

SEAHAWKS

2020 **MEDIA**
GUIDE



COMMUNITY ENGAGEMENT





MISSION & IMPACT

Using our unique and powerful platform, we work to educate, empower and inspire our region's youth, encourage and support our local military communities, promise the safety, participation and community that surrounds youth football, and create meaningful connections between our past and present team and fans throughout the Pacific Northwest and beyond.



Reached over **1 million** students through Fuel Up to Play 60.

Volunteered over **9 million** minutes through the NFL's Huddle for 100 programs via staff, partners and 12s.

Fulfilled over **1,700** donation requests with an estimated value over \$400,000.

Provided platform for local charities to raise **\$1.2 million** via CenturyLink Field Not For Profit Concessions program.

Raised **\$294,000** for Big Brothers Big Sisters of Puget Sound, Outdoors for All, Rainier Scholars, Special Olympics and Treehouse through Spirit of 12 Partners program.

Engaged more than **1,000** former players in the Seahawks Legends community.

Invited **300** high school athletes to VMAC for inaugural Nike 11-on-11 and 7v7 Flag Football Tournaments.

Donated more than **7 tons** of food to local charities.

Hosted more than **1,000** local service men and women to participate with on-field ceremonies, pregame re-enlistments and moments of special recognition.

Contributed **\$60,000** to Creative Advantage Foundation to provide equitable, high quality arts education in the Seattle School district via Seahawks gameday poster program.

Diverted **1,536 tons** of waste from stadium events.



AREAS OF FOCUS



EMPOWER YOUTH

Cherishing the special connection between athletes and kids, we use our platform to encourage academic success, healthy lifestyles and respectful treatment of one another.



MILITARY COMMUNITY

We strive to bring the benefits and excitement of the Seahawks across all military regions and demographics, including veterans, and their families.



PLAYERS & LEGENDS

We support our current and former players by connecting them with programs in their areas of interest, helping to make an impact and create change.



BEING A GOOD NEIGHBOR

We embrace the opportunity to invest in causes and organizations who are improving the lives of people throughout the Pacific Northwest.



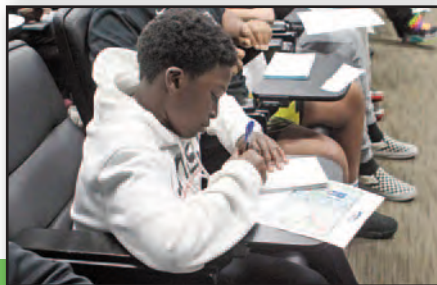
FUTURE OF FOOTBALL

We serve as a catalyst to drive youth aspiration to play the game of football and encourage and celebrate a broad range of youth football communities.



EMPOWER YOUTH

Cherishing the special connection between athletes and kids, we use our platform to encourage academic success, healthy lifestyles and respectful treatment of one another.



GAME CHANGERS PRESENTED BY SYMETRA

Launched Game Changers, a multipart initiative facilitated by professionals to engage teens from five King County Boys & Girls Clubs through interactive leadership programming with the opportunity to empower their peers and their communities.

MAKE-A-WISH



MAKE-A-WISH

In partnership with Make-A-Wish Alaska/Washington, provided Seahawks experiences for children battling life-threatening illnesses.



LEGION OF YOUTH POWERED BY BOEING

The Legion of Youth Powered by Boeing seeks to empower local youth by providing Seahawks game tickets to community organizations that serve youth throughout the Northwest.



INVEST ED



SEAHAWKS LICENSE PLATES

Supported Washington State youth through InvestED and Washington World Fellows via the Seahawks specialty license plates program.

306

African-American History™



306: AFRICAN-AMERICAN HISTORY

Provided access to the digital course, 306: African-American History, to five area schools that explores the lives, stories, and lessons of African Americans throughout history.



CENTURYLINK H.S. ATHLETE OF THE WEEK

CenturyLink High School Athlete of the Week recognizes 10 student athletes who display leadership and excellence both on and off the field. Winners are recognized with a special gameday experience and invitation to the annual Seahawks High School Leadership Summit.



CHARACTER PLAYBOOK™

POWERED BY EVERFI



CHARACTER PLAYBOOK

Character Playbook, an innovative digital learning experience to educate students on how to cultivate and maintain healthy relationships, is available to all schools.



FUEL UP TO PLAY 60

Fuel Up to Play 60 is the largest national in-school nutrition and wellness program activated locally in partnership with the Dairy Farmers of Washington. Participating schools can win grants and visits from Seahawks Dancers, Blitz, and Players.

SPIRIT OF 12 PARTNERS



Community-based nonprofits distribute the Seahawks Gameday Magazine, keeping 100 percent of the proceeds that are then matched by The Paul G. Allen Family Foundation.

16
YEARS

45
CHARITIES

\$4.8 MILLION
RAISED

18,000
VOLUNTEERS

434,500
PROGRAMS

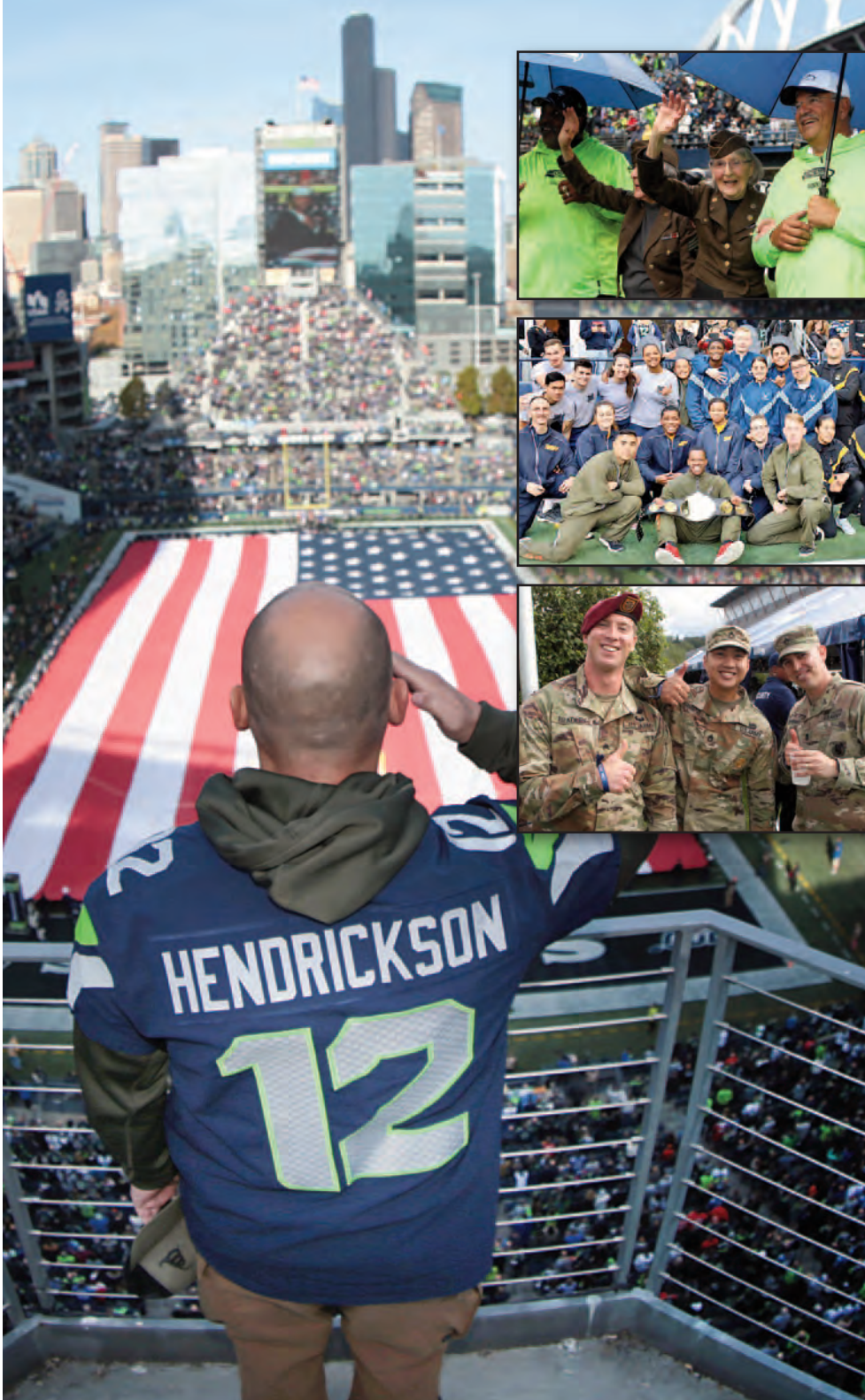


THE PAUL G. ALLEN
FAMILY FOUNDATION



MILITARY COMMUNITY

We strive to bring the benefits and excitement of the Seahawks across all military regions and demographics, including veterans, and their families.



CARE PACKAGE ASSEMBLY

In honor of Military Appreciation Month, Delta, Starbucks and Lyft joined the Seahawks to prepare care packages for active military members and their families traveling overseas in partnership with USO Northwest.



CHANGE OF COMMAND

In 2019, the Seahawks welcomed the U.S. Coast Guard 13th District as the honorary military unit during a 12 Flag hand-off with 62nd Airlift Wing (Air Force).



MILITARY HIRING EVENT

Seahawks brought together hiring managers and community leaders from federal, local and national companies for military service men and women to participate in job skills workshops and onsite interviews.



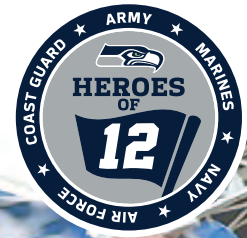
MILITARY DAY AT TRAINING CAMP

Each year, the team hosts 150 service members from the honorary military unit to watch practice followed by a football style combine.



SALUTE TO SERVICE CHARITY

Wear Blue: Run to Remember is a running community that unites and supports the military and their families, veterans, Gold Star families, and civilians.



HEROES OF 12 SEAT PROGRAM

Since 2013, the team has designated six lower-bowl stadium seats, in camouflage design, at each home game to host and honor local military members and their families.



SALUTE TO SERVICE MOMENT

During each home game, the team recognized military veterans and families including six local Chinese American World War II veterans.



PLAYERS & LEGENDS

We support our current and former players by connecting them with programs in their areas of interest, helping to make an impact and create change.



EQUALITY & JUSTICE FOR ALL FUND

In an effort to create lasting change and build a more compassionate and inclusive society, Seahawks players launched the Equality & Justice for All Action Fund to support education and leadership programs. In 2019, they distributed \$237,000 to five local charities and four schools.



OFF-SEASON YOUTH CAMPS

Many players and Legends hosted youth football camps in the Northwest or in their hometowns during the off-season, sharing lifelong lessons in leadership, discipline and teamwork.



MY CAUSE, MY CLEATS

32 players, coaches, Legends and staff participated in My Cause My Cleats with \$20,000 raised for charities.





SEAHAWKS LEGEND OF YEAR

Seahawks Legend and Ring of Honor member Jacob Green was selected as "Legend of the Year" for his dedication to community service.



WALTER PAYTON
MAN OF THE YEAR
PRESENTED BY
 Nationwide

MAN OF THE YEAR

Bobby Wagner was named the Seahawks Walter Payton Man of the Year Award that recognizes an NFL player for outstanding community service activities off the field, as well as excellence on the field.



STEVE LARGENT AWARD

Russell Wilson received the Steve Largent Award, which is voted on by Seahawks players and given to the teammate who best exemplifies the spirit, dedication and integrity of the Seahawks. The award was first handed out in 1989 to its Hall of Fame namesake.



NFL Legends Community connects former players with each other, their former teams and the NFL. The program includes outreach for team and league initiatives such as homecoming festivities and community events.



LEGENDS WEEKEND

Each year, the team welcomes former players back to Seattle and CenturyLink Field during Legends Weekend. The two-day event includes Seahawks practice and tickets to a game with a special recognition ceremony during halftime.



SEAHAWKS GAMEDAY

Seahawks Legends are active during games with over 30 appearances.



BEING A GOOD NEIGHBOR

We embrace the opportunity to invest in causes and organizations who are improving the lives of people throughout the Pacific Northwest.





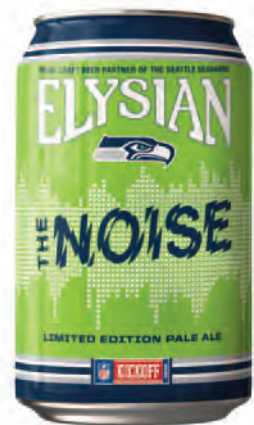
CRUCIAL CATCH

In partnership with Virginia Mason, the Seahawks Official Health Care Partner, CHI Franciscan Health and the local chapter of American Cancer Society, the Seahawks promoted early detection and risk reduction efforts for multiple types of cancer through Crucial Catch campaign.



GARDNER PLACE & ALLEN FAMILY CENTER

Raised \$108,000 through month-long campaign in support of the low-income housing project Gardner Place and Allen Family Center in partnership with Mercy Housing Northwest and Vulcan.



THE NOISE PALE ALE

The Seahawks collaborated with Elysian Brewing Company, official Craft Beer Partner, to develop THE NOISE PALE ALE sold at CenturyLink Field and Elysian Fields restaurants. A portion of net proceeds benefit Plymouth Housing. The 2020 Noise Can is Limited Edition to celebrate NFL Kickoff and will also be available at grocery stores.



COMMUNITY PASSAGEWAYS

Produced a short documentary, "Out of the Fire", on Community Passageways, a Seattle-based felony diversion program that works with school administrators, police departments, correctional center staff, religious organizations and families to establish healthy, happy and safe communities.



HISPANIC HERITAGE AWARD

Fredi Dubon, representing Casa Latina, received the 2019 NFL Hispanic Heritage Leadership Award in recognition of Hispanic leaders in each NFL market.



In celebration of 100 years, the Seahawks joined other NFL teams to give back to their communities through an organization-wide day of service.



FUTURE OF FOOTBALL

We serve as a catalyst to drive youth aspiration to play the game of football and encourage and celebrate a broad range of youth football communities.



11-ON-11 AND 7V7 TOURNAMENTS

In partnership with Nike, hosted 300 athletes for 11-on-11 and 7v7 tournament, lineman competition and character development session.

BLUE FRIDAY NIGHT LIGHTS



BLUE FRIDAY NIGHT LIGHTS

For the second year, the Seahawks visited high school football games throughout the Puget Sound to bring elements of the Seahawks gameday experience to celebrate football and communities.



NFL FLAG

Expanded NFL Flag to 33 Boys & Girls Clubs with more than 600 youth participating.



FIELD GRANTS

Yelm High School built a new synthetic turf football field thanks in part to a \$250,000 grant from the Seahawks through the National Football League Foundation Grassroots Program.



GATORADE CAMPS

During the summer months, the Seahawks and Gatorade teamed up to host free two-hour clinics for boys and girls ages 7-14. The camps feature Seahawks players, Legends and area high school coaches who teach basic football skills, share tips to live an active life and cultivate character.



WASHINGTON STATE FOOTBALL COACHES ASSOCIATION

The Seahawks are long-term partners with the Washington State Football Coaches Association through the Coach of the Week/Coach of the Year programs, clinics and annual events.



YOUTH FOOTBALL GRANTS

Distributed \$30,000 to local NFL Flag teams and High School football programs throughout the greater Seattle area.



PUBLIC BENEFITS

Through a public private partnership between First & Goal Inc. (FGI), First & Goal Hospitality (FGH) and the Washington State Public Stadium Authority (PSA), CenturyLink Field and Event Center provides substantial financial benefits for communities throughout the state.



COMMUNITY CONCESSIONS PROGRAM

Offer neighborhood restaurants the opportunity to provide unique and local food options at all Seahawks and Sounders home games and other large stadium events.

\$792,508
IN PROCEEDS
EARNED IN 2019

NON FOR PROFIT CONCESSION PARTNERS

Opens a number of concession stands to not for profit organizations to fundraise during Seahawks and Sounders home games and other large stadium events.

\$1,248,509
CONTRIBUTED
IN 2019

\$12,887,188
CONTRIBUTED
SINCE 2006



PERMANENT COMMON SCHOOL FUND

Washington State's Permanent Common School Fund receives 20 percent of the net profits from events at CenturyLink Field Events Center to support public school improvements.

\$643,908
CONTRIBUTED
IN 2019

\$5,035,951
CONTRIBUTED
SINCE 2002

During the COVID-19 crisis, we came together with 12s and partners to make a difference in our community.



FOOD DONATIONS

Donated more than 3,000 lbs. of food to FareStart, YWCA and Mercy Housing Northwest



FARESTART

GREAT FOOD · BETTER LIVES

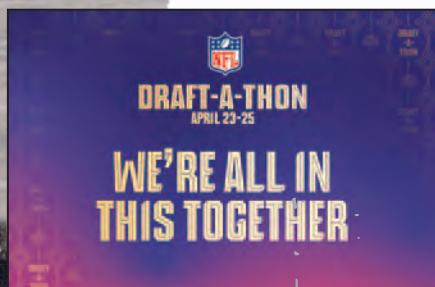
EMERGENCY MEALS

Partnered with Seattle-based nonprofit FareStart to prepare 107,000 emergency meals for vulnerable groups.



BLOODWORKS NW DONATIONS

Supported blood donations to treat severely ill COVID-19 patients, trauma victims, premature babies, among many others.



NFL DRAFT-A-THON

Raised money to provide relief to the many who are suffering as well as those on the front lines of the COVID-19 pandemic throughout the U.S

#WEGOTTHIS
SEATTLE



FRONT
OFFICE



JODY ALLEN

CHAIR, SEAHAWKS; CHAIR, VULCAN INC.; TRUSTEE OF PAUL G. ALLEN TRUST

Jody Allen is Chair of the Seattle Seahawks and a proud 12 herself, recognizing the team's role as a powerful catalyst for civic pride. She is also chair of Vulcan Inc., which she co-founded with brother Paul G. Allen in 1986. For decades, they worked side-by-side across a range of business and philanthropic initiatives. She led development of CenturyLink Field and CenturyLink Field Event Center, as well as the Moda Center, home of the Portland Trail Blazers of which she is also chair.

Jody is also co-founder, board chair, and president of The Paul G. Allen Family Foundation, president and founding director of MoPOP, Seattle's acclaimed museum of popular culture, and chair of the board of the Allen Institute, which works to solve some of the biggest mysteries of bioscience. As trustee of the Paul G. Allen Trust, Jody works to ensure Paul's vision is realized for generations to come.



BERT KOLDE

VICE CHAIR, SEAHAWKS & TRAIL BLAZERS, EXECUTIVE VP OF SPORTS STRATEGY & OPERATIONS AT VULCAN INC.

Bert Kolde is Vice Chair of the Seattle Seahawks and the Portland Trail Blazers and is Executive Vice President of Sports Strategy and Operations at Vulcan Inc., where he oversees the long-term strategy and business operations of the teams and their affiliates.

Seahawks, spearheading the legislation and referendum that led to the development of CenturyLink Field. Bert works closely with Jody Allen on all Seahawks-related matters.

Kolde has been on the Seahawks leadership team for over 20 years. He played an instrumental role in Paul Allen's purchase of the

Kolde grew up in Seattle and earned a degree in finance from Washington State University and received his MBA from the University of Washington. Bert and his wife Alison have four sons.

SEATTLE SEAHAWKS BOARD OF DIRECTORS



JODY ALLEN



BERT KOLDE



CHRIS MCGOWAN

SEAHAWKS AMBASSADORS



JACOB GREEN



STEVE LARGENT



GARY WRIGHT



JOHN NORDSTROM

In 2009, the Seahawks formed a group of team ambassadors. This group has a close and personal affiliation with the franchise linking the past with the present. The members advise Seahawks ownership and management as to the direction of the franchise as it relates to the fans and the community. Current members are Seahawks Ring of Honor members Jacob Green and Steve Largent. John Nordstrom also serves as an ambassador and is a family member of the Seahawks original ownership group. Gary Wright, a well-respected member of Seahawks management for 32 years (1976-2009), was added in 2012. The late Cortez Kennedy also served as an ambassador.



CHRIS MCGOWAN

CHIEF EXECUTIVE OFFICER, VULCAN SPORTS & ENTERTAINMENT
PRESIDENT/CHIEF EXECUTIVE OFFICER – PORTLAND TRAIL BLAZERS

Chris McGowan serves as Chief Executive Officer of Vulcan Sports & Entertainment (VSE), where he oversees business operations of all VSE sports franchises and facilities, including the Portland Trail Blazers (NBA) and Seattle Seahawks (NFL). Chris also serves as VSE representative for the ownership stake in the Seattle Sounders FC (MLS).

Named Trail Blazers and Rose Quarter President & Chief Executive Officer in October 2012, McGowan, 47, moved to the Pacific Northwest from Los Angeles-based Anschutz Entertainment Group (AEG), where he spent 16 years, including a final assignment as Chief Operating Officer of AEG Sports, before becoming one of the NBA's youngest CEOs. Prior to ending his time with AEG Sports, McGowan was a part of a Stanley Cup Championship run for the LA Kings in the National Hockey League; an MLS Cup title for the LA Galaxy; and played an important role in opening one of the country's most iconic sports arenas – Staples Center.

McGowan oversees the day-to-day operations of the Trail Blazers and Rose Quarter including Arena Operations, Ticket Sales and Service, Corporate Partnerships, Premium Seating, Analytics, Brand Strategy, Innovation, Impact, Corporate Communications, Broadcasting, Digital, Finance and Human Resources. Since joining the organization, the Trail Blazers and Rose Quarter have seen dramatic increases in all key revenue areas including ticket sales, sponsorship, retail, arena operations and food and beverage.

In 2013, McGowan led a business restructuring to self-operate Moda Center, Veterans Memorial Coliseum and the Rose Quarter campus. Through a significant partnership with Live Nation and event ticketing systems under Ticketmaster, McGowan has driven an unprecedented variety of events to the Rose Quarter, including Paul McCartney, Justin Timberlake, Elton John, Katy Perry, Garth Brooks, Taylor Swift, Bruno Mars, Billy Joel, the 2019 NCAA Women's Regional Basketball Tournament, the 2015 NCAA Men's Basketball Tournament and PK80 Invitational – a groundbreaking college basketball tournament featuring 16 of the country's top teams in a double-bracket format honoring Nike Co-Founder Phil Knight's 80th birthday in 2017.

In August 2013, McGowan and his team negotiated a community partnership with Moda Health that included naming rights to Moda Center. Together, Moda and the Trail Blazers have energized Portland's hub for sports and entertainment, creating an urban showcase for healthy, active living. Chicago-based Performance Health joined the Trail Blazers and Moda's focus on active lifestyles with its Bio-freeze product as the team's first-ever jersey patch branding sponsor beginning with the 2018-19 NBA season.

McGowan has piloted major venue and technological improvements to the Rose Quarter campus and Trail Blazers Practice Facility, including \$16 million in capital improvements. This includes the refurbishment of 1,800 seats in the Kuni Lexus Club Level; renovation of 44 of the arena's private suites; construction of 24 theatre-style premium boxes called Studio Suites; opening of an exclusive "speakeasy-style" club called Oro Fino and the creation of a glass-enclosed bar on the arena's top level named The Pines, featuring panoramic views of Downtown Portland.

Fan-based upgrades to liven up the Rose Quarter have also been

a focal point during McGowan's seven years in Portland. Named after the winningest coach in franchise history, Dr. Jack's is the perfect spot to grab a bite or enjoy a cocktail before and after Rose Quarter events. McGowan also restored the popular Essential Forces water feature at the south entrance to Moda Center, and environmentally friendly landscaping projects have brightened up the Rose Quarter campus.

He has taken advantage of Portland's thriving food culture by bringing local fare and some of the city's popular restaurants to Moda Center, including Killer Burger, Salt & Straw, Sizzle Pie, Daddy D's and Tamale Boy. In 2013, McGowan signed Levy as the Rose Quarter's food and beverage partner for award-winning culinary vision, hospitality and customer service. An agreement with Levy subsidiary Rank + Rally also oversees the Trail Blazers retail store, Rip City Clothing Co.

McGowan has created two annual events during the Trail Blazers offseason to bring the team to fans across Oregon and Southwest Washington. In seven years of the Rip City Rally, the organization has engaged over 30 communities throughout the region to showcase the Trail Blazers as "Oregon's team." McGowan also brought back the popular 3-on-3 basketball tournament to the Rose Quarter – an annual event called Rip City 3-on-3 that is one of the state's premier outdoor basketball events, attracting thousands of attendees from across the region and raising money for the Trail Blazers Foundation.

Under McGowan's leadership, the organization's charitable giving has increased annually thanks to new funding sources, including proceeds from the Trail Blazers specialty license plates for Oregon vehicles. During the 2018-19 season, the team's cash grants and donations exceeded \$1.1 million benefitting schools and nonprofits in Oregon and Southwest Washington.

Sports Business Journal recognized McGowan's accomplishments at AEG Sports by naming him to the exclusive "Forty Under 40" list in March 2012. In 2017, McGowan was honored as one of the "Business Executives of the Year" by the *Portland Business Journal*. Locally, McGowan is active in the Portland community and currently serves as a board member of the Doernbecher Children's Hospital Foundation, Oregon Sports Authority, Oregon Business Council and Trail Blazers Foundation.

In 2018, McGowan was named to the additional role of CEO of Vulcan Sports & Entertainment, where his responsibilities expanded further into the professional sports franchises and entertainment properties in the Vulcan portfolio. McGowan manages a cross-functional executive team in both Portland and Seattle in leading these business operations.

With the help of McGowan's leadership and vision, both the Trail Blazers and Rose Quarter organizations have seen record-breaking growth. In 2019, the Rose Quarter hosted its highest number of shows and concerts yet and has seen an increase in shows and concerts hosted year-over-year. During the 2019-20 NBA season, the Trail Blazers set an organizational record for ticket sales revenue.

McGowan earned his bachelor's degree in International Relations from the University of Delaware in 1996, where he was captain of the soccer team. Chris, his wife Susan, and their two sons, Ryan (18) and Kyle (16), reside in Southwest Portland.



CHUCK ARNOLD

PRESIDENT, SEAHAWKS AND FIRST & GOAL INC.

Named president of the Seattle Seahawks and First & Goal Inc. on September 24, 2018, Chuck Arnold is responsible for all financial and business operations, sales and marketing, and administration for the Seahawks. As president of First & Goal Inc., Arnold directs the management of CenturyLink Field, CenturyLink Field Event Center, First & Goal Hospitality, and WAMU Theater.

Arnold begins his 27th season with the organization and third as team president, after serving as the team's COO from 2013-18. Throughout his time with the Seahawks, the team has set franchise records for new season tickets sold, overall season ticket base, average attendance and group sales. Under Arnold's leadership, the club enters the 2020 season with 146 consecutive sellouts and a season ticket renewal rate of more than 97-percent for the eighth-consecutive year. The Seahawks have 12,000 members on the team's Blue Pride season ticket wait list and more than 83,500 on the Blue Pride notification list. Additionally, the team has sold out suites for all regular season games the past six seasons while adding 15 new suites since 2013, including four premium Press Suites on the suite level and 11 total suites across the club level.

The Seahawks brand continues to be one of the strongest in professional sports, both locally and nationally. The team ranks seventh in the NFL in total fanbase, with 7.1 million fans nationally, and fourth in the league in local fanbase with 3.4 million fans in the state of Washington. A favorite among teens, the Seahawks also rank No. 1 overall with fans ages 12-17. Under Arnold's leadership, the Seahawks have driven revenue growth by 41% and 72% for corporate partnerships and suites, respectively, while quadrupling the number of \$1 million partners — from four in 2012 to 17 in 2019. The team also maintains a Top-7 NFL ranking in broadcast ratings, web visitors, and social engagement. In 2019, the Seahawks' local TV household rating of 36.1 accounted for 14 of the top 15 most watched local programs. Nationally, seven Seahawks games were in the top 100 most watched programs.

Arnold has played a crucial role in the team's retail achievements, leading the team of Seattle officials that collaborated with Nike in the successful redesign of the team's uniform, which debuted in 2012. The Seahawks have ranked in the top 10 among all NFL teams in merchandise sales each of the last seven seasons, including the No. 1 ranking in 2013 and 2014.

Arnold's commitment to making an impact off the field continues to be one of the organization's top areas of focus. The club supports more than 2,300 charities around the Pacific Northwest and beyond. The team uses its unique and powerful platform to support community programs in the following focus areas: youth for today and tomorrow, military communities, the future of football, being a good neighbor, and player and Legend platforms. Arnold's passion to give back has led him to serve several organizations, including being a member of the Washington Chapter of the American Cancer Society's CEO's Against Cancer, Bellevue Club Swim Team Board, WSU Marketing Advisory Board, Boeing Classic Advisory Board, and a Host Co-Chair for One Love.

In 2019, the Seahawks received City Year Seattle's "Service in Leadership Award" for community support and investment into area youth.

CenturyLink Field continues to be one of the toughest places for opposing teams to play and has one of the best in-stadium fan experiences in the NFL. Arnold's vision to create memorable experiences and cultivate genuine relationships with the 12s has led the team to rank in the top-five in the NFL's Voice of the Fan Survey six of the last seven seasons, including the No. 1 overall ranking in 2013 and 2016.

Beyond Seahawks game days, CenturyLink Field remains among the top three busiest stadiums in the NFL with more than 300 event days and more than 2.4 million annual visitors.

In March of 2017, Arnold was part of the leadership team that created First & Goal Hospitality (FGH), which manages and operates all general concessions and premium dining at Seahawks games, Sounders FC matches, stadium concerts, and catering services for corporate events. With the introduction of FGH, the Seahawks became just one of four NFL franchises to self-operate food and beverage services. In February of 2020, Arnold led a transition to cashless operations for sales transactions at the stadium, the CenturyLink Field Event Center and WAMU Theater in an effort to boost guest experience through faster lines and more efficient sales processes.

As part of ongoing stadium sustainability efforts, First & Goal Inc. has recycled or composted an average of 96% of all facility waste the last five years. CenturyLink Field has won multiple awards for the stadium's efforts, including the 2018 "Waste Wise" award from the Environmental Protection Agency (EPA) and an international "Sustainability and Community" award at the Stadium Business Summit in London. This past year, the stadium was named the EPA Waste-Wise Program's "2019 Very Large Business Partner of the Year" for its sustainability accomplishments and also received the Seattle Business Magazine "Community Impact" award.

Arnold also played a key role in the launch of the Sounders FC Major League Soccer franchise, leading the sales efforts that led to 22,000 season tickets sold in the club's inaugural season in 2009, and set attendance records for five-consecutive seasons from 2009-13, before the Sounders began managing the club's business operations independently in April of 2014.

Arnold began his professional career as an intern in the Seahawks public relations department before joining the team's ticket sales department as an account executive from 1994-96. He was promoted to director of ticket operations from 1997-2000, before adding the title of director of ticket sales and service from 2001-09 and becoming vice president of sales & marketing from 2010-13.

Arnold was also instrumental in the efforts to build grassroots support for the construction of CenturyLink Field. He was then responsible for coordinating the relocation efforts from the Kingdome to Husky Stadium to CenturyLink Field. He was among the Puget Sound Business Journal's 40 Under 40 recipients in 2010 and was named Ticket Executive of the Year by Major League Soccer in 2009 and 2010. Arnold earned a degree in sports management from Washington State University.

He resides in Newcastle, Wash., with his wife, Jana, and two children, Charlie and Jordan.



JOHN SCHNEIDER

EXECUTIVE VP/GENERAL MANAGER

John Schneider enters his 11th season as General Manager of the Seattle Seahawks, having been named to the position January 19, 2010. Schneider added the distinction of Executive Vice President in 2013. In his role, he manages all aspects of the Seahawks roster and draft process while working collaboratively with Pete Carroll in all facets of the football operations department. Schneider begins his 28th season working in the professional ranks.

Schneider's philosophy is one primarily focused on building through the draft while making strategic acquisitions via trade and free agency that foster a competitive culture through a mix of youthful play-makers and veteran leadership. He continues to build and maintain a younger roster that breeds a sustained winning atmosphere. The signs of that philosophy have been evident during the last decade, advancing to the Divisional Playoffs or better seven times. He has constructed a team that appeared in back-to-back Super Bowls and won Super Bowl XLVIII, the first NFL title in franchise history. The 2013 championship was won with the youngest 53-man roster to ever win a Super Bowl. He was named Sports Illustrated's Executive of the Year for 2012 after the Seahawks made the playoffs and just missed playing for the NFC Championship.

Schneider has continued to turn the roster over since 2010, totaling more than 2,300 transactions through the end of the 2019 season, helping to cultivate depth on one of the NFL's most talented rosters.

He has shown a willingness and creativity to acquire extra draft picks and young talent via trade and free agency. Presented with two of the top 14 picks in the 2010 NFL Draft, he was able to acquire what many considered the best tackle prospect in two-time Pro Bowler Russell Okung and a starting free safety with the selection of three-time first-team All-Pro Earl Thomas.

Without a Pro Bowl selection on the roster from 2009-10, Schneider's roster has seen 20 different players selected from 2011-19: Russell Wilson (7), Thomas (6), Bobby Wagner (6), Kam Chancellor (4), Marshawn Lynch (4), Richard Sherman (4), Michael Bennett (3), Doug Baldwin (2), Jimmy Graham (2), Okung (2), Max Unger (2), Cliff Avril, Duane Brown, Brandon Browner, Michael Dickson, Shaquill Griffin, Tyler Lockett, Michael Robinson, Leon Washington and K.J. Wright. His roster has also included 15 first-team All Pro selections since 2012. All of these players, except Unger, were added via draft, trade and free agency after Schneider took over.

Schneider serves as the chair of the College Relations Committee, and is also on the GM Advisory Committee and the CEC Working Group.

Before joining the Seahawks, Schneider produced eight successful seasons with the Green Bay Packers. Originally joining the Packers March 1, 2002, as a personnel analyst to the general manager, he was promoted in May of 2008 to director of football operations. In his role, Schneider served as strategic counsel to General Manager Ted Thompson, addressing and evaluating the needs of the team in both

free agency and in the draft while incorporating long-range planning processes that examined the Packers' roster, as well as the rosters of all NFL teams.

Before rejoining the Packers in 2002, he spent three seasons with the Kansas City Chiefs (1997-99), one year with the Seahawks (2000) and a year with the Washington Redskins (2001) as vice president of player personnel.

Schneider, a native of De Pere, Wis., first learned the tools of his trade with the Packers, beginning as an intern during the summer of 1992 under then-Executive Vice President/General Manager Ron Wolf. After graduating from the University of St. Thomas in St. Paul, Minn., Schneider returned to Green Bay, serving as pro personnel assistant for four years (1993-96) and played an integral role in the signing of several free agents who would help make up the team that won Super Bowl XXXI in New Orleans.

Schneider moved on to the Kansas City Chiefs in 1997 as director of pro personnel. It was in Kansas City that Schneider first worked with Marty Schottenheimer, whom he would later join in Washington. With the Chiefs, Schneider oversaw the scouting of all players with pro playing experience, including NFL Europe and the CFL, as well as the NFL. He also conducted advance scouting of all Kansas City opponents and was responsible for free agent acquisition.

In 2000, he subsequently signed on as director of player personnel for the Seahawks, joining Thompson and Mike Holmgren, with whom he had worked in Green Bay.

Schneider joined Schottenheimer with the Redskins in 2001 as vice president of player personnel, overseeing all aspects of the player personnel department, including college scouting, the college draft, pro scouting, free agency and day-to-day player personnel evaluations and operations. His duties included assembling and managing Washington's scouting staff, a process which involved the hiring of 15 personnel staff members and implementation of a new scouting system. In his role, Schneider advised Schottenheimer on all personnel matters.

In 2012, John and his wife Traci launched "Ben's Fund". Named after their oldest son, "Ben's Fund" provides grants to young adults and families in order to help cover costs associated with medical bills, therapies and numerous other aspects of supporting a child, or children, on the autism spectrum. With the support of team and community, they have partnered to raise more than \$4.35 million for "Ben's Fund" in nine years.

He also serves on the board of directors for InitiativeOne, a transformative leadership organization.

Schneider earned a degree in history and also studied education at St. Thomas, playing football for one year before a shoulder injury cut short his career.

Born May 25, 1971, Schneider attended De Pere's Abbot Pennings High School and finished as one of the school's all-time leading rushers. He and Traci have two sons, Ben, 18, and Jack, 16.



SENIOR MANAGEMENT



KAREN SPENCER

**CHIEF FINANCIAL OFFICER,
SEAHAWKS, FIRST & GOAL INC., AND
FIRST & GOAL HOSPITALITY**

Karen Spencer is responsible for the financial oversight of the Seahawks, First & Goal Inc. and First & Goal Hospitality. She is charged with establishing budgets, forecasting and managing cash flow. She also oversees the teams' financial reporting, analytics and technology departments. Spencer represents the club at NFL owners meetings alongside President Chuck Arnold. She also serves as treasurer on the Seattle Seahawks Charitable Foundation and the Seattle Seahawks Women's Association. Spencer originally joined the Seahawks in 1991 as a staff accountant and was promoted to her current position in May 2009. In 1990, Spencer was loaned to the Seahawks from the public accounting firm Arthur Andersen & Company to assist in the Seahawks accounting department before being hired full time the following year. Promoted to controller in 1997, Spencer was promoted to Finance Director of the Seahawks in 2003 and added the same responsibility for First & Goal Inc., in 2005. She was selected to attend the Inaugural Stanford Executive Education NFL Program for Managers in 2003. In 2015, Spencer was named one of Sports Business Journal's Game Changers, women who are recognized for making their mark in the Sports Industry. In 2018 Spencer was recognized as one of the Puget Sound Business Journal's CFOs of the Year. She is a member of the Seattle University's Master in Sport Business Leadership Advisory Board as well as the NFL's Club Technology Advisory Board. Spencer grew up in the North Seattle area before moving overseas where she lived in Tehran, Iran, from 1974-78. She returned to the states and graduated from Seattle's Nathan Hale High School at the age of 16. Went on to earn a B.A. in Accounting from Seattle University. She lives in Maple Valley, Wash., along the Cedar River with her husband Phil, and their dogs.

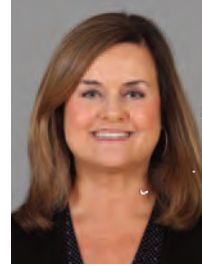


ED GOINES

**SENIOR VP, GENERAL COUNSEL &
GOVERNMENT AFFAIRS**

Ed Goines enters his seventh season with the Seahawks in 2020 after adding the title of Senior Vice President in 2018. As SVP, General Counsel and Government Affairs for the Seahawks and First & Goal Inc., Goines administers the corporate legal affairs for the Seahawks and First & Goal/CenturyLink Field and is responsible for managing the organization's government relations strategy and policies. Goines works closely with the organization's business partners and was instrumental in securing an extension of a 15-year stadium naming rights agreement with CenturyLink. Prior to the Seahawks, Goines was Assistant Chief Counsel for The Walt Disney Company. Prior to Disney, he served as General Counsel and Vice President of Business Affairs for the San Francisco 49ers. His work in the entertainment and sports fields also includes serving as in-house legal counsel for Major League

Soccer, Ticketmaster and Mattel. Goines began his law career as an associate in the Los Angeles office of Baker & Hostetler. A graduate of University of California, Berkeley, School of Law in 1992, he obtained a bachelor's degree from Stanford University in 1988. Goines was born and raised in Hot Springs, Arkansas.



CINDY KELLEY

**SENIOR VP, HUMAN RESOURCES &
ADMINISTRATION**

Entering her 38th season with the club in 2020, Cindy Kelley was promoted to senior vice president in 2015. She served as vice president since 2011, after spending 13 seasons as Director of Human Resources. She oversees this area for both the Seahawks and First & Goal, Inc. She began her career in 1983 in the finance department before managing the daily operation of the Kirkland office facility in the 1990s. Kelley is responsible for developing and establishing policies and objectives for all phases of human resources and administration functions in accordance with objectives of organization including: policies and procedures, recruiting, benefits, compliance, training, compensation, labor relations, employee relations/services, performance management, safety, and strategic planning. She also oversees corporate hospitality, security and facilities. Born in Wichita, Kan., she is a graduate of Interlake High in Bellevue and earned her degree in communications from Washington State University.



DAVE PEARSON

**SENIOR VP, COMMUNICATIONS,
BROADCASTING & WEB CONTENT**

Dave Pearson, in his 32nd NFL season and 23rd with the Seahawks, was promoted to senior vice president of communications, broadcasting and web content in 2015. Originally joining the Seahawks as director of public relations in 1998, he added the day-to-day oversight of the team's broadcast department in 2004. He was promoted to vice president of communications and broadcasting on April 29, 2008. Pearson is responsible for managing the public image and overall communications strategy for the Seahawks while serving as the liaison for local and national media outlets and broadcast partners. He also oversees all radio broadcasts, preseason telecasts, team-produced radio and television shows, publications and content on the team's 70-plus digital platforms. As senior vice president, he also assumes various responsibilities revolving around game day operations at CenturyLink Field. Under his direction, Seattle's communications department has been nominated by the Pro Football Writers of America for the coveted Pete Rozelle Award six times and won the award in 2007. The Seahawks' broadcasting and digital content teams have won a combined 10 Northwest Region Emmy Awards. After beginning his career in 1989 as an intern in the Seahawks public relations department, the Tacoma, Wash., native worked for the Houston Oilers two seasons (1990-91). From 1992-93 he was the assistant PR director for the Los Angeles

Rams before returning to Houston as PR director prior to the 1994 season where he would help manage the team's transition to Tennessee. Pearson earned a degree in media relations and interpersonal communications from Pacific Lutheran University. He and his wife, Beth, have two children, Allie and Chase, and reside in Kirkland.



AMY SPRANGERS

SENIOR VP, REVENUE

Entering her 20th season with the club, Amy Sprangers serves as the Seahawks Senior Vice President of Revenue. In her role, Amy leads revenue generation across sponsorship, ticketing, suites, and local media rights. She leads passionate, high performing, revenue-driven teams that cultivate authentic, innovative, impactful partnerships and measurably grow both the Seahawks' business and that of its partners. Amy joined the Seahawks organization in 2001 as a Director of Corporate Partnerships, where she was part of the management team that opened CenturyLink Field. In 2004, she was promoted to Managing Director of Suite Sales & Service where she led an expansion of premium suite inventory, adding a total of 40 new suite locations. She was named Vice President of Corporate Partnerships & Suites in 2014, and led a team that set franchise records for full season suites sold, ranking 12th in the NFL in suite revenue despite being 25th in inventory. Her teams have driven impressive revenue growth, including 41% and 72% increases for corporate partnerships and suites, respectively. Additionally, her teams have cultivated activation strategies that have resulted in steady increases in brand engagements for the team's corporate partners each year. Notably, Amy also led the naming rights extension negotiation for CenturyLink Field, one of the top three busiest stadiums in the NFL with more than 300 event days and over 2.4 million visitors annually. The Seahawks brand continues to be one of the strongest in professional sports, both locally and nationally, holding a Top 5 NFL ranking in broadcast ratings, web visitors, and social engagement. In 2018, Amy was promoted to her current role as Senior Vice President of Revenue, adding season tickets to her management responsibilities and now overseeing a team that enters the 2020 season with 146 consecutive sellouts and a 97-percent season ticket renewal rate for the eighth-consecutive year. Amy is actively involved in the sports business landscape and frequently speaks on the topic of women in leadership. In 2019, she was featured by the YWCA as a part of their "Washington Women Who Dare" series, where she highlighted the importance of championing leaders, representation at all levels, and her vision for women and girls in Washington. Amy also moderated soccer star Abby Wambach's 2019 book tour stop in Seattle, where they spoke about inspiring women to unleash their full potential. In May 2019, she was recognized by the American Lung Association and Seattle Mother's Council with an "Outstanding Mother Award," which honors working mothers who balance high-profile careers with work in the community. In September 2019, Amy was named to Sports Business Journal's Game Changers list, which recognizes women in senior leadership roles across sports for their success and accomplishments within the industry. A Seattle native, Amy is a graduate of the University of Washington with a degree in speech communications. Amy and her husband, Todd, live in Seattle with their four children, sons Peyton and Jake, and twin girls, Sydney and Sloane.



DAVID YOUNG

SENIOR VP, BUSINESS
OPERATIONS/GENERAL MANAGER
CENTURYLINK FIELD

David Young enters his 17th NFL season and 12th overall with the Seahawks in 2020. As Senior Vice President of Business Operations and General Manager of CenturyLink Field, Young is responsible for the leadership of several lines of business including Marketing, Retail Operations, Game Presentation, Community Engagement, First & Goal Inc. and First & Goal Hospitality. Continually enhancing the guest experience has been a focus for Young throughout his career. Young guided the development and implementation of First & Goal Hospitality (FGH) which launched in March 2017, and oversees all food and beverage service at CenturyLink Field. In 2018, FGH scored the highest ever rating for F&B at CenturyLink Field in the annual NFL Voice of the Fan Survey. Under Young's leadership food and beverage options have been greatly expanded throughout the stadium with the introduction of innovative grab & go locations and the Stadium Street Market featuring a rotating menu of unique items from Seattle chef and food truck participants. Already one of the busiest event venues in the nation, the variety and number of events have also grown in each year at CenturyLink Field and Event Center during Young's tenure, including a three-fold increase in concerts held each year in the Washington Music Theater. In total, the CenturyLink Field event complex manages more than 300 event days and 2.4 million attendees annually. CenturyLink Field has also continued to set high standards for sustainability becoming the first Smart Catch certified stadium and maintaining a waste diversion rate greater than 96% each year. These efforts helped CenturyLink Field earn a variety of recognition this past year, including "Seattle Business Magazine Community Impact Award for Sustainability" in 2019 and "Environment Protection Agency Very Large Business Partner of the Year Award" in April 2020. Young oversees a marketing team that is responsible for growing and evolving the Seahawks brand both locally and nationally. The Seahawks rank seventh in the NFL in total fanbase, with 7.4 million fans nationally, and fourth in the league in local fanbase with 3.4 million fans in the state of Washington. Young rejoined the organization after working as the Vice President of Stadium Operations with the Kansas City Chiefs from 2010-14. Prior to his time with the Chiefs, he spent six years with the Seattle Seahawks and First & Goal Inc. (2004-10) as the Assistant General Manager and Director of Guest Services. Young began his career at the Walt Disney World Resort in Florida as an Operations Manager. The Woodland, Wash. native earned a degree in Communications from the University of Washington. He and his wife, Ali live in Snoqualmie, Washington with their children, Ella and Owen.



JEFF DUNN

VP BUSINESS STRATEGY &
ANALYTICS

Entering his eighth season with the Seahawks in 2020, Jeff Dunn was promoted to Vice President of Business Strategy & Analytics in June 2014, reporting to the CFO. In this role, he provides strategic and analytical support to each department of the Seahawks business op-

erations. He also leads special strategic initiatives including major stadium capital projects. Dunn serves on the Board of Trustees of Alex's Army Childhood Cancer Foundation and the Regional Leadership Council of the One Love Foundation. Dunn is the former Chairman of the Make-A-Wish Alaska & Washington Board of Trustees and served on the Board of Directors of the Portland Trail Blazers from 2011-2018. Prior to joining the Seahawks, Dunn worked in the private equity investment group of Vulcan Capital for nine years. After graduating from the McIntire School of Commerce at the University of Virginia in 2001, he started his career as an investment banking analyst with Greenhill & Co. in New York City. He resides in Mercer Island with his wife, Dawn, and two children, Emily and Luke.



MIKE FLOOD

VP COMMUNITY ENGAGEMENT

Mike Flood joined the Seahawks on July 1, 1997. He helped spearhead the statewide campaign that resulted in the passage of Referendum 48 to build the new football/soccer stadium and exhibition center. A Seattle native, Mike received a B.A. in Industrial Education from Washington State University and a Master's Degree in Education from the University of North Carolina. He owned and operated an agricultural flying service in Fort Scott, Kansas, and served as a pilot in the Coast Guard flying C130s, Dassault Falcon jets, and H60 Jayhawk helicopters. He also managed Search and Rescue Operations, Public Relations, Finance and Administration. Flood retired as a Commander in 1996 after 20 years in the service. He serves on the boards of the King County Municipal League, Camp Patriot, and the Washington State Leadership Board. Mike has been awarded the Outstanding Service to Veterans from the Washington Department of Veterans Affairs, Person of the Year from the United Negro College Fund, and "I Care About Kids" award from Mentoring Works Washington.



ZACH HENSLEY

VP VENUE OPERATIONS & GUEST EXPERIENCE

Zach Hensley originally joined the Seahawks family in 2015 as Managing Director of Guest Experience at CenturyLink Field. He was promoted to Vice President of Venue Operations and Guest Experience in 2017. In his position, Hensley oversees and directs hospitality operations, guest services, facility operations, project development, housekeeping, sustainability, labor analytics, field operations, conversion, and event operations for CenturyLink Field, CenturyLink Field Event Center, and WaMu Theater. Hensley was instrumental in the creation of First & Goal Hospitality, including the design of the company's organizational structure as project manager for this new entity of the Seattle Seahawks. He has more than 20 years of experience in stadium operations, hospitality, and customer service. Prior to joining the Seahawks, Hensley was involved in project management, planning, concept design, food service design and while managing multiple facilities throughout his career including Levi's Stadium and the KFC Yum Center in 2010. During his career, he has provided operational guidance for the Seahawks, Seattle Sounders FC, San Francisco 49ers,

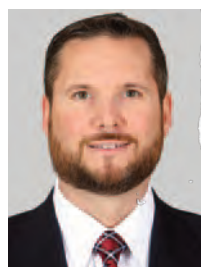
Kansas City Chiefs, Kansas City Royals, the University of Louisville, Super Bowl XLIV, NHL All Star Games, NCAA Football Championships, WrestleMania, NHL Stadium Series and NCAA Final Four Championships. He resides in Bellevue with his wife, Valerie, and two children, Emma and Chase.



MAURICE KELLY

VP PLAYER ENGAGEMENT

Maurice Kelly begins his fifth season as vice president of player engagement entering 2020. In his role, Kelly is responsible for providing club personnel, players and families with programs that foster personal and professional growth while serving as a conduit between players and management. Kelly has been responsible for developing programs designed to assist players in making a smooth transition into and out of professional football in such areas as financial education, career internship programs, continuing education, community outreach initiatives, player insurance/benefit management and relocation. Kelly originally joined the Seahawks administrative team in 2005 as director of player development and was later promoted to senior director in 2012. A former player, he played two seasons in the NFL, both with the Seahawks from 2000-01. Played in 24 games with three starts as a safety. Before joining the NFL, Kelly was a standout safety in the CFL as a three-time all-star (1997-99), including All-CFL in 1999. Kelly and his wife, Dionne, have one son, Miles.



CHRIS LAWRENCE

VP TICKETING, SALES & SERVICE

Chris Lawrence is in his 22nd season with the organization and third as Vice President for Ticketing Sales & Service, which encompasses sales and operations of suites, ticketing, and premium seating products. Starting with the Seahawks as a Ticket Sales Representative then as the Customer Relationship Manager overseeing season ticket renewals, customer service initiatives and ticket holder engagement, Lawrence has played a key role in building and expanding the team's ticketing services. During his 10th season, Lawrence was promoted to Director of Ticket Sales & Service where he was responsible for managing all general and Club ticket sales initiatives and customer service campaigns while adding oversight of ticket operations to his responsibilities. Lawrence also contributed to the launch of Sounders FC Major League Soccer franchise, managing the ticketing efforts that led to 22,000 season tickets being sold in the club's inaugural season (2009), and setting MLS and Open Cup sales and attendance records from 2009-2013. In 2013, Lawrence was named Ticket Executive of the Year by Major League Soccer for his outstanding efforts and contributions. During Lawrence's 21 years with the organization, the Seahawks have set franchise records for new season tickets sold, overall season ticket base, average attendance, and group sales. The Seahawks have averaged more than 97 percent in season ticket renewals over the last eight seasons. Entering the 2020 season, the team has sold out 146 consecutive games, has 12,000 members on the team's Blue Pride season ticket wait list and more than 83,500 fans on the

Blue Pride notification list. Lawrence is a graduate of the Murrow School of Communications at Washington State University and holds a degree in Public Relations. He resides in University Place with his wife Amy and two children, Emma and Ainsley.



JEFF RICHARDS

**VP MARKETING & COMMUNITY
ENGAGEMENT**

Jeff Richards begins his fifth season as a member of the Seahawks senior management team, serving in the role of Vice President of Marketing & Community Engagement. Richards is responsible for growing, evolving and communicating the Seahawks brand, as well as leading the team's community outreach efforts and youth and high school football programs. Through data-driven fan engagement strategies, Richards leads cross-organizational groups to help internal and external partners connect with the NFL's seventh largest fan base (via 2019 ESPN Sports Poll) and the sixth most passionate fan base in all of American professional sports (Forbes America's Most Passionate Sports Fans 2020). His oversight in the area of fan engagement includes marketing, design, game day entertainment, digital and social media, video production and fan development. Since joining the Seahawks, Richards has been instrumental in the brand development of '12s' and 'We Are 12' as it relates to the Seahawks fan base. He has also helped shape and lead fan experiences that include the Super Bowl XLVIII parade, NFL Kickoff 2014 and MoPOP's "We Are 12" exhibit. Before joining the Seahawks as director of marketing in 2011, Richards served as marketing manager for the Seattle Mariners and began his career at his Alma Mater of Seattle Pacific University as director of promotions and game day programming before working as a ticket office assistant in the athletics department at the University of Washington. After graduating with a Bachelor of Arts in Psychology, while minoring in Business Administration, he earned a Master of Sports Administration degree from Seattle Pacific. Richards and his wife, Stephanie, live in Issaquah with their two children (Bennett and Blakely) and dogs (Buddy and Sophie). Richards serves on the Board of Commissioners for the Seattle Sports Commission and is on the Board of Directors for InvestED, a Washington state non-profit that provides funding to more than 660 secondary schools, helping students pay for everything from ASB cards and college application fees to access to technology for learning, athletic shoes, winter coats and more.



CHIP SUTTLES

VP TECHNOLOGY

Chip Suttles begins his ninth season with the Seahawks as Vice President of Technology. He is the voice in guiding the values and mission for the technology needs of the Seahawks and First & Goal Inc. He is responsible for aligning technology vision with the overall business strategy of the organization and increasing the performance of the organization by modernizing technology to improve the customer experience and drive increased revenue. His areas of focus include maintaining and optimizing the IT infrastructure, modernization of sta-

dium technology, supporting player performance analytics, and enhancing the organizations' mobile applications. Suttles joined the Seahawks after working most recently for the Vancouver Canucks in 2010-11 as Director of Technology. Prior to his two seasons with the Canucks, Suttles worked as the Director of Broadcast Integration for the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Winter Games (VANOC). Working with VANOC marked Suttles' fourth time participating in the Olympic Games; he had previously served in various technology roles in support of the Olympic Games in Torino, Salt Lake City and Atlanta. Suttles and his wife, Lauren, have two sons and a daughter. He enjoys participating in a variety of recreational sports and co-founded and actively supports his community's local youth football organization.

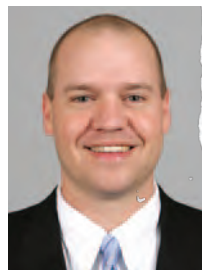
FOOTBALL OPERATIONS



SCOTT FITTERER

CO-DIRECTOR PLAYER PERSONNEL

Scott Fitterer begins his sixth season as co-director of player personnel. Originally joining the Seahawks' staff on June 25, 2001, as an area scout, he recently served 2011-14 as the club's director of college scouting. In his current role, Fitterer works collaboratively with Trent Kirchner in directing both the college scouting and pro personnel departments to manage and strengthen all aspects of the Seahawks roster. As the director of college scouting he coordinated the Seahawks' entire scouting operation and compiled all of the college scouting information required to set the draft board. He is responsible for the evaluation of all draft eligible players nationally, oversight of the Seahawks college scouting staff and works closely with GM John Schneider and the Seahawks coaching staff regarding the NFL Draft and college free agency. Before joining Seattle, spent three seasons with the New York Giants, 1998-00, as a part-time scout before being assigned to the West Coast region for the 2000 season. Was a 1995 draft pick of the Toronto Blue Jays and spent three years in the Blue Jays system (1995-97) before his career ended due to three shoulder surgeries. Was a two-sport athlete in college, playing quarterback in football and pitcher in baseball at UCLA (1992-94) and LSU (1994-95). In 1998, Fitterer returned to UCLA to earn his undergraduate degree in history. Born in Seattle, he is a graduate of Kennedy High School in Seattle. Scott, his wife Cherish, daughter Ella, and son Cole live in Sammamish, Wash.



TRENT KIRCHNER

CO-DIRECTOR PLAYER PERSONNEL

Trent Kirchner begins his sixth season as co-director of player personnel after spending two seasons as the Seahawks pro personnel director. He works collaboratively with Scott Fitterer in directing both the college scouting and pro personnel departments to manage and strengthen all aspects of the Seahawks roster. In his previous role as

pro personnel director, he oversaw NFL free agency, the advance scouting of Seahawks' upcoming opponents, evaluation of NFL practice squads, as well as the scouting of all professional leagues including the Canadian Football League and the Arena Football Leagues. During the season, he coordinated free agent tryouts, monitored NFL transactions and assisted in the recruiting and signing of all free agent players. Since the 2010 season, Kirchner and the pro scouting staff have made more than 2,300 player transactions to help maintain one of the youngest rosters in the NFL. Kirchner originally joined the Seahawks as assistant director of pro personnel on February 5, 2010. Before joining Seattle, Kirchner played an important role in helping turn the Panthers around from a 1-15 record to Super Bowl XXXVIII participants in just two years through key free agent acquisitions such as Jake Delhomme and Stephen Davis. Kirchner spent eight seasons in Carolina as a pro scout where they had one Super Bowl appearance, two conference championship appearances and won two division titles. Before his time with the Panthers, he spent one year as the college scouting coordinator for the Washington Redskins. During his senior year in college (spring of 2000) he volunteered with the Kansas City Chiefs at the NFL Scouting Combine in Indianapolis. From there, he joined the Seahawks as an intern splitting time between the public relations and college scouting departments. He also interned with the Minnesota Twins in 1999. A native of Minnesota, he graduated with a degree in business management from St. John's (Minn.) University, where he played quarterback for two years. Trent and his wife, Jessica, have two sons, Carter and Landon.



MATT BERRY
DIRECTOR COLLEGE SCOUTING

Matt Berry begins his 13th season with Seattle and sixth as director of college scouting in 2020. In his role, he coordinates the Seahawks' entire college scouting operation and compiles all of the information required to set the draft board. He is responsible for the evaluation of all draft eligible players nationally, oversight of the Seahawks college scouting staff and works closely with GM John Schneider and the Seahawks coaching staff regarding the NFL Draft and college free agency. After serving 2014 as a national scout, he served the previous six seasons (2008-13) as a regional scout combing the southwestern states in search of talent. Berry spent five seasons with the Atlanta Falcons before joining Seattle and served his final three seasons as the Falcons' south-central scout. A native of Nashville, Tenn., he holds a bachelor of arts degree in history from Davidson College (N.C.), where he played both baseball and football. Berry was a four-year starter on a Wildcat football team that had the most successful run in school history, including a 17-game winning streak. He is married to professional runner and triathlete, Desiree. They have three children and live in the Seattle area.



NOLAN TEASLEY
DIRECTOR PRO PERSONNEL

Nolan Teasley begins his third season as director of pro personnel in 2020 after spending 2017 as assistant director of pro personnel and 2014-16 as a pro personnel scout with the Seahawks. He originally joined the Seahawks in 2013 as an intern in the team's scouting department. In his role, he helps direct a department that analyzes talent from other NFL rosters and practice squads, along with evaluating talent from other football leagues including the CFL. He and the pro scouting staff are integral in the team's strategy for attacking unrestricted free agency, the undrafted free agent process following the NFL Draft and year-round trade analysis. Among his other duties, he scouts future opponents, coordinates free agent visits and tryouts, and monitors NFL transactions. Before joining the Seahawks, Teasley worked in corporate marketing for six years. A 2007 graduate from Central Washington University with a degree in public relations, he was a running back on the Wildcats football team. Originally hailing from Ellensburg, Washington, Teasley and his wife, Morgan, live in Snoqualmie with their three sons, Cruz, Jax and Jude.



WILLIE SCHNEIDER
ASSISTANT DIRECTOR OF PRO PERSONNEL

Willie Schneider joined the Seahawks scouting department in 2017 as a pro personnel scout after originally joining the team as a scouting intern in 2014. He was promoted to assistant director of pro personnel in 2019. In his role, he assists in the scouting of future opponents, coordinates free agent visits and tryouts, and monitors NFL transactions. Before joining the Seahawks, Schneider worked at ETS Elite Sports Performance in St. Paul as a performance specialist. A graduate from the University of St. Thomas (Minn.) with a Business Leadership and Management degree, Schneider was a four-year starter at fullback and played in the 2012 NCAA Division III National Championship game. Originally from St. Paul, Minn. he is married to Hillary and they live in West Seattle.



ALONZO HIGHSMITH
PERSONNEL EXECUTIVE

Alonzo Highsmith joined the Seahawks as personnel executive on June 12, 2020, after serving as a consultant earlier in the offseason. Most recently, Highsmith served as vice president of personnel for the Cleveland Browns from 2018-19. Prior to joining the Browns, he spent 19 seasons in the Green Bay Packers player personnel department following a six-year playing career in the NFL. Highsmith joined the

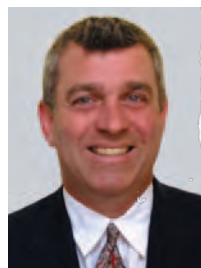
Packers as a college scout in 1999 and spent 13 years on the college scouting staff. He was promoted to senior personnel executive in 2012 and remained in that role through the 2017 season. During his time in Green Bay, the Packers earned 13 trips to the playoffs, nine NFC North division titles and a victory in Super Bowl XLV. From 1999-2017, Green Bay won 304 games, fourth-most in the NFL during that span. The Packers also ranked second in the NFL with an average of 25.3 points per game from 1999-2017. As a running back, Highsmith was the third overall pick by the Houston Oilers in the 1987 draft. He spent his first three seasons (1987-89) with Houston, starting 40 consecutive games, before being traded to Dallas. He spent a year and a half (1990-91) with the Cowboys before finishing his career with Tampa Bay (1991-92). He retired after the 1992 season following a series of knee injuries. He appeared in 65 regular season games and rushed for 1,195 yards on 283 carries with seven touchdowns. He added 42 receptions for 428 yards and three touchdowns. Following his NFL playing career, Highsmith spent four years as a professional heavyweight boxer. He compiled a 27-1-1 career record. A four-year letterman at the University of Miami, Highsmith helped the Hurricanes capture the 1983 national championship. He led the team in rushing his sophomore and senior seasons and earned a degree in business administration. Highsmith is married to his wife, Denise, and has five children, Alonzo, A.J., Jordan, Jasmine and Brandon.

ceiver four seasons (2000-04) at Ball State University where he received a B.A. in criminal justice. A Fort Wayne, Ind., native, he attended Southside High School where he was a four-year starter in football and three-year starter in basketball. Earned All-State senior season as a cornerback, and was selected to play in the Indiana North South All-State All-Star Game. All Conference in basketball. Is married to Kristin, and has two sons Chase and Christopher and three daughters Jordyn, Jayah and Jenae.



STEVE HUTCHINSON
FOOTBALL CONSULTANT

Steve Hutchinson serves as a football consultant for the Seahawks working alongside both the college and pro personnel departments in talent evaluation. A former first-round draft choice by the Seahawks in 2001, Hutchinson spent 12 seasons in the NFL playing for Seattle (2001-05), Minnesota (2006-11) and Tennessee (2012). He was elected to the Pro Football Hall of Fame in 2020, earned seven-straight Pro Bowl berths (2004-2010) and was a first-team All-Pro selection five times (2003, 2005, 2007-09). He was named All-NFC six times (2003-07, 2009) and is a member of the NFL's All-Decade Team of the 2000s. He was a four-year letterman at Michigan and two-time captain. Became the second player in Michigan history to garner first team All-Big Ten Conference honors four times. Named first team All-American following his junior and senior seasons, and earned freshman All-American accolades in 1997. Married to Landyn, they have a daughter Lily, and son Luke.



TODD BRUNNER
AREA SCOUT (NORTHEAST)

Todd Brunner joined the Seahawks as an area scout in 2012 and covers the northeast region. He served the same role with the San Francisco 49ers from 2001-11. Prior to joining the 49ers, he spent two seasons as an area scout with the Cleveland Browns, where he combed the Northeast region in 1999-2000 for college talent. Brunner joined the Browns from the Philadelphia Eagles where he spent four seasons (1994-97) as an area scout covering the Northeast. He joined the Eagles as a scouting intern in 1992 and worked as a scouting assistant in 1993. Brunner attended Lehigh (Pa.) University and lettered two years in football. As a junior, he led the team in special teams tackles, and as a senior quarterback, tied or broke 14 school passing records. Following his football career at Lehigh, Brunner spent one season as a graduate assistant at Temple, in 1991, and earned his master's degree. Comes from a football family as his father John coached at Temple, Villanova, Princeton and in the NFL ranks with Detroit, Green Bay, Tampa Bay and Minnesota, before scouting for the 49ers for 12 seasons. Brother, Scott, spent time in the NFL with the N.Y. Giants. Born in Middletown, N.Y., he attended Lawrence (N.J.) High School and was inducted into their High School Athletics Hall of Fame in 2012. He and his wife, Nancy, reside in Robbinsville, N.J., with their daughter, Annie Elizabeth, and son, Chad Joseph.



JASON BARNES
AREA SCOUT (MIDWEST)

Jason Barnes enters his 15th season with the Seahawks in 2020, and 12th working with the college scouting department after working with pro scouting the first three years. While working with the pro department, Barnes helped scout future Seahawks' opponents and assess talent in all professional leagues including the NFL, the Canadian Football League and the Arena Football League. Lined up at wide re-



JOSH GRAFF
AREA SCOUT (SOUTHWEST)

Josh Graff enters his eighth full-time season with the Seahawks, 10th overall. He begins his fourth season as an area scout in 2020 after previously serving four years as an insert scout for National Football Scouting covering the Mid-Atlantic Region for NFS. Graff spent the 2011-12 seasons as a scouting and personnel intern with Seattle where he helped coordinate player tryouts, monitor the waiver wire, advance weekly opponents, free agent and practice squad evaluations in the NFL & CFL. Graff originally began his career with Seattle as an intern in the team's equipment room in 2010. Before joining the Seahawks, he worked in 2009 as an intern in the Miami Dolphins equipment room. A local multi-sport talent from Mill Creek, Wash., he was part of an Archbishop Murphy High School football program that won 39-consecutive games and captured state titles in baseball and soccer. Graff graduated with a degree in Human Resource Management from the University of Idaho. Resides in Denver, Colo.



