsville Speedway, HD, L   |
| 3:00P-4:30    | SPEED | <b>NASCAR Sprint Cup QUALIFYING, Goody's Fast Pain Relief 500, Martinsville, VA, HD, L</b>                      |
| 4:30P-5:30    | SPEED | <b>NASCAR Camping World Truck Series QUALIFYING, Kroger 250, Martinsville Speedway, Martinsville, VA, HD, L</b> |
| 5:30P-6:00    | SPEED | Sounds of NASCAR, HD, R   |
| 7:00P-8:00    | SPEED | Trackside (NASCAR) at Martinsville Speedway, HD, L  |
| 8:00P-9:30    | SPEED | NASCAR Sprint Cup PRACTICE, <i>Goody's Fast Pain Relief 500</i> , Martinsville, VA, HD, SDD, R                  |
| 9:30P-11:00   | SPEED | NASCAR Sprint Cup QUALIFYING, <i>Goody's Fast Pain Relief 500</i> , Martinsville, VA, HD, SDD, R                |
| 11:00P-12:00m | SPEED | Trackside (NASCAR) at Martinsville Speedway, HD, R  |

#### SATURDAY, MARCH 27

|               |       |   |
|---------------|-------|---|
| 12:00m-12:30A | SPEED | Sounds of NASCAR, HD, R   |
| 12:30A-1:00   | SPEED | Mobil 1 <i>The Grid</i> , motorsports action worldwide, HD, R   |
| 1:00A-2:00    | SPEED | Formula 1 Debrief, <i>Bahrain GP</i> , HD, N  |
| 2:00A-3:30    | SPEED | <b>FIA Formula 1 QUALIFYING. QANTAS Australian Grand Prix, Albert Park, Melbourne, AUS, L</b>   |
| 7:00A-7:30    | SPEED | Motorweek, 15013, R   |
| 10:30A-11:30  | SPEED | <b>NASCAR Sprint Cup PRACTICE, Goody's Fast Pain Relief 500, Martinsville, VA, HD, L</b>  |
| 11:30A-1:00P  | SPEED | <b>NASCAR Sprint Cup FINAL PRACTICE, Goody's Fast Pain Relief 500, Martinsville, VA, HD, L</b>  |
| 1:00P-1:30    | SPEED | NASCAR Live at Martinsville Speedway, HD, L   |
| 1:30P-2:00    | SPEED | <b>NASCAR Camping World Truck Series SETUP, Kroger 250, Martinsville Speedway, Martinsville, VA, HD, L</b>                                |
| 2:00P-4:30    | SPEED | <b>NASCAR Camping World Truck Series Kroger 250, Martinsville Speedway, Martinsville, VA (expect green at 2:16P)</b>                      |
| 4:30P-5:00    | SPEED | NASCAR Performance, Martinsville Speedway, HD, L  |
| 6:00P-7:00    | SPEED | Rally: <i>Targa Newfoundland 2009</i> , Sept 11-18/09, HD, N  |
| 7:00P-8:00    | SPEED | Lucas Oil Off Road Racing: Lake Elsinore (14020), N   |
| 8:00P-10:00   | SPEED | <i>Chili Bowl Midget Nationals</i> , QuikTrip Center, Tulsa, OK, Jan 16/10, R   |
| 9:00P-11:00   | espn2 | <b>NHRA Full Throttle Drag Racing Series QUALIFYING, Four-Wide Nationals, Charlotte, NC, SDD</b>  |
| 10:00P-11:00  | SPEED | <b>AMA Pro Racing: American Superbike, Daytona SportBike and Supersport, Auto Club Speedway, Part #1 (15002), Fontana, CA, HD, SDD, N</b> |
| 11:00P-12:00  | SPEED | <b>AMA Pro Racing: American Superbike, Daytona SportBike and Supersport, Auto Club Speedway, Part #2 (15003), Fontana, CA, HD, SDD, N</b> |

