



2026 SEATTLE SEAHAWKS

PRESEASON SCHEDULE

Lumen Field - Seattle, WA

WK	DATE	OPPONENT	LOC	TIME (ET)
Wk 1	Sat, Aug 15	Dallas Cowboys	vs.	8:00 PM Local
Wk 2	Sun, Aug 23	Tennessee Titans	@	8:00 PM FOX
Wk 3	Fri, Aug 28	Kansas City Chiefs	@	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.*