

# 2028 SEATTLE SEAHAWKS SCHEDULE

Lumen Field - Seattle, WA

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The 2028 Seattle Seahawks regular season totals 17 games. Specific dates and kickoff times will be set when the NFL releases the 2028 schedule in May 2028. Standings-based opponents finalize after the 2027 regular season.

## HOME GAMES (9)

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### Division (NFC West)

- Arizona Cardinals
- Los Angeles Rams
- San Francisco 49ers

### Intra-Conference (NFC South)

- Atlanta Falcons
- Carolina Panthers

### Inter-Conference (AFC East)

- New England Patriots
- New York Jets

### Standings-Based

- NFC East TBD (based on 2027 finish)
- AFC West TBD (based on 2027 finish)

## AWAY GAMES / ROAD TRIPS (8)

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### Division (NFC West)

- Arizona Cardinals
- Los Angeles Rams
- San Francisco 49ers

### Intra-Conference (NFC South)

- New Orleans Saints
- Tampa Bay Buccaneers

### Inter-Conference (AFC East)

- Buffalo Bills
- Miami Dolphins

### Standings-Based

- NFC North TBD (based on 2027 finish)

*Standings-based opponents are intra-conference (NFC) and inter-conference (AFC) and are determined by where the Seattle Seahawks finish in the 2027 NFC West standings. The Seattle Seahawks face the same-position finisher in the rotation divisions above.*