AARON HILINE
AREA SCOUT (SOUTHEAST)

Aaron Hinline enters his 15th season with the Seahawks and his 11th as a college scout after serving in the pro personnel department four seasons. Hinline scouts the Southeast region for the team. While serving in the Pro Personnel department, he was responsible for the weekly advance of upcoming opponents as well as assisting in the evaluation and writing of player reports on potential talent in free agency, the Canadian Football League and the Arena Football League. He performed administrative duties for the Director of Pro Personnel, helped coordinate free agent tryouts, and worked on various projects for the Vice President of Player Personnel and Head Coach. Hinline lettered in Football, Track, and Wrestling at Woodinville (Wash.) High School. He earned his Bachelor's Degree in Exercise Science from Central Washington University where he was a four-year starter at full-back. He became a graduate assistant at Central for one season, where he coached the running backs and implemented their strength and conditioning program before joining the Seahawks in 2006. He is married to Gentry and they have two daughters, Peyton and Harper, and a son, Grady.



TYLER RAMSEY
AREA SCOUT (WEST)

Tyler Ramsey enters his ninth season as an area scout having been promoted after originally joining the team in 2009 as a personnel intern. He continued in that same role in 2010 and moved into a full time position in 2011 as a scouting assistant where he would advance weekly opponents, perform free agent and practice squad evaluations, monitor the daily waiver wire and scout the UFL and CFL. Ramsey earned a bachelor's degree in business administration from the University of Washington in 2008 and completed a Masters of Business Administration degree from Washington State University in 2017. A local product, Ramsey attended Bellevue High School. The team won three consecutive 3A state titles (2001-03) and he was the starting quarterback and safety from 2003-04. Married to wife, Cori, and they have three children, twins Tucker and Charlotte, and youngest Miller.



RYAN FLORENCE
NFS SCOUT

Ryan Florence serves as a scout for National Football Scouting and covers the regions of North Carolina, Tennessee, and Virginia assisting college scouts with current prospects for the annual NFL Draft. Originally joining the Seahawks as an intern in 2014, he was promoted

to his current role in 2017. Florence spent the 2014-16 seasons as a scouting and player personnel assistant with Seattle where he helped with advance opponent scouting, free agent and practice squad evaluations in the NFL and CFL. Prior to the Seahawks, Florence was a recruiting graduate assistant helping Gary Pinkel's Missouri coaching staff to develop and implement the Tigers' recruiting plans along with scouting evaluations, video preparation and recruiting operations. Florence helped Mizzou post a program-record 12 wins and claim both the SEC East title and a Cotton Bowl victory en route to a No. 5 final AP ranking in 2013. Florence earned a B.A. in Organizational Communication from William Jewell College in Liberty, Mo., where he was a 3-year starter at cornerback. He went on to earn a M.S. in Administrative Studies and Sports Management from Missouri State and added a M.Ed. in Educational and Counseling Psychology from the University of Missouri. Originally from Columbia, Mo., Ryan and his wife, Jacqueline, have a son, Kohen, and now reside in the greater Kansas City area.



D.J. HORD
PRO PERSONNEL SCOUT

D.J. Hord was named a pro personnel scout in 2019 after originally joining the team as a pro scouting intern in 2017. In his role, he assists in the scouting of future opponents, coordinates free agent visits and tryouts, and monitors NFL transactions. Before joining the Seahawks, Hord served at the University of Northern Iowa as director of football operations from 2013-17. There, he served in many capacities including the pro scouting liaison, team travel, coordinated recruiting activities and on-campus visits and worked closely with the school's compliance office. He worked as a graduate assistant from 2012-13 working with wide receivers and returners at Northern Iowa. Attended Notre Dame where he played wide receiver while earning his degree. Earned a Masters degree from Northern Iowa. Attended Rockhurst High School in Kansas City, Mo.



KIRK PARRISH
COLLEGE SCOUTING COORDINATOR

Kirk Parrish enters his 22nd year with the Seahawks. He is responsible for maintaining the day-to-day operations of the College Scouting Department, including organizing all college prospect information (scouting database/player reports/draft boards), managing university relations, and serving as the liaison between the front office and on-the-road scouting staff. He is also the club contact for the NFL Combine and collegiate All-Star Games. As a scout, he covers Iowa, Minnesota, Montana, North Dakota, and South Dakota – and evaluates other draft-eligible players in the Pacific Northwest. Prior to joining the Seahawks, Parrish was the administrative assistant/football operations at Texas A&M University from 1997-99. During that time, the Aggies won the Big XII Conference championship and played in the Sugar Bowl and Cotton Bowl. Parrish coached tight ends and quarterbacks at the University of San Diego from 1995-96. Prior to USD, he was a

football graduate assistant at Washington State University from 1992-94, where he earned a Ph.D. in educational administration in 2003, and a Master's Degree in athletic administration in 1993. His research focused on the career paths of NCAA Division I-A (FBS) athletic directors. Parrish earned his BA in education from Central Washington University where he was a quarterback for the Wildcat football program. His father, Jerry Parrish, is a member of the Seahawks' High School Coaches Mentorship Academy, Washington State Football Coaches Hall of Fame (North Kitsap HS), and Pacific Northwest Football Hall of Fame. Kirk and his wife, Carol, reside in Bothell, Wash. They have a daughter, Jill, and a son, Jay.



SAM RAMSDEN
DIRECTOR HEALTH & PLAYER PERFORMANCE

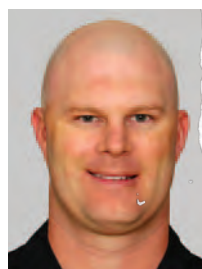
Sam Ramsden begins his 22nd year with the Seahawks in 2020 and his ninth in the role of director of health and player performance. His responsibilities include collaborating with the strength and conditioning, medical, sports science and nutrition staffs as well as researching and developing emerging and advanced technologies that will lead to better player durability and improved on-field performance. As a conduit to the head coach and general manager, Ramsden is charged with communicating daily all aspects of the current roster and potential roster additions in terms of overall player health, availability and readiness. Ramsden's primary area of expertise for much of his 20-plus seasons in the NFL has been centered on the physical rehabilitation and conditioning of professional football players. Ramsden originally joined the Seahawks as an associate athletic trainer in February of 1999. He was promoted to head athletic trainer in 2004 and was responsible for coordinating the overall healthcare provided for the Seahawks' players and staff. Before Seattle, he served six seasons with the Green Bay Packers as an assistant athletic trainer and was a member of the Super Bowl XXXI Championship Team. As a student athletic trainer at the University of Wisconsin - La Crosse, Ramsden worked with several intercollegiate sports teams before joining the Packers' staff. He received a bachelor's degree in physical education with an emphasis in athletic training from the La Crosse school in 1992. A La Crescent, Minnesota native, he and his wife, Lisa, together with their two sons, Henry and Lachlan, live near Fall City, Washington.



DAVID STRICKLIN
HEAD ATHLETIC TRAINER

David Stricklin is the Seahawks head athletic trainer and enters his 12th season with the team. Promoted to head athletic trainer in 2019, he served as assistant athletic trainer from 2010-18, and was a season-long assistant in 2005. In his role, Stricklin is responsible for the oversight of healthcare provided for Seahawks players, coaches and football support staff. This includes but is not limited to player medical appointments with physicians and imaging, management of the medical staff including team physicians, athletic trainers, physical therapists, chiropractors and any other ancillary healthcare providers. He

also manages players' practice and game status as related to injuries and illnesses. He is responsible for ensuring all medical staff is compliant with the most up to date emergency management for on field injuries, current injury rehabilitation and treatment methods, and any other NFL mandated protocols such as concussion and mental health. Stricklin holds numerous professional licenses and certifications, including a Washington State Athletic Trainers License. Before joining the Seahawks, Stricklin served as an assistant athletic trainer for football and head athletic trainer for Oregon State's nationally ranked baseball program from 2006-10. He was a graduate assistant athletic trainer for the Beavers from 2003-05 after spending the summer of 2002 as an athletic training intern with the San Francisco 49ers. Stricklin earned a Bachelor of Science - Exercise Science degree from Central Washington University and a Masters of Science - Sports Medicine degree, along with a certificate in healthcare administration, from Oregon State University. Married to Courtney, and they have two daughters, Olivia and Avery, with a golden retriever, Caylis.



MATT CAPURRO
DIRECTOR TEAM OPERATIONS

Matt Capurro enters his 17th NFL season in 2020 and his 11th with the Seahawks. Capurro works directly with Head Coach Pete Carroll and is responsible for coordinating the team's daily operations, including overseeing player and staff communications and managing the year-round football schedule, which includes the offseason program, OTA days, mini-camps and training camp. Prior to joining the Seahawks, Capurro spent one season with the USC Trojans (2009) and six seasons with the Oakland Raiders (2003-2008). In 2009 with the Trojans, as Director of Football Operations, he coordinated all of the team's daily operations, managed the year-round football calendar, coordinated all travel logistics for home and away games, directed USC football camps and clinics, and served as liaison for the football department within the athletic department. In his six seasons with the Raiders, Capurro spent five seasons (2004-08) as the assistant to the head coach where he coordinated all the day-to-day operations, and spent his first season (2003) as a coaches assistant. During that span, he worked for Bill Callahan, Norv Turner, Art Shell, Lane Kiffin and Tom Cable. Prior to that, Capurro was a football operations intern for the Raiders for five years (1998-2002) under Jon Gruden and Bill Callahan. He earned his bachelor's degree in Business Administration from the University of San Francisco in 2003. He lettered in football and baseball at St. Vincent High School in Petaluma (Calif.) Married to wife, Emily, and they have two daughters, Gianna and Cecilia.



COACHES



PETE CARROLL

EXECUTIVE VP OF FOOTBALL OPERATIONS & HEAD COACH
SEAHAWKS EXPERIENCE 11TH YEAR | NFL EXPERIENCE 27TH YEAR

CARROLL'S COACHING CAREER

1974-76	University of the Pacific	Graduate Assistant
1977	University of Arkansas	Graduate Assistant
1978	Iowa State	Secondary
1979	Ohio State	Secondary
1980-82	North Carolina State	Defensive Coordinator/Secondary
1983	University of the Pacific	Asst. Head Coach/Offensive Coord.
1984	Buffalo Bills	Defensive Backs
1985-89	Minnesota Vikings	Defensive Backs
1990-93	N.Y. Jets	Defensive Coordinator
1994	N.Y. Jets	Head Coach
1995-96	San Francisco 49ers	Defensive Coordinator
1997-99	New England Patriots	Head Coach
2001-09	USC	Head Coach
2010-	Seattle Seahawks	Executive V.P. & Head Coach

Named head coach on January 11, 2010, Pete Carroll became the eighth head coach in Seahawks history after one of the most successful runs in USC history in the college ranks. He brings 26 years of NFL experience and 19 years of collegiate experience to Seattle.

Carroll's overall head coaching record is 133-90-1 in the regular season and 11-9 in the postseason in his 14 years of NFL head coaching. In 2016, he became the 39th head coach in NFL history with 100 wins in the regular season.

In his 10 seasons as head coach in Seattle, Carroll and Executive VP/General Manager John Schneider constructed the best teams in Seahawks history over the past eight seasons with an 86-41-1 record, back-to-back Super Bowl appearances in 2013-14, posted 10-plus wins in five consecutive seasons (2012-16) for the first time in franchise history, including seven of the last eight seasons, and won four NFC West Division titles.

Seattle has advanced to the divisional round in seven of Carroll's 10 seasons as coach, winning two NFC Championships and one Super Bowl, while claiming the No. 1 seed in the NFC twice, and for the third time in franchise history (2005 under Mike Holmgren, 2013-14).

Seattle led the NFL in scoring defense for four-consecutive seasons from 2012-15, becoming the first defense in the Super Bowl era to accomplish the feat. Cleveland led the league in scoring defense for a record five-straight seasons from 1953-57 in 12-game seasons.

Carroll continues to grow the team through his strong philosophy of preaching competition and taking care of the football.

Helping that cause, 30 draft choices since 2017 remain with the team to build a strong foundation of continuity, combining the young talent of RB Chris Carson, TE Will Dissly, CB Tre Flowers, CB Shaquill Griffin, WR DK Metcalf and RB Rashaad Penny with veterans including All-Pro T Duane Brown, LB Bruce Irvin, All-Pro RS Tyler Lockett, Pro Bowl TE Greg Olsen, DT Jarran Reed, All-Pro LB Bobby Wagner, All-Pro QB Russell Wilson and Pro Bowl LB K.J. Wright.

Carroll's 2019 team held a 10-2 record through the first three quarters of the season but went an uncharacteristic 1-3 to finish the year and slipped to the no. 5 seed in the NFC playoffs, winning the Wild Card Game and advancing to the Divisional Round for the seventh time in the last 10 seasons, while appearing in the postseason for the eighth time. Posting a franchise-best 7-1 road record, Seattle reached 10 wins for the seventh time in the last eight seasons, something accomplished only five times in franchise history from 1976-2011. The Seahawks became the second team in NFL history to win 10 one-score games in a single season, joining the 1978 Oilers (10-6 record) and

Carroll earned his 100th regular season win in franchise history, extending his own franchise record.

The 2018 Seahawks exceeded everyone's expectations but their own as they won 10 games for the sixth time in the last seven seasons and advancing to the Wild Card playoffs. After a 4-5 start to the season, Seattle became the 28th team with a losing record after nine games to advance to the postseason, scoring the second-most points in franchise history (428) and leading the NFL with a rushing attack that accumulated 2,560 yards, the third-most in franchise history, marking the top-three rushing seasons all under Carroll (2012, 2014, 2018).

Seattle concluded the 2017 season with a 9-7 record and a second-place finish in the NFC West. Despite injuries on the defensive side of the ball to DE Cliff Avril, S Kam Chancellor, CB Richard Sherman and missing its top-two running backs in Carson and C.J. Prosise, Seattle entered the final-quarter of the season with an 8-4 record and remained in the hunt for an NFC West title and a shot at winning 10 games for the sixth-consecutive season.

The Seahawks won their 10th division title in franchise history in 2016

CARROLL VS. THE NFL

	Team	Regular Season	Post-season	Total
AMERICAN FOOTBALL CONFERENCE	Baltimore Ravens	3-1	---	3-1
	Buffalo Bills	7-3	---	7-3
	Cincinnati Bengals	1-2	---	1-2
	Cleveland Browns	3-2	---	3-2
	Denver Broncos	3-4	1-0	4-4
	Houston Texans	2-0	---	2-0
	Indianapolis Colts	7-3	---	7-3
	Jacksonville Jaguars	2-1	0-1	2-2
	Kansas City Chiefs	2-3	---	2-3
	L.A./San Diego Chargers	2-3	---	2-3
	Miami Dolphins	4-6	1-0	5-6
	New England Patriots	3-1	0-1	3-2
	New York Jets	4-4	---	4-4
	Oakland Raiders	2-1	---	2-1
Pittsburgh Steelers	3-2	0-1	3-3	
Houston Oilers/Tennessee Titans	2-2	---	2-2	
NATIONAL FOOTBALL CONFERENCE	Arizona Cardinals	13-8-1	---	13-8-1
	Atlanta Falcons	3-3	0-2	3-5
	Carolina Panthers	7-1	1-1	8-2
	Chicago Bears	5-2	0-1	5-3
	Dallas Cowboys	5-2	0-1	5-3
	Detroit Lions	2-2	1-0	3-2
	Green Bay Packers	3-5	1-1	4-6
	L.A./St. Louis Rams	10-11	---	10-11
	Minnesota Vikings	6-1	1-0	7-1
	New Orleans Saints	2-3	2-0	4-3
	New York Giants	5-1	---	5-1
	Philadelphia Eagles	5-1	1-0	6-1
	San Francisco 49ers	14-7	1-0	15-7
	Seattle Seahawks	0-0	---	0-0
Tampa Bay Buccaneers	2-3	---	2-3	
Washington Redskins	1-2	1-0	2-2	
Career Totals		133-90-1	11-9	144-99-1

with a 10-5-1 record. Seattle's defense finished in the top-5 for the fifth-consecutive season (2012-16), an impressive feat during an era of unprecedented scoring and yardage numbers in NFL history.

Seattle's NFL-record streak of not losing by more than 10 points in 85 regular season games (95 games including playoffs) ended at Green Bay (12/11/16), and its NFL-record streak of 88 regular season games (98 games including playoffs) where it has led or been within one score in the fourth quarter came to an end at Tampa Bay (11/27/16).

After beginning the 2015 season 0-2, 2-4 and 4-5, the Seahawks became the 22nd team with a losing record after nine games to advance to the post-season, winning six of their last seven games to post a 10-6 record and finishing in the top-10 in defense for a franchise-record fifth-consecutive season (2011-15). Seattle defeated the Vikings in Minnesota in the Wild Card round but dropped a 31-24 decision at Carolina in the divisional round.

Seattle's defense finished 2015 ranked second (291.8 ypg) while the offense ranked fourth in the NFL (378.6 ypg), setting the franchise-record with 6,058 yards. It was the fourth time in franchise history, first since 2005, with a top-five offense.

The team won its ninth division title in club history in 2014, third under Carroll, after winning the NFC West with a 12-4 record. Seattle fell to New England, 28-24, in Super Bowl XLIX in Glendale, Ariz., in a season that saw it begin 3-3 but finish the season with a 9-1 record and the No. 1 seed in the NFC for the second consecutive season.

The Seahawks also became the fourth team in NFL history to lead the league in fewest points and yards allowed in back-to-back seasons (2013-14), and first since the 1985-86 Chicago Bears. The Seahawks led the league in defense for the second straight year while the offense had the No. 1-ranked rushing attack with a franchise-record 2,762 yards and ranked in the top-10 in offense (ninth overall) for the first time since the 2007 season.

Carroll led Seattle to its first Super Bowl title in franchise history with a 43-8 victory over the Denver Broncos in Super Bowl XLVIII in New York/New Jersey on February 2, 2014, after a franchise-best 13-3 regular season record, and joined Jimmy Johnson and Barry Switzer as the only coaches to win a college football national title and a Super Bowl in their career.

Carroll and Schneider constructed one of the best defenses in the last 12 years at the time, leading them to the NFL title. The Seahawks defense ranked first overall in the NFL in total defense (273.6 ypg), passing defense (172.0 ypg), points allowed (14.4 ppg), takeaways (39), interceptions (28), turnover differential (+20) and opponent quarterback rating (63.4).

The youngest Super Bowl-winning roster in NFL history (26 years, 162 days) was led by second-year QB Wilson, who became the third-youngest quarterback to win the title game (25 years, 65 days).

In 2012, Carroll led Seattle to the NFC Divisional Playoff posting the fourth-best record in franchise history (11-5). Seattle won its first postseason road game since 1983 with a Wild Card Game victory at Washington.

One of the youngest teams in the NFL to end the season for the second-consecutive year (second overall, third-youngest defensive starters, fourth-youngest offensive starters), Seattle started 4-4 but went on to finish the season 7-1 led by rookie Wilson and the league's fourth-ranked defense, that also led the league allowing 245 points (15.3 ppg).

Carroll's 2011 squad also ranked as one of the youngest in the NFL; beginning the season with the second-youngest roster in Week 1, once having the third-youngest offensive line during the season and ending the year with the second-youngest starting defensive unit in the league.

He saw his 2011 defense improve weekly, ending the season ranked ninth in the league in total defense, just the sixth time Seattle had boasted a top-10 defense and first since 1997. His offense switched gears from a quick-strike, no-huddle group to a grind-it-out ground game led by RB Marshawn Lynch over the last half of the season. That offensive mentality helped Seattle rank fifth in the NFL with 1,212 rush yards over the last nine games of the season.

Always competing, the Seahawks jumped out to a 4-2 record to begin the 2010 season and parlayed that in to the club's fifth NFC West title in the past seven seasons, punctuating the season with a 41-36 victory over the defending Super Bowl Champion New Orleans Saints at CenturyLink Field in the Wild Card Game.

Carroll returned to the NFL after spending nine years (2001-09) as head coach at USC, where he won seven consecutive Pac-10 titles (2002-08), two national championships (2003-04) and led the Trojans to a 97-19 record. He reached a bowl in each of his nine seasons and won seven. His 88 victories from 2001 to 2008 tied Bob Pruett of Marshall for most by a Division I coach in their first eight seasons since 1900 (Penn's George Woodruff - 102). He



reached 50 career USC wins faster than any head coach in Trojans history. From 2002-08, his teams appeared in an NCAA-record seven consecutive BCS bowls, recorded at least 11 victories seven times (an NCAA record) and finished ranked in the AP Top 4. USC was the AP's No. 1 team for a national-record 33 straight polls (including two preseason polls) and was ranked in the AP Top 10 for a school-record 63 consecutive games. His teams were ranked in the AP Top 25 for 102 consecutive games, a school record. In 2009, he was named Coach of the Decade by Lindy's.

Also under Carroll, USC was the first school to have three Heisman Trophy winners in a four-year span (Carson Palmer, Matt Leinart, Reggie Bush). He also coached winners of the Walter Camp, Chuck Bednarik, Johnny Unitas, Doak Walker and John Mackey Awards. Carroll produced 34 All-American first-teamers and 53 NFL draft picks (including 14 first-rounders, with a No. 1 selection in Carson Palmer and a No. 2 in Reggie Bush). His USC program had the nation's most draftees in 2006, 2008 and 2009.

USC posted a 12-1 record in 2008 and advanced to its fourth-consecutive Rose Bowl, defeating Penn State, 38-24, to become the first team to win three straight Rose Bowls. In the polls, the Trojans finished ranked second by USA Today and third by AP. USC finished first in scoring defense (9.8 ppg, its finest in 41 years), surrendering just 14 touchdowns in 2008.

In 2007, USC went 11-2 and finished second in the USA Today poll and third in the AP poll, for its sixth AP Top 4 ranking in a row. Its 49-17 win over Illinois in the Rose Bowl equaled the most points ever in the bowl game. Five players were named All-American first-teamers.

USC posted an 11-2 mark in 2006, finished No. 4 in the final polls and shared the Pac-10 title at 7-2 to capture an unprecedented fifth straight conference crown. Five Trojans were All-American first-teamers and Carroll was named the 2006 Pac-10 Coach of the Year (for the third time).

His Trojans held AP's No. 1 ranking for the entire regular season in 2005. USC went 12-1 overall to advance to the BCS Championship Game in the Rose Bowl. The Trojans, who finished second in both polls, boasted a school-record six All-American first-teamers, including Heisman Trophy-winning tailback Reggie Bush. He was the 2005 Pac-10 Co-Coach of the Year, as well as the American Football Coaches Association Division I-A Region 5 Coach of the Year.

In 2004, he guided No. 1-ranked USC to its second consecutive national championship with a convincing win over Oklahoma in the BCS Championship Game in the Orange Bowl. USC became only the second team ever to hold its AP preseason No. 1 ranking all the way through a season. It was only the 10th time that a team won back-to-back AP crowns. His team was 13-0 (a school-record for wins) and went 8-0 in the Pac-10. A school-record six Trojans were named All-American first teamers.

The Trojans won the AP national championship, its first national crown since 1978, and entered the Rose Bowl also ranked No. 1 in the USA Today/ESPN poll, in 2003. USC was 12-1 overall and finished the season

ranked second. USC's 534 points was a Pac-10 record. Five Trojans were first-team All-Americans. For this, Carroll was named the 2003 American Football Coaches Association Division I-A Coach of the Year, Home Depot National Coach of the Year, Maxwell Club College Coach of the Year, ESPN.com National Coach of the Year, Pigskin Club of Washington D.C. Coach of the Year and All-American Football Foundation Frank Leahy Co-Coach of the Year. He also was the Pac-10 Co-Coach of the Year.

In 2002, USC posted its first 11-win season since 1979 and its highest ranking (No. 4) since 1988. Heisman Trophy-winning quarterback Carson Palmer and safety Troy Polamalu were first team All-Americans.

Carroll was named USC's head football coach on December 15, 2000, and in his first season, led the Trojans to the Las Vegas Bowl and a 6-6 record.

He began his NFL career as defensive backs coach for Buffalo (1984) and Minnesota (1985-89) before becoming the N.Y. Jets defensive coordinator (1990-93) and head coach (1994). He spent two years as San Francisco's defensive coordinator (1995-96), leading the league in total defense in 1995, before leading New England to a 27-21 record and two playoff appearances as head coach (1997-99).

Carroll spent the 2000 season as a consultant for pro and college teams, doing charitable work for the NFL and writing a column on pro football for CNN.com.

He began his coaching career at the collegiate level, serving as a graduate assistant at his alma mater, Pacific, for three years (1974-76), working with the wide receivers and secondary. He then spent a season as a graduate assistant working with the secondary at Arkansas (1977) under Lou Holtz as the Razorbacks won the 1978 Orange Bowl, and then a season each as an assistant in charge of the secondary at Iowa State (1978) and at Ohio State (1979). He next spent three seasons (1980-82) as the defensive coordinator and secondary coach at North Carolina State, before returning to Pacific in 1983 as the assistant head coach and offensive coordinator.

Carroll was a two-time (1971-72) All-Pacific Coast Conference free safety at Pacific and earned his bachelor's degree in 1973 in business administration. He received his secondary teaching credential and a master's degree in physical education from Pacific in 1976. He was inducted into the Pacific Athletic Hall of Fame in 1995.

He was a three-sport (football, basketball and baseball) standout at Redwood High in Larkspur, Calif., earning the school's Athlete of the Year award as a senior. He played quarterback, wide receiver and defensive back. He was inducted into the inaugural Redwood High Athletic Hall of Fame in 2009. He then played football at Marin Junior College in Kentfield, Calif., from 1969-70 before transferring to Pacific.

In 2003, he helped develop "A Better L.A.," a non-profit group consisting of a consortium of local agencies and organizations working to reduce gang violence by empowering change in individuals and communities. In the spring of 2009, he received the Crystal Heart Award from the USC School of Social Work for his involvement with "A Better L.A.," and the Pete Carroll Scholarship was established for students pursuing graduate study in the school. He received the Courageous Leadership Award from Women Against Gun Violence in 2005. In the fall of 2008, he helped organize "L.A. LivePeace 08," a march and rally at the Coliseum to promote gang intervention and non-violence in Los Angeles. He has taken this model and created "A Better Seattle," in partnership with the YMCA of Greater Seattle and the Seattle Youth Violence Prevention Initiative to prevent violence in Seattle and South King County. It was launched on September 15, 2011.

Carroll also spearheaded the efforts to bring "We Day," a star-studded pep rally event to inspire children to make an impact to the world, to the United States for the first time when it came to Seattle in March 2013. The day-long event filled KeyArena with more than 15,000 high school students and included celebrity speakers and performers including Magic Johnson, Martin Luther King III, Macklemore, Jennifer Hudson, Martin Sheen and more. The one-of-a-kind event, which has been in eight Canadian cities since 2008, has expanded to six U.S. cities and in to England, returns annually to Seattle.

Carroll is also the co-founder of Compete to Create, formerly WinForever, a consulting firm and digital platform dedicated to helping people be their best. The firm works with a limited portfolio of Fortune 500 companies and leaders to develop culture and guide individuals through high performance mindset training and coaching.

Carroll was born on September 15 in San Francisco. He and his wife, Glenna, who played volleyball at Pacific, have three children, sons Brennan, married to Amber, who played tight end at Delaware and Pittsburgh, Nate, married to Anna, and daughter Jaime, married to Mike, who played on the Women of Troy's volleyball team that competed in the 2000 NCAA Final Four. The couple also has seven grandchildren.



CARROLL'S HEAD COACHING RECORD

Year	Team	W	L	T	Pct.	Finish
1994	N.Y. Jets	6	10	0	.375	5th, AFC East
1997	New England	10	6	0	.625	1st, AFC East <i>Wild Card victory vs. Miami, 17-3</i> <i>Divisional Playoff loss at Pittsburgh, 7-6</i>
1998	New England	9	7	0	.563	4th, AFC East <i>Wild Card loss at Jacksonville, 25-10</i>
1999	New England	8	8	0	.500	T4th, AFC East
2010	Seattle	7	9	0	.438	1st, NFC West <i>Wild Card victory vs. New Orleans, 41-36</i> <i>Divisional Playoff loss at Chicago, 35-24</i>
2011	Seattle	7	9	0	.438	3rd, NFC West
2012	Seattle	11	5	0	.688	2nd, NFC West <i>Wild Card victory at Washington, 24-14</i> <i>Divisional Playoff loss at Atlanta, 28-28</i>
2013	Seattle	13	3	0	.813	1st, NFC West <i>Divisional Playoff victory vs. New Orleans, 23-15</i> <i>NFC Championship victory vs. San Francisco, 23-17</i> <i>Super Bowl XLVIII victory vs. Denver, 43-8</i>
2014	Seattle	12	4	0	.750	1st, NFC West <i>Divisional Playoff victory vs. Carolina, 31-17</i> <i>NFC Championship victory vs. Green Bay, 28-22 (ot)</i> <i>Super Bowl XLIX loss vs. New England, 28-24</i>
2015	Seattle	10	6	0	.625	2nd, NFC West <i>Wild Card victory at Minnesota, 10-9</i> <i>Divisional Playoff loss at Carolina, 31-24</i>
2016	Seattle	10	5	1	.656	1st, NFC West <i>Wild Card victory vs. Detroit, 26-6</i> <i>Divisional Playoff loss at Atlanta, 36-20</i>
2017	Seattle	9	7	0	.563	2nd, NFC West
2018	Seattle	10	6	0	.625	2nd, NFC West <i>Wild Card loss at Dallas, 24-22</i>
2019	Seattle	11	5	0	.688	2nd, NFC West <i>Wild Card victory at Philadelphia, 17-9</i> <i>Divisional Playoff loss at Green Bay, 28-23</i>
Reg. Season (13 Yrs.)		133	90	1	.696	
Postseason (9 Yrs.)		11	9	0	.550	
Combined Record		144	99	1	.592	

ALL-TIME SEAHAWKS COACHING RECORDS

		Regular Season				Postseason		
		W	L	T	Pct.	W	L	Pct.
1976-82*	Jack Patera	35	59	0	.372	---	---	---
1982	Mike McCormack	4	3	0	.571	---	---	---
1983-91	Chuck Knox	80	63	0	.559	3	4	.429
1992-94	Tom Flores	14	34	0	.291	---	---	---
1995-98	Dennis Erickson	31	33	0	.484	---	---	---
1999-08	Mike Holmgren	86	74	0	.538	4	6	.400
2009	Jim Mora	5	11	0	.313	---	---	---
2010-	Pete Carroll	100	59	1	.628	10	7	.588

*Patera was replaced by Mike McCormack after two games of the 1982 season.



BRIAN SCHOTTENHEIMER

OFFENSIVE COORDINATOR

NFL EXPERIENCE: 21st YEAR

SEAHAWKS EXPERIENCE: 3rd YEAR

SCHOTTENHEIMER'S COACHING CAREER

1997	St. Louis Rams	Offensive Assistant
1998	Kansas City Chiefs	Offensive Assistant
1999	Syracuse University	Wide Receivers
2000	USC	Tight Ends
2001	Washington Redskins	Quarterbacks
2002-05	San Diego Chargers	Quarterbacks
2006-11	N.Y. Jets	Offensive Coordinator
2012-14	St. Louis Rams	Offensive Coordinator
2015	University of Georgia	Offensive Coordinator/QBs
2016-17	Indianapolis Colts	Quarterbacks
2018-	Seattle Seahawks	Offensive Coordinator

Named offensive coordinator on January 16, 2018, Brian Schottenheimer enters his third season leading Seattle's offense after spending two seasons (2016-17) as the Indianapolis Colts quarterbacks coach. He has 23 years of coaching experience, including 20 seasons in the NFL and 11 as an offensive coordinator.

In Schottenheimer's second season with Seattle, QB Russell Wilson took strides in command of the offense and as a passer, throwing for over 4,000 yards for the third time in his career and setting a career-low with just five interceptions while passing for 32 touchdowns (3rd in NFL), and was voted starter for the 2020 Pro Bowl. Despite losing its top three running backs by the end of the season, including Chris Carson who rushed for a career-high 1,230 yards, Seattle's offense finished the season ranked in the top 10 in rushing yards per game (4th - 137.5), total yards per game (8th - 374.4), points per game (9th - 25.3) and rushing yards per attempt (10th - 4.6).

His inaugural Seahawks season in 2018 featured a reinvigorated Seattle ground game that led the NFL in rushing (160.0 ypg) and saw QB Russell Wilson set the franchise record with 35 passing touchdowns on only 427 attempts (20th in NFL) and rank third in the NFL with a career-high 110.9 passer rating. Wilson and T Duane Brown were named All-Pro while second-year RB Chris Carson became Seattle's first 1,000-yard rusher since 2014 and just the sixth player in franchise history to accomplish the feat with a career-high 1,151 yards. Under his leadership, the Seahawks also scored the second-most points in franchise history (428), led the NFL with 2,560 rushing yards, the third-most in franchise history and ranked sixth in scoring offense (26.8).

In his first season with Indianapolis, Schottenheimer led quarterbacks Andrew Luck, Scott Tolzien and Stephen Morris. He helped Luck establish a single-season career-high in completion percentage (63.5) and finished the season ranked eighth in passing yards (4,240), fifth in passing touchdowns (31) and ninth in passer rating (96.4). He also registered five 300-yard passing games.

Schottenheimer served as the offensive coordinator/quarterbacks coach at the University of Georgia in 2015. The Bulldogs totaled 4,904 yards of offense. QB Greyson Lambert set the NCAA, SEC and Bulldog record for highest single-game completion percentage (min. 20 comp.) after finishing 24-of-25 (96.0%) for 330 yards and three touchdowns vs. South Carolina. Running back Nick Chubb totaled 747 rushing yards in six games before suffering a season-ending injury. Chubb's total included a streak of five consecutive 100-yard games to start the season.

Prior to his return to the collegiate ranks, Schottenheimer spent three seasons as the offensive coordinator for the St. Louis Rams (2012-14). In 2013, St. Louis scored 27 or more points on six different occasions matching the Rams total from 2009-2012. The Rams tallied 38 touchdowns

in 2013 which was the most in a single season for the franchise since 2006 when they reached the end zone 39 times. Under Schottenheimer, running back Zac Stacy rushed for 973 yards, the third-most rushing yards in franchise history by a rookie, while Jared Cook set the Rams single-season record for receiving yards by a tight end (671).

In Schottenheimer's first season with St. Louis, the Rams logged a 6.6 points per game average increase from the previous season with QB Sam Bradford setting career highs in passing yards (3,702), touchdown passes (21) and passer rating (82.5). He also led an offense that allowed 20 fewer sacks than it did the season prior and saw RB Steven Jackson record his eighth-consecutive 1,000-yard season.

Schottenheimer came to the Rams having spent six seasons in the same capacity with the New York Jets (2006-2011). During his time in New York, he assembled an offense that helped the Jets earn back-to-back appearances in the AFC Championship Game.

In 2011, the Jets led the NFL in red zone percentage as they scored touchdowns on 36 of their 55 opportunities (65.5%). In 2010, New York had the NFL's fourth-best rushing offense and finished 11th in total yards. During the 2009 season, the Jets became just the third team since 2001 to average more than 170 rushing yards per game when they led the NFL with 172.3 rushing yards per game while also finishing in the top 10 in the NFL in points per game.

In 2008, the Jets recorded 405 points, marking just the third time in franchise history that they reached the 400-point plateau. Led by Brett Favre and a strong rushing attack featuring Pro Bowl RB Thomas Jones and Leon Washington, the Jets tallied 42 offensive touchdowns, the most in a decade. Jones led the AFC with 1,312 rushing yards and broke the Jets single-season record with 13 rushing touchdowns while Washington added 448 yards and six scores.

In 2007, Jones eclipsed the 1,000-yard mark for the third consecutive season and his first under Schottenheimer as a member of the Jets. In his first season with New York, he helped the Jets accomplish a quick turnaround earning a 10-6 record after finishing 4-12 the season before. Schottenheimer also helped quarterback Chad Pennington win NFL Comeback Player of the Year honors from The Associated Press and the PFW/PFWA in 2006.

Schottenheimer joined the Jets in 2006 after spending four seasons in San Diego as the quarterbacks coach (2002-2005). In 2004, Drew Brees was named NFL Comeback Player of the Year and earned Pro Bowl honors for the first time in his career after throwing 27 touchdown passes and finishing third in the NFL in passer rating. Schottenheimer also oversaw the growth of Philip Rivers, who worked with Schottenheimer as Brees' understudy during Rivers' first two years in the NFL.

Prior to San Diego, Schottenheimer worked for his father, Marty, in Washington and Kansas City. He was an offensive assistant with the Chiefs in 1998 and was the quarterbacks coach during his lone season with the Redskins in 2001. In between those two stops, he moved to the collegiate level, overseeing the tight ends at Southern California in 2000 and wide receivers at Syracuse in 1999.

Schottenheimer got his start as an offensive assistant under Dick Vermeil with the St. Louis Rams in 1997.

As a player, Schottenheimer earned three letters as a quarterback at the University of Florida from 1994-96, where he played under Steve Spurrier and backed up Heisman Trophy winner Danny Wuerffel during the Gators' 1996 National Championship season. His career began at the University of Kansas where he played one season in 1992 before transferring to Florida.

In high school, he led Blue Valley High School in Stilwell, Kan. to the 1991 Kansas 5A state football championship as a senior while earning all-

state first-team and All-America honorable mention honors. Born on October 16, 1973, Schottenheimer and his wife, Gemmi, have a son, Sutton, and a daughter, Savannah.



KEN NORTON, JR.

DEFENSIVE COORDINATOR

NFL EXPERIENCE: 11th YEAR

SEAHAWKS EXPERIENCE: 8th YEAR

NORTON, JR.'S COACHING CAREER

2004	USC	Defensive Asst./LBs
2005-08	USC	Linebackers
2009	USC	Asst. Head Coach/Defense/LBs
2010-14	Seattle Seahawks	Linebackers
2015-17	Oakland Raiders	Defensive Coordinator
2018-	Seattle Seahawks	Defensive Coordinator

Hired on January 16, 2018, Ken Norton, Jr. enters his 11th season in the NFL coaching ranks after retiring from the league in 2000, after 13 years as one of the premiere linebackers in the game. He re-joined Seattle after serving as its linebackers coach for five seasons (2010-14) and three as the defensive coordinator for the Oakland Raiders (2015-17).

In 2019, Norton's second season leading Seattle's defense saw the unit rank third in the NFL in takeaways (32), while Bobby Wagner recorded the second-most tackles in franchise history with 159 (1st in NFL), trailing his own franchise record of 167. It was Wagner's eighth-consecutive 100-tackle season, extending his franchise record. Wagner was named AP First-Team All-Pro and voted starter to the Pro Bowl. CB Shaquill Griffin made his first Pro Bowl as an injury replacement.

In his first season back with Seattle in 2018, he was reunited with Bobby Wagner who produced one of his best seasons, tallying 138 tackles (3rd NFL), marking the seventh-consecutive season with 100-plus stops, and returning one interception a franchise-record 98 yards for a touchdown. DE Frank Clark also had a career-year with a career-high 13.0 sacks (7th NFL) and 27 quarterback hits. His sack total was the most by a Seahawks player since Patrick Kerney led the NFC with 14.5 in 2007.

Also in 2018, his defensive unit ranked no. 1 in the NFL in short yardage, fourth in redzone defense, fifth in third-down conversions and led the NFL with a +15 takeaway/giveaway ratio, while leading the NFL with 14 fumble recoveries.

In 2016, Norton, Jr. led a defense that helped the Raiders post 12 wins and return to the postseason for the first time since 2002. The defensive unit produced the AP Defensive Player of the Year in DE Khalil Mack and two Pro Bowlers (Mack and S Reggie Nelson). Oakland ranked second in the NFL with 30 turnovers, posting 16 interceptions and 14 fumble recoveries. In crunch time, the Raiders allowed only three points inside the game's final three minutes, the fewest in the NFL. Mack's eight-game sack streak during the regular season tied an NFL record, and he came away with a sack-fumble in three consecutive games during that stretch. Mack's season earned him numerous individual accolades, including his second Pro Bowl nod, two AFC Defensive Player of the Week honors and the AFC Defensive Player of the Month for November. The defense also received solid contributions at all levels, including Nelson (team-leading five interceptions), LB Bruce Irvin (seven sacks and six forced fumbles) and LB Malcolm Smith (team-leading 115 tackles).

In 2014, Norton, Jr. helped the Seahawks win the NFC title for the second straight year and an appearance in Super Bowl XLIX. Seattle's defense finished the year as the league's top-ranked defense by a large margin, surrendering only 267.1 yards per game (Detroit was second at 300.9 ypg). Norton, Jr.'s linebacking corps led the way, as LBs Wright and Wagner led the team in tackles with 107 and 104, respectively. Wagner became just the sixth player in franchise history to record three straight seasons of at least 100 tackles. Wagner was also selected to his first Pro

Bowl in 2014.

He earned his fourth Super Bowl ring (first as coach) in 2013 as Seattle defeated Denver, 43-8, in Super Bowl XLVIII. Wagner again led the way with a team-high 119 tackles (71 solo) despite missing two games (ankle). He became just the third player in franchise history (Terry Beeson, Lofa Tatupu) to begin his Seattle career with back-to-back 100-tackle seasons. Wagner led the team with 10 tackles (five solo) in the Super Bowl and tied (Kam Chancellor) for the team-lead in postseason tackles with 34 (17 solo).

Norton, Jr.'s corps boasted the Super Bowl XLVIII MVP in Malcolm Smith. Smith tallied nine tackles (five solo), returned an interception 69 yards for a touchdown and a 22-0 lead in the second quarter and picked up one fumble recovery in the 35-point win, the third-largest winning margin in Super Bowl history.

In his first two seasons, Norton, Jr. helped David Hawthorne to his third-consecutive 100-tackle season, becoming the fifth player in Seahawks history to accomplish that feat. He also oversaw the development of 2011 fourth-round pick Wright in a starting role beginning Week 3 of the season with Wright finishing fifth on the team with 61 tackles (46 solo) and 2.0 sacks in only 12 games started. Wright followed that with a stellar sophomore season with a career-high 96 tackles (66 solo) in 2012.

In 2012, Norton saw another rookie emerge in second-round draft choice Wagner. Under his guidance, the defensive signal-caller finished second in the AP Defensive Rookie of the Year voting after recording 140 tackles (86 solo), ranking first in Seattle history in tackles among rookies (2nd NFL among rookies, 7th overall). He also led all rookie linebackers (T4th NFL among all rookies) with three interceptions.

Norton, Jr. spent six seasons coaching linebackers for USC from 2004-09, and defeated Oklahoma to win the 2004 national championship. In 2009, he added the title of assistant head coach of the defense. He spent his first year at USC as a graduate assistant (helping with the linebackers) after joining the Trojans staff in February of 2004.

His linebacking corps at USC is a Who's Who of drafted NFL linebackers; Brian Cushing, Jarvis Jones, Clay Matthews and Keith Rivers (first-round), Rey Mauluga and Lofa Tatupu (second-round), Kaluka Maiava (fourth-round) and Super Bowl MVP Smith (seventh-round) are among the standouts that Norton coached and recruited to USC.

In 2008, Mualuga was named first-team All-American, Pac-10 Defensive Player of the Year, made his third consecutive All-Pac-10 first team and was USC's first-ever winner of the Bednarik Award. He also was a finalist for the Lombardi, Butkus and Nagurski Awards. Fellow linebacker Cushing was also a Butkus Award finalist and won All-Pac-10 first-team honors. Following the season, Cushing was an NFL first-round pick, as was Super Bowl XLV winner Matthews.

In 2007, Rivers was an All-American first teamer and was a first-round NFL draft pick following the season, while linebacker Thomas Williams was a fifth-round NFL selection. In 2006 and 2007, Rivers and Mualuga made the All-Pac-10 first team. Linebackers Dallas Sartz (fifth round) and Oscar Lua (seventh round) were selected in the 2007 NFL Draft.

In 2004, linebackers Tatupu and Matt Grootegoed were named All-American first teamers (Grootegoed also was a Butkus Award finalist and Tatupu was Seattle's second-round pick).

Norton, Jr. spent 13 years playing in the NFL, first with the Dallas Cowboys for six seasons (1988-93) and then seven years with the San Francisco 49ers (1994-2000). The All-Pro and Pro Bowl selection is the only player in history to play on three consecutive Super Bowl-winning teams (the

Cowboys in 1992 and 1993 and the 49ers in 1994). He is one of 22 people in NFL history to win a Super Bowl as both a player and coach.

He was coached by the legendary Tom Landry in 1988 while his Dallas teammates included Ed "Too Tall" Jones, Randy White and Herschel Walker. Other Hall of Fame teammates include: Troy Aikman, Charles Haley, Michael Irvin, Terrell Owens, Jerry Rice, Emmitt Smith and Steve Young.

After retiring from the NFL, he was a radio and television commentator and analyst, including appearances on the NFL Network, where he was an original host with Rich Eisen and Seth Joyner. He also served as the defensive coordinator at Hamilton High in Los Angeles in 2003.

He was the Cowboys second-round NFL draft pick in 1988 after earning

All-American honors at UCLA in 1987. He lettered four seasons (1984-87) with the Bruins and was a finalist for the 1987 Butkus Award. He earned his bachelor's degree in sociology from UCLA in 1998.

Born on September 29, 1966, he and his wife, Angela, have three children, daughters Brittney and Sabrina, and son Ken III.

His late father is the former world heavyweight boxing champion and played football and basketball at Northeast Missouri State. Norton Sr. broke Muhammad Ali's jaw on March 31, 1973 at the San Diego Sports Arena in a match that Norton was victorious.

Norton Jr. also has three brothers, Keith, Kenejon and Brandon, and one sister, Kenisha.



BRIAN SCHNEIDER

SPECIAL TEAMS COORDINATOR

NFL EXPERIENCE: 13th YEAR

SEAHAWKS EXPERIENCE: 11th YEAR

SCHNEIDER'S COACHING CAREER

1994-96	Colorado State	Special Teams/Graduate Asst.
1997-02	Colorado State	Special Teams Coord./Tight Ends
2003-05	UCLA	Special Teams/LBs/Safeties
2006	Iowa State	Special Teams/Tight Ends
2007-08	Oakland Raiders	Special Teams Coordinator
2009	USC	Special Teams Coordinator
2010-	Seattle Seahawks	Special Teams Coordinator

Named to his current position on February 4, 2010, Brian Schneider returned to the NFL after one year at USC.

Since 2010, his special teams units rank first in the NFL in takeaways (24), second in blocked kicks (23), and fifth in touchdowns/safeties scored (14).

His teams have scored at least once in seven of the last ten seasons.

Last season, Schneider's units forced three takeaways and blocked three kicks, while punter Michael Dickson tied Jeff Feagles and Jon Ryan for the franchise-record for most punts landing inside the 20 in a single season with 34.

In 2018, Seattle's special teams included the second-oldest kicker in the league (Sebastian Janikowski) and one of the youngest punters in the league (rookie Michael Dickson). Janikowski went on to become the third player since 1970 to kick three game-winning field goals with no time left on the clock in a season in what was his 19th, and final, season in the NFL. Dickson set the franchise single-season punt average (48.2) and net average (42.5) records while becoming the first rookie punter to be named first-team AP All-Pro since Oakland's Shane Lechler in 2000 and the first Seattle punter to make the Pro Bowl since Rick Tuten in 1994, and the first rookie punter since the Los Angeles Rams' Dale Hatcher in 1985 to be selected to a Pro Bowl.

Kickoff returner Tyler Lockett was named to the AP All-Pro second-team in 2017, his third All-Pro selection of his career, helped by his 99-yard kickoff return for a touchdown vs. Arizona, the second kickoff-return touchdown of his career. P Jon Ryan set the club record for consecutive games played at 159 and is the franchise leader in every major punting category in his 10 seasons played.

Lockett was named a second-team AP All-Pro in 2016 and K Steven Hauschka departed Seattle as its all-time leader in field goals made with 175 and left the club with the third-highest field goal percentage in NFL history (87.2).

In 2015, Schneider coached rookie Lockett to a first-team AP All-Pro season as a return specialist. Lockett became the second player in NFL history (Hall of Famer Gale Sayers) to return a punt and kickoff for

touchdowns and have five receiving touchdowns in a single-season. Lockett returned a kickoff 105 yards for a franchise-record and his 1,915 combined yards are the fourth-most in a season in franchise history, and his 139 punt return yards at Arizona set the club record.

Hauschka recorded his fifth-straight 100-point season and was second in the NFL with a .938 conversion rate, while also posting a streak of 19-consecutive made field goals (third-longest in franchise history).

In 2014, Hauschka tied the franchise record converting a 58-yard field goal at Carolina. Ryan was named the Special Teams Player of the Month for September after averaging 48.3 yards per punt with a 43.3 net avg. and landing seven of his 12 punts inside the 20.

Seattle's special teams showcased its strong coverage units and reliable kicking game during 2013's Super Bowl XLVIII championship season.

Hauschka had a career-year converting 33 of 35 field goals (Seahawks single-season record .943) for a club-record 143 kicker points. He also converted 22 consecutive field goals, the second-longest streak in franchise history. Seattle's punt coverage unit allowed only 25 yards through the first 15 games, on track to set the NFL record for a 16-game season, but came up just shy of that record, settling for 82 return yards and second place. Special teams played a major role in the Super Bowl. Missing the majority of the season, Percy Harvin returned and took the second-half opening kick 87 yards for a touchdown and a 29-0 lead to propel Seattle to the title.

In 2012, Seattle's special teams unit excelled in all phases and set records in the process. Schneider's unit scored on a blocked punt, kickoff return, muffed punt and blocked field goal during the season. The blocked field goal vs. San Francisco was returned 90 yards, the third-longest field goal block return in NFL history. Kick returner Leon Washington led the NFC (2nd NFL) with a 29.0 kickoff return average and tied the NFL record with his eighth-career kickoff return for a touchdown coming at Miami. Ryan set the franchise mark with a 40.8 net average and became just the third punter in NFL history to average 60-plus yards per punt in a single game (4 for 240 vs. New England). Hauschka also set a franchise mark making at least one field goal in 14 consecutive games (2011-12).

Schneider's kickers were again a strong unit in 2011. Ryan continued his consistent play, breaking his own club record for highest punting average in a season (46.6) and leading the NFL with a career-high 34 punts landing inside the 20, tying for the second-most in Seattle history. Working with a new kicker in Hauschka, he converted 25 of 30 field goals on the season, tied the franchise mark and set a career-high with five made field goals vs. Baltimore and holds the club mark for longest field goal attempt (61).

In his first season, Seattle's special teams were one of the top units in the NFL. Schneider's schemes helped Washington become a second-team AP All-Pro kick returner and helped the team to rank third in the NFL with an average drive start at the 30.2 yard line. The Seahawks also excelled in kick coverage, as they ranked fifth in the NFL with opponents starting at their own 24.6 yard line.

Washington tied for the league-lead with three kickoff return touchdowns and became the first player in NFL history to return three kickoffs for touchdowns in two different seasons (2007). He became the 10th player in NFL history to return two kickoffs for touchdowns in a single game. Those two returns, 101 and 99 yards, helped him become the third player in NFL history with two touchdowns of 99-plus yards in the same game.

His individual kickers won Special Teams Player of the Week awards with Olindo Mare earning Week 7 honors after connecting on a Seahawks-record five field goals vs. Arizona. Mare also set a Seahawks record with 30 consecutive made field goals that also tied for the sixth-longest streak in NFL history. Ryan had 27 punts inside the 20 and his 27:1 inside the 20 to touchback ratio led the NFL.

Schneider coached special teams in Oakland for two seasons (2007-08). In both seasons, Shane Lechler led the NFL in punting and was named to the Pro Bowl.

In 2006, he handled special teams and tight ends at Iowa State. He then moved briefly to the Air Force Academy in early 2007 before being hired by

the Raiders that season.

He moved to UCLA for three seasons (2003-05), working with the linebackers and safeties in addition to the special teams. Maurice Jones-Drew led the nation in punt returns in 2005.

Schneider began his coaching career as a graduate assistant at his alma mater, Colorado State, for three years (1994-96), working with the special teams and defense. He then was promoted as a full-time assistant for the next six seasons (1997-2002), as the special teams coordinator and coaching the tight ends.

He was a four-year (1990-93) letter-winning linebacker at Colorado State, starting three seasons and earning All-Conference first-team honors as a senior in 1993. He earned his bachelor's degree in social science from Colorado State in 1994.

Schneider starred in football, basketball and track at Pomona High in Arvada, Colo.

He was born on May 16, 1971. Schneider and his wife, Kelli, have a daughter, Jaden, and three sons, Jace, Joby, and Joel.



CLINT HURTT

ASSISTANT HEAD COACH/DEFENSIVE LINE

NFL EXPERIENCE: 7th YEAR

SEAHAWKS EXPERIENCE: 4th YEAR

HURTT'S COACHING CAREER

2001-02	University of Miami	Strength & Cond. (volunteer)
2003-04	University of Miami	Graduate Assistant
2005	Florida International	Defensive Line
2006	University of Miami	Defensive Line
2007-09	University of Miami	Defensive Line/Recruiting Coord.
2010	Louisville	Defensive Line/Recruiting Coord.
2011-13	Louisville	Assoc. Head Coach/DL/Rec. Coord.
2014	Chicago Bears	Asst. Defensive Line
2015-16	Chicago Bears	Outside Linebackers
2017	Seattle Seahawks	Defensive Line
2018-	Seattle Seahawks	Asst. Head Coach/Defensive Line

Hired on March 16, 2017, Clint Hurtt joined Seattle after two years as the Chicago Bears outside linebackers coach (2015-16) and one year as the Bears assistant defensive line coach (2014).

In 2019, Jadeveon Clowney ranked 9th in the NFL with 16 tackles for a loss, and he scored two defensive touchdowns (one INT, one FR) while Rasheem Green led the team with 4.0 sacks.

Seattle's defensive line in 2018 saw a breakout year from DT Jarran Reed, as he posted career-highs in sacks (10.5, 3rd among NFL interior linemen), tackles (50) and quarterback hits (24). His 10.5 sacks were the third-most by a DT in franchise history, trailing only Hall of Famers Cortez Kennedy (14.0) and John Randle (11.0). Added to DE Frank Clark's career-high 13.0 sacks, the 23.5 combined sacks ranked fifth in the NFL and seventh in franchise history.

Hurtt's defensive line in 2017 was led by DE Michael Bennett (8.5 sacks)

and DE Clark (9.0 sacks) for the second-consecutive season, as the two combined for 17.5 sacks, the fifth-most by a defensive end tandem in the NFL. Clark's total was one-off his career-high set in 2016.

Hurtt's 2015 linebacker corps of Lamarr Houston (career-high 8.0 sacks), Willie Young (6.5) and Pernell McPhee (6.0) were the only trio of linebackers in the NFL to have at least six sacks each. Hurtt helped both Houston and Young transition from ends in a 4-3 base defense to 3-4 outside linebackers.

In 2014, Young led the team with a career-high 10.0 sacks after totaling just six sacks in his first four seasons in the league with the Detroit Lions.

Prior to joining the Bears in 2014, Hurtt spent 13 years in the collegiate ranks coaching 14 NFL Draft picks during that time. From 2010-13, he worked as Louisville's defensive line coach/recruiting coordinator, adding the title of associate head coach from 2011-13. In 2013, Louisville's defense was tops in the nation in sacks (3.31), total defense (251.5 ypg), rushing defense (80.7 ypg) and third down defense (27.0%) and second in scoring defense (12.2 points per game).

Hurtt came to Louisville from Miami, his alma mater, where he worked as the team's defensive line coach from 2006-09, adding the title of recruiting coordinator in 2007. It was his second stint at his alma mater after beginning his coaching career as a volunteer strength and conditioning coach from 2001-02 before working as a graduate assistant with the Hurricanes from 2003-04.

In between stints at Miami, Hurtt spent the 2005 season at Florida International University as the Golden Panthers defensive line coach.

Hurtt was a three-year letterman at Miami (1997, 1999-2000) before his career ended prior to the 2001 season due to injury.

Born on November 7, 1978, Hurtt and his wife, Tanisha, have a daughter, Taylor, and son, Clayton.



DAVE CANALES

OFFENSIVE PASSING GAME COORDINATOR

NFL EXPERIENCE: 11th YEAR

SEAHAWKS EXPERIENCE: 11th YEAR

CANALES' FOOTBALL CAREER

2004-05	Carson (Calif.) High School	Frosh/Soph Head Coach
2006-07	El Camino College	Tight Ends/Special Teams
2008	El Camino College	Quarterbacks
2010-12	Seattle Seahawks	Quality Control/Offense
2013-14	Seattle Seahawks	Asst. QBs/Offensive QC
2015-17	Seattle Seahawks	Wide Receivers
2018-19	Seattle Seahawks	Quarterbacks
2020-	Seattle Seahawks	Offensive Passing Game Coordinator

Named to Seattle's coaching staff on February 4, 2010, Dave Canales entered the NFL after one season as USC's offensive administrative assistant in 2009.

Canales enters his first season as the Seahawks offensive passing game coordinator after spending two years as the team's quarterbacks coach (2018-19) and three years as the wide receivers coach (2015-2017).

In Canales' ten years with the Seahawks, he has played a variety of instrumental roles in helping the team to eight playoff appearances. He served as assistant quarterbacks coach for two years, during the Super Bowl XLVIII championship season and the 2014 NFC Championship season. He was the quality control/offense coach the previous three years working

with wide receivers and quarterbacks (2010-2012).

At USC in 2009, he was an assistant strength coach, video assistant and worked with quarterbacks, during a year that the Trojans won the Emerald Bowl.

He came to USC from El Camino (Calif.) College, where he was the tight ends coach and special teams coordinator, coaching quarterbacks in his final season (2006-08). The Warriors football team won the California Community College State Championship in 2006 and won the Mission Conference twice during his tenure.

It was during his time at El Camino College that Canales forged an invaluable relationship with Pete Carroll and the USC staff through working as a part-time coach at the annual Pete Carroll football camps.

Canales began his career as the head frosh/soph football coach and offensive coordinator at his alma mater Carson High from 2004-05. The Colts won the Marine League championship both seasons.

He played wide receiver at Azusa Pacific University from 1999-2003 and was a two-time captain. He earned his degree in business administration in 2003.

Canales was a three-sport athlete at Carson High playing football, baseball and track. He was recognized as a scholar-athlete with a 4.08 GPA.

Born on May 7, 1981, in Harbor City, Calif., David and his wife, Lizzy, have four children, Ashby, Benjamin, Beatrice and Amaya.



BRENNAN CARROLL

RUN GAME COORDINATOR

NFL EXPERIENCE: 6th YEAR

SEAHAWKS EXPERIENCE: 6th YEAR

CARROLL'S COACHING CAREER

2002-03	USC	Offensive Assistant
2004-06	USC	Tight Ends
2007-10	USC	Tight Ends/Recruiting Coord.
2011-12	University of Miami	Tight Ends/Recruiting Coord.
2013-14	University of Miami	Wide Receivers/Recruiting Coord.
2015-18	Seattle Seahawks	Asst. Offensive Line
2019	Seattle Seahawks	Offensive Scheme Specialist/Asst. Off. Line
2020-	Seattle Seahawks	Run Game Coordinator

Named to the Seahawks staff on February 9, 2015, Brennan Carroll joined an NFL staff for the first time in his career after spending 13 years in the college ranks. He will work alongside Mike Solari, who returns to coach Seattle's offensive line, a position Solari held in 2008-09 with Seattle. Carroll takes on a new role in 2020, being named the run game coordinator prior to the season.

Injuries took a toll in 2019 to the top-two running backs in Chris Carson and Rashaad Penny, prematurely ending their seasons. Carson started all 15 games played while setting a career-high with 1,230 yards and became the sixth player in franchise history to record back-to-back 1,000 rushing yard seasons, while Penny rushed for 370 yards with a 5.7 rushing yards average

in 10 games.

In 2018, the line was led by second-team All-Pro T Duane Brown as Seattle led the NFL in rushing with 2,560 yards, the third-most in franchise history, and helped second-year back Carson become Seattle's first 1,000-yard rusher since 2014, becoming the sixth player in franchise history to accomplish the feat with a career-high 1,151 yards.

Carroll spent four seasons at the University of Miami as its national recruiting coordinator, in addition to serving his first two seasons (2011-12) as tight ends coach before moving on to wide receivers coach in 2013.

He began his coaching career in 2002 at USC and handled coaching duties as offensive assistant (2002-03), tight ends coach (2004-06) and tight ends/recruiting coordinator (2007-10).

In 2007, tight end Fred Davis won the Mackey Award, was selected to the All-America first-team and was a second-round NFL draft pick following the season. Tight end Dominique Byrd was a third round NFL draft pick following the 2005 season.

Carroll played tight end in college for Delaware (1997) and Pittsburgh (1999-2001) and recorded four receptions for 37 yards and one touchdown during his career.

He attended Saratoga (Calif.) High, where he starred as a linebacker in football and also played basketball. Carroll earned his bachelor's degree in social sciences from Pittsburgh in 2001.

Born on March 20, 1979, he is the oldest son of head coach Pete Carroll. Married to Amber, the couple has three children.



NATE CARROLL

WIDE RECEIVERS

NFL EXPERIENCE: 10th YEAR

SEAHAWKS EXPERIENCE: 10th YEAR

CARROLL'S COACHING CAREER

2011-12	Seattle Seahawks	Defensive Assistant
2013	Seattle Seahawks	Offensive Assistant
2014-17	Seattle Seahawks	Asst. Wide Receivers
2018-	Seattle Seahawks	Wide Receivers

Named to the Seahawks staff on July 26, 2010, Nate Carroll moved in to the coaching ranks in 2011 after spending the 2010 season as a personnel assistant in the scouting department.

With Dave Canales assuming quarterback coaching duties in 2018, Carroll leads the wide receivers room for a third year after being an assistant the previous four seasons (2014-17).

Seattle's wide receivers in 2019 were led by a fifth-year veteran in Tyler Lockett and rookie in DK Metcalf. Lockett set a career-high with 1,057 yards and became the eighth player in franchise history to record a 1,000-yard season and first since Doug Baldwin in 2016. Metcalf moved directly in to the starting lineup and recorded the second-most receptions (58) by a rookie in franchise history and his receptions and 900 yards ranked second and third, respectively, in the NFL among rookie wide receivers. His 160 yards at Philadelphia in the Wild Card Game set the franchise postseason record and was the most receiving yards in a playoff game by a rookie in NFL history. His two-game postseason total of 219 yards are the third-most among rookies in NFL history.

With Baldwin slowed by injuries in 2018, it was Lockett who led the group with career-highs in catches (57), yards (965) and touchdowns (10, 6th NFL), while Baldwin was second on the team with 50 catches for 618 yards. When QB Russell Wilson targeted Lockett, he was 57 for 70 (81.4%) for 965 yards with 10 touchdowns and zero interceptions, good for a perfect 158.3 passer rating, a feat last accomplished in the 2009 season.

In 2017, Baldwin led the team for the fourth-consecutive season in catches and yards, with 75 receptions for 991 yards while adding eight touchdowns. He was also named to the Pro Bowl for the second year in a row.

Baldwin earned his first Pro Bowl appearance in 2016 after tying the franchise record with a career-high 94 receptions along with a career-high 1,128 yards, becoming the fifth player in franchise history to record back-to-back 1,000-yard seasons.

In 2015, Seattle's receivers helped Wilson lead the NFL with a 110.1 rating. Baldwin became Seattle's first 1,000-yard receiver since Bobby Engram in 2007 and led the NFL with 14 touchdown receptions, also a franchise-record. Jermaine Kearse recorded career-highs in receptions, yards and touchdowns while Lockett's 51 receptions tied Baldwin for the fifth-most in franchise history by a rookie.

Carroll moved in to a new role in 2013 as an offensive assistant, working alongside wide receivers coach Kippy Brown during Seattle's Super Bowl-XLVIII winning season. Brown's group helped Wilson become the first quarterback in NFL history with a 100-plus passer rating in each of his first two seasons (2012-13).

In his first two seasons on the Seahawks coaching staff as a defensive assistant, Carroll's primary responsibilities included video study of opponents, self-scouting, playbook production and assisting several coaches and defensive coordinator Gus Bradley.

A graduate of USC, he earned his degree in psychology in 2010. Carroll was a three-sport star at Peninsula High in Palos Verdes, Calif., earning Athlete of the Year honors in 2006, passing on playing college football to attend USC.

Born on March 24, 1987, in Edina, Minn., Nate is the youngest son of head coach Pete Carroll. Married to Anna, the couple has two sons.



AARON CURRY

DEFENSIVE ASSISTANT/LINEBACKERS

NFL EXPERIENCE: 2nd YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

CURRY'S FOOTBALL CAREER

2019	Seattle Seahawks	Coaching Assistant
2020-	Seattle Seahawks	Defensive Assistant/Linebackers

Aaron Curry officially joined the Seahawks coaching staff on March 11, 2020 after spending the 2019 as a coaching assistant.

Curry was the fourth overall selection by the Seahawks in the 2009 NFL Draft and played four seasons in the NFL. He played in 35 games with Seattle (2009-11) and 13 with the Oakland Raiders (2011-12), tallying 203 tackles (163 solo), 5.5 sacks, 12 passes defensed, four forced fumbles and four fumble recoveries, returning two for touchdowns.

Born on April 6, 1986, Curry started 49 of 51 games at Wake Forest was the recipient of the 2008 Butkus Award, given to the nation's top linebacker.



ANDRE CURTIS

DEFENSIVE PASSING GAME COORDINATOR

NFL EXPERIENCE: 15th YEAR

SEAHAWKS EXPERIENCE: 6th YEAR

CURTIS' COACHING CAREER

2000-03	Virginia Military Institute	Linebackers
2004-05	Georgia Southern	Defensive Ends
2006-08	N.Y. Giants	Quality Control/Defense
2009-11	St. Louis Rams	Defensive Backs/Safeties
2012-14	New Orleans Saints	Asst. Secondary
2015	Seattle Seahawks	Asst. Secondary/Safeties
2016-17	Seattle Seahawks	Defensive Backs
2018-	Seattle Seahawks	Defensive Passing Game Coordinator

Hired by the Seahawks on March 25, 2015, Curtis joins his fourth NFL team after spending three seasons (2012-14) with the New Orleans Saints as assistant secondary coach.

The 2019 season saw CB Shaquill Griffin earn his first Pro Bowl appearance as an injury replacement as he posted a career-high 65 tackles (45 solo) and 13 passes defended (14th NFL), CB Tre Flowers record a career-high three interceptions and the mid-season acquisition of S Quandre Diggs in a trade with Detroit. Diggs presence was immediately felt with veteran leadership and three interceptions, returning one for a touchdown.

