

Seattle Sounders FC - 2025 Season Schedule

All times shown in Eastern Time (ET)

Date	Time	Home Team	Away Team	Venue	City	Comp.	Status
2025-02-22	10:30 PM EST	Seattle Sounders FC	Charlotte FC	Lumen Field	Seattle	MLS Reg.	2-2
2025-03-01	4:30 PM EST	Real Salt Lake	Seattle Sounders FC	America First Field	Sandy	MLS Reg.	0-2
2025-03-08	4:45 PM EST	Seattle Sounders FC	Los Angeles Football Club	Lumen Field	Seattle	MLS Reg.	5-2
2025-03-15	8:30 PM EDT	St Louis CITY SC	Seattle Sounders FC	Energizer Park	St. Louis	MLS Reg.	0-1
2025-03-22	10:30 PM EDT	Seattle Sounders FC	Houston Dynamo FC	Lumen Field	Seattle	MLS Reg.	0-0
2025-03-29	10:30 PM EDT	San Jose Earthquakes	Seattle Sounders FC	PayPal Park	San Jose	MLS Reg.	1-1
2025-04-05	10:30 PM EDT	San Diego FC	Seattle Sounders FC	Snapdragon Stadium	San Diego	MLS Reg.	0-3
2025-04-12	8:30 PM EDT	FC Dallas	Seattle Sounders FC	Toyota Stadium	Frisco	MLS Reg.	1-0
2025-04-19	7:30 PM EDT	Seattle Sounders FC	Nashville SC	Lumen Field	Seattle	MLS Reg.	3-0
2025-04-26	9:30 PM EDT	Colorado Rapids	Seattle Sounders FC	DICK'S Sporting Goods Park	Commerce City	MLS Reg.	1-1
2025-05-03	10:30 PM EDT	Seattle Sounders FC	St Louis CITY SC	Lumen Field	Seattle	MLS Reg.	4-1
2025-05-10	8:30 PM EDT	Houston Dynamo FC	Seattle Sounders FC	Shell Energy Stadium	Houston	MLS Reg.	3-1
2025-05-14	10:30 PM EDT	Los Angeles Football Club	Seattle Sounders FC	BMO Stadium	Los Angeles	MLS Reg.	0-4
2025-05-17	9:30 PM EDT	Portland Timbers	Seattle Sounders FC	Providence Park	Portland	MLS Reg.	1-1
2025-05-24	3:00 PM EDT	Seattle Sounders FC	FC Dallas	Lumen Field	Seattle	MLS Reg.	1-0
2025-05-28	8:30 PM EDT	Seattle Sounders FC	San Diego FC	Lumen Field	Seattle	MLS Reg.	1-0
2025-06-01	6:00 PM EDT	Seattle Sounders FC	Minnesota United FC	Lumen Field	Seattle	MLS Reg.	2-3
2025-06-08	9:00 PM EDT	Vancouver Whitecaps FC	Seattle Sounders FC	BC Place	Vancouver	MLS Reg.	0-3
2025-06-28	10:30 PM EDT	Seattle Sounders FC	Austin FC	Lumen Field	Seattle	MLS Reg.	scheduled
2025-07-06	5:00 PM EDT	Seattle Sounders FC	Columbus Crew	Lumen Field	Seattle	MLS Reg.	scheduled
2025-07-12	8:30 PM EDT	Sporting Kansas City	Seattle Sounders FC	Children's Mercy Park	Kansas City	MLS Reg.	scheduled
2025-07-16	10:00 PM EDT	Seattle Sounders FC	Colorado Rapids	Lumen Field	Seattle	MLS Reg.	scheduled
2025-07-19	8:30 PM EDT	Seattle Sounders FC	San Jose Earthquakes	Lumen Field	Seattle	MLS Reg.	scheduled
2025-07-26	7:30 PM EDT	Atlanta United	Seattle Sounders FC	Mercedes-Benz Stadium	Atlanta	MLS Reg.	scheduled
2025-08-10	10:00 PM EDT	LA Galaxy	Seattle Sounders FC	Dignity Health Sports Park	Carson	MLS Reg.	scheduled

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2025-08-16	8:30 PM EDT	Minnesota United FC	Seattle Sounders FC	Allianz Field	St. Paul	MLS Reg.	scheduled
2025-08-24	9:15 PM EDT	Seattle Sounders FC	Sporting Kansas City	Lumen Field	Seattle	MLS Reg.	scheduled
2025-08-30	10:30 PM EDT	Seattle Sounders FC	Real Salt Lake	Lumen Field	Seattle	MLS Reg.	scheduled
2025-09-13	8:30 PM EDT	Seattle Sounders FC	LA Galaxy	Lumen Field	Seattle	MLS Reg.	scheduled
2025-09-16	7:30 PM EDT	Inter Miami CF	Seattle Sounders FC	Chase Stadium	Fort Lauderdale	MLS Reg.	scheduled
2025-09-20	8:30 PM EDT	Austin FC	Seattle Sounders FC	Q2 Stadium	Austin	MLS Reg.	scheduled
2025-09-27	10:30 PM EDT	Seattle Sounders FC	Vancouver Whitecaps FC	Lumen Field	Seattle	MLS Reg.	scheduled
2025-10-04	10:30 PM EDT	Seattle Sounders FC	Portland Timbers	Lumen Field	Seattle	MLS Reg.	scheduled
2025-10-18	6:00 PM EDT	New York City FC	Seattle Sounders FC	TBC	unknown	MLS Reg.	scheduled

Schedule provided by <https://yourSportsCalendar.com>