Cowboys at Seahawks Monday Night Football Watch Guide, Dec. 7, 2026

Kickoff in Eastern, Central, Mountain and Pacific time

MONDAY, DEC. 7

ET	CT	MT	PT	EVENT	WATCH ON	MY PICK
8:15 p.m.	7:15 p.m.	6:15 p.m.	5:15 p.m.	**Dallas Cowboys at Seattle Seahawks** Week 13, Monday Night Football	ESPN	

Eastern Time (ET), Central Time (CT), Mountain Time (MT, Denver; most of Arizona keeps standard time), Pacific Time (PT). Times are converted from the start time the source gives.

My notes

Source: NFL.com Week 13 schedule; Seattle Seahawks and Dallas Cowboys schedules. Times converted by Fresh Calendars.