By the end of the 2018 season, Seattle's secondary saw three new starters in the backfield in Flowers, S Bradley McDougald and S Tedric Thompson, teaming with CB Griffin. The secondary began the season with one player recording two interceptions in each of their first three games (McDougald at Denver, Griffin at Chicago, Earl Thomas vs. Dallas), the last time a team had a two-interception player in the first three games of a season was the 1976 Washington Redskins.

In 2017, S Thomas returned from a broken leg suffered in 2016 and was named All-Pro for the fifth time and a Pro Bowler for the sixth time in his career after recording 88 tackles (56 solo) and two interceptions, returning

one for a touchdown. With Thomas' return, the group lost S Kam Chancellor (neck) and CB Richard Sherman (Achilles) for a majority of the season but saw the emergence of rookie CB Griffin, who became a 10-game starter at right corner.

Sherman earned his fourth Pro Bowl nod with a team-leading four interceptions in 2016. He has 32 in his career and ranks fourth in franchise history, tied with Hall of Famer Kenny Easley.

In his first season with Seattle in 2015, the Seahawks secondary boasted three Pro Bowlers in Chancellor, Sherman and Thomas for the third-consecutive season as they helped Seattle rank second in total defense (291.8 ypg) and second in pass defense (210.3 ypg) in the NFL.

In New Orleans, Curtis worked with S Kenny Vaccaro and CB Keenan Lewis. Vaccaro was a PFWA All-Rookie selection as he led the secondary with 93 tackles while Lewis led the team with a career-high four interceptions in 2013.

Curtis was a defensive quality control coach for the N.Y. Giants from 2006-08 and the defensive backs/safeties coach for the St. Louis Rams from 2009-11 before joining the Saints. In 2011, the Rams finished seventh in the NFL in pass defense (206.7 ypg).

Prior to the NFL, he coached defensive ends at Georgia Southern (2004-05) and linebackers at his alma mater, Virginia Military Institute, from 2000-03.

While on the VMI staff, Curtis worked in the N.Y. Jets training camp in 2002, and in 2003, was with the Tampa Bay Buccaneers as a part of the NFL's Bill Walsh Minority Coaching Fellowship.

Curtis was a four-year letterwinner as a linebacker at VMI from 1996-99. He started 31 consecutive games and finished his career with 354 tackles, while earning second-team All-Southern Conference honors in 1998.

Curtis is a native of Beaverdam, Va. and has a bachelor's degree in economics and business from VMI.



AUSTIN DAVIS

QUARTERBACKS

NFL EXPERIENCE: 2nd YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

DAVIS' COACHING CAREER

2019	Seattle Seahawks	Offensive Assistant
2020-	Seattle Seahawks	Quarterbacks

Austin Davis joined the NFL coaching ranks on February 22, 2019 after a seven-year NFL career playing for five teams. He takes on the new role of quarterbacks coach in 2020 after one year as an offensive assistant for Seattle.

Davis, who served as Russell Wilson's backup in 2017, will work

alongside offensive coordinator Brian Schottenheimer, who was Davis' coordinator during his most successful year as a player, the 2014 season in which he started eight games for the St. Louis Rams, where he threw for 12 touchdowns and nine interceptions while completing 63.4 percent of his passes. Davis spent the 2018 season with the Tennessee Titans.

He started 10 of 16 career games played for St. Louis, Cleveland, Denver, Seattle and Tennessee, completing 236 of 378 passes for 2,548 yards, with 13 touchdowns and 12 interceptions.

He was drafted by the Boston Red Sox in the 2012 MLB Draft in the 31st round. His brother, Bo, played for the San Diego Padres.

Davis was born on June 2, 1989.



TOM DONATELL

QUALITY CONTROL/DEFENSE

NFL EXPERIENCE: 4th YEAR

SEAHAWKS EXPERIENCE: 4th YEAR

DONATELL'S COACHING CAREER

2013-14	University of South Florida	Graduate Assistant
2015-16	UCLA	Graduate Assistant
2017-	Seattle Seahawks	Quality Control/Defense

Tom Donatell joined the Seahawks on March 16, 2017, after spending two seasons each at UCLA (2015-16) and the University of South Florida (2013-14) as a graduate assistant.

Donatell's primary responsibilities include video study of opponents, self-scouting, playbook production and assisting defensive coordinator Ken Norton, Jr.

He started 10 of 33 games played at linebacker and safety for the University of Iowa and recorded 64 tackles, two interceptions and one forced fumble during his collegiate career (2008-12).

Born on March 29, 1989, Tom is the son of Denver Broncos defensive coordinator, Ed Donatell. He is married to Rebecca, with two sons, Drake and Jack.



THOMAS GARCIA

STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 2nd YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

GARCIA'S COACHING CAREER

2019-	Seattle Seahawks	Strength & Conditioning Asst.
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Thomas Garcia enters his second season in the Seahawks strength & conditioning department after spending his first six seasons with the club serving as a sport science specialist.

For the 2017-18 seasons, Garcia assisted the medical staff in the team's return-to-play process, developing end-stage rehabilitation strength programs and assisting in on-field conditioning programs for players

returning to competition. Being dual credentialed as an ATC/CSCS and experienced in sport science has allowed Garcia to have a unique perspective in athletic development and performance.

His role is the re-conditioning and performance coordinator within the strength & conditioning program. He will assist in the planning and implementation of all re-conditioning needs for players in the end stages of rehabilitation using sports performance data to objectively evaluate progression and management. Garcia will also assist in the planning and implementation of all alternative on-field conditioning and weight room modifications and needs for injured or limited players.



JOHN GLENN

LINEBACKERS

NFL EXPERIENCE: 9th YEAR

SEAHAWKS EXPERIENCE: 9th YEAR

GLENN'S COACHING CAREER

2006-08	North Carolina Wesleyan College	Linebackers
2010-11	University of Washington	Quality Control
2012-13	Seattle Seahawks	Coaching Asst./Special Teams
2014-15	Seattle Seahawks	Quality Control/Defense
2016	Seattle Seahawks	Defensive Assistant
2017	Seattle Seahawks	Asst. Linebackers
2018-	Seattle Seahawks	Linebackers

Hired on February 14, 2012 to be the team's special teams coaching assistant, Glenn moved to new roles in 2014 as quality control/defense coach, defensive assistant in 2016, assistant linebackers coach in 2017, and

now leading the linebackers, being promoted before the 2018 season.

Glenn supports Ken Norton, Jr., who was named defensive coordinator in 2018.

In 2019, Glenn's linebackers saw career years, as Bobby Wagner recorded the second-most tackles in franchise history with 159 (1st in NFL), trailing his own franchise record of 167, and K.J. Wright posted a career-high 132 tackles, the fifth 100-tackle season of his career.

He entered the league after spending two seasons (2010-11) as the University of Washington's quality control coach.

Glenn was a three-year letterwinner at linebacker and a starter on East Stroudsburg University's 2004 and 2005 NCAA playoff teams. He was also a two-year letterwinner in basketball in 2001-02 and 2002-03.

Born on July 20, 1981 in Scranton, Pa., Glenn and his wife, Leigh, have two sons, Nate and Luke.



BRAD IDZIK

ASSISTANT WIDE RECEIVERS

NFL EXPERIENCE: 2nd YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

IDZIK'S COACHING CAREER

2014-18	Stanford University	Graduate Assistant
2019-	Seattle Seahawks	Asst. Wide Receivers

Brad Idzik joined the Seahawks staff on February 22, 2019 after five seasons as an offensive graduate assistant at Stanford University (2014-18).

Idzik attended Wake Forest, where he graduated in 2014 with a degree in mathematical business. He also minored in global trade & commerce after a sabbatical term studying politics and economics at Cambridge.

Idzik transferred to Wake Forest in 2011 following his freshman year at Lehigh. As a flanker on the Wake Forest football team, he made his collegiate debut in 2012 at Notre Dame.

He is the son of John Idzik, who served as Seattle's vice president of football administration from 2007 to 2012 before becoming the general manager of the New York Jets in 2013 and currently the special assistant to the general manager in Jacksonville. John played college football at Dartmouth while Idzik's grandfather, John Sr., was the head football coach at the University of Detroit in the 1960s and also held assistant coaching positions in the NFL, CFL and college football.

Idzik was born on October 20, 1991.



LARRY IZZO

ASSISTANT SPECIAL TEAMS

NFL EXPERIENCE: 10th YEAR

SEAHAWKS EXPERIENCE: 3rd YEAR

IZZO'S COACHING CAREER

2011-15	N.Y. Giants	Asst. Special Teams
2016-17	Houston Texans	Special Teams Coordinator
2018-	Seattle Seahawks	Asst. Special Teams

Hired on February 27, 2018, Larry Izzo begins his third season on the Seahawks staff after spending seven seasons coaching with the N.Y. Giants and Houston following a 14-year playing career.

Last season, the Seahawks special teams units forced three takeaways and blocked three kicks, while punter Michael Dickson tied Jeff Feagles and Jon Ryan for the franchise-record for most punts landing inside the 20 in a single season with 34.

In 2018, Seattle's special teams included the second-oldest kicker in the league (Sebastian Janikowski) and one of the youngest punters in the league (rookie Michael Dickson). Janikowski went on to become the third player since 1970 to kick three game-winning field goals with no time left on the clock in a season in what was his 19th, and final, season in the NFL. Dickson set the franchise single-season punt average (48.2) and net average (42.5) records while becoming the first rookie punter to be named first-team AP All-Pro since Oakland's Shane Lechler in 2000 and the first Seattle punter to make the Pro Bowl since Rick Tuten in 1994, and the first rookie punter since the Los Angeles Rams' Dale Hatcher in 1985 to be selected to a Pro Bowl.

In Izzo's first season with Houston in 2016, K Nick Novak turned in one of the best seasons in franchise history. Novak tied for second in the NFL with 35 field goals made, which marked his career high and the most in a single season in Texans history.

Izzo joined the Texans after spending five seasons (2011-15) as the assistant special teams coach with the N.Y. Giants, where he was a part of the team's Super Bowl XLVI victory in 2011. In 2015, the Giants finished second in the Dallas Morning News' annual comprehensive ranking of the league's special teams. The unit ranked fifth in opponent kickoff return average (20.3) and tied for first in field goal percentage (93.8). New York was also seventh in the NFL in punt return average (10.2) and 10th in kickoff

return average (24.9). The Giants' kickoff team allowed an average return of just 18.3 yards in 2014, which ranked second in the NFL.

In 2012, the special teams made significant contributions to the Giants' winning season and finished seventh in the Dallas Morning News' annual ranking. The Giants led the NFL with five special teams takeaways and their average drive start following a kickoff was at the 25.2-yard line, which led the NFL. The Giants also averaged 26.2 yards per kickoff return, which placed them seventh in the NFL.

In 2011, Izzo's first season with the Giants, he won his fourth Super Bowl ring and first as a coach. He also helped develop a group of rookies who quickly became outstanding special teams players, including Mark Herzlich, Spencer Paysinger, Tyler Sash and Jacquian Williams.

In his 14-year NFL career (1996-2009), Izzo played for three teams, including the Miami Dolphins (1996-2000), New England Patriots (2001-08) and New York Jets (2009). He was a three-time Super Bowl champion with New England (2001, 2003 and 2004) and a three-time Pro Bowler (2000, 2002 and 2004). He is one of 22 people in NFL history to win a Super Bowl as both a player and coach.

He was also credited with 275 special teams tackles in 200 regular season games and 23 more in 21 postseason games. Izzo never played on a team with a losing record and his teams participated in the playoffs nine times, reaching five AFC Championship Games and four Super Bowls. His teammates selected him as a special teams captain nine times, including eight with the Patriots.

Izzo, who is considered one of the best special teams players in NFL history, began his career in 1996 as an undrafted free agent with the Miami Dolphins. He made such a rapid and positive impact that in the preseason, Head Coach Jimmy Johnson said only two players were guaranteed to make the team – future Hall of Fame QB Dan Marino and Izzo.

Izzo, who is from Fort Belvoir, Va., was a four-year letterman and three-year starter at Rice University, where he played linebacker and finished fourth in school history with 301 tackles, including a record 46 for losses. As a senior captain, he had 121 tackles and was named a consensus first-team All-Southwest Conference selection. He graduated in 2002 with a degree in business.

In 2005, Izzo and Warrick Dunn participated in a USO tour to visit troops stationed overseas. They began their trip at Bagram Air Base in Afghanistan, where they helped open the Pat Tillman USO Center, then spent time with

troops in Baghdad, Kuwait and Qatar.

Born on September 26, 1974, he and his wife, Mara, have two sons, Boston and Hawk.



KERRY JOSEPH

OFFENSIVE ASSISTANT/RUNNING BACKS

NFL EXPERIENCE: 1st YEAR

SEAHAWKS EXPERIENCE: 1st YEAR

JOSEPH'S FOOTBALL CAREER

2016-17	McNeese State	Co-Offensive Coordinator/WRs
2018	McNeese State	Co-Offensive Coordinator/QBs
2019	SE Louisiana State	Passing Game Coordinator/RBs
2020-	Seattle Seahawks	Offensive Assistant/Running Backs

Kerry Joseph joined the Seahawks coaching staff on July 27, 2020 following four years coaching at the college level and a 19-year professional football career (1996-2014). He most recently served as the passing game coordinator/running backs coach for SE Louisiana State (2019).

Joseph opened his coaching career at his alma mater, McNeese State, where he spent three seasons as co-offensive coordinator (2016-18). In 2016 and 2017, his duties included working with the team's wide receivers, while he coached quarterbacks in 2018. He also served training camp internships with the New Orleans Saints and Tampa Bay Buccaneers.

A native of New Iberia, La., he joined the coaching ranks after a near two-decade professional career that saw him play in the NFL, CFL, NFL Europe and World League.

He spent the majority of his NFL career with the Seattle Seahawks

(1998-01), playing in 56 games with 14 starts at safety from 1998-01. He posted 143 tackles, one sack and three interceptions in his four-year NFL career.

Following his time in the NFL, Joseph spent his playing career in Canada, excelling as a quarterback. During the 2007 season as a member of the CFL's Saskatchewan Roughriders, he was named the CFL's Outstanding Player, helping the Roughriders to their third Grey Cup in club history.

As a quarterback at McNeese State from 1992-95, Joseph led the Cowboys to 41 wins and three Southland Conference titles as a starter. During his time under center, McNeese won its first playoff game in school history (1992) and advanced to the national semifinals for the first time in 1995.

The Southland Conference and Louisiana Player of the Year as a senior, Joseph helped that 1995 Cowboys squad to a 13-1 record, as McNeese spent the majority of the season ranked No. 1 nationally. A 2012 Southland Conference Hall of Honor inductee and a member of the McNeese Sports Hall of Fame, Joseph threw for 7,874 yards and a school record 67 touchdown passes during his four years in Lake Charles.

Joseph was born on October, 4, 1973.



KELI' KEKUEWA

OFFENSIVE ASSISTANT

NFL EXPERIENCE: 1st YEAR

SEAHAWKS EXPERIENCE: 1st YEAR

KEKUEWA'S FOOTBALL CAREER

2015-16	Wake Forest	Offensive Line/Tight Ends
2017	University of Minnesota	Offensive Line/Tight Ends
2018	Henderson State	Offensive Line/Tight Ends
2019	Notre Dame	Graduate Assistant
2020-	Seattle Seahawks	Offensive Assistant

Kekuewa, who goes by the nickname "Chief," joined the staff on March 11, 2020 after spending the 2019 season as Notre Dame's offensive staff as a graduate assistant.

He began his coaching career at Wake Forest (2015-16) before moving on to the University of Minnesota (2017) and Henderson State University (2018), working mainly with the offensive line and tight ends at each

program.

Kekuewa played two seasons at Bowling Green, starting all 27 games during the 2012-13 seasons. An All-Mid-American Conference center, Kekuewa was a key part of the Falcons' offensive unit that averaged over 34 points per game. BGSU finished 10-4 in 2013 including a win in the MAC Championship Game over Northern Illinois and a bowl bid to the Little Caesars Pizza Bowl.

The Keeau, Hawaii native was an Academic All-MAC selection in 2013. He spent his first two seasons at Arizona Western Junior College where he led the Matadors to an 11-1 record and a berth in the National Junior College Athletic Association championship game.

Born on December 2, 1992, he graduated from Bowling Green in May of 2014 with a degree in environmental studies and earned his masters in liberal studies from Wake Forest in December of 2016.



SANJAY LAL

SENIOR OFFENSIVE ASSISTANT

NFL EXPERIENCE: 14th YEAR

SEAHAWKS EXPERIENCE: 1st YEAR

LAL'S FOOTBALL CAREER

2003	Los Medanos College	Wide Receivers
2004	St. Mary's College	Quarterbacks/Strength, Speed & Conditioning
2005-06	California	Offensive Assistant/Quarterbacks
2007-11	Oakland Raiders	Wide Receivers
2012-14	N.Y. Jets	Wide Receivers
2015-16	Buffalo Bills	Wide Receivers
2017	Indianapolis Colts	Wide Receivers
2018-19	Dallas Cowboys	Wide Receivers
2020-	Seattle Seahawks	Senior Offensive Assistant

Sanjay Lal joined the Seahawks staff on March 11, 2020 after two seasons as wide receivers coach with the Dallas Cowboys (2018-19). He also coached receivers previously with Indianapolis (2017), Buffalo (2015-16), the N.Y. Jets (2012-14) and Oakland (2007-11).

In 2019, the Cowboys had two 1,100-yard receivers in Amari Cooper and Michael Gallup for the first time since 2007. Cooper, who made the Pro Bowl, led the team with 79 receptions for 1,189 yards and eight touchdowns while Gallup became the third-youngest Cowboys receiver (23 years, 262 days) to reach the 1,000-yard plateau with 1,107 yards on 66 catches with six touchdowns. The two, along with Randall Cobb's 55 receptions for 828 yards and three scores helped Dak Prescott enjoy a career year with over 4,900 yards and 30 touchdowns, and gave the Cowboys three players with 800-plus receiving yards for the first time since 2012.

In Lal's first season in Dallas in 2018, he helped break in a new receiving corps following the departure of Dez Bryant. Cole Beasley led all receivers with 65 receptions for 672 yards and three touchdowns. Lal's receivers got a boost when the Cowboys traded for Amari Cooper from the Raiders at the trade deadline. In nine games with Dallas, Cooper was the team's No. 1

receiver as he tied for the fourth-most receiving first downs (39) and fourth-most touchdowns (six), had the eighth-most receptions (53) and ninth-most receiving yards (725) to lead the team and rank amongst the top-10 of all NFL wide receivers from Weeks 9-17. He notched his third career trip to the Pro Bowl as a replacement for Michael Thomas. Lal also oversaw the growth of rookie Michael Gallup, whose 33 receptions and 507 yards were both the seventh-highest totals by a team rookie receiver.

In his lone season with the Colts, Lal oversaw a receiving corps that was led by T.Y. Hilton, who had 57 receptions (second on team) for 966 yards (team-high) and four touchdowns while earning a trip to the Pro Bowl as an alternate. He previously spent two seasons as Buffalo's wide receivers coach (2015-16). In 2015, Sammy Watkins recorded his first 1,000-yard campaign and led the NFL in average yards at the point of the catch (14.7). After returning from injury, Watkins finished the second half of the season ranked third in the NFL in receiving yards (900) from Weeks 9-17.

Prior to arriving in Buffalo, Lal spent three seasons (2012-14) with the New York Jets and coached Eric Decker, who posted 74 catches for 962 yards and five touchdowns in 2014, logging a career-best game with 10 catches for 221 yards and a touchdown. In 2013 he guided Jeremy Kerley and David Nelson, who finished first and second on the team in receptions, respectively. Kerley also posted a career-best 56 receptions in addition to 827 yards and a 14.8 yards per catch average in 2012.

Lal began his NFL coaching career spending five seasons (2007-2011) with the Oakland Raiders as the assistant wide receivers/quality control coach (2007-08) and wide receivers coach (2009-2011). Before making the jump to the NFL, Lal coached collegiately at California (2004-06) as an offensive assistant and quarterbacks coach, at Saint Mary's College (2004) as the quarterbacks and strength, speed and conditioning coach and at Los Medanos College (2003) as the receivers coach.

Lal attended the University of Washington where he played wide receiver and became a Husky Hall of Famer. He was on Washington's 1992 National Championship team and a member of two Rose Bowl teams. Lal was invited

to training camp with the Raiders in 1995 and also spent time with the St. Louis Rams in 1998. He signed with the Scottish Claymores of NFL Europe in 1999



DAMIONE LEWIS

DEFENSIVE ASSISTANT/DEFENSIVE LINE

NFL EXPERIENCE: 1st YEAR

SEAHAWKS EXPERIENCE: 1st YEAR

LEWIS' FOOTBALL CAREER

2020-	Seattle Seahawks	Defensive Assistant/Defensive Line
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Lewis joined the Seahawks coaching staff on March 11, 2020. He most recently served as the Assistant Athletic Director of Football/Player Development for Florida International University for the 2019 season.

He played 10 seasons in the NFL, starting 65 of 101 games after being the 12th overall selection by the St. Louis Rams in the 2001 NFL Draft. He played for St. Louis (2001-05), Carolina (2006-09) and Houston (2010) and recorded 261 tackles (190 solo), 23.5 sacks, 15 passes defended, four forced fumbles and five fumble recoveries in his career.

Born on March 1, 1978, Lewis majored in sociology at the University of Miami.



IVAN LEWIS

HEAD STRENGTH & CONDITIONING

NFL EXPERIENCE: 4th YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

LEWIS' COACHING CAREER

2002-03	University of San Diego	Strength & Conditioning Asst.
2004-05	San Diego Chargers	Strength & Conditioning Intern
2006-08	USC	Strength & Conditioning Asst.
2009-13	University of Washington	Head Strength & Conditioning
2014-18	USC	Head Strength & Conditioning
2019-	Seattle Seahawks	Head Strength & Conditioning

Ivan Lewis was announced as the head strength & conditioning coach on February 22, 2019 after five seasons (2014-18) at USC in the same capacity.

Lewis helped return USC to a Rose Bowl championship in 2016 and a Pac-12 Championship following the 2017 season.

Prior to USC, he spent five seasons in the Pacific Northwest (2009-13) as the head strength & conditioning coach at the University of Washington.

He worked directly with the Huskies football team and was named the

2013 Samson Equipment/American Football Monthly FBS Strength and Conditioning Coach of the Year.

He went to UW after three seasons (2006-08) as an assistant at USC under Chris Carlisle and helped the Trojans win three Pac-10 championships and Rose Bowls during his tenure.

Lewis began his NFL career with the San Diego Chargers (2004-05) interning in the strength department under the guidance of Dave Redding and Matt Schiotz, after spending two years (2002-03) at the University of San Diego, where he worked with the football team and other sports.

He was an assistant football coach and strength & conditioning coach at Mt. Si High School in Snoqualmie (Wash.) in 2000 and 2001.

He is a Certified Strength and Conditioning Specialist (CSCS) and is certified by USA Weightlifting (USAW).

Lewis graduated from Idaho in 2000 with a bachelor's degree in education and earned a master's degree in leadership studies, with a coaching emphasis, from San Diego in 2003.

He was born on September 14, 1978. He and his wife, Lauralee, have one daughter, Dakota, and one son, D'Angelo.



PAT McPHERSON

TIGHT ENDS

NFL EXPERIENCE: 23rd YEAR

SEAHAWKS EXPERIENCE: 11th YEAR

MCPHERSON'S COACHING CAREER

1994-97	Bellarmino College Prep	Linebackers/Running Backs
1996	San Francisco 49ers	Quality Control/Defense (volunteer)
1998	Denver Broncos	Defensive Assistant
1999-02	Denver Broncos	Offensive Assistant
2003-06	Denver Broncos	Quarterbacks
2007-08	Denver Broncos	Tights Ends
2010-	Seattle Seahawks	Tight Ends

Named to his position on February 4, 2010, McPherson joined Seattle after 11 years with the Denver Broncos, most recently serving as their tight ends coach from 2007-08. Before being named to that position, he spent four years (2003-06) as quarterbacks coach for the Broncos and also served as an offensive assistant (1999-2002) and defensive assistant (1998).

McPherson's tight ends were again tested for depth in 2019 as Will Dissly again suffered a season-ending injury, this time an achilles, but not before logging 23 catches for 262 yards and four touchdowns. Jacob Hollister emerged as one of Russell Wilson's go-to targets by the end of the year and recorded career-highs in receptions (41), yards (349), and touchdowns (3) while playing in just 11 games with three starts. Luke Willson made a return to the Seahawks tight ends room, signing as a free agent during the season and adding eight catches for 79 yards.

McPherson's group's depth was tested in 2018 as fourth-round draft choice Will Dissly saw his season cut short due to a knee injury and offseason acquisition Ed Dickson sidelined for half of the season, leading tight end Nick Vannett to start nine of 15 games played and posting career-highs in catches (29), yards (269) and touchdowns (3). Dissly did make his mark in limited time, becoming the the first rookie tight end in NFL history to start his career with at least one touchdown and more than 40 yards receiving in back-to-back games during Weeks 1-2. Also, his 66-yard reception at Denver was the longest reception by a Seahawks rookie since Darrell Jackson (71 yards) in 2000.

Jimmy Graham enjoyed another Pro Bowl year in 2017 and re-wrote franchise records by a tight end in club history. It was Graham's fifth trip to the annual all-star game after hauling in 10 touchdown receptions, the second-most in the NFL and the most among tight ends in franchise history in a single-season. With 57 receptions for 520 yards and 10 touchdowns, those totals helped Graham become the franchise's all-time leader by a tight end in catches (170), yards (2,048) and touchdowns (18).

In 2016, McPherson helped Graham return from a torn patellar tendon and turn in a Pro Bowl season as he ranked second on the team with 65 receptions for 923 yards with six touchdowns. Graham joined McPherson's group in 2015 but saw his season cut short after 11 games and 48 receptions for 605 yards and two touchdowns.

In their Super Bowl XLVIII winning season, Zach Miller and Luke Willson combined for 53 receptions for 659 and six touchdowns, with a career-high tying five coming from Miller.

In 2012, Miller and Anthony McCoy each had three touchdowns while

Miller hauled in 38 passes for 396 yards and McCoy had career-highs in catches (18), yards (291) and touchdowns.

In Denver, McPherson's promotion to quarterbacks coach in 2003 coincided with the Broncos signing of Jake Plummer. Plummer's 39-15 regular-season record (.722) from 2003-06 with McPherson as his position coach marked the fourth-best winning percentage among all NFL signal callers. In addition, Plummer concluded his career with Denver as its all-time leader in passer rating (84.3).

In 2004, Plummer set a Broncos single-season record for passing yards (4,089) while tying the team's record for most touchdown passes (27) in a season and directing the AFC's No. 3 pass offense (249.9 ypg). Additionally, the signal-caller posted 499 passing yards against the Falcons (10/31/04) for the highest single-game total in franchise history.

Plummer took his game to new levels under McPherson in 2005, leading Denver to a 13-3 record, an AFC West title and a berth in the AFC Championship Game while throwing for 3,366 yards.

McPherson in 2006 helped ease rookie quarterback Jay Cutler's transition into the NFL as the first-round draft choice started Denver's final five games and made league history in the process. Cutler became the first rookie in NFL history and one of only two players in league annals to throw at least two touchdown passes in each of his first four games.

McPherson was hired by the Broncos following a four-year coaching stint at his high school alma mater, Bellarmine College Prep in San Jose, Calif. In addition to football, his duties included teaching English, algebra and physical fitness at the school.

During his tenure at Bellarmine, the football team compiled a record of 35-11, won three consecutive league titles and made one section championship appearance. He also gained valuable coaching experience volunteering with the San Francisco 49ers in 1996, serving in a defensive quality control capacity.

McPherson holds a bachelor's degree in English and an MBA from Santa Clara, where he captained the football team and was voted Most Inspirational Player as an inside linebacker during his senior season of 1992. He began his collegiate career in 1987 at UCLA, where he received the Charles Pike Award, which recognizes the school's outstanding freshman football player. McPherson signed with the 49ers as a rookie free agent in 1993.

His father, Bill McPherson, coached in the NFL for 21 years and worked as a personnel consultant for the San Francisco 49ers before retiring in February 2005.

McPherson was an all-state and All-America inside linebacker at Bellarmine College Prep and earned Scholar-Athlete of the Year honors as a senior. In April 2004, McPherson was inducted into Bellarmine's Athletic Hall of Fame.

McPherson worked with the National Multiple Sclerosis Society in Santa Clara, Calif., in 1994, organizing and implementing the chapter's largest fund-raising event, the 1994 MS Walk.

He was born on April 15, 1969, in Santa Clara, Calif. and has two sons, Jackson and Grayson.



CHAD MORTON

RUNNING BACKS

NFL EXPERIENCE: 12th YEAR

SEAHAWKS EXPERIENCE: 7th YEAR

MORTON'S COACHING CAREER

2009	Green Bay Packers	Coaching Administrator
2010-13	Green Bay Packers	Special Teams Assistant
2014	Seattle Seahawks	Asst. Special Teams
2015-16	Seattle Seahawks	Asst. RBs/Asst. Special Teams
2017-	Seattle Seahawks	Running Backs

Hired on March 17, 2014, as assistant special teams coach, Morton joined the Seahawks after spending five seasons in the same role with the Green Bay Packers. In 2015, he began work with the running backs, and took charge of the running backs room in 2017.

Last season, Chris Carson ranked 5th in the NFL in rushing yards with a career-high of 1,230 - his second consecutive 1,000 yard season - and added seven rushing touchdowns. He also recorded 37 receptions for 266 yards and three TDs before injuring his hip in week 16 and being placed on injured reserve. Morton's group also lost Rashaad Penny and C.J. Prosise to IR, forcing sixth-round pick Travis Homer to step up at the end of the season, in addition to the team re-signing Marshawn Lynch in week 17, who ended up scoring a touchdown in week 17 vs. the 49ers and then three more touchdowns in the playoffs.

In 2018, returning from a broken leg suffered in his rookie season, RB Chris Carson became Seattle's first 1,000-yard rusher since 2014 and just the sixth player in franchise history to accomplish the feat with a career-high 1,151 yards (5th NFL). Seattle's ground game ranked no. 1 in the league (160.0 ypg), rushing for 2,560 yards (third-most in franchise history) and was the fourth team in NFL history to have a 1,000-yard rusher (Carson) and three 300-yard rushers (Mike Davis, Rashaad Penny, QB Russell Wilson), becoming the first team since the 2001 Steelers.

In 2015, Morton helped the emergence of rookie Tyler Lockett become a first-team AP All-Pro as a return specialist. Lockett became the second player in NFL history (Hall of Famer Gale Sayers) to return a punt and kickoff for touchdowns and have five receiving touchdowns in a single-season. Lockett returned a kickoff 105 yards for a franchise-record and his 1,915

combined yards are the fourth-most in a season in franchise history, and his 139 punt return yards at Arizona set the club record.

Morton's contributions in Green Bay affected various aspects of the return game, where Randall Cobb was named a first alternate for the Pro Bowl as a kick returner in 2013. Cobb became the first player in NFL history to have 900-plus kickoff return yards (964) and receiving yards (954) in the same season.

Cobb was also named a Pro Bowl alternate and to the Pro Football Weekly/PFWA All-Rookie team for his efforts as the team's primary returner in 2011. He finished with 34 kickoff returns for 941 yards and a touchdown, and finished the season ranked second in the NFL (first among rookies) with a 27.7 average.

A seven-year NFL veteran as a player, Morton was a running back and kick/punt returner who began his career with New Orleans in 2000 as a fifth-round draft pick. Serving primarily as a returner as a pro, Morton tallied 5,401 career kickoff-return yards and three kick-return scores, as well as 1,431 career punt-return yards and one score, in 93 career games. He was selected as a Pro Bowl alternate as a returner in 2002 and 2005.

He is the only player in NFL history to return a kickoff for a touchdown in regulation and overtime in the same game (at Buffalo, 9/8/02) and joins Chicago's Dave Williams (at Detroit, 11/27/80) as the only players in NFL history to return a kickoff for a touchdown in overtime. In 2000 with the Saints, Morton tied the NFL single-game playoff record with 13 receptions against the Minnesota Vikings.

Morton was an All-Pac-10 selection at Southern California, where he served as the team's primary running back his final two seasons. He led the team with 1,141 yards and 15 touchdowns on 262 carries as a senior, and he ranks 12th on the Trojans' all-time rushing list with 2,511 career yards. He graduated from USC with a degree in sociology.

Born on April 4, 1977, in Torrance, Calif., Morton attended South High School, where he played running back and also ran track. His older brother, Johnnie, played wide receiver for 12 seasons (1994-2005) in the NFL, including eight with the Detroit Lions.

Morton and his wife, Tamra, have two sons, Avery and Aiden, and two daughters, Alexis and Ariella.



MARK PHILIPP

STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 2nd YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

PHILIPP'S COACHING CAREER

2009-12	Oregon State	Strength & Conditioning Asst.
2013-14	USC	Strength & Conditioning Asst.
2015-17	University of Nebraska	Head Strength & Conditioning
2018	USC	Strength & Conditioning Asst.
2019-	Seattle Seahawks	Strength & Conditioning Asst.

Mark Philipp was announced as strength & conditioning assistant for the Seahawks on February 22, 2019, after spending one season at USC (2018) under current Seattle head strength coach Ivan Lewis.

Prior to USC, he spent three seasons (2015-17) serving as Nebraska's head football strength coach. Philipp assumed the role in January of 2015, shortly after Mike Riley was hired as the Cornhuskers head football coach. Philipp had previously worked with Riley as an assistant strength and conditioning coach at Oregon State.

Philipp made a strong impact on the Nebraska program. In 2016, the Huskers outstanding strength & conditioning was evident as Nebraska ranked among the nation's best teams in the fourth quarter.

A certified strength and conditioning specialist, Philipp is also a certified Level 1 Club Coach by USA Weightlifting, in addition to being certified in functional movement screening.

Philipp joined Nebraska after spending two years as an assistant strength & conditioning coach at USC. He was responsible for the design, implementation and supervision of the strength training, agility, speed work, conditioning and testing for the women's lacrosse team, while also assisting with all aspects of strength & conditioning for the football, women's basketball and sand volleyball programs.

Known for his contagious enthusiasm, Philipp was an assistant strength & conditioning coach at Oregon State from 2009-12. He spent four seasons working with coach Riley's football team, helping the Beavers to a pair of bowl appearances. In his final season, Philipp played a role in Oregon State finishing with a No. 20 national ranking. In addition to assisting with the football team, Philipp was in charge of coordinating the strength & conditioning programs for the Beavers men's basketball, wrestling, softball, women's volleyball, women's swimming and diving and women's golf teams.

While in Corvallis, Philipp also served as an assistant strength & conditioning coach for the Corvallis Knights baseball team for three summers, in addition to working as the director of strength & conditioning for the Oregon State Weight Lifting Camp from 2010 to 2013.

Philipp earned his bachelor's degree from Southern Illinois University in 2006, where he was a member of the football team. Philipp served as team captain in 2005, and he was twice named the defensive powerlifting champion.

He was born on November 12, 1982 in San Bernardino, Calif.



MIKE SOLARI

OFFENSIVE LINE

NFL EXPERIENCE: 32nd YEAR

SEAHAWKS EXPERIENCE: 5th YEAR

SOLARI'S COACHING CAREER

1976-77	Mission Bay High School	Offensive Line
1978	Mira Costa Junior College	Offensive Line
1979	U.S. International	Offensive Line
1980	Boise State	Offensive Line
1981-82	University of Cincinnati	Offensive Line
1983-85	University of Kansas	Offensive Line
1986	University of Pittsburgh	Offensive Coord./Off. Line
1987-88	Dallas Cowboys	Asst. Off. Line/Special Teams
1989	Phoenix Cardinals	Offensive Line
1990-91	University of Alabama	Offensive Line
1997-05	Kansas City Chiefs	Offensive Line
2006-07	Kansas City Chiefs	Offensive Coordinator
2008-09	Seattle Seahawks	Offensive Line
2010-14	San Francisco 49ers	Offensive Line
2015	Green Bay Packers	Asst. Offensive Line
2016-17	N.Y. Giants	Offensive Line
2018-	Seattle Seahawks	Offensive Line

Mike Solari returned to Seattle in 2018 where he coached the offensive line from 2008-09 after spending two years with the N.Y. Giants (2016-17). A line coach for most of his career, Solari has also coached tight ends and special teams, and been an offensive coordinator.

In Solari's 21 seasons serving as an NFL team's primary offensive line coach, his players combined for 25 Pro Bowl appearances and at least one of his players was selected to the Pro Bowl in 15 of those seasons.

Last season, despite losing its top three running backs by the end of the season, Seattle's offense finished the season ranked in the top 10 in rushing yards per game (4th - 137.5), total yards per game (8th - 374.4), points per game (9th - 25.3) and rushing yards per attempt (10th - 4.6). Solari's line helped Chris Carson become the sixth player in franchise history to have back-to-back 1,000-yard rushing seasons, as he rushed for a career-high 1,230 yards, which ranked 5th in the NFL.

In 2018, the line was led by second-team All-Pro T Duane Brown as Seattle led the NFL in rushing with 2,560 yards, the third-most in franchise history, and helped second-year RB Chris Carson become Seattle's first 1,000-yard rusher since 2014, becoming the sixth player in franchise history to accomplish the feat with a career-high 1,151 yards. The Seahawks also became the fourth team in NFL history to have a 1,000-yard rusher (Carson) and three 300-yard rushers (Mike Davis, Rashaad Penny, QB Russell Wilson), becoming the first team to do so since the 2001 Steelers.

Injuries forced Solari to use seven different starting offensive line

combinations in 2016, but still only allowed 22 sacks – five fewer than the Giants surrendered in 2015 – and the third-lowest total in the league after Oakland (18) and Pittsburgh (21).

Solari spent the 2015 season as the Green Bay Packers' assistant offensive line coach.

From 2010-14, he coached the San Francisco 49ers' offensive line. During that period, he helped the 49ers rank fifth in the NFL in rushing (132.1 yards per game) and sixth in yards-per-carry (4.47). San Francisco finished among the NFL's top five rushing teams in each of Solari's final three seasons there. During Solari's tenure with the 49ers, which included three consecutive NFC Championship Game appearances (2011-13) and a berth in Super Bowl XLVII, at least one of his linemen was selected to the Pro Bowl in four of his five seasons. Tackle Joe Staley earned Pro Bowl recognition four times (2011-14), while guard Mike Iupati was voted to play in the game three times (2012-14). In 2014, Solari's line helped the 49ers rank fourth in the NFL in rushing yards (136.0 yards a game), rushing average (4.63 yards a carry) and 10-yard runs (62).

In 2013, San Francisco ranked third in the NFL with 2,201 rushing yards, first in 20-yard runs (20) and fourth in rushing touchdowns (18). Staley was named second-team AP All-Pro and was selected to his third straight Pro Bowl. In 2012, San Francisco was one of just three teams to start the same five offensive linemen for every regular-season game, and each of the five starters was selected to the Pro Bowl as either a participant or an alternate. The 49ers ranked fourth in the league in rushing yards (2,491), and Solari's line earned the Madden Most Valuable Protectors Award.

Prior to joining the 49ers, Solari coached the offensive line for the Seahawks in 2008-09. Under Solari's direction, tackle Walter Jones was named to the Pro Bowl in 2008, Jones' final NFL season. Jones was inducted into the Pro Football Hall of Fame in 2014.

Solari was with the Kansas City Chiefs from 1997-2007, serving as the offensive line coach for his first nine seasons with the club (1997-2005) and as the offensive coordinator for the final two years (2006-07). He was one of just six assistant coaches in team history to record more than a decade of service with the franchise. In Solari's nine seasons tutoring the offensive line, the Chiefs ranked first in the NFL over that span in rushing touchdowns (191), fourth in rushing yards (126.8 yards per game), third in scoring (25.0 points per game) fifth in total offense (356.1 yards per game) and sixth in

sacks allowed (278).

Solari's lines helped the Chiefs finish in the top five in the league in total offense in five consecutive seasons (2001-05), the only NFL club to accomplish that feat over that span, including No. 1 rankings in 2004 and 2005. At least one of Solari's linemen was named to the Pro Bowl in all nine of his seasons tutoring the group in Kansas City, including a trio of Pro Bowlers in 2004-05 in guards Will Shields and Brian Waters and tackle Willie Roaf. The Chiefs became the first club to accomplish that feat since Dallas had three linemen selected to the Pro Bowl each season from 1992-95.

Following their careers, Roaf and Shields were inducted into the Pro Football Hall of Fame.

Solari did his first stint on the 49ers' staff from 1992-96, when he served as the team's tight ends/assistant offensive line coach. He was instrumental in the development of tight end Brent Jones, who was named to the Pro Bowl in four consecutive seasons (1992-95) and earned second-team All-Pro recognition in 1993-94. During Solari's tenure, the 49ers played in three straight NFC Championship Games (1992-94), and defeated the San Diego Chargers in Super Bowl XXIX.

Solari coached on Gene Stallings' staff at the University of Alabama from 1990-91, tutoring the offensive line and helping the Crimson Tide to an 11-1 record and a No. 5 ranking in the final AP poll in 1991. Solari also worked on Stallings' staff with the Phoenix Cardinals in 1989, when he helped guide tackle Luis Sharpe to a Pro Bowl selection.

Solari began his NFL coaching career with the Dallas Cowboys in 1987, serving as assistant offensive line/special teams coach for two seasons.

Solari's coaching career began in 1977 at Mission Bay (Calif.) High, followed by stints at Mira Costa Junior College (1978) and U.S. International (1979). He helped lead Boise State University to the NCAA Division I-AA Championship in 1980 and also coached on the collegiate level at the University of Cincinnati (1981-82), University of Kansas (1983-85) and University of Pittsburgh (1986) before entering the NFL.

As a player, Solari was a two-time letterman as an offensive lineman (1975-76) at San Diego State University, where he was a teammate of former Chiefs head coach Herm Edwards and former Bears head coach John Fox. Solari began his collegiate career at the College of San Mateo (1973-74).

Born on January 16, 1955, Solari was born in Daly City, Calif. He and his wife, Patti, have three children, Tamara, Stephanie and Michael.



NICK SORENSEN

SECONDARY & NICKEL SPECIALIST

NFL EXPERIENCE: 8th YEAR

SEAHAWKS EXPERIENCE: 8th YEAR

SORENSEN'S COACHING CAREER

2012	San Francisco 49ers	Training Camp Intern/Defense
2012	Youngstown State	Quality Control/Defense (volunteer)
2013-15	Seattle Seahawks	Asst. Special Teams
2016	Seattle Seahawks	Asst. DBs/Asst. Special Teams
2017-19	Seattle Seahawks	Secondary
2020-	Seattle Seahawks	Secondary & Nickel Specialist

Named to the Seahawks staff as an assistant special teams coach on February 13, 2013, Nick Sorensen joined the NFL coaching ranks after spending 2012 as a volunteer defensive quality control coach at Youngstown State following his NFL career. He was named secondary coach on March 16, 2017 and in 2020 adds the distinction of nickel specialist.

Last season, the team made a midseason trade for Quandre Diggs to start at safety alongside Bradley McDougald, while CB Shaquill Griffin made the Pro Bowl for the first time in his career as an injury replacement. Seattle's defense ranked tied for second in the NFL in fumble recoveries

(16), third in takeaways (32), tied for third in turnover differential (+12), tied for fifth in interceptions (16), and ninth in opponent passer rating (85.6).

By the end of the 2018 season, Seattle's secondary saw three new starters in the backfield in CB Tre Flowers, S Bradley McDougald and S Tedric Thompson, teaming with CB Shaquill Griffin. The secondary began the season with one player recording two interceptions in each of their first three games (McDougald at Denver, Griffin at Chicago, Earl Thomas vs. Dallas), the last time a team had a two-interception player of the first three games of a season was the 1976 Washington Redskins.

In 2017, S Thomas returned from a broken leg suffered in 2016 and was named All-Pro for the fifth time and a Pro Bowler for the sixth time in his career after recording 88 tackles (56 solo) and two interceptions, returning one for a touchdown. With Thomas' return, the group lost S Kam Chancellor (neck) and CB Richard Sherman (Achilles) for a majority of the season but saw the emergence of rookie CB Griffin, who became a 10-game starter at right corner.

Sorensen spent 10 seasons in the NFL as a safety, playing for three different franchises (St. Louis 2001-02, Jacksonville 2003-06, Cleveland 2007-10).

He signed with the Miami Dolphins as an undrafted rookie free agent in

2001 before signing with St. Louis. He played in 131 games primarily on special teams, collecting 133 special teams tackles, along with 27 tackles on defense (18 solo) and 0.5 sacks. Sorensen played three career postseason games, all with St. Louis, including Super Bowl XXXVI vs. New England after

the 2001 season.

Born on July 31, 1978 in Winter Haven, Fla., Sorensen graduated Virginia Tech with a degree in marketing. He and his wife, Danielle, have two sons, Stone and Nash.



GRANT STEEN

STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 2nd YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

STEEN'S COACHING CAREER

2009-13	University of Hawaii-Manoa	Strength & Conditioning Asst.
2013	University of Washington	Strength & Conditioning Asst.
2014-15	USC	Strength & Conditioning Asst.
2016	Stanford University	Strength & Conditioning Asst.
2019-	Seattle Seahawks	Strength & Conditioning Asst.

Grant Steen was hired on February 22, 2019, as the Seahawks strength & conditioning assistant coach.

He joined the Seahawks after two years at EXOS human performance in Florida and has also spent time with the University of Minnesota (2017), Stanford (2016), at USC with Seahawks head strength coach Ivan Lewis (2014-15), the University of Washington (2013) and the University of Hawaii-Manoa as a strength & conditioning assistant (2009-13).

At USC, Steen served as the football program's assistant strength and conditioning coach. He was responsible for the design and implementation of a comprehensive performance training program including all aspects of strength, power, speed, agility, plyometrics, position specific drills and position specific conditioning. Steen helped develop a corrective exercise

protocol for injured players, and implemented recovery and regeneration modalities for all in-season and off-season training.

He is a certified strength and conditioning specialist (CSCS) by the National Strength and Conditioning Association (NSCA), is Sports Performance Certified by United States Weightlifting (USAW), and also a member of the Collegiate Strength & Conditioning Coaches Association (CSCCa).

During his playing career at the University of Iowa, the Hawkeyes were 31-18 and won the 2002 Big Ten title. He helped lead the Hawkeyes to two bowl games. Steen also established a single-game record with three interceptions in a 2002 win at Indiana, tying the NCAA record for linebackers.

After earning All-Big Ten honors at Iowa as a junior in 2002 and 2003 as an outside linebacker, Steen went to two training camps with the New England Patriots (2004-05), and played professionally with the Montreal Alouettes (2005-06) and Arizona Rattlers (2007).

Steen earned a bachelor's degree from Iowa in 2003 and a master's degree in education administration from Hawaii in 2013.

He was born on October 22, 1980, and he and his wife, Rebekah, have one son, Levi.



DANNY VAN DIJK

STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 2nd YEAR

SEAHAWKS EXPERIENCE: 2nd YEAR

VAN DIJK'S COACHING CAREER

2015-18	USC	Strength & Conditioning Asst.
2019-	Seattle Seahawks	Strength & Conditioning Asst.

Van Dijk was hired on March 1, 2019, as a strength & conditioning assistant following four seasons at USC (2015-2018) with current Seattle head strength coach Ivan Lewis.

Whilst at USC, he served as a strength & conditioning coach and sport science coordinator for the Trojans football team. He was responsible for devising and coordinating strategies for assessing and enhancing student-athlete readiness, performance and recovery as part of a comprehensive sports performance program.

Van Dijk planned and implemented all strength and reconditioning programs for injured athletes during end stages of rehabilitation utilizing objective, historical and evidence based data and protocols. He also formulated all alternative on and off-field conditioning and weight room modifications for injured and limited athletes as well as working with the

Trojan quarterbacks.

A native of Sydney, Australia, van Dijk was the head of strength & performance for the Eastern Suburbs Rugby Union Football Club and an assistant strength & conditioning coach for the New South Wales Waratahs Rugby Union Academy prior to his time at USC.

He is a certified strength & conditioning specialist (CSCS) and a registered strength & conditioning coach (RSCC) by the National Strength & Conditioning Association (NSCA), is Sports Performance Coach certified by United States Weightlifting (USAW), is certified in the Functional Movement Screen (FMS) assessment by Functional Movement Systems and also a member of the Collegiate Strength & Conditioning Coaches Association (CSCCa).

Van Dijk earned his bachelor's degree in physical education from the Australian College of Physical Education in 2009 and his master's degree in exercise science with an emphasis in strength & conditioning from Edith Cowan University in 2013.

He was born on November 20, 1987. His wife, Alyssa, is a physical education teacher and lacrosse coach.



JAMIE YANCHAR

STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 11th YEAR

SEAHAWKS EXPERIENCE: 11th YEAR

YANCHAR'S COACHING CAREER

1985-91	University of Louisville	Graduate Assistant/Part-time Asst.
1986-88	Cleveland Browns	Volunteer/Part-time Strength Asst.
1990-91	Louisville Icehawks (ECHL)	Strength Consultant
1991-04	USC	Asst. Strength & Conditioning
1992-95	L.A. Rams	Asst. Strength Coach (volunteer)
1993-95	L.A. Lakers (NBA)	Strength Consultant
1993-96	The Mighty Ducks of Anaheim (NHL)	Strength & Conditioning Coord.
1997-99	L.A. Sparks (WNBA)	Strength Consultant
2005-09	USC	Head Asst., Strength & Cond.
2010-	Seattle Seahawks	Strength & Conditioning Asst.

Hired on February 4, 2010, Jamie Yanchar joined the Seahawks after 19 years of service in southern California, working with L.A.'s professional sports teams, including 19 years in USC's strength program.

Yanchar, who helped Seattle win Super Bowl XLVIII after 2013 and a

return trip to Super Bowl XLIX, works alongside strength head man Ivan Lewis helping implement a regimen of mobility, stability, strength and power.

In his time at USC, he was responsible for designing and implementing strength and conditioning programs for baseball, football, women's tennis and volleyball.

He also contributed to USC's national championship teams in men's and women's water polo, women's track & field, men's tennis, women's volleyball, and back-to-back national football titles, as well as being a part of 13 college football bowl teams, with five Rose Bowl appearances.

Along with his USC duties, Yanchar worked for the L.A. Rams (1992-95) in a volunteer strength role, the L.A. Lakers (1993-95) as a strength consultant, the NHL's Mighty Ducks of Anaheim (1993-96) and the WNBA's L.A. Sparks (1997-99).

He first broke in to the NFL as a volunteer with the Cleveland Browns during his time as a graduate assistant at his alma mater, Louisville, where he earned his degree in exercise science in 1987. Yanchar earned his masters two years later in athletic management.

Born on December 29, 1963, in Cleveland, Ohio, he and his wife, Stephanie, have one son, Tjaden.

COACHES ALL-TIME ROSTER

Name	Responsibility	Years	College	Name	Responsibility	Years	College
Arnold, Dave	Special Teams	1995-97	Drake	Dyer, George	Defensive Line	1983-91	UC-Santa Barbara
Austin, Teryl	Defensive Backs	2003-06	Pittsburgh	Erickson, Dennis	Head Coach	1995-98	Montana State
Barrow, Michael	Linebackers Asst. Head Coach/Defense/LBs	2015-16 2017	Miami	Farwell, Heath	Coaching Assistant Asst. Special Teams	2016 2017	San Diego State
Bates, Jeremy	Offensive Coordinator	2010	Rice	Fisch, Jedd	Quarterbacks	2010	Florida
Beake, Chris	Quality Control/Offense Offensive Asst.	2008 2009	Air Force Academy	Flajole, Ken	Defensive Backs Linebackers	1999, 2001-02 2000	Pacific Lutheran
Becker, John	Offensive Coord./WRs	1989-91	Cal State-Northridge	Flores, Tom	Head Coach	1992-94	Pacific
Bevell, Darrell	Offensive Coordinator	2011-17	Wisconsin	Franklin, Jethro	Assistant Defensive Line	2018-19	Fresno State
Board, Dwaine	Defensive Line Asst. Defensive Line	2003-08 2015-17	North Carolina A&T	Garcia, Thomas	Strength & Conditioning Asst.	2019-	Texas Tech
Boghosian, Sam	Offensive Coord./Off. Line	1976-77	UCLA	Gee, Mondray	Asst. Strength & Conditioning	2010-18	Michigan State
Bradley, Gus	Defensive Coordinator	2009-12	North Dakota State	Gilbertson, Keith	Defensive Asst. Tight Ends Offensive Consultant	1996 1997-98 2005	Central Washington
Brasher, Tommy	Defensive Line	1992-98	Arkansas		Asst. Offensive Line Wide Receivers	2006-07 2008	
Bratkowski, Bob	Wide Receivers Offensive Coord./WRs Offensive Coordinator	1992-94 1995-97 1998	Washington State	Gillespie, Bill	Asst. Strength & Conditioning	2003-04	Liberty
Brooks, Larry	Defensive Line	1999-2002	Virginia State	Glenn, John	Coaching Assistant Quality Control/Defense Defensive Assistant	2012-13 2014-15 2016	E. Stroudsburg Univ.
Brown, Dave	Defensive Coach	1992-98	Michigan		Asst. Linebackers Linebackers	2017 2018-	
Brown, Kippy	Wide Receivers	2010-14	Memphis State	Gray, Jerry	Defensive Backs	2010	Texas
Butkus, Luke	Quality Control/Offensive Line	2010-11	Illinois	Harriger, Will	Offensive Asst. Asst. QBs/Quality Control-Off. Asst. Quarterbacks	2014 2015 2016-18	Auburn
Cable, Tom	Asst. Head Coach/ Offensive Line	2011-17	Idaho	Harris, Chick	Running Backs	1983-91	Northern Arizona
Canales, Dave	Quality Control/Offense Asst. QBs/Off. Quality Control Wide Receivers Quarterbacks Offensive Passing Game Coord.	2010-12 2013-14 2015-17 2018-19 2020-	Azusa Pacific	Haskell, Gil	Offensive Coordinator Asst. Head Coach/Off. Coord.	2000-06 2007-08	San Francisco State
Carlisle, Chris	Head Strength & Conditioning	2010-18	Chadron State	Hawkins, Ralph	Defensive Backs	1983-88	Maryland
Carroll, Brennan	Asst. Offensive Line Off. Scheme Specialist/ Assistant Offensive Line Run Game Coordinator	2015-18 2019 2020-	Pittsburgh	Headlee, Tom	Quality Control/Defense	2006-09	Washington State
Carroll, Nate	Defensive Assistant Offensive Assistant Asst. Wide Receivers Wide Receivers	2010-12 2013 2014-17 2018-	Southern California	Holland, Johnny	Asst. Special Teams & Strength Linebackers	2000 2001-02	Texas A&M
Carroll, Pete	Exec. VP & Head Coach	2010-	Pacific	Hollway, Bob	Defensive Coordinator/DBs	1976-77	Michigan
Carter, Keith	Quality Control/Offense	2012-13	UCLA	Holmgren, Mike	Head Coach	1999-08	Southern California
Cash, Chris	Asst. Secondary/Cornerbacks	2015	Southern California	Houck, Hudson	Offensive Line	1992	Southern California
Casullo, Bob	Special Teams Coordinator	2005-06	Brockport St. (N.Y.)	Hurt, Clint	Defensive Line Assistant Head Coach/DL	2017 2018-	Miami
Catlin, Tom	Asst. Head Coach/LBs/ Def. Coord. Asst. Head Coach/Defense Asst. Head Coach Quality Control	1983-91 1992 1993 1994-95	Oklahoma	Idzik, Brad	Assistant Wide Receivers	2019-	Wake Forest
Christiansen, Jack	Defensive Backs	1978-82	Colorado State	Izzo, Larry	Assistant Special Teams	2018-	Rice
Clark, Mike	Head Strength & Conditioning	2004-09	Ottawa University	Jackson, Milt	Wide Receivers	1998	Tulsa
Colquitt, Jerry	Offensive Quality Control	1999-2002	Tennessee	James, Ned	Offensive Asst. Defensive Asst.	1995-96 1997	New Mexico
Cromwell, Nolan	Wide Receivers	1999-2007	Kansas	Jamison, John	Special Teams Asst.	2005-08	California
Curry, Aaron	Coaching Assistant Defensive Assistant/LBs	2019 2020-	Wake Forest	Johnson, Jim	Linebackers	1998	Missouri
Curtis, Andre	Asst. Secondary/Safeties Defensive Backs Defensive Passing Game Coord.	2015 2016-17 2018-	Virginia Military Ins.	Johnston, Kent	Strength & Conditioning	1999-2003	Stephen F. Austin
Davis, Austin	Offensive Assistant Quarterbacks	2019 2020-	Southern Mississippi	Jones, Travis	Defensive Line Senior Defensive Assistant	2013-16 2017	Georgia
DeBord, Mike	Asst. Offensive Line Tight Ends	2008 2009	Manchester College	Kekuewa, Keli'i	Offensive Assistant	2020-	Bowling Green
DeHaven, Bruce	Special Teams Coordinator	2007-09	SW College (Kan.)	Kennan, Larry	Offensive Coordinator/QBs	1992-94	LaVerne
Donatelli, Tom	Quality Control/Defense	2017-	Iowa	Knapp, Greg	Offensive Coordinator	2009	Sacramento State
Dunn, Kasey	Running Backs	2008-09	Idaho	Knox, Chuck	Head Coach	1983-91	Juniata
				Krein, Darren	Asst. Strength & Cond.	1997-98, 2001-09	Miami
				Lal, Sanjay	Senior Offensive Assistant	2020-	Washington
				Lappano, Tim	Running Backs	1998	Idaho
				Lauterbur, Frank	Defensive Line	1982	Mt. Union
				Laveroni, Bill	Asst. Offensive Line Offensive Line	2001-03 2004-07	California
				Lazor, Bill	Quarterbacks	2008-09	Cornell

COACHES ALL-TIME ROSTER, continued

Name	Responsibility	Years	College
LeDuc, Dana	Strength & Conditioning	1995-98	Texas
Leggett, Earl	Defensive Line	1976-77	Louisiana State
Lewis, Damione	Defensive Assistant/Def. Line	2020-	Miami
Lewis, Ivan	Head Strength & Conditioning	2019-	Idaho
Lewis, Tim	Defensive Backs	2009	Pittsburgh
Lind, Jim	Linebackers Tight Ends	1999 2000-08	Bemidji (Minn.) State
Lopez, Clayton	Defensive Quality Control Defensive Asst./Secondary	1999-2001 2002-03	Nevada
Lovat, Tom	Offensive Line	1999-2003	Utah
MacDonald, Andy	Running Backs	1976-82	Central Michigan
McCormack, Mike	Head Coach	1982	Kansas
McMackin, Greg	Defensive Coordinator	1995-98	So. Oregon State
McPherson, Pat	Tight Ends	2010-	Santa Clara
Manning, Jr., Ricky	Asst. Defensive Backs	2016-17	UCLA
Manuel, Marquand	Assistant Special Teams Defensive Assistant	2012 2013-14	Florida
Marmie, Larry	Defensive Asst./Secondary	2006-09	Eastern Kentucky
Marshall, John	Linebackers Defensive Coordinator	2003-05 2006-08	Oregon
Matsumoto, Arnie	Staff Asst.	1989-95	Lewis and Clark
Meyer, Ken	Quarterbacks	1983-91	Denison
Meyers, Bill	Asst. Offensive Line	1998	Stanford
Michaels, Mark	Asst. Special Teams Special Teams	2001-03 2004	Connecticut
Mitchell, Stump	Running Backs	1999-2007	Citadel
Moore, Steve	Wide Receivers Offensive Coordinator/WRs	1983-85 1986-88	UC-Santa Barbara
Mora, Jim E.	Defensive Line	1978-81	Occidental
Mora, Jim L.	Asst. Head Coach/Secondary Head Coach	2007-08 2009	Washington
Morgan, Chris	Assistant Offensive Line	2014	Colorado
Morton, Chad	Asst. Special Teams Asst. RBs/Asst. Special Teams Running Backs	2014-15 2016 2017-	Southern California
Moyer, Paul	Special Assignments DBs/Asst. Special Teams	1990-91 1992-94	Arizona State
Mudd, Howard	Offensive Line	1978-82 1993-97	Hillsdale
Murphy, Mike	Linebackers	1995-97	Huron
Norton, Jr., Ken	Linebackers Defensive Coordinator	2010-14 2018-	UCLA
Olson, Rich	Quarterbacks	1995-98	Washington State
Patera, Jack	Head Coach	1976-82	Oregon
Peccatiello, Larry	Linebackers Defensive Coordinator/LBs	1976-77 1978-80	William and Mary
Perry, Rod	Defensive Backs	1989-91	Colorado
Phair, Mike	Asst. Linebackers Asst. Defensive Line Defensive Asst.	2008 2009 2010	Arizona State
Philipp, Mark	Strength & Conditioning Asst.	2019-	Southern Illinois
Prince, Robert	Wide Receivers	2009	Humboldt State
Prochaska, Ray	Offensive Coordinator/OL	1983-85	Nebraska
Purnell, Russ	Special Assignments TEs/Asst. Special Teams TEs/Special Teams	1986 1987-91 1992-94	Whittier
Quinn, Dan	Asst. Head Coach/Def. Line Defensive Line Defensive Coordinator	2009 2010 2013-14	Salisbury State
Raines, Frank	Strength & Conditioning	1990-94	George Mason

Name	Responsibility	Years	College
Reynolds, Gary	Off. Asst./Quality Control	2003-07	Texas A&M
Rhodes, Ray	Defensive Coordinator Special Projects/Defense	2003-05 2006-07	Tulsa
Rhyme, Jerry	QBs/WRs/TEs Offensive Coord./QBs/WRs/TEs Offensive Coord./QBs/WRs	1976-77 1978-79 1980-82	Tulsa
Richard, Kris	Asst. Defensive Backs Defensive Backs Defensive Coordinator	2010 2011-14 2015-17	Southern California
Roach, Dick	Defensive Asst.	1999-2000	Black Hills State
Robinson, Willy	Defensive Backs	1995-98	Fresno State
Rodriguez, Pete	Asst. Head Coach/Spec. Teams Special Teams Coordinator	1998 1999-2003	Western St. (Colorado)
Rollins, Zerick	Defensive Asst. Defensive Line/Quality Control Linebackers	2001 2002-05 2006-09	Texas A&M
Ruel, Pat	Asst. Offensive Line	2010-19	Miami
Saleh, Robert	Quality Control/Defense	2011-13	Northern Michigan
Schneider, Brian	Special Teams Coordinator	2010-	Colorado State
Schottenheimer, Brian	Offensive Coordinator	2018-	Florida
Seto, Rocky	Quality Control/Defense Asst. Defensive Backs/Safeties Defensive Passing Game Coord. Asst. Head Coach/Defense	2010 2011 2012-14 2015-16	Southern California
Shelmon, Clarence	Running Backs	1992-97	Houston
Sheppard, Mike	Quarterbacks	1999-2000	California Lutheran
Sherman, Mike	Offensive Coordinator	1999	Central Connecticut St.
Shimko, Steve	Offensive Assistant Assistant Quarterbacks	2018 2019	Rutgers
Shurmur, Fritz	Defensive Coordinator	1999	Albion College (Mich.)
Sidwell, Steve	Defensive Coordinator	2000-02	Colorado
Simpson, Jackie	Defensive Coord./LBs	1981-82	Mississippi
Smith, Carl	Quarterbacks Associate Head Coach	2011-17 2018	Cal Poly-SLO
Smith, Gregg	Asst. Head Coach/TEs Asst. Head Coach/Offensive Line Offensive Line	1995-96 1997 1998	Idaho
Smith, Sherman	Running Backs	2010-16	Miami (Ohio)
Solari, Mike	Offensive Line Offensive Line	2008-09 2018-	San Diego State
Sorensen, Nick	Asst. Special Teams Asst. DBs/Asst. Special Teams Secondary Secondary & Nickel Specialist	2013-15 2016 2017-19 2020-	Virginia Tech
Springer, Rod	Asst. Strength & Cond.	1999-2002	Tarleton State
Steen, Grant	Strength & Conditioning Asst.	2019-	Iowa
Stephenson, Kent	Offensive Line	1985-91	Northern Iowa
Tatupu, Lofa	Asst. Linebackers	2015-16	Southern California
Tillman, Rusty	Special Teams Special Teams/TEs Special Teams/LBs Defensive Coordinator/LBs	1979-82 1983-86 1987-91 1992-94	Northern Arizona
Ulbrich, Jeff	Asst. Special Teams	2010-11	Hawaii
Valero, Art	Offensive Line	2010	Boise State
van Dijk, Danny	Strength & Conditioning Asst.	2019-	Australian College of PE
Vitt, Joe	Special Assignments	1982-91	Towson State
Wash, Todd	Defensive Line	2011-12	North Dakota State
Yanchar, Jamie	Strength & Conditioning Asst.	2010-	Louisville
Yarber, Eric	Offensive Quality Control	1998	Idaho
Zorn, Jim	Offensive Asst. Quarterbacks	1997 2001-07	Cal Poly-Pomona



PLAYERS



33 | STRONG SAFETY

JAMAL ADAMS

Height: 6-1 Weight: 213
 College: Louisiana State
 Seasons: NFL : 4th, Seahawks 1st
 Born: October 17, 1995
 Hometown: Lewisville, Texas

TRANSACTIONS:

04/27/17: Drafted by the N.Y. Jets (1st Round, 6th)
 07/25/20: Traded to Seattle

NFL CAREER HIGHLIGHTS:

- Started all 46 games he has played in his three-year career and earned second-team AP All-Pro honors in 2018, and was a first-team selection in 2019, and has also been a Pro-Bowler each of the past two years (2018-19).
- In 2019, Adams ranked second on the Jets with 75 tackles, posted a career-high 6.5 sacks, with two forced fumbles and one interception, which he returned 61 yards for a touchdown for his first-career score. Also added a fumble return for a touchdown later in the season.
- Recorded 3.0 sacks at Washington (11/17/19), becoming just the eighth defensive back in NFL history to record 3.0 sacks in a single-game.
- His career-high 115 tackles in 2018 were the second-most by a safety in Jets history (Erik Coleman, 116 in 2005).

