Sports on TV Sunday, Nov. 29, 2026

NFL, NBA, NHL, Formula 1, Premier League and the Davis Cup Final in ET, CT and PT with channels

SUNDAY, NOV. 29

ET	CT	MT	PT	LOCAL TIME	EVENT	WATCH ON	MY PICK
7 a.m.	6 a.m.	5 a.m.	4 a.m.	Nov. 29, noon	**Premier League: Everton v Liverpool**		
9 a.m.	8 a.m.	7 a.m.	6 a.m.	Nov. 29, 3 p.m.	**Davis Cup Final, Bologna**		
9:05 a.m.	8:05 a.m.	7:05 a.m.	6:05 a.m.	Nov. 29, 2:05 p.m.	**Premier League: Brighton v Newcastle United**		
9:05 a.m.	8:05 a.m.	7:05 a.m.	6:05 a.m.	Nov. 29, 2:05 p.m.	**Premier League: Crystal Palace v Hull City**		
9:05 a.m.	8:05 a.m.	7:05 a.m.	6:05 a.m.	Nov. 29, 2:05 p.m.	**Premier League: Fulham v Bournemouth**		
9:05 a.m.	8:05 a.m.	7:05 a.m.	6:05 a.m.	Nov. 29, 2:05 p.m.	**Premier League: Sunderland v Tottenham Hotspur**		
11 a.m.	10 a.m.	9 a.m.	8 a.m.	Nov. 29, 7 p.m.	**Formula 1 Qatar Grand Prix**	Apple TV	
11:30 a.m.	10:30 a.m.	9:30 a.m.	8:30 a.m.	Nov. 29, 4:30 p.m.	**Premier League: Arsenal v Manchester City**		
1 p.m.	noon	11 a.m.	10 a.m.		**Saints at Bengals**	CBS	
1 p.m.	noon	11 a.m.	10 a.m.		**Ravens at Texans**	CBS	
1 p.m.	noon	11 a.m.	10 a.m.		**Giants at Colts**	FOX	
1 p.m.	noon	11 a.m.	10 a.m.		**Jets at Dolphins**	CBS	
1 p.m.	noon	11 a.m.	10 a.m.		**Falcons at Vikings**	FOX	
1 p.m.	noon	11 a.m.	10 a.m.		**Titans at Jaguars**	FOX	
3:30 p.m.	2:30 p.m.	1:30 p.m.	12:30 p.m.		**NBA: Heat at Cavaliers**	NBA League Pass	
4 p.m.	3 p.m.	2 p.m.	1 p.m.		**NBA: Celtics at Spurs**	NBA TV	
4 p.m.	3 p.m.	2 p.m.	1 p.m.		**NBA: Lakers at Grizzlies**	NBA League Pass	
4:05 p.m.	3:05 p.m.	2:05 p.m.	1:05 p.m.		**Patriots at Chargers**	CBS	
4:25 p.m.	3:25 p.m.	2:25 p.m.	1:25 p.m.		**Commanders at Cardinals**	FOX	
4:25 p.m.	3:25 p.m.	2:25 p.m.	1:25 p.m.		**Seahawks at 49ers**	FOX	

Sports on TV Sunday, Nov. 29, 2026, continued

SUNDAY, NOV. 29 (CONTINUED)

ET	CT	MT	PT	LOCAL TIME	EVENT	WATCH ON	MY PICK
5 p.m.	4 p.m.	3 p.m.	2 p.m.		**NBA: Suns at Jazz**	NBA League Pass	
6 p.m.	5 p.m.	4 p.m.	3 p.m.		**NBA: Magic at Pistons**	NBA League Pass	
6 p.m.	5 p.m.	4 p.m.	3 p.m.		**NBA: Hawks at Knicks**	NBA League Pass	
6 p.m.	5 p.m.	4 p.m.	3 p.m.		**NBA: Nuggets at Raptors**	NBA League Pass	
6 p.m.	5 p.m.	4 p.m.	3 p.m.		**NBA: Pelicans at Trail Blazers**	NBA League Pass	
8:20 p.m.	7:20 p.m.	6:20 p.m.	5:20 p.m.		**Raiders at Browns**	NBC	
8:30 p.m.	7:30 p.m.	6:30 p.m.	5:30 p.m.		**NBA: Clippers at Warriors**	NBA League Pass	
9 p.m.	8 p.m.	7 p.m.	6 p.m.		**NBA: Timberwolves at Kings**	NBA League Pass	

Eastern Time (ET), Central Time (CT), Mountain Time (MT, Denver; most of Arizona keeps standard time), Pacific Time (PT). Local 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

U.S. channel for Premier League matches: The league's fixture release lists UK broadcasters only

U.S. channel for the Davis Cup Final: daviscup.com does not list one

NHL games (Wild at Blackhawks 2 p.m. ET, Canucks at Bruins 5 p.m. ET): From NHL schedule data in UTC; listed in the story table

Local channels for NBA games: nba.com lists NBA League Pass and no local channels

My notes

Source: NFL.com; NBA.com; NHL; Formula 1; Apple; Davis Cup; Premier League. Checked Nov. 28, 2026. Times can change.