

Invariant



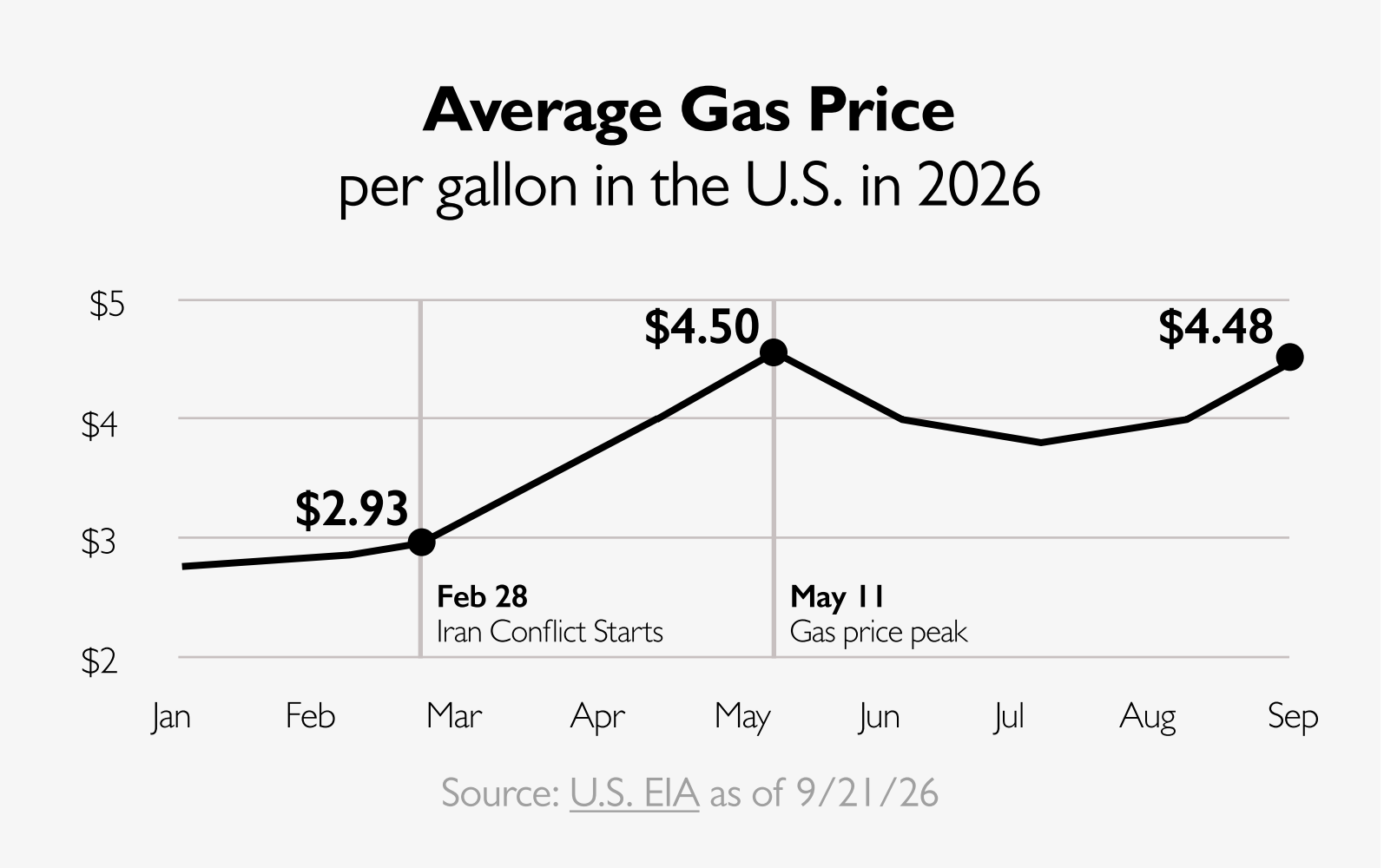
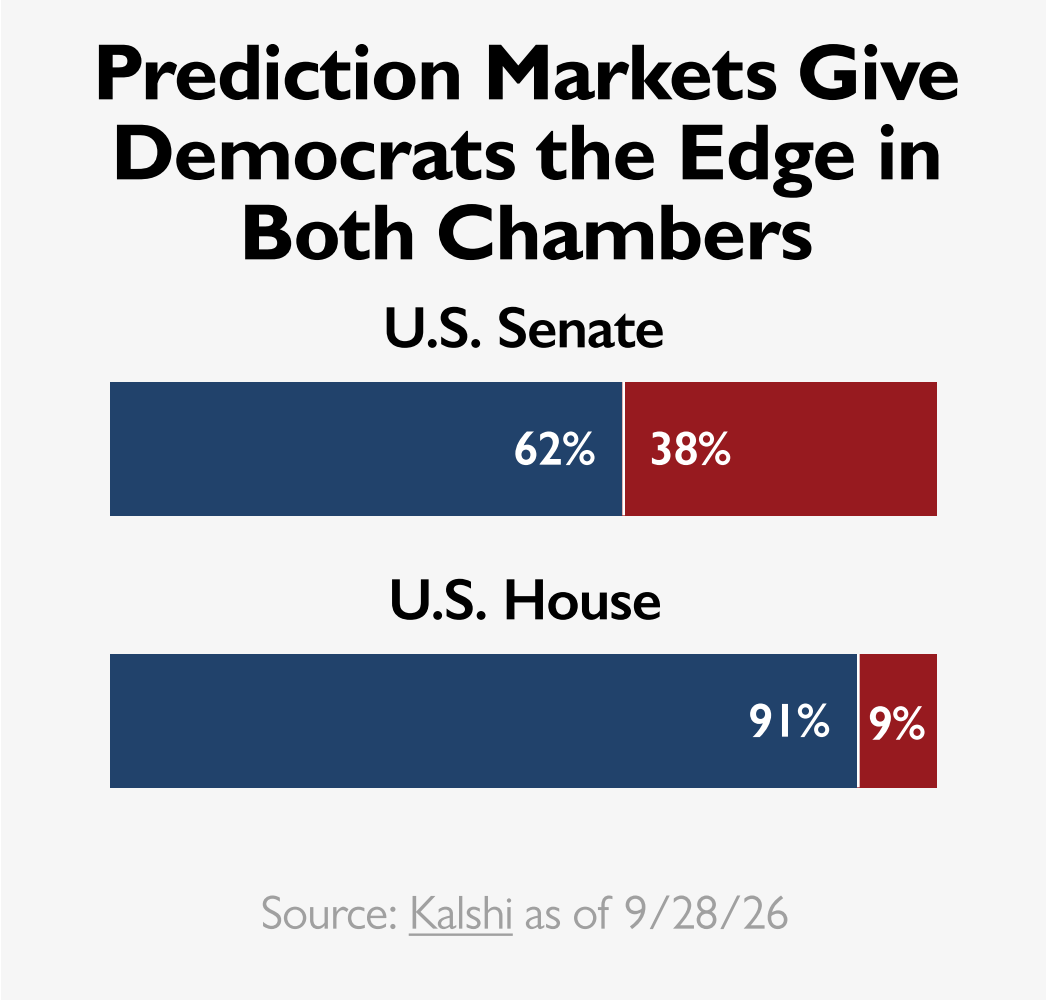
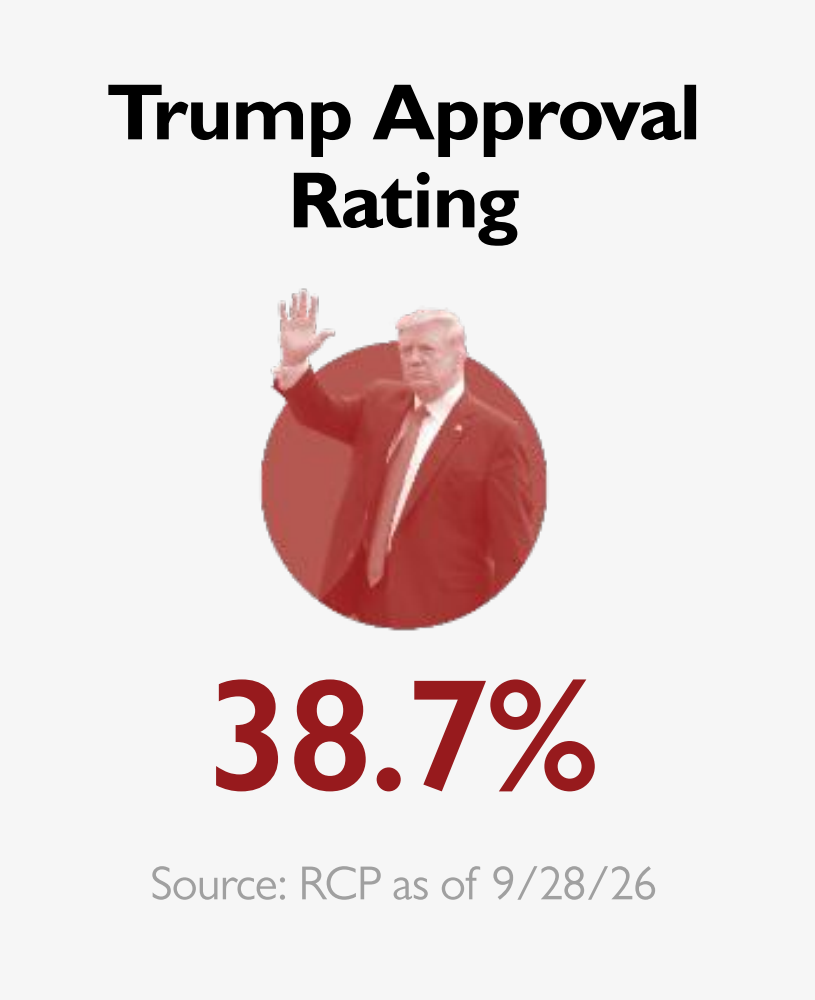
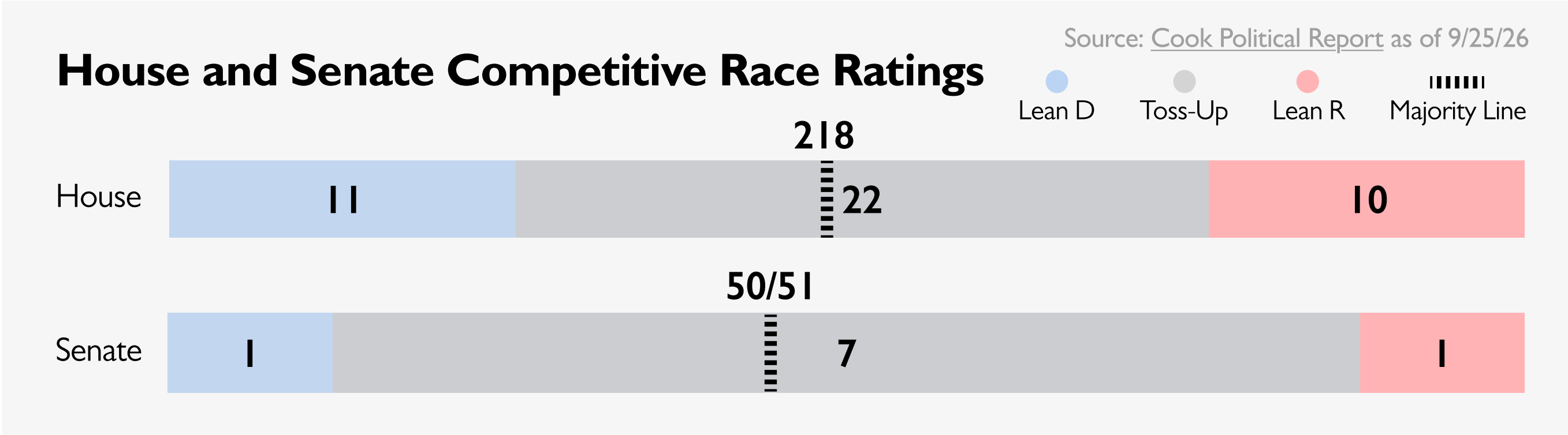
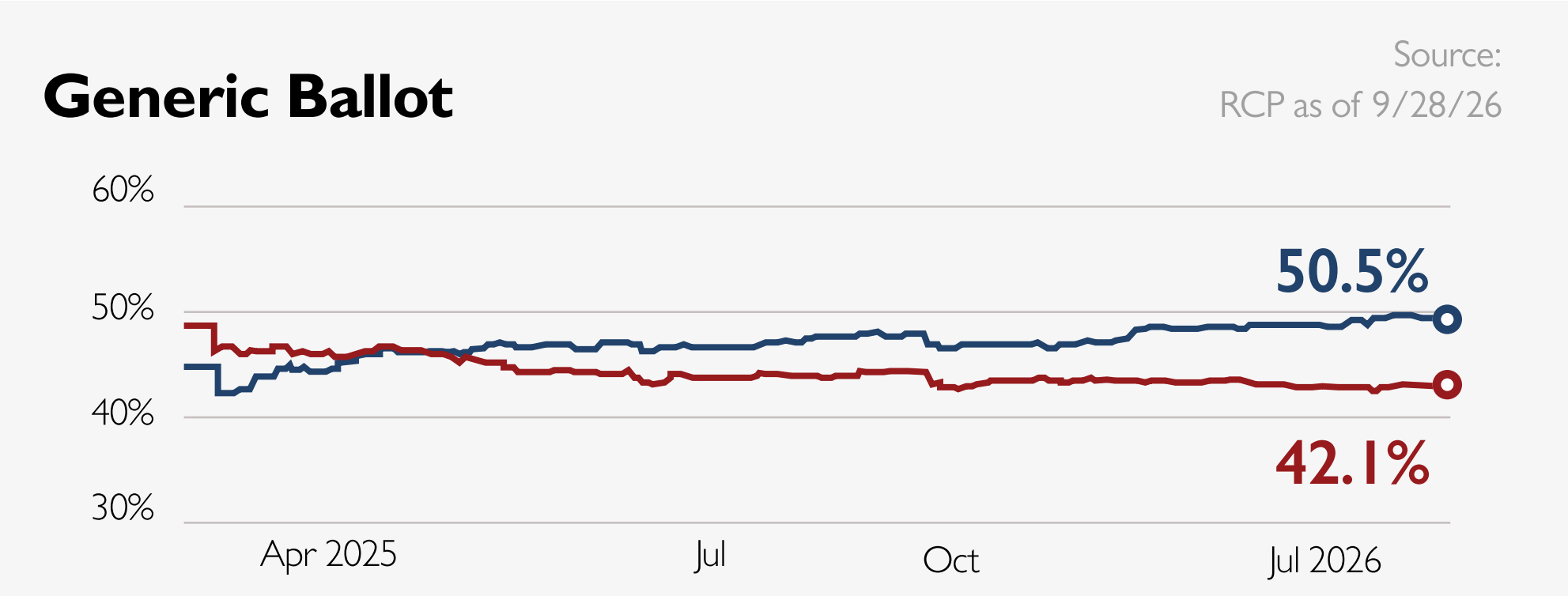
Election Update