COLLEGE: One of top defensive backs in LSU history. Played in 37 games with 26 starts, including every game in 2015 and 2016. Finished career with 209 tackles, 17.5 tackles for loss, five interceptions and two sacks. First-team All-America and First-team All-SEC in 2016 when he was the leader of an LSU defense that allowed only 16 touchdowns all season. Freshman All-

America in 2014 and second-team All-SEC as a sophomore in 2015. Played for three different coordinators during his LSU career. In three years at LSU, played on two units that ranked in the top 10 in the nation in total defense (No. 9 in 2015 with 316.8 ypg; No. 10 in 2017 with 314.4 ypg) and in the top five in scoring defense (No. 5 in 2015 with 17.2 ppg; No. 5 in 2016 with 15.8 ppg).

PERSONAL: Father, George Adams, was a former first-round selection by the N.Y. Giants at running back in 1985. The pair, described as, “similar in anything that they do,” by Jamal’s mother, Michelle, who added to the New York Post, “The trash-talking between them never stops,” so much so that growing up, Jamal, who wears 33 like his father, made a bet with his dad, the 19th-overall selection, that he would be taken higher in the draft. Rated as a composite five-star safety and the No. 31 overall player by 247Sports.com at Hebron High School. Ranked as the No. 1 safety prospect in the nation by Scout.com and the No. 18 overall prospect and third-best Texas recruit by ESPN.com. Participated in the Under Armour All-America All-Star Game. Honored as a selection to the 247Sports Top 247. Accumulated 138 tackles over his final two high school seasons along with seven interceptions and four passes defended. Made an impact offensively with 62 carries for 453 yards and 11 touchdowns while also snagging 19 receptions for 477 yards and nine touchdowns over his final two seasons. Named the District 5-5A MVP in his senior season.

JAMAL ADAMS' NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST				MISC			
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2017	Jets	16	16	82	63	19	9	30	2.0	18.0	2	0	0	0	6	1	2	0	1	0	1	0	0	0	0	0
2018	Jets	16	16	115	86	29	9	33	3.5	24.0	8	1	38	38	0	12	3	1	5	0	0	0	0	0	0	0
2019	Jets	14	14	75	61	14	10	33	6.5	45.5	13	1	61	61t	1	7	2	1	25	0	0	0	0	0	0	0
NFL TOTALS		46	46	272	210	62	28	96	12.0	87.5	23	2	99	61t	1	25	6	4	30	1	0	1	0	0	0	0

JAMAL ADAMS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	12 at Jacksonville Jaguars, Sep 30, 2018	Tackles For Loss	3 at Washington Redskins, Nov 17, 2019 ...1 more at 3.
Sacks	3.0 at Washington Redskins, Nov 17, 2019	Interceptions	1 at New England Patriots, Sep 22, 2019 ...1 more at 1.
Passes Defensed	3 vs. New England Patriots, Nov 25, 2018 ...2 more at 3.	Interception Return Yards	61 at New England Patriots, Sep 22, 2019
Forced Fumbles	2 vs. New York Giants, Nov 10, 2019	Special Teams Tackles	1 at Miami Dolphins, Oct 22, 2017
Fumble Recoveries	1 vs. New York Giants, Nov 10, 2019 ...3 more at 1.		

JAMAL ADAMS' 2019 GXG REGULAR SEASON STATISTICS (JETS)

DATE	OPPONENT	P/S	TACKLES							INTERCEPTIONS					FUMBLES			ST					MISC		W/L	SCORE								
			TK	S	A	SK	YDS	TFL	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S			A							
09/08	Bills	S	6	5	1	0.0	0.0	0	0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	L	16-17							
09/16	Browns	S	5	5	0	0.0	0.0	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	3-23								
09/22	at Patriots	S	3	3	0	0.0	0.0	0	0	0	1	61	61	1	1	0	0	0	0	0	0	0	0	0	L	14-30								
10/06	at Eagles	S	6	2	4	0.0	0.0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	L	6-31								
10/13	Cowboys	S	8	6	2	0.0	0.0	1	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	W	24-22								
10/21	Patriots	S	5	5	0	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	0-33								
10/27	at Jaguars	S	6	5	1	0.0	0.0	0	0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	L	15-29								
11/03	at Dolphins	S	4	4	0	1.0	5.0	2	8	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	18-26								
11/10	Giants	S	9	8	1	2.0	21.0	0	0	2	0	0	0	0	1	2	1	25	0	0	0	0	0	0	W	34-27								
11/17	at Washington	S	4	4	0	3.0	16.0	3	16	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	34-17								
11/24	Raiders	S	7	5	2	0.5	3.5	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	34-3								
12/01	at Bengals	S	1	0	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	6-22								
12/08	Dolphins										INACTIVE																					W	22-21	
12/12	at Ravens										INACTIVE																						L	21-42
12/22	Steelers	S	8	6	2	0.0	0.0	2	6	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	16-10								
12/29	at Bills	S	3	3	0	0.0	0.0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	W	13-6								
2019 TOTALS	14-14		75	61	14	6.5	45.5	10	33	13	1	61	61t	1	7	2	1	25	0	0	0	0	0	0	7-9									

JAMAL ADAMS' 2018 GXG REGULAR SEASON STATISTICS (JETS)

DATE	OPPONENT	P/S	TACKLES							INTERCEPTIONS					FUMBLES			ST					MISC		W/L	SCORE
			TK	S	A	SK	YDS	TFL	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S		
09/10	at Lions	S	6	5	1	0.0	0.0	1	7	0	1	38	38	0	3	0	0	0	0	0	0	0	0	0	W	48-17
09/16	Dolphins	S	7	4	3	1.0	6.0	0	0	1	0	0	0	0	0	1	0	0	0	0	0	0	0	L	12-20	
09/20	at Browns	S	6	3	3	0.0	0.0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	L	17-21	
09/30	at Jaguars	S	12	10	2	0.0	0.0	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	12-31	
10/07	Broncos	S	6	5	1	0.0	0.0	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	34-16	
10/14	Colts	S	4	3	1	0.0	0.0	0	0	0	0	0	0	0	3	1	0	0	0	0	0	0	0	W	42-34	
10/21	Vikings	S	9	6	3	0.0	0.0	3	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	17-37	
10/28	at Bears	S	6	6	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	10-24	
11/04	at Dolphins	S	7	5	2	0.0	0.0	1	2	0	0	0	0	0	2	0	0	0	0	0	0	0	0	L	6-13	
11/11	Bills	S	4	3	1	0.5	4.0	1	1	2	0	0	0	0	1	0	0	0	0	0	0	0	0	L	10-41	
11/25	Patriots	S	10	7	3	0.0	0.0	0	0	0	0	0	0	0	3	0	0	0	0	0	0	0	0	L	13-27	
12/02	at Titans	S	11	10	1	1.0	0.0	0	0	1	0	0	0	0	0	1	0	0	0	0	0	0	0	L	22-26	
12/09	at Bills	S	2	1	1	0.0	0.0	0	0	2	0	0	0	0	0	0	1	5	0	0	0	0	0	W	27-23	
12/15	Texans	S	4	3	1	1.0	14.0	1	14	1	0	0	0	0	0	0	0	0	0	0	0	0	0	L	22-29	
12/23	Packers	S	10	8	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	38-44+	
12/30	at Patriots	S	11	7	4	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	3-38	
2018 TOTALS	16-16		115	86	29	3.5	24.0	9	33	8	1	38	38	0	12	3	1	5	0	0	0	0	0	4-12		

+ - Overtime

JAMAL ADAMS' 2017 GXG REGULAR SEASON STATISTICS (JETS)

DATE	OPPONENT	P/S	TACKLES							INTERCEPTIONS					FUMBLES			ST					MISC		W/L	SCORE
			TK	S	A	SK	YDS	TFL	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S		
09/10	at Bills	S	5	4	1	0.0	0.0	1	1	0	0	0	0	0	1	0	0	0	0	0	0	0	0	L	12-21	
09/17	at Raiders	S	4	3	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	20-45	
09/24	Dolphins	S	2	2	0	1.0	10.0	2	12	1	0	0	0	0	1	0	0	0	0	0	0	0	0	W	20-6	
10/01	Jaguars	S	5	3	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	23-20+	
10/08	at Browns	S	9	6	3	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	17-14	
10/15	Patriots	S	3	3	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	17-24	
10/22	at Dolphins	S	6	5	1	1.0	8.0	2	12	1	0	0	0	0	1	0	0	0	1	0	1	0	0	L	28-31	
10/29	Falcons	S	4	4	0	0.0	0.0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	L	20-25	
11/02	Bills	S	4	3	1	0.0	0.0	1	1	0	0	0	0	0	0	0	1	0	0	0	0	0	0	W	34-21	
11/12	at Buccaneers	S	5	5	0	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	10-15	
11/26	Panthers	S	4	3	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	27-35	
12/03	Chiefs	S	1	1	0	0.0	0.0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	W	38-31	
12/10	at Broncos	S	5	5	0	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	0-23	
12/17	at Saints	S	8	6	2	0.0	0.0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	L	19-31	
12/24	Chargers	S	7	7	0	0.0	0.0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	L	7-14	
12/31	at Patriots	S	10	3	7	0.0	0.0	1	2	0	0	0	0	0	1	0	0	0	0	0	0	0	0	L	6-26	
2017 TOTALS	16-16		82	63	19	2.0	18.0	9	30	2	0	0	0	0	6	1	2	0	1	0	1	0	0	5-11		

+ - Overtime



28 | FREE SAFETY

UGO AMADI

Height: 5-9 **Weight:** 201
College: Oregon
Seasons: NFL : 2nd, Seahawks 2nd
Born: May 16, 1997
Hometown: Nashville, Tenn.
Pronunciation: ooh-go uh-MAH-dee

TRANSACTIONS:

04/27/19: Drafted by Seattle (4th Round, 132nd)

NFL CAREER HIGHLIGHTS:

- Played in 16 games as a rookie, primarily on special teams, but took over nickel duty late in the season. Led the team with 10 special teams tackles (eight solo).

COLLEGE: Played in all 51 of Oregon's games from 2015-18. Scored four touchdowns over his final two seasons with three coming on interception returns for touchdowns. First FBS player with two pick-6s and a punt return in the same season (2018) since Alabama's Minkah Fitzpatrick in 2015. Only player in the Pac-12 and one of just 11 FBS players with three interceptions and three forced fumbles in 2017. Was an Associated Press Pac-12 All-

Conference second team selection and Pac-12 coaches All-Conference honorable mention. Started all 13 games. Team captain in five games. Finished with 55 tackles, including 5.0 for loss, and 1.5 sacks. Turned two of three interceptions into TDs. Totaled 223 yards and one TD on 14 punt returns.

PERSONAL: Accounted for 15 touchdowns for the Overton High Bobcats, which finished 2014 with a 6-5 record while advancing to the 6A playoffs. Credited with 25 tackles and two interceptions his senior year in addition to breaking up five passes. Also returned three punts and one kickoff for touchdowns in 2014. Tallied 49 tackles, five interceptions and nine pass breakups as a junior to earn a spot on the Tennessean's Dandy Dozen. Finalist for the Hume Award, given to the Nashville-metro's top prep scholar-athlete.

UGO AMADI'S NFL REGULAR SEASON DEFENSIVE STATISTICS

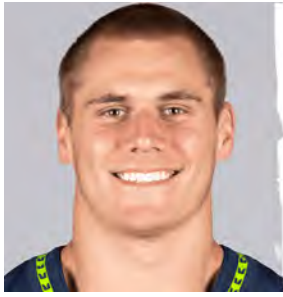
DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS						FUMBLES			ST						
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR			
2019	Seahawks	16	0	7	5	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	10	8	2	0	1
NFL TOTALS		16	0	7	5	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	10	8	2	0	1	

UGO AMADI'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS						FUMBLES			ST						
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR			
2019	Seahawks	2	0	3	2	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0
NFL TOTALS		2	0	3	2	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	

UGO AMADI'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 3 at Carolina Panthers, Dec 15, 2019 **Special Teams Fumble Recoveries** 1 at Los Angeles Rams, Dec 08, 2019
Special Teams Tackles 2 vs. Arizona Cardinals, Dec 22, 2019



57 | LINEBACKER

CODY BARTON

Height: 6-2 **Weight:** 237
College: Utah
Seasons: NFL : 2nd, Seahawks 2nd
Born: November 13, 1996
Hometown: Salt Lake City, Utah

TRANSACTIONS:

05/26/19: Drafted by Seattle (3rd round, 88th)

NFL CAREER HIGHLIGHTS:

- Started two of 16 games played as a rookie and both postseason games in place of Mychal Kendricks (knee).

COLLEGE: Played in 50 games with 23 starts. Recorded 234 tackles (131 solo), 23.5 tackles for a loss, 9.0 sacks and 10 pass breakups. Played as a true freshman. Was an honorable mention All-Pac-12 selection. Started all 14 games at middle linebacker. Led Utah with 116 tackles and was 10th in the Pac-12 in tackles per game (8.3).

PERSONAL: Salt Lake Tribune and Deseret News first-team all-state defensive back as a senior at Brighton HS in 2014. Played safety and tight end. Had 72 total tackles and three interceptions as a senior in addition to 27 receptions for 334 yards and two touchdowns. Son of two former Utah two-sport athletes. His father Paul played football and baseball for the Utes and spent a year in the minors with the Toronto Blue Jays' organization while his mother Mikki Kane-Barton, a member of Utah's Crimson Club Hall of Fame, was a two-time honorable mention All-America basketball player, the 1993 Western Athletic Conference Player of the Year and a three-time first-team All-WAC basketball pick. She also played two seasons of volleyball for the Utes and led the nation in blocks in 1993 while making the all-conference team. Has three siblings. Majored in economics.

CODY BARTON'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST					
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2019	Seahawks	16	2	17	5	12	0	0	0.0	0.0	1	0	0	0	0	1	0	0	0	6	4	2	0	1
NFL TOTALS		16	2	17	5	12	0	0	0.0	0.0	1	0	0	0	0	1	0	0	0	6	4	2	0	1

CODY BARTON'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST					
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2019	Seahawks	2	2	8	4	4	1	1	1.0	1.0	1	0	0	0	0	2	0	0	0	0	0	0	0	0
NFL TOTALS		2	2	8	4	4	1	1	1.0	1.0	1	0	0	0	0	2	0	0	0	0	0	0	0	0

CODY BARTON'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	10 at Carolina Panthers, Dec 15, 2019	Special Teams Tackles	1 vs. Arizona Cardinals, Dec 22, 2019
Passes Defensed	1 at Los Angeles Rams, Dec 08, 2019		...5 more at 1.
		Special Teams Fumble Recoveries	1 vs. New Orleans Saints, Sep 22, 2019



44 | FULLBACK
NICK BELLORE

Height: 6-1 Weight: 250
 College: Central Michigan
 Seasons: NFL : 10th, Seahawks 2nd
 Born: May 12, 1989
 Hometown: St. Paul, Minn.
 Pronunciation: buh-LORE

TRANSACTIONS:

- 07/27/11: Signed with N.Y. Jets as undrafted FA
- 04/03/15: Signed with San Francisco as UFA
- 12/19/16: Placed on IR (elbow)
- 04/03/17: Signed with Detroit as UFA
- 09/09/17: Released by Detroit
- 09/11/17: Re-signed with Detroit
- 03/14/18: Signed renegotiated contract with Detroit
- 05/09/19: Signed with Seattle as FA
- 08/31/19: Released by Seattle
- 09/02/19: Signed by Seattle as a FA

- Originally entered the NFL in 2011 as an undrafted rookie free agent with the N.Y. Jets in 2011.
- Switched from linebacker to fullback in 2018 while with the Lions.
- Led the Jets in special teams tackles in each of his first three seasons (2011-13).

COLLEGE: Played in 52 games (51 starts) at Central Michigan, finishing with 472 tackles, including three consecutive seasons with 100 or more tackles. He was selected to participate in the 2011 East-West Shrine Game as a senior after earning First-Team All-MAC defense honors. That season, he registered 90 tackles, 7 TFL and had five games with 10-or-more tackles.

PERSONAL: A first-team all-state player at Whitefish Bay (WI) HS, was a three-year letterman and two-year captain. Also played one season of varsity hockey along with three seasons on the track and field team. Majored in finance.

NFL CAREER HIGHLIGHTS:

- Joined the Seahawks in 2019 after stints with the Lions (2017-18), 49ers (2015-16) and Jets (2011-14), where he established himself as a key contributor on special teams.

NICK BELLORE'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RUSHING					RECEIVING					
				NO.	YDS.	AVG.	LG	TD	NO.	YDS	AVG	LG	TD	
2011	Jets	16	0	0	0	0.0	0	0	0	0	0	0.0	0	0
2012	Jets	16	0	0	0	0.0	0	0	1	23	23.0	23	0	0
2013	Jets	16	0	0	0	0.0	0	0	0	0	0.0	0	0	0
2014	Jets	16	0	0	0	0.0	0	0	0	0	0.0	0	0	0
2015	49ers	16	0	0	0	0.0	0	0	0	0	0.0	0	0	0
2016	49ers	14	10	0	0	0.0	0	0	0	0	0.0	0	0	0
2017	Lions	13	2	0	0	0.0	0	0	1	1	1.0	1t	1	1
2018	Lions	14	4	1	0	0.0	0	0	4	15	3.8	8	0	0
2019	Seahawks	14	1	0	0	0.0	0	0	2	23	11.5	20	1	1
NFL TOTALS		135	17	1	0	0.0	0	0	8	62	7.8	23	2	2

NICK BELLORE'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RUSHING					RECEIVING					
				NO.	YDS.	AVG.	LG	TD	NO.	YDS	AVG	LG	TD	
2019	Seahawks	2	0	0	0	0.0	0	0	0	0	0.0	0	0	0
NFL TOTALS		2	0	0	0	0.0	0	0	0	0	0.0	0	0	0

NICK BELLORE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST									
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR				
2011	Jets	16	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	17	14	3	0	0
2012	Jets	16	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	10	8	2	0	1	
2013	Jets	16	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	17	8	9	0	0	
2014	Jets	16	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	15	11	4	0	0	
2015	49ers	16	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	15	10	5	0	1	
2016	49ers	14	10	77	55	22	4	12	1.0	10.5	3	1	4	4	0	5	0	1	0	0	0	0	6	5	1	1	0	
2017	Lions	13	2	6	5	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	6	4	2	0	0	
2018	Lions	14	4	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	1	0	0	0	0	9	7	2	0	0	
2019	Seahawks	14	1	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	7	7	0	0	1	
NFL TOTALS		135	17	87	63	24	4	12	1.0	10.5	3	1	4	4	0	5	0	2	0	102	74	28	1	3	1	3	0	

NICK BELLORE'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST									
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR				
2019	Seahawks	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

ADDITIONAL STATS

Kickoff Returns: 2012 (One kickoff return for 8 yards); 2013 (One kickoff return for 0 yards). **Career:** Two kickoff returns for 8 yards.

NICK BELLORE'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	1 at Chicago Bears, Nov 11, 2018	Kickoff Returns	1 at Tennessee Titans, Sep 29, 2013
Receptions	2 vs. Chicago Bears, Nov 22, 2018		...1 more at 1.
Receiving Yards	23 vs. Indianapolis Colts, Oct 14, 2012	Kickoff Return Yards	8 at Buffalo Bills, Dec 30, 2012
Longest Receptions	23 vs. Indianapolis Colts, Oct 14, 2012	Longest Kickoff Return	8 at Buffalo Bills, Dec 30, 2012
Receiving TDs	1 vs. Arizona Cardinals, Dec 22, 2019	Special Teams Tackles	3 at Chicago Bears, Dec 06, 2015
	...1 more at 1.		...3 more at 3.
All-purpose yards	23 vs. Indianapolis Colts, Oct 14, 2012	Most TDs	1 vs. Arizona Cardinals, Dec 22, 2019
			...1 more at 1.

NICK BELLORE'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	12 at Buffalo Bills, Oct 16, 2016	Interceptions	1 at Seattle Seahawks, Sep 25, 2016
Sacks	0.5 at Miami Dolphins, Nov 27, 2016	Interception Return Yards	4 at Seattle Seahawks, Sep 25, 2016
	...1 more at 0.5.	Special Teams Tackles	3 at Chicago Bears, Dec 06, 2015
Passes Defensed	2 vs. New Orleans Saints, Nov 06, 2016		...3 more at 3.
Fumble Recoveries	1 at Buffalo Bills, Oct 16, 2016	Special Teams Forced Fumbles	1 vs. Arizona Cardinals, Oct 06, 2016
Tackles For Loss	1 vs. New York Jets, Dec 11, 2016	Special Teams Fumble Recoveries	1 vs. Cincinnati Bengals, Sep 08, 2019
	...3 more at 1.		...2 more at 1.



27 | FREE SAFETY MARQUISE BLAIR

Height: 6-1 **Weight:** 196
College: Utah
Seasons: NFL : 2nd, Seahawks 2nd
Born: July 18, 1997
Hometown: Wooster, Ohio
Pronunciation: mar-KEECE

TRANSACTIONS:

04/26/19: Drafted by Seattle (2nd Round, 47th)

NFL CAREER HIGHLIGHTS:

- Played in 14 games with three starts as a rookie and in back-to-back starts vs. Baltimore (10/20) and at Atlanta (10/27) in place of Bradley McDougald (back), tallied 17 tackles, including a career-high 11 at Atlanta. Also tied for third on the team with seven special teams tackles (five solo).

COLLEGE: Started both seasons at Utah following two seasons at Dodge City Community College. Played both safety positions in his career. Played in 23 games with 18 starts while at Utah, recording 107 tackles, 5.0 TFL, two interceptions and four pass breakups. Was a second-team All-Pac-12 selection. Played in all 14 games with 12 starts (eight at free safety, four at strong safety). Recorded 59 tackles (2.0 TFL), two interceptions and two

pass breakups. Was honorable mention Pac-12 All-Academic. At Dodge City CC, was a first-team NJCAA All-American and first-team all-Region VI as a sophomore. His 24 tackles for loss in 2016 tied for third nationally in the NJCAA. His sophomore season, he had 100 tackles, three sacks, four interceptions, five pass breakups, four forced fumbles, three fumble recoveries and a fumble return for a touchdown. Recorded 64 tackles, eight sacks, two interceptions, three pass breakups and three forced fumbles as a freshman.

PERSONAL: First-team Division II all-state as a senior at Wooster High (Ohio). Also named first-team Division II All-Ohio and Ohio Cardinal Conference Defensive Player of the Year. Also competed in track and field. Placed first in the conference in the long jump and second in the 100 as a senior. Son of Tonya Boykins and stepfather Rayford Lee. Majored in human development & family studies.

MARQUISE BLAIR'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES			ST				
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2019	Seahawks	14	3	25	19	6	0	0	0.0	0.0	0	0	0	0	0	1	2	0	0	7	5	2	0	0
NFL TOTALS		14	3	25	19	6	0	0	0.0	0.0	0	0	0	0	0	1	2	0	0	7	5	2	0	0

MARQUISE BLAIR'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES			ST				
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2019	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

MARQUISE BLAIR'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	11 at Atlanta Falcons, Oct 27, 2019	Forced Fumbles	1 vs. San Francisco 49ers, Dec 29, 2019 ...1 more at 1.
Passes Defensed	1 vs. Baltimore Ravens, Oct 20, 2019	Special Teams Tackles	2 vs. Baltimore Ravens, Oct 20, 2019



56 | LINEBACKER JORDYN BROOKS

Height: 6-0 Weight: 240
College: Texas Tech
Season: Rookie
Born: October 21, 1997
Hometown: Houston, Texas

TRANSACTIONS:

04/23/20: Drafted by Seattle (1st round, 27th)

HOW ACQUIRED: Selected 27th overall by Seattle in the first-round, the first time Seattle used its original first-round pick since the 2011 NFL Draft (T James Carpenter).

COLLEGE: Closed his Red Raiders career as one of the top linebackers in the country, putting together one of the best seasons by a Red Raider in school history. Ended his Red Raiders tenure ranked seventh all-time with 367 career tackles, starting 45 of 47 career games. Named a second-team All-American by the Associated Press, the Walter Camp Foundation, the Football Writers Association of America (FWAA), the American Football Coaches Association (AFCA) and Pro Football Focus. Became the first Red Raiders linebacker to be named a first or second-team All-American since Ring of Honor member Zach Thomas in 1994-95. Tabbed the Defensive Player of the Year for the state of Texas by Dave Campbell's Texas Football. Was one of six finalists for the prestigious Butkus Award, which is presented to the nation's top linebacker and was the only Big 12 linebacker to be recognized as a Butkus finalist. Also tabbed an All-Big 12 first-team selection by the conference coaches and named a semifinalist for the Chuck Bednarik Award (nation's top defensive player). Appeared and started in 11 of 12 games as a senior. Still managed to record 108 tackles (66 solo),

including 20 tackles for loss. It marked the most tackles in a season by a Red Raider since Micah Awe totaled 126 during the 2015 campaign. His 20 tackles for a loss were the most by a Red Raider in a season since Adell Duckett set the school record in 2003. He was the team leader in tackles, tackles for a loss, quarterback hurries (12) and fumble recoveries (2). Became the first Red Raider since Lawrence Flugence and Ryan Aycock in 2002 to start a season with 10 or more tackles in each of the first three games.

PERSONAL: Attended Stratford High in Houston. Played three years of varsity football and was a two-time District 19-5A first-team selection. Finished his senior season with 63 total tackles (43 solo), 1.0 sack, four pass deflections and 6.0 tackles for loss. Led the Stratford Spartans to a 10-2 overall record, an undefeated 7-0 record in its Class 5A District 19 and an eight-game win streak during the 2015 season, which ended with a 14-6 loss at Temple in the state playoffs. Accumulated 44 total tackles (35 solo) with four tackles for loss and three pass breakups during junior season. Guided the Spartans to an 8-4 overall record, 7-0 district record and state playoff berth as a junior. Three-star recruit who ranked as the nation's no. 57 linebacker and Texas' No. 9 linebacker by Scout.com. Was rated as a three-star recruit, the nation's No. 104 outside linebacker and No. 175 overall recruit in the state by 247Sports. Majored in university studies.



76 | TACKLE DUANE BROWN

Height: 6-4 Weight: 315
 College: Virginia Tech
 Seasons: NFL : 13th, Seahawks 4th
 Born: August 30, 1985
 Hometown: Richmond, Va.



TRANSACTIONS:

- 04/26/08: Drafted by Houston (1st round, 26th)
- 08/16/12: Re-signed with Houston
- 01/05/16: Placed on IR (quadriceps)
- 11/01/17: Traded by Houston to Seattle
- 07/29/18: Signed multi-year contract with Seattle

NFL CAREER HIGHLIGHTS:

- Started all 12 games played in 2019 and missed the final two regular season games and the Wild Card Game due to a knee injury. Returned from injury early to start at left tackle in Seattle's divisional round loss at Green Bay.
- Traded to Seattle midway through 2017 and started the final nine games for the Seahawks. Seattle traded a 2018 third-round pick and 2019 second-round pick in exchange for Brown and Houston's 2018 fifth-round pick (Shaquem Griffin).
- Ranks second on Houston's all-time games played and games started lists with 133.

- Was the second rookie in Texans history to start all 16 games on the offensive line.

- Garnered All-Pro honors in 2011, 2012 and 2018 and Pro Bowl honors following the 2012-14 and 2017 seasons.

- Blocked for seven 1,000-yard rushers and was a part of a top-10 offense in four of his first five years in the League.

COLLEGE: Played four seasons (2004-07) at Virginia Tech after redshirting the 2003 campaign. Registered 71 knockdown blocks in his three seasons as an offensive tackle and earned second-team All-Atlantic Coast Conference recognition for two-straight seasons. Was a two-time state Offensive Lineman/End of the Year pick by the Richmond Touchdown Club. Recorded six tackles and blocked three kicks on special teams as a senior and also caught three passes for 64 yards (21.3 average) and one touchdown, adding three yards on a rushing attempt. Won an ACC Championship in 2007.

PERSONAL: Attended Hermitage High School in Richmond, Va., where he lettered twice as a tight end and defensive end. Played in the Panthers' first three games his senior year before suffering a broken leg, but returned for the Central Region semifinal game, catching seven passes for just under 100 yards in his limited playing time, and also recorded 15 tackles along with a pair of sacks to earn second-team All-District honors. Also lettered in basketball and track.

DUANE BROWN'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2008	Texans	16	16
2009	Texans	16	16
2010	Texans	12	12
2011	Texans	16	16
2012	Texans	16	16
2013	Texans	14	14
2014	Texans	16	16
2015	Texans	14	14
2016	Texans	12	12
2017	Texans	1	1
Went from Houston to Seattle .			
2017	Seahawks	9	9
2017	TOTAL	10	10
2018	Seahawks	16	16
2019	Seahawks	12	12
NFL TOTALS		170	170

DUANE BROWN'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2011	Texans	2	2
2012	Texans	2	2
2016	Texans	2	2
2018	Seahawks	1	1
2019	Seahawks	1	1
NFL TOTALS		8	8

ADDITIONAL STATS

Special Teams Tackles: 2009 (1). Career: 1.



55 | LINEBACKER BEN BURR-KIRVEN

Height: 6-0 **Weight:** 230
College: **Washington**
Seasons: **NFL : 2nd, Seahawks 2nd**
Born: **September 8, 1997**
Hometown: **Menlo Park, Calif.**

TRANSACTIONS:

04/27/19: Drafted by Seattle (5th Round, 142nd)

NFL CAREER HIGHLIGHTS:

- Played in 16 games as a rookie, primarily on special teams and was second on the team with eight special teams tackles (three solo). Played sparingly at linebacker in two games and saw his most playing time late in the game at Carolina (12/15) in place of Bobby Wagner (ankle).

COLLEGE: Played in 53 games with 22 starts. Started all 14 games his senior season. Led the nation in tackles in 2018 with 176. In his career, recorded 338 tackles (190 solo), 11.5 TFLs, 4.0 sacks, four interceptions, 16 passes defended, six forced fumbles, and three fumble recoveries. Among many honors, was selected All Pac-12 first-team and was named the Pac 12 Scholar of the Year for football and was also the Pat Tillman Pac 12 Defensive Player of the Year. Started all 14 games and finished the year

leading NCAA-FBS with 176 total tackles, in addition to 5.5 TFLs, 2.0 sacks, 2 INTs, 8 passes defended, 4 forced fumbles and 3 fumble recoveries.

PERSONAL: Named the MaxPreps All Northern California Defensive Player of the Year and Division III State Player of the Year as a senior in 2014. Led the Gators to a 13 0 record, the PAL Bay Division title and the CIF Central Coast Section Open Division crown in 2014, leading the team in tackles, with 116, despite missing much of the first half of the season due to an Achilles tendon injury suffered during track season. Also rushed for 1,086 yards on 106 carries, had 224 receiving yards and scored 19 touchdowns. As a junior, helped Sacred Heart to a 13 2 record, its first Northern California Division III title, and its first berth in the Division III championship game. Notched 204 total tackles (136 solo), six sacks and four interceptions while rushing for 451 yards and 11 TDs. Also was a sprinter on the track team, running the anchor leg on a 4x100 team that set a school record.

BEN BURR-KIRVEN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS						FUMBLES			ST							
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR			
2019	Seahawks	16	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	8	3	5	1	0
NFL TOTALS		16	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	8	3	5	1	0	

BEN BURR-KIRVEN'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS						FUMBLES			ST							
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR			
2019	Seahawks	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

BEN BURR-KIRVEN'S SINGLE-GAME HIGHS: DEFENSIVE

Special Teams Tackles

2 vs. Tampa Bay Buccaneers, Nov 03, 2019

Special Teams Forced Fumbles

1 vs. Cincinnati Bengals, Sep 08, 2019



36 | RUNNING BACK
PATRICK CARR

Height: 5-8 Weight: 207
College: Houston
Season: Rookie
Born: September 22, 1995
Hometown: The Woodlands, Texas

TRANSACTIONS:

- 05/04/20: Signed by Seattle as a UDFA
- 07/26/20: Released by Seattle
- 08/14/40: Signed by Seattle as a FA

Spent his freshman season at the University of Colorado before transferring to Houston and played in 22 games, totaling 227 attempts for 1,274 yards and nine touchdowns for the Cougars. Was second on the team in 2019 with 380 rushing yards and led the team in rushing in 2018 with 868 yards and five touchdowns on 152 carries, all career-highs. Attended The Woodlands

High and ranked as the No. 286 player on ESPN's 300 List and 93rd (the 15th running back) on the Texas 150 List by Dave Campbell's Texas Football. Finished his career as The Woodlands all-time leader in rushing yards (4,932), yards from scrimmage (5,202) and touchdowns (51), while recording 18 games with 100 or more yards. As a senior, rushed 172 times for 1,276 yards and 18 touchdowns. The Woodlands went 9-2 his senior year, 10-3 his junior season and 8-4 his sophomore year, winning or sharing its district title all three years. Earned four letters in track & field (sprints and jumps), owns the school record in the long jump (23-11) and has personal best 10.56 in the 100-meter run.



32 | RUNNING BACK

CHRIS CARSON

Height: 5-11 Weight: 222
 College: Oklahoma State
 Seasons: NFL : 4th, Seahawks 4th
 Born: September 16, 1994
 Hometown: Lilburn, Ga.

TRANSACTIONS:

04/29/17: Drafted by Seattle (7th Round, 249th)
 10/02/17: Placed on IR (leg)
 12/24/19: Placed on IR (hip)

NFL CAREER HIGHLIGHTS:

- Started all 15 games played and rushed for a career-high 1,230 yards (5th NFL) and seven touchdowns in 2019, including six 100-yard games, giving him twelve 100-yard games since 2018 (2nd NFL, Ezekiel Elliott). He became the sixth Seattle running back to produce back-to-back 1,000-yard seasons in franchise history and first since Marshawn Lynch (2011-14).
- Led the NFL's top-ranked rushing attack with 1,151 yards (5th NFL) and nine touchdowns in 2018, becoming Seattle's first 1,000-yard rusher since 2014 (Marshawn Lynch) and only the sixth player in franchise history to accomplish that feat. He was also one of four backs (Saquon Barkley, Ezekiel Elliott, Todd Gurley) with at least six 100-yard games during the season.
- As a rookie, started three of four games to begin the year before a leg injury vs. Indianapolis landed him on injured reserve for the remainder of the season.
- Drafted with the 31st pick in the seventh round (249th overall) of the 2017 NFL Draft. Second of two seventh-round picks in 2017. Third player selected out of Oklahoma State in club history (Last: Russell Okung, 2010).

COLLEGE: In two seasons at Oklahoma State, played in 21 games, rushing 213 times for 1,076 yards for a 5.1 avg. and 13 TDs. Was selected the 2016

Thurman Thomas Award (Team's outstanding offensive player) and was 2016 Team Captain as voted by teammates. Was OSU's second leading rusher as a senior with 559 yards on 82 carries (6.8 yards per attempt) despite missing four games early in the season due to injury. His nine rushing touchdowns led the team. Averaged 92.8 rushing yards per game in his final four games of the season and added five rushing touchdowns during that span. Added 13 catches for 128 yards on the year. Had a career-high 146 rushing yards in OSU's win over TCU. Scored three touchdowns against Kansas - two rushing and one receiving. As a junior led OSU in rushing with 131 attempts and 517 yards. Added 170 receiving yards on 17 catches. Started nine times in his first year with the program and played in every game but one, which he missed due to injury. Played for coach Troy Morrell at Butler C.C. Ran for 994 yards and nine touchdowns on 139 attempts during his final junior college season. Also made 12 receptions for 63 yards and two scores. Totaled 611 yards and eight touchdowns on 109 rushing attempts as a freshman. Also caught seven passes for 94 yards. A late addition to the 2015 signing class who was previously committed to Georgia.

PERSONAL: Played for coach Cecil Flowe at Parkview High School. Totaled 1,146 rushing yards and 17 rushing touchdowns on 219 attempts as a senior. Also caught 15 passes for 122 yards and a score. Named all-district as a senior. Also played basketball and competed in track and field. Signed with Georgia out of high school. Christopher Dewayne Carson was born Sept. 16, 1994, in Biloxi, Miss. Son of Dina and Dorian Rowe. Majored in university studies/education.

CHRIS CARSON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	RUSHING							RECEIVING				
		GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS	AVG	LG	TD
2017	Seahawks	4	3	49	208	4.2	30	0	7	59	8.4	10t	1
2018	Seahawks	14	14	247	1,151	4.7	61	9	20	163	8.2	27	0
2019	Seahawks	15	15	278	1,230	4.4	59	7	37	266	7.2	21	2
NFL TOTALS		33	32	574	2,589	4.5	61	16	64	488	7.6	27	3

CHRIS CARSON'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	RUSHING							RECEIVING				
		GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS	AVG	LG	TD
2018	Seahawks	1	1	13	20	1.5	5	0	2	-1	-0.5	7	0
2019	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		1	1	13	20	1.5	5	0	2	-1	-0.5	7	0

CHRIS CARSON'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	32 vs. Dallas Cowboys, Sep 23, 2018	Longest Receptions	27 vs. San Francisco 49ers, Dec 02, 2018
Rushing Yards	133 at Carolina Panthers, Dec 15, 2019	Receiving TDs	1 vs. Los Angeles Rams, Oct 03, 2019 ...2 more at 1.
Longest Runs	61 vs. Arizona Cardinals, Dec 30, 2018	All-purpose yards	159 at Cleveland Browns, Oct 13, 2019
Rushing TDs	2 at Carolina Panthers, Dec 15, 2019 ...1 more at 2.	Miscellaneous Tackles	1 vs. Arizona Cardinals, Dec 30, 2018
Receptions	6 vs. Cincinnati Bengals, Sep 08, 2019 ...1 more at 6.	Most TDs	2 at Carolina Panthers, Dec 15, 2019 ...2 more at 2.
Receiving Yards	41 at Arizona Cardinals, Sep 29, 2019		

CHRIS CARSON'S 100-YARD RUSHING GAMES (12): REGULAR SEASON

DATE	TEAM	ATT.	YDS.	AVG.	LG	TD
12/15/19	at Panthers	24	133	5.5	23	2
10/13/19	at Browns	24	124	5.2	25	1
12/30/18	CARDINALS	19	122	6.4	61	1
12/16/18	at 49ers	22	119	5.4	26	1
10/03/19	RAMS	27	118	4.4	14	0
12/23/18	CHIEFS	27	116	4.3	17	2
10/07/18	RAMS	19	116	6.1	21	0
11/03/19	BUCCANEERS	16	105	6.6	59	0
10/28/18	at Lions	25	105	4.2	12	1
09/29/19	at Cardinals	22	104	4.7	12	0
09/23/18	COWBOYS	32	102	3.2	13	1
12/02/19	VIKINGS	23	102	4.4	25	1

CHRIS CARSON'S 2019 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/08	Bengals	S	15	46	3.1	21	1	6	34	5.7	10t	1	W	21-20
09/15	at Steelers	S	15	60	4.0	21	0	3	27	9.0	10	0	W	28-26
09/22	Saints	S	15	52	3.5	22	0	1	-2	-2.0	-2	0	L	27-33
09/29	at Cardinals	S	22	104	4.7	12	0	4	41	10.3	17	0	W	27-10
10/03	Rams	S	27	118	4.4	14	0	1	5	5.0	5t	1	W	30-29
10/13	at Browns	S	24	124	5.2	25	1	4	35	8.8	21	0	W	32-28
10/20	Ravens	S	21	65	3.1	9	0	3	9	3.0	10	0	L	16-30
10/27	at Falcons	S	20	90	4.5	19	1	0	0	0.0	0	0	W	27-20
11/03	Buccaneers	S	16	105	6.6	59	0	2	28	14.0	15	0	W	40-34+
11/11	at 49ers	S	25	89	3.6	9	1	3	12	4.0	5	0	W	27-24+
11/24	at Eagles	S	8	26	3.3	6	0	4	31	7.8	13	0	W	17-9
12/02	Vikings	S	23	102	4.4	25	1	1	7	7.0	7	0	W	37-30
12/08	at Rams	S	15	76	5.1	13	0	3	15	5.0	5	0	L	12-28
12/15	at Panthers	S	24	133	5.5	23	2	1	4	4.0	4	0	W	30-24
12/22	Cardinals	S	8	40	5.0	16	0	1	20	20.0	20	0	L	13-27
12/29	49ers												L	21-26
INJURED RESERVE														
2019 TOTALS		15-15	278	1,230	4.4	59	7	37	266	7.2	21	2	11-5	

+ - Overtime

CHRIS CARSON'S 2018 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/09	at Broncos	S	7	51	7.3	24	0	3	28	9.3	14	0	L	24-27
09/17	at Bears	S	6	24	4.0	9	0	0	0	0.0	0	0	L	17-24
09/23	Cowboys	S	32	102	3.2	13	1	2	22	11.0	19	0	W	24-13
09/30	at Cardinals												W	20-17
10/07	Rams	S	19	116	6.1	21	0	1	11	11.0	11	0	L	31-33
10/14	at Raiders	S	14	59	4.2	21	0	0	0	0.0	0	0	W	27-3
10/28	at Lions	S	25	105	4.2	12	1	2	19	9.5	17	0	W	28-14
11/04	Chargers	S	8	40	5.0	15	0	0	0	0.0	0	0	L	17-25
11/11	at Rams												L	31-36
11/15	Packers	S	17	83	4.9	15	1	0	0	0.0	0	0	W	27-24
11/25	at Panthers	S	16	55	3.4	16	1	2	8	4.0	6	0	W	30-27
12/02	49ers	S	13	69	5.3	23	0	3	39	13.0	27	0	W	43-16
12/10	Vikings	S	22	90	4.1	11	1	0	0	0.0	0	0	W	21-7
12/16	at 49ers	S	22	119	5.4	26	1	6	29	4.8	10	0	L	23-26+
12/23	Chiefs	S	27	116	4.3	17	2	0	0	0.0	0	0	W	38-31
12/30	Cardinals	S	19	122	6.4	61	1	1	7	7.0	7	0	W	27-24
2018 TOTALS		14-14	247	1,151	4.7	61	9	20	163	8.2	27	0	10-6	

+ - Overtime

CHRIS CARSON'S 2017 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/10	at Packers	S	6	39	6.5	30	0	1	10	10.0	10	0	L	9-17
09/17	49ers	P	20	93	4.7	16	0	1	7	7.0	7	0	W	12-9
09/24	at Titans	S	11	34	3.1	7	0	2	18	9.0	10t	1	L	27-33
10/01	Colts	S	12	42	3.5	11	0	3	24	8.0	9	0	W	46-18
10/22	at Giants												W	24-7
10/29	Texans												W	41-38
11/05	Washington												L	14-17
11/09	at Cardinals												W	22-16
11/20	Falcons												L	31-34
11/26	at 49ers												W	24-13
12/03	Eagles												W	24-10
12/10	at Jaguars												L	24-30
12/17	Rams												L	7-42
12/24	at Cowboys												W	21-12
12/31	Cardinals												L	24-26
2017 TOTALS		4-3	49	208	4.2	30	0	7	59	8.4	10t	1	8-7	

CHRIS CARSON'S 2019 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/05	at Eagles												W	17-9
01/12	at Packers												L	23-28
2019 TOTALS		0-0	0	0	0.0	0	0	0	0	0.0	0	0	1-1	

CHRIS CARSON'S 2018 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/05	at Cowboys	S	13	20	1.5	5	0	2	-1	-0.5	7	0	L	22-24
2018 TOTALS		1-1	13	20	1.5	5	0	2	-1	-0.5	7	0	0-1	



79 | TACKLE
TOMMY CHAMPION

Height: 6-5 Weight: 320
College: Mississippi State
Season: Rookie
Born: March 4, 1997
Hometown: Jackson, Miss.

TRANSACTIONS:

05/01/20: Signed by Seattle as a UDFA

Played 18 games and started six times in two seasons at Mississippi State after transferring from Copiah-Lincoln Community College. Started six of 12 games played during his senior season playing both right tackle and left

guard. Was ranked as the fifth-best offensive tackle in the nation out of junior college according to 247Sports and rated No. 96 on Scout.com's JUCO Top 100 list. Earned first-team all-state honors in 2016 at Copiah-Lincoln CC. Attended Callaway High School and was a consensus four-star prospect out of high school. Rated as the seventh-best player in the state of Mississippi by 247Sports.



67 | DEFENSIVE TACKLE DEMARCUS CHRISTMAS

Height: 6-3 **Weight:** 302
College: Florida State
Seasons: NFL : 2nd, Seahawks 2nd
Born: July 4, 1995
Hometown: Sarasota, Fla.

TRANSACTIONS:

04/27/19: Drafted by Seattle (6th Round, 209th)
 08/31/19: Placed on PUP (back)

NFL CAREER HIGHLIGHTS:

- Spent rookie season on the physically unable to perform list (back).

COLLEGE: Appeared in 51 games with 38 starts. Finished career with 105 tackles, including 10.5 for loss with 3.5 sacks, 13 pass breakups, two fumble recoveries and one blocked kick. Started all 11 games in which he appeared. Recorded 28 tackles, including 3.0 for loss, two pass breakups

and one quarterback hurry. Was third team All ACC selection and named team's Most Valuable Defensive lineman.

PERSONAL: Consensus four star defensive tackle prospect in the 2014 recruiting class. Led Manatee to an 11-1 record and the Class 8A Region 2 semifinals in 2013. Collected Class 8A All State First Team, All Southwest Florida First Team and Bradenton Herald All Area First Team accolades as a senior. Tallied 39 tackles, including 33 solo stops, 20 quarterback hurries, eight tackles for loss, three sacks, two forced fumbles and one recovered fumble in final prep season. Chose Florida State over Alabama, Auburn, Florida and Miami. Born July 4, 1995. Majored in social science.

DEMARCUS CHRISTMAS' NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS						FUMBLES			ST								
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR				
2019	Seahawks	0	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		0	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

DEMARCUS CHRISTMAS' NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS						FUMBLES			ST								
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR				
2019	Seahawks	0	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		0	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0



91 | DEFENSIVE END
L.J. COLLIER

Height: 6-3 Weight: 291
 College: TCU
 Seasons: NFL : 2nd, Seahawks 2nd
 Born: September 12, 1995
 Hometown: Munday, Texas

TRANSACTIONS:

04/25/19: Drafted by Seattle (1st Round, 29th)

NFL CAREER HIGHLIGHTS:

- Saw limited playing time during his rookie year, playing in 11 games and being inactive for five.

COLLEGE: Totaled 82 tackles in his TCU career, including 20.5 for a loss with 14.5 sacks. Played in 42 games. A first team All Big 12 selection by the

conference head coaches and Pro Football Focus. PFF gave him the highest grade among edge rushers in the Big 12 in 2018. Placed second on TCU with his career high 6.0 sacks and 11.5 tackles for loss. Tied for third on the team with four pass breakups, the most by a TCU defensive lineman.

PERSONAL: Three star recruit ranked No. 11 in Texas and No. 71 nationally for defensive ends by Scout.com. Was the District 8 A Defensive Most Valuable Player as a senior at Munday High School. Was also a first team selection at tight end. Caught 22 passes for 465 yards his junior year.

L.J. COLLIER'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS						FUMBLES			ST							
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR			
2019	Seahawks	11	0	3	2	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		11	0	3	2	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

L.J. COLLIER'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS						FUMBLES			ST							
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR			
2019	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

L.J. COLLIER'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 1 vs. Arizona Cardinals, Dec 22, 2019
 ...2 more at 1.



31 | RUNNING BACK
DEEJAY DALLAS

Height: 5-10 Weight: 214
College: Miami
Season: Rookie
Born: September 16, 1998
Hometown: Brunswick, Ga.

TRANSACTIONS:

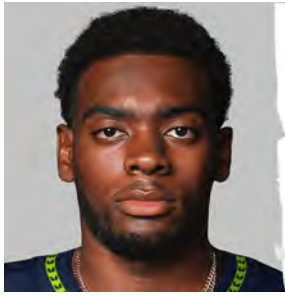
04/25/20: Drafted by Seattle (4th round, 144th)

HOW ACQUIRED: Selected 144th overall with the second of two fourth-round draft picks.

COLLEGE: Started 10 of 35 games played for the Hurricanes in his three seasons. Carried 265 times for 1,527 yards and 17 touchdowns in his career. Made the switch from wide receiver mid-way through his freshman year. Started all 10 games in which he played in first season as team's primary back in 2019. Rushed for a team-high 693 yards on 115 carries and finished with eight rushing touchdowns and ranked second on the Hurricanes with 846 all-purpose yards despite missing three games. Delivered standout sophomore season, compiling team-best 1,260 all-purpose yards, seeing

action in all 13 games. Ranked second with 617 rushing yards on 109 carries and tied for team lead with six rushing touchdowns. Had a long rush of 83 yards, marking the sixth-longest rush from scrimmage in program history.

PERSONAL: Attended Glynn Academy and was a consensus four-star prospect by 247Sports, ESPN, Rivals and Scout. Played quarterback, receiver, running back and defensive back. Also returned punts and kick. Ranked as the No. 15 athlete nationwide by Rivals and No. 196 overall prospect regardless of position. Led Terrors to an 11-2 record in final year and rushed for 168 yards to go along with 135 passing yards in final game of high school career in state quarterfinals. Rushed for 1,139 yards and 13 touchdowns during junior year and added 678 passing yards and seven passing touchdowns.



13 | WIDE RECEIVER
SETH DAWKINS

Height: 6-3 Weight: 218
College: Louisville
Season: Rookie
Born: August 16, 1998
Hometown: Columbus, Ohio

TRANSACTIONS:

- 05/04/20: Signed by Seattle as a UDFA
- 07/26/20: Released by Seattle
- 08/14/20: Signed by Seattle as a FA

Played in 47 career games with the Cardinals and caught 94 passes for 1,510 yards and nine touchdowns during his four-year career. His most productive season came his sophomore year when he started 10 of 12 games played, recording career-highs in receptions (42), yards (642) and

touchdowns (4). Played in 13 games his senior season, posting 16 receptions for 348 yards and three touchdowns. Attended Franklin Heights High and was a three-star prospect by Rivals.com and rated as the No. 20 player in the state of Ohio. Named first-team all-state and voted the District Player of the Year. Was a four-year letterwinner in football and track & field. Played wide receiver and safety on the football team, totaled 23 touchdowns as a senior, including a rushing touchdown, two scores in the return game and recorded 1,750 total yards.



4 | PUNTER

MICHAEL DICKSON

Height: 6-2 Weight: 208
 College: Texas
 Seasons: NFL : 3rd, Seahawks 3rd
 Born: January 4, 1996
 Hometown: Sydney, Australia



TRANSACTIONS:

04/28/18: Drafted by Seattle (5th round, 149th)

NFL CAREER HIGHLIGHTS:

- Tied (Jeff Feagles, Jon Ryan) for the franchise-record for most punts landing inside the 20 in a single-season with 34 in 2019.
- Earned first-team All-Pro as a rookie after finishing second in the NFL with a club record 48.2-yard average. Was sixth in the NFL with a club record 42.5 net average. Second Seahawks punter named to the All Pro team, and first time since Rick Tuten earned second-team honors in 1994. Also earned a Pro Bowl bid as a rookie, following Tuten (1994) as only the second Pro Bowl punter in team history. Earned NFC Special Teams Player of the Month (November) and NFC Special Teams Player for Week 8.

COLLEGE: After growing up in Australia, playing Australian Rules Football, transitioned to American football and played three years at Texas, finishing his career as UT's all-time leader in punting average at 45.32 yards per punt. Punted a school-record 226 times for a school-record 10,242 yards. Was the recipient of the 2017 Ray Guy Award. Named a unanimous first team All-American (AFCA, AP, FWAA, SN, WCFF). The 2016 and 2017 Big 12 Conference Special Teams Player of the Year. Named first team All-Big 12 at punter in both 2016 and 2017. Named 2017 Big 12 Football Scholar-Athlete of the Year and an Academic All-Big 12 First Team member. Also an All-American in 2016.

PERSONAL: During high school played Australian Rules Football, serving mostly as a defender. Started each match in his career. Averaged approximately 20 disposals per game (a kick/punt or a hand pass). During 2014, participated for the Sydney Swans Academy (professional development team) and represented his state (NSW). Born in Sydney, Australia. Lived in Melbourne, Australia for the five months preceding his move to the United States in the summer of 2015. Mother is Lily Baum and stepfather is Stephen Baum. Has one sister, Rubie.

MICHAEL DICKSON'S NFL REGULAR SEASON PUNTING STATISTICS

DATE	TEAM	GP	NO.	YDS.	AVG.	OPP. RET.	YDS.	NET YDS.	AVG.	TB	IN20	LG	BK
2018	Seahawks	16	78	3,759	48.2	36	304	3,355	42.5	5	28	69	1
2019	Seahawks	16	74	3,341	45.1	34	213	3,028	40.9	5	34	63	0
NFL TOTALS		32	152	7,100	46.7	70	517	6,383	41.7	10	62	69	1

MICHAEL DICKSON'S NFL POSTSEASON PUNTING STATISTICS

DATE	TEAM	GP	NO.	YDS.	AVG.	OPP. RET.	YDS.	NET YDS.	AVG.	TB	IN20	LG	BK
2018	Seahawks	1	7	360	51.4	6	80	280	40.0	0	1	60	0
2019	Seahawks	2	7	325	46.4	1	6	299	42.7	1	4	64	0
NFL TOTALS		3	14	685	48.9	7	86	579	41.4	1	5	64	0

MICHAEL DICKSON'S NFL REGULAR SEASON KICKING STATISTICS

DATE	TEAM	GP	FGM	FGA	PCT.	LG	XP	XPA	PCT.	BLK	PTS
2018	Seahawks	16	0	0	0.0	0	0	0	0.0	0	0
2019	Seahawks	16	0	0	0.0	0	0	0	0.0	0	0
NFL TOTALS		32	0	0	0.0	0	0	0	0.0	0	0

MICHAEL DICKSON'S NFL POSTSEASON KICKING STATISTICS

DATE	TEAM	GP	FGM	FGA	PCT.	LG	XP	XPA	PCT.	BLK	PTS
2018	Seahawks	1	0	0	0.0	0	0	0	0.0	0	0
2019	Seahawks	2	0	0	0.0	0	0	0	0.0	0	0
NFL TOTALS		3	0	0	0.0	0	0	0	0.0	0	0

ADDITIONAL STATS

Rushing: 2018 (Rushed once for 9 yards). **Career:** Rushed once for 9 yards.

MICHAEL DICKSON'S SINGLE-GAME HIGHS: PUNTER

Punts	8 vs. Cincinnati Bengals, Sep 08, 2019 ...2 more at 8.	Longest Punts	69 at Denver Broncos, Sep 09, 2018
Gross Punting Yards	426 at San Francisco 49ers, Dec 16, 2018	Inside the 20	5 at Philadelphia Eagles, Nov 24, 2019
Gross Punting Avg	59.0 at Denver Broncos, Sep 09, 2018	Rush Attempts	1 at Detroit Lions, Oct 28, 2018
Net Punting Yards	356 at San Francisco 49ers, Dec 16, 2018	Rushing Yards	9 at Detroit Lions, Oct 28, 2018
Net Punting Avg	57.5 at Denver Broncos, Sep 09, 2018	Longest Runs	9 at Detroit Lions, Oct 28, 2018



37 | FREE SAFETY QUANDRE DIGGS

Height: 5-9 Weight: 197
 College: Texas
 Seasons: NFL : 6th, Seahawks 2nd
 Born: January 22, 1993
 Hometown: Houston, Texas
 Pronunciation: KWahn-dray

TRANSACTIONS:

- 05/02/15: Drafted by Detroit (6th round, 200th overall)
- 12/06/16: Placed on injured reserve (pectoral)
- 10/23/19: Traded to Seattle

NFL CAREER HIGHLIGHTS:

- Started all seven games played for Seattle (five regular season, two postseason) and was inactive for four in 2019. Tied for the team-lead with three interceptions. Set career-high with two interceptions at the L.A. Rams, returning one 55 yards for a touchdown, the longest return of his career and the second pick-six of his career.
- Started 40 of 65 games for the Detroit Lions before being traded to Seattle on October 23, 2019.
- Recorded a career-high 10 tackles (nine solo) against Green Bay in Week 5 (10/7/18). His nine solo tackles were also a personal best.
- Recorded his fourth career interception against the New York Jets in Week 1 (9/10/18) and returned it for a touchdown. It marked the first time the Lions have ever recorded an interception returned for a touchdown on the first play from scrimmage.

COLLEGE: A four-year cornerback at Texas who played in 52 career games (49 starts) and ended his career tied for ninth on the Texas all-time list for interceptions (11), while his 37 career passes defended are also tied for ninth

in school history. Earned All-Big 12 honors three times (2011, 2013, 2014) and started 48 of his final 49 games. Did not miss a game in his Texas career. Earned 2014 first-team All-Big 12 honors from ESPN and was a second team pick by the Associated Press and the league's coaches. Was invited to the 2015 Senior Bowl following his final season at Texas where he finished with a career-high 73 total tackles (52 solo), two sacks, three interceptions, five passes defended and one forced fumble in 13 games (13 starts).

PERSONAL: Attended Angleton High where he was a two-time all-state and four-time all-district selection at multiple positions. Was a four-year starter at Angleton and finished his career with 8,265 all-purpose yards and 83 touchdowns on offense, rushing for 4,409 yards and 58 touchdowns, passing for 1,938 yards and 11 touchdowns and catching 10 passes for 301 yards and three touchdowns. On defense, totaled 237 tackles, 19 tackles for loss, six sacks, 10 interceptions, 52 pass breakups, 11 forced fumbles, four fumble recoveries, seven blocked kicks and returned four interceptions for scores. Brother, Quentin Jammer, was a three-year starter and All-American defensive back at Texas (1997-98, 2000-01) and played for the Denver Broncos in 2013 after 11 seasons with the San Diego Chargers (2002-12). Also lettered three years in track and was a two-year letterman in basketball. Earned a bachelor's degree in physical culture and sports with a minor in social work from Texas, and was a member of the Big 12 Commissioner's Honor Roll in 2013.

QUANDRE DIGGS' NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST				
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF
2015	Lions	16	4	35	28	7	2	7	0.0	0.0	0	0	0	0	6	1	1	0	3	3	0	0	0
2016	Lions	12	4	42	38	4	2	4	0.0	0.0	1	0	0	0	1	1	0	0	2	2	0	0	0
2017	Lions	16	11	54	44	10	5	11	1.0	0.0	2	3	28	16	9	1	0	0	1	1	0	0	0
2018	Lions	16	16	78	64	14	3	4	0.0	0.0	1	3	41	37t	8	0	0	0	0	0	0	0	0
2019	Lions	5	5	20	17	3	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0
Went from Detroit to Seattle.																							
2019	Seahawks	6	6	21	10	11	0	0	0.0	0.0	0	3	99	55t	1	3	1	1	0	0	0	0	0
2019	TOTAL	11	11	41	27	14	0	0	0.0	0.0	0	3	99	55t	1	3	1	1	0	0	0	0	0
NFL TOTALS		71	46	250	201	49	12	26	1.0	0.0	4	9	168	55t	2	27	4	2	0	6	6	0	0

QUANDRE DIGGS' NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST				
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF
2016	Lions	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	2	2	8	6	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		2	2	8	6	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0

QUANDRE DIGGS' SINGLE-GAME HIGHS: DEFENSIVE

- | | | | |
|--------------------------|---|----------------------------------|---|
| Total Tackles | 10 vs. Green Bay Packers, Oct 07, 2018 | Tackles For Loss | 2 vs. Pittsburgh Steelers, Oct 29, 2017 |
| Sacks | 1.0 vs. Chicago Bears, Dec 16, 2017 | Interceptions | 2 at Los Angeles Rams, Dec 08, 2019 |
| Passes Defensed | 3 vs. Arizona Cardinals, Sep 10, 2017 | Interception Return Yards | 55 at Los Angeles Rams, Dec 08, 2019 |
| Forced Fumbles | 1 at Philadelphia Eagles, Nov 24, 2019
...3 more at 1. | Special Teams Tackles | 1 at Chicago Bears, Nov 19, 2017
...5 more at 1. |
| Fumble Recoveries | 1 at Philadelphia Eagles, Nov 24, 2019
...1 more at 1. | | |



89 | TIGHT END

WILL DISSLY

Height: 6-4 **Weight:** 265
College: **Washington**
Seasons: **NFL : 3rd, Seahawks 3rd**
Born: **July 8, 1996**
Hometown: **Bozeman, Mont.**

TRANSACTIONS:

04/28/18: Drafted by Seattle (4th round, 120th)
 10/02/18: Placed on IR (knee)
 10/19/19: Placed on IR (Achilles)

NFL CAREER HIGHLIGHTS:

- Started the first six games of 2019 with four touchdowns before landing on injured reserve (Achilles). Has six touchdowns in his first 10 NFL games played, good for third in NFL history.
- First-career start came in 2018 season opener at Denver and had three receptions for 105 yards and a touchdown. Had a 66-yard reception that was the longest by a Seahawks rookie tight end in team history and longest by a rookie since Darrell Jackson's 71-yarder in 2000.

COLLEGE: Played in 46 games with 17 starts at the UW. Earned Academic All-Pac-12 honorable mention his senior season. Started career at defensive end but made the switch to tight end before his junior season, where he would start 16 of 27 games played and record 25 receptions for 336 yards and three touchdowns. Had a career night against Montana in 2017,

catching five passes for 79 yards and two touchdowns – all career highs. Co-winner of the Husky Excellence Award at the UW postseason awards banquet following his senior season. During his first two seasons, played in 19 games on defense and recorded 10 tackles (7 solo), three tackles for loss, one sack and one forced fumble.

PERSONAL: Played football for coach Troy Purcell at Bozeman High School (Montana). Named the Gatorade Player of the Year for the state of Montana. Earned Parade All America honorable mention, the second Montana player ever named to the Parade team, honorable mention or otherwise, and the first since 1990. Also the Defensive Co MVP of the Montana AA level as well as the first team AA all state at defensive end and tight end as a junior and senior. Racked up 57 tackles, 12 for a loss and 9.5 sacks while catching 55 passes for 917 yards and 11 touchdowns. As a senior, helped lead the Hawks to a 14-0 record and the AA state championship while out scoring opponents, 689 to 209, for the season. Earned second team all state at tight end as a sophomore, when he scored 13 touchdowns. Threw shot and discus in high school, finishing second in discus and fourth in shot at the state meet as a junior in 2013.

WILL DISSLY'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD
2018	Seahawks	4	4	8	156	19.5	66	2	0	0	0.0	0	0
2019	Seahawks	6	6	23	262	11.4	38	4	1	7	7.0	7	0
NFL TOTALS		10	10	31	418	13.5	66	6	1	7	7.0	7	0

WILL DISSLY'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD
2018	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2019	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0	0	0.0	0	0	0	0	0.0	0	0

ADDITIONAL STATS

Special Teams Tackles: 2019 (2); Career: 2.

WILL DISSLY'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	1 vs. Los Angeles Rams, Oct 03, 2019	Longest Receptions	66 at Denver Broncos, Sep 09, 2018
Rushing Yards	7 vs. Los Angeles Rams, Oct 03, 2019	Receiving TDs	2 at Pittsburgh Steelers, Sep 15, 2019
Longest Runs	7 vs. Los Angeles Rams, Oct 03, 2019	All-purpose yards	105 at Denver Broncos, Sep 09, 2018
Receptions	7 at Arizona Cardinals, Sep 29, 2019	Special Teams Tackles	2 vs. Cincinnati Bengals, Sep 08, 2019
Receiving Yards	105 at Denver Broncos, Sep 09, 2018	Most TDs	2 at Pittsburgh Steelers, Sep 15, 2019

WILL DISSLY'S 100-YARD RECEIVING GAMES (1): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
09/09/18	at Broncos	3	105	35.0	66	1

WILL DISSLY'S 2019 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE	
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD			
09/08	Bengals	S	1	12	12.0	12	0	0	0	0.0	0	0	0	W	21-20
09/15	at Steelers	S	5	50	10.0	14t	2	0	0	0.0	0	0	0	W	28-26
09/22	Saints	S	6	62	10.3	25	1	0	0	0.0	0	0	0	L	27-33
09/29	at Cardinals	S	7	57	8.1	17	1	0	0	0.0	0	0	0	W	27-10
10/03	Rams	S	4	81	20.3	38	0	1	7	7.0	7	0	0	W	30-29
10/13	at Browns	S	0	0	0.0	0	0	0	0	0.0	0	0	0	W	32-28
10/20	Ravens													L	16-30
10/27	at Falcons													W	27-20
11/03	Buccaneers													W	40-34+
11/11	at 49ers													W	27-24+
11/24	at Eagles													W	17-9
12/02	Vikings													W	37-30
12/08	at Rams													L	12-28
12/15	at Panthers													W	30-24
12/22	Cardinals													L	13-27
12/29	49ers													L	21-26
2019 TOTALS		6-6	23	262	11.4	38	4	1	7	7.0	7	0	11-5		

+- Overtime

WILL DISSLY'S 2018 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE	
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD			
09/09	at Broncos	S	3	105	35.0	66	1	0	0	0.0	0	0	0	L	24-27
09/17	at Bears	S	3	42	14.0	34	1	0	0	0.0	0	0	0	L	17-24
09/23	Cowboys	S	1	4	4.0	4	0	0	0	0.0	0	0	0	W	24-13
09/30	at Cardinals	S	1	5	5.0	5	0	0	0	0.0	0	0	0	W	20-17
10/07	Rams													L	31-33
10/14	at Raiders													W	27-3
10/28	at Lions													W	28-14
11/04	Chargers													L	17-25
11/11	at Rams													L	31-36
11/15	Packers													W	27-24
11/25	at Panthers													W	30-27
12/02	49ers													W	43-16
12/10	Vikings													W	21-7
12/16	at 49ers													L	23-26+
12/23	Chiefs													W	38-31
12/30	Cardinals													W	27-24
2018 TOTALS		4-4	8	156	19.5	66	2	0	0	0.0	0	0	10-6		

+- Overtime

WILL DISSLY'S 2019 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE	
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD			
01/05	at Eagles													W	17-9
01/12	at Packers													L	23-28
2019 TOTALS		0-0	0	0	0.0	0	0	0	0	0.0	0	0	1-1		

WILL DISSLY'S 2018 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE	
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD			
01/05	at Cowboys													L	22-24
2018 TOTALS		0-0	0	0	0.0	0	0	0	0	0.0	0	0	0-1		



11

WIDE RECEIVER

PHILLIP DORSETT II

Height: 5-10 Weight: 192
 College: Miami
 Seasons: NFL : 6th, Seahawks 1st
 Born: January 5, 1993
 Hometown: Ft. Lauderdale, Fla.
 Pronunciation: dor-SET

TRANSACTIONS:

- 04/30/15: Drafted by Indianapolis (1st, 29th overall)
- 09/02/17: Traded to New England
- 03/19/19: Re-signed with New England
- 03/30/20: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

- Dorsett started four of 14 games played for New England in 2019, catching 29 passes for 397 yards and a career-high five touchdowns. He was a first-round pick out of Miami in 2015 and spent his first two seasons in Indianapolis before being traded to New England in 2017. Has 124 career receptions for 1,634 yards and 11 touchdowns in 71 games played with 15 starts.
- Was a part of New England's Super Bowl LIII winning team following the 2018 season.

