

+++ [Seattle Seahawks Schedule 2009](#) +++

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|---------------------|---------------------------------|--|---|--|-----|
| Preseason Week 1 | Saturday, Aug 15th 7:00pm | Seattle Seahawks San Diego Chargers | Qualcomm Stadium San Diego, CA | Buy Tickets    | |
| Preseason Week 2 | Saturday, Aug 22nd 7:30pm | Denver Broncos Seattle Seahawks | Qwest Field Seattle, WA | Buy Tickets    | |
| Preseason Week 3 | Saturday, Aug 29th 7:00pm | Seattle Seahawks Kansas City Chiefs | Arrowhead Stadium Kansas City, MO | Buy Tickets    | |
| Preseason Week 4 | Thursday, Sep 3rd 7:00pm | Oakland Raiders Seattle Seahawks | Qwest Field Seattle, WA | Buy Tickets    | |
| Week 1 | Sunday, Sep 13th 4:15pm | St. Louis Rams Seattle Seahawks | Qwest Field Seattle, WA | Buy Tickets    | FOX |
| Week 2 | Sunday, Sep 20th 4:05pm | Seattle Seahawks San Francisco 49ers | Candlestick Park San Francisco, CA | Buy Tickets    | FOX |
| Week 3 | Sunday, Sep 27th 4:05pm | Chicago Bears Seattle Seahawks | Qwest Field Seattle, WA | Buy Tickets    | FOX |
| Week 4 | Sunday, Oct 4th 1:00pm | Seattle Seahawks Indianapolis Colts | Lucas Oil Stadium Indianapolis, IN | Buy Tickets    | FOX |
| Week 5 | Sunday, Oct 11th 4:15pm | Jacksonville Jaguars Seattle Seahawks | Qwest Field Seattle, WA | Buy Tickets    | CBS |
| Week 6 | Sunday, Oct 18th 4:05pm | Arizona Cardinals Seattle Seahawks | Qwest Field Seattle, WA | Buy Tickets    | FOX |
| Week 7 | | BYE | | | |
| Week 8 | Sunday, Nov 1st 1:00pm | Seattle Seahawks Dallas Cowboys | Dallas Cowboys New Stadium Arlington, TX | Buy Tickets    | FOX |
| Week 9 | Sunday, Nov 8th 4:05pm | Detroit Lions Seattle Seahawks | Qwest Field Seattle, WA | Buy Tickets    | FOX |
| Week 10 | Sunday, Nov 15th 4:15pm | Seattle Seahawks Arizona Cardinals | University of Phoenix Stadium Glendale, AZ | Buy Tickets    | FOX |
| Week 11 | Sunday, Nov 22nd 1:00pm | Seattle Seahawks Minnesota Vikings | Hubert H. Humphrey Metrodome Minneapolis, MN | Buy Tickets    | FOX |
| Week 12 | Sunday, Nov 29th 1:00pm | Seattle Seahawks St. Louis Rams | Edward Jones Dome St. Louis, MO | Buy Tickets    | FOX |
| Week 13 | Sunday, Dec 6th 4:15pm | San Francisco 49ers Seattle Seahawks | Qwest Field Seattle, WA | Buy Tickets    | FOX |
| Week 14 | Sunday, Dec 13th 1:00pm | Seattle Seahawks Houston Texans | Reliant Stadium Houston, TX | Buy Tickets    | FOX |
| Week 15 | Sunday, Dec 20th 4:15pm | Tampa Bay Buccaneers Seattle Seahawks | Qwest Field Seattle, WA | Buy Tickets    | FOX |
| Week 16 | Sunday, Dec 27th 1:00pm | Seattle Seahawks Green Bay Packers | Lambeau Field Green Bay, WI | Buy Tickets    | FOX |
| Week 17 | Sunday, Jan 3rd 4:15pm | Tennessee Titans Seattle Seahawks | Qwest Field Seattle, WA | Buy Tickets    | CBS |

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