



Guide to the 2025 & 2026 Political Races



Key Dates: 2025-2026

Event	Dates	Location
N.J. Primary Election	June 10, 2025	New Jersey
V.A. Primary Election	June 17, 2025	Virginia
2025 U.S. Elections	November 4, 2025	
2026 U.S. Elections	November 3, 2026	

2025 Gubernatorial Races

Solid Democrat	Likely Democrat	Leaning Democrat	Toss Up	Leaning Republican	Likely Republican	Solid Republican
		NJ*	VA*			

Democrat // Republican

* Term-limited / Open

Source: Cook Political Report (1/23/25)

2026 Gubernatorial Races

Solid Democrat	Likely Democrat	Leaning Democrat	Toss Up	Leaning Republican	Likely Republican	Solid Republican
CA*	ME*		AZ	KS*	NH	AK*
CO*	MN		GA*		OH*	AL*
CT	NM*		MI*			AR
HI	NY		NV			FL*
IL	PA		WI			IA
MA						ID
MD						NE
OR						OK*
RI						SC*
						SD
						TN*
						TX
						VT
						WY*

Democrat // Republican

* Term-limited / Open

Source: Cook Political Report (1/23/25)

2026 Senate Races

Solid Democrat	Likely Democrat	Leaning Democrat	Toss Up	Leaning Republican	Likely Republican	Solid Republican	
CO		MN^	GA	ME	OH	AK	MT
DE		NH^	MI^	NC		AL	NE
IL						AR	OK
MA						FL	SC
NJ						IA	SD
NM						ID	TN
OR						KS	TX
RI						KY	WV
VA						LA	WY
						MS	

Democrat // Republican

^ Retiring

Source: Cook Political Report (2/13/25)



2026 House Races

Likely Democrat	Leaning Democrat	Democrat Toss Up	Republican Toss Up	Leaning Republican	Likely Republican
CA-21, 25, 49	CA-09, 27, 47	CA-13, 45	AZ-01, 06	CA-22, 40, 41	AK-AL
CT-05	FL-23	ME-02	CO-08	IA-03	AZ-02
IL-17	MI-08	NC-01	IA-01	MI-10	CA-03
IN-01	NJ-09	NM-02	MI-07	NJ-07	CO-03
MI-03	NV-03	NY-04	NE-02	NY-17	FL-13
NH-01, 02	NY-03, 19	OH-09, 13	PA-07, 10	PA-03	MI-04
NJ-05	OR-05	TX-34		VA-02	MT-01
NV-01, 04	TX-28	WA-03		WI-03	PA-01
NY-18, 22	VA-07				TX-15
OH-01					VA-01
PA-17					WI-01
VA-10					
WA-08					

Democrat // Republican

Source: Cook Political Report (3/13/25)