September 29, 2026

Elections Snapshot

A quick look at the 2026 midterm election cycle...





35

days until the 2026 election

Elections at a Glance

Democrats enter the final stretch favored to win the House and competitive for the Senate, but Republican financial and structural advantages could still limit their gains.

House

22

Toss-Up House seats

Democrats are now favored to win the majority.

Democrats need a net gain of just three seats to win the majority. Fifteen races have shifted toward Democrats, and 16 of the 22 toss-ups are Republican-held. Democrats are now projected to gain five to 15 seats. Republicans' cash advantage could limit their losses, but they would likely need to win a majority of the toss-ups to retain control.

Senate

7

Toss-Up Senate seats

Senate control is now a true toss-up.

Democrats could gain between one and five seats but need four for control. Republicans are defending five of the seven toss-ups, including Alaska, Iowa, Maine, Ohio, and Texas, while Democrats are defending Michigan, and New Hampshire. North Carolina, a GOP-held open seat, currently leans toward Democrats and represents another key pickup opportunity. Republicans are leaning on a sizable financial advantage to offset a political environment that has expanded the battlefield deep into traditionally Republican territory.

Governors

5

Toss-Up Governor seats

The battlefield stretches well beyond Congress.

Competitive races in Alaska, Arizona, Georgia, Iowa, Michigan, Nevada, Ohio, and Wisconsin put governorships held by both parties at risk, while Kansas remains a closely watched Republican pickup opportunity. The outcomes will shape veto power, redistricting and election administration beyond 2026.

