Carabao Cup Quarter-Finals 2026 Watch Guide

Kick-off times in UK (GMT) and U.S. time zones, with a score column

DATE (ET)	ET	CT	MT	PT	LONDON TIME	EVENT	WATCH ON	SCORE
Tue., Dec. 15	**3 p.m.**	2 p.m.	1 p.m.	noon	Dec. 15, 8 p.m.	**Manchester City v Bradford City** Etihad Stadium	Sky Sports	
Wed., Dec. 16	**2:30 p.m.**	1:30 p.m.	12:30 p.m.	11:30 a.m.	Dec. 16, 7:30 p.m.	**Crystal Palace v Sunderland** Selhurst Park	Sky Sports	
Wed., Dec. 16	**3 p.m.**	2 p.m.	1 p.m.	noon	Dec. 16, 8 p.m.	**Liverpool v Bournemouth** Anfield	Independent Television (ITV), Sky Sports	

Eastern Time (ET), Central Time (CT), Mountain Time (MT, Denver; most of Arizona keeps standard time), Pacific Time (PT). London time: the time where the event takes place, as the source gives it. Times are converted from the start time the source gives.

Not yet confirmed

Fleetwood Town v Everton: Sky Sports lists Thursday, Dec. 17 at 8pm UK, but the clubs had not confirmed it on Nov. 7

My notes

Source: Sky Sports (Nov. 4, 2026), Rush the Kop (Nov. 4, 2026), Crystal Palace FC (Nov. 4, 2026), Liverpool FC. Time zone conversions by Fresh Calendars.