



2019-20 SEATTLE SEAHAWKS SCHEDULE

PRESEASON SCHEDULE

WK	DATE	OPPONENT	TIME (CT)	TV	RESULT
1	Thu, Aug 8	vs Denver	9:00 PM		_____
2	Sun, Aug 18	@ Minnesota	7:00 PM	FOX	_____
3	Sat, Aug 24	@ LA Chargers	9:00 PM		_____
4	Thu, Aug 29	vs Oakland	9:00 PM		_____

REGULAR SEASON SCHEDULE

WK	DATE	OPPONENT	TIME (CT)	TV	RESULT
1	Sun, Sep 8	vs Cincinnati	3:05 PM	CBS	_____
2	Sun, Sep 15	@ Pittsburgh	12:00 PM	FOX	_____
3	Sun, Sep 22	vs New Orleans	3:25 PM	CBS	_____
4	Sun, Sep 29	@ Arizona	3:05 PM	FOX	_____
5	Thu, Oct 3	vs LA Rams	7:20 PM	FOX/NFL	_____
6	Sun, Oct 13	@ Cleveland	12:00 PM	FOX	_____
7	Sun, Oct 20	vs Baltimore	3:25 PM	FOX	_____
8	Sun, Oct 27	@ Atlanta	12:00 PM	FOX	_____
9	Sun, Nov 3	vs Tampa Bay	3:05 PM	FOX	_____
10	Mon, Nov 11	@ San Francisco	7:15 PM	ESPN	_____
11	BYE WEEK				_____
12	Sun, Nov 24	@ Philadelphia	7:20 PM	NBC	_____
13	Mon, Dec 2	vs Minnesota	7:15 PM	ESPN	_____
14	Sun, Dec 8	@ LA Rams	7:20 PM	NBC	_____
15	Sun, Dec 15	@ Carolina	12:00 PM	FOX	_____
16	Sun, Dec 22	vs Arizona	3:25 PM	FOX	_____
17	Sun, Dec 29	vs San Francisco	3:25 PM	FOX	_____