#### SUNDAY, MARCH 28

|               |       |   |
|---------------|-------|---|
| 12:00m-12:30A | SPEED | Mobil 1 <i>The Grid</i> , motorsports action worldwide, HD, R                     |
| 12:30A-1:30   | SPEED | Formula 1 Debrief, <i>Bahrain GP</i> , HD, R                                      |
| 1:30A-4:00    | SPEED | <b>FIA Formula 1 QANTAS Australian Grand Prix, Albert Park, Melbourne, AUS, L</b> |
| 8:30A-9:00    | SPEED | NASCAR Performance, Martinsville Speedway, HD, R                                  |

|                      |              |   |
|----------------------|--------------|---|
| 9:00A-10:00          | espn2        | NASCAR Now, pre-race, HD, L   |
| 9:30A-10:00n         | SPEED        | NASCAR in a Hurry, Bristol Motor Speedway, HD, L  |
| 10:00A-10:30         | espn2        | NHRA Race Day, Charlotte, NC, L   |
| 10:00A-12:00n        | SPEED        | NASCAR RaceDay, preview of today's <i>Goody's Fast Pain Relief 500</i> at Martinsville Speedway, HD, L                                    |
| 12:00n-1:00P         | SPEED        | Lucas Oil Off Road Racing: Speedworld (14021), N  |
| <b>12:00n-1:00P</b>  | <b>CBS</b>   | <b>AMA Supercross Jacksonville Municipal Stadium, Jacksonville, FL, Mar 27/10, HD, N</b>  |
| <b>12:00n-1:00P</b>  | <b>FOX</b>   | <b>NASCAR Sprint Cup PRE-RACE, <i>Goody's Fast Pain Relief 500</i>, Martinsville, VA, HD, L</b>   |
| <b>1:00P-5:00P</b>   | <b>FOX</b>   | <b>NASCAR Sprint Cup <i>Goody's Fast Pain Relief 500</i>, Martinsville, VA, HD, L (expect green at 1:13P)</b>                             |
| <b>3:00P-4:00</b>    | <b>SPEED</b> | <b>FIM World Superbike, Autodromo International do Algarve, Race #1, Portimão, Portugal, SDD, N</b>                                       |
| <b>3:30P-6:00</b>    | <b>ABC</b>   | <b>IZOD Indycar Series <i>Honda Grand Prix of St.Petersburg</i>, St. Petersburg, FL, HD, L</b>  |
| <b>4:00P-5:00</b>    | <b>SPEED</b> | <b>FIM World Superbike, Autodromo International do Algarve, Race #2, Portimão, Portugal, SDD, N</b>                                       |
| 4:00P-5:00           | VS           | AMSOIL Championship Snocross: Hayward Powersports/Polaris 300 National, Hayward, WI, Mar 6-7/10   |
| <b>5:00P-7:30</b>    | <b>espn2</b> | <b>NHRA Full Throttle Drag Racing Series ELIMINATIONS, <i>Four-Wide Nationals</i>, Charlotte, NC, SDD</b>                                 |
| 5:00P-6:00           | SPEED        | National Arenacross Series, Mid-America Center #1, Council Bluffs, IA, Mar 12-14/10, HD, N  |
| 6:00P-7:00           | SPEED        | AMA Supercross Lites, Jacksonville Municipal Stadium, Jacksonville, FL, Mar 27/10, HD, N  |
| 7:00P-8:00           | SPEED        | The SPEED Report, HD, N   |
| 8:00P-9:00           | SPEED        | NASCAR Victory Lane, <i>Goody's Fast Pain Relief 500</i> at Martinsville Speedway, HD, L  |
| 9:00P-10:00          | SPEED        | Wind Tunnel with Dave Despain, HD, L  |
| <b>11:00P-12:00m</b> | <b>SPEED</b> | <b>AMA Pro Racing: American Superbike, Daytona SportBike and Supersport, Auto Club Speedway, Part #3 (15004), Fontana, CA, HD, SDD, N</b> |