COLLEGE: Played in 45 games with 30 starts at Miami and tallied 121 receptions for 2,132 yards and 17 touchdowns, with a long of 79t yards. His 23.3 yards per catch average in his final two collegiate seasons was the highest in the FBS. In 2014, his 24.2 yard per catch average ranked second in the nation while his 10 touchdowns led the conference. Started all 13 games for the Hurricanes at wide receiver in 2014, earning second-team All-ACC honors after posting 36 catches for 871 yards (24.2 avg.) and 10 touchdowns.

PERSONAL: Attended St. Thomas Aquinas High in Ft. Lauderdale, Fla. and helped lead his team to an undefeated season his senior year, winning the Florida 5-A football championship, as well as finishing first in the Powerade Fab 50 ESPN Rise national poll (top ranked high school program in the country). As a senior, tallied 35 catches for 806 yards and 12 touchdowns. Listed as a three-star prospect by Rivals.com and ESPNU. As a junior, had 30 catches for 594 yards and nine touchdowns.

PHILLIP DORSETT II'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	RECEIVING							RUSHING				
		GP	GS	NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD
2015	Colts	11	0	18	225	12.5	35t	1	3	17	5.7	11	0
2016	Colts	15	7	33	528	16.0	64t	2	2	10	5.0	7	0
2017	Patriots	15	2	12	194	16.2	39	0	1	7	7.0	7	0
Went from New England to Indianapolis .													
2017	Colts	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2017	TOTAL	15	2	12	194	16.2	39	0	1	7	7.0	7	0
2018	Patriots	16	2	32	290	9.1	20	3	4	29	7.3	17	0
2019	Patriots	14	4	29	397	13.7	58t	5	3	21	7.0	9	0
NFL TOTALS		71	15	124	1,634	13.2	64t	11	13	84	6.5	17	0

PHILLIP DORSETT II'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	RECEIVING							RUSHING				
		GP	GS	NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD
2017	Patriots	2	0	2	50	25.0	31	0	0	0	0.0	0	0
2018	Patriots	3	0	5	70	14.0	29t	2	0	0	0.0	0	0
2019	Patriots	1	1	1	6	6.0	6	0	0	0	0.0	0	0
NFL TOTALS		6	1	8	126	15.8	31	2	0	0	0.0	0	0

PHILLIP DORSETT II'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	2 vs. New York Jets, Sep 22, 2019 ...2 more at 2.	Kickoff Return Yards	12 vs. Jacksonville Jaguars, Oct 04, 2015
Rushing Yards	16 vs. New York Jets, Dec 30, 2018	Longest Kickoff Return	12 vs. Jacksonville Jaguars, Oct 04, 2015
Longest Runs	17 vs. Buffalo Bills, Dec 23, 2018	Fair Catches	1 vs. Kansas City Chiefs, Oct 30, 2016 ...1 more at 1.
Receptions	7 vs. Houston Texans, Sep 09, 2018	Punt Return Yards	1 at Buffalo Bills, Sep 13, 2015
Receiving Yards	95 vs. Pittsburgh Steelers, Sep 08, 2019	Longest Punt Return	1 at Buffalo Bills, Sep 13, 2015
Longest Receptions	64t at Jacksonville Jaguars, Oct 02, 2016	Punt Returns	2 at Buffalo Bills, Sep 13, 2015
Receiving TDs	2 vs. Pittsburgh Steelers, Sep 08, 2019	Miscellaneous Tackles	1 vs. Miami Dolphins, Sep 30, 2018 ...3 more at 1.
All-purpose yards	95 vs. Pittsburgh Steelers, Sep 08, 2019	Most TDs	2 vs. Pittsburgh Steelers, Sep 08, 2019
Kickoff Returns	1 vs. Jacksonville Jaguars, Oct 04, 2015		

ADDITIONAL STATS

Kickoff Returns: 2015 (1 for 12 yards); Career: 1 for 12 yards.
 Punt Returns: 2015 (2 for 1 yard, 0.5 avg., long of 1 yard); Career: 2 for 1 yard, 0.5 avg., long of 1 yard

PHILLIP DORSETT II'S 2019 GXG REGULAR SEASON STATISTICS (PATRIOTS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/08	Steelers	P	4	95	23.8	58t	2	0	0	0.0	0	0	W	33-3
09/15	at Dolphins	P	3	39	13.0	18	0	0	0	0.0	0	0	W	43-0
09/22	Jets	P	6	53	8.8	25t	1	2	12	6.0	7	0	W	30-14
09/29	at Bills	P	2	10	5.0	5	0	1	9	9.0	9	0	W	16-10
10/06	at Washington	P	0	0	0.0	0	0	0	0	0.0	0	0	W	33-7
10/10	Giants							INACTIVE					W	35-14
10/21	at Jets	S	3	46	15.3	26t	1	0	0	0.0	0	0	W	33-0
10/27	Browns	S	3	43	14.3	33	0	0	0	0.0	0	0	W	27-13
11/03	at Ravens	S	2	13	6.5	7	0	0	0	0.0	0	0	L	20-37
11/17	at Eagles	S	3	33	11.0	15t	1	0	0	0.0	0	0	W	17-10
11/24	Cowboys							INACTIVE					W	13-9
12/01	at Texans	P	2	15	7.5	9	0	0	0	0.0	0	0	L	22-28
12/08	Chiefs	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-23
12/15	at Bengals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	34-13
12/21	Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-17
12/29	Dolphins	P	1	50	50.0	50	0	0	0	0.0	0	0	L	24-27
2019 TOTALS	14-4		29	397	13.7	58t	5	3	21	7.0	9	0	12-4	

PHILLIP DORSETT II'S 2018 GXG REGULAR SEASON STATISTICS (PATRIOTS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/09	Texans	P	7	66	9.4	14	1	0	0	0.0	0	0	W	27-20
09/16	at Jaguars	S	5	44	8.8	19	0	0	0	0.0	0	0	L	20-31
09/23	at Lions	S	0	0	0.0	0	0	0	0	0.0	0	0	L	10-26
09/30	Dolphins	P	4	55	13.8	20	1	0	0	0.0	0	0	W	38-7
10/04	Colts	P	3	25	8.3	16	0	0	0	0.0	0	0	W	38-24
10/14	Chiefs	P	0	0	0.0	0	0	0	0	0.0	0	0	W	43-40
10/21	at Bears	P	1	8	8.0	8	0	0	0	0.0	0	0	W	38-31
10/29	at Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	W	25-6
11/04	Packers	P	3	30	10.0	17	0	0	0	0.0	0	0	W	31-17
11/11	at Titans	P	2	18	9.0	11	0	0	0	0.0	0	0	L	10-34
11/25	at Jets	P	2	10	5.0	7	0	0	0	0.0	0	0	W	27-13
12/02	Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-10
12/09	at Dolphins	P	0	0	0.0	0	0	0	0	0.0	0	0	L	33-34
12/16	at Steelers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-17
12/23	Bills	P	0	0	0.0	0	0	2	13	6.5	17	0	W	24-12
12/30	Jets	P	5	34	6.8	9t	1	2	16	8.0	11	0	W	38-3
2018 TOTALS	16-2		32	290	9.1	20	3	4	29	7.3	17	0	11-5	

PHILLIP DORSETT II'S 2017 GXG REGULAR SEASON STATISTICS (COLTS/PATRIOTS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/10	at Rams												L	9-46
								DID NOT PLAY						
								Went from Colts to Patriots.						
09/17	at Saints	P	3	68	22.7	38	0	1	7	7.0	7	0	W	36-20
09/24	Texans	P	0	0	0.0	0	0	0	0	0.0	0	0	W	36-33
10/01	Panthers	P	1	17	17.0	17	0	0	0	0.0	0	0	L	30-33
10/05	at Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	19-14
10/15	at Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-17
10/22	Falcons	S	0	0	0.0	0	0	0	0	0.0	0	0	W	23-7
10/29	Chargers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	21-13
11/12	at Broncos	S	2	16	8.0	11	0	0	0	0.0	0	0	W	41-16
11/19	at Raiders	P	0	0	0.0	0	0	0	0	0.0	0	0	W	33-8
11/26	Dolphins	P	1	39	39.0	39	0	0	0	0.0	0	0	W	35-17
12/03	at Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-3
12/11	at Dolphins							DID NOT PLAY (NON-INJURY)					L	20-27
12/17	at Steelers	P	1	4	4.0	4	0	0	0	0.0	0	0	W	27-24
12/24	Bills	P	1	24	24.0	24	0	0	0	0.0	0	0	W	37-16
12/31	Jets	P	3	26	8.7	11	0	0	0	0.0	0	0	W	26-6
2017 TOTALS	14-2		12	194	16.2	39	0	1	7	7.0	7	0	13-3	

PHILLIP DORSETT II'S 2016 GXG REGULAR SEASON STATISTICS (COLTS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/11	Lions	P	4	94	23.5	51	0	0	0	0.0	0	0	L	35-39
09/18	at Broncos	P	1	30	30.0	30	0	0	0	0.0	0	0	L	20-34
09/25	Chargers	S	3	27	9.0	18	0	0	0	0.0	0	0	W	26-22
10/02	at Jaguars	S	1	64	64.0	64t	1	1	3	3.0	3	0	L	27-30
10/09	Bears	S	2	26	13.0	21	0	0	0	0.0	0	0	W	29-23
10/16	at Texans	S	2	12	6.0	6	0	0	0	0.0	0	0	L	23-26+
10/23	at Titans												W	34-26
10/30	Chiefs	P	5	33	6.6	13	0	0	0	0.0	0	0	L	14-30
11/06	at Packers	P	2	28	14.0	15	0	0	0	0.0	0	0	W	31-26
11/20	Titans	P	1	50	50.0	50	0	0	0	0.0	0	0	W	24-17
11/24	Steelers	S	3	31	10.3	16	0	0	0	0.0	0	0	L	7-28
12/05	at Jets	P	0	0	0.0	0	0	1	7	7.0	7	0	W	41-10
12/11	Texans	P	3	19	6.3	8	0	0	0	0.0	0	0	L	17-22
12/18	at Vikings	S	1	50	50.0	50t	1	0	0	0.0	0	0	W	34-6
12/24	at Raiders	P	1	8	8.0	8	0	0	0	0.0	0	0	L	25-33
01/01	Jaguars	S	4	56	14.0	21	0	0	0	0.0	0	0	W	24-20
2016 TOTALS	15-7		33	528	16.0	64t	2	2	10	5.0	7	0	8-8	

+ - Overtime

PHILLIP DORSETT II'S 2015 GXG REGULAR SEASON STATISTICS (COLTS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/13	at Bills	P	2	45	22.5	29	0	0	0	0.0	0	0	L	14-27
09/21	Jets	P	1	25	25.0	25	0	0	0	0.0	0	0	L	7-20
09/27	at Titans	P	2	43	21.5	35t	1	0	0	0.0	0	0	W	35-33
10/04	Jaguars	P	2	7	3.5	6	0	1	4	4.0	4	0	W	16-13+
10/08	at Texans	P	1	9	9.0	9	0	0	0	0.0	0	0	W	27-20
10/18	Patriots	P	2	30	15.0	17	0	0	0	0.0	0	0	L	27-34
10/25	Saints	P	1	8	8.0	8	0	0	0	0.0	0	0	L	21-27
11/02	at Panthers												L	26-29+
11/08	Broncos												W	27-24
11/22	at Falcons												W	24-21
11/29	Buccaneers												W	25-12
12/06	at Steelers												L	10-45
12/13	at Jaguars	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-51
12/20	Texans	P	1	1	1.0	1	0	0	0	0.0	0	0	L	10-16
12/27	at Dolphins	P	2	29	14.5	22	0	1	2	2.0	2	0	W	18-12
01/03	Titans	P	4	28	7.0	11	0	1	11	11.0	11	0	W	30-24
2015 TOTALS	11-0		18	225	12.5	35t	1	3	17	5.7	11	0	8-8	

+ - Overtime

PHILLIP DORSETT II'S 2019 GXG POSTSEASON STATISTICS (PATRIOTS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/04	Titans	S	1	6	6.0	6	0	0	0	0.0	0	0	L	13-20
2019 TOTALS	1-1		1	6	6.0	6	0	0	0	0.0	0	0	0-1	

PHILLIP DORSETT II'S 2018 GXG POSTSEASON STATISTICS (PATRIOTS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/13	Chargers	P	4	41	10.3	15t	1	0	0	0.0	0	0	W	41-28
01/20	at Chiefs	P	1	29	29.0	29t	1	0	0	0.0	0	0	W	37-31+
02/03	at Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	W	13-3
2018 TOTALS	3-0		5	70	14.0	29t	2	0	0	0.0	0	0	3-0	

+ - Overtime

PHILLIP DORSETT II'S 2017 GXG POSTSEASON STATISTICS (PATRIOTS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/13	Titans							DID NOT PLAY (NON-INJURY)					W	35-14
01/21	Jaguars	P	1	31	31.0	31	0	0	0	0.0	0	0	W	24-20
02/04	Eagles	P	1	19	19.0	19	0	0	0	0.0	0	0	L	33-41
2017 TOTALS	2-0		2	50	25.0	31	0	0	0	0.0	0	0	2-1	



22 | CORNERBACK QUINTON DUNBAR

Height: 6-2 Weight: 202
 College: Florida
 Seasons: NFL : 6th, Seahawks 1st
 Born: July 22, 1992
 Hometown: Miami, Fla.

TRANSACTIONS:

- 05/11/15: Signed by Washington as an UDFA
- 09/05/15: Released by Washington
- 09/07/15: Signed to Washington's PS
- 09/29/15: Signed to Washington's active roster
- 01/01/18: Signed contract extension
- 12/05/18: Placed on IR (leg)
- 12/24/19: Placed on IR (hamstring)
- 03/24/20: Traded to Seattle

NFL CAREER HIGHLIGHTS:

- Started all 11 games in 2019 and posted a career-high four interceptions along with 37 tackles and eight passes defended.
- Was a college wide receiver who made the transition to cornerback during his rookie training camp in 2015. Enters 2020 having appeared in 58 career games with 25 starts, recording 150 tackles (130 solo), 35 passes defended, nine interceptions, 1.0 sack and one fumble recovery.

COLLEGE: Played wide receiver collegiately at Florida from 2010-14, playing in 49 games with 33 starts and recording 111 career receptions for 1,500 yards with eight touchdowns. As a senior in 2014, started eight of the 11 games in which he appeared, finishing second on the team with 21 receptions for 353 yards with two touchdowns. Started all 12 games as a junior in 2013, ranking second on the team with 40 catches for 548 yards. Played in 13 games, starting eight, as a sophomore in 2012, catching 36 passes for 383 yards and a team-high four touchdown receptions. As a freshman in 2011, started five of the 12 games in which he played, recording 14 receptions for 216 yards with two touchdowns. Made collegiate debut vs. Miami (Ohio) in 2010 before redshirting.

PERSONAL: Attended Booker T. Washington High in Miami, where he was rated a four-star prospect and the No. 24 wide receiver in the country by Rivals.com. Recorded more than 500 receiving yards as a senior a year after catching 39 passes for 703 yards and seven touchdowns during his junior season. Named All-Dade first-team wide receiver in 2008. Received FSWA 4A all-state honorable mention in 2008.

QUINTON DUNBAR'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES			ST				
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2015	Washington	11	2	12	11	1	0	0	0.0	0.0	0	1	0	0	0	5	0	0	0	1	0	1	0	0
2016	Washington	14	2	25	23	2	1	1	1.0	0.0	1	1	0	0	0	5	0	1	0	1	0	1	0	0
2017	Washington	15	4	28	24	4	1	4	0.0	0.0	0	1	0	0	0	8	0	0	0	7	6	1	0	0
2018	Washington	7	6	39	35	4	0	0	0.0	0.0	0	2	21	24	0	9	0	0	0	0	0	0	0	0
2019	Washington	11	11	37	31	6	1	1	0.0	0.0	0	4	6	6	0	8	0	0	0	0	0	0	0	0
NFL TOTALS		58	25	141	124	17	3	6	1.0	0.0	1	9	27	24	0	35	0	1	0	9	6	3	0	0

QUINTON DUNBAR'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES			ST				
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2015	Washington	1	0	5	5	0	0	0	0.0	0.0	0	0	0	0	0	2	0	0	0	0	0	0	0	0
NFL TOTALS		1	0	5	5	0	0	0	0.0	0.0	0	0	0	0	0	2	0	0	0	0	0	0	0	0

QUINTON DUNBAR'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	8 at Philadelphia Eagles, Sep 08, 2019 ...1 more at 8.	Tackles For Loss	1 at Carolina Panthers, Dec 01, 2019 ...2 more at 1.
Sacks	1.0 vs. Carolina Panthers, Dec 19, 2016	Interceptions	2 at New York Giants, Sep 29, 2019
Passes Defended	3 vs. Atlanta Falcons, Nov 04, 2018 ...1 more at 3.	Interception Return Yards	24 vs. Atlanta Falcons, Nov 04, 2018
Fumble Recoveries	1 vs. Cleveland Browns, Oct 02, 2016	Special Teams Tackles	2 vs. New York Giants, Nov 23, 2017



52 | LINEBACKER EMMANUEL ELLERBEE

Height: 6-0 Weight: 230
 College: Rice
 Seasons: NFL : 3rd, Seahawks 3rd
 Born: October 20, 1996
 Hometown: Houston, Texas

TRANSACTIONS:

- 05/03/18: Signed with Atlanta as undrafted FA
- 09/01/18: Released by Atlanta
- 09/02/18: Claimed off waivers by L.A. Chargers
- 10/20/18: Released by L.A. Chargers
- 10/22/18: Claimed off waivers by Seattle
- 11/06/18: Released by Seattle
- 11/08/18: Signed to Seattle's PS
- 12/01/18: Signed to Seattle's 53-man roster
- 12/03/18: Released by Seattle
- 12/04/18: Signed to Seattle's PS
- 12/12/18: Signed to Seattle's 53-man roster
- 07/27/19: Placed on IR (knee)

NFL CAREER HIGHLIGHTS:

- Spent the 2019 season on injured reserve (knee).
- Spent the first six games of 2018 with the L.A. Chargers, seeing action on special teams in three games and was inactive for three. After being claimed off waivers by Seattle, saw action between the active roster and practice squad.

COLLEGE: Accumulated 273 tackles, 16.5 tackles for loss, five sacks, and five fumble recoveries over the course of four-year career. Was named first team All-Conference USA following junior and senior seasons.

PERSONAL: Attended high school at Strake Jesuit College Preparatory in Houston. Was a second-team All-District and an honorable mention All-State selection at linebacker for Strake.

EMMANUEL ELLERBEE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS						FUMBLES			ST							
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR			
2018	Chargers	3	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Went from L.A. Chargers to Seattle.																											
2018	Seahawks	4	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	TOTAL	7	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	0	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		7	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

EMMANUEL ELLERBEE'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS						FUMBLES			ST							
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR			
2018	Seahawks	1	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	0	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		1	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0



10 | QUARTERBACK

DANNY ETLING

Height: 6-3 Weight: 220
 College: Louisiana State
 Seasons: NFL : 3rd, Seahawks 1st
 Born: July 22, 1994
 Hometown: Terre Haute, Ind.

TRANSACTIONS:

- 04/28/18: Drafted by New England (7th Round, 219th)
- 09/01/18: Released by New England
- 09/02/18: Signed to New England's PS
- 08/13/19: Released by New England
- 08/14/19: Signed to Atlanta's PS
- 10/26/19: Signed to active roster
- 10/28/19: Released by Atlanta
- 10/29/19: Signed to Atlanta's PS
- 08/17/20: Released by Atlanta
- 08/18/20: Claimed off waivers by Seattle

NFL CAREER HIGHLIGHTS:

- Spent majority of career on New England's and Atlanta's practice squad. Dressed, but did not play, vs. Seattle in Week 8 of the 2019 season.

COLLEGE: Spent his freshman and sophomore season's (2014-2015) at Purdue where he started in a total of 12 games and had 16 touchdowns. Transferred to LSU for his junior and senior seasons (2016-2017) where he started in 23 games, passed for 4,586 yards and 27 touchdowns. Ranked among the Top 10 quarterbacks in LSU history for passing yards per game (No. 3 at 191.1 yards per game), completion percentage (No. 6 at 59.7 percent), passing yards (No. 8 at 4,586), and completions (No. 9 at 325). Was named to the SEC Community Service team (2016), SEC Academic Honor Roll (2016), Vice-Chair of the SEC Football Leadership Council (2017), SEC Football Scholar-Athlete of the Year (2017), CoSIDA Academic All-District (2017).

PERSONAL: Attended Terre Haute Sough Vigo High School. Achieved Eagle Scout ranking through Boy Scouts program. Graduated from LSU with a 3.9 GPA and degree in mass communications.

DANNY ETLING'S NFL REGULAR SEASON PASSING STATISTICS

DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE
2018	Patriots	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0
2019	Falcons	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0
TOTALS		0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0

DANNY ETLING'S NFL POSTSEASON PASSING STATISTICS

DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE
2018	Patriots	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0
TOTALS		0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0

DANNY ETLING'S NFL REGULAR SEASON RUSHING STATISTICS

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
2018	Patriots	0	0	0.0	0	0
2019	Falcons	0	0	0.0	0	0
TOTALS		0	0	0.0	0	0

DANNY ETLING'S NFL POSTSEASON RUSHING STATISTICS

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
2018	Patriots	0	0	0.0	0	0
TOTALS		0	0	0.0	0	0

DANNY ETLING'S NFL REGULAR SEASON PASSING/RUSHING STATISTICS

DATE	TEAM	GP	GS	PASSING										RUSHING					
				ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2018	Patriots	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
2019	Falcons	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
TOTALS		0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0

DANNY ETLING'S NFL POSTSEASON PASSING/RUSHING STATISTICS

DATE	TEAM	GP	GS	PASSING										RUSHING					
				ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2018	Patriots	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
TOTALS		0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0

DANNY ETLING'S 2019 GXG REGULAR SEASON STATISTICS (FALCONS)

DATE	OPPONENT	P/S	PASSING										RUSHING				W/L	SCORE		
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG			TD	
09/08	at Vikings																		L	12-28
09/15	Eagles																		W	24-20
09/22	at Colts																		L	24-27
09/29	Titans																		L	10-24
10/06	at Texans																		L	32-53
10/13	at Cardinals																		L	33-34
10/20	Rams																		L	10-37
10/27	Seahawks																		L	20-27
11/10	at Saints																		W	26-9
11/17	at Panthers																		W	29-3
11/24	Buccaneers																		L	22-35
11/28	Saints																		L	18-26
12/08	Panthers																		W	40-20
12/15	at 49ers																		W	29-22
12/22	Jaguars																		W	24-12
12/29	at Buccaneers																		W	28-22+
2019 TOTALS		0-0	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	0	0	0	0	0	7-9	

+ - Overtime

DANNY ETLING'S 2018 GXG REGULAR SEASON STATISTICS (PATRIOTS)

DATE	OPPONENT	P/S	PASSING										RUSHING				W/L	SCORE		
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG			TD	
09/09	Texans																		W	27-20
09/16	at Jaguars																		L	20-31
09/23	at Lions																		L	10-26
09/30	Dolphins																		W	38-7
10/04	Colts																		W	38-24
10/14	Chiefs																		W	43-40
10/21	at Bears																		W	38-31
10/29	at Bills																		W	25-6
11/04	Packers																		W	31-17
11/11	at Titans																		L	10-34
11/25	at Jets																		W	27-13
12/02	Vikings																		W	24-10
12/09	at Dolphins																		L	33-34
12/16	at Steelers																		L	10-17
12/23	Bills																		W	24-12
12/30	Jets																		W	38-3
2018 TOTALS		0-0	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	0	0	0	0	0	11-5	

DANNY ETLING'S 2018 GXG POSTSEASON STATISTICS (PATRIOTS)

DATE	OPPONENT	P/S	PASSING										RUSHING				W/L	SCORE		
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG			TD	
01/13	Chargers																		W	41-28
01/20	at Chiefs																		W	37-31+
02/03	at Rams																		W	13-3
2018 TOTALS		0-0	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	0	0	0	0	0	3-0	

+ - Overtime



67 | CENTER/GUARD
B.J. FINNEY

Height: 6-4 Weight: 318
 College: Kansas State
 Seasons: NFL : 5th, Seahawks 1st
 Born: October 26, 1991
 Hometown: Wichita, Kan.

TRANSACTIONS:

- 05/02/15: Signed by Pittsburgh as an UDFA
- 09/05/15: Released by Pittsburgh
- 09/29/15: Signed to Pittsburgh's PS
- 02/09/18: Re-signed with Pittsburgh
- 03/23/20: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

- Came into the league as an undrafted free agent out of Kansas State and appeared in 59 games for Pittsburgh over the past four seasons, starting 13. He has seen action at center, left guard and right guard.

COLLEGE: Became one of just three players in Kansas State history to earn all-conference honors in all four years of his career. Started a school-record 52 straight games (2011-14), including the final 51 at center. Became the first offensive lineman in school history and fifth player overall to be named a

team captain three times. Helped the 2014 senior class finish with a 38-14 combined record over the last four years, including a Big 12-best 27-9 conference record. In 2013, was named a finalist for the Rimington Trophy as the nation's top center, and earned All-America honors from the USA Today (second-team), Athlon Sports (third-team) and Sports Illustrated (honorable mention). Also in 2013, was selected as the Big 12 Co-Offensive Lineman of the Year while earning All-Big 12 accolades from both the league's coaches and the Associated Press.

PERSONAL: Attended Andale High and was rated a two-star offensive lineman by Rivals.com. Named the Ark Valley Chisholm Trail Offensive MVP in 2009 and earned first-team all-state designations in 2008 and 2009. Helped lead team to a state championship in 2007, a sub-state appearance in 2008 and a section runner-up finish in 2009. Also lettered four years in wrestling, finishing second in state as a junior and winning state as a senior. Full name is Benjamin J. Isaac Finney II. Majored in history.

B.J. FINNEY'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2016	Steelers	13	3
2017	Steelers	14	4
2018	Steelers	16	2
2019	Steelers	16	4
NFL TOTALS		59	13

B.J. FINNEY'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2016	Steelers	0	0
2017	Steelers	1	0
NFL TOTALS		1	0



21 | CORNERBACK TRE FLOWERS

Height: 6-3 Weight: 203
 College: Oklahoma State
 Seasons: NFL : 3rd, Seahawks 3rd
 Born: June 2, 1995
 Hometown: Converse, Texas

TRANSACTIONS:

04/28/18: Drafted by Seattle (4th round, 146th)

NFL CAREER HIGHLIGHTS:

- Tied for the team-lead with a career-high three interceptions, the firsts of his career. Also posted career-highs in tackles (82, 65 solo) and sacks (2.0).
- Started 15 of 16 games at right cornerback as a rookie in 2018, missing Week 2's contest at Chicago with a hamstring injury.

COLLEGE: Was a 2017 Second-Team All-America (AFCA), First-Team All-Big 12 (Coaches), Second-Team All-Big 12 (Associated Press) and team captain as voted by teammates. Also named the 2017 Leslie O'Neal Award

recipient (OSU's Outstanding Defensive Player). Earned 2016 Second-Team All-Big 12 (Coaches) and the Barry Sanders Award (Most Contribution with the Least Recognition). As a sophomore was a Second Team Academic All-Big 12.

PERSONAL: All-district and all-area selection in high school who also earned honorable mention all-state accolades. Racked up 76 tackles, three interceptions and a pass defended his senior year. Also competed in basketball and track and field. Member of the A/B honor roll and participated with the Fellowship of Christian Athletes. Trequille Flowers was born June 2, 1995, in Converse, Texas. Son of Rodney and Crystal Flowers. Uncle, Erik Flowers, played with several teams during his seven seasons in the NFL. Majored in management.

TRE FLOWERS' NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST							
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR		
2018	Seahawks	15	15	67	55	12	0	0	0.0	0.0	0	0	0	0	0	6	3	1	0	0	0	0	0	0	0	1
2019	Seahawks	15	15	82	65	17	2	11	2.0	11.0	2	3	0	0	0	8	1	1	0	0	0	0	0	0	0	
NFL TOTALS		30	30	149	120	29	2	11	2.0	11.0	2	3	0	0	0	14	4	2	0	0	0	0	0	0	1	

TRE FLOWERS' NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST						
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	
2018	Seahawks	1	1	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	2	2	11	8	3	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		3	3	13	10	3	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

TRE FLOWERS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	10 vs. Cincinnati Bengals, Sep 08, 2019	Fumble Recoveries	1 vs. Cincinnati Bengals, Sep 08, 2019 ...1 more at 1.
Sacks	1.0 vs. San Francisco 49ers, Dec 29, 2019 ...1 more at 1.0.	Tackles For Loss	1 vs. San Francisco 49ers, Dec 29, 2019 ...1 more at 1.
Passes Defensed	3 at Philadelphia Eagles, Nov 24, 2019	Interceptions	1 vs. Minnesota Vikings, Dec 02, 2019 ...2 more at 1.
Forced Fumbles	2 at Carolina Panthers, Nov 25, 2018	Special Teams Fumble Recoveries	1 vs. Kansas City Chiefs, Dec 23, 2018



97

DEFENSIVE TACKLE

POONA FORD

Height: 5-11 Weight: 310
 College: Texas
 Seasons: NFL : 3rd, Seahawks 3rd
 Born: November 19, 1995
 Hometown: Hilton Head, S.C.

TRANSACTIONS:

05/04/18: Signed with Seattle as a UDFA

NFL CAREER HIGHLIGHTS:

- Moved in to the starting lineup in his second season and started 14 of 15 games played and posted 32 tackles (21 solo).
- Saw action in 11 games with one start as a rookie totaling 21 tackles and three quarterback hits.

COLLEGE: The four-year defensive lineman appeared in 46 career games with 30 starts. Named Big 12 Conference Defensive Lineman of the Year in 2017 and first-team All-Big 12 selection in 2017 by both the coaches and Associated Press. Named second-team All-Big 12 by ESPN.com in 2016 and also named honorable mention All-Big 12 by league's coaches. Was a two-time member of the Big 12 Commissioner's Honor Roll (fall 2014, spring

2017). Finished his senior season with 34 tackles, eight tackles for loss, 1.5 sacks, one pass defensed, one forced fumble and a blocked field goal.

PERSONAL: Attended Hilton Head High. Named Defensive Player of the Year and first-team All-Area by the Beaufort Gazette. Named a top-50 recruit in the Carolinas by the Charlotte Observer and the No. 22 defensive tackle in the nation by ESPN. Posted 135 tackles, including 28 tackles for loss, 7.0 sacks, 17 pressures and two forced fumbles as a senior. Also had 34 carries for 155 rush yards and seven touchdowns and played on special teams. Helped Hilton Head to a 7-4 record and an appearance in the 3A playoffs in 2013. Tabbed first-team all-area by the Beaufort Gazette in 2012 after he recorded 154 tackles, including 44 tackles for loss and 10 sacks, as a junior. Kaylor Ford took on the nickname of Poona when his grandmother began calling him Pooh as a child and it evolved to Poona. Majored in youth and community studies.

POONA FORD'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST						
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	
2018	Seahawks	11	1	21	13	8	3	9	0.0	0.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	15	14	32	21	11	5	8	0.5	2.5	3	0	0	0	0	1	0	1	0	0	0	0	0	0	
NFL TOTALS		26	15	53	34	19	8	17	0.5	2.5	5	0	0	0	0	1	0	1	0	0	0	0	0	0	

POONA FORD'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST					
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2018	Seahawks	1	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	2	2	6	5	1	1	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		3	2	8	7	1	1	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

POONA FORD'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	6 at San Francisco 49ers, Dec 16, 2018	Fumble Recoveries	1 at San Francisco 49ers, Nov 11, 2019
Sacks	0.5 at San Francisco 49ers, Nov 11, 2019	Tackles For Loss	3 at San Francisco 49ers, Dec 16, 2018
Passes Defensed	1 at Carolina Panthers, Dec 15, 2019		



2 | WIDE RECEIVER
AARON FULLER

Height: 5-11 Weight: 188
College: Washington
Season: Rookie
Born: September 30, 1997
Hometown: McKinney, Texas

TRANSACTIONS:

05/01/20: Signed by Seattle as a UDFA

Started 24 of 54 games played for the Huskies during his four-year career. Recorded 159 receptions for 2,051 yards, good for seventh in Washington history in both categories, and 13 touchdowns in his career. Also returned 48 punts for 390 yards with one touchdown. Started eight of 13 games as a senior and recorded career-highs in receptions (59) and touchdowns (6), with 702 yards. Attended Lovejoy High and was a first-team All-District

10-5A and first-team All-Collin County at wide receiver as a senior in 2015. Also named second-team All-Collin County as a return specialist. Played receiver and cornerback for the Leopards and his team went 8-4 and advanced to the second round of the 5A D2 playoffs in 2015. As a senior, caught 86 passes for 1,178 yards and 14 touchdowns while also rushing for two other scores and returning two punts for touchdowns. He ran the 100, 200 and 400 meters and also participated in long jump I high school, winning the district and area titles in the 400 meters as a junior.



61 | GUARD/CENTER
KYLE FULLER

Height: 6-5 **Weight:** 320
College: Baylor
Seasons: NFL : 4th, Seahawks 2nd
Born: March 4, 1994
Hometown: Wylie, Texas

TRANSACTIONS:

- 04/29/17: Drafted by Houston (7th Round, 243rd overall)
- 09/01/18: Waived by Houston
- 09/02/18: Signed to Houston PS
- 12/11/18: Signed to Washington's 53-man roster
- 04/30/19: Waived by Washington
- 05/16/19: Signed with Miami as FA
- 08/31/19: Waived by Miami
- 09/02/19: Signed to Seattle's PS
- 12/31/19: Signed to Seattle's 53-man roster

NFL CAREER HIGHLIGHTS:

- Spent the 2019 season on Seattle's practice squad but signed to the active roster for the postseason. Dressed, but did not play, in the wild card round and was inactive for the divisional game at Green Bay.

- Has played in 11 games, starting two games with Houston in 2017.

COLLEGE: Four-year letterman (2013-16) and 3-year starter at Baylor Played in 52 games with 39 starts at center. Started 39 consecutive games to finish his career. Started all 13 games at center as a senior in 2016. First-team All-Big 12. Blocked for an offense that led the Big 12 in rushing offense (241.8 yards per game). Started all 13 games at center in 2015. Second-team All-Big 12. Blocked for an offense that led the Big 12 and ranked 2nd in the nation in rushing offense (326.7 yards per game). Part of an offensive line unit that led the Big 12 with 1.15 sacks allowed per game. Started all 13 games at center as a sophomore in 2014. Honorable mention All-Big 12. Blocked for an offense that ranked 2nd in the Big 12 in rushing offense (215.5 yards per game).

PERSONAL: Played his prep football at Wylie High School (Wylie, Texas). Was selected 1st-team all-district as senior and 2nd-team all-area. Majored in communication studies.

KYLE FULLER'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2017	Texans	9	2
2018	Texans	0	0
Went from Houston to Washington .			
2018	Washington	2	0
2018	TOTAL	2	0
2019	Seahawks	0	0
NFL TOTALS		11	2

KYLE FULLER'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2019	Seahawks	1	0
NFL TOTALS		1	0



6

QUARTERBACK

ANTHONY GORDON

Height: 6-2

Weight: 201

College:

Washington State

Season:

Rookie

Born:

August 28, 1996

Hometown:

Pacifica, Calif.

TRANSACTIONS:

05/01/20: Signed by Seattle as a UDFA

Appeared in 15 games, starting 13 in his lone season as the Cougars starter, throwing for 5,596 yards and 48 touchdowns in his career. Named All-Pac-12 second-team as a redshirt-senior after setting WSU and Pac-12 single-season records for passing touchdowns (48), passing yards (5,579) and completions (493). Was a semifinalist for the Davey O'Brien Award, given to the nation's best QB as he led the country in passing yards per game (429.2), 300-yard games (12), 400-yard games (9), ranked second in passing touchdowns (48) and passing yards (5,579), completing 493-of-687 attempts (71.8%, fourth in the country). Owned three of the top-four single-game passing performances in the country (1st, 606 yards vs. Oregon State; 2nd, 570 vs. UCLA; 4th, 520 vs. Stanford). Led the country with 222 completions of 10-plus yards and of his 48 passing touchdowns, 16 went for 20-plus yards. Was the first quarterback in program history to start a season

with four straight 400-yard games and opened season with 15 straight completions (second-longest in WSU history). His nine passing touchdowns against UCLA was a WSU and Pac-12 Conference single-game record. Attended the City College of San Francisco and named All-California Community College Athletic Association Region 1 First Team and Bay 6 League Offensive Player of Year as a freshman. Helped CCSF to a 12-1 overall record and CCCAA Championship while leading the CCCAA with 3,864 passing yards and 37 touchdowns. Attended Terra Nova High School and was named the Medium School State Player of the Year by Cal-Hi Sports and named all-state and all-metro league first-team after setting a Central Coast Section record with 4,899 passing yards and 49 touchdowns, helping school to a Division IV Title. Also lettered three times in baseball. Uncle, Greg Reynolds, played baseball at Stanford (2004-06) and was the second overall pick in the 2006 MLB Draft by the Colorado Rockies. He played three seasons in the Major Leagues, two with Colorado and one with Cincinnati.



94 | DEFENSIVE END

RASHEEM GREEN

Height: 6-4 **Weight:** 279
College: USC
Seasons: NFL : 3rd, Seahawks 3rd
Born: May 15, 1997
Hometown: Los Angeles, Calif.

TRANSACTIONS:

04/27/18: Drafted by Seattle (3rd round, 79th)

NFL CAREER HIGHLIGHTS:

- Led the team with a career-high 4.0 sacks and blocked two field goals in 2019. It was the most blocked field goals by a Seahawks player since Red Bryant blocked three field goals in 2011.

COLLEGE: Played in 41 games with 26 starts over three seasons. Finished his career with 117 tackles, including 20 for losses, with 16.5 sacks, 8 deflections, 2 blocked field goals, a fumble recovery, fumble return for a TD and 3 forced fumbles in his career.

PERSONAL: As a senior defensive lineman at Serra High in Gardena (Calif.),

he made 2014 USA Today All-USA first team, Prep Star All-American Dream Team, Cal-Hi Sports All-State first team, Max Preps All-State Division I first team, Orange County Register Fab 15 first team, Tacoma News Tribune Western 100, All-CIF Pac 5 Division, Los Angeles Times All-Area first team, South Bay Daily Breeze All-South Bay first team and All-Mission League Co-Defensive MVP. He had 46 tackles, including 23 for losses, 8 sacks, a forced fumble and a deflection in 2014. As a junior in 2013, he made Max Preps Junior All-American first team, Student Sports Junior All-American second team, Cal-Hi Sports All-State Junior first team, All-CIF Western Division, South Bay Daily Breeze All-South Bay first team and All-Mission League Lineman MVP as he had 57 tackles, including 26 for losses, 14 sacks, plus a deflection and a forced fumble. He had 21 tackles and 1.5 sacks as a 2012 sophomore. Majored in sociology at USC.

RASHEEM GREEN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST					
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2018	Seahawks	10	0	9	7	2	1	6	1.0	6.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	16	8	27	15	12	3	17	4.0	19.0	5	0	0	0	0	2	3	1	36	0	0	0	0	0
NFL TOTALS		26	8	36	22	14	4	23	5.0	25.0	6	0	0	0	0	2	3	1	36	0	0	0	0	0

RASHEEM GREEN'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST					
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2018	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	2	0	2	2	0	1	4	1.0	4.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		2	0	2	2	0	1	4	1.0	4.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0

RASHEEM GREEN'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	6 vs. Arizona Cardinals, Dec 22, 2019	Forced Fumbles	1 vs. Minnesota Vikings, Dec 02, 2019
Sacks	1.0 at Carolina Panthers, Dec 15, 2019 ...4 more at 1.0.	Fumble Recoveries	1 vs. Tampa Bay Buccaneers, Nov 03, 2019
Passes Defensed	1 vs. Arizona Cardinals, Dec 22, 2019 ...1 more at 1.	Tackles For Loss	1 at Carolina Panthers, Dec 15, 2019 ...3 more at 1.

ADDITIONAL STATS

Special Teams Stats: 2019 (blocked field goal); Career: One blocked field goal.



49 | LINEBACKER SHAQUEM GRIFFIN

Height: 6-0 **Weight:** 227
College: Central Florida
Seasons: NFL : 3rd, Seahawks 3rd
Born: July 20, 1995
Hometown: St. Petersburg, Fla.
Pronunciation: shuh-KEEM

TRANSACTIONS:

04/28/18: Drafted by Seattle (5th round, 141st)

NFL CAREER HIGHLIGHTS:

- Saw play time increase late in the 2019 season as an edge rusher. Posted first sack of career in the divisional round at Green Bay.
- Saw action in all 16 games primarily on special teams in 2018, including one start at linebacker in the season opener at Denver. Totaled seven special tackles (five solo).

COLLEGE: Two-year starter at outside linebacker. Played in 39 games with 26 starts. Recorded 175 tackles (105 solo), including 33.5 TFLs, 18.5 sacks, 13 passes defensed, 4 forced fumbles, 5 fumble recoveries and 2 interceptions. As a senior in 2017, helped team to a 13-0 record and a Chick-fil-A Peach Bowl victory over Auburn and was selected Chick-fil-A Peach Bowl Defensive MVP. Named American Athletic Conference

Defensive Player of the Year and earned First Team All-Conference honors following his junior season (2016).

PERSONAL: Played at Lakewood (Fla.) HS, which advanced to the 2012 5A regional semifinals. Earned a spot on the 2012 class 5A all-state second team. Amassed 72 tackles with 12 break-ups and one sack in as a senior in 2012. Had 61 tackles, nine break-ups, two forced fumbles and one interception as a junior. Also ran track for Lakewood, competing in the 4x100, discus, triple jump and shot put, and received interest for track from LSU, Miami and Purdue. While in high school, received the United States Achievement Academy Student of Excellence Award, the Mr. LHS Award and the 2012 Mike June Courage Award. The mayor presented him with the On Top of Your Game Award as well as a key to the city. With twin brother Shaquill, started their own track club in St. Petersburg. Lost his left hand at the age of four due to a rare condition known as amniotic band syndrome. Parents are Terry and Tangie Griffin, and was born a minute after brother, Shaquill.

SHAQUEM GRIFFIN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST							
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR		
2018	Seahawks	16	1	4	3	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	7	5	2	0	0
2019	Seahawks	16	0	2	2	0	0	0	0.0	0.0	3	0	0	0	0	0	0	0	0	0	0	3	1	2	0	0
NFL TOTALS		32	1	6	5	1	0	0	0.0	0.0	3	0	0	0	0	0	0	0	0	0	10	6	4	0	0	

SHAQUEM GRIFFIN'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST							
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR		
2018	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0
2019	Seahawks	2	0	1	1	0	1	8	1.0	8.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
NFL TOTALS		3	0	1	1	0	1	8	1.0	8.0	1	0	0	0	0	0	0	0	0	0	1	0	1	0	0	

SHAQUEM GRIFFIN'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 3 at Denver Broncos, Sep 09, 2018 **Special Teams Tackles** 2 at Carolina Panthers, Nov 25, 2018
 ...1 more at 2.



26 | CORNERBACK SHAQUILL GRIFFIN

Height: 6-0 Weight: 198
 College: Central Florida
 Seasons: NFL : 4th, Seahawks 4th
 Born: July 20, 1995
 Hometown: St. Petersburg, Fla.
 Pronunciation: shuh-KEEL



TRANSACTIONS:

04/28/17: Drafted by Seattle (3rd round, 90th)

NFL CAREER HIGHLIGHTS:

- Started all 14 games played in 2019 and was named to his first Pro Bowl as an injury replacement after recording 65 tackles (45 solo) and 13 passes defended on the season.

- Started 11 of 15 games played his rookie season and recorded his first-career interception vs. Arizona (12/31/17).

COLLEGE: In four seasons, Griffin played in 46 career games and totaled 125 tackles, 36 passes defended and seven interceptions. He also ran two picks back for touchdowns and blocked one kick as a Knight.

PERSONAL: Coached by Cory Moore at Lakewood High, which advanced to the 2012 5A regional semifinals. Received three stars from Rivals and ESPN. Ranked as the No. 57 cornerback in the nation by Rivals, and No. 104 by ESPN. Earned a spot on the 2012 class 5A all-state first team. Recorded three interceptions with 44 tackles, 12 break ups, three forced fumbles and scored five touchdowns for the Spartans in 2012. With twin brother Shaquem, started their own track club in St. Petersburg. Was born a minute before Shaquem, who he played with at Central Florida.

SHAQUILL GRIFFIN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES			ST				
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2017	Seahawks	15	11	58	50	8	2	7	1.0	5.0	1	1	0	0	0	15	0	0	0	1	0	1	0	0
2018	Seahawks	16	16	62	55	7	3	6	0.0	0.0	0	2	8	8	0	8	0	0	0	0	0	0	0	0
2019	Seahawks	14	14	65	45	20	2	2	0.0	0.0	0	0	0	0	0	13	0	0	0	0	0	0	0	0
NFL TOTALS		45	41	185	150	35	7	15	1.0	5.0	1	3	8	8	0	36	0	0	0	1	0	1	0	0

SHAQUILL GRIFFIN'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES			ST				
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2018	Seahawks	1	1	4	4	0	0	0	0.0	0.0	0	0	0	0	0	2	0	0	0	0	0	0	0	0
2019	Seahawks	2	2	7	5	2	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
NFL TOTALS		3	3	11	9	2	0	0	0.0	0.0	0	0	0	0	0	3	0	0	0	0	0	0	0	0

SHAQUILL GRIFFIN'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	10 at Green Bay Packers, Sep 10, 2017	Interceptions	2 at Chicago Bears, Sep 17, 2018
Sacks	1.0 at Dallas Cowboys, Dec 24, 2017	Interception Return Yards	8 at Chicago Bears, Sep 17, 2018
Passes Defended	3 at Cleveland Browns, Oct 13, 2019 ...2 more at 3.	Special Teams Tackles	1 at Tennessee Titans, Sep 24, 2017
Tackles For Loss	1 vs. San Francisco 49ers, Dec 29, 2019 ...6 more at 1.		



19 | WIDE RECEIVER

PENNY HART

Height: 5-8 Weight: 182
 College: Georgia State
 Seasons: NFL : 2nd, Seahawks 2nd
 Born: July 5, 1996
 Hometown: Roswell, GA

TRANSACTIONS:

- 05/03/19: Signed by Indianapolis as a UDFA
- 08/31/19: Waived/injured by Indianapolis
- 09/01/19: Placed on IR (hamstring)
- 09/07/19: Waived/injury settlement
- 10/22/19: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

- Spent the majority of the 2019 season on Seattle's practice squad.

COLLEGE: Played in 39 games at Georgia State and left school ranking second in GSU history in receptions (202), third in yards (2,950) and second in touchdowns (19). Also ranked second in all-purpose yards (3,497) and became the first Panther to record two 1,000-yard seasons.

PERSONAL: Attended King's Ridge Christian School and was a two-time first-team all-region selection. Began his senior season as a receiver and running back before starting the final three games at quarterback. Majored in religious studies.

PENNY HART'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING					
				NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD	
2019	Colts	0	0	0	0	0.0	0	0	0	0	0	0.0	0	0
Went from Indianapolis to Seattle.														
2019	Seahawks	0	0	0	0	0.0	0	0	0	0	0	0.0	0	0
2019	TOTAL	0	0	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0	0	0.0	0	0	0	0	0	0.0	0	0

PENNY HART'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING					
				NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD	
2019	Seahawks	0	0	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0	0	0.0	0	0	0	0	0	0.0	0	0

PENNY HART'S NFL REGULAR SEASON RETURN STATISTICS

DATE	TEAM	KICKOFF RETURNS					PUNT RETURNS					
		RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS	AVG	LG	TD
2019	Colts	0	0	0.0	0	0	0	0	0	0.0	0	0
Went from Indianapolis to Seattle.												
2019	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2019	TOTAL	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0.0	0	0	0	0	0	0.0	0	0

PENNY HART'S NFL POSTSEASON RETURN STATISTICS

DATE	TEAM	KICKOFF RETURNS					PUNT RETURNS					
		RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS	AVG	LG	TD
2019	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0.0	0	0	0	0	0	0.0	0	0



60 | GUARD
PHIL HAYNES

Height: 6-4 Weight: 322
 College: Wake Forest
 Seasons: NFL : 2nd, Seahawks 2nd
 Born: October 19, 1995
 Hometown: Raleigh, N.C.

TRANSACTIONS:

05/27/19: Drafted by Seattle (4th Round, 124th)
 08/31/19: Placed on PUP (sports hernia)
 11/05/19: Activated to 53-man roster from PUP

NFL CAREER HIGHLIGHTS:

- Spent the first nine games of rookie season on the PUP list, then was inactive for six games and dressed, but did not play, in the season finale. Made NFL debut on field goal unit in the wild card round and saw extensive action at left guard in the divisional round at Green Bay in place of Jamarco Jones (concussion).

COLLEGE: Was a mainstay on the two most prolific offensive teams in Wake

Forest history. Helped the Demon Deacon offense set school records for total yards and scoring in 2017 and records for 500-yard total offense games and most 50-point scoring games in 2018. Started 47 career games including the final 22 contests. Served as team captain in 2018. Rated the No. 48 player in the ACC by the ACC Sports Journal. Started all 13 games as a senior. Led all offensive linemen with 24 knockdown blocks. On the field for 1,066 snaps in 2018, the fifth-most on the team.

PERSONAL: Spent his first three seasons at North Raleigh Christian and his senior year at Virginia Episcopal School in Lynchburg. Earned his degree from Raleigh Enloe High. Primarily a basketball player, he was a late comer to football. Was a defensive end in high school. Son of Betty Capers. Majored in communications.

PHIL HAYNES' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2019	Seahawks	0	0
NFL TOTALS		0	0

PHIL HAYNES' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2019	Seahawks	2	0
NFL TOTALS		2	0



9 | CORNERBACK
GAVIN HESLOP

Height: 6-0 Weight: 197
College: Stony Brook
Season: Rookie
Born: November 13, 1997
Hometown: Yonkers, N.Y.
Pronunciation: HEH-slop

TRANSACTIONS:

05/04/20: Signed by Seattle as a UDFA

Earned third-team All-CAA Football honors during his senior-captain season as he collected 52 tackles, 8.5 tackles for loss, 1.5 sacks, a pair of blocked kicks, three forced fumbles and three fumble recoveries, returning one for a touchdown. During his collegiate career, Heslop started 37 consecutive games and recorded 138 total tackles, with 21.0 tackles for loss and a pair of fumble returns for touchdowns. A 2015 graduate of Archbishop Stepinac

High, he was a NYSSWA first-team All-New York State selection and first team All-Catholic High School Football League. Was a member of CHSFL AAA Championship team, the school's first title since 1955, and was the championship game's offensive MVP. His 68-yard interception return helped Stepinac beat St. Anthony's for the first time in 31 years. Recorded 60 tackles, three interceptions, three sacks and rushed for 440 yards and six touchdowns in his final season. Cousin, Doug Hogue, played for the Detroit Lions (2011-12) and the Carolina Panthers (2012).



42 | STRONG SAFETY

LANO HILL

Height: 6-1 **Weight:** 216
College: Michigan
Seasons: NFL : 4th, Seahawks 4th
Born: November 26, 1995
Hometown: Detroit, Mich.
Pronunciation: LAY-no

TRANSACTIONS:

04/28/17: Drafted by Seattle (3rd round, 95th)
 01/01/19: Placed on IR (hip)

NFL CAREER HIGHLIGHTS:

- Started a career-high four games at free safety in 2019 and tied his career-high with 23 tackles (13 solo).
- In 2018, started two of 13 games played before landing on injured reserve (hip) in the postseason.
- Played in 15 games his rookie season primarily on special teams and had

five tackles.

COLLEGE: A 2016 All-Big Ten second-team (coaches) and 2016 All-Big Ten honorable mention (media), he played in 46 games, making 26 starts at safety. Contributed 119 tackles, seven tackles for loss, one forced fumble, one fumble recovery, three interceptions and eight pass breakups during his career.

PERSONAL: Attended Cass Technical High School (2013) and helped lead his team to back-to-back Michigan Division 1 State titles. Tallied 60 tackles and two interceptions as a senior. Selected to the Detroit News Blue Chip List as a senior. Majored in general studies in the school of kinesiology.

LANO HILL'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS						FUMBLES			ST						
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR		
2017	Seahawks	15	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	5	3	2	0	0
2018	Seahawks	13	2	23	14	9	2	5	0.0	0.0	2	0	0	0	0	1	0	1	0	0	0	1	1	0	0	0
2019	Seahawks	12	4	23	13	10	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	2	2	0	0	0
NFL TOTALS		40	6	46	27	19	2	5	0.0	0.0	2	0	0	0	0	1	0	1	0	0	8	6	2	0	0	

LANO HILL'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS						FUMBLES			ST						
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR		
2018	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
2019	Seahawks	2	0	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0
NFL TOTALS		2	0	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	

LANO HILL'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	6 vs. San Francisco 49ers, Dec 29, 2019	Tackles For Loss	1 at Carolina Panthers, Nov 25, 2018
Passes Defensed	1 at San Francisco 49ers, Dec 16, 2018		...1 more at 1.
Fumble Recoveries	1 vs. Kansas City Chiefs, Dec 23, 2018	Special Teams Tackles	2 vs. Indianapolis Colts, Oct 01, 2017



86 | TIGHT END

JACOB HOLLISTER

Height: 6-4 Weight: 245
 College: Wyoming
 Seasons: NFL : 4th, Seahawks 2nd
 Born: November 18, 1993
 Hometown: Beaverton, Ore.



'18 TRANSACTIONS:

- 05/05/17: Signed by New England as undrafted FA
- 01/08/19: Placed on IR (hamstring)
- 04/29/19: Traded to Seattle
- 08/31/19: Released by Seattle
- 09/01/19: Signed to Seattle's PS
- 10/12/19: Signed to Seattle's active roster
- 04/21/20: Signed tender with Seattle

NFL CAREER HIGHLIGHTS:

- Started three of 11 games played for Seattle in 2019 and was third on the team with career-highs in receptions (41) and yards (349). Added the first

three touchdowns of his career, including two vs. Tampa Bay, with one being the game-winner in overtime.

- Played in 23 regular-season games with New England, recording eight catches for 94 yards and starting two games, one in 2017 and one in 2018. The Patriots placed Hollister on injured reserve ahead of the 2018 postseason, where they went on to defeat the Rams in Super Bowl LIII.

COLLEGE: Played in 30 games at Wyoming and caught 75 passes for 1,114 yards and 12 TDs. Also rushed twice for 48 yards and one score. Most productive season came as a senior in 2016 after racking up 32 receptions for 515 yards and seven TDs. Earned first-team all conference honors at Arizona Western Junior College. Redshirted as a true freshman at Nevada before transferring to Arizona Western and eventually earning a scholarship with Wyoming.

PERSONAL: Helped lead Mountain View (Bend, Ore.) High School to the 5A state championship as the team's quarterback during senior season, giving the city of Bend its first state title since 1940. Finished the 2011 season 112-of-172 passing for 1,855 yards with 31 TDs and just three INTs.

JACOB HOLLISTER'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD
2017	Patriots	15	1	4	42	10.5	19	0	1	5	5.0	5	0
2018	Patriots	8	1	4	52	13.0	23	0	0	0	0.0	0	0
2019	Seahawks	11	3	41	349	8.5	22	3	0	0	0.0	0	0
NFL TOTALS		34	5	49	443	9.0	23	3	1	5	5.0	5	0

JACOB HOLLISTER'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD
2017	Patriots	1	0	1	0	0.0	0	0	0	0	0.0	0	0
2018	Patriots	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2019	Seahawks	2	2	7	63	9.0	19	0	0	0	0.0	0	0
NFL TOTALS		3	2	8	63	7.9	19	0	0	0	0.0	0	0

ADDITIONAL STATS

Special Teams Tackles: 2017 (1), 2018 (1), 2019 (3); Career: 5

JACOB HOLLISTER'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	1 vs. Buffalo Bills, Dec 24, 2017	Receiving TDs	2 vs. Tampa Bay Buccaneers, Nov 03, 2019
Rushing Yards	5 vs. Buffalo Bills, Dec 24, 2017	All-purpose yards	64 vs. Arizona Cardinals, Dec 22, 2019
Longest Runs	5 vs. Buffalo Bills, Dec 24, 2017	Special Teams Tackles	1 vs. Arizona Cardinals, Dec 22, 2019 ...7 more at 1.
Receptions	8 at San Francisco 49ers, Nov 11, 2019	Miscellaneous Tackles	1 vs. Arizona Cardinals, Dec 22, 2019
Receiving Yards	64 vs. Arizona Cardinals, Dec 22, 2019	Most TDs	2 vs. Tampa Bay Buccaneers, Nov 03, 2019
Longest Receptions	23 at Jacksonville Jaguars, Sep 16, 2018		

JACOB HOLLISTER'S 2019 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/08	Bengals												W	21-20
09/15	at Steelers												W	28-26
09/22	Saints												L	27-33
09/29	at Cardinals												W	27-10
10/03	Rams												W	30-29
10/13	at Browns	P	0	0	0.0	0	0	0	0	0.0	0	0	W	32-28
10/20	Ravens	P	3	20	6.7	9	0	0	0	0.0	0	0	L	16-30
10/27	at Falcons	P	2	18	9.0	12	0	0	0	0.0	0	0	W	27-20
11/03	Buccaneers	S	4	37	9.3	22	2	0	0	0.0	0	0	W	40-34+
11/11	at 49ers	P	8	62	7.8	13	1	0	0	0.0	0	0	W	27-24+
11/24	at Eagles	P	2	22	11.0	21	0	0	0	0.0	0	0	W	17-9
12/02	Vikings	P	6	44	7.3	16	0	0	0	0.0	0	0	W	37-30
12/08	at Rams	S	4	34	8.5	19	0	0	0	0.0	0	0	L	12-28
12/15	at Panthers	P	3	23	7.7	8	0	0	0	0.0	0	0	W	30-24
12/22	Cardinals	P	5	64	12.8	20	0	0	0	0.0	0	0	L	13-27
12/29	49ers	S	4	25	6.3	9	0	0	0	0.0	0	0	L	21-26
2019 TOTALS		11-3	41	349	8.5	22	3	0	0	0.0	0	0	11-5	

+ - Overtime

JACOB HOLLISTER'S 2018 GXG REGULAR SEASON STATISTICS (PATRIOTS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/09	Texans												W	27-20
09/16	at Jaguars	S	3	35	11.7	23	0	0	0	0.0	0	0	L	20-31
09/23	at Lions												L	10-26
09/30	Dolphins												W	38-7
10/04	Colts	P	0	0	0.0	0	0	0	0	0.0	0	0	W	38-24
10/14	Chiefs	P	0	0	0.0	0	0	0	0	0.0	0	0	W	43-40
10/21	at Bears												W	38-31
10/29	at Bills												W	25-6
11/04	Packers												W	31-17
11/11	at Titans	P	1	17	17.0	17	0	0	0	0.0	0	0	L	10-34
11/25	at Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-13
12/02	Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-10
12/09	at Dolphins	P	0	0	0.0	0	0	0	0	0.0	0	0	L	33-34
12/16	at Steelers												L	10-17
12/23	Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-12
12/30	Jets												W	38-3
2018 TOTALS		8-1	4	52	13.0	23	0	0	0	0.0	0	0	11-5	

JACOB HOLLISTER'S 2017 GXG REGULAR SEASON STATISTICS (PATRIOTS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/07	Chiefs												L	27-42
09/17	at Saints	S	1	5	5.0	5	0	0	0	0.0	0	0	W	36-20
09/24	Texans	P	1	19	19.0	19	0	0	0	0.0	0	0	W	36-33
10/01	Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	30-33
10/05	at Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	19-14
10/15	at Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-17
10/22	Falcons	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-7
10/29	Chargers	P	1	13	13.0	13	0	0	0	0.0	0	0	W	21-13
11/12	at Broncos	P	0	0	0.0	0	0	0	0	0.0	0	0	W	41-16
11/19	at Raiders	P	0	0	0.0	0	0	0	0	0.0	0	0	W	33-8
11/26	Dolphins	P	0	0	0.0	0	0	0	0	0.0	0	0	W	35-17
12/03	at Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-3
12/11	at Dolphins	P	0	0	0.0	0	0	0	0	0.0	0	0	L	20-27
12/17	at Steelers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-24
12/24	Bills	P	1	5	5.0	5	0	1	5	5.0	5	0	W	37-16
12/31	Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	W	26-6
2017 TOTALS		15-1	4	42	10.5	19	0	1	5	5.0	5	0	13-3	

JACOB HOLLISTER'S 2019 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE	
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD			
01/05	at Eagles	S	2	16	8.0	9	0	0	0	0.0	0	0	0	W	17-9
01/12	at Packers	S	5	47	9.4	19	0	0	0	0.0	0	0	0	L	23-28
2019 TOTALS		2-2	7	63	9.0	19	0	0	0	0.0	0	0	0	1-1	

JACOB HOLLISTER'S 2018 GXG POSTSEASON STATISTICS (PATRIOTS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/13	Chargers												W	41-28
01/20	at Chiefs												W	37-31+
02/03	at Rams												W	13-3
2018 TOTALS		0-0	0	0	0.0	0	0	0	0	0.0	0	0	3-0	

+ - Overtime

JACOB HOLLISTER'S 2017 GXG POSTSEASON STATISTICS (PATRIOTS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/13	Titans	P	1	0	0.0	0	0	0	0	0.0	0	0	W	35-14
01/21	Jaguars												W	24-20
02/04	Eagles												L	33-41
2017 TOTALS		1-0	1	0	0.0	0	0	0	0	0.0	0	0	2-1	



25 | RUNNING BACK

TRAVIS HOMER

Height: 5-10 Weight: 202
 College: Miami
 Seasons: NFL : 2nd, Seahawks 2nd
 Born: August 7, 1998
 Hometown: West Palm Beach, Fla.

TRANSACTIONS:

05/27/19: Drafted by Seattle (6th Round, 204th)

NFL CAREER HIGHLIGHTS:

- Played in all 16 games with one start in 2019. Took over kickoff return duties in Game 11 and with injuries to Chris Carson, Rashaad Penny and C.J. Prosise, found himself as the lone healthy running back on the roster vs. Arizona (12/22). Started the season finale and the Wild Card Game before splitting playing time with Marshawn Lynch in the divisional game at Green Bay.

COLLEGE: Two-time All-ACC second-team (2017, 2018) selection. Played in 38 games racking up 2,418 all-purpose yards, 1,995 rushing yards and 405 receiving yards at Miami. Scored 12 rushing touchdowns and averaged 6.0 yards per rush over course of his career. Added one receiving touchdown.

PERSONAL: Rated as four star prospect by ESPN, Scout and 247Sports. Totaled 1,315 yards rushing and 13 total touchdowns senior year. Finished prep career by surpassing 3,200 total rushing yards, 41 rushing touchdowns and 50 total touchdowns. Helped lead Oxbridge Academy to FHSAA Regional Finals. Chose Miami over offers from Alabama, Auburn, Florida and Florida State.

TRAVIS HOMER'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RUSHING						RECEIVING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS	AVG	LG	TD	
2019	Seahawks	16	1	18	114	6.3	29	0	11	56	5.1	11	0	
NFL TOTALS		16	1	18	114	6.3	29	0	11	56	5.1	11	0	

TRAVIS HOMER'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RUSHING						RECEIVING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS	AVG	LG	TD	
2019	Seahawks	2	1	14	25	1.8	12	0	3	32	10.7	16	0	
NFL TOTALS		2	1	14	25	1.8	12	0	3	32	10.7	16	0	

TRAVIS HOMER'S NFL REGULAR SEASON RETURN STATISTICS

DATE	TEAM	RET.	KICKOFF RETURNS				PUNT RETURNS					
			YDS.	AVG.	LG	TD	NO.	FC	YDS	AVG	LG	TD
2019	Seahawks	5	109	21.8	29	0	0	0	0	0.0	0	0
NFL TOTALS		5	109	21.8	29	0	0	0	0	0.0	0	0

TRAVIS HOMER'S NFL POSTSEASON RETURN STATISTICS

DATE	TEAM	RET.	KICKOFF RETURNS				PUNT RETURNS					
			YDS.	AVG.	LG	TD	NO.	FC	YDS	AVG	LG	TD
2019	Seahawks	5	97	19.4	25	0	0	0	0	0.0	0	0
NFL TOTALS		5	97	19.4	25	0	0	0	0	0.0	0	0

ADDITIONAL STATS

Special Teams Tackles: 2019 (2); Career: 2.

TRAVIS HOMER'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	10 vs. San Francisco 49ers, Dec 29, 2019	All-purpose yards	92 vs. San Francisco 49ers, Dec 29, 2019
Rushing Yards	62 vs. San Francisco 49ers, Dec 29, 2019	Kickoff Returns	2 vs. Minnesota Vikings, Dec 02, 2019
Longest Runs	29 vs. Minnesota Vikings, Dec 02, 2019	Kickoff Return Yards	51 vs. Minnesota Vikings, Dec 02, 2019
Receptions	6 vs. Arizona Cardinals, Dec 22, 2019	Longest Kickoff Return	29 at Philadelphia Eagles, Nov 24, 2019
Receiving Yards	30 vs. San Francisco 49ers, Dec 29, 2019	Special Teams Tackles	1 at Los Angeles Rams, Dec 08, 2019
Longest Receptions	11 vs. San Francisco 49ers, Dec 29, 2019		...2 more at 1.

