

**NASCAR Cup Series- Stage Lengths and Pit Road Speeds (January 2026)**

<b>Track</b>	<b>*Stages</b>	<b>Pit Road Speed</b>	<b>Caution Car Speed</b>	<b>Track Length</b>
Bowman Gray	NA	NA	20	0.25
Daytona	65-130-200	55	70	2.50
Atlanta	60-160-260	90 - 45	55	1.54
COTA	20-45-95	40	45	2.40
Phoenix	60-185-312	45	50	1.00
Las Vegas	80-165-267	45	55	1.50
Darlington	90-185-293	45	50	1.366
Martinsville	80-180-400	30	35	0.526
Bristol	125-250-500	30	35	0.533
Kansas	80-165-267	45	55	1.50
Talladega	60-120-188	55	70	2.66
Texas	80-165-267	45	55	1.50
Watkins Glen	20-50-100	40	45	2.45
Dover All Star	TBD	35	45	1.00
Charlotte	100-200-300-400	45	55	1.50
Nashville	90-185-300	45	55	1.33
Michigan	45-120-200	55	65	2.00
Pocono	30-95-160	55	70	2.50
San Diego	20-40-75	40	45	3.40
Sonoma	25-55-110	40	45	1.99
Chicagoland	80-165-267	45	55	1.50
Atlanta	60-160-260	90 -45	55	1.54
North Wilkesboro	80-265-450	30	35	0.625
Indianapolis	50-100-160	45	55	2.50
Iowa	70-210-350	40	45	0.875
Richmond	70-230-400	40	45	0.75
New Hampshire	70-185-301	45	50	1.058
Daytona II	35-95-160	55	70	2.50
Darlington II	115-230-367	45	50	1.366
Gateway	45-140-240	40	50	1.25
Bristol II	125-250-500	30	35	0.533
Kansas II	80-165-267	45	55	1.50
Las Vegas II	80-165-267	45	55	1.50
Charlotte	80-165-267	45	55	1.50
Phoenix II	60-185-312	45	50	1.00
Talladega II	60-120-188	55	70	2.66
Martinsville II	130-260-500	30	35	0.526
Homestead	80-165-267	45	55	1.50

\*Final Stage may be extended per 8.5.7.3

