



# 2026 SEATTLE SEAHAWKS

## REGULAR SEASON SCHEDULE

Lumen Field - Seattle, WA

WK	DATE	OPPONENT	LOCATION	TIME (ET)	TV
1	Wed, 9/9	New England	vs.	8:20 PM	NBC
2	Sun, 9/20	Arizona	@	4:25 PM	FOX
3	Sun, 9/27	Washington	@	1:00 PM	FOX
4	Sun, 10/4	L.A. Chargers	vs.	4:25 PM	CBS
5	Sun, 10/11	San Francisco	vs.	4:25 PM	FOX
6	Thu, 10/15	Denver	@	8:15 PM	Prime Video
7	Sun, 10/25	Kansas City	vs.	8:20 PM	NBC
8	Mon, 11/2	Chicago	vs.	8:15 PM	ESPN
9	Sun, 11/8	Arizona	vs.	4:25 PM	FOX
10	Sun, 11/15	Las Vegas	@	4:05 PM	CBS
11	BYE	BYE WEEK			
12	Sun, 11/29	San Francisco	@	4:25 PM	FOX
13	Mon, 12/7	Dallas	vs.	8:15 PM	ESPN,ABC
14	Sun, 12/13	N.Y. Giants	vs.	4:25 PM	FOX
15	Sat, 12/19	Philadelphia	@	5:00 PM	FOX
16	Fri, 12/25	L.A. Rams	vs.	8:15 PM	FOX
17	Sun, 1/3	Carolina	@	1:00 PM	FOX
18	TBD	L.A. Rams	@	TBD	TBD

All times Eastern. Schedule subject to flex scheduling and broadcast network changes.