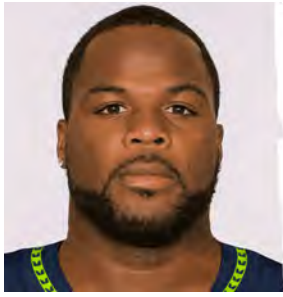
TRAVIS HOMER'S 2019 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE	
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD			
09/08	Bengals	P	0	0	0.0	0	0	0	0	0.0	0	0	0	W	21-20
09/15	at Steelers	P	0	0	0.0	0	0	0	0	0.0	0	0	0	W	28-26
09/22	Saints	P	0	0	0.0	0	0	0	0	0.0	0	0	0	L	27-33
09/29	at Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	0	W	27-10
10/03	Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	0	W	30-29
10/13	at Browns	P	0	0	0.0	0	0	0	0	0.0	0	0	0	W	32-28
10/20	Ravens	P	0	0	0.0	0	0	0	0	0.0	0	0	0	L	16-30
10/27	at Falcons	P	0	0	0.0	0	0	0	0	0.0	0	0	0	W	27-20
11/03	Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	0	W	40-34+
11/11	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	0	W	27-24+
11/24	at Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	0	W	17-9
12/02	Vikings	P	1	29	29.0	29	0	0	0	0.0	0	0	0	W	37-30
12/08	at Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	0	L	12-28
12/15	at Panthers	P	2	7	3.5	5	0	0	0	0.0	0	0	0	W	30-24
12/22	Cardinals	P	5	16	3.2	17	0	6	26	4.3	10	0	0	L	13-27
12/29	49ers	S	10	62	6.2	13	0	5	30	6.0	11	0	0	L	21-26
2019 TOTALS		16-1	18	114	6.3	29	0	11	56	5.1	11	0	11-5		

+- Overtime

TRAVIS HOMER'S 2019 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE	
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD			
01/05	at Eagles	S	11	12	1.1	12	0	1	5	5.0	5	0	0	W	17-9
01/12	at Packers	P	3	13	4.3	5	0	2	27	13.5	16	0	0	L	23-28
2019 TOTALS		2-1	14	25	1.8	12	0	3	32	10.7	16	0	1-1		



30 | RUNNING BACK

CARLOS HYDE

Height: 6-0 Weight: 229
 College: Ohio State
 Seasons: NFL : 7th, Seahawks 1st
 Born: September 20, 1990
 Hometown: Cincinnati, Ohio

TRANSACTIONS:

- 05/09/14: Drafted by San Francisco (2nd round, 57th overall)
- 12/12/15: Placed on IR (foot)
- 12/27/16: Placed on IR (knee)
- 03/15/18: Signed with Cleveland as UFA
- 10/20/18: Traded to Jacksonville
- 03/08/19: Released by Jacksonville
- 03/11/19: Signed by Kansas City as a FA
- 08/31/19: Traded to Houston
- 05/28/20: Signed by Seattle as a FA

NFL CAREER HIGHLIGHTS:

• Started 14 of 16 games played for the Houston Texans in 2019. Recorded his first-career 1,000-yard season with a career-high 1,070 rushing yards with six touchdowns on 245 carries. Became the fifth player in Texans history to record 1,000 rushing yards in a season and the first since Lamar Miller in 2016. Ran for a season-high 160 yards on 19 carries in the win over Jacksonville in London (11/3/19), which marked the third-highest single-game total in his career and the most since Week 14 of the 2016 season (career-high 193 yards vs. the N.Y. Jets).

• Split the 2018 season with Cleveland (six games with five starts) and Jacksonville (eight games with two starts).

• Spent four seasons (2014-17) with the San Francisco 49ers, starting 36 of 50 games played, and rushed for 2,729 yards on 655 carries with 21 touchdowns. Also added 109 receptions for 634 yards and three touchdowns

COLLEGE: Spent four seasons (2010-13) at Ohio State and played in 41 games for the Buckeyes. Finished his collegiate career with 3,198 yards and 37 touchdowns on 523 carries, while adding 34 receptions for 271 yards and four scores. Ended his senior season with nine consecutive performances of 100-plus yards. Named the Big Ten Conference's Ameche-Dayne Running Back of the Year. Earned second team All-America honors from CBS Sports and was selected first-team All-Big Ten in his final season.

PERSONAL: Attended Princeton (Ohio) High, but moved to Naples, Fla. following his freshman year and finished high school at Naples High. Rushed for 1,653 yards and 16 touchdowns as a senior at Naples, earning the Naples Daily News Broxson Award as its Player of the Year. Also awarded the Ft. Myers News-Press Southwest Florida Player of the Year. Also lettered in track and basketball.

REGULAR SEASON COMPARISON: RECEIVING - ATLANTA FALCONS

DATE	OPP	W/L	GP/GS	REC	YDS	AVG	TD	LG	TGTS	YAC
12/18/16	SF @ ATL	L	S	1	6	6.0	0	6	3	3
10/6/19	HST vs. ATL	W	S	0	0	0	0	0	1	0
TOTALS			1/1 2/2	1	6	6.0	0	6	4	3

CARLOS HYDE'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RUSHING					RECEIVING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS	AVG	LG	TD
2014	49ers	14	0	83	333	4.0	28	4	12	68	5.7	16	0
2015	49ers	7	7	115	470	4.1	22	3	11	53	4.8	11	0
2016	49ers	13	13	217	988	4.6	47	6	27	163	6.0	19t	3
2017	49ers	16	16	240	938	3.9	61	8	59	350	5.9	18	0
2018	Browns	6	5	114	382	3.4	22	5	6	29	4.8	9	0
Went from Cleveland to Jacksonville.													
2018	Jaguars	8	2	58	189	3.3	19	0	4	4	1.0	6	0
2018	TOTAL	14	7	172	571	3.3	22	5	10	33	3.3	9	0
2019	Texans	16	14	245	1,070	4.4	58	6	10	42	4.2	14	0
NFL TOTALS		80	57	1,072	4,370	4.1	61	32	129	709	5.5	19t	3

CARLOS HYDE'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RUSHING					RECEIVING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS	AVG	LG	TD
2019	Texans	2	1	29	92	3.2	8	0	4	23	5.8	10	1
NFL TOTALS		2	1	29	92	3.2	8	0	4	23	5.8	10	1

CARLOS HYDE'S NFL REGULAR SEASON RETURN STATISTICS

DATE	TEAM	RET.	KICKOFF RETURNS				PUNT RETURNS					
			YDS.	AVG.	LG	TD	NO.	FC	YDS	AVG	LG	TD
2014	49ers	11	268	24.4	30	0	0	0	0	0.0	0	0
2015	49ers	0	0	0.0	0	0	0	0	0	0.0	0	0
2016	49ers	0	0	0.0	0	0	0	0	0	0.0	0	0
2017	49ers	0	0	0.0	0	0	0	0	0	0.0	0	0
2018	Browns	0	0	0.0	0	0	0	0	0	0.0	0	0
Went from Cleveland to Jacksonville.												
2018	Jaguars	0	0	0.0	0	0	0	0	0	0.0	0	0
2018	TOTAL	0	0	0.0	0	0	0	0	0	0.0	0	0
2019	Texans	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		11	268	24.4	30	0	0	0	0	0.0	0	0

CARLOS HYDE'S NFL POSTSEASON RETURN STATISTICS

DATE	TEAM	RET.	KICKOFF RETURNS				PUNT RETURNS					
			YDS.	AVG.	LG	TD	NO.	FC	YDS	AVG	LG	TD
2019	Texans	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0.0	0	0	0	0	0	0.0	0	0

CARLOS HYDE'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	26 at Tennessee Titans, Dec 15, 2019 ...2 more at 26.	Receiving TDs	1 at Los Angeles Rams, Dec 24, 2016 ...2 more at 1.
Rushing Yards	193 vs. New York Jets, Dec 11, 2016	All-purpose yards	200 vs. New York Jets, Dec 11, 2016
Longest Runs	61 at Seattle Seahawks, Sep 17, 2017	Kickoff Returns	4 vs. Washington Redskins, Nov 23, 2014
Rushing TDs	2 vs. New York Jets, Sep 20, 2018 ...6 more at 2.	Kickoff Return Yards	98 vs. Washington Redskins, Nov 23, 2014
Receptions	9 vs. Arizona Cardinals, Nov 05, 2017	Longest Kickoff Return	30 at New Orleans Saints, Nov 09, 2014
Receiving Yards	84 vs. Arizona Cardinals, Nov 05, 2017	Miscellaneous Tackles	1 vs. Indianapolis Colts, Nov 21, 2019 ...6 more at 1.
Longest Receptions	19t at Los Angeles Rams, Dec 24, 2016	Most TDs	2 vs. New York Jets, Sep 20, 2018 ...6 more at 2.

CARLOS HYDE'S 100-YARD RUSHING GAMES (7): REGULAR SEASON

DATE	TEAM	ATT.	YDS.	AVG.	LG	TD
12/11/16	JETS	17	193	11.4	47	0
09/14/15	VIKINGS	26	168	6.5	18	2
11/03/19	at Jaguars	19	160	8.4	58	0
09/17/17	at Seahawks	15	124	8.3	61	0
10/13/19	at Chiefs	26	116	4.5	26	1
12/15/19	at Titans	26	104	4.0	11	1
09/25/16	at Seahawks	21	103	4.9	34	2

CARLOS HYDE'S 2019 GXG REGULAR SEASON STATISTICS (TEXANS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/09	at Saints	S	10	83	8.3	20	0	1	2	2.0	2	0	L	28-30
09/15	Jaguars	S	20	90	4.5	14	0	0	0	0.0	0	0	W	13-12
09/22	at Chargers	S	10	19	1.9	10	1	0	0	0.0	0	0	W	27-20
09/29	Panthers	S	12	58	4.8	25	0	4	6	1.5	6	0	L	10-16
10/06	Falcons	S	21	60	2.9	14	1	0	0	0.0	0	0	W	53-32
10/13	at Chiefs	S	26	116	4.5	26	1	1	14	14.0	14	0	W	31-24
10/20	at Colts	P	12	35	2.9	10	0	0	0	0.0	0	0	L	23-30
10/27	Raiders	S	19	83	4.4	20	0	0	0	0.0	0	0	W	27-24
11/03	at Jaguars	S	19	160	8.4	58	0	0	0	0.0	0	0	W	26-3
11/17	at Ravens	S	9	65	7.2	41t	1	0	0	0.0	0	0	L	7-41
11/21	Colts	S	16	67	4.2	33	0	0	0	0.0	0	0	W	20-17
12/01	Patriots	S	10	17	1.7	4	0	1	5	5.0	5	0	W	28-22
12/08	Broncos	P	14	73	5.2	13	0	2	5	2.5	3	0	L	24-38
12/15	at Titans	S	26	104	4.0	11	1	0	0	0.0	0	0	W	24-21
12/21	at Buccaneers	S	17	27	1.6	6	1	1	10	10.0	10	0	W	23-20
12/29	Titans	S	4	13	3.3	7	0	0	0	0.0	0	0	L	14-35
2019 TOTALS	16-14		245	1,070	4.4	58	6	10	42	4.2	14	0	10-6	

CARLOS HYDE'S 2018 GXG REGULAR SEASON STATISTICS (BROWNS/JAGUARS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L/T	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/09	Steelers	S	22	62	2.8	12	1	1	3	3.0	3	0	T	21-21
09/16	at Saints	P	16	43	2.7	10	1	1	7	7.0	7	0	L	18-21
09/20	Jets	S	23	98	4.3	22	2	2	5	2.5	5	0	W	21-17
09/30	at Raiders	S	22	82	3.7	16	1	0	0	0.0	0	0	L	42-45+
10/07	Ravens	S	17	63	3.7	17	0	2	14	7.0	9	0	W	12-9+
10/14	Chargers	S	14	34	2.4	9	0	0	0	0.0	0	0	L	14-38
Went from Browns to Jaguars.														
10/21	Texans												L	7-20
10/28	Eagles	S	6	11	1.8	7	0	0	0	0.0	0	0	L	18-24
11/11	at Colts	P	3	5	1.7	3	0	0	0	0.0	0	0	L	26-29
11/18	Steelers	P	8	44	5.5	11	0	0	0	0.0	0	0	L	16-20
11/25	at Bills	P	10	33	3.3	11	0	0	0	0.0	0	0	L	21-24
12/02	Colts	P	13	36	2.8	8	0	1	1	1.0	1	0	W	6-0
12/06	at Titans	P	0	0	0.0	0	0	1	-3	-3.0	-3	0	L	9-30
12/16	Washington												L	13-16
12/23	at Dolphins	P	8	47	5.9	19	0	0	0	0.0	0	0	W	17-7
12/30	at Texans	S	10	13	1.3	5	0	2	6	3.0	6	0	L	3-20
2018 TOTALS		14-7	172	571	3.3	22	5	10	33	3.3	9	0	4-11-1	

+ - Overtime

CARLOS HYDE'S 2017 GXG REGULAR SEASON STATISTICS (49ERS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/10	Panthers	S	9	45	5.0	18	0	6	32	5.3	10	0	L	3-23
09/17	at Seahawks	S	15	124	8.3	61	0	3	19	6.3	8	0	L	9-12
09/21	Rams	S	25	84	3.4	20	2	3	10	3.3	5	0	L	39-41
10/01	at Cardinals	S	16	68	4.3	15	0	5	27	5.4	9	0	L	15-18+
10/08	at Colts	S	8	11	1.4	6	0	1	7	7.0	7	0	L	23-26+
10/15	at Washington	S	13	28	2.2	7	2	5	47	9.4	12	0	L	24-26
10/22	Cowboys	S	14	68	4.9	16	0	4	20	5.0	11	0	L	10-40
10/29	at Eagles	S	12	25	2.1	12	0	4	22	5.5	7	0	L	10-33
11/05	Cardinals	S	12	41	3.4	11	0	9	84	9.3	18	0	L	10-20
11/12	Giants	S	17	98	5.8	28	0	2	6	3.0	6	0	W	31-21
11/26	Seahawks	S	16	47	2.9	14	0	7	21	3.0	7	0	L	13-24
12/03	at Bears	S	17	54	3.2	18	0	3	12	4.0	4	0	W	15-14
12/10	at Texans	S	14	78	5.6	31	1	0	0	0.0	0	0	W	26-16
12/17	Titans	S	16	25	1.6	8	0	2	14	7.0	8	0	W	25-23
12/24	Jaguars	S	21	54	2.6	10	1	3	19	6.3	10	0	W	44-33
12/31	at Rams	S	15	88	5.9	16	2	2	10	5.0	7	0	W	34-13
2017 TOTALS		16-16	240	938	3.9	61	8	59	350	5.9	18	0	6-10	

+ - Overtime

CARLOS HYDE'S 2016 GXG REGULAR SEASON STATISTICS (49ERS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/12	Rams	S	23	88	3.8	18	2	2	5	2.5	4	0	W	28-0
09/18	at Panthers	S	14	34	2.4	8	0	3	18	6.0	13	0	L	27-46
09/25	at Seahawks	S	21	103	4.9	34	2	1	2	2.0	2	0	L	18-37
10/02	Cowboys	S	15	74	4.9	32	1	1	5	5.0	5	0	L	17-24
10/06	Cardinals	S	22	78	3.5	10	1	6	36	6.0	10	0	L	21-33
10/16	at Bills	S	14	52	3.7	15	0	0	0	0.0	0	0	L	16-45
10/23	Buccaneers						INACTIVE						L	17-34
11/06	Saints						INACTIVE						L	23-41
11/13	at Cardinals	S	13	14	1.1	5	0	0	0	0.0	0	0	L	20-23
11/20	Patriots	S	19	86	4.5	13	0	3	24	8.0	12	0	L	17-30
11/27	at Dolphins	S	13	65	5.0	24	0	5	30	6.0	11t	1	L	24-31
12/04	at Bears	S	20	92	4.6	12	0	1	6	6.0	6	0	L	6-26
12/11	Jets	S	17	193	11.4	47	0	1	7	7.0	7t	1	L	17-23+
12/18	at Falcons	S	13	71	5.5	17	0	1	6	6.0	6	0	L	13-41
12/24	at Rams	S	13	38	2.9	14	0	3	24	8.0	19t	1	W	22-21
01/01	Seahawks						INJURED RESERVE						L	23-25
2016 TOTALS	13-13		217	988	4.6	47	6	27	163	6.0	19t	3	2-14	

+ - Overtime

CARLOS HYDE'S 2015 GXG REGULAR SEASON STATISTICS (49ERS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/14	Vikings	S	26	168	6.5	18	2	2	14	7.0	8	0	W	20-3
09/20	at Steelers	S	13	43	3.3	10	0	4	18	4.5	11	0	L	18-43
09/27	at Cardinals	S	15	51	3.4	14	0	1	10	10.0	10	0	L	7-47
10/04	Packers	S	8	20	2.5	7	0	1	2	2.0	2	0	L	3-17
10/11	at Giants	S	21	93	4.4	22	1	1	4	4.0	4	0	L	27-30
10/18	Ravens	S	21	55	2.6	14	0	2	5	2.5	4	0	W	25-20
10/22	Seahawks	S	11	40	3.6	13	0	0	0	0.0	0	0	L	3-20
11/01	at Rams						INACTIVE						L	6-27
11/08	Falcons						INACTIVE						W	17-16
11/22	at Seahawks						INACTIVE						L	13-29
11/29	Cardinals						INACTIVE						L	13-19
12/06	at Bears						INACTIVE						W	26-20+
12/13	at Browns						INJURED RESERVE						L	10-24
12/20	Bengals						INJURED RESERVE						L	14-24
12/27	at Lions						INJURED RESERVE						L	17-32
01/03	Rams						INJURED RESERVE						W	19-16+
2015 TOTALS	7-7		115	470	4.1	22	3	11	53	4.8	11	0	5-11	

+ - Overtime

CARLOS HYDE'S 2014 GXG REGULAR SEASON STATISTICS (49ERS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/07	at Cowboys	P	7	50	7.1	15	1	0	0	0.0	0	0	W	28-17
09/14	Bears	P	4	0	0.0	3	0	1	5	5.0	5	0	L	20-28
09/21	at Cardinals	P	3	13	4.3	6t	1	2	-2	-1.0	1	0	L	14-23
09/28	Eagles	P	10	26	2.6	6	0	0	0	0.0	0	0	W	26-21
10/05	Chiefs	P	10	43	4.3	11	0	0	0	0.0	0	0	W	22-17
10/13	at Rams	P	11	14	1.3	6	0	1	1	1.0	1	0	W	31-17
10/19	at Broncos	P	3	15	5.0	10	0	2	8	4.0	7	0	L	17-42
11/02	Rams	P	2	17	8.5	13	0	1	5	5.0	5	0	L	10-13
11/09	at Saints	P	4	36	9.0	15	1	0	0	0.0	0	0	W	27-24+
11/16	at Giants	P	9	25	2.8	7	0	1	5	5.0	5	0	W	16-10
11/23	Washington	P	7	16	2.3	7	1	0	0	0.0	0	0	W	17-13
11/27	Seahawks	P	5	19	3.8	12	0	3	38	12.7	16	0	L	3-19
12/07	at Raiders	P	2	4	2.0	2	0	1	8	8.0	8	0	L	13-24
12/14	at Seahawks	P	6	55	9.2	28	0	0	0	0.0	0	0	L	7-17
12/20	Chargers						INACTIVE						L	35-38+
12/28	Cardinals						INACTIVE						W	20-17
2014 TOTALS	14-0		83	333	4.0	28	4	12	68	5.7	16	0	8-8	

+ - Overtime

CARLOS HYDE'S 2019 GXG POSTSEASON STATISTICS (TEXANS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/04	Bills	S	16	48	3.0	8	0	1	5	5.0	5t	1	W	22-19+
01/12	at Chiefs	P	13	44	3.4	7	0	3	18	6.0	10	0	L	31-51
2019 TOTALS		2-1	29	92	3.2	8	0	4	23	5.8	10	1	1-1	

+ - Overtime



51 | LINEBACKER BRUCE IRVIN

Height: 6-3 Weight: 258
 College: West Virginia
 Seasons: NFL : 9th, Seahawks 5th
 Born: November 1, 1987
 Hometown: Atlanta, Ga.

TRANSACTIONS:

- 04/26/12: Drafted by Seattle (1st, 15th overall)
- 08/31/13: Suspended by Commissioner-Less than One Year
- 09/30/13: Suspension Lifted by Commissioner
- 03/10/16: Signed by Oakland as a UFA
- 11/03/18: Released by Oakland
- 11/08/18: Signed by Atlanta as a FA
- 03/19/19: Signed by Carolina as a UFA
- 04/23/20: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

- Has recorded eight or more sacks three times in his career, including last season in Carolina when he had a career-high 8.5 sacks, 36 tackles, one forced fumble and one pass defended, and has recorded at least 5.5 sacks in six-consecutive seasons.
- The No. 15 overall pick in 2012 led all rookies with 8.0 sacks, then transitioned to strongside linebacker in 2013, starting 37 games over the

next four seasons as part of a defense that became the first in the Super Bowl era to lead the NFL in scoring defense for four straight years.

- Helped Seattle to back-to-back Super Bowl appearances (2013-14) including a Super Bowl XLVIII championship, the first in franchise history.
- Tied the NFL lead and Oakland's franchise record with six forced fumbles in 2016.

COLLEGE: Played in 26 games with six starts at West Virginia over two seasons, recording 61 tackles, 22.5 sacks, five forced fumbles and one pass defended. Sack total ranked fifth in school history. Named All-Big East Conference first-team by the league's coaches following 2011 season. Led the Big East and ranked second in the nation with 14 sacks as a junior in 2010. Named All-Big East Conference second-team by the league's coaches and selected All-American honorable mention by Sports Illustrated.

PERSONAL: Attended Stockbridge High in Atlanta, Ga. and played three games at wide receiver during his sophomore year. Transferred to Stephenson High in Stone Mountain but did not play football. Played one season for Mt. San Antonio Junior College in Walnut, Calif. Majored in sociology and anthropology at West Virginia and earned his degree in 2018.

BRUCE IRVIN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC			
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A		
2012	Seahawks	16	0	16	10	6	6	24	8.0	60.0	19	0	0	0	0	1	1	35	0	0	0	0	0	0	0	0	0	
2013	Seahawks	12	12	40	31	9	2	13	2.0	16.0	4	1	8	8	0	2	1	0	0	0	0	0	0	0	0	0	0	
2014	Seahawks	15	13	38	24	14	9	52	6.5	45.5	12	2	84	49t	2	3	1	0	0	0	0	0	0	0	0	0	0	
2015	Seahawks	15	12	38	22	16	8	44	5.5	42.5	14	0	0	0	0	2	1	1	1	0	0	0	0	0	0	0	0	
2016	Raiders	16	16	57	47	10	9	33	7.0	37.0	25	0	0	0	0	1	6	0	0	0	0	0	0	0	0	0	0	
2017	Raiders	16	16	58	38	20	14	43	8.0	30.5	12	0	0	0	0	3	4	0	0	0	0	0	0	0	0	0	0	
2018	Raiders	8	6	6	6	0	3	19	3.0	26.0	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Went from Oakland to Atlanta.																												
2018	Falcons	8	3	13	10	3	4	29	3.5	30.5	8	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	TOTAL	16	9	19	16	3	7	48	6.5	56.5	13	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2019	Panthers	13	12	36	22	14	8	42	8.5	51.5	16	0	0	0	0	1	1	1	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		119	90	302	210	92	63	299	52.0	339.5	115	3	92	49t	2	12	16	3	36	0	0	0	0	0	0	0	0	0

BRUCE IRVIN'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC			
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A		
2012	Seahawks	2	1	2	2	0	1	0	1.0	12.0	2	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0
2013	Seahawks	3	2	5	5	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2014	Seahawks	3	3	6	4	2	2	16	2.0	16.0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2015	Seahawks	2	2	5	3	2	0	0	0.5	3.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2016	Raiders	1	1	5	3	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		11	9	23	17	6	3	16	3.5	31.0	9	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0

BRUCE IRVIN'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	10 vs. Houston Texans, Nov 21, 2016	Tackles For Loss	3 at San Francisco 49ers, Oct 27, 2019
Sacks	2.0 at Indianapolis Colts, Dec 22, 2019 ...9 more at 2.0.	Interceptions	1 vs. St. Louis Rams, Dec 28, 2014 ...2 more at 1.
Passes Defensed	1 at Tampa Bay Buccaneers, Oct 13, 2019 ...11 more at 1.	Interception Return Yards	49 vs. St. Louis Rams, Dec 28, 2014
Forced Fumbles	1 vs. Washington Redskins, Dec 01, 2019 ...15 more at 1.	Safeties	1 at San Francisco 49ers, Oct 27, 2019
Fumble Recoveries	1 at Tampa Bay Buccaneers, Oct 13, 2019 ...2 more at 1.		



70 | GUARD
MIKE IUPATI

Height: 6-5 Weight: 331
 College: Idaho
 Seasons: NFL : 10th, Seahawks 1st
 Born: May 12, 1987
 Hometown: Vaitogi, American Samoa
 Pronunciation: yoo-PAH-tee



TRANSACTIONS:

- 04/22/10: Drafted by San Francisco (1st Round, 17th)
- 03/11/15: Signed by Arizona as an UFA
- 03/14/19: Signed by Seattle as an UFA
- 04/21/20: Re-signed with Seattle

NFL CAREER HIGHLIGHTS:

- In his first season in Seattle in 2019, started 15 of 16 games played at left guard but missed both postseason contests (neck).
- A four-time Pro Bowler (2012-15) and first team All-Pro selection in 2012.
- Started all 10 games played at left guard in 2018 for Arizona before landing on injured reserve (knee) on December 4.
- Helped RB David Johnson establish Cardinals franchise single-season records for total yards (2,118), total touchdowns (20) and rushing touchdowns (16) in 2016.
- Started all 75 regular season games he played in and all eight postseason games in five years with San Francisco, earning three Pro Bowls (2012-14)

and was a first-team All-Pro selection in 2012.

COLLEGE: Played in 35 games (33 starts) at Idaho and as a senior became just the second non-BCS conference player to be named a finalist for the Outland Trophy since the award's inception in 1946. Started all 13 games at left guard during his senior season in 2009, earning first-team All-America honors from the Associated Press, Football Writers of America, American Football Coaches Association, Walter Camp Football Foundation and Sports Illustrated. Was also named first-team All-WAC and was the only active player to be selected to the WAC's All-Decade team for the 2000s.

PERSONAL: Attended Western High (Anaheim, Calif.) where he was a captain and earned all-state and all-conference honors as a senior. Had his No. 78 retired at Western in March of 2015. Also competed in wrestling and track & field. Did not arrive in the United States until prior to his freshman year of high school when he moved to the U.S. and lived with his parents and three siblings in his aunt's garage for six months before moving into a one bedroom apartment. Grew up in Vaitogi, American Samoa, a 1.25 square mile village with 1,400 people, and learned English as a second language. He was elected as the inaugural recipient of the Polynesian Pro Football Player of the Year Award for the 2015 season by the Polynesian Football Hall of Fame; the award recognizes the most outstanding professional football player of Polynesian ancestry. Along with wife, Ashley, has one son, KoaAli'i.

MIKE IUPATI'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2010	49ers	16	16
2011	49ers	16	16
2012	49ers	16	16
2013	49ers	12	12
2014	49ers	15	15
2015	Cardinals	13	13
2016	Cardinals	15	15
2017	Cardinals	1	1
2018	Cardinals	10	10
2019	Seahawks	16	15
NFL TOTALS		130	129

MIKE IUPATI'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2011	49ers	2	2
2012	49ers	3	3
2013	49ers	3	3
2015	Cardinals	2	2
2019	Seahawks	0	0
NFL TOTALS		10	10

ADDITIONAL STATS

Receiving: 2015 (One reception for 10 yards). **Career:** One reception for 10 yards.



93 | DEFENSIVE END BRANDEN JACKSON

Height: 6-4 Weight: 295
 College: Texas Tech
 Seasons: NFL : 5th, Seahawks 4th
 Born: November 11, 1992
 Hometown: McKeesport, Pa.

TRANSACTIONS:

- 05/16/16: Signed with Oakland as a UDFA
- 09/03/16: Released by Oakland
- 09/05/16: Signed to Oakland's PS
- 12/03/16: Signed to Oakland's 53-man roster
- 09/02/17: Released by Oakland
- 09/26/17: Signed to Seattle's PS
- 10/07/17: Signed to Seattle's 53-man roster
- 09/02/18: Released by Seattle
- 09/05/18: Signed to Seattle's PS
- 09/25/18: Signed to Seattle's 53-man roster
- 07/26/20: Released by Seattle
- 08/06/20: Signed by Seattle as a FA

NFL CAREER HIGHLIGHTS:

- Played a career-high 15 games in 2019 with three starts and had a career-high 20 tackles (14 solo) and 2.0 sacks.

- Played 12 games for Seattle in 2017 and posted first-career sack at San Francisco (11/26).

COLLEGE: Played four years at Texas Tech, seeing action in 51 career games with 38 starts. Totaled 138 career tackles (97 solo), 11 sacks, three forced fumbles, two fumble recoveries and seven passes defended. As a senior, played in 13 games with 11 starts and totaled 31 tackles (24) with two sacks, one forced fumble and one pass defended. As a junior, started all 12 games in which he appeared and recorded 44 tackles (27) and set career highs with five sacks, 10.5 tackles for loss and two fumble recoveries.

PERSONAL: Attended McKeesport (Pa.) High School. Named a four-star prospect by Scout.com and Named a three-star prospect by Rivals.com and ESPN.com. Ranked by Rivals.com as the No. 29 strong-side defensive end in the nation and ranked by Scout.com as the No. 9 outside linebacker in the nation. Tabbed by ESPN.com as the No. 40 outside linebacker in the nation. PrepStar All-East Team selection and SuperPrep's No. 51 All-American defensive lineman. Led team to a league championship and named first-team all-conference. Also lettered in basketball.

BRANDEN JACKSON'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES			ST								
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR				
2016	Raiders	3	0	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
2017	Raiders	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
Went from Oakland to Seattle.																												
2017	Seahawks	12	0	11	7	4	1	12	0.5	4.0	2	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0
2017	TOTAL	12	0	11	7	4	1	12	0.5	4.0	2	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0
2018	Seahawks	9	1	10	9	1	3	14	1.0	7.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	15	3	20	14	6	2	9	2.0	9.0	3	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		39	4	42	31	11	6	35	3.5	20.0	7	0	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0

BRANDEN JACKSON'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES			ST								
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR				
2016	Raiders	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	2	0	1	0	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		2	0	1	0	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

BRANDEN JACKSON'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	3 vs. Arizona Cardinals, Dec 22, 2019 ...4 more at 3.	Passes Defensed	1 vs. Arizona Cardinals, Dec 22, 2019 ...2 more at 1.
Sacks	1.0 vs. Baltimore Ravens, Oct 20, 2019 ...2 more at 1.0.	Tackles For Loss	1 vs. Baltimore Ravens, Oct 20, 2019 ...5 more at 1.



78 | DEFENSIVE TACKLE

P.J. JOHNSON

Height: 6-3 **Weight:** 335
College: Arizona
Seasons: NFL : 2nd, Seahawks 1st
Born: June 14, 1996
Hometown: Sacramento, Calif.

TRANSACTIONS:

- 04/27/19: Drafted by Detroit (7th, 229th overall)
- 08/31/19: Released by Detroit
- 12/04/19: Signed to L.A. Chargers PS
- 08/01/20: Released by L.A. Chargers
- 08/18/20: Signed by Seattle as a FA

Drafted but released by Detroit in 2019 and signed to the L.A. Chargers practice squad in December of 2019. Played one season at the University of Arizona (2018) after transferring from the City College of San Francisco (2017) and Sacramento State (2015-16). Played in 10 games with nine starts

for the Wildcats and posted 31 tackles, 8.5 tackles for loss and 3.0 sacks while being named Pac-12 honorable mention. Also received the team's Academic Excellence Award. At the City College of San Francisco, appeared in 10 games and posted 17 tackles, 8.5 tackles for loss, 4.5 sacks and one forced fumble. Played in 11 games for the Sacramento State Hornets, producing 13 tackles, 4.5 tackles for loss, 1.0 sack and one forced fumble. Attended Luther Burbank High School in Sacramento. Was a two-time first-team all-metro league selection. Totaled 90 tackles and six sacks as a senior. Also lettered in basketball and baseball. Majored in sociology with a thematic minor.

P.J. JOHNSON'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST			MISC										
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A						
2019	Chargers	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

P.J. JOHNSON'S 2019 GXG REGULAR SEASON STATISTICS (CHARGERS)

DATE	OPPONENT	P/S	TACKLES							INTERCEPTIONS					FUMBLES			ST			MISC		SCORE									
			TK	S	A	SK	YDS	TFL	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF		FR	S	A	W/L					
09/08	Colts		DID NOT PLAY																													
2019 TOTALS			0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1-0	

+ - Overtime



73 | TACKLE
JAMARCO JONES

Height: 6-4 Weight: 293
 College: Ohio State
 Seasons: NFL : 3rd, Seahawks 3rd
 Born: June 4, 1996
 Hometown: Chicago, Ill.

TRANSACTIONS:

04/28/18: Drafted by Seattle (5th Round, 168th overall)
 09/01/18: Placed on IR (knee)

NFL CAREER HIGHLIGHTS:

- Played in 15 games in 2019, with three starts, starting games at both right guard and left tackle, in addition to starting both postseason games at left guard.
- Spent 2018 on injured reserve (knee).

COLLEGE: Two-year starter who played in 50 games and started 27 consecutive games at left tackle as a junior and senior. An all-conference honoree twice without the benefit of a redshirt season, including first-team all-Big Ten in 2017 by both the coaches and the media polls, Jones helped Ohio State win six championships during his career: a CFP national

championship in 2014 when he played in 10 games, a 2014 Sugar Bowl title, a 2015 Fiesta Bowl title, a 2017 Cotton Bowl title and Big Ten Conference championships in 2014 and 2017. His play also helped the Buckeyes rank among the Top 20 rushing teams in the nation four consecutive years, including 11th in 2016, 11th in 2015, ninth in 2014 and 17th in 2017 at 243.2 yards per game.

PERSONAL: Jones was a consensus four-star prospect and a Top 100 player nationally who was rated as high as the 63rd-best player in the nation overall by Scout. He was among the 10 best offensive tackle prospects nationally, with No. 6 rankings by both Scout and ESPN. He missed the first half of his senior season with a shoulder injury, but still earned Illinois Coaches Association first-team Class 6A allstate honors and Champaign News-Gazette all-state accolades. Graduated early with a degree in family resource management in December of 2017. He is the son of Urica Jones.

JAMARCO JONES' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2018	Seahawks	0	0
2019	Seahawks	15	3
NFL TOTALS		15	3

JAMARCO JONES' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2018	Seahawks	0	0
2019	Seahawks	2	2
NFL TOTALS		2	2



75

DEFENSIVE TACKLE

CEDRICK LATTIMORE

Height: 6-3

Weight: 300

College:

Iowa

Season:

Rookie

Born:

February 6, 1998

Hometown:

Redford, Mich.

TRANSACTIONS:

05/04/20: Signed by Seattle as a UDFA

Played in 44 games over his four-year career with the Hawkeyes, collecting 81 tackles (39 solo), 6.0 sacks and seven tackles for loss. Was named honorable mention All-Big Ten following his senior season when he recorded

career-highs in tackles (44) and sacks (2.5). Attended East English Village Prep and was named to the state Dream Team and a top-10 player in the state as a senior, when he set the school record with 17.0 sacks. Earned first-team all-state and all-city honors as a senior. Played both defensive end and tackle, helping teams post a 16-7 mark in the final two seasons. Also lettered in basketball. Majored in sports medicine.



68 | GUARD
DAMIEN LEWIS

Height: 6-2 Weight: 327
College: Louisiana State
Season: Rookie
Born: March 21, 1997
Hometown: Canton, Miss.

TRANSACTIONS:

04/24/20: Drafted by Seattle (3rd round, 69th)

HOW ACQUIRED: Selected 69th overall after Seattle traded down from no. 64 and acquiring no. 148 in a trade with the Carolina Panthers.

COLLEGE: Was a two-year starter at right guard for the Tigers after transferring from Northwest Mississippi Community College. Earned first-team All-America honors from The Athletic in 2019 and was voted to the second-team All-SEC by the AP and coaches. Entered the starting lineup in the 2018 season-opener and started all 28 games of his career, teaming with All-America center Lloyd Cushenberry to give LSU one of the best center-

guard tandems in college football in 2019. LSU's line in 2019 won the Joe Moore Award, given to the top line in nation. One of the nation's top junior college offensive lineman in both 2016 and 2017 and was a two-time junior college All-America selection. Started all 22 games of his Northwest career at right guard. Graduated from Northwest Mississippi Community College in 18 months and was on the school's dean's list.

PERSONAL: Was a two-way player on both offensive and defensive lines for Canton High School, on a team of about 35 players. Was one of the strongest players on the LSU team with a 635 pound squat and a bench press of nearly 500 pounds. Majored in sports administration.



16 | WIDE RECEIVER TYLER LOCKETT

Height: 5-10 Weight: 182
 College: Kansas State
 Seasons: NFL : 6th, Seahawks 6th
 Born: September 28, 1992
 Hometown: Tulsa, Okla.



TRANSACTIONS:

- 05/01/15: Drafted by Seattle (3rd round, 69th)
- 12/27/16: Placed on IR (leg)
- 08/29/18: Signed multi-year extension with Seattle

NFL CAREER HIGHLIGHTS:

- Led the Seahawks in 2019 with career-highs in receptions (82) and yards (1,057). Had four 100-yard receiving games, in addition to having 9 catches for 136 yards at Green Bay in the Divisional Round. Moved into eighth place on Seahawks all-time receiving yards list ahead of Koren Robinson (3,567). Had career games of 11 catches for 154 yards (9/22 vs. N.O.) and 13 catches for 152 yards (11/3 vs. T.B.).
- Set career-highs in receptions (57), yards (965) and touchdowns (10) in 2018. His 10 scores ranked sixth in the NFL and when Russell Wilson targeted him, the two recorded a perfect 158.3 passer rating (57 for 70, 81.4%). The Saints Drew Brees and Robert Meacham were the last to accomplish that feat in 2009 (min. 50 att.).
- Recorded the second-longest rush by a wide receiver in franchise history (seventh-longest overall), on a 75-yard touchdown run vs. Carolina (12/4/16).
- Became the second player in NFL history (Hall of Famer Gale Sayers) with

at least five receiving touchdowns, a kickoff return TD and a punt return TD in a single-season (2015).

- His 51 receptions were the fifth-most single-season receptions by a rookie in franchise history.

- His 1,915 combined yards gained were the fourth-most combined yards gained in a single-season (2015) in franchise history and the franchise rookie-record, and his 139 punt return yards are the most punt return yards in a single-game in franchise history (at Arizona, 1/3/16).

HONORS: 2017: Pro Bowl (Return Specialist), NFC Special Teams Player of the Week vs. San Francisco (Week 11). 2015: Pro Bowl (Return Specialist), NFC Special Teams Player of the Week at Arizona (Week 17).

COLLEGE: One of the top wide receivers and all-purpose players in school history who was Kansas State's first four-year All-American. One of just three players in school history to earn all-conference honors all four years. Set 17 school records, including career marks for receptions (249), receiving yards (3,710), receiving touchdowns (29), 100-yard receiving games (17), kickoff-return attempts (77) and kickoff-return yards (2,196). Topped his father, Kevin, for the school's career receptions, yards and touchdowns records.

PERSONAL: Prepped at Booker T. Washington High. Caught 42 passes for 765 yards and 13 touchdowns his senior season. Also had 54 tackles and six interceptions on defense. Led the Hornets to a 13-1 record and a win in the 5A state title game. Son of Kevin Lockett and Nicole Edwards. Father played seven seasons in the NFL with Kansas City, Washington and N.Y. Jets. Majored in business management.

TYLER LOCKETT'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD
2015	Seahawks	16	8	51	664	13.0	49t	6	5	20	4.0	8	0
2016	Seahawks	15	9	41	597	14.6	57t	1	6	114	19.0	75t	1
2017	Seahawks	16	8	45	555	12.3	74t	2	10	58	5.8	22	0
2018	Seahawks	16	14	57	965	16.9	52t	10	13	69	5.3	18	0
2019	Seahawks	16	16	82	1,057	12.9	44t	8	4	-5	-1.3	3	0
NFL TOTALS		79	55	276	3,838	13.9	74t	27	38	256	6.7	75t	1

TYLER LOCKETT'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD
2015	Seahawks	2	0	4	110	27.5	35	1	0	0	0.0	0	0
2016	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2018	Seahawks	1	1	4	120	30.0	53	0	0	0	0.0	0	0
2019	Seahawks	2	2	13	198	15.2	31	1	0	0	0.0	0	0
NFL TOTALS		5	3	21	428	20.4	53	2	0	0	0.0	0	0

TYLER LOCKETT'S NFL REGULAR SEASON RETURN STATISTICS

DATE	TEAM	RET.	YDS.	AVG.	LG	TD	KICKOFF RETURNS					PUNT RETURNS				
							NO.	FC	YDS	AVG	LG	TD	NO.	FC	YDS	AVG
2015	Seahawks	33	852	25.8	105t	1	40	21	379	9.5	66	1				
2016	Seahawks	23	606	26.3	46	0	29	22	243	8.4	62	0				
2017	Seahawks	37	949	25.6	99t	1	36	21	237	6.6	27	0				
2018	Seahawks	19	493	25.9	84	0	25	20	143	5.7	19	0				
2019	Seahawks	14	279	19.9	33	0	13	10	66	5.1	20	0				
NFL TOTALS		126	3,179	25.2	105t	2	143	94	1,068	7.5	66	1				

TYLER LOCKETT'S NFL POSTSEASON RETURN STATISTICS

DATE	TEAM	RET.	KICKOFF RETURNS				PUNT RETURNS					
			YDS.	AVG.	LG	TD	NO.	FC	YDS	AVG	LG	TD
2015	Seahawks	4	104	26.0	50	0	4	4	18	4.5	8	0
2016	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2018	Seahawks	1	52	52.0	52	0	3	0	22	7.3	12	0
2019	Seahawks	3	60	20.0	27	0	0	0	0	0.0	0	0
NFL TOTALS		8	216	27.0	52	0	7	4	40	5.7	12	0

TYLER LOCKETT'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	3 at New York Giants, Oct 22, 2017	Longest Kickoff Return	105t vs. Chicago Bears, Sep 27, 2015
Rushing Yards	75 vs. Carolina Panthers, Dec 04, 2016	Kickoff Return TDs	1 vs. Arizona Cardinals, Dec 31, 2017 ...1 more at 1.
Longest Runs	75t vs. Carolina Panthers, Dec 04, 2016	Fair Catches	5 at San Francisco 49ers, Nov 26, 2017
Rushing TDs	1 vs. Carolina Panthers, Dec 04, 2016	Punt Return Yards	139 at Arizona Cardinals, Jan 03, 2016
Receptions	13 vs. Tampa Bay Buccaneers, Nov 03, 2019	Longest Punt Return	66 at Arizona Cardinals, Jan 03, 2016
Receiving Yards	154 vs. New Orleans Saints, Sep 22, 2019	Punt Returns	5 vs. Washington Redskins, Nov 05, 2017 ...2 more at 5.
Longest Receptions	74t at Jacksonville Jaguars, Dec 10, 2017	Punt Return TDs	1 at St. Louis Rams, Sep 13, 2015
Receiving TDs	2 vs. Tampa Bay Buccaneers, Nov 03, 2019 ...2 more at 2.	Special Teams Tackles	1 vs. Detroit Lions, Oct 05, 2015
All-purpose yards	234 vs. Atlanta Falcons, Nov 20, 2017	Miscellaneous Tackles	1 vs. Los Angeles Rams, Dec 17, 2017 ...2 more at 1.
Kickoff Returns	6 vs. Los Angeles Rams, Dec 17, 2017	Most TDs	2 vs. Tampa Bay Buccaneers, Nov 03, 2019 ...2 more at 2.
Kickoff Return Yards	197 vs. Atlanta Falcons, Nov 20, 2017		

TYLER LOCKETT'S 100-YARD RECEIVING GAMES (8): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
09/22/19	SAINTS	11	154	14.0	40	1
11/03/19	BUCCANEERS	13	152	11.7	30	2
12/15/16	RAMS	7	130	18.6	57t	1
10/29/17	TEXANS	6	121	20.2	54	0
12/15/19	at Panthers	8	120	15.0	44	1
11/25/18	at Panthers	5	107	21.4	43	1
12/13/15	at Ravens	6	104	17.3	49t	2
10/27/19	at Falcons	6	100	16.7	20	0

TYLER LOCKETT'S 100-YARD RECEIVING GAMES (2): POSTSEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
01/12/20	at Packers	9	136	15.1	31	1
01/05/19	at Cowboys	4	120	30.0	53	0

TYLER LOCKETT'S 2019 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE	
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD			
09/08	Bengals	S	1	44	44.0	44t	1	0	0	0.0	0	0	0	W	21-20
09/15	at Steelers	S	10	79	7.9	22	0	0	0	0.0	0	0	0	W	28-26
09/22	Saints	S	11	154	14.0	40	1	0	0	0.0	0	0	0	L	27-33
09/29	at Cardinals	S	4	51	12.8	28	0	0	0	0.0	0	0	0	W	27-10
10/03	Rams	S	4	51	12.8	17	1	1	-8	-8.0	-8	0	0	W	30-29
10/13	at Browns	S	5	75	15.0	22	0	1	3	3.0	3	0	0	W	32-28
10/20	Ravens	S	5	61	12.2	33	1	1	-3	-3.0	-3	0	0	L	16-30
10/27	at Falcons	S	6	100	16.7	20	0	0	0	0.0	0	0	0	W	27-20
11/03	Buccaneers	S	13	152	11.7	30	2	0	0	0.0	0	0	0	W	40-34+
11/11	at 49ers	S	3	26	8.7	13	0	1	3	3.0	3	0	0	W	27-24+
11/24	at Eagles	S	1	38	38.0	38	0	0	0	0.0	0	0	0	W	17-9
12/02	Vikings	S	0	0	0.0	0	0	0	0	0.0	0	0	0	W	37-30
12/08	at Rams	S	4	43	10.8	19	0	0	0	0.0	0	0	0	L	12-28
12/15	at Panthers	S	8	120	15.0	44	1	0	0	0.0	0	0	0	W	30-24
12/22	Cardinals	S	1	12	12.0	12	0	0	0	0.0	0	0	0	L	13-27
12/29	49ers	S	6	51	8.5	14t	1	0	0	0.0	0	0	0	L	21-26
2019 TOTALS		16-16	82	1,057	12.9	44t	8	4	-5	-1.3	3	0	11-5		

+- Overtime

TYLER LOCKETT'S 2018 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/09	at Broncos	S	3	59	19.7	51t	1	0	0	0.0	0	0	L	24-27
09/17	at Bears	S	5	60	12.0	20	1	0	0	0.0	0	0	L	17-24
09/23	Cowboys	S	4	77	19.3	52t	1	1	5	5.0	5	0	W	24-13
09/30	at Cardinals	S	5	53	10.6	13	0	0	0	0.0	0	0	W	20-17
10/07	Rams	S	3	98	32.7	44	1	1	6	6.0	6	0	L	31-33
10/14	at Raiders	S	3	13	4.3	10t	1	1	7	7.0	7	0	W	27-3
10/28	at Lions	S	2	34	17.0	24t	1	2	13	6.5	10	0	W	28-14
11/04	Chargers	P	3	22	7.3	9	0	0	0	0.0	0	0	L	17-25
11/11	at Rams	S	5	67	13.4	29	1	1	18	18.0	18	0	L	31-36
11/15	Packers	S	5	71	14.2	34	0	1	1	1.0	1	0	W	27-24
11/25	at Panthers	S	5	107	21.4	43	1	1	-2	-2.0	-2	0	W	30-27
12/02	49ers	S	1	52	52.0	52t	1	1	10	10.0	10	0	W	43-16
12/10	Vikings	S	5	42	8.4	14	0	2	-3	-1.5	1	0	W	21-7
12/16	at 49ers	S	2	45	22.5	28	0	1	11	11.0	7	0	L	23-26+
12/23	Chiefs	S	4	99	24.8	45	0	0	0	0.0	0	0	W	38-31
12/30	Cardinals	P	2	66	33.0	37	1	1	3	3.0	3	0	W	27-24
2018 TOTALS	16-14		57	965	16.9	52t	10	13	69	5.3	18	0	10-6	

+ - Overtime

TYLER LOCKETT'S 2017 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/10	at Packers	P	1	8	8.0	8	0	0	0	0.0	0	0	L	9-17
09/17	49ers	S	6	64	10.7	22	0	0	0	0.0	0	0	W	12-9
09/24	at Titans	S	2	30	15.0	16	0	0	0	0.0	0	0	L	27-33
10/01	Colts	S	4	67	16.8	41	0	2	24	12.0	22	0	W	46-18
10/08	at Rams	S	3	26	8.7	12	0	1	7	7.0	7	0	W	16-10
10/22	at Giants	P	4	29	7.3	14	0	3	15	5.0	6	0	W	24-7
10/29	Texans	P	6	121	20.2	54	0	1	-2	-2.0	-2	0	W	41-38
11/05	Washington	P	2	10	5.0	6	0	0	0	0.0	0	0	L	14-17
11/09	at Cardinals	S	1	16	16.0	16	0	0	0	0.0	0	0	W	22-16
11/20	Falcons	S	4	37	9.3	14	0	0	0	0.0	0	0	L	31-34
11/26	at 49ers	P	0	0	0.0	0	0	1	2	2.0	2	0	W	24-13
12/03	Eagles	S	2	17	8.5	16	1	0	0	0.0	0	0	W	24-10
12/10	at Jaguars	P	4	90	22.5	74t	1	1	10	10.0	10	0	L	24-30
12/17	Rams	P	2	8	4.0	4	0	0	0	0.0	0	0	L	7-42
12/24	at Cowboys	S	1	7	7.0	7	0	1	2	2.0	2	0	W	21-12
12/31	Cardinals	P	3	25	8.3	18	0	0	0	0.0	0	0	L	24-26
2017 TOTALS	16-8		45	555	12.3	74t	2	10	58	5.8	22	0	9-7	

TYLER LOCKETT'S 2016 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L/T	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/11	Dolphins	S	3	17	5.7	6	0	0	0	0.0	0	0	W	12-10
09/18	at Rams	S	4	99	24.8	53	0	0	0	0.0	0	0	L	3-9
09/25	49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	37-18
10/02	at Jets	P	1	13	13.0	13	0	0	0	0.0	0	0	W	27-17
10/16	Falcons	S	3	23	7.7	10	0	1	2	2.0	2	0	W	26-24
10/23	at Cardinals	S	2	13	6.5	8	0	0	0	0.0	0	0	T	6-6+
10/30	at Saints	S	4	32	8.0	10	0	0	0	0.0	0	0	L	20-25
11/07	Bills	S	1	17	17.0	17	0	1	13	13.0	13	0	W	31-25
11/13	at Patriots	P	3	72	24.0	36	0	0	0	0.0	0	0	W	31-24
11/20	Eagles	P	2	39	19.5	30	0	0	0	0.0	0	0	W	26-15
11/27	at Buccaneers	P	0	0	0.0	0	0	1	9	9.0	9	0	L	5-14
12/04	Panthers	P	5	63	12.6	40	0	1	75	75.0	75t	1	W	40-7
12/11	at Packers	S	4	41	10.3	15	0	2	15	7.5	13	0	L	10-38
12/15	Rams	S	7	130	18.6	57t	1	0	0	0.0	0	0	W	24-3
12/24	Cardinals	S	2	38	19.0	28	0	0	0	0.0	0	0	L	31-34
2016 TOTALS	15-9		41	597	14.6	57t	1	6	114	19.0	75t	1	9-5-1	

+ - Overtime

TYLER LOCKETT'S 2015 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/13	at Rams	P	4	34	8.5	12	0	0	0	0.0	0	0	L	31-34+
09/20	at Packers	S	2	17	8.5	17	0	0	0	0.0	0	0	L	17-27
09/27	Bears	S	0	0	0.0	0	0	0	0	0.0	0	0	W	26-0
10/05	Lions	S	4	58	14.5	23	0	1	1	1.0	1	0	W	13-10
10/11	at Bengals	P	2	29	14.5	22	0	0	0	0.0	0	0	L	24-27+
10/18	Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	23-27
10/22	at 49ers	P	5	79	15.8	43t	1	0	0	0.0	0	0	W	20-3
11/01	at Cowboys	P	3	36	12.0	16	0	0	0	0.0	0	0	W	13-12
11/15	Cardinals	S	1	7	7.0	7	0	0	0	0.0	0	0	L	32-39
11/22	49ers	P	4	48	12.0	24t	2	1	5	5.0	5	0	W	29-13
11/29	Steelers	S	3	38	12.7	16	0	0	0	0.0	0	0	W	39-30
12/06	at Vikings	P	7	90	12.9	29	0	1	7	7.0	7	0	W	38-7
12/13	at Ravens	S	6	104	17.3	49t	2	0	0	0.0	0	0	W	35-6
12/20	Browns	P	5	55	11.0	27t	1	0	0	0.0	0	0	W	30-13
12/27	Rams	S	3	33	11.0	16	0	0	0	0.0	0	0	L	17-23
01/03	at Cardinals	S	2	36	18.0	36	0	2	7	3.5	8	0	W	36-6
2015 TOTALS		16-8	51	664	13.0	49t	6	5	20	4.0	8	0	10-6	

+- Overtime

TYLER LOCKETT'S 2019 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/05	at Eagles	S	4	62	15.5	29	0	0	0	0.0	0	0	W	17-9
01/12	at Packers	S	9	136	15.1	31	1	0	0	0.0	0	0	L	23-28
2019 TOTALS		2-2	13	198	15.2	31	1	0	0	0.0	0	0	1-1	

TYLER LOCKETT'S 2018 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/05	at Cowboys	S	4	120	30.0	53	0	0	0	0.0	0	0	L	22-24
2018 TOTALS		1-1	4	120	30.0	53	0	0	0	0.0	0	0	0-1	

TYLER LOCKETT'S 2016 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/07	Lions												W	26-6
01/14	at Falcons												L	20-36
2016 TOTALS		0-0	0	0	0.0	0	0	0	0	0.0	0	0	1-1	

TYLER LOCKETT'S 2015 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/10	at Vikings	P	1	35	35.0	35	0	0	0	0.0	0	0	W	10-9
01/17	at Panthers	P	3	75	25.0	33t	1	0	0	0.0	0	0	L	24-31
2015 TOTALS		2-0	4	110	27.5	35	1	0	0	0.0	0	0	1-1	



85 | TIGHT END
TYLER MABRY

Height: 6-3 Weight: 247
College: Maryland
Season: Rookie
Born: November 21, 1996
Hometown: Ypsilanti, Mich.

TRANSACTIONS:

05/04/20: Signed by Seattle as a UDFA

Began his career at the University of Buffalo (2015-18), redshirting his true freshman season, before being a graduate transfer and ending his collegiate career at Maryland. Started 41 of 50 games in his college career, posting 73 receptions for 722 yards and six touchdowns. Chose Maryland over Alabama and started all 12 games for the Terps, recording 13 receptions for 155 yards and three touchdowns. Was named first-team All-Mid American

Conference in 2018 at Buffalo after starting all 14 games and posting 27 receptions for 230 yards and two touchdowns. After playing three seasons at Lincoln High School in Ypsilanti, Mich., he played his senior season for head coach Chris Weinke at IMG Academy, where he was used primarily as a blocking tight end. He had 11 receptions for 154 yards and a touchdown in his senior season at IMG. Helped lead the Ascenders to a 10-1 record and a No. 1-ranking in the state of Florida. At Lincoln, he had 19 receptions for 270 yards and two touchdowns. Majored in communications.



43 | DEFENSIVE END
ELI MENCER

Height: 6-1 Weight: 225
College: Albany
Season: Rookie
Born: November 14, 1996
Hometown: Altoona, Pa.

TRANSACTIONS:

05/01/20: Signed by Seattle as a UDFA

Played in 45 career games for the Great Danes and recorded 198 tackles (106 tackles), 21.5 sacks, two interceptions, nine passes defended, 12 forced fumbles and eight fumble recoveries in his career. Appeared in all 14 games at defensive end as a senior and had a program-record 14.5 sacks, FCS-leading five forced fumbles and team-leading 24 tackles for loss. Was

named to the Phil Steel Postseason FCS All-America Second Team, Phil Steele Postseason All-CAA first-team defense, Associated Press All-America second-team, All-ECAC first-team defense and All-CAA first-team following his senior season. Served as a two-year captain for Altoona High School, totaling 1,280 rushing yards and scored 23 touchdowns as a senior, also recorded four interceptions. Named all-county, all-city, and All-WPIAL. Also competed in track & field for four years.



14 | WIDE RECEIVER

DK METCALF

Height: 6-4 Weight: 229
 College: Mississippi
 Seasons: NFL : 2nd, Seahawks 2nd
 Born: December 14, 1997
 Hometown: Oxford, Miss.

TRANSACTIONS:

04/26/19: Drafted by Seattle (2nd Round, 64th overall)

NFL CAREER HIGHLIGHTS:

- Finished rookie season in 2019 ranked second among all NFL rookie receivers with 58 receptions and third with 900 receiving yards - both second all-time in Seahawks single-season history by a rookie behind Joey Galloway's totals in 1995.
- Started 15 of 16 games played in 2019, in addition to starting both postseason games.
- In the NFC Wild Card at Philadelphia (1/5/20), led team with seven receptions for 160 yards and a 53-yard TD. Yardage total was the most-ever by a rookie in an NFL playoff game and most all time in franchise history.
- In week 1 vs. Cincinnati, started at WR and led the team with 89 yards on four receptions. His 89 yards were the most by a Seahawks rookie WR in a debut surpassing Steve Largent's 1976 total of 86.

COLLEGE: Started 19 of 21 games played at Ole Miss, leaving school after his redshirt sophomore year. Recorded 67 receptions for 1,228 yards and 14 touchdowns during in college career. His 14 career touchdown receptions are ninth all time in program history. In 2018, started his redshirt sophomore season's first seven games before suffering a season ending neck injury at Arkansas. Hauled in 26 catches for 569 yards and five touchdowns. Prior to injury, was ranked fourth in the SEC with five receiving TDs and third in the conference in receiving yards. SEC All Freshman in 2017. Caught 39 passes for 646 yards and seven TDs in 2017. Ranked seventh in the SEC with seven TD receptions.

PERSONAL: Attended Oxford High and was a U.S. Army and MaxPreps All America selection. A consensus 4 star prospect by the major recruiting services and listed as the No. 70 overall recruit and the fifth best in Mississippi by Rivals.com. Ranked as the 14th best wide receiver recruit in the nation by Rivals.com, No. 18 by Scout.com and No. 19 by 247Sports.com. Full name is DeKaylin Zecharius Metcalf. Father, Terrence, was an NFL and Ole Miss All America offensive lineman. Majored in hospitality management major.

DK METCALF'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	16	15	58	900	15.5	54	7	2	11	5.5	7	0
NFL TOTALS		16	15	58	900	15.5	54	7	2	11	5.5	7	0

DK METCALF'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	2	2	11	219	19.9	53t	1	0	0	0.0	0	0
NFL TOTALS		2	2	11	219	19.9	53t	1	0	0	0.0	0	0

DK METCALF'S NFL REGULAR SEASON RETURN STATISTICS

DATE	TEAM	RET.	KICKOFF RETURNS				PUNT RETURNS					
			YDS.	AVG.	LG	TD	NO.	FC	YDS	AVG	LG	TD
2019	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0.0	0	0	0	0	0	0.0	0	0

DK METCALF'S NFL POSTSEASON RETURN STATISTICS

DATE	TEAM	RET.	KICKOFF RETURNS				PUNT RETURNS					
			YDS.	AVG.	LG	TD	NO.	FC	YDS	AVG	LG	TD
2019	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0.0	0	0	0	0	0	0.0	0	0

DK METCALF'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	1 vs. Tampa Bay Buccaneers, Nov 03, 2019 ...1 more at 1.	Longest Receptions	54 vs. New Orleans Saints, Sep 22, 2019
Rushing Yards	7 vs. Tampa Bay Buccaneers, Nov 03, 2019	Receiving TDs	2 at Atlanta Falcons, Oct 27, 2019
Longest Runs	7 vs. Tampa Bay Buccaneers, Nov 03, 2019	All-purpose yards	130 vs. Tampa Bay Buccaneers, Nov 03, 2019
Receptions	6 vs. San Francisco 49ers, Dec 29, 2019 ...4 more at 6.	Miscellaneous Tackles	1 at Carolina Panthers, Dec 15, 2019
Receiving Yards	123 vs. Tampa Bay Buccaneers, Nov 03, 2019	Most TDs	2 at Atlanta Falcons, Oct 27, 2019

DK METCALF'S 100-YARD RECEIVING GAMES (1): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
11/03/19	BUCCANEERS	6	123	20.5	53t	1

DK METCALF'S 100-YARD RECEIVING GAMES (1): POSTSEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
01/05/20	at Eagles	7	160	22.9	53t	1

DK METCALF'S 2019 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE	
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD			
09/08	Bengals	S	4	89	22.3	42	0	0	0	0.0	0	0	0	W	21-20
09/15	at Steelers	S	3	61	20.3	28t	1	0	0	0.0	0	0	0	W	28-26
09/22	Saints	S	2	67	33.5	54	0	0	0	0.0	0	0	0	L	27-33
09/29	at Cardinals	S	1	6	6.0	6	0	0	0	0.0	0	0	0	W	27-10
10/03	Rams	P	2	44	22.0	40t	1	0	0	0.0	0	0	0	W	30-29
10/13	at Browns	S	4	69	17.3	30	0	1	4	4.0	4	0	0	W	32-28
10/20	Ravens	S	4	53	13.3	37	0	0	0	0.0	0	0	0	L	16-30
10/27	at Falcons	S	3	13	4.3	7	2	0	0	0.0	0	0	0	W	27-20
11/03	Buccaneers	S	6	123	20.5	53t	1	1	7	7.0	7	0	0	W	40-34+
11/11	at 49ers	S	6	70	11.7	25	0	0	0	0.0	0	0	0	W	27-24+
11/24	at Eagles	S	3	35	11.7	17	0	0	0	0.0	0	0	0	W	17-9
12/02	Vikings	S	6	75	12.5	20	0	0	0	0.0	0	0	0	W	37-30
12/08	at Rams	S	6	78	13.0	35	0	0	0	0.0	0	0	0	L	12-28
12/15	at Panthers	S	2	36	18.0	19t	1	0	0	0.0	0	0	0	W	30-24
12/22	Cardinals	S	0	0	0.0	0	0	0	0	0.0	0	0	0	L	13-27
12/29	49ers	S	6	81	13.5	24	1	0	0	0.0	0	0	0	L	21-26
2019 TOTALS	16-15		58	900	15.5	54	7	2	11	5.5	7	0	11-5		

+ - Overtime

DK METCALF'S 2019 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE	
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD			
01/05	at Eagles	S	7	160	22.9	53t	1	0	0	0.0	0	0	0	W	17-9
01/12	at Packers	S	4	59	14.8	24	0	0	0	0.0	0	0	0	L	23-28
2019 TOTALS	2-2		11	219	19.9	53t	1	0	0	0.0	0	0	1-1		



41 | FREE SAFETY
CHRIS MILLER

Height: 5-11 Weight: 180
College: Baylor
Season: Rookie
Born: October 6, 1997
Hometown: Frisco, Texas

TRANSACTIONS:

05/04/20: Signed by Seattle as a UDFA

A two-year starter, played in 44 career games with 25 starts for the Bears. Was named to the 2019 second-team All-Big 12 and a 2018 Big 12 honorable mention. Finished career with 177 tackles (123 solo), one sack, six passes defended, three forced fumbles and two fumble recoveries. Recorded a career-high 13 tackles twice during his senior season. Was an

all-state defensive back from Lone Star High and a three-time all-district honoree. National ranking among safety prospects: 50th by 247Sports, 53rd by ESPN and 55th by Scout. Led Lone Star to 14-2 record and 2015 Class 5A DII state title game as senior. Named 2015 honorable mention Class 5A All-State and first-team All-District 9-5A. Made 108 tackles, seven passes defended, three forced fumbles and one interception as senior. Majored in health, kinesiology and leisure studies.



79 | DEFENSIVE TACKLE

BRYAN MONE

Height: 6-3 **Weight:** 345
College: Michigan
Seasons: NFL : 2nd, Seahawks 2nd
Born: October 20, 1995
Hometown: Salt Lake City, Utah
Pronunciation: mo-NAY

TRANSACTIONS:

- 05/03/19: Signed with Seattle as undrafted FA
- 09/26/19: Released by Seattle
- 09/28/19: Signed to Seattle's PS
- 10/23/19: Released from Seattle's PS
- 11/05/19: Signed to Seattle's PS
- 12/21/19: Signed to Seattle's 53-man roster
- 03/18/19: Signed with Seattle as exclusive rights FA

NFL CAREER HIGHLIGHTS:

- Spent majority of rookie season on Seattle's practice squad but also

played in four games and one postseason game.

COLLEGE: Played in 48 career games with 19 starts, contributing 43 tackles, 5.0 tackles for loss, two pass breakups and two fumble recoveries during his career. Missed the 2015 season after suffering leg injury during fall camp. His final season, was an All-Big Ten honorable mention selected by the coaches after playing in all 13 games and starting 11 contests at defensive tackle. He registered 13 tackles, 1.5 tackles for loss and assisted on a sack.

PERSONAL: Attended Highland High School and totaled 144 tackles, 19 tackles for loss and 6.0 sacks during career. Registered 35 tackles (all solo) and 6.0 tackles for loss as a senior and participated in the 2014 Under Armour All-America Game.

BRYAN MONE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS						FUMBLES			ST					
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR		
2019	Seahawks	4	0	4	0	4	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		4	0	4	0	4	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

BRYAN MONE'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS						FUMBLES			ST					
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR		
2019	Seahawks	1	0	2	0	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		1	0	2	0	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

BRYAN MONE'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 3 vs. Cincinnati Bengals, Sep 08, 2019



83 | WIDE RECEIVER

DAVID MOORE

Height: 6-0 Weight: 215
 College: East Central (Okla.)
 Seasons: NFL : 4th, Seahawks 4th
 Born: January 15, 1995
 Hometown: Gainesville, Texas

TRANSACTIONS:

- 04/29/17: Drafted by Seattle (7th round, 226th)
- 09/02/17: Released by Seattle
- 09/04/17: Signed to Seattle PS
- 11/22/17: Signed to Seattle 53-man roster
- 04/22/20: Signed tender with Seattle

NFL CAREER HIGHLIGHTS:

- Saw the most playing time of career in 2018 as he started seven of 16 games played and set career highs in every category.
- Made NFL debut in season finale vs. Arizona (12/31/17).

COLLEGE: Recorded 2,776 receiving yards and 35 touchdowns, both setting new career records for East Central. Was one of the most decorated football players in recent history, earning three All-GAC honors, 2015 Don Hansen All-America Offensive third team, D2Football.com All-American honorable mention, Don Hansen and CCA D2 All-Super Region three first team honors, and 2017 Don Hansen All-Super Region Three Offensive third team honors.

PERSONAL: Tallied 40 catches for 700 yards as a senior at Gainesville (Texas) High. Averaged 17.5 yards per catch, with 12 total touchdowns. A first-team all-district pick on both sides of the ball. Also named to the All-Cooke County first team and all-region first team. Majored in kinesiology.

