



2019-20 SEATTLE SEAHAWKS SCHEDULE

PRESEASON SCHEDULE

WK	DATE	OPPONENT	TIME (ET)	TV	RESULT
1	Thu, Aug 8	vs Denver	10:00 PM		_____
2	Sun, Aug 18	@ Minnesota	8:00 PM	FOX	_____
3	Sat, Aug 24	@ LA Chargers	10:00 PM		_____
4	Thu, Aug 29	vs Oakland	10:00 PM		_____

REGULAR SEASON SCHEDULE

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