



NYC Marathon Race-Day Timeline, Nov. 1, 2026

Start waves, TV windows and the finish, Eastern Time

- | | | |
|-----------|---|--------------------------|
| 1 | 2:00 a.m.
Clocks fall back to 1:00 a.m. as daylight saving time ends | ☐ |
| 2 | 7:00 a.m.
WABC-TV Channel 7 pre-race coverage begins | ☐ |
| 3 | 8:00 / 8:02 a.m.
Men's then women's professional wheelchair divisions start | ☐ |
| 4 | 8:22 a.m.
Handcycles and select athletes with disabilities start | ☐ |
| 5 | 8:35 / 9:05 a.m.
Professional women then professional men start | ☐ |
| 6 | 9:10 a.m.
Wave 1 starts | ☐ |
| 7 | 9:45 a.m.
Wave 2 starts | ☐ |
| 8 | 10:20 a.m.
Wave 3 starts | ☐ |
| 9 | 10:55 a.m.
Wave 4 starts | ☐ |
| 10 | 11:30 a.m.
Wave 5 starts, the final start | ☐ |
| 11 | 3:00 p.m.
Two-hour finish-line show on ABC Network begins | ☐ |
| 12 | 10:00 p.m.
Official-finisher cutoff: medal, result and 2027 credit | ☐ |

My runner, my cheer spot

Source: New York Road Runners (The Start, Watch the Race, The Course pages, checked Oct. 24, 2026); NIST. Start times are subject to change.