DAVID MOORE'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD
2017	Seahawks	1	0	0	0	0.0	0	0	0	0	0.0	0	0
2018	Seahawks	16	7	26	445	17.1	54	5	1	5	5.0	5	0
2019	Seahawks	14	1	17	301	17.7	60t	2	3	25	8.3	19	0
NFL TOTALS		31	8	43	746	17.3	60t	7	4	30	7.5	19	0

DAVID MOORE'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD
2018	Seahawks	1	0	0	0	0.0	0	0	0	0	0.0	0	0
2019	Seahawks	2	1	2	57	28.5	38	0	1	6	6.0	6	0
NFL TOTALS		3	1	2	57	28.5	38	0	1	6	6.0	6	0

DAVID MOORE'S NFL REGULAR SEASON RETURN STATISTICS

DATE	TEAM	RET.	KICKOFF RETURNS				PUNT RETURNS					
			YDS.	AVG.	LG	TD	NO.	FC	YDS	AVG	LG	TD
2017	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2018	Seahawks	1	18	18.0	18	0	0	0	0	0.0	0	0
2019	Seahawks	0	0	0.0	0	0	10	10	75	7.5	18	0
NFL TOTALS		1	18	18.0	18	0	10	10	75	7.5	18	0

DAVID MOORE'S NFL POSTSEASON RETURN STATISTICS

DATE	TEAM	RET.	KICKOFF RETURNS				PUNT RETURNS					
			YDS.	AVG.	LG	TD	NO.	FC	YDS	AVG	LG	TD
2018	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2019	Seahawks	0	0	0.0	0	0	2	3	15	7.5	10	0
NFL TOTALS		0	0	0.0	0	0	2	3	15	7.5	10	0

DAVID MOORE'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	1 vs. Arizona Cardinals, Dec 22, 2019 ...3 more at 1.	Kickoff Returns	1 vs. Los Angeles Rams, Oct 07, 2018
Rushing Yards	19 vs. Arizona Cardinals, Dec 22, 2019	Kickoff Return Yards	18 vs. Los Angeles Rams, Oct 07, 2018
Longest Runs	19 vs. Arizona Cardinals, Dec 22, 2019	Longest Kickoff Return	18 vs. Los Angeles Rams, Oct 07, 2018
Receptions	4 at Carolina Panthers, Nov 25, 2018 ...2 more at 4.	Fair Catches	3 at Carolina Panthers, Dec 15, 2019
Receiving Yards	103 at Carolina Panthers, Nov 25, 2018	Punt Return Yards	23 vs. Arizona Cardinals, Dec 22, 2019
Longest Receptions	60t vs. Minnesota Vikings, Dec 02, 2019	Longest Punt Return	18 vs. Arizona Cardinals, Dec 22, 2019
Receiving TDs	2 vs. Los Angeles Rams, Oct 07, 2018	Punt Returns	3 at Philadelphia Eagles, Nov 24, 2019
All-purpose yards	103 at Carolina Panthers, Nov 25, 2018	Most TDs	2 vs. Los Angeles Rams, Oct 07, 2018

DAVID MOORE'S 100-YARD RECEIVING GAMES (1): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
11/25/18	at Panthers	4	103	25.8	54	1

ADDITIONAL STATS

Special Teams: 2019 (Blocked punt); Career: 1 Blocked punt.

DAVID MOORE'S 2019 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/08	Bengals												W	21-20
09/15	at Steelers												W	28-26
09/22	Saints	P	1	29	29.0	29	0	0	0	0.0	0	0	L	27-33
09/29	at Cardinals	P	1	9	9.0	9	0	0	0	0.0	0	0	W	27-10
10/03	Rams	P	1	10	10.0	10t	1	0	0	0.0	0	0	W	30-29
10/13	at Browns	P	3	36	12.0	14	0	0	0	0.0	0	0	W	32-28
10/20	Ravens	P	1	14	14.0	14	0	0	0	0.0	0	0	L	16-30
10/27	at Falcons	P	1	23	23.0	23	0	1	2	2.0	2	0	W	27-20
11/03	Buccaneers	P	2	18	9.0	12	0	0	0	0.0	0	0	W	40-34+
11/11	at 49ers	S	0	0	0.0	0	0	0	0	0.0	0	0	W	27-24+
11/24	at Eagles	P	1	31	31.0	31	0	1	4	4.0	4	0	W	17-9
12/02	Vikings	P	2	65	32.5	60t	1	0	0	0.0	0	0	W	37-30
12/08	at Rams	P	1	15	15.0	15	0	0	0	0.0	0	0	L	12-28
12/15	at Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-24
12/22	Cardinals	P	1	21	21.0	21	0	1	19	19.0	19	0	L	13-27
12/29	49ers	P	2	30	15.0	17	0	0	0	0.0	0	0	L	21-26
2019 TOTALS		14-1	17	301	17.7	60t	2	3	25	8.3	19	0	11-5	

+ - Overtime

DAVID MOORE'S 2018 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/09	at Broncos	P	0	0	0.0	0	0	0	0	0.0	0	0	L	24-27
09/17	at Bears	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-24
09/23	Cowboys	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-13
09/30	at Cardinals	S	2	39	19.5	30	0	0	0	0.0	0	0	W	20-17
10/07	Rams	P	3	38	12.7	30t	2	0	0	0.0	0	0	L	31-33
10/14	at Raiders	P	2	47	23.5	28	1	1	5	5.0	5	0	W	27-3
10/28	at Lions	P	4	97	24.3	45	1	0	0	0.0	0	0	W	28-14
11/04	Chargers	S	2	16	8.0	9	0	0	0	0.0	0	0	L	17-25
11/11	at Rams	P	1	16	16.0	16	0	0	0	0.0	0	0	L	31-36
11/15	Packers	S	4	57	14.3	27	0	0	0	0.0	0	0	W	27-24
11/25	at Panthers	P	4	103	25.8	54	1	0	0	0.0	0	0	W	30-27
12/02	49ers	S	0	0	0.0	0	0	0	0	0.0	0	0	W	43-16
12/10	Vikings	S	0	0	0.0	0	0	0	0	0.0	0	0	W	21-7
12/16	at 49ers	S	1	9	9.0	9	0	0	0	0.0	0	0	L	23-26+
12/23	Chiefs	S	1	7	7.0	7	0	0	0	0.0	0	0	W	38-31
12/30	Cardinals	P	2	16	8.0	12	0	0	0	0.0	0	0	W	27-24
2018 TOTALS		16-7	26	445	17.1	54	5	1	5	5.0	5	0	10-6	

+ - Overtime

DAVID MOORE'S 2017 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE	
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD			
09/10	at Packers													L	9-17
09/24	at Titans													L	27-33
10/01	Colts													W	46-18
10/22	at Giants													W	24-7
10/29	Texans													W	41-38
11/05	Washington													L	14-17
11/09	at Cardinals													W	22-16
11/20	Falcons													L	31-34
11/26	at 49ers													W	24-13
12/03	Eagles													W	24-10
12/10	at Jaguars													L	24-30
12/17	Rams													L	7-42
12/24	at Cowboys													W	21-12
12/31	Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	0	L	24-26
2017 TOTALS		1-0	0	0	0.0	0	0	0	0	0.0	0	0	0	7-7	

DAVID MOORE'S 2019 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE	
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD			
01/05	at Eagles	S	2	57	28.5	38	0	0	0	0.0	0	0	0	W	17-9
01/12	at Packers	P	0	0	0.0	0	0	1	6	6.0	6	0	0	L	23-28
2019 TOTALS		2-1	2	57	28.5	38	0	1	6	6.0	6	0	0	1-1	

DAVID MOORE'S 2018 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE	
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD			
01/05	at Cowboys	P	0	0	0.0	0	0	0	0	0.0	0	0	0	L	22-24
2018 TOTALS		1-0	0	0	0.0	0	0	0	0	0.0	0	0	0	0-1	



5 | KICKER JASON MYERS

Height: 5-10 Weight: 190
 College: Marist
 Seasons: NFL : 6th, Seahawks 2nd
 Born: May 12, 1991
 Hometown: Chula Vista, Calif.



PRO BOWL '18

TRANSACTIONS:

- 03/03/15: Signed with Jacksonville as undrafted FA
- 10/17/17: Released by Jacksonville
- 01/03/18: Signed by Seattle as a FA
- 08/20/18: Released by Seattle
- 08/21/18: Claimed off waivers by N.Y. Jets
- 03/13/19: Signed by Seattle as UFA

NFL CAREER HIGHLIGHTS:

- Named to the Pro Bowl after his lone season with the N.Y. Jets making 33

of 36 field-goal attempts, including 6 of 7 from 50-plus yards, including an NFL record five makes of 55-plus yards, and 30 of 33 extra points.

- Played in 38 games for the Jaguars from 2015-17, converting 64 of 79 field goals (81%) with a long of 58 and made 76 of 88 PATs.
- Spent time with Arizona and San Jose of the Arena Football League in 2014.

COLLEGE: Four-year letterman (2009-12) who also served as team's punter as a senior. As a senior, made 5 of 10 field goals in final season with a long of 40 yards and averaged 39.0 yards on 56 punts with 16 downed inside the 20.

PERSONAL: Attended Mater Dei Catholic High. Four-year letterman in football and soccer and also played baseball. Named Mesa Kicker of the Year as a senior and named South Bay Kicker of the Year as a junior. Played on the state championship soccer team as a senior and was named San Diego Division IV CIF Player of the Year. Married to wife, Katie.

JASON MYERS' NFL REGULAR SEASON KICKING STATISTICS

DATE	TEAM	GP	FGM	FGA	PCT.	LG	XP	XPA	PCT.	BLK	PTS
2015	Jaguars	16	26	30	86.7	58	32	39	82.1	1	110
2016	Jaguars	16	27	34	79.4	56	29	32	90.6	2	110
2017	Jaguars	6	11	15	73.3	47	15	17	88.2	0	48
2018	Jets	16	33	36	91.7	56	30	33	90.9	0	129
2019	Seahawks	16	23	28	82.1	54	40	44	90.9	0	109
NFL TOTALS		70	120	143	83.9	58	146	165	88.5	3	506

JASON MYERS' NFL POSTSEASON KICKING STATISTICS

DATE	TEAM	GP	FGM	FGA	PCT.	LG	XP	XPA	PCT.	BLK	PTS
2017	Jaguars	0	0	0	0.0	0	0	0	0.0	0	0
2019	Seahawks	2	2	4	50.0	49	4	4	100.0	1	10
NFL TOTALS		2	2	4	50.0	49	4	4	100.0	1	10

JASON MYERS' NFL REGULAR SEASON FIELD-GOAL ACCURACY STATISTICS

DATE	TEAM	1-19	PCT.	20-29	PCT.	30-39	PCT.	40-49	PCT.	50+	PCT.
2015	Jaguars	0-0	0.0	9-10	90.0	8-8	100.0	6-8	75.0	3-4	75.0
2016	Jaguars	0-0	0.0	7-7	100.0	3-4	75.0	10-11	90.9	7-12	58.3
2017	Jaguars	0-0	0.0	4-4	100.0	2-3	66.7	5-5	100.0	0-3	0.0
2018	Jets	0-0	0.0	4-4	100.0	13-14	92.9	10-11	90.9	6-7	85.7
2019	Seahawks	0-0	0.0	6-6	100.0	11-11	100.0	4-7	57.1	2-4	50.0
NFL TOTALS		0-0	0.0	30-31	96.8	37-40	92.5	35-42	83.3	18-30	60.0

JASON MYERS' NFL POSTSEASON FIELD-GOAL ACCURACY STATISTICS

DATE	TEAM	1-19	PCT.	20-29	PCT.	30-39	PCT.	40-49	PCT.	50+	PCT.
2017	Jaguars	0-0	0.0	0-0	0.0	0-0	0.0	0-0	0.0	0-0	0.0
2019	Seahawks	0-0	0.0	0-0	0.0	0-1	0.0	2-2	100.0	0-1	0.0
NFL TOTALS		0-0	0.0	0-0	0.0	0-1	0.0	2-2	100.0	0-1	0.0

ADDITIONAL STATS

Special Teams Tackles: 2019 (2); Career: 2

JASON MYERS' SINGLE-GAME HIGHS: KICKER

Field Goals Made	7 vs. Indianapolis Colts, Oct 14, 2018	PAT Attempts	7 vs. Indianapolis Colts, Dec 13, 2015
Field Goal Attempts	7 vs. Indianapolis Colts, Oct 14, 2018	Points	24 vs. Indianapolis Colts, Oct 14, 2018
Longest Field Goals Made	58 vs. Miami Dolphins, Sep 20, 2015	Special Teams Tackles	1 vs. Arizona Cardinals, Dec 22, 2019
PATs Made	6 at Detroit Lions, Sep 10, 2018		...5 more at 1.
	...1 more at 6.		



35 | CORNERBACK
RYAN NEAL

Height: 6-3 Weight: 200
 College: Southern Illinois
 Seasons: NFL : 3rd, Seahawks 2nd
 Born: December 24, 1995
 Hometown: Merrillville, IN

TRANSACTIONS:

- 05/11/18: Signed by Philadelphia as a UDFA
- 08/05/18: Released by Philadelphia
- 08/11/18: Signed by Atlanta as a FA
- 09/01/18: Released by Atlanta
- 09/02/18: Signed to Atlanta's PS
- 11/28/18: Signed to Atlanta's active roster
- 08/31/19: Released by Atlanta
- 09/03/19: Signed to Seattle's PS
- 12/11/19: Signed to Seattle's active roster
- 04/20/20: Re-signed by Seattle

NFL CAREER HIGHLIGHTS:

- Played in two games with Seattle in 2019.
- Appeared in one game in 2018 with the Atlanta Falcons, making his rookie

debut in Week 13 against the Green Bay Packers.

- Originally entered the league as an undrafted free agent with the Philadelphia Eagles.

COLLEGE: Played in 45 games in college, recording 226 tackles, 24 passes defended, and five interceptions.

PERSONAL: Attended Merrillville High and named to AP 6A all-state team and Indiana Football Coaches Association all-state top 25 as a senior. Was a two-time IFCA All-State top 50 selection and a two-time all-conference and all-area selection. Was also named the top defensive back in the state in 2013 by the Indianapolis Star. His brother, Mike, played six seasons for the Green Bay Packers and won Super Bowl XLV. Attended the same high school as San Antonio Spurs head coach Gregg Popovich. Majored in sports administration.

RYAN NEAL'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC				
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A			
2018	Falcons	1	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	3	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0	0	
NFL TOTALS		4	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0	0	

RYAN NEAL'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC			
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A		
2019	Seahawks	2	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		2	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

RYAN NEAL'S SINGLE-GAME HIGHS: DEFENSIVE

Special Teams Tackles

1 vs. Arizona Cardinals, Dec 22, 2019



74 | TACKLE CEDRIC OGBUEHI

Height: 6-5 **Weight:** 308
College: Texas A&M
Seasons: NFL : 6th, Seahawks 1st
Born: April 25, 1992
Hometown: Allen, Texas
Pronunciation: o-BWAY-hee

TRANSACTIONS:

- 04/30/15: Drafted by Cincinnati (1st, 21st overall)
- 09/01/15: Placed on non-football injury (knee)
- 11/27/15: Activated from NFI
- 12/30/16: Placed on IR (shoulder)
- 03/16/19: Signed by Jacksonville as a UFA
- 03/23/20: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

- The 21st overall pick in the 2015 draft out of Texas A&M, started 25 games at both left and right tackles between the 2016 and 2017 seasons, then spent the past two seasons as a reserve lineman, spending last season in Jacksonville.
- Has started 25 of 49 career games played after beginning his NFL career

on injured reserve while rehabbing a college knee injury.

COLLEGE: Played four seasons (2011-14) at Texas A&M, seeing action in 47 contests and starting 43 games during that time. In the 2014 Liberty Bowl, his final college game, he finished the game despite suffering a third-quarter knee injury that later was diagnosed as an ACL tear. Played both guard and tackle during career, in which Aggies went 35-17 with 4-0 record in bowl games. As a senior, provided protection for passing attack that led the SEC in passing yards and touchdowns, and ranked fifth nationally in scoring and total offense. Named first-team All-America by the Walter Camp Foundation.

PERSONAL: Attended Allen High, where as a senior he earned second-team all-state honors and played in the U.S. Army All-American Bowl. Associated Press first-team all-state selection as a junior. Earned bachelor's degree from Texas A&M in recreation, parks & tourism science.

CEDRIC OGBUEHI'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2015	Bengals	5	0
2016	Bengals	14	12
2017	Bengals	14	13
2018	Bengals	2	0
2019	Jaguars	14	0
NFL TOTALS		49	25

CEDRIC OGBUEHI'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2015	Bengals	1	0
NFL TOTALS		1	0

CEDRIC OGBUEHI'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST					MISC				
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A		
2015	Bengals	5	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
2016	Bengals	14	12	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	
2017	Bengals	14	13	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2	0	
2018	Bengals	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
2019	Jaguars	14	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
NFL TOTALS		49	25	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	2	0

CEDRIC OGBUEHI'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST					MISC			
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A	
2015	Bengals	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

CEDRIC OGBUEHI'S 2016 GXG REGULAR SEASON STATISTICS (BENGALS)

DATE	OPPONENT	P/S	TACKLES							INTERCEPTIONS					FUMBLES			ST					MISC		W/L/T	SCORE	
			TK	S	A	SK	YDS	TFL	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S			A
09/11	at Jets	S	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	23-22	
09/18	at Steelers	S	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	16-24	
09/25	Broncos	S	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	17-29	
09/29	Dolphins	S	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	22-7	
10/09	at Cowboys	S	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	14-28	
10/16	at Patriots	S	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	17-35	
10/23	Browns	S	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	31-17	
10/30	Washington	S	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	T	27-27	
11/14	at Giants	S	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	20-21	
11/20	Bills	S	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	12-16	
11/27	at Ravens	S	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	L	14-19	
12/04	Eagles																								W	32-14	
12/11	at Browns	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	23-10	
12/18	Steelers	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	20-24	
12/24	at Texans	S	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	10-12	
2016 TOTALS		14-12	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	5-9-1	

CEDRIC OGBUEHI'S 2015 GXG REGULAR SEASON STATISTICS (BENGALS)

DATE	OPPONENT	P/S	TACKLES							INTERCEPTIONS					FUMBLES			ST					MISC		W/L	SCORE
			TK	S	A	SK	YDS	TFL	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S		
09/13	at Raiders																								W	33-13
09/27	at Ravens																								W	28-24
10/04	Chiefs																								W	36-21
10/18	at Bills																								W	34-21
11/01	at Steelers																								W	16-10
11/16	Texans																								L	6-10
11/22	at Cardinals																								L	31-34
11/29	Rams																								W	31-7
12/06	at Browns	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	37-3
12/13	Steelers	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	20-33
12/20	at 49ers	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	24-14
12/28	at Broncos	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	17-20+
01/03	Ravens	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	24-16
2015 TOTALS		5-0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	9-4	

+ - Overtime

CEDRIC OGBUEHI'S 2015 GXG POSTSEASON STATISTICS (BENGALS)

DATE	OPPONENT	P/S	TACKLES							INTERCEPTIONS					FUMBLES			ST					MISC		W/L	SCORE
			TK	S	A	SK	YDS	TFL	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S		
01/09	Steelers	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	16-18
2015 TOTALS		1-0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0-1	



88 | TIGHT END
GREG OLSEN

Height: 6-5 **Weight:** 255
College: Miami
Seasons: NFL : 14th, Seahawks 1st
Born: March 11, 1985
Hometown: Wayne, N.J.



TRANSACTIONS:

- 04/28/07: Drafted by Chicago (1st round, 14th)
- 07/29/11: Traded to Carolina
- 03/06/15: Re-signed with Carolina
- 09/19/17: Placed on IR (foot)
- 11/24/17: Activated from IR
- 04/26/18: Re-signed with Carolina
- 12/05/18: Placed on IR (foot)
- 02/03/20: Carolina terminated Veteran Contract
- 02/24/20: Signed by Seattle as a FA

NFL CAREER HIGHLIGHTS:

- Three-time Pro Bowler (2014-16), two-time AP All-Pro second-team member (2015-16) and two-time Walter Payton Man of the Year finalist (2016-17).
- Is the fourth tight end in NFL history to surpass 8,000 career receiving yards. He also has more than 700 career receptions, becoming just the fifth tight end in history to hit the milestone. Among tight ends in league history, Olsen ranks fifth in receiving yards (8,444), fifth in receptions (718) and ninth in touchdowns (59).

• Owns Carolina Panthers franchise-records by a tight end in receptions (524), receiving yards (6,463) and touchdowns (39).

• Currently ranks second in career receiving yards among active tight ends (Jason Witten, 12,977) with 8,444. In 2017, saw streak of 160 consecutive games played and 82 consecutive games started come to an end after Week Two vs. Buffalo (9/17/17) due to foot injury. In 2016, became the first tight end in NFL history to record 1,000 receiving yards in three consecutive seasons.

• Holds Carolina franchise record for most receiving yards in a single season by a tight end (1,104), set in 2015. Holds franchise record for most receptions in a single season by a tight end (84), set in 2014. Holds franchise record for single-game receiving yards by a tight end with 181, set vs. Tampa Bay (10/10/16). Owns the top five single-season receptions totals and five of the top six single-season receiving yards totals by a tight end in team history. Ranks third in franchise history in receiving yards (6,463) and receptions (524), regard-less of position and ranks fourth in franchise history in receiving touchdowns (39), regardless of position.

COLLEGE: Three-year letter winner at the University of Miami (2004-06) starting 26 of 33 games played and totaling 87 receptions for 1,215 yards with six touchdowns. Started 12 games in each of his final two seasons at Miami earning first-team and honorable mention All-Atlantic Coast Conference honors as a junior and sophomore respectively. Led team in receptions as a junior (40) and ranked second in catches as a sophomore (31). Also saw time as team's long snapper.

PERSONAL: Attended Wayne (N.J.) Hills High. Majored in criminology at Miami.

GREG OLSEN'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD
2007	Bears	14	4	39	391	10.0	31	2	0	0	0.0	0	0
2008	Bears	16	7	54	574	10.6	52	5	0	0	0.0	0	0
2009	Bears	16	15	60	612	10.2	41	8	0	0	0.0	0	0
2010	Bears	16	13	41	404	9.9	39t	5	0	0	0.0	0	0
2011	Panthers	16	13	45	540	12.0	44t	5	0	0	0.0	0	0
2012	Panthers	16	16	69	843	12.2	47t	5	0	0	0.0	0	0
2013	Panthers	16	16	73	816	11.2	31	6	0	0	0.0	0	0
2014	Panthers	16	16	84	1,008	12.0	38	6	0	0	0.0	0	0
2015	Panthers	16	16	77	1,104	14.3	52	7	0	0	0.0	0	0
2016	Panthers	16	16	80	1,073	13.4	78t	3	0	0	0.0	0	0
2017	Panthers	7	7	17	191	11.2	30t	1	0	0	0.0	0	0
2018	Panthers	9	9	27	291	10.8	23	4	0	0	0.0	0	0
2019	Panthers	14	14	52	597	11.5	41	2	0	0	0.0	0	0
NFL TOTALS		188	162	718	8,444	11.8	78t	59	0	0	0.0	0	0

GREG OLSEN'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD
2010	Bears	2	2	6	143	23.8	58t	1	0	0	0.0	0	0
2013	Panthers	1	1	4	55	13.8	35	0	0	0	0.0	0	0
2014	Panthers	2	2	7	95	13.6	31	0	0	0	0.0	0	0
2015	Panthers	3	3	16	231	14.4	54	1	0	0	0.0	0	0
2017	Panthers	1	1	8	107	13.4	24	1	0	0	0.0	0	0
NFL TOTALS		9	9	41	631	15.4	58t	3	0	0	0.0	0	0

GREG OLSEN'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Receptions	10 vs. Tampa Bay Buccaneers, Dec 14, 2014 ...1 more at 10.	All-purpose yards	181 vs. Tampa Bay Buccaneers, Oct 10, 2016
Receiving Yards	181 vs. Tampa Bay Buccaneers, Oct 10, 2016	Miscellaneous Tackles	2 at New York Giants, Oct 03, 2010
Longest Receptions	78t vs. San Francisco 49ers, Sep 18, 2016	Most TDs	3 vs. Arizona Cardinals, Nov 08, 2009
Receiving TDs	3 vs. Arizona Cardinals, Nov 08, 2009		

GREG OLSEN'S 100-YARD RECEIVING GAMES (11): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
10/10/16	BUCCANEERS	9	181	20.1	34	0
09/27/15	SAINTS	8	134	16.8	52	2
10/18/15	at Seahawks	7	131	18.7	32	1
12/06/15	at Saints	9	129	14.3	32	0
09/18/16	49ERS	5	122	24.4	78t	1
11/10/14	at Eagles	6	119	19.8	38	0
12/17/17	PACKERS	9	116	12.9	30t	1
09/12/19	BUCCANEERS	6	110	18.3	41	0
12/14/14	BUCCANEERS	10	110	11.0	16	0
10/19/14	at Packers	8	105	13.1	23	0
11/11/12	BRONCOS	9	102	11.3	26	2

GREG OLSEN'S 100-YARD RECEIVING GAMES (3): POSTSEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
01/16/11	SEAHAWKS	3	113	37.7	58t	1
01/24/16	CARDINALS	6	113	18.8	54	0
01/07/18	at Saints	8	107	13.4	24	1

GREG OLSEN'S 2019 GXG REGULAR SEASON STATISTICS (PANTHERS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/08	Rams	S	4	36	9.0	14	0	0	0	0.0	0	0	L	27-30
09/12	Buccaneers	S	6	110	18.3	41	0	0	0	0.0	0	0	L	14-20
09/22	at Cardinals	S	6	75	12.5	20	2	0	0	0.0	0	0	W	38-20
09/29	at Texans	S	2	5	2.5	3	0	0	0	0.0	0	0	W	16-10
10/06	Jaguars	S	0	0	0.0	0	0	0	0	0.0	0	0	W	34-27
10/13	at Buccaneers	S	4	52	13.0	18	0	0	0	0.0	0	0	W	37-26
10/27	at 49ers	S	2	13	6.5	9	0	0	0	0.0	0	0	L	13-51
11/03	Titans	S	3	40	13.3	23	0	0	0	0.0	0	0	W	30-20
11/10	at Packers	S	8	98	12.3	18	0	0	0	0.0	0	0	L	16-24
11/17	Falcons	S	5	57	11.4	26	0	0	0	0.0	0	0	L	3-29
11/24	at Saints	S	5	44	8.8	15	0	0	0	0.0	0	0	L	31-34
12/01	Washington	S	3	22	7.3	8	0	0	0	0.0	0	0	L	21-29
12/08	at Falcons												L	20-40
12/15	Seahawks												L	24-30
12/22	at Colts	S	2	33	16.5	28	0	0	0	0.0	0	0	L	6-38
12/29	Saints	S	2	12	6.0	9	0	0	0	0.0	0	0	L	10-42
2019 TOTALS		14-14	52	597	11.5	41	2	0	0	0.0	0	0	5-11	

GREG OLSEN'S 2018 GXG REGULAR SEASON STATISTICS (PANTHERS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/09	Cowboys	S	2	33	16.5	19	0	0	0	0.0	0	0	W	16-8
09/16	at Falcons												L	24-31
09/23	Bengals												W	31-21
10/07	Giants												W	33-31
10/14	at Washington	S	4	48	12.0	18	0	0	0	0.0	0	0	L	17-23
10/21	at Eagles	S	2	5	2.5	4	1	0	0	0.0	0	0	W	21-17
10/28	Ravens	S	4	56	14.0	17	1	0	0	0.0	0	0	W	36-21
11/04	Buccaneers	S	6	76	12.7	23	1	0	0	0.0	0	0	W	42-28
11/08	at Steelers	S	4	40	10.0	14	0	0	0	0.0	0	0	L	21-52
11/18	at Lions	S	2	9	4.5	8	1	0	0	0.0	0	0	L	19-20
11/25	Seahawks	S	2	11	5.5	6	0	0	0	0.0	0	0	L	27-30
12/02	at Buccaneers	S	1	13	13.0	13	0	0	0	0.0	0	0	L	17-24
12/09	at Browns												L	20-26
12/17	Saints												L	9-12
12/23	Falcons												L	10-24
12/30	at Saints												W	33-14
2018 TOTALS		9-9	27	291	10.8	23	4	0	0	0.0	0	0	7-9	

GREG OLSEN'S 2017 GXG REGULAR SEASON STATISTICS (PANTHERS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/10	at 49ers	S	2	18	9.0	17	0	0	0	0.0	0	0	W	23-3
09/17	Bills	S	1	10	10.0	10	0	0	0	0.0	0	0	W	9-3
09/24	Saints												L	13-34
10/01	at Patriots												W	33-30
10/08	at Lions												W	27-24
10/12	Eagles												L	23-28
10/22	at Bears												L	3-17
10/29	at Buccaneers												W	17-3
11/05	Falcons												W	20-17
11/13	Dolphins												W	45-21
11/26	at Jets	S	1	10	10.0	10	0	0	0	0.0	0	0	W	35-27
12/03	at Saints												L	21-31
12/10	Vikings	S	0	0	0.0	0	0	0	0	0.0	0	0	W	31-24
12/17	Packers	S	9	116	12.9	30t	1	0	0	0.0	0	0	W	31-24
12/24	Buccaneers	S	3	27	9.0	11	0	0	0	0.0	0	0	W	22-19
12/31	at Falcons	S	1	10	10.0	10	0	0	0	0.0	0	0	L	10-22
2017 TOTALS		7-7	17	191	11.2	30t	1	0	0	0.0	0	0	11-5	

GREG OLSEN'S 2016 GXG REGULAR SEASON STATISTICS (PANTHERS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/08	at Broncos	S	7	73	10.4	18	0	0	0	0.0	0	0	L	20-21
09/18	49ers	S	5	122	24.4	78t	1	0	0	0.0	0	0	W	46-27
09/25	Vikings	S	6	64	10.7	18	0	0	0	0.0	0	0	L	10-22
10/02	at Falcons	S	6	76	12.7	24	1	0	0	0.0	0	0	L	33-48
10/10	Buccaneers	S	9	181	20.1	34	0	0	0	0.0	0	0	L	14-17
10/16	at Saints	S	6	94	15.7	20	0	0	0	0.0	0	0	L	38-41
10/30	Cardinals	S	1	11	11.0	11	0	0	0	0.0	0	0	W	30-20
11/06	at Rams	S	5	52	10.4	18	1	0	0	0.0	0	0	W	13-10
11/13	Chiefs	S	5	39	7.8	14	0	0	0	0.0	0	0	L	17-20
11/17	Saints	S	4	33	8.3	12	0	0	0	0.0	0	0	W	23-20
11/27	at Raiders	S	4	45	11.3	20	0	0	0	0.0	0	0	L	32-35
12/04	at Seahawks	S	3	30	10.0	16	0	0	0	0.0	0	0	L	7-40
12/11	Chargers	S	4	87	21.8	36	0	0	0	0.0	0	0	W	28-16
12/19	at Washington	S	6	85	14.2	31	0	0	0	0.0	0	0	W	26-15
12/24	Falcons	S	6	59	9.8	17	0	0	0	0.0	0	0	L	16-33
01/01	at Buccaneers	S	3	22	7.3	13	0	0	0	0.0	0	0	L	16-17
2016 TOTALS		16-16	80	1,073	13.4	78t	3	0	0	0.0	0	0	6-10	

GREG OLSEN'S 2015 GXG REGULAR SEASON STATISTICS (PANTHERS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/13	at Jaguars	S	1	11	11.0	11	0	0	0	0.0	0	0	W	20-9
09/20	Texans	S	6	70	11.7	27	0	0	0	0.0	0	0	W	24-17
09/27	Saints	S	8	134	16.8	52	2	0	0	0.0	0	0	W	27-22
10/04	at Buccaneers	S	2	28	14.0	19	0	0	0	0.0	0	0	W	37-23
10/18	at Seahawks	S	7	131	18.7	32	1	0	0	0.0	0	0	W	27-23
10/25	Eagles	S	3	65	21.7	28	0	0	0	0.0	0	0	W	27-16
11/02	Colts	S	6	79	13.2	27t	1	0	0	0.0	0	0	W	29-26+
11/08	Packers	S	4	66	16.5	24	1	0	0	0.0	0	0	W	37-29
11/15	at Titans	S	8	80	10.0	20	0	0	0	0.0	0	0	W	27-10
11/22	Washington	S	3	54	18.0	34	1	0	0	0.0	0	0	W	44-16
11/26	at Cowboys	S	5	70	14.0	31	0	0	0	0.0	0	0	W	33-14
12/06	at Saints	S	9	129	14.3	32	0	0	0	0.0	0	0	W	41-38
12/13	Falcons	S	3	52	17.3	24	0	0	0	0.0	0	0	W	38-0
12/20	at Giants	S	6	79	13.2	37t	1	0	0	0.0	0	0	W	38-35
12/27	at Falcons	S	4	40	10.0	15	0	0	0	0.0	0	0	L	13-20
01/03	Buccaneers	S	2	16	8.0	10	0	0	0	0.0	0	0	W	38-10
2015 TOTALS	16-16		77	1,104	14.3	52	7	0	0	0.0	0	0	15-1	

+ - Overtime

GREG OLSEN'S 2014 GXG REGULAR SEASON STATISTICS (PANTHERS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L/T	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/07	at Buccaneers	S	8	83	10.4	22	1	0	0	0.0	0	0	W	20-14
09/14	Lions	S	6	72	12.0	20	0	0	0	0.0	0	0	W	24-7
09/21	Steelers	S	5	69	13.8	37t	1	0	0	0.0	0	0	L	19-37
09/28	at Ravens	S	2	30	15.0	17	0	0	0	0.0	0	0	L	10-38
10/05	Bears	S	6	72	12.0	19	2	0	0	0.0	0	0	W	31-24
10/12	at Bengals	S	6	62	10.3	16	1	0	0	0.0	0	0	T	37-37+
10/19	at Packers	S	8	105	13.1	23	0	0	0	0.0	0	0	L	17-38
10/26	Seahawks	S	1	16	16.0	16	0	0	0	0.0	0	0	L	9-13
10/30	Saints	S	3	30	10.0	11	0	0	0	0.0	0	0	L	10-28
11/10	at Eagles	S	6	119	19.8	38	0	0	0	0.0	0	0	L	21-45
11/16	Falcons	S	5	61	12.2	15	0	0	0	0.0	0	0	L	17-19
11/30	at Vikings	S	5	59	11.8	19	0	0	0	0.0	0	0	L	13-31
12/07	at Saints	S	10	72	7.2	16t	1	0	0	0.0	0	0	W	41-10
12/14	Buccaneers	S	10	110	11.0	16	0	0	0	0.0	0	0	W	19-17
12/21	Browns	S	1	21	21.0	21	0	0	0	0.0	0	0	W	17-13
12/28	at Falcons	S	2	27	13.5	18	0	0	0	0.0	0	0	W	34-3
2014 TOTALS	16-16		84	1,008	12.0	38	6	0	0	0.0	0	0	7-8-1	

+ - Overtime

GREG OLSEN'S 2013 GXG REGULAR SEASON STATISTICS (PANTHERS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/08	Seahawks	S	5	56	11.2	27	0	0	0	0.0	0	0	L	7-12
09/15	at Bills	S	7	84	12.0	31	1	0	0	0.0	0	0	L	23-24
09/22	Giants	S	4	54	13.5	24	0	0	0	0.0	0	0	W	38-0
10/06	at Cardinals	S	5	79	15.8	25	0	0	0	0.0	0	0	L	6-22
10/13	at Vikings	S	2	19	9.5	11	0	0	0	0.0	0	0	W	35-10
10/20	Rams	S	4	47	11.8	25	0	0	0	0.0	0	0	W	30-15
10/24	at Buccaneers	S	3	21	7.0	16	1	0	0	0.0	0	0	W	31-13
11/03	Falcons	S	4	66	16.5	23	1	0	0	0.0	0	0	W	34-10
11/10	at 49ers	S	1	14	14.0	14	0	0	0	0.0	0	0	W	10-9
11/18	Patriots	S	5	52	10.4	15t	1	0	0	0.0	0	0	W	24-20
11/24	at Dolphins	S	5	34	6.8	12	1	0	0	0.0	0	0	W	20-16
12/01	Buccaneers	S	5	85	17.0	30	0	0	0	0.0	0	0	W	27-6
12/08	at Saints	S	8	40	5.0	13	0	0	0	0.0	0	0	L	13-31
12/15	Jets	S	5	88	17.6	27	0	0	0	0.0	0	0	W	30-20
12/22	Saints	S	4	35	8.8	14	0	0	0	0.0	0	0	W	17-13
12/29	at Falcons	S	6	42	7.0	8	1	0	0	0.0	0	0	W	21-20
2013 TOTALS	16-16		73	816	11.2	31	6	0	0	0.0	0	0	12-4	

GREG OLSEN'S 2012 GXG REGULAR SEASON STATISTICS (PANTHERS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/09	at Buccaneers	S	6	56	9.3	20	0	0	0	0.0	0	0	L	10-16
09/16	Saints	S	1	13	13.0	13	0	0	0	0.0	0	0	W	35-27
09/20	Giants	S	7	98	14.0	23	0	0	0	0.0	0	0	L	7-36
09/30	at Falcons	S	6	89	14.8	34	1	0	0	0.0	0	0	L	28-30
10/07	Seahawks	S	2	37	18.5	24	0	0	0	0.0	0	0	L	12-16
10/21	Cowboys	S	4	31	7.8	14	0	0	0	0.0	0	0	L	14-19
10/28	at Bears	S	3	23	7.7	10	0	0	0	0.0	0	0	L	22-23
11/04	at Washington	S	5	48	9.6	17	0	0	0	0.0	0	0	W	21-13
11/11	Broncos	S	9	102	11.3	26	2	0	0	0.0	0	0	L	14-36
11/18	Buccaneers	S	2	42	21.0	32	0	0	0	0.0	0	0	L	21-27+
11/26	at Eagles	S	4	50	12.5	23	0	0	0	0.0	0	0	W	30-22
12/02	at Chiefs	S	1	47	47.0	47t	1	0	0	0.0	0	0	L	21-27
12/09	Falcons	S	4	55	13.8	25t	1	0	0	0.0	0	0	W	30-20
12/16	at Chargers	S	5	56	11.2	26	0	0	0	0.0	0	0	W	31-7
12/23	Raiders	S	6	53	8.8	20	0	0	0	0.0	0	0	W	17-6
12/30	at Saints	S	4	43	10.8	16	0	0	0	0.0	0	0	W	44-38
2012 TOTALS	16-16		69	843	12.2	47t	5	0	0	0.0	0	0	7-9	

+ - Overtime

GREG OLSEN'S 2011 GXG REGULAR SEASON STATISTICS (PANTHERS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/11	at Cardinals	S	4	78	19.5	43	0	0	0	0.0	0	0	L	21-28
09/18	Packers	S	1	34	34.0	34	0	0	0	0.0	0	0	L	23-30
09/25	Jaguars	S	7	57	8.1	16t	1	0	0	0.0	0	0	W	16-10
10/02	at Bears	S	5	50	10.0	23	1	0	0	0.0	0	0	L	29-34
10/09	Saints	S	3	21	7.0	9	1	0	0	0.0	0	0	L	27-30
10/16	at Falcons	S	5	42	8.4	10	0	0	0	0.0	0	0	L	17-31
10/23	Washington	S	1	4	4.0	4	0	0	0	0.0	0	0	W	33-20
10/30	Vikings	S	4	73	18.3	39t	1	0	0	0.0	0	0	L	21-24
11/13	Titans	S	4	45	11.3	16	0	0	0	0.0	0	0	L	3-30
11/20	at Lions	S	3	23	7.7	8	0	0	0	0.0	0	0	L	35-49
11/27	at Colts	P	3	24	8.0	13	0	0	0	0.0	0	0	W	27-19
12/04	at Buccaneers	S	1	21	21.0	21	0	0	0	0.0	0	0	W	38-19
12/11	Falcons	S	2	53	26.5	44t	1	0	0	0.0	0	0	L	23-31
12/18	at Texans	P	2	15	7.5	17	0	0	0	0.0	0	0	W	28-13
12/24	Buccaneers	S	0	0	0.0	0	0	0	0	0.0	0	0	W	48-16
01/01	at Saints	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-45
2011 TOTALS	16-13		45	540	12.0	44t	5	0	0	0.0	0	0	6-10	

GREG OLSEN'S 2010 GXG REGULAR SEASON STATISTICS (BEARS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/12	Lions	S	4	37	9.3	13	0	0	0	0.0	0	0	W	19-14
09/19	at Cowboys	S	1	39	39.0	39t	1	0	0	0.0	0	0	W	27-20
09/27	Packers	P	5	64	12.8	21	1	0	0	0.0	0	0	W	20-17
10/03	at Giants	S	5	39	7.8	19	0	0	0	0.0	0	0	L	3-17
10/10	at Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-6
10/17	Seahawks	S	0	0	0.0	0	0	0	0	0.0	0	0	L	20-23
10/24	Washington	S	3	43	14.3	23	0	0	0	0.0	0	0	L	14-17
11/07	at Bills	S	3	29	9.7	18	1	0	0	0.0	0	0	W	22-19
11/14	Vikings	S	3	31	10.3	17t	1	0	0	0.0	0	0	W	27-13
11/18	at Dolphins	S	4	40	10.0	12	0	0	0	0.0	0	0	W	16-0
11/28	Eagles	P	1	9	9.0	9t	1	0	0	0.0	0	0	W	31-26
12/05	at Lions	S	1	5	5.0	5	0	0	0	0.0	0	0	W	24-20
12/12	Patriots	S	1	6	6.0	6	0	0	0	0.0	0	0	L	7-36
12/20	at Vikings	S	4	28	7.0	11	0	0	0	0.0	0	0	W	40-14
12/26	Jets	S	1	5	5.0	5	0	0	0	0.0	0	0	W	38-34
01/02	at Packers	S	5	29	5.8	7	0	0	0	0.0	0	0	L	3-10
2010 TOTALS	16-13		41	404	9.9	39t	5	0	0	0.0	0	0	11-5	

GREG OLSEN'S 2009 GXG REGULAR SEASON STATISTICS (BEARS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/13	at Packers	S	1	8	8.0	8	0	0	0	0.0	0	0	L	15-21
09/20	Steelers	S	3	41	13.7	29	0	0	0	0.0	0	0	W	17-14
09/27	at Seahawks	S	5	44	8.8	19	1	0	0	0.0	0	0	W	25-19
10/04	Lions	S	1	1	1.0	1t	1	0	0	0.0	0	0	W	48-24
10/18	at Falcons	S	5	57	11.4	41	1	0	0	0.0	0	0	L	14-21
10/25	at Bengals	S	4	24	6.0	8	0	0	0	0.0	0	0	L	10-45
11/01	Browns	S	3	40	13.3	16	0	0	0	0.0	0	0	W	30-6
11/08	Cardinals	S	5	71	14.2	33t	3	0	0	0.0	0	0	L	21-41
11/12	at 49ers	S	7	75	10.7	20	0	0	0	0.0	0	0	L	6-10
11/22	Eagles	S	6	42	7.0	11	0	0	0	0.0	0	0	L	20-24
11/29	at Vikings	S	7	45	6.4	9	0	0	0	0.0	0	0	L	10-36
12/06	Rams	S	2	1	0.5	1	0	0	0	0.0	0	0	W	17-9
12/13	Packers	S	2	14	7.0	12	0	0	0	0.0	0	0	L	14-21
12/20	at Ravens	S	1	8	8.0	8	0	0	0	0.0	0	0	L	7-31
12/28	Vikings	S	3	47	15.7	24	1	0	0	0.0	0	0	W	36-30+
01/03	at Lions	P	5	94	18.8	34	1	0	0	0.0	0	0	W	37-23
2009 TOTALS	16-15		60	612	10.2	41	8	0	0	0.0	0	0	7-9	

+- Overtime

GREG OLSEN'S 2008 GXG REGULAR SEASON STATISTICS (BEARS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/07	at Colts	S	2	36	18.0	29	0	0	0	0.0	0	0	W	29-13
09/14	at Panthers	P	2	7	3.5	9	0	0	0	0.0	0	0	L	17-20
09/21	Buccaneers	P	2	16	8.0	10	0	0	0	0.0	0	0	L	24-27+
09/28	Eagles	P	4	35	8.8	19t	1	0	0	0.0	0	0	W	24-20
10/05	at Lions	P	3	87	29.0	52	0	0	0	0.0	0	0	W	34-7
10/12	at Falcons	P	3	41	13.7	22	0	0	0	0.0	0	0	L	20-22
10/19	Vikings	P	6	74	12.3	19	1	0	0	0.0	0	0	W	48-41
11/02	Lions	S	2	10	5.0	14	0	0	0	0.0	0	0	W	27-23
11/09	Titans	S	5	40	8.0	11	0	0	0	0.0	0	0	L	14-21
11/16	at Packers	P	4	45	11.3	18	0	0	0	0.0	0	0	L	3-37
11/23	at Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-3
11/30	at Vikings	S	1	7	7.0	7	0	0	0	0.0	0	0	L	14-34
12/07	Jaguars	P	3	52	17.3	25	1	0	0	0.0	0	0	W	23-10
12/11	Saints	S	8	45	5.6	10	0	0	0	0.0	0	0	W	27-24+
12/22	Packers	S	5	49	9.8	17	1	0	0	0.0	0	0	W	20-17+
12/28	at Texans	S	4	30	7.5	10	1	0	0	0.0	0	0	L	24-31
2008 TOTALS	16-7		54	574	10.6	52	5	0	0	0.0	0	0	9-7	

+- Overtime

GREG OLSEN'S 2007 GXG REGULAR SEASON STATISTICS (BEARS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/09	at Chargers												L	3-14
09/16	Chiefs												W	20-10
09/23	Cowboys	P	2	28	14.0	21	0	0	0	0.0	0	0	L	10-34
09/30	at Lions	P	0	0	0.0	0	0	0	0	0.0	0	0	L	27-37
10/07	at Packers	P	4	57	14.3	27	1	0	0	0.0	0	0	W	27-20
10/14	Vikings	S	5	63	12.6	31	0	0	0	0.0	0	0	L	31-34
10/21	at Eagles	P	4	48	12.0	20	0	0	0	0.0	0	0	W	19-16
10/28	Lions	S	6	59	9.8	20t	1	0	0	0.0	0	0	L	7-16
11/11	at Raiders	P	0	0	0.0	0	0	0	0	0.0	0	0	W	17-6
11/18	at Seahawks	S	7	43	6.1	9	0	0	0	0.0	0	0	L	23-30
11/25	Broncos	P	1	10	10.0	10	0	0	0	0.0	0	0	W	37-34+
12/02	Giants	P	2	7	3.5	4	0	0	0	0.0	0	0	L	16-21
12/06	at Washington	P	3	31	10.3	20	0	0	0	0.0	0	0	L	16-24
12/17	at Vikings	P	2	18	9.0	13	0	0	0	0.0	0	0	L	13-20
12/23	Packers	P	1	10	10.0	10	0	0	0	0.0	0	0	W	35-7
12/30	Saints	S	2	17	8.5	12	0	0	0	0.0	0	0	W	33-25
2007 TOTALS	14-4		39	391	10.0	31	2	0	0	0.0	0	0	7-9	

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GREG OLSEN'S 2017 GXG POSTSEASON STATISTICS (PANTHERS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/07	at Saints	S	8	107	13.4	24	1	0	0	0.0	0	0	L	26-31
2017 TOTALS		1-1	8	107	13.4	24	1	0	0	0.0	0	0	0-1	

GREG OLSEN'S 2015 GXG POSTSEASON STATISTICS (PANTHERS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/17	Seahawks	S	6	77	12.8	27	1	0	0	0.0	0	0	W	31-24
01/24	Cardinals	S	6	113	18.8	54	0	0	0	0.0	0	0	W	49-15
02/07	at Broncos	S	4	41	10.3	19	0	0	0	0.0	0	0	L	10-24
2015 TOTALS		3-3	16	231	14.4	54	1	0	0	0.0	0	0	2-1	

GREG OLSEN'S 2014 GXG POSTSEASON STATISTICS (PANTHERS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/03	Cardinals	S	3	37	12.3	16	0	0	0	0.0	0	0	W	27-16
01/10	at Seahawks	S	4	58	14.5	31	0	0	0	0.0	0	0	L	17-31
2014 TOTALS		2-2	7	95	13.6	31	0	0	0	0.0	0	0	1-1	

GREG OLSEN'S 2013 GXG POSTSEASON STATISTICS (PANTHERS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/12	49ers	S	4	55	13.8	35	0	0	0	0.0	0	0	L	10-23
2013 TOTALS		1-1	4	55	13.8	35	0	0	0	0.0	0	0	0-1	

GREG OLSEN'S 2010 GXG POSTSEASON STATISTICS (BEARS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/16	Seahawks	S	3	113	37.7	58t	1	0	0	0.0	0	0	W	35-24
01/23	Packers	S	3	30	10.0	13	0	0	0	0.0	0	0	L	14-21
2010 TOTALS		2-2	6	143	23.8	58t	1	0	0	0.0	0	0	1-1	



69 | LONG SNAPPER

TYLER OTT

Height: 6-3 **Weight:** 253
College: Harvard
Seasons: NFL : 6th, Seahawks 5th
Born: February 28, 1992
Hometown: Tulsa, Okla.

TRANSACTIONS:

- 05/16/14: Signed with NE as undrafted FA
- 08/18/14: Released by New England
- 03/04/15: Signed by New England
- 05/05/15: Released by New England
- 05/11/15: Signed by St. Louis
- 08/31/15: Released by St. Louis
- 12/31/15: Signed by N.Y. Giants
- 08/29/16: Released by N.Y. Giants
- 10/18/16: Signed to N.Y. Giants PS
- 10/25/16: Released from N.Y. Giants PS
- 11/22/16: Signed to Cincinnati PS
- 11/26/16: Signed to Cincinnati's 53-man roster
- 12/20/16: Released by Cincinnati
- 01/03/17: Signed by Seattle as FA

NFL CAREER HIGHLIGHTS:

- Served as Seattle's long snapper since 2017.
- Snapped both postseason games for Seattle in 2016 after Nolan Frese was placed on injured reserve (ankle).

COLLEGE: Spent three seasons as Harvard's long snapper. Also played tight end, where he had 15 catches for 188 yards and four touchdowns as a senior.

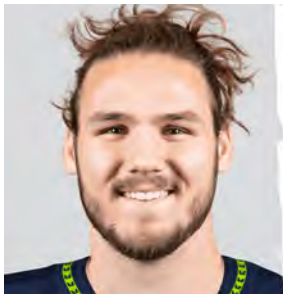
PERSONAL: Lettered in football, basketball and track & field at Jenks High in Oklahoma. Three-year captain in football and senior captain in basketball. All-state and all-district tight end of the year as a senior. Academic all-conference in basketball. Played in three state championship games, winning one. Member of the National Honor Society. His grandfather, Ronnie Hartline, played football at Oklahoma from 1958-60 and was drafted by the Detroit Lions in 1961. Majored in economics.

TYLER OTT'S NFL REGULAR SEASON SPECIAL TEAMS STATISTICS

DATE	TEAM	GP	GS	TK	S	A	FF	FR
2015	Giants	1	0	0	0	0	0	0
2016	Bengals	3	0	0	0	0	0	0
2017	Seahawks	16	0	3	3	0	0	0
2018	Seahawks	16	0	1	0	1	0	0
2019	Seahawks	16	0	0	0	0	0	0
NFL TOTALS		52	0	4	3	1	0	0

TYLER OTT'S NFL POSTSEASON SPECIAL TEAMS STATISTICS

DATE	TEAM	GP	GS	TK	S	A	FF	FR
2016	Seahawks	2	0	0	0	0	0	0
2018	Seahawks	1	0	0	0	0	0	0
2019	Seahawks	2	0	0	0	0	0	0
NFL TOTALS		5	0	0	0	0	0	0



84 | TIGHT END
COLBY PARKINSON

Height: 6-7 Weight: 251
College: Stanford
Season: Rookie
Born: January 7, 1999
Hometown: Simi Valley, Calif.

TRANSACTIONS:

04/25/20: Drafted by Seattle (4th round, 133rd)

HOW ACQUIRED: Selected 133rd overall with the first of two fourth-round picks by Seattle.

COLLEGE: Started 21 of 39 games played and was a second-team All-Pac-12 selection and a semifinalist for the John Mackey Award in 2019 after catching 48 passes for 589 yards and one touchdown as a junior. He was also an All-Pac-12 honorable mention selection as a sophomore in 2018 when he had 29 catches for 485 yards and seven touchdowns. Registered an eight-yard touchdown pass at Oregon State in 2019, becoming the first Stanford non quarterback to throw a touchdown pass since Christian

McCaffrey vs. USC in the 2015 Pac 12 Championship. Also became the first Cardinal to throw for a touchdown and record a touchdown reception since McCaffrey in that 2015 Pac 12 Championship game. Tied single game school record with four touchdown catches vs. Oregon State in 2018 and his seven scores ranked third in the nation among tight ends.

PERSONAL: Prepped at Oaks Christian and earned varsity letters in football and basketball. Five star recruit by 247Sports and PrepStar, a four star recruit by Scout, Rivals and ESPN Nation's 21st best recruit by PrepStar Rivals. Totaled 1,280 career receiving yards on 80 receptions for eight touchdowns as a prep and led team to pair of league titles. Born in San Ramon, Calif. Enjoys playing guitar and ukulele. Majored in civil engineering.



20 | RUNNING BACK RASHAAD PENNY

Height: 5-11 Weight: 220
 College: San Diego State
 Seasons: NFL : 3rd, Seahawks 3rd
 Born: February 2, 1996
 Hometown: Norwalk, Calif.

TRANSACTIONS:

04/26/18: Drafted by Seattle (1st Round, 27th)
 12/14/19: Placed on IR (knee)

NFL CAREER HIGHLIGHTS:

- Was unable to finish his 2019 season after a knee injury in Week 14 landed him on injured reserve. Had 65 rushes for 370 yards (5.7 avg.) and three touchdowns on the season, in addition to a receiving touchdown.
- Scored a career-long 58-yard TD run in Week 12 of 2019 at Philadelphia, when he also rushed for a career-long 129 yards on 14 carries (9.2 avg.).
- Finished third on the team in rushing his rookie season with 85 attempts for 419 yards and one 100-yard rushing game.

COLLEGE: Did not miss a game at San Diego State, playing in all 54 games with 18 starts. For his career, recorded 3,656 yards rushing on 488 carries

(7.5 avg.) and 38 rushing TDs, in addition to 479 receiving yards and 6 receiving TDs. Finished his career tied for the most career kick return touchdowns (7) and return (KR/PR) touchdowns (8) in NCAA FBS history. Four of his seven kick return touchdowns went for 100 yards which was just one shy of tying a NCAA FBS record. Averaged 7.49 yards per carry, the third-best mark in NCAA FBS play since 1996 (min. 400 att.).

PERSONAL: A three-time letter-winner at Norwalk High School in Norwalk, Calif. Rushed for 2,504 yards and 41 touchdowns on 216 carries as a senior. Also caught 21 passes for 665 yards and 10 touchdowns. Racked up 3,416 all-purpose yards. Over his career, amassed 5,124 rushing yards on 496 carries (10.33 avg.). Scored 103 touchdowns, including 80 on the ground. Made 68 tackles on defense as a senior and 90 overall. Was named the Suburban League MVP as a senior, while earning first-team all-Suburban League honors his final three years. Named first-team all-state. Rashaad Armein Penny was born Feb. 2, 1996, in Norwalk, Calif. Son of Robert and Desiree. Majored in interdisciplinary studies.

RASHAAD PENNY'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	RUSHING							RECEIVING				
		GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS	AVG	LG	TD
2018	Seahawks	14	0	85	419	4.9	38	2	9	75	8.3	24	0
2019	Seahawks	10	0	65	370	5.7	58t	3	8	83	10.4	30	1
NFL TOTALS		24	0	150	789	5.3	58t	5	17	158	9.3	30	1

RASHAAD PENNY'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	RUSHING							RECEIVING				
		GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS	AVG	LG	TD
2018	Seahawks	1	0	4	29	7.3	28	0	0	0	0.0	0	0
2019	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		1	0	4	29	7.3	28	0	0	0	0.0	0	0

RASHAAD PENNY'S NFL REGULAR SEASON RETURN STATISTICS

DATE	TEAM	KICKOFF RETURNS					PUNT RETURNS					
		RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS	AVG	LG	TD
2018	Seahawks	8	140	17.5	23	0	0	0	0	0.0	0	0
2019	Seahawks	3	44	14.7	21	0	0	0	0	0.0	0	0
NFL TOTALS		11	184	16.7	23	0	0	0	0	0.0	0	0

RASHAAD PENNY'S NFL POSTSEASON RETURN STATISTICS

DATE	TEAM	KICKOFF RETURNS					PUNT RETURNS					
		RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS	AVG	LG	TD
2018	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2019	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0.0	0	0	0	0	0	0.0	0	0

RASHAAD PENNY'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	15 vs. Minnesota Vikings, Dec 02, 2019	Receiving TDs	1 vs. Minnesota Vikings, Dec 02, 2019
Rushing Yards	129 at Philadelphia Eagles, Nov 24, 2019	All-purpose yards	129 at Philadelphia Eagles, Nov 24, 2019
Longest Runs	58t at Philadelphia Eagles, Nov 24, 2019	Kickoff Returns	3 at Arizona Cardinals, Sep 30, 2018
Rushing TDs	1 vs. Minnesota Vikings, Dec 02, 2019 ...4 more at 1.	Kickoff Return Yards	65 at Arizona Cardinals, Sep 30, 2018
Receptions	4 vs. Minnesota Vikings, Dec 02, 2019 ...1 more at 4.	Longest Kickoff Return	23 at Arizona Cardinals, Sep 30, 2018 ...1 more at 23.
Receiving Yards	35 at Denver Broncos, Sep 09, 2018	Most TDs	2 vs. Minnesota Vikings, Dec 02, 2019
Longest Receptions	30 vs. Los Angeles Rams, Oct 03, 2019		

RASHAAD PENNY'S 100-YARD RUSHING GAMES (2): REGULAR SEASON

DATE	TEAM	ATT.	YDS.	AVG.	LG	TD
11/24/19	at Eagles	14	129	9.2	58t	1
11/11/18	at Rams	12	108	9.0	38	1

RASHAAD PENNY'S 2019 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/08	Bengals	P	6	18	3.0	5	0	0	0	0.0	0	0	W	21-20
09/15	at Steelers	P	10	62	6.2	37t	1	1	3	3.0	3	0	W	28-26
09/22	Saints						INACTIVE					L	27-33	
09/29	at Cardinals						INACTIVE					W	27-10	
10/03	Rams	P	6	18	3.0	8	0	2	31	15.5	30	0	W	30-29
10/13	at Browns						INACTIVE					W	32-28	
10/20	Ravens	P	0	0	0.0	0	0	0	0.0	0	0	L	16-30	
10/27	at Falcons	P	8	55	6.9	17	0	0	0	0.0	0	0	W	27-20
11/03	Buccaneers	P	4	12	3.0	6	0	0	0	0.0	0	0	W	40-34+
11/11	at 49ers	P	2	2	1.0	2	0	0	0	0.0	0	0	W	27-24+
11/24	at Eagles	P	14	129	9.2	58t	1	0	0	0.0	0	0	W	17-9
12/02	Vikings	P	15	74	4.9	13	1	4	33	8.3	13t	1	W	37-30
12/08	at Rams	P	0	0	0.0	0	0	1	16	16.0	16	0	L	12-28
12/15	at Panthers						INJURED RESERVE					W	30-24	
12/22	Cardinals						INJURED RESERVE					L	13-27	
12/29	49ers						INJURED RESERVE					L	21-26	
2019 TOTALS		10-0	65	370	5.7	58t	3	8	83	10.4	30	1	11-5	

+ - Overtime

RASHAAD PENNY'S 2018 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/09	at Broncos	P	7	8	1.1	5	0	4	35	8.8	15	0	L	24-27
09/17	at Bears	P	10	30	3.0	10	0	0	0	0.0	0	0	L	17-24
09/23	Cowboys	P	3	5	1.7	5	0	0	0	0.0	0	0	W	24-13
09/30	at Cardinals	P	9	49	5.4	15	0	0	0	0.0	0	0	W	20-17
10/07	Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	31-33
10/14	at Raiders	P	9	43	4.8	13	0	2	27	13.5	24	0	W	27-3
10/28	at Lions	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-14
11/04	Chargers	P	4	11	2.8	9	0	3	13	4.3	6	0	L	17-25
11/11	at Rams	P	12	108	9.0	38	1	0	0	0.0	0	0	L	31-36
11/15	Packers	P	8	46	5.8	30	0	0	0	0.0	0	0	W	27-24
11/25	at Panthers	P	4	4	1.0	2	0	0	0	0.0	0	0	W	30-27
12/02	49ers	P	7	65	9.3	20t	1	0	0	0.0	0	0	W	43-16
12/10	Vikings	P	8	44	5.5	17	0	0	0	0.0	0	0	W	21-7
12/16	at 49ers						INACTIVE					L	23-26+	
12/23	Chiefs						INACTIVE					W	38-31	
12/30	Cardinals	P	4	6	1.5	3	0	0	0	0.0	0	0	W	27-24
2018 TOTALS		14-0	85	419	4.9	38	2	9	75	8.3	24	0	10-6	

+ - Overtime

RASHAAD PENNY'S 2019 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/05	at Eagles												W	17-9
01/12	at Packers												L	23-28
2019 TOTALS		0-0	0	0	0.0	0	0	0	0	0.0	0	0	1-1	

RASHAAD PENNY'S 2018 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/05	at Cowboys	P	4	29	7.3	28	0	0	0	0.0	0	0	L	22-24
2018 TOTALS		1-0	4	29	7.3	28	0	0	0	0.0	0	0	0-1	



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GUARD/CENTER

ETHAN POCIC

Height: 6-6 Weight: 320
 College: Louisiana State
 Seasons: NFL : 4th, Seahawks 4th
 Born: August 5, 1995
 Hometown: Lemont, Ill.
 Pronunciation: PO-sick

TRANSACTIONS:

- 04/28/17: Drafted by Seattle (2nd round, 58th)
- 10/12/19: Placed on IR
- 12/14/19: Activated from IR to 53-man roster
- 12/31/19: Placed on IR

NFL CAREER HIGHLIGHTS:

- Spent majority of 2019 on injured reserve (neck).
- Started 11 of 16 games played during his rookie season; five at left guard and six at right guard.

COLLEGE: One of the top offensive linemen in LSU history. Three-year starter with 37 career starts (27 at center, nine at right guard, one at left tackle). LSU was 25-12 with Pocic in the starting lineup, which included a

20-7 record with him at center. LSU produced a 1,000-yard rusher in each of his years as a starter. First-team All-America by Football Writers Association of America (FWAA) in 2016. Second-team All-America as a senior in 2016 from both Walter Camp, Sporting News and American Football Coaches Association. Named SEC Offensive Lineman of the Week five times during his career, including an SEC-best three times in 2016. Senior Bowl invitee.

PERSONAL: Played his high school ball at Lemont High where he was coached by Eric Michaelsen. Ranked as one of the top prep linemen in the nation in 2013. First-team Parade All-American as a senior. Graduated from high school in December and enrolled at LSU in January. Took part in spring practice and earned Newcomer Most Improved Award after the spring game. Led Lemont to a state semifinal appearance as a senior. His brother, Graham, played at the University of Illinois where he started 36 games on the offensive line in his four years with the Illini. Graduated in December of 2016 with a degree in sports administration.

ETHAN POCIC'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2017	Seahawks	16	11
2018	Seahawks	10	4
2019	Seahawks	4	1
NFL TOTALS		30	16

ETHAN POCIC'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2018	Seahawks	1	0
2019	Seahawks	0	0
NFL TOTALS		1	0

ADDITIONAL STATS

Kickoff Returns: 2017 (One kickoff return for 13 yards). **Career:** One kickoff return for 13 yards.

ETHAN POCIC'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

All-purpose yards	13 at Los Angeles Rams, Oct 08, 2017	Kickoff Return Yards	13 at Los Angeles Rams, Oct 08, 2017
Kickoff Returns	1 at Los Angeles Rams, Oct 08, 2017	Longest Kickoff Return	13 at Los Angeles Rams, Oct 08, 2017



39 | CORNERBACK
D.J. REED

Height: 5-9 **Weight:** 193
College: Kansas State
Seasons: NFL : 3rd, Seahawks 1st
Born: November 11, 1996
Hometown: Bakersfield, Calif.

TRANSACTIONS:

04/28/18: Drafted by San Francisco (5th Round, 142nd)
08/04/20: Waived/injured (pec)
08/05/20: Claimed off waivers by Seattle

NFL CAREER HIGHLIGHTS:

• Reed has appeared in 31 games over the past two seasons, starting two, and has 45 tackles, two passes defended, one sack, two forced fumbles, and one fumble recovery that he returned for a 5-yard score (vs. Arizona, 11/17/19). Also added nine special teams tackles.

COLLEGE: Having zero offers from a Division I school out of high school, Reed walked on at Fresno State for one season before transferring to Cerritos College (Norwalk, Calif.). At Cerritos, he lived in a two-bedroom apartment with seven other teammates and split time sleeping on the couch and the floor. He then transferred to Kansas State, where he played under head coach Bill Snyder for two seasons and went on to earn All-America

honors. A team captain in 2017 at Kansas State, he started all 11 games at cornerback, while also handling a majority of the return duties en route to being named a second-team Walter Camp All-American. Was the third Wildcat kick returner in the last four years to earn All-America status (Morgan Burns in 2015, Tyler Lockett in 2014). Averaged 34.2 yards on 17 kickoff returns to rank third in school history and fourth in Big 12 history, while the mark was second in the nation and tops in the Big 12 during the 2017 season. Held a 14.9-yard average on punt returns to tie for sixth in school history, rank second nationally and lead the Big 12. Finished sixth on the team with 47 tackles to go along with 4.5 tackles for loss, four interceptions, nine pass breakups, two fumble recoveries and a forced fumble.

PERSONAL: Played at Independence High School. Earned all-league honors for two-straight years. Totaled six interceptions and five forced fumbles, while he amassed 1,150 total yards and 13 touchdowns on offense. Became first person in school history to earn team MVP honors in both football and basketball. Majored in history.

