



2026 SEATTLE SEAHAWKS

REGULAR SEASON SCHEDULE

Lumen Field - Seattle, WA - All times Eastern

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