

Seattle Seahawks

2026 NFL SCHEDULE

vs home (bold) · at away
Times: Pacific Time (PT) · TBA: to be announced

SEPTEMBER

3

Wed 9	vs	Patriots · Week 1	W 13–10
Sun 20	at	Cardinals · Week 2	W 31–7
Sun 27	at	Commanders · Week 3	L 31–33

OCTOBER

4

Sun 4	vs	Chargers · Week 4	W 30–23
Sun 11	vs	49ers · Week 5	L 29–32
Thu 15	at	Broncos · Week 6	5:15 PM Prime Video
Sun 25	vs	Chiefs · Week 7	5:20 PM NBC

NOVEMBER

4

Mon 2	vs	Bears · Week 8	5:15 PM ESPN
Sun 8	vs	Cardinals · Week 9	1:25 PM FOX
Sun 15	at	Raiders · Week 10	1:05 PM CBS
Sun 29	at	49ers · Week 12	1:25 PM FOX

DECEMBER

4

Mon 7	vs	Cowboys · Week 13	5:15 PM ESPN, ABC
Sun 13	vs	Giants · Week 14	1:25 PM FOX
Sat 19	at	Eagles · Week 15	2 PM FOX
Fri 25	vs	Rams · Week 16, Christmas	5:15 PM FOX

JANUARY

2

Sun 3	at	Panthers · Week 17	10 AM FOX
Sun 10	at	Rams · Week 18	TBA