Democrats are favored to take the House, while the Senate remains a true toss-up. The size of their gains may hinge on whether Trump-disapproving, Republican-leaning voters return to the GOP, cross over to Democrats or simply stay home.

Voting is Underway

Nearly every state gives voters some way to cast a ballot before Nov. 3.

Early voting by the numbers

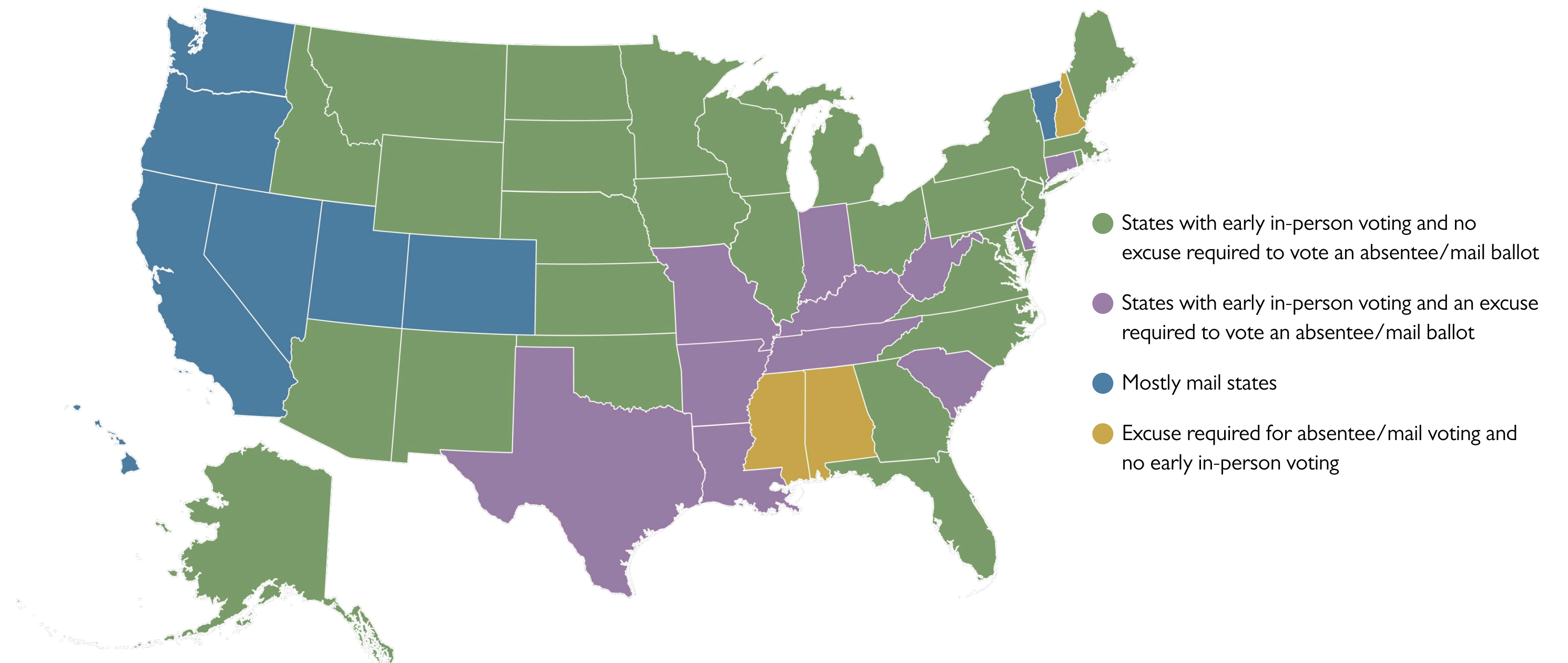
**47 states
+ D.C.**

Offer early in-person voting to all voters.
Only Alabama, Mississippi and New Hampshire do not.

**37 states
+ D.C.**

Allow any voter to vote absentee or by mail without an excuse, including eight states and D.C. that automatically mail ballots to voters.

Pre-Election Day Voting Options by State



Election Day is November 3, but nearly half of all states will start early voting by October 6. Campaigns are increasingly trying to persuade voters while others already have ballots in hand.

Mail Voting: Trump's Hail Mary

The Supreme Court has blocked the Trump Administration's new mail-ballot rules from taking effect before the midterms, but the broader legal fight will continue.

The legal challenge

The Fight

President Trump's executive order sought to require standardized ballot envelopes, unique voter barcodes and voter information uploaded to a federal portal. Noncompliant ballot mail could have been rejected and returned to election officials.

The Ruling

The Supreme Court declined to lift a lower-court injunction, finding that the Administration was unlikely to prevail at this stage and that emergency relief was unwarranted. Justices Samuel Alito and Clarence Thomas dissented.

The ruling preserves existing mail voting procedures for the midterms, but Kavanaugh's concurrence provides a potential path for the Administration to revive the policy before a future election.

What it means

The immediate effect

States can administer the midterms under their existing mail voting procedures. With voting already underway, the Court's decision removes the immediate prospect of states having to redesign and gain approval for ballot envelopes.

What comes next

Justice Brett Kavanaugh agreed that implementing the rule now would be unlawful because election officials lacked sufficient time but said the Postal Service may have the statutory authority to adopt such requirements in the future. The litigation will continue, leaving open the possibility of similar rules after 2026.

47.6M

Mail ballots were cast in the 2024 federal election



Unconventional Convention

At its first midterm convention, the Republican Party put President Trump front and center and framed November as a choice between two paths.

Republicans build the midterms around Trump

Trump is the message

Trump told supporters to vote as if his name were on the ballot and said he would campaign in competitive House and Senate races. The convention made the strategy plain: nationalize the midterms around Trump.

Contrast over caution

Speakers cast November as a choice on prices, immigration, border security, women's sports, and socialism. The language stayed sharp, with Texas and Michigan Democrats singled out as foils.

Run on the record

Republicans highlighted tax provisions in the One Big Beautiful Bill, defended U.S. action in Iran, and argued that unified Republican control would lower costs. Vice President Vance closed on faith, family, and party unity.

