

2022 Start Time Information

| DATE | GRAND PRIX | FRIDAY | | SATURDAY | | | SUNDAY | | |
|--------|----------------|---------------|---------------|---------------|---------------|---------------|--------------|--------------|--------------|
| | | PRACTICE 1 | PRACTICE 2 | PRACTICE 3 | QUALIFYING | | | | |
| | | LOCAL | LOCAL | LOCAL | LOCAL | GMT | LOCAL | GMT | SUNSET |
| 20-Mar | Bahrain | 15:00 - 16:00 | 18:00 - 19:00 | 15:00 - 16:00 | 18:00 - 19:00 | 15:00 - 16:00 | 18:00 | 15:00 | 17:48 |
| 27-Mar | Saudi Arabia * | 17:00 - 18:00 | 20:00 - 21:00 | 17:00 - 18:00 | 20:00 - 21:00 | 17:00 - 18:00 | 20:00 | 17:00 | 18:36 |
| 10-Apr | Australia | 13:00 - 14:00 | 16:00 - 17:00 | 13:00 - 14:00 | 16:00 - 17:00 | 06:00 - 07:00 | 15:00 | 5:00 | 18:00 |
| 24-Apr | Emilia Romagna | 14:00 - 15:00 | 17:00 - 18:00 | 13:00 - 14:00 | 16:00 - 17:00 | 14:00 - 15:00 | 15:00 | 13:00 | 20:08 |
| 8-May | Miami | 14:30 - 15:30 | 17:30 - 18:30 | 13:00 - 14:00 | 16:00 - 17:00 | 20:00 - 21:00 | 15:30 | 19:30 | 19:55 |
| 22-May | Spain | 14:00 - 15:00 | 17:00 - 18:00 | 13:00 - 14:00 | 16:00 - 17:00 | 14:00 - 15:00 | 15:00 | 13:00 | 20:59 |
| 29-May | Monaco | 14:00 - 15:00 | 17:00 - 18:00 | 13:00 - 14:00 | 16:00 - 17:00 | 14:00 - 15:00 | 15:00 | 13:00 | 20:59 |
| 12-Jun | Azerbaijan | 15:00 - 16:00 | 18:00 - 19:00 | 15:00 - 16:00 | 18:00 - 19:00 | 14:00 - 15:00 | 15:00 | 11:00 | 20:11 |
| 19-Jun | Canada | 14:00 - 15:00 | 17:00 - 18:00 | 13:00 - 14:00 | 16:00 - 17:00 | 20:00 - 21:00 | 14:00 | 18:00 | 20:46 |
| 3-Jul | Great Britain | 13:00 - 14:00 | 16:00 - 17:00 | 12:00 - 13:00 | 15:00 - 16:00 | 14:00 - 15:00 | 15:00 | 14:00 | 21:26 |
| 10-Jul | Austria | 14:00 - 15:00 | 17:00 - 18:00 | 13:00 - 14:00 | 16:00 - 17:00 | 14:00 - 15:00 | 15:00 | 13:00 | 20:56 |
| 24-Jul | France | 14:00 - 15:00 | 17:00 - 18:00 | 13:00 - 14:00 | 16:00 - 17:00 | 14:00 - 15:00 | 15:00 | 13:00 | 21:06 |
| 31-Jul | Hungary | 14:00 - 15:00 | 17:00 - 18:00 | 13:00 - 14:00 | 16:00 - 17:00 | 14:00 - 15:00 | 15:00 | 13:00 | 20:19 |
| 28-Aug | Belgium | 14:00 - 15:00 | 17:00 - 18:00 | 13:00 - 14:00 | 16:00 - 17:00 | 14:00 - 15:00 | 15:00 | 13:00 | 20:31 |
| 4-Sep | Netherlands | 14:00 - 15:00 | 17:00 - 18:00 | 13:00 - 14:00 | 16:00 - 17:00 | 14:00 - 15:00 | 15:00 | 13:00 | 20:22 |
| 11-Sep | Italy | 14:00 - 15:00 | 17:00 - 18:00 | 13:00 - 14:00 | 16:00 - 17:00 | 14:00 - 15:00 | 15:00 | 13:00 | 19:42 |
| 25-Sep | Russia | 13:00 - 14:00 | 16:00 - 17:00 | 13:00 - 14:00 | 16:00 - 17:00 | 13:00 - 14:00 | 14:00 | 11:00 | 18:06 |
| 2-Oct | Singapore | 18:00 - 19:00 | 21:00 - 22:00 | 18:00 - 19:00 | 21:00 - 22:00 | 13:00 - 14:00 | 20:00 | 12:00 | 18:56 |
| 9-Oct | Japan | 13:00 - 14:00 | 16:00 - 17:00 | 13:00 - 14:00 | 16:00 - 17:00 | 07:00 - 08:00 | 14:00 | 5:00 | 17:27 |
| 23-Oct | United States | 14:00 - 15:00 | 17:00 - 18:00 | 14:00 - 15:00 | 17:00 - 18:00 | 22:00 - 23:00 | 14:00 | 19:00 | 18:51 |
| 30-Oct | Mexico ** | 13:00 - 14:00 | 16:00 - 17:00 | 12:00 - 13:00 | 15:00 - 16:00 | 20:00 - 21:00 | 14:00 | 19:00 | 18:03 |
| 13-Nov | Brazil | 13:00 - 14:00 | 16:00 - 17:00 | 13:00 - 14:00 | 16:00 - 17:00 | 19:00 - 20:00 | 15:00 | 18:00 | 18:27 |
| 20-Nov | Abu Dhabi | 14:00 - 15:00 | 17:00 - 18:00 | 15:00 - 16:00 | 18:00 - 19:00 | 14:00 - 15:00 | 17:00 | 13:00 | 17:34 |

* Daylight Saving time starts in the UK/Europe on Saturday night/Sunday morning

** Daylight Saving time ends in UK/Europe AND Mexico on Saturday night/Sunday morning