

SEATTLE SEAHAWKS 2026 SCHEDULE

HOME GAMES	ROAD GAMES	BYE WEEK	STADIUM	HEAD COACH
9	8	Week 11	Lumen Field	Mike Macdonald

PRESEASON SCHEDULE

WEEK	DATE	OPPONENT	TIME (ET)	TV
PRE 1	Sat, Aug 15	vs Dallas Cowboys	8:00 PM	KING 5/NFLN
PRE 2	Sun, Aug 23	at Tennessee Titans	8:00 PM	FOX
PRE 3	Fri, Aug 28	at Kansas City Chiefs	8:00 PM	KING 5

REGULAR SEASON SCHEDULE

WEEK	DATE	OPPONENT	TIME (ET)	TV
1	Wed, Sep 9	vs New England Patriots KICKOFF GAME	8:20 PM	NBC
2	Sun, Sep 20	at Arizona Cardinals	4:25 PM	FOX
3	Sun, Sep 27	at Washington Commanders	1:00 PM	FOX
4	Sun, Oct 4	vs Los Angeles Chargers	4:25 PM	CBS
5	Sun, Oct 11	vs San Francisco 49ers	4:25 PM	FOX
6	Thu, Oct 15	at Denver Broncos	8:15 PM	Prime
7	Sun, Oct 25	vs Kansas City Chiefs	8:20 PM	NBC
8	Mon, Nov 2	vs Chicago Bears	8:15 PM	ESPN
9	Sun, Nov 8	vs Arizona Cardinals	4:25 PM	FOX
10	Sun, Nov 15	at Las Vegas Raiders	4:05 PM	CBS
11	BYE WEEK			
12	Sun, Nov 29	at San Francisco 49ers	4:25 PM	FOX
13	Mon, Dec 7	vs Dallas Cowboys	8:15 PM	ESPN
14	Sun, Dec 13	vs New York Giants	4:25 PM	FOX
15	Sat, Dec 19	at Philadelphia Eagles	5:00 PM	FOX
16	Fri, Dec 25	vs Los Angeles Rams CHRISTMAS DAY	8:15 PM	FOX
17	Sun, Jan 3	at Carolina Panthers	1:00 PM	FOX
18	TBD	at Los Angeles Rams	TBD	TBD

SEASON NOTES

- Seattle enters 2026 as the defending Super Bowl LX champion.
- Only the second Wednesday season opener in NFL history.
- Dec 25 vs the Rams is Seattle's first Christmas Day game.
- Nine home dates at Lumen Field and eight road trips.
- Bold opponent = home game. All times Eastern.
- Week 1 is Wed, Sep 9 vs New England, the NFL kickoff game.
- Six prime-time games, a club record, and five are at home.
- Bye falls in Week 11, the weekend of Nov 22.
- Week 18 at the Rams is set once Week 17 is complete.
- Flexible scheduling may move Sunday kickoff times.