By the numbers

Sept. 9–10

American Airlines Center, Dallas

\$25,000

Cost for Republican officeholders to attend the convention

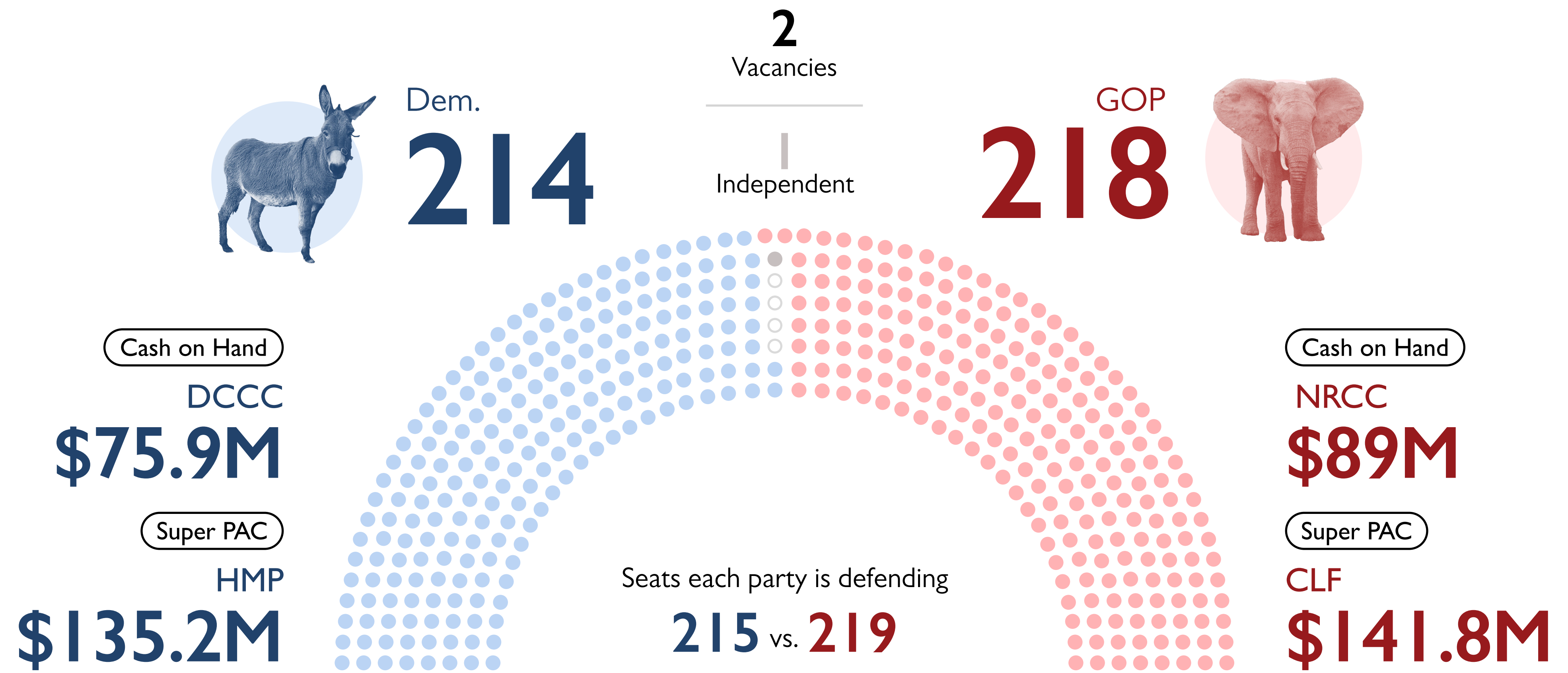
\$5,000

President's proposed "dividend" per adult if Republicans keep Congress

Republicans are betting a Trump-centered message can stave off the usual midterm losses for the president's party. Democrats are betting on a referendum on the administration.

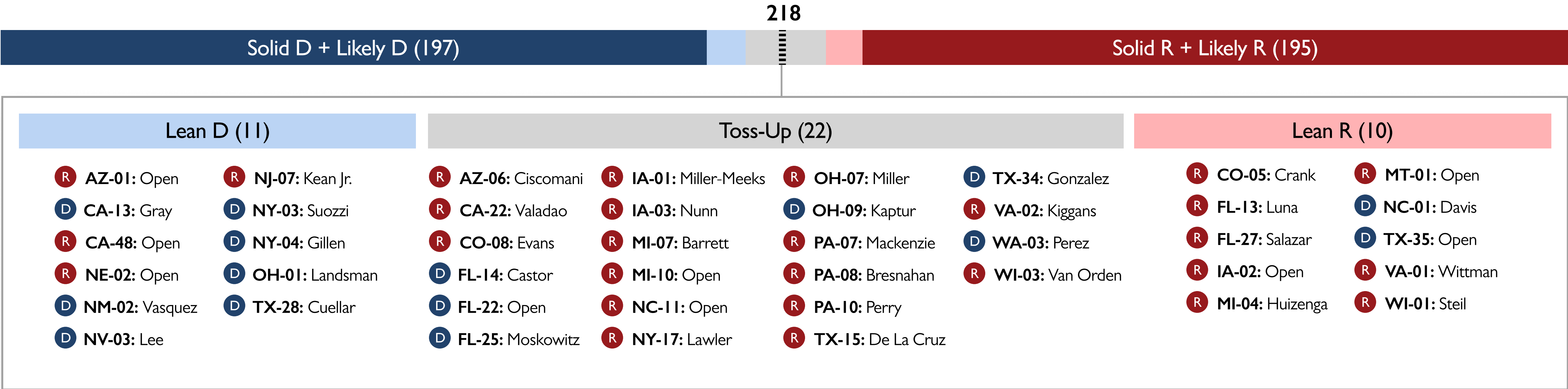
House

Democrats are favored to flip the House, but
Republican cash could contain their gains.



The Math to 218

After 15 ratings shifts in their direction, Democrats are now projected to gain five to 15 seats and win a narrow House majority.



Democrats can secure control by winning fewer than half of the toss-ups, while Republicans need a majority of them.

The Majority Makers

Five races, five different storylines, and a battlefield increasingly tilted toward Democrats.

AZ-01

Lean D

D

 Shah

R

 Feely

Former NFL kicker Jay Feely, the GOP nominee, faces former state Rep. Amish Shah, the Democratic nominee and an ER doctor, for Rep. Schweikert's open Scottsdale seat, which Trump won by about 3 points. Shah beat the DCCC's favored candidate in July.

NY-17

Toss-Up

D

 Conley

R

 Lawler

Rep. Mike Lawler defends a seat Harris narrowly carried. Cait Conley, an Army combat veteran, is tying him to Trump while he leans on his bipartisan brand.

PA-10

Toss-Up

D

 Stelson

R

 Perry

A rematch: former TV anchor Janelle Stelson nearly ousted ex-Freedom Caucus chair Scott Perry in 2024. At \$11.5M+ raised, it is Pennsylvania's priciest House race.

NJ-07

Lean D

D

 Bennett

R

 Kean Jr.

Rep. Tom Kean returned in late June after a nearly four-month medical absence. Rebecca Bennett, a former Navy helicopter pilot, is posting strong fundraising totals and leading in polls, where Kean's favorability ratings are even lower than Trump's.

FL-14

Toss-Up

D

 Castor

R

 Beltran

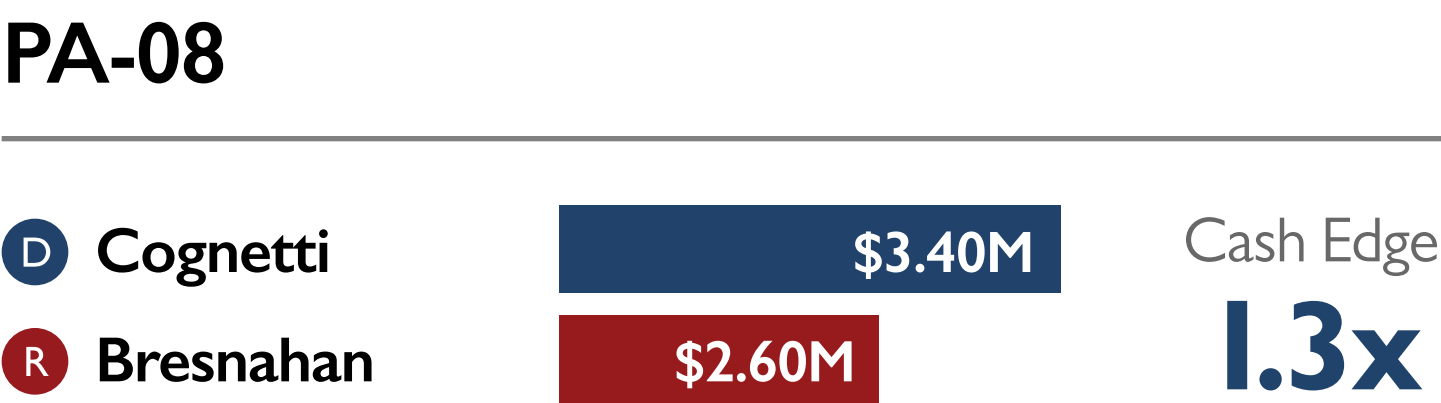
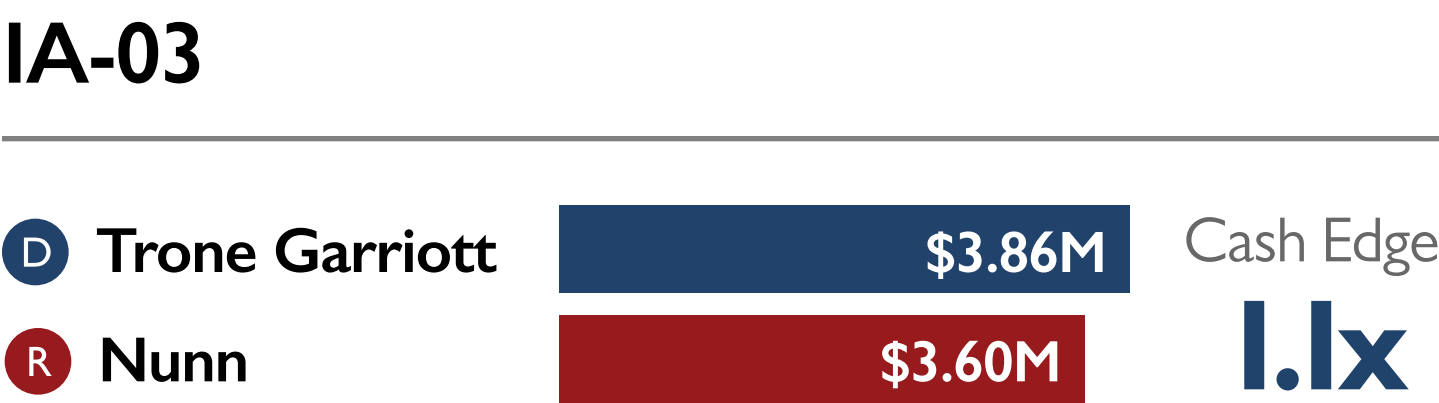
Florida's redraw put Rep. Kathy Castor, a 20-year incumbent, in a Trump-won district. She still led former state Rep. Mike Beltran 46-38 in a July St. Pete Polls survey.

