



# 2026 SEATTLE SEAHAWKS

## PRESEASON SCHEDULE

Lumen Field - Seattle, WA

WK	DATE	OPPONENT	LOC	TIME (ET)
Wk 1	TBD (Aug 13-17)	Dallas Cowboys	vs.	TBD TBD
Wk 2	Sun, Aug 23	Tennessee Titans	@	TBD FOX
Wk 3	TBD (Aug 27-30)	Kansas City Chiefs	@	TBD TBD

*All kickoff times listed in Eastern Time. Local market broadcasts available in team region.  
TV assignments and exact kickoffs are subject to change as the league finalizes coverage.*