# Sports Personality of the Year 2026 Watch Guide

Sunday, Dec. 13: start and end times in GMT and U.S. time zones



## TUESDAY, NOV. 10

| ET | CT | MT | PT | LONDON TIME | EVENT | WATCH ON | MY PICK |
|---|---|---|---|---|---|---|---|
| Time not yet announced | | | | | **Voting for global audiences opens**<br>BBC Sports Personality of the Year | | |

## SUNDAY, DEC. 13

| ET | CT | MT | PT | LONDON TIME | EVENT | WATCH ON | MY PICK |
|---|---|---|---|---|---|---|---|
| **12:45 p.m.** | 11:45 a.m. | 10:45 a.m. | 9:45 a.m. | Dec. 13, 5:45 p.m. | **Sports Personality of the Year**<br>MediaCity, Salford. Ends 7:15 p.m. GMT (Stylist) | BBC One<br>BBC iPlayer | |

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.

### My notes

Shortlist _____

My winner pick _____

### Not yet confirmed

**2026 shortlist:** not yet announced

**UK voting numbers, online rules and times:** BBC says full voting details will be announced in due course

### My notes

Source: BBC Sport (via Yahoo Sports), Nov. 9 and Nov. 18, 2026; The Telegraph; Stylist. Times are UK (GMT) converted. The 2026 shortlist and UK voting rules are not yet announced.