There is no single path to 218. Democrats need wins in open seats, rematches and Trump-won suburbs, while holding seats like Castor's that Republicans redrew to take.

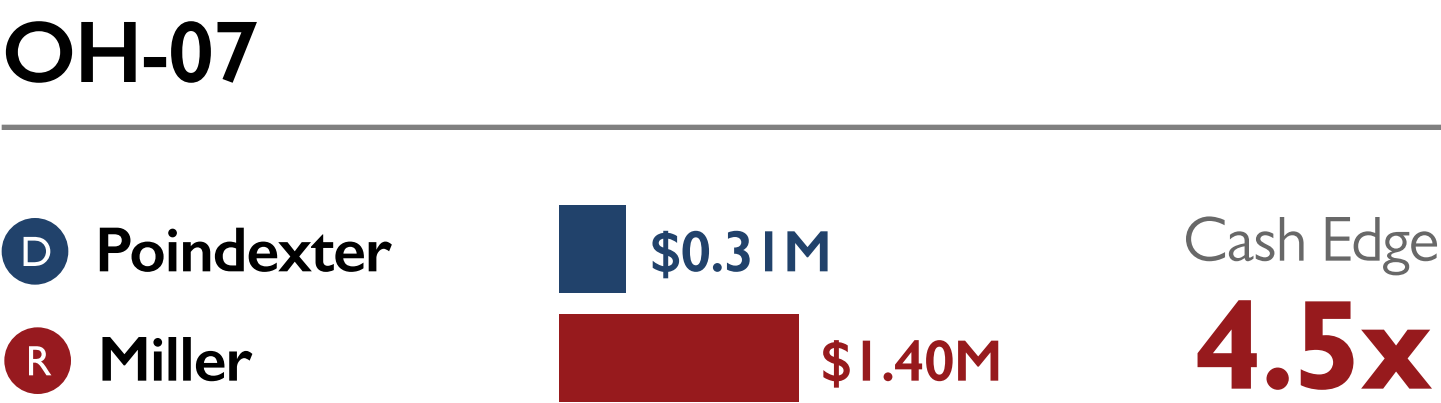
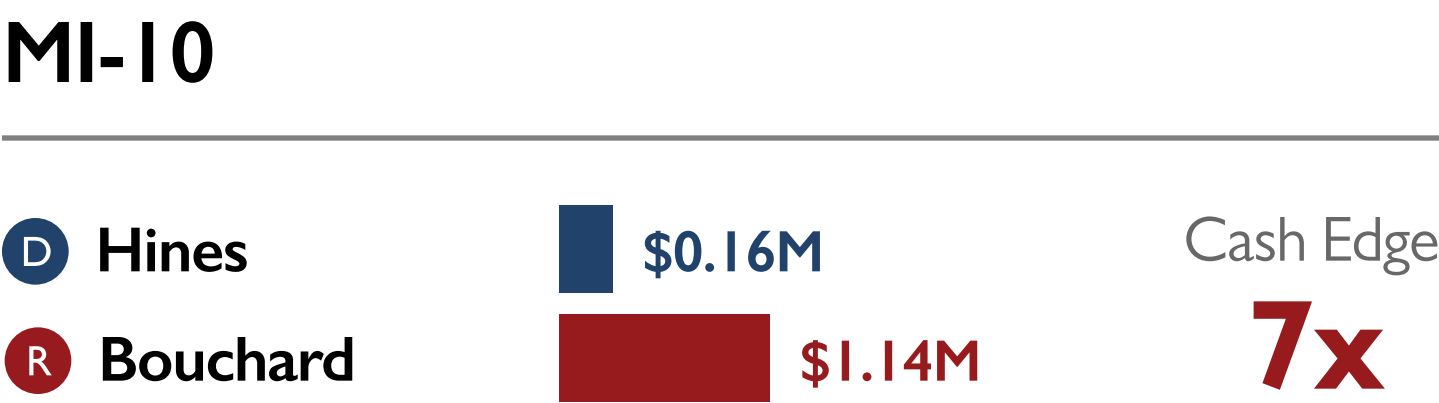
A Tale of Two Wallets

Top Democratic recruits match GOP cash. Stretch-seat challengers do not.

Democrats match spending dollar-for-dollar where their recruits are well known.



In stretch seats, Republicans have more cash and are already spending it.



By the numbers

The NRCC is spending now: **\$8.7M**
Coordinated TV reserved across 20+ races after the Supreme Court lifted party coordination limits in June.

The DCCC is just starting: **\$338K**
Its first coordinated TV reservations covered three races, including \$33K for Hines in MI-10.

The GOP has the bigger bank: **\$12M**
The NRCC's cash edge over the DCCC at the end of July. A Sept. 4 Supreme Court order also keeps cheaper TV rates for party ads.

Testing Trump's Hispanic Gains

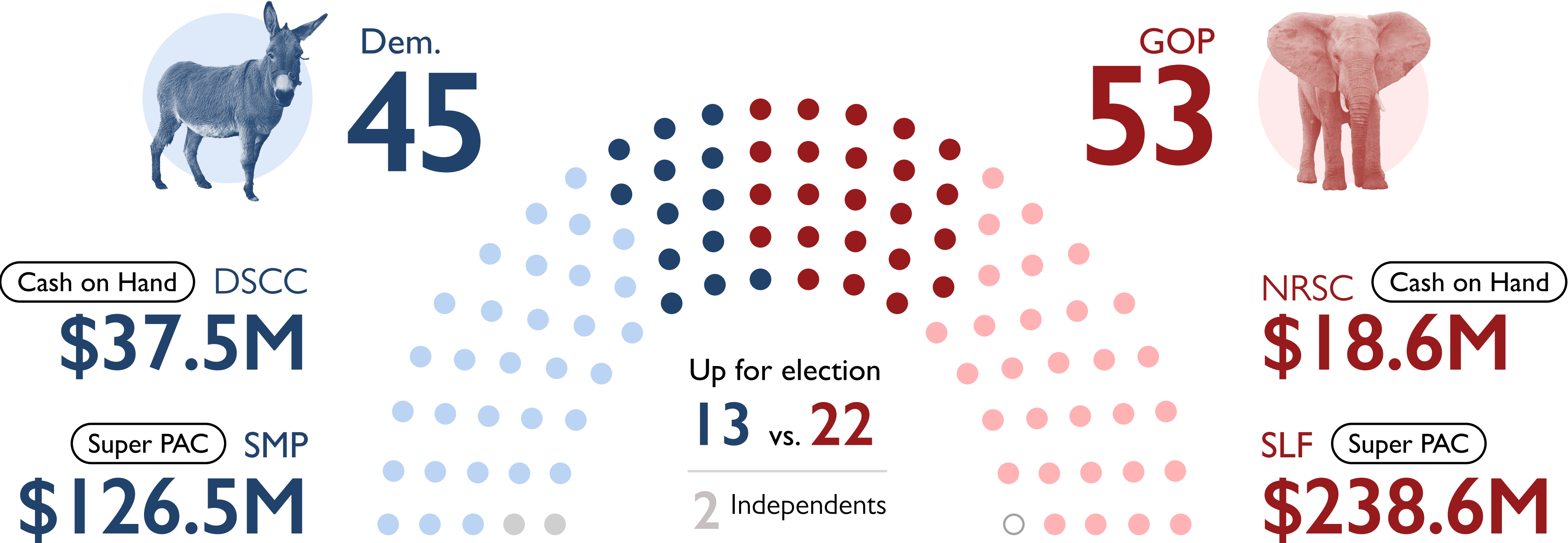
Hispanic voters helped give Trump the White House. Will they help give Democrats the majority?