REGULAR SEASON COMPARISON: DEFENSIVE - ATLANTA FALCONS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS	INT	TACKLES			MISC		
										TFL	PD	QBH	TD	FF	FR
12/15/19	SF vs. ATL	L	P	2	2	0	0.0	0	0	0	0	0	0	0	0
TOTALS		0/1	1/0	2	2	0	0.0	0	0	0	0	0	0	0	0

D.J. REED'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES			ST			MISC			
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2018	49ers	15	2	37	28	9	3	9	1.0	5.0	1	0	0	0	0	0	1	0	0	4	2	2	0	0	0	0
2019	49ers	16	0	8	7	1	0	0	0.0	0.0	0	0	0	0	0	2	1	1	5	5	4	1	0	0	0	0
NFL TOTALS		31	2	45	35	10	3	9	1.0	5.0	1	0	0	0	0	2	2	1	5	9	6	3	0	0	0	0

D.J. REED'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								INTERCEPTIONS					FUMBLES			ST			MISC			
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2019	49ers	3	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		3	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

D.J. REED'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	12 vs. Denver Broncos, Dec 09, 2018	Fumble Recoveries	1 vs. Arizona Cardinals, Nov 17, 2019
Sacks	1.0 vs. Denver Broncos, Dec 09, 2018	Tackles For Loss	3 vs. Denver Broncos, Dec 09, 2018
Passes Defended	2 at Cincinnati Bengals, Sep 15, 2019	Special Teams Tackles	2 vs. Cleveland Browns, Oct 07, 2019
Forced Fumbles	1 vs. Arizona Cardinals, Nov 17, 2019		
	...1 more at 1.		

D.J. REED'S 2019 GXG REGULAR SEASON STATISTICS (49ERS)

DATE	OPPONENT	P/S	TACKLES							INTERCEPTIONS					FUMBLES			ST					MISC		W/L	SCORE	
			TK	S	A	SK	YDS	TFL	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S			A
09/08	at Buccaneers	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	31-17
09/15	at Bengals	P	3	2	1	0.0	0.0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	W	41-17
09/22	Steelers	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0	W	24-20	
10/07	Browns	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	2	2	0	0	0	0	0	W	31-3	
10/13	at Rams	P	1	1	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	20-7	
10/20	at Washington	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	9-0	
10/27	Panthers	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	51-13	
10/31	at Cardinals	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	28-25	
11/11	Seahawks	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0	L	24-27+	
11/17	Cardinals	P	1	1	0	0.0	0.0	0	0	0	0	0	0	0	1	1	5	1	1	0	0	0	0	0	W	36-26	
11/24	Packers	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	37-8	
12/01	at Ravens	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	17-20	
12/08	at Saints	P	1	1	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	48-46	
12/15	Falcons	P	2	2	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	22-29	
12/21	Rams	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	34-31	
12/29	at Seahawks	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	26-21	
2019 TOTALS		16-0	8	7	1	0.0	0.0	0	0	0	0	0	0	2	1	1	5	5	4	1	0	0	0	0	13-3		

+ - Overtime

D.J. REED'S 2018 GXG REGULAR SEASON STATISTICS (49ERS)

DATE	OPPONENT	P/S	TACKLES							INTERCEPTIONS					FUMBLES			ST					MISC		W/L	SCORE
			TK	S	A	SK	YDS	TFL	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S		
09/09	at Vikings	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	16-24
09/16	Lions	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	30-27
09/23	at Chiefs	P	3	2	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	27-38
09/30	at Chargers	S	2	1	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	27-29
10/07	Cardinals	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	18-28
10/15	at Packers	P	2	2	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0	L	30-33
10/21	Rams	P	6	4	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0	L	10-39
10/28	at Cardinals	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	15-18
11/01	Raiders	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	34-3
11/12	Giants	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0	L	23-27
11/25	at Buccaneers	P	2	2	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	9-27
12/02	at Seahawks																								L	16-43
12/09	Broncos	P	12	10	2	1.0	5.0	3	9	1	0	0	0	0	0	1	0	0	0	0	0	0	0	0	W	20-14
12/16	Seahawks	S	5	3	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	26-23+
12/23	Bears	P	2	2	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0	L	9-14
12/30	at Rams	P	3	2	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	32-48
2018 TOTALS		15-2	37	28	9	1.0	5.0	3	9	1	0	0	0	0	0	1	0	0	4	2	2	0	0	0	4-12	

+ - Overtime

D.J. REED'S 2019 GXG POSTSEASON STATISTICS (49ERS)

DATE	OPPONENT	P/S	TACKLES							INTERCEPTIONS					FUMBLES			ST					MISC		W/L	SCORE
			TK	S	A	SK	YDS	TFL	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S		
01/11	Vikings	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	27-10
01/19	Packers	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	37-20
02/02	at Chiefs	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0	L	20-31
2019 TOTALS		3-0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0	2-1	



90 | DEFENSIVE TACKLE

JARRAN REED

Height: 6-3 Weight: 306
 College: Alabama
 Seasons: NFL : 5th, Seahawks 5th
 Born: December 16, 1992
 Hometown: Goldsboro, N.C.
 Pronunciation: JAIR-in

TRANSACTIONS:

04/29/16: Drafted by Seattle (2nd round, 49th)
 03/16/20: Signed contract extension

NFL CAREER HIGHLIGHTS:

- Started all 16 games in 2018 for first time in his career and finished second on the team with a career-high 10.5 sacks. It was the third-most sacks by a defensive tackle in a single-season in franchise history (Hall of Famers Cortez Kennedy, John Randle).
- Set a career-high in tackles in 2017 with 45 (23 solo) and tied his career-high with 1.5 sacks.
- Started six of 15 games played during his rookie season of 2016.

COLLEGE: Chose to return for his senior season after an outstanding junior campaign. A junior college transfer who arrived in January of 2014 and bolstered the Alabama defensive front. Made 28 career starts in Tuscaloosa, playing in 29 career games. In his two seasons, recorded 112 tackles (49 solo), 2.0 sacks, 11 tackles for loss, one fumble recovery and seven passes defended. Came to Alabama as one of the top junior college defensive linemen in the country after spending two seasons at East Mississippi Community College.

PERSONAL: Spent the 2011 season at Hargrave Military Academy after graduating from Goldsboro High. As a senior at Goldsboro in 2010, recorded 118 tackles with four sacks while causing a fumble, recovering a fumble and blocking a kick. Chose Alabama over Tennessee, Florida, Mississippi State, Arkansas, Ole Miss, Nebraska and Kentucky.

JARRAN REED'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST						
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	
2016	Seahawks	15	6	34	13	21	1	1	1.5	3.5	4	0	0	0	0	3	0	0	0	0	0	0	0	0	0
2017	Seahawks	15	15	45	23	22	4	8	1.5	7.5	8	0	0	0	0	1	1	0	0	0	0	0	0	0	0
2018	Seahawks	16	16	50	34	16	12	77	10.5	74.0	24	0	0	0	0	0	0	2	2	0	0	0	0	0	0
2019	Seahawks	10	10	27	10	17	0	0	2.0	19.0	8	0	0	0	0	1	1	0	0	0	0	0	0	0	0
NFL TOTALS		56	47	156	80	76	17	86	15.5	104.0	44	0	0	0	0	5	2	2	2	0	0	0	0	0	0

JARRAN REED'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST						
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	
2016	Seahawks	2	2	3	3	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Seahawks	1	1	4	2	2	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	2	2	3	2	1	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		5	5	10	7	3	0	0	0.0	0.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0

JARRAN REED'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	7 at New York Giants, Oct 22, 2017	Forced Fumbles	1 at San Francisco 49ers, Nov 11, 2019 ...1 more at 1.
Sacks	2.0 vs. Arizona Cardinals, Dec 30, 2018 ...2 more at 2.0.	Fumble Recoveries	1 vs. Kansas City Chiefs, Dec 23, 2018 ...1 more at 1.
Passes Defensed	2 vs. Miami Dolphins, Sep 11, 2016	Tackles For Loss	2 vs. Arizona Cardinals, Dec 30, 2018 ...4 more at 2.



38 | CORNERBACK
DEBIONE RENFRO

Height: 6-2 Weight: 195
College: Texas A&M
Season: Rookie
Born: January 19, 1999
Hometown: Pearland, Texas

TRANSACTIONS:

05/01/20: Signed by Seattle as a UDFA

Played in 37 career games for the Aggies and tallied 124 tackles (94 solo) and 14 passes defended in his three-year career. Started six of 11 games his junior season, his last at Texas A&M. Recorded a career high 54 tackles his freshman season when he started 11 of 13 games played. Prepped at

Pearland High and helped lead school to an 8-4 record as a senior in 2016 with 48 tackles, an interception and 10 passes defended. Also had a pair of punt return touchdowns. Named to the PrepStar All-Midlands Region Team and rated the No. 54 safety in the nation, No. 121 in the state of Texas and No. 148 in the Midlands Region. Was also rated the No. 110 cornerback in the nation and No. 207 player in the state of Texas.



98 | DEFENSIVE END
ALTON ROBINSON

Height: 6-3 Weight: 264
College: Syracuse
Season: Rookie
Born: June 2, 1998
Hometown: Converse, Texas

TRANSACTIONS:

04/25/20: Drafted by Seattle (5th round, 148th)

HOW ACQUIRED: Selected 148th overall in the fifth-round with a draft pick acquired on Day 2 from Carolina.

COLLEGE: Three-year starter at defensive end. Joined the Orange during 2017 preseason camp and quickly moved into the starting lineup. Was a two-time All-ACC selection, including earning second-team honors as a junior in 2018. Winner of Syracuse's Tim Green Award as the team's most outstanding defensive lineman in 2018 and 2019, joining Arthur Jones (2007, 2009) and Chandler Jones (2010-2011) as the only players in team history to win the award twice. In 36 games (34 starts), had 115 tackles (72 solo) and finished his career ranked seventh on Syracuse's all-time sacks list with 19.5

and tied for ninth in team history with 32.5 tackles for loss. In 2018, teamed with Kendall Coleman to form the ACC's No. 1 sack duo with 20 combined sacks as both players had 10 sacks each. Spent his freshman season at Northeastern Oklahoma A&M, where he was one of the top junior-college pass rushers in the country. Recorded two sacks for the North team in the 2020 Senior Bowl.

PERSONAL: Played linebacker and defensive end for four years at Judson High. Was a 2015 Associated Press 6A honorable mention all-state selection and named to the 2015 American Family Insurance All-USA Texas second-team by USA Today. As a senior captain, logged 44 tackles, including 23 for a loss, 12 sacks and four forced fumbles for the Rockets. Voted Judson's Defensive Player of the Year as a junior. Also played basketball and competed in track & field. Majored in sociology.



72 | TACKLE
BRANDON SHELL

Height: 6-5 Weight: 324
 College: South Carolina
 Seasons: NFL : 5th, Seahawks 1st
 Born: February 6, 1992
 Hometown: Goose Creek, S.C.

TRANSACTIONS:

04/30/16: Drafted by the N.Y. Jets (5th, 158th overall)
 12/19/18: Placed on IR (knee)
 03/24/20: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

- A 2016 fifth-round pick out of South Carolina, became the Jets' starting right tackle in 2017, and has started 37 of 41 games played over the past three years. Appeared in eight games, starting the final three at right tackle during his rookie season of 2016.

COLLEGE: Fifth-year offensive tackle who earned the start at left tackle in

every game in his senior season, making 47 consecutive starts from 2012-15. Played mostly right tackle in his career before moving to left tackle his senior season. Played in 52 games overall, making 48 career starts. Tied for sixth on the South Carolina all-time list for games played, ranked third in career starts and second in consecutive starts behind only center T.J. Johnson at the time of his departure.

PERSONAL: Attended Goose Creek High. Great uncle is 1989 Pro Football Hall of Fame inductee Art Shell, a former tackle who participated in 24 playoff contests (including Super Bowls XI and XV) and was named to eight Pro Bowls. Art was also the second African-American head coach in the history of professional football. Majored in sociology.

BRANDON SHELL'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2016	Jets	8	3
2017	Jets	12	12
2018	Jets	14	14
2019	Jets	15	11
NFL TOTALS		49	40



66 | GUARD
JORDAN SIMMONS

Height: 6-4 Weight: 339
 College: USC
 Seasons: NFL : 4th, Seahawks 3rd
 Born: July 15, 1994
 Hometown: Inglewood, Calif.

TRANSACTIONS:

- 05/05/17: Signed with Oakland as undrafted FA
- 09/02/17: Waived by Oakland
- 09/03/17: Signed to Oakland PS
- 01/02/18: Signed to reserve/future contract with Oakland
- 09/01/18: Waived by Oakland
- 09/02/18: Claimed off waivers by Seattle
- 08/31/19: Placed on IR (knee)
- 04/08/20: Re-signed by Seattle

NFL CAREER HIGHLIGHTS:

- Played in six games with three starts for Seattle after being claimed off waivers from Oakland. Helped lead team to 273 rushing yards in first-career start. Helped team rush for 214 yards in second-career start.

COLLEGE: Played four years at USC, seeing action in 21 games with two starts. As a senior, played his first full season and saw action in 13 games with two starts. Served as a reserve offensive lineman and played on special teams. As a junior, was moved to defensive tackle. Played in just one game

due to injury. As a sophomore, saw brief action in one game and missed majority of the season due to injury. As a redshirt freshman, played in seven games as a reserve offensive lineman. Redshirted as a true freshman and was named USC's Offensive Service Team Player of the Year. Majored in African-American Studies.

PERSONAL: Attended Crespi High School in Encino, Calif. As a senior, earned several All-American accolades, including SuperPrep, PrepStar, Rivals.com, USA Today and ESPNHS.com. Also named SuperPrep Elite-50, Sporting News Top-125, PrepStar Top-150 Dream Team, ESPNU 150, SuperPrep All-Far West, Orange County Register Fab-15 First Team, Tacoma News Tribune Western-100, Cal-Hi Sports All-State First Team, Max Preps Division I First Team, All-CIF Pac-5 Division, Los Angeles Times all-area and Los Angeles Daily News all-area first team. As a junior, named All-Serra League First Team, Cal-Hi Sports All-State Underclass First Team and Los Angeles Daily News all-area. As a sophomore, attended Dorsey High School in Los Angeles, Calif. Named All-Los Angeles City Division I First Team as a defensive lineman.

JORDAN SIMMONS' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2017	Raiders	0	0
2018	Seahawks	6	3
Went from Seattle to Oakland .			
2018	Raiders	0	0
2018	TOTAL	6	3
2019	Seahawks	0	0
NFL TOTALS		6	3

JORDAN SIMMONS' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2018	Seahawks	0	0
2019	Seahawks	0	0
NFL TOTALS		0	0



7 | QUARTERBACK GENO SMITH

Height: 6-3 Weight: 221
 College: West Virginia
 Seasons: NFL : 8th, Seahawks 2nd
 Born: October 10, 1990
 Hometown: Miramar, Fla.

TRANSACTIONS:

- 04/26/13: Drafted by N.Y. Jets (2nd round, 39th)
- 10/26/17: Placed on IR (knee)
- 03/20/17: Signed with N.Y. Giants as UFA
- 04/03/18: Signed with L.A. Chargers as UFA
- 05/15/19: Signed with Seattle as UFA
- 08/31/19: Released by Seattle
- 09/01/19: Signed by Seattle as FA
- 05/20/20: Re-signed by Seattle

NFL HIGHLIGHTS:

- In his first season in Seattle, served as Russell Wilson's backup but did not play in 2019.
- In six NFL seasons, started 31 of 40 games played, completing 523 of 906 passes for 6,182 yards, 29 touchdowns, 36 interceptions and a passer rating of 72.7.
- Named AFC Offensive Player of the Week in 2013 for his first three-touchdown performance in a Week 5 victory against Atlanta, becoming just the second rookie starting QB to win a road game on Monday Night Football.
- Posted three 300-yard performances and two three-touchdown games in his career.
- In the 2014 season finale at Miami (Dec. 28, 2014), recorded a perfect

158.3 passer rating after throwing for 358 yards and three touchdowns on 20-of-25 passing (80.0 pct.).

HONORS: 2013: AFC Offensive Player of the Week (Week 5 at Atlanta).

COLLEGE: Played four seasons (2009-12) at West Virginia, appearing in 44 games with 39 starts to post a 26-13 record as a starter. Team captain for three years. Completed 988 passes on 1,465 attempts (67.4 pct.) in his career for 11,662 yards and 98 TDs with 21 INTs. Set school records for completions, passing yards and TD passes in a career. Topped 300 passing yards in 15 career games. Set school single-season records as a senior in 2012 for total yards (4,356), completions (369) and TD passes (42). Spanning from the end of the 2011 season through the beginning of the 2012 campaign, recorded a streak of 327 passes without an INT. As a senior, was a finalist for the Manning Award and the Johnny Unitas Golden Arm Award. Earned second-team All-Big 12 honors from the conference coaches and The Associated Press. Named the 2012 Discover Orange Bowl MVP after completing 32-of-43 passes (74.4 pct.) for 407 yards and six TDs while adding another TD on the ground in West Virginia's 70-33 win over Clemson.

PERSONAL: Given name Eugene Cyril Smith III. Born in Miami, Fla. For My Cause, My Cleats in 2017, wore cleats promoting United Way of Miami Dade. Attended the United Way NYC Gridiron Gala with teammates to help raise over \$2 million in support of United Way's efforts in New York City. Earned a degree in English from West Virginia. Earned Parade All-America honors at Miramar (Fla.) High. Was recognized by EA Sports as a second team All-American. Lettered four years in football and basketball.

GENO SMITH'S NFL REGULAR SEASON PASSING/RUSHING STATISTICS

DATE	TEAM	GP	GS	PASSING										RUSHING					
				ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2013	Jets	16	16	443	247	55.8	3,046	6.9	12	21	69t	43	315	66.5	72	366	5.1	32	6
2014	Jets	14	13	367	219	59.7	2,525	6.9	13	13	74t	28	175	77.5	59	238	4.0	18	1
2015	Jets	1	0	42	27	64.3	265	6.3	2	1	28	3	19	87.9	2	34	17.0	29	0
2016	Jets	2	1	14	8	57.1	126	9.0	1	1	69t	3	19	81.3	2	9	4.5	7	0
2017	Giants	2	1	36	21	58.3	212	5.9	1	0	47	3	12	84.5	4	12	3.0	10	0
2018	Chargers	5	0	4	1	25.0	8	2.0	0	0	8	1	16	39.6	8	2	0.3	9	0
2019	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
TOTALS		40	31	906	523	57.7	6,182	6.8	29	36	74t	81	556	72.7	147	661	4.5	32	7

GENO SMITH'S NFL POSTSEASON PASSING/RUSHING STATISTICS

DATE	TEAM	GP	GS	PASSING										RUSHING					
				ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
TOTALS		0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0

ADDITIONAL STATS

Receiving: 2013 (One reception for 13 yards). **Career:** One reception for 13 yards.

GENO SMITH'S SINGLE-GAME HIGHS: QUARTERBACK

Pass Attempts	43 vs. Denver Broncos, Oct 12, 2014 ...1 more at 43.	Passer Rating	158.3 at Miami Dolphins, Dec 28, 2014
Pass Completions	27 at Oakland Raiders, Nov 01, 2015	Rush Attempts	10 vs. Oakland Raiders, Sep 07, 2014 ...2 more at 10.
Yards Passing	358 at Miami Dolphins, Dec 28, 2014	Rushing Yards	50 vs. Oakland Raiders, Dec 08, 2013
TD Passes	3 at Miami Dolphins, Dec 28, 2014 ...1 more at 3.	Longest Runs	32 vs. Oakland Raiders, Dec 08, 2013
Long Passes	74t at Miami Dolphins, Dec 28, 2014	Rushing TDs	1 at Green Bay Packers, Sep 14, 2014 ...6 more at 1.
Completion Percentage	82.1 vs. Oakland Raiders, Sep 07, 2014		

GENO SMITH'S 300-YARD PASSING GAMES (3): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
12/28/14	at Dolphins	20	358	17.9	74t	3
09/22/13	BILLS	16	331	20.7	69t	2
09/22/14	BEARS	26	316	12.2	51	1

GENO SMITH'S 2019 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE	
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD			
09/08	Bengals		DID NOT PLAY (NON-INJURY)															W	21-20	
09/15	at Steelers		DID NOT PLAY (NON-INJURY)															W	28-26	
09/22	Saints		DID NOT PLAY (NON-INJURY)															L	27-33	
09/29	at Cardinals		DID NOT PLAY (NON-INJURY)															W	27-10	
10/03	Rams		DID NOT PLAY (NON-INJURY)															W	30-29	
10/13	at Browns		DID NOT PLAY (NON-INJURY)															W	32-28	
10/20	Ravens		DID NOT PLAY (NON-INJURY)															L	16-30	
10/27	at Falcons		DID NOT PLAY (NON-INJURY)															W	27-20	
11/03	Buccaneers		DID NOT PLAY (NON-INJURY)															W	40-34+	
11/11	at 49ers		DID NOT PLAY (NON-INJURY)															W	27-24+	
11/24	at Eagles		DID NOT PLAY (NON-INJURY)															W	17-9	
12/02	Vikings		DID NOT PLAY (NON-INJURY)															W	37-30	
12/08	at Rams		DID NOT PLAY (NON-INJURY)															L	12-28	
12/15	at Panthers		DID NOT PLAY (NON-INJURY)															W	30-24	
12/22	Cardinals		DID NOT PLAY (NON-INJURY)															L	13-27	
12/29	49ers		DID NOT PLAY (NON-INJURY)															L	21-26	
2019 TOTALS		0-0	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	0	0	0	0	0	11-5	

+ - Overtime

GENO SMITH'S 2018 GXG REGULAR SEASON STATISTICS (CHARGERS)

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/09	Chiefs		DID NOT PLAY (NON-INJURY)															L	28-38
09/16	at Bills	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	1	-1	-1	0	W	31-20
09/23	at Rams		DID NOT PLAY (NON-INJURY)															L	23-35
09/30	49ers		DID NOT PLAY (NON-INJURY)															W	29-27
10/07	Raiders		DID NOT PLAY (NON-INJURY)															W	26-10
10/14	at Browns	P	1	1	8	100.0	8.0	8.0	0	0	8	0/0	100.0	2	-2	-1	0	W	38-14
10/21	Titans		DID NOT PLAY (NON-INJURY)															W	20-19
11/04	at Seahawks		DID NOT PLAY (NON-INJURY)															W	25-17
11/11	at Raiders		DID NOT PLAY (NON-INJURY)															W	20-6
11/18	Broncos		DID NOT PLAY (NON-INJURY)															L	22-23
11/25	Cardinals	P	3	0	0	0.0	0.0	0.0	0	0	0	0/0	39.6	3	7	9	0	W	45-10
12/02	at Steelers	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	0	0	0	0	W	33-30
12/09	Bengals		DID NOT PLAY (NON-INJURY)															W	26-21
12/13	at Chiefs		DID NOT PLAY (NON-INJURY)															W	29-28
12/22	Ravens		DID NOT PLAY (NON-INJURY)															L	10-22
12/30	at Broncos	P	0	0	0	0.0	0.0	0.0	0	0	0	1/16	0.0	2	-2	-1	0	W	23-9
2018 TOTALS		5-0	4	1	8	25.0	2.0	8.0	0	0	8	1/16	39.6	8	2	9	0	12-4	

GENO SMITH'S 2017 GXG REGULAR SEASON STATISTICS (GIANTS)

DATE	OPPONENT	P/S	PASSING										RUSHING				W/L	SCORE	
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG			TD
09/10	at Cowboys																	L	3-19
09/18	Lions																	L	10-24
09/24	at Eagles																	L	24-27
10/01	at Buccaneers																	L	23-25
10/08	Chargers																	L	22-27
10/15	at Broncos																	W	23-10
10/22	Seahawks																	L	7-24
11/05	Rams	P	2	0	0	0.0	0.0	0.0	0	0	0	0/0	39.6	1	-1	-1	0	L	17-51
11/12	at 49ers																	L	21-31
11/19	Chiefs																	W	12-9+
11/23	at Washington																	L	10-20
12/03	at Raiders	S	34	21	212	61.8	6.2	10.1	1	0	47	3/12	89.3	3	13	10	0	L	17-24
12/10	Cowboys																	L	10-30
12/17	Eagles																	L	29-34
12/24	at Cardinals																	L	0-23
12/31	Washington																	W	18-10
2017 TOTALS		2-1	36	21	212	58.3	5.9	10.1	1	0	47	3/12	84.5	4	12	10	0	3-13	

+ - Overtime

GENO SMITH'S 2016 GXG REGULAR SEASON STATISTICS (JETS)

DATE	OPPONENT	P/S	PASSING										RUSHING				W/L	SCORE	
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG			TD
09/11	Bengals																	L	22-23
09/15	at Bills																	W	37-31
09/25	at Chiefs																	L	3-24
10/02	Seahawks																	L	17-27
10/09	at Steelers																	L	13-31
10/17	at Cardinals	P	6	4	31	66.7	5.2	7.8	0	1	17	1/8	39.6	1	2	2	0	L	3-28
10/23	Ravens	S	8	4	95	50.0	11.9	23.8	1	0	69t	2/11	132.8	1	7	7	0	W	24-16
10/30	at Browns																	W	31-28
11/06	at Dolphins																	L	23-27
11/13	Rams																	L	6-9
11/27	Patriots																	L	17-22
12/05	Colts																	L	10-41
12/11	at 49ers																	W	23-17+
12/17	Dolphins																	L	13-34
12/24	at Patriots																	L	3-41
01/01	Bills																	W	30-10
2016 TOTALS		2-1	14	8	126	57.1	9.0	15.8	1	1	69t	3/19	81.3	2	9	7	0	5-11	

+ - Overtime

GENO SMITH'S 2015 GXG REGULAR SEASON STATISTICS (JETS)

DATE	OPPONENT	P/S	PASSING										RUSHING				W/L	SCORE	
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG			TD
09/13	Browns																	W	31-10
09/21	at Colts																	W	20-7
09/27	Eagles																	L	17-24
10/04	at Dolphins																	W	27-14
10/18	Washington																	W	34-20
10/25	at Patriots																	L	23-30
11/01	at Raiders	P	42	27	265	64.3	6.3	9.8	2	1	28	3/19	87.9	2	34	29	0	L	20-34
11/08	Jaguars																	W	28-23
11/12	Bills																	L	17-22
11/22	at Texans																	L	17-24
11/29	Dolphins																	W	38-20
12/06	at Giants																	W	23-20+
12/13	Titans																	W	30-8
12/19	at Cowboys																	W	19-16
12/27	Patriots																	W	26-20+
01/03	at Bills																	L	17-22
2015 TOTALS		1-0	42	27	265	64.3	6.3	9.8	2	1	28	3/19	87.9	2	34	29	0	10-6	

+ - Overtime

GENO SMITH'S 2014 GXG REGULAR SEASON STATISTICS (JETS)

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/07	Raiders	S	28	23	221	82.1	7.9	9.6	1	1	26	2/31	96.6	10	38	17	0	W	19-14
09/14	at Packers	S	32	16	176	50.0	5.5	11.0	1	1	29t	1/7	64.1	7	26	9	1	L	24-31
09/22	Bears	S	43	26	316	60.5	7.3	12.2	1	2	51	3/16	71.5	3	20	11	0	L	19-27
09/28	Lions	S	33	17	209	51.5	6.3	12.3	1	1	32	2/5	68.9	4	4	2	0	L	17-24
10/05	at Chargers	S	12	4	27	33.3	2.3	6.8	0	1	9	0/0	7.6	1	3	3	0	L	0-31
10/12	Broncos	S	43	23	190	53.5	4.4	8.3	2	1	27	4/17	70.9	2	11	11	0	L	17-31
10/16	at Patriots	S	34	20	226	58.8	6.6	11.3	1	0	28	3/21	88.6	7	37	10	0	L	25-27
10/26	Bills	S	8	2	5	25.0	0.6	2.5	0	3	4	0/0	0.0	1	0	0	0	L	23-43
11/02	at Chiefs																	L	10-24
11/09	Steelers																	W	20-13
11/24	at Bills	P	12	10	89	83.3	7.4	8.9	0	0	28	2/9	97.6	2	4	4	0	L	3-38
12/01	Dolphins	S	13	7	65	53.8	5.0	9.3	0	1	20	2/16	35.7	4	19	13	0	L	13-16
12/07	at Vikings	S	29	18	254	62.1	8.8	14.1	1	1	45	3/12	87.4	6	33	18	0	L	24-30+
12/14	at Titans	S	28	16	179	57.1	6.4	11.2	1	0	48	3/16	88.2	4	16	10	0	W	16-11
12/21	Patriots	S	27	17	210	63.0	7.8	12.4	1	1	26	2/19	83.9	3	9	6	0	L	16-17
12/28	at Dolphins	S	25	20	358	80.0	14.3	17.9	3	0	74t	1/6	158.3	5	18	6	0	W	37-24
2014 TOTALS		14-13	367	219	2,525	59.7	6.9	11.5	13	13	74t	28/175	77.5	59	238	18	1	4-12	

+ - Overtime

GENO SMITH'S 2013 GXG REGULAR SEASON STATISTICS (JETS)

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/08	Buccaneers	S	38	24	256	63.2	6.7	10.7	1	1	26	5/42	80.6	6	47	13	0	W	18-17
09/12	at Patriots	S	35	15	214	42.9	6.1	14.3	0	3	37	4/25	27.6	3	17	16	0	L	10-13
09/22	Bills	S	29	16	331	55.2	11.4	20.7	2	2	69t	0/0	89.9	4	14	8t	1	W	27-20
09/29	at Titans	S	34	23	289	67.6	8.5	12.6	1	2	36	5/50	79.2	3	7	16	0	L	13-38
10/07	at Falcons	S	20	16	199	80.0	10.0	12.4	3	0	47	4/29	147.7	3	21	8	0	W	30-28
10/13	Steelers	S	34	19	201	55.9	5.9	10.6	0	2	29	3/17	48.8	3	8	9	0	L	6-19
10/20	Patriots	S	33	17	233	51.5	7.1	13.7	1	1	27	4/27	71.9	6	32	14	1	W	30-27+
10/27	at Bengals	S	30	20	159	66.7	5.3	8.0	0	2	26	3/28	51.9	2	8	5	0	L	9-49
11/03	Saints	S	19	8	115	42.1	6.1	14.4	0	0	44	2/0	62.4	6	18	6	1	W	26-20
11/17	at Bills	S	23	8	103	34.8	4.5	12.9	0	3	38	4/30	10.1	1	0	0	0	L	14-37
11/24	at Ravens	S	22	9	127	40.9	5.8	14.1	0	2	30	3/22	22.3	3	6	5	0	L	3-19
12/01	Dolphins	S	10	4	29	40.0	2.9	7.3	0	1	12	1/8	8.3	1	2	2	0	L	3-23
12/08	Raiders	S	25	16	219	64.0	8.8	13.7	1	1	32	1/10	88.6	5	50	32	1	W	37-27
12/15	at Panthers	S	28	15	167	53.6	6.0	11.1	1	1	35	4/27	68.6	6	44	14	0	L	20-30
12/22	Browns	S	36	20	214	55.6	5.9	10.7	2	0	22	0/0	91.7	10	48	17t	1	W	24-13
12/29	at Dolphins	S	27	17	190	63.0	7.0	11.2	0	0	34	0/0	83.9	10	44	12	1	W	20-7
2013 TOTALS		16-16	443	247	3,046	55.8	6.9	12.3	12	21	69t	43/315	66.5	72	366	32	6	8-8	

+ - Overtime

GENO SMITH'S 2019 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE	
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD			
01/05	at Eagles																		W	17-9
01/12	at Packers																		L	23-28
2019 TOTALS		0-0	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	0	0	0	0	0	1-1	



1 | CORNERBACK
JAYSON STANLEY

Height: 6-2 Weight: 209
 College: Georgia
 Seasons: NFL : 2nd, Seahawks 1st
 Born: April 24, 1997
 Hometown: Fairburn, Ga.

TRANSACTIONS:

- 05/07/19: Signed with Atlanta as undrafted FA
- 08/31/19: Waived/injury settlement
- 10/16/19: Signed to Miami's PS
- 10/30/19: Released by Miami
- 12/19/19: Signed to Jacksonville's PS
- 04/27/20: Released by Jacksonville
- 04/28/20: Claimed off waivers by Seattle

A wide receiver in college, converted to defense in the NFL and spent 2019 training camp with Atlanta and the regular season on the practice squads of Miami and Jacksonville. Saw action in 37 games with eight starts at Georgia.

As a wide receiver for the Bulldogs, recorded three receptions for 32 yards and one touchdown while adding four carries for 81 yards in his career. Added five tackles on defense. Helped Creekside High to the Georgia AAAAA state playoffs his sophomore and junior years, including a state title in 2013. Missed his senior season due to an ACL injury but recorded 41 receptions for 817 yards and 16 touchdowns as a junior. Also ran track, with a personal best 10.83 in the 100m and won the Georgia AAAAA 4x100 meter relay in 2013 and 2014. Majored in sport management.

JAYSON STANLEY'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST							
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR		
2019	Jaguars	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0



34 | CORNERBACK LINDEN STEPHENS

Height: 6-0 Weight: 193
 College: Cincinnati
 Seasons: NFL : 3rd, Seahawks 2nd
 Born: March 21, 1995

TRANSACTIONS:

- 05/03/18: Signed with New Orleans as undrafted FA
- 08/31/18: Released by New Orleans
- 10/03/18: Signed to L.A. Rams PS
- 10/16/18: Released by L.A. Rams
- 11/21/18: Signed to Denver's PS
- 08/31/19: Released by Denver
- 09/26/19: Signed to Seattle's PS
- 12/07/19: Signed to Miami's active roster
- 04/20/20: Released by Miami

04/21/20: Claimed by Seattle

Spent a majority of 2019 on Seattle's practice squad before being signed to Miami's active roster and playing in three games for the Dolphins. Appeared in 44 games at Cincinnati, totaling 140 tackles (92 solo), six interceptions and 20 passes defended. Played in 12 games as a senior in 2017 and recorded a career-high eight passes defended. Attended Fork Union Military Academy in 2013 prior to enrolling at Cincinnati. Earned honorable mention Associated Press Ohio Northeastern Lakes All-District honors as a senior at Euclid High School. His father, Mac Stephens, played in the NFL for the Minnesota Vikings and N.Y. Jets from 1990-91.

LINDEN STEPHENS' NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS				FUMBLES			ST							
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	
2019	Broncos	0	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Went from Denver to Seattle .																									
2019	Seahawks	0	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Went from Seattle to Miami .																									
2019	Dolphins	3	0	3	3	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	TOTAL	3	0	3	3	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		3	0	3	3	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

LINDEN STEPHENS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 2 at New York Giants, Dec 15, 2019



87 | TIGHT END
STEPHEN SULLIVAN

Height: 6-5 Weight: 250
College: Louisiana State
Season: Rookie
Born: November 28, 1996
Hometown: Donaldsonville, La.
Pronunciation: steh-FON

TRANSACTIONS:

04/25/20: Drafted by Seattle (7th round, 251st)

HOW ACQUIRED: Selected 251st overall in the seventh-round after Seattle sent a 2021 sixth-round pick to Miami to acquire the choice.

COLLEGE: Saw action at both tight end and wide receiver during his four years at LSU. Played in 49 games with 11 starts and recorded 46 receptions for 712 yards and three touchdowns in his career. He caught 12 passes for

130 yards as a senior, and as a junior, he was second on the team in receiving with 23 receptions for 363 yards, with two touchdowns.

PERSONAL: Prepped at Donaldsonville High. Given a four-star ranking by ESPN, Rivals, 247Sports, and Scout, while earning the No. 1 receiver ranking in Louisiana and listed as the No. 7 receiver nationally according to Scout. Hauled in 57 passes for 987 receiving yards and 11 touchdowns his junior year and tallied over 900 receiving yards as both a junior and senior. Graduated in December of 2019 with a degree in interdisciplinary studies.



18 | WIDE RECEIVER
FREDDIE SWAIN

Height: 6-0 Weight: 199
College: Florida
Season: Rookie
Born: August 4, 1998
Hometown: Ocala, Fla.

TRANSACTIONS:

04/25/20: Drafted by Seattle (6th round, 214th)

HOW ACQUIRED: Selected 214th overall by Seattle with the last pick of the sixth-round.

COLLEGE: Appeared in 47 career games with 10 starts, catching 68 passes for 996 yards and 15 touchdowns. Tallied 1,387 all-purpose yards over his collegiate career. Returned 39 career punts for 308 yards, highlighted by an 85-yard touchdown return in 2018, which tied for the second-longest punt

return touchdown in school history. In 2019, played in 12 games with six starts at wide receiver and tallied career-highs in receptions (38), yards (517) and touchdowns (7).

PERSONAL: Prepped at North Marion High and named to the 2015 Class 5A all-state third-team and was a second-team selection as a junior in 2014. Led his team to a 10-2 record as a senior and had 43 receptions for 648 yards and seven touchdowns. Added one carry for a 75-yard touchdown and 202 punt return yards.



58 | DEFENSIVE END
DARRELL TAYLOR

Height: 6-4 Weight: 267
College: Tennessee
Season: Rookie
Born: March 24, 1997
Hometown: Hopewell, Va.
Pronunciation: DARE-ull

TRANSACTIONS:

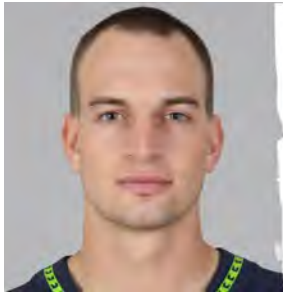
04/24/20: Drafted by Seattle (2nd round, 48th)

HOW ACQUIRED: Selected 48th overall by Seattle after trading up from no. 59 with the N.Y. Jets.

COLLEGE: Finished Tennessee career with 19.5 sacks (10th-most in UT history), 26.5 tackles for loss and 118 total tackles in 43 games played with 22 starts. He finished tied for second in the SEC with 8.5 sacks in 2019 after totaling 8.0 sacks in 2018. Became the third Vol ever to have a four-sack game when he accomplished the feat against Kentucky in 2018 and also had a three-sack, two-forced-fumble game at Georgia and was named team MVP in 2018. Started all 13 games played his senior season and finished second in the SEC with a career-high 8.5 sacks as a team captain. Totaled

46 tackles, 10 tackles for loss, four passes defended, six hurries, one fumble recovery and one forced fumble. Totaled 16.5 sacks over his final two seasons, starting 20 of 25 games played. Made starts at both defensive end and linebacker during his Volunteers career.

PERSONAL: Was a consensus four-star defensive end prospect and one of the top players in Virginia out of Hopewell High School. Earned second-team all-state honors as a defensive end as a senior in 2014 with totals of 60 tackles, 11 sacks and 19 tackles for loss. Also had 29 receptions for 356 yards and five touchdowns as a senior. Also played basketball in high school. Recipient of the Brady & Horne Athletic Endowment and Jack Brewer Athletic Scholarship Endowment. Majored in communications and graduated in December 2019.



81 | WIDE RECEIVER

CODY THOMPSON

Height: 6-2 Weight: 205
 College: Toledo
 Seasons: NFL : 2nd, Seahawks 2nd
 Born: January 11, 1996
 Hometown: Huron, Ohio

TRANSACTIONS:

- 05/06/19: Signed by Kansas City as a UDFA
- 08/31/19: Released by Kansas City
- 09/01/19: Signed to Kansas City's PS
- 10/29/19: Released by Kansas City
- 10/30/19: Signed to Seattle's PS
- 11/05/19: Released by Seattle
- 01/08/20: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

- Spent time on Kansas City and Seattle's practice squads.

COLLEGE: Played in 56 games at Toledo finishing his collegiate career with 3,312 receiving yards on 181 receptions and 30 touchdowns. Holds Toledo

record with 30 career touchdown receptions, ranks second on UT's career receiving list with 3,312 yards behind Eric Page's all-time record of 3,446 yards and second all-time in yards per catch (18.3). Led the team with 10 touchdown grabs and was second on the team with 48 receptions his senior year. In 2016, named First-team All-MAC selection and had a school-record 1,269 receiving yards.

PERSONAL: Played quarterback at Huron (Ohio) High School. and threw for 1,883 yards and 17 touchdowns as a senior, adding 1,139 rushing yards and 22 scores. Named second-team all-conference, second-team all-district, and academic all-conference. Also served as the team's punter, averaging 44.6 yards per punt as a senior. Was an honorable mention all-district player in basketball as a junior.

CODY THOMPSON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING					
				NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD	
2019	Chiefs	0	0	0	0	0.0	0	0	0	0	0	0.0	0	0
Went from Kansas City to Seattle .														
2019	Seahawks	0	0	0	0	0.0	0	0	0	0	0	0.0	0	0
Went from Seattle to Cincinnati .														
2019	Bengals	0	0	0	0	0.0	0	0	0	0	0	0.0	0	0
2019	TOTAL	0	0	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		0	0	0	0	0.0	0	0	0	0	0	0.0	0	0

CODY THOMPSON'S 2019 GXG REGULAR SEASON STATISTICS (CHIEFS/SEAHAWKS/BENGALS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/08	at Jaguars												W	40-26
09/15	at Raiders												W	28-10
09/22	Ravens												W	33-28
09/29	at Lions												W	34-30
10/06	Colts												L	13-19
10/13	Texans												L	24-31
10/17	at Broncos												W	30-6
10/27	Packers												L	24-31
Went from Chiefs to Seahawks .														
11/03	Buccaneers												W	40-34+
11/11	at 49ers												W	27-24+
Went from Seahawks to Chiefs .														
11/18	at Chargers												W	24-17
Went from Chiefs to Bengals .														
11/24	Steelers												L	10-16
12/01	Jets												W	22-6
12/08	at Browns												L	19-27
12/15	Patriots												L	13-34
12/22	at Dolphins												L	35-38+
12/29	Browns												W	33-23
2019 TOTALS		0-0	0	0	0.0	0	0	0	0	0	0.0	0	0	10-7

+ - Overtime



23 | CORNERBACK NEIKO THORPE

Height: 6-2 Weight: 210
 College: Auburn
 Seasons: NFL : 8th, Seahawks 5th
 Born: February 11, 1990
 Hometown: Tucker, Ga.

TRANSACTIONS:

- 03/30/12: Signed with Kansas City as undrafted FA
- 08/31/12: Waived by Kansas City
- 09/01/12: Signed to Kansas City PS
- 10/06/12: Signed to Kansas City 53-man roster
- 10/09/12: Waived by Kansas City
- 10/11/12: Signed to Kansas City PS
- 11/12/12: Signed to Kansas City 53-man roster
- 08/25/13: Waived by Kansas City
- 01/13/14: Signed reserve/future contract with Oakland
- 04/08/15: Re-signed with Oakland as exclusive rights FA
- 04/18/16: Re-signed with Oakland as restricted FA
- 09/03/16: Waived by Oakland
- 09/04/16: Claimed off waivers by Indianapolis
- 09/06/16: Waived by Indianapolis
- 09/13/16: Signed by Seattle as FA
- 03/15/17: Re-signed by Seattle
- 03/25/19: Re-signed by Seattle
- 12/11/19: Placed on IR (core)
- 04/13/20: Re-signed by Seattle

NFL CAREER HIGHLIGHTS:

- Was selected 2018 and 2019 special teams captain by his teammates. Has recorded 39 special teams tackles in addition to two fumble recoveries on special teams in his career.
- Played in 14 games in 2015, including first two career starts. Totaled a

career-best 36 tackles (33 solo) and first-career interception to go along with six passes defended.

- Made first-career start at cornerback at Cleveland (9/27/15) and notched five solo tackles.
- Spent 2013 with the Toronto Argonauts of the CFL after spending the offseason and training camp with the Kansas City Chiefs. Totaled six tackles and one fumble recovery with Toronto.

COLLEGE: Played in 51 games with 40 starts at Auburn, compiling 279 tackles (172 solo), seven interceptions, 35 passes defended, one fumble recovery and one blocked field goal returned for a TD. Started all 13 contests as a senior in 2011, registering 102 tackles (51), six passes defended and a fumble recovery. Appeared in 14 games (13 starts) as a junior in 2010, earning second-team Preseason All-SEC honors and helping the Tigers capture the 2010 BCS National Championship. Ranked third on the team with 64 tackles and finished with a team-best nine passes defended that same year. Started all 13 games as a sophomore in 2009, tying for 20th in the SEC with an average of 6.5 tackles per game and finishing third on team with 84 tackles. Played in 11 games (one start) as a true freshman in 2008, earning a spot on the Coaches' All-SEC Freshman Team. Majored in philosophy.

PERSONAL: Attended Tucker (Ga.) High School. Named an Under Armour All-American as a senior. Had 64 tackles including six tackles for loss, 11 passes defended, three interceptions and forced a fumble as a senior. Rated as 11th best cornerback in nation by Scouts.com and ranked 53rd best player in Georgia by SuperPrep. Also ran track.

NEIKO THORPE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

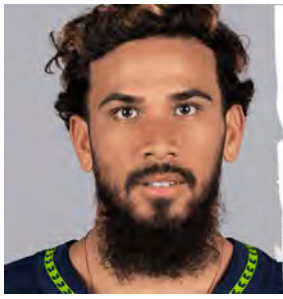
DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST							
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR		
2012	Chiefs	9	0	4	4	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0
2014	Raiders	14	0	2	1	1	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	6	6	0	0	0	0	
2015	Raiders	14	2	36	33	3	1	3	0.0	0.0	0	1	-12	0	0	6	0	0	0	4	4	0	0	0	0	
2016	Seahawks	15	0	10	7	3	0	0	0.0	0.0	0	0	0	0	0	0	1	0	9	6	3	0	0	0		
2017	Seahawks	14	0	2	2	0	0	0	0.0	0.0	0	0	0	0	2	0	0	0	10	8	2	0	0	1		
2018	Seahawks	12	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	5	3	2	0	0	1		
2019	Seahawks	7	0	4	4	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	4	2	2	0	0	0		
NFL TOTALS		85	2	60	53	7	1	3	0.0	0.0	0	1	-12	0	0	9	0	1	0	39	30	9	0	0	2	

NEIKO THORPE'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST					
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2016	Seahawks	2	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	1	1	0	0	0	0
2018	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		3	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	1	1	0	0	0	0

NEIKO THORPE'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	7 vs. New York Jets, Nov 01, 2015	Interceptions	1 vs. Baltimore Ravens, Sep 20, 2015
Passes Defended	3 vs. Baltimore Ravens, Sep 20, 2015	Special Teams Tackles	2 vs. Los Angeles Rams, Oct 07, 2018 ...5 more at 2.
Tackles For Loss	1 at Chicago Bears, Oct 04, 2015	Special Teams Fumble Recoveries	1 vs. San Francisco 49ers, Dec 02, 2018 ...1 more at 1.



15 | WIDE RECEIVER

JOHN URSUA

Height: 5-9 **Weight:** 182
College: Hawaii
Seasons: NFL : 2nd, Seahawks 2nd
Born: January 17, 1994
Hometown: Kailua-Kona, Hawaii
Pronunciation: err-SOO-uh

TRANSACTIONS:

04/27/19: Drafted by Seattle (7th Round, 236th)

NFL CAREER HIGHLIGHTS:

Drafted with the 22nd pick in the seventh round of the 2019 NFL Draft after the team traded into the round to select him. Third player selected out of Hawai'i in club history (Last: Wayne Hunter, 2003).

COLLEGE: Played in 33 games in his career and recorded 189 receptions for 2,662 yards (14.1 avg.), 24 receiving TDs, and two rushing TDs. Named to the All Mountain West First Team as a RS Junior in 2018. Led the nation in receiving touchdowns with 16. Also had one rushing score at Army (Sept. 15). Ranked fifth nationally in receiving yards (1,343) and eighth in receiving yards per game (103.3). Mountain West leader in receiving TDs, receiving yards, receiving yards per game, and total touchdowns. In 2017, played in six games before suffering a season ending injury vs. San José State.

Entered that game leading the nation in receiving yards per game (130.6) and second in receptions per game (9.2). Finished the year with 47 receptions, 667 yards, and 5 TDs while averaging 14.2 yards per catch.

PERSONAL: Prior To UH, served a two year church mission in Paris, France. A 2012 graduate of Cedar High School in Saratoga, Utah. Earned a total of 12 varsity letters in football, baseball and track and field. Named Region 9 Offensive Most Valuable Player in his senior season, throwing for 1,005 yards and 10 touchdowns, and rushing for 1,539 and 16 touchdowns as quarterback at Cedar High School. Named all Valley Offensive Most Valuable Player and received class 4A all state honorable mention as a junior at Westlake High School, where he threw for 1,478 yards and 21 touchdowns, rushing for 723 yards with 14 touchdowns. Born in Kailua Kona, Hawai'i. Nickname is "J Dub". Majored in human development and family studies. Speaks both French and Hawaiian. Has two older brothers and two older sisters. Parents are Larry and Laurie Ursua of Kailua Kona, Hawai'i.

JOHN URSUA'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING				RUSHING					
				NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	3	0	1	11	11.0	11	0	0	0	0.0	0	0
NFL TOTALS		3	0	1	11	11.0	11	0	0	0	0.0	0	0

JOHN URSUA'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING				RUSHING					
				NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	1	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		1	0	0	0	0.0	0	0	0	0	0.0	0	0

JOHN URSUA'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Receptions 1 vs. San Francisco 49ers, Dec 29, 2019 **Longest Receptions** 11 vs. San Francisco 49ers, Dec 29, 2019
Receiving Yards 11 vs. San Francisco 49ers, Dec 29, 2019 **All-purpose yards** 11 vs. San Francisco 49ers, Dec 29, 2019

JOHN URSUA'S 2019 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING				RUSHING					W/L	SCORE	
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG			TD
09/08	Bengals						INACTIVE					W	21-20	
09/15	at Steelers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-26
09/22	Saints						INACTIVE					L	27-33	
09/29	at Cardinals						INACTIVE					W	27-10	
10/03	Rams						INACTIVE					W	30-29	
10/13	at Browns						INACTIVE					W	32-28	
10/20	Ravens						INACTIVE					L	16-30	
10/27	at Falcons						INACTIVE					W	27-20	
11/03	Buccaneers						INACTIVE					W	40-34+	
11/11	at 49ers						INACTIVE					W	27-24+	
11/24	at Eagles						INACTIVE					W	17-9	
12/02	Vikings						INACTIVE					W	37-30	
12/08	at Rams						INACTIVE					L	12-28	
12/15	at Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-24
12/22	Cardinals						INACTIVE					L	13-27	
12/29	49ers	P	1	11	11.0	11	0	0	0	0.0	0	0	L	21-26
2019 TOTALS		3-0	1	11	11.0	11	0	0	0	0.0	0	0	11-5	

+ - Overtime

JOHN URSUA'S 2019 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
01/05	at Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	W	17-9
01/12	at Packers												L	23-28
2019 TOTALS			0	0	0.0	0	0	0	0	0.0	0	0	1-1	



54 | LINEBACKER

BOBBY WAGNER

Height: 6-0 **Weight:** 242
College: Utah State
Seasons: NFL : 9th, Seahawks 9th
Born: June 27, 1990
Hometown: Ontario, Calif.



TRANSACTIONS:

- 04/27/12: Drafted by Seattle (2nd round, 47th)
- 08/02/15: Signed multi-year contract extension with Seattle
- 07/26/19: Signed multi-year contract extension with Seattle

NFL CAREER HIGHLIGHTS:

- A four-time team captain, has started 118 of 119 games played over eight seasons and has recorded 1,073 tackles (643 solo), 19.5 sacks, 10 INTs, 47 passes defended, 5 forced fumbles, 8 fumble recoveries, and 4 touchdowns. He is the only player in team history with 1,000 career tackles and is the franchise's all-time leader.
- Selected to six Pro Bowls and a six-time All-Pro (five-time First-Team All-Pro).
- Led the NFL with 159 tackles in 2019, second-most in franchise history. Set a club record vs. N.O. (9/22) for most tackles in a game with 19. It was the highest total since Sammy Green totaled 18 in 1978.
- Set franchise record for longest interception return, returning a pick 98 yards for a TD against San Francisco (12/2/18).
- In 2016, started all 16 games leading the NFL and setting a franchise record with a career-high 167 tackles (85 solo).
- Was voted to his first Pro Bowl in 2014, in addition to being selected Associated Press First-Team All-Pro, despite missing five games due to a foot injury, tallied 104 tackles (67 solo), 2.0 sacks and three passes defended.
- Started all three postseason games in 2013 and tied Kam Chancellor for team lead in tackles with 34 (17 solo).
- Set club record for tackles by a rookie with 140 (Terry Beason, 136 in 1977) and ranked second among all rookies in 2012.
- As a rookie, started 15 of 16 games played at middle linebacker as well as

both postseason games in 2012, leading the team in tackles (140) in addition to recording three interceptions, two sacks and four passes defended.

HONORS: 2019: Pro Bowl, Associated Press First-Team All-Pro, PFWA All-NFL, Sporting News All-Pro. 2018: Pro Bowl, Associated Press First-Team All-Pro, PFWA All-NFL, NFC Defensive Player of the Week (Week 13). 2017: Pro Bowl, Associated Press First-Team All-Pro, PFWA All-NFL, Sporting News All-Pro. 2016: Pro Bowl, Associated Press First-Team All-Pro, PFWA All-NFL, Sporting News All-Pro. 2015: Pro Bowl, Associated Press Second-Team All-Pro. 2014: Pro Bowl, Associated Press First-Team All-Pro, NFC Defensive Player of the Month (December). 2012: Pro Football Weekly All Rookie Team, Sports Illustrated Defensive Rookie of the Year.

COLLEGE: A three-time All-Western Athletic Conference first-team choice by the league's coaches and media who started 46-of-48 games at Utah State (21 at strong-side linebacker and 25 at weak-side linebacker). Finished his career with 446 tackles (201 solo), 4.5 sacks for minus 35 yards, 29.5 tackles for losses of 80 yards and eight quarterback pressures. Caused two fumbles and recovered three others, while recording seven passes defended and intercepting four balls for 51 yards in returns. His 446 tackles tied the school career-record that was first set by Del Lyles (1988-91), becoming only the fourth player in WAC history to record more than 400 tackles, breaking the league all-time record of 443 tackles by Robert Rodriguez of Texas-El Paso (2001-04). Named an All-American Dream Team choice and WAC Defensive Player of the Year by The NFL Draft Report after his senior season.

PERSONAL: Dubbed the "Hardest Hitter" in college by The Sporting News, becoming the first player to ever lead the conference in tackles three consecutive seasons and is one of four to accomplish that feat at Utah State. One of 30 NCAA Football Bowl Subdivision (FBS) student-athletes selected as a candidate for the 2011 Lowe's Award for excellence both on and off the field. Attended Colony High School where he lettered as a tight end and linebacker, guiding the team in each of his final two seasons to consecutive 12-2 finishes, capturing the CIF division title. Named to the All-CIF Central Division squad as a senior and picked up All-State California Division II second-team honors, as he recorded 125 tackles (92 solo) and four sacks, while hauling in 37 receptions for 595 yards and 11 touchdowns. A business entrepreneurship major at Utah State. Active in the community. Son of Bobby and the late Phenia Wagner. Born on June 27, 1990 in Los Angeles.

BOBBY WAGNER'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TK	S	A	TACKLES			YDS	QBH	INTERCEPTIONS					FUMBLES			ST				
							TFL	YDS	SK			NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2012	Seahawks	16	15	139	86	53	9	4	2.0	11.0	5	3	55	45	0	4	0	0	0	1	1	0	0	0
2013	Seahawks	14	14	119	71	48	4	30	5.0	36.5	6	2	9	9	0	7	0	1	0	1	1	0	0	0
2014	Seahawks	11	11	104	67	37	10	32	2.0	13.0	6	0	0	0	0	3	0	0	0	0	0	0	0	0
2015	Seahawks	15	15	114	67	47	2	7	0.5	4.5	4	0	0	0	0	7	2	3	45	0	0	0	0	0
2016	Seahawks	16	16	167	85	82	7	36	4.5	27.0	18	1	9	9	0	3	0	1	0	0	0	0	0	0
2017	Seahawks	16	16	133	97	36	13	40	1.5	13.0	13	2	7	7	0	6	0	1	21	0	0	0	0	0
2018	Seahawks	15	15	138	84	54	6	29	1.0	9.0	8	1	98	98t	1	11	2	1	11	0	0	0	0	0
2019	Seahawks	16	16	159	86	73	7	19	3.0	16.0	4	1	6	6	0	6	1	1	5	0	0	0	0	0
NFL TOTALS		119	118	1073	643	430	58	197	19.5	130.0	64	10	184	98t	1	47	5	8	82	2	2	0	0	0

BOBBY WAGNER'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST							
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR		
2012	Seahawks	2	2	17	12	5	1	0	0.0	0.0	0	1	4	4	0	1	0	0	0	0	0	0	0	0	0	0
2013	Seahawks	3	3	34	17	17	1	3	0.0	0.0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
2014	Seahawks	3	3	31	16	15	0	0	0.0	0.0	0	1	0	0	0	1	0	0	0	0	0	0	0	0	0	0
2015	Seahawks	2	2	20	12	8	1	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2016	Seahawks	2	2	18	11	7	1	3	0.0	0.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Seahawks	1	1	5	3	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	2	2	12	10	2	1	1	0.0	0.0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		15	15	137	81	56	5	9	0.0	0.0	3	2	4	4	0	4	0	0	0	0	0	0	0	0	0	0

ADDITIONAL STATS

Fumble Returns for Touchdowns: 2015 (Two for 45 yards); 2017 (One for 21 yards). **Career:** 3
Special Teams Stats: 2016 (blocked field goal), 2018 (blocked field goal); **Career:** Two blocked field goals.
Safeties: 2017 (1); **Career:** 1.

BOBBY WAGNER'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	19 vs. New Orleans Saints, Sep 22, 2019	Tackles For Loss	3 vs. Washington Redskins, Nov 05, 2017
Sacks	2.0 at San Francisco 49ers, Jan 01, 2017		...2 more at 3.
Passes Defensed	3 vs. Los Angeles Chargers, Nov 04, 2018	Interceptions	2 vs. Arizona Cardinals, Dec 09, 2012
Forced Fumbles	1 vs. Baltimore Ravens, Oct 20, 2019	Interception Return Yards	98 vs. San Francisco 49ers, Dec 02, 2018
	...4 more at 1.	Safeties	1 vs. Washington Redskins, Nov 05, 2017
Fumble Recoveries	1 at Atlanta Falcons, Oct 27, 2019	Special Teams Tackles	1 vs. Arizona Cardinals, Dec 22, 2013
	...7 more at 1.		...1 more at 1.



65 | GUARD
CHANCE WARMACK

Height: 6-2 Weight: 323
 College: Alabama
 Seasons: NFL : 7th, Seahawks 1st
 Born: September 14, 1991
 Hometown: Atlanta, Ga.

TRANSACTIONS:

- 04/25/13: Drafted by Tennessee (1st, 10th overall)
- 09/22/16: Placed on IR (hand)
- 03/11/17: Signed by Philadelphia as a UFA
- 03/30/20: Signed by Seattle as a FA
- 08/03/20: Opted out - COVID-19

NFL CAREER HIGHLIGHTS:

- Started 51 of 68 career games played with Tennessee and Philadelphia from 2013-18. Did not play football in 2019.
- With starts in all 16 games at right guard in 2013, became the first Titans rookie offensive lineman to start every game since Michael Roos in 2005. Became the first offensive lineman selected by the Titans/Oilers in the first round since tackle Brad Hopkins in 1993 and the first guard drafted with the club's first round choice since Bruce Matthews in 1983.

COLLEGE: In a four-year career at Alabama, won three national

championships. Appeared in 45 games, including starts in his final 40 contests at left guard. Credited with 49 touchdown-resulting blocks while clearing lanes for individual ball carriers to record 25 performances of 100-plus yards during his time in the starting lineup. As a senior in 2012, was a first-team All-American selection while helping Alabama to a national championship, starting all 14 contests. Added All-SEC first-team accolades and was rated the best interior offensive lineman eligible for the 2013 NFL Draft by The NFL Draft Report.

PERSONAL: At Alabama, Warmack developed the custom of rolling up his jersey to just under the numbers as a way to stay cooler. Soon, the look became known as "Warmacking," and fans began posting photos on social media of their exposed bellies. Warmack highlighted the best fan photos with what he called "Warmackin' Wednesdays." Warmack's brother, Dallas, followed in his footsteps and played offensive line at Alabama before moving to Oregon as a graduate transfer in May 2018. Attended Westlake High, where he played with Cam Newton during his freshman and sophomore years.

CHANCE WARMACK'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2013	Titans	16	16
2014	Titans	16	16
2015	Titans	14	14
2016	Titans	2	2
2017	Eagles	11	3
2018	Eagles	9	0
2019	Eagles	0	0
NFL TOTALS		68	51

CHANCE WARMACK'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2017	Eagles	2	0
2018	Eagles	0	0
2019	Eagles	0	0
NFL TOTALS		2	0



75 | TACKLE CHAD WHEELER

Height: 6-7 Weight: 318
 College: USC
 Seasons: NFL : 4th, Seahawks 2nd
 Born: January 19, 1994
 Hometown: Santa Monica, CA

TRANSACTIONS:

- 05/11/17: Signed with N.Y. Giants as undrafted FA
- 08/31/19: Waived/injured
- 09/01/19: Placed on IR
- 09/09/19: Waived/injury settlement by the N.Y. Giants
- 10/15/19: Signed to Seattle PS
- 01/08/20: Signed to Seattle's active roster

NFL CAREER HIGHLIGHTS:

- Played in 27 games with 19 starts for the Giants from 2017-19. Started 17 games at RT, one at LT, and one as an extra lineman.
- Played in all 16 games and started the final 14 games of 2018 at RT.
- Made NFL debut as a substitute RT at Tampa Bay (10/1/17), and first-

career start at RT vs. Kansas City (11/19/17).

COLLEGE: Played in 47 games with 45 starts at left tackle for USC. As a senior in 2016, played in all 13 games with 11 starts. Did not start two games because of a foot injury. Named All-Pac 12, first-team and USC's 2016 Offensive Lineman of the Year. As a junior in 2015, returned from a knee injury to start all 12 games in which he appeared at left tackle. Named 2nd-team all-conference. As a sophomore in 2014, started the first eight games of the season at left tackle before suffering a right knee injury that ended his season. As a redshirt freshman in 2013, started all 14 games at left tackle.

PERSONAL: Played high school football at Santa Monica (Calif.) High School, where he was a Super Prep All-West selection. Majored in governmental organizations.

CHAD WHEELER'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2017	Giants	11	5
2018	Giants	16	14
2019	Giants	0	0
Went from N.Y. Giants to Seattle.			
2019	Seahawks	0	0
2019	TOTAL	0	0
NFL TOTALS		27	19

CHAD WHEELER'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2019	Seahawks	0	0
NFL TOTALS		0	0



82 | TIGHT END

LUKE WILLSON

Height: 6-5 Weight: 254
 College: Rice
 Seasons: NFL : 8th, Seahawks 7th
 Born: January 15, 1990
 Hometown: LaSalle, Ontario

TRANSACTIONS:

- 04/27/13: Drafted by Seattle (5th round, 158th overall)
- 03/20/17: Re-signed with Seattle
- 03/21/18: Signed with Detroit as a UFA
- 04/01/19: Signed with Oakland as a FA
- 08/30/19: Released by Oakland
- 09/25/19: Signed with Seattle as a FA
- 04/21/20: Re-signed with Seattle

NFL CAREER HIGHLIGHTS:

- Willson returned to the Seahawks as a free agent in 2019 to provide depth at tight end.
- He appeared in 14 games for the Lions in 2018, starting eight with 13 catches for 87 yards. Willson spent training camp and the preseason with Oakland this year before being released.
- Willson appeared in 72 games over his first five seasons with the Seahawks, catching 89 passes for 1,129 yards and 11 touchdowns. He was also on the receiving end of the most significant 2-point conversion in franchise history, a catch late in the 2014 NFC Championship game that proved crucial in an overtime win over the Packers.
- Played in all 16 games with seven starts in 2013. Caught 20 passes for 272 yards and one touchdown. Also played in all three postseason games, catching two passes in Super Bowl XLVIII vs. Denver (2/2/14) for 17 yards.

COLLEGE: Played in 45 career games at Rice. Named a team captain his

senior season, completed his career with 78 catches for 986 yards and nine touchdowns. Drafted by the Toronto Argonauts in the 4th round of the CFL Draft. After redshirt junior season was named second-team All C-USA by Phil Steele and Honorable mention All C-USA selection by conference coaches. Named to Dave Campbell's Texas Football All Texas College postseason first team. Second on the team with 313 receiving yards and three touchdown catches. Third with 29 catches. Redshirt sophomore season led the team with 425 yards receiving and second with 33 receptions in 11 games and added 3 TDs. Caught a 52-yard scoring pass from Nick Fanuzzi for his first career reception in his debut at UAB his redshirt freshman season. Redshirted his first year after reporting late to camp because of his commitment to the Canadian Junior National Baseball team.

PERSONAL: Attended St. Thomas of Villanova High School in LaSalle, Ontario, Canada. Was a three-year all-conference selection. Caught 29 passes for 638 yards and eight touchdowns as a senior on offense, while racking up 60 tackles, including five sacks, on defense. Named his school's Athlete of the Year as both a junior and a senior. Also played on a summer team, the Essex Ravens, and caught 18 passes for 473 yards and 10 touchdowns. played hockey, baseball and soccer in addition to competing in track in high school. Played with the Canadian Junior National baseball team after his senior year of high school. Team toured major league spring training sites to play against various Extended Spring Training teams as well as the Dominican Republic to play several MLB teams' Dominican Summer League entries before competing with the Canadian Juniors at the World Championships in Calgary. Carried a 4.0 GPA in high school. Parents are Mike and Wilma Willson. Majored in philosophy and political science with a business minor.

LUKE WILLSON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD
2013	Seahawks	16	7	20	272	13.6	39t	1	0	0	0.0	0	0
2014	Seahawks	15	10	22	362	16.5	80t	3	0	0	0.0	0	0
2015	Seahawks	14	7	17	213	12.5	24	1	0	0	0.0	0	0
2016	Seahawks	11	6	15	129	8.6	19	2	0	0	0.0	0	0
2017	Seahawks	16	7	15	153	10.2	27t	4	0	0	0.0	0	0
2018	Lions	14	8	13	87	6.7	13	0	0	0	0.0	0	0
2019	Seahawks	8	7	8	79	9.9	17	0	0	0	0.0	0	0
NFL TOTALS		94	52	110	1,295	11.8	80t	11	0	0	0.0	0	0

LUKE WILLSON'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS	AVG	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	2	0	1	8	8.0	8	0	1	1	1.0	1	0
NFL TOTALS		2	0	1	8	8.0	8	0	1	1	1.0	1	0

LUKE WILLSON'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Receptions	5 vs. Jacksonville Jaguars, Sