



2026 DALLAS COWBOYS

PRESEASON SCHEDULE

AT&T Stadium - Arlington, TX

WK	DATE	OPPONENT	LOC	TIME (ET)
Wk 1	Sat, Aug 15	Seattle Seahawks	@	8:00 PM Local
Wk 2	Sat, Aug 22	Arizona Cardinals	@	10:00 PM Local
Wk 3	Fri, Aug 28	New Orleans Saints	vs.	8:00 PM Local

*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.*