AZ-06 R Juan Ciscomani	CA-22 R David Valadao	CO-08 R Gabe Evans	TX-15 R Monica De La Cruz
The most evenly divided district in the country is now a dead-even money race against Democrat JoAnna Mendoza. Some Democratic aligned polling has shown her ahead, though that should be read with the usual caution given the source.	Redistricting handed Democrats a 16-point registration edge, and Trump's Hispanic approval here has fallen twice as fast as his national numbers. Valadao faces progressive Randy Villegas in one of the costliest House races in the country.	This fast-growing Denver-area seat has flipped with the national mood three cycles running, and Evans won it in 2024 with only 49.0%. Democrats see further Latino erosion as their clearest path to a pickup.	Republicans redrew this Rio Grande Valley seat to be Trump +18, yet Tejano star Bobby Pulido has led three straight public polls, most recently 50 to 45. Pulido also outraised the incumbent last quarter, pulling a seat that should be out of reach into Lean R territory.
Hispanic voting-age population: 21%	Hispanic voting-age population: 65%	Hispanic voting-age population: 31%	Hispanic voting-age population: 75%
2024 Margin: Trump +0.7	2024 Margin: Trump +1.8	2024 Margin: Trump +1.89	2024 Margin: Trump +17.8
2020 Margin: Biden +0.1	2020 Margin: Biden +17.0	2020 Margin: Biden +4.5	2020 Margin: Trump +2

Fading Hispanic support for Trump is turning once-safe GOP seats into genuine Toss-Ups this cycle.

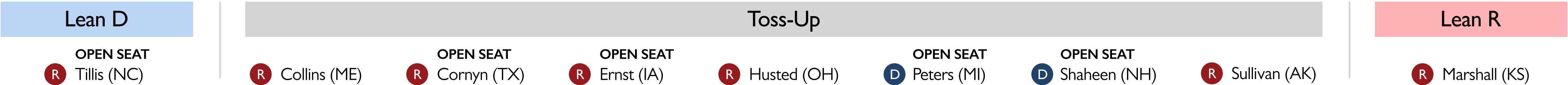
Senate

Senate control is a true toss-up: Democrats must protect Michigan and New Hampshire while flipping four Republican-held seats.



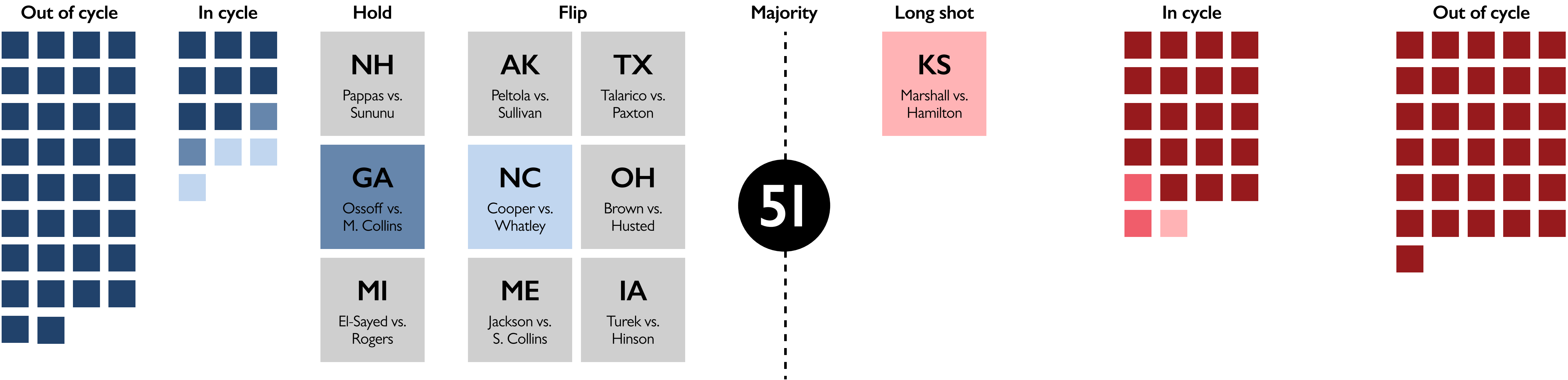
D Current Democratic Seat
R Current GOP Seat

Competitive Races



The Path to 51

Seven Toss-Up races decide whether Democrats reach a majority.



● Solid D ● Likely D ● Lean D ● Toss-Up ● Lean R ● Likely R ● Solid R

The Matchup Map

Every nominee is now set in the races that will decide Senate control.

Iowa Toss-Up

D Turek R Hinson
Turek+ 0.5%

Texas Toss-Up

D Talarico R Paxton
Talarico + 2.9%

Alaska Toss-Up

D Peltola R Sullivan
Peltola + 2.3%

Maine Toss-Up

D Jackson R Collins
Jackson + 0.9%

New Hampshire Toss-Up

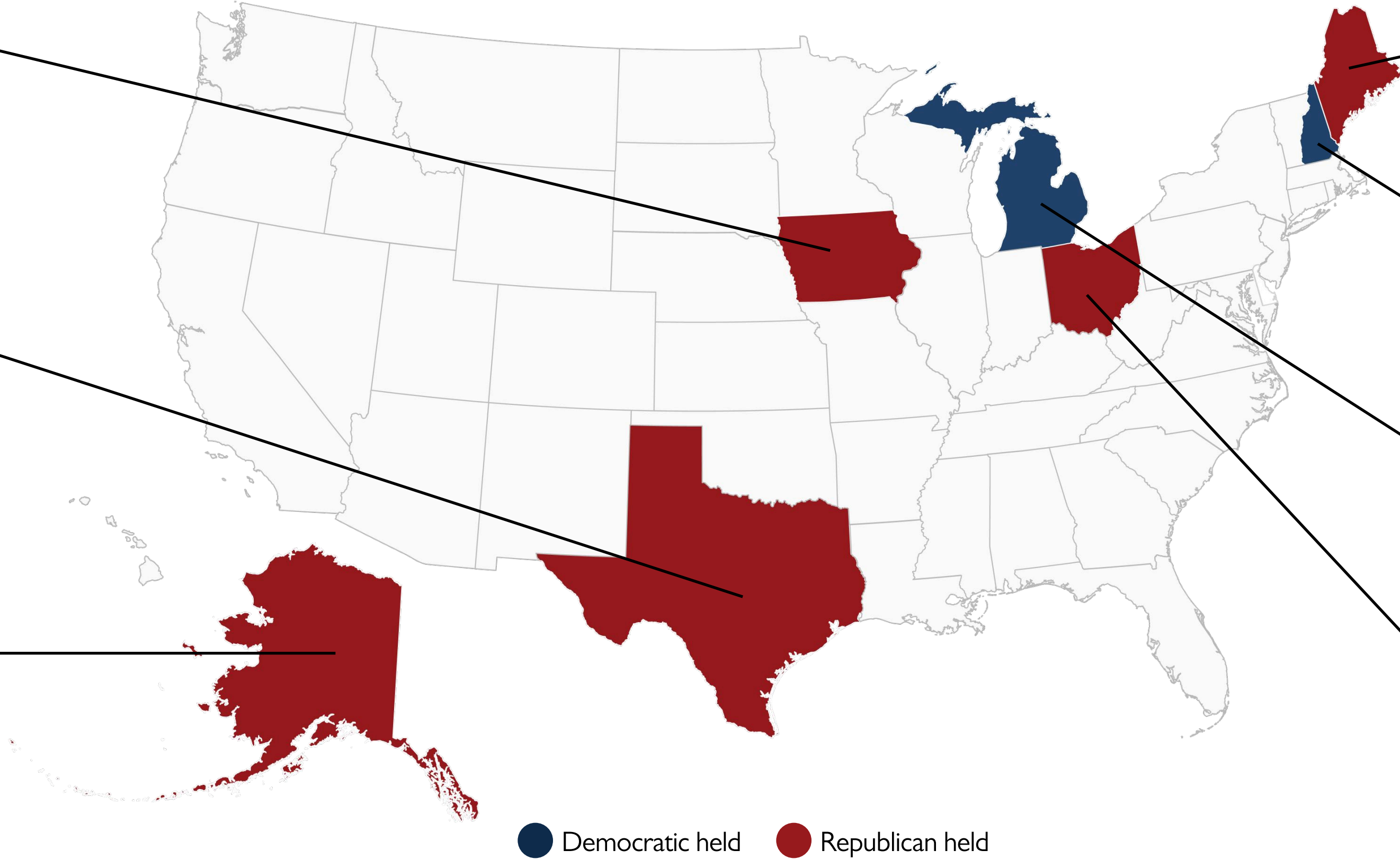
D Pappas R Sununu
Pappas + 6.4%

Michigan Toss-Up

D El-Sayed R Rogers
El-Sayed + 3.0%

Ohio Toss-Up

D Brown R Husted
Brown + 3.8%



Safe No More

Texas, Alaska, and Ohio have all slid into Toss-Up territory, turning expected Republican holds into three of the cycle’s biggest Senate fights.