#### MONDAY, MARCH 29

|                     |              |   |
|---------------------|--------------|---|
| <b>12:00m-1:00A</b> | <b>SPEED</b> | <b>AMA Pro Racing: American Superbike, Daytona SportBike and Supersport, Auto Club Speedway, Part #4 (15005), Fontana, CA, HD, SDD, N</b> |
| 2:00A-3:00          | SPEED        | NASCAR Victory Lane, <i>Goody's Fast Pain Relief 500</i> at Martinsville Speedway, HD, R  |
| 3:00A-4:00          | SPEED        | Wind Tunnel with Dave Despain, HD, R  |
| 8:00A-9:00          | SPEED        | The SPEED Report, HD, R   |
| 9:00A-10:00         | SPEED        | NASCAR Victory Lane, <i>Goody's Fast Pain Relief 500</i> at Martinsville Speedway, HD, R  |
| 10:00A-11:00        | SPEED        | Wind Tunnel with Dave Despain, HD, R  |
| 12:00n-3:00P        | SPEED        | NASCAR Camping World Truck Series <i>Kroger 250</i> , Martinsville Speedway, Martinsville, VA, Mar 27/10, HD, R                           |
| 6:00P-7:00          | espn2        | NASCAR Now, L   |
| 7:30P-8:00          | SPEED        | NASCAR Race Hub, HD, L  |
| 9:30P-10:00         | SPEED        | Sounds of NASCAR, N   |
| 10:00P-10:30        | SPEED        | NASCAR in a Hurry - Monday Edition, Martinsville Speedway, HD, N  |
| 10:30P-11:00        | SPEED        | NASCAR: <i>What's the Deal?</i> with Jimmy Spencer, HD, N   |
| 11:30P-12:00m       | SPEED        | NASCAR Race Hub, HD, R  |

**TUESDAY, MARCH 30**

|               |       |   |
|---------------|-------|---|
| 1:30A-2:00    | SPEED | Sounds of NASCAR, HD, R   |
| 2:00A-2:30    | SPEED | NASCAR in a Hurry - Monday Edition, Martinsville Speedway, HD, R  |
| 2:00A-3:00    | espn2 | NASCAR Now, R   |
| 2:30A-3:00    | SPEED | NASCAR: <i>What's the Deal?</i> with Jimmy Spencer, HD, R   |
| 3:00A-4:00    | SPEED | National Arenacross Series, Alamodome, San Antonio, TX, Feb 21/10, HD, R                                  |
| 4:00A-5:00    | SPEED | National Arenacross Series, Mid-America Center #1, Council Bluffs, IA, Mar 12-14/10, HD, R                |
| 9:30A-10:00   | SPEED | Sounds of NASCAR, HD, R   |
| 10:00A-10:30  | SPEED | NASCAR in a Hurry - Monday Edition, Martinsville Speedway, HD, R  |
| 10:30A-11:00  | SPEED | NASCAR: <i>What's the Deal?</i> with Jimmy Spencer, HD, R   |
| 1:00P-2:00    | SPEED | AMA Supercross Lites, Jacksonville Municipal Stadium, Jacksonville, FL, Mar 27/10, HD, R                  |
| 2:00P-3:00    | SPEED | FIM World Supersport, Autodromo Internacional do Algarve, Portimão, Portugal, Mar 28/10, N                |
| 5:00P-5:30    | espn2 | NASCAR Now, L   |
| 7:30P-8:00    | SPEED | NASCAR Race Hub, HD, L  |
| 8:00P-9:00    | SPEED | Race in 60: NASCAR Sprint Cup <i>Goody's Fast Pain Relief 500</i> at Martinsville Speedway wrap up. HD, N |
| 11:30P-12:00m | SPEED | NASCAR Race Hub, HD, R  |

**WEDNESDAY, MARCH 31**

|               |       |   |
|---------------|-------|---|
| 12:00m-1:00A  | SPEED | Race in 60: NASCAR Sprint Cup <i>Goody's Fast Pain Relief 500</i> at Martinsville Speedway wrap up. HD, R |
| 1:30A-2:00    | espn2 | NASCAR Now, R   |
| 3:00A-4:00    | SPEED | FIM World Superbike, Autodromo Internacional do Algarve, Race #1, Portimão, Portugal, Mar 28/10, R        |
| 4:00A-5:00    | SPEED | FIM World Superbike, Autodromo Internacional do Algarve, Race #2, Portimão, Portugal, Mar 28/10, R        |
| 8:00A-9:00    | SPEED | Race in 60: NASCAR Sprint Cup <i>Goody's Fast Pain Relief 500</i> at Martinsville Speedway wrap up. HD, R |
| 12:00n-3:00P  | SPEED | NASCAR Sprint Cup Replay: <i>Goody's Fast Pain Relief 500</i> , Martinsville, VA, Mar 28/10, HD, R-FOX    |
| 7:30P-8:00    | SPEED | NASCAR Race Hub, HD, L  |
| 8:30P-9:00    | SPEED | Sounds of NASCAR, HD, R   |
| 11:30P-12:00m | SPEED | NASCAR Race Hub, HD, R  |

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US television notes:

ESPN-CL = ESPN Classic, US

VS = Versus (formerly known as OLN, Outdoor Life Network)