Texas

Toss Up

D

James Talarico

R

Ken Paxton

Paxton's primary win over Cornyn turned a safe seat into a toss-up, with Talarico competitive in polling and fundraising. Trump-aligned groups are spending heavily for Paxton, while Cornyn and the NRSC have prioritized spending elsewhere.

Alaska

Toss Up

D

Mary Peltola

R

Dan Sullivan

Peltola's crossover appeal has put two-term Sen. Sullivan in an unexpectedly tough race in a state Trump won comfortably. Ranked-choice voting adds to the uncertainty, as does a second candidate also named Dan Sullivan.

Ohio

Toss Up

D

Sherrod Brown

R

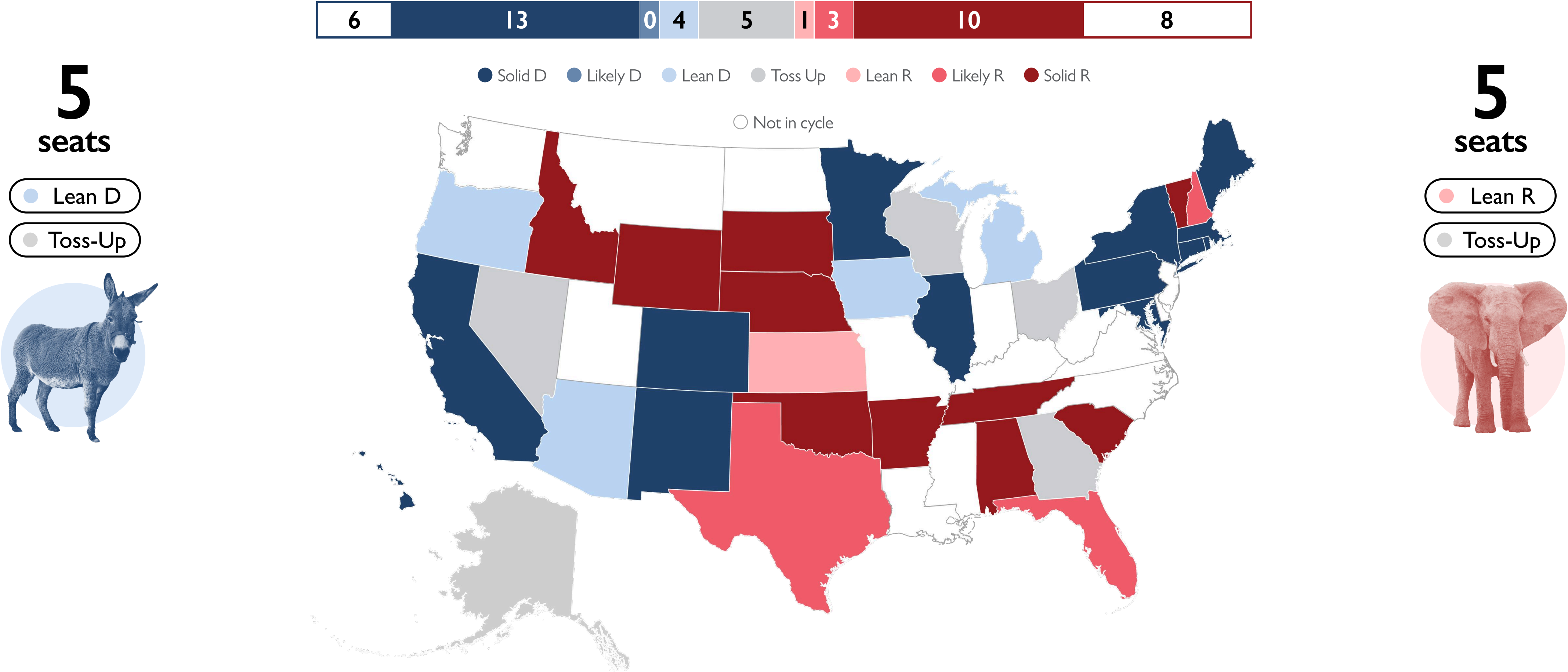
Jon Husted

Brown's comeback made Ohio more competitive than expected despite its recent rightward shift. He's led Husted in recent polls, putting this Republican-held seat at the center of the Senate fight.

The expanded battlefield gives Democrats multiple paths to the majority while forcing Republicans to spread resources across races they never expected to defend.

Governors

A Closely Divided Governors' Map Puts Both Parties on Defense, With Competitive Races Stretching From the Midwest to the Sun Belt.



Republican Seats in Play

Republicans are defending three open seats and one incumbent as an unfavorable political climate expands the gubernatorial battlefield.

Georgia

D Keisha Lance Bottoms **R Rick Jackson**

Healthcare executive Rick Jackson emerged from a bruising Republican primary to face former Atlanta Mayor Keisha Lance Bottoms. Pro-Jackson groups have spent or reserved nearly \$76 million in general-election advertising, compared with roughly \$8 million for Bottoms and her allies, but the race remains close. Jackson has also declined Bottoms' challenge to participate in six debates, prompting the cancellation of a scheduled September face-off; he has agreed to one October town hall. The contest remains firmly within toss-up territory.

Nevada

D Aaron Ford **R Joe Lombardo**

Nevada has elected Republican governors most of the 21st century, but popular incumbent Joe Lombardo still faces a competitive challenge from Democratic Attorney General Aaron Ford. Concerns about unemployment, tourism, and affordability could create openings for Ford, while Lombardo's strong approval ratings give him an advantage in an otherwise closely divided state.

Ohio

D Amy Acton **R Vivek Ramaswamy**

Former state health director Amy Acton faces businessman Vivek Ramaswamy in an increasingly competitive open-seat race. Recent polling shows Acton with a narrow lead, suggesting that the unfavorable national environment for Republicans is extending to the governor's contest as well as the state's closely watched Senate race. Voter concerns about the economy and Ramaswamy's high unfavorable ratings give Acton an opening.

Alaska

D Jonathan Kreiss-Tomkins **R Bernadette Wilson** | **Dave Bronson** | **Treg Taylor**

Democrat Jonathan Kreiss-Tomkins became his party's sole candidate after state Sen. Tom Begich withdrew, while three Republicans advanced to the ranked-choice ballot. Recent polling shows Kreiss-Tomkins leading after vote reallocations, making Republicans' ability to consolidate their voters and avoid ballot exhaustion critical to the race.

Democrats on Defense

Even in a difficult national environment, Republicans retain credible paths to Democratic-held governorships in Arizona, Wisconsin, and Oregon.

Arizona

D Katie Hobbs **R** Andy Biggs

Incumbent Democratic Governor Katie Hobbs selected former Republican Mayor John Giles as her running mate to serve in the newly created Lieutenant Governor position. Hobbs is trying to win reelection in a swing state that she won by less than 20,000 votes four years ago.

Hobbs and Giles will face off against Congressman Andy Biggs (R-AZ) and former State Senator Sine Kerr. Despite the state going to President Trump less than two years ago, Hobbs is favored by forecasters to win reelection.

Wisconsin

D David Crowley **R** Tom Tiffany

After a polling miss in the Democratic primary, Milwaukee County Executive David Crowley will face Congressman Tom Tiffany (R-WI).

Polling and race ratings suggest that Crowley may be on track to defy nearly 60 years of electoral history, during which the state has not elected consecutive Democrats to the governor's mansion.

Oregon

D Tina Kotek **R** Christine Drazan

Democratic Gov. Tina Kotek faces 2022 Republican nominee Christine Drazan in a rematch that has tightened despite the unfavorable national climate for Republicans.

Recent polling shows a close race, with Kotek's approval ratings underwater amid concerns about affordability, homelessness, and crime. Democrats plan to emphasize Drazan's opposition to abortion rights and ties to President Trump, but Republicans believe a two-way contest gives her a stronger path than in 2022, when Independent Betsy Johnson took more than eight percent of the vote.

Donalds needs more than a win

Florida still favors Republicans, but a close opening poll means the margin, not just the result, could shape Donalds’s place in the 2028 conversation.

DeSantis Couldn’t Pass the Torch

Donalds won without Ron DeSantis’s endorsement and with Donald Trump’s backing, another sign that Florida Republicans are taking their cues from Mar-a-Lago more than Tallahassee. A win in November would give Donalds a governor’s mansion, a national platform, and an obvious place in the 2028 conversation.

The margin may matter as much as the result. A comfortable victory would make Donalds one of the cycle’s biggest Republican stars. A narrow win in a state Republicans now dominate would look less like a launchpad and more like a warning.

For 2028, Donalds needs to look like Florida chose him, not merely tolerated him.

The Margin is the Signal

The Washington liability theory is still holding up elsewhere. Andy Biggs, John James, and Tom Tiffany are all trailing opponents with state or local experience. Donalds has the best chance to break that pattern, although Jolly also served in Congress. Florida’s real test is whether Donalds can trade national celebrity for credibility on insurance, housing, schools, and storms.

By the numbers

R Byron Donalds

GOP Primary Results

811,131 votes



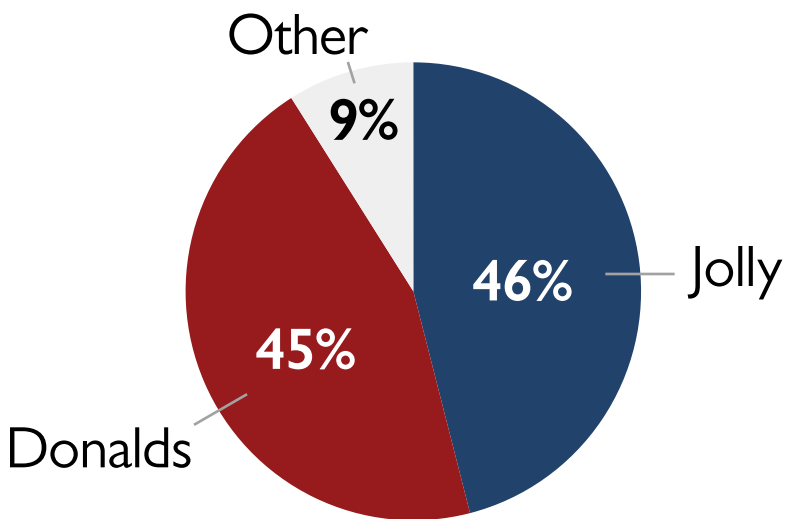
D David Jolly

Democratic Primary Results

762,160 votes



Opening Poll Results



Appendix

Departing Congress

Retiring

Rep. Julia Brownley (D-CA)
Rep. Darrell Issa (R-CA)
Rep. Nancy Pelosi (D-CA)
Del. Eleanor Holmes Norton (D-DC)
Rep. Vern Buchanan (R-FL)
Rep. Daniel Webster (R-FL)
Rep. Neal Dunn (R-FL)
Rep. Barry Loudermilk (R-GA)
Sen. Joni Ernst (R-IA)
Rep. Danny K. Davis (D-IL)
Sen. Richard J. Durbin (D-IL)
Rep. Jesús “Chuy” García (D-IL)
Rep. Jan Schakowsky (D-IL)
Sen. Mitch McConnell (R-KY)
Rep. Steny H. Hoyer (D-MD)
Rep. Jared Golden (D-ME)
Sen. Gary Peters (D-MI)
Sen. Tina Smith (D-MN)
Rep. Sam Graves (R-MO)
Sen. Steve Daines (R-MT)
Rep. Ryan Zinke (R-MT)
Sen. Thom Tillis (R-NC)
Rep. Don Bacon (R-NE)
Sen. Jeanne Shaheen (D-NH)
Rep. Bonnie Watson Coleman (D-NJ)
Rep. Mark Amodei (R-NV)
Rep. Jerrold Nadler (D-NY)

Rep. Elise Stefanik (R-NY)
Rep. Nydia M. Velázquez (D-NY)
Rep. Dwight Evans (D-PA)
Rep. Jodey C. Arrington (R-TX)
Rep. Dan Crenshaw (R-TX) (Lost Primary)
Rep. Lloyd Doggett (D-TX)
Rep. Morgan Luttrell (R-TX)
Rep. Michael McCaul (R-TX)
Rep. Troy Nehls (R-TX)
Rep. Marc Veasey (D-TX)
Rep. Burgess Owens (R-UT)
Rep. Dan Newhouse (R-WA)
Sen. Cynthia Lummis (R-WY)
Rep. Steve Cohen (D-TN)
Rep. Thomas Massie (R-KY) (Lost Primary)
Sen. Bill Cassidy (R-LA) (Lost Primary)
Sen. John Cornyn (R-TX) (Lost Primary)
Rep. Frederica Wilson (D-FL)
Rep. Al Green (D-TX) (Lost Primary)
Rep. Julie Johnson (D-TX) (Lost Primary)
Rep. Adriano Espaillat (D-NY) (Lost Primary)
Rep. Dan Goldman (D-NY) (Lost Primary)
Rep. Diana DeGette (D-CO) (Lost Primary)
Rep. Cleo Fields (D-LA)
Rep. Shri Thanedar (D-MI) (Lost Primary)
Rep. Chuck Edwards (R-NC)
Rep. Andy Ogles (R-TN) (Lost Primary)
Rep. Cory Mills (R-FL) (Lost Primary)
Rep. John Larson (D-CT) (Lost Primary)

Running for Other Office

Rep. Barry Moore (R-AL) (Senate)
Sen. Tommy Tuberville (R-AL) (Governor)
Rep. Andy Biggs (R-AZ) (Governor)
Rep. David Schweikert (R-AZ) (Governor)
Rep. Byron Donalds (R-FL) (Governor)
Rep. Earl L. “Buddy” Carter (R-GA) (Senate)
Rep. Mike Collins (R-GA) (Senate)
Rep. Randy Feenstra (R-IA) (Governor)
Rep. Ashley Hinson (R-IA) (Senate)
Rep. Robin Kelly (D-IL) (Senate)
Rep. Raja Krishnamoorthi (D-IL) (Senate)
Rep. Andy Barr (R-KY) (Senate)
Rep. Julia Letlow (R-LA) (Senate)
Rep. Seth Moulton (D-MA) (Senate)

Rep. John James (R-MI) (Governor)
Rep. Haley Stevens (D-MI) (Senate)
Rep. Angie Craig (D-MN) (Senate)
Rep. Chris Pappas (D-NH) (Senate)
Rep. Kevin Hern (R-OK) (Senate)
Rep. Nancy Mace (R-SC) (Governor)
Rep. Ralph Norman (R-SC) (Governor)
Rep. Dusty Johnson (R-SD) (Governor)
Rep. John W. Rose (R-TN) (Governor)
Rep. Jasmine Crockett (D-TX) (Senate)
Rep. Wesley Hunt (R-TX) (Senate)
Rep. Chip Roy (R-TX) (TX AG)
Rep. Tom Tiffany (R-WI) (Governor)
Rep. Harriet M. Hageman (R-WY) (Senate)
Del. Stacey Plaskett (D-VI) (Governor)

Resigned

Rep. Marjorie Taylor Greene (R-GA)
Rep. Mark E. Green (R-TN)
Rep. Tony Gonzales (R-TX)
Rep. Eric Swalwell (D-CA)
Rep. Sheila Cherfilus-McCormick (D-FL)
Rep. Matt Gaetz (R-FL)

Deceased

Rep. Raúl M. Grijalva (D-AZ)
Rep. Doug LaMalfa (R-CA)
Rep. Sylvester Turner (D-TX)
Rep. Gerald E. Connolly (D-VA)
Rep. David Scott (D-GA)
Sen. Lindsey Graham (R-SC)

Left for Another Position

Sen. Marco Rubio (R-FL)
Rep. Mike Waltz (R-FL)
Sen. JD Vance (R-OH)
Sen. Markwayne Mullin (R-OK)

Elected to Other Office

Rep. Mikie Sherrill (D-NJ)

86

Departing House

|

16

Departing Senate

Note: Includes retirements, runs for other office, resignations, and deaths.

Invariant

2026 Election Update Team

Alden Knowlton
Anthony D'Alessio
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Lucas Lovekin

Max Whitcomb
Rachel Leake
Ryan Dilworth
Shira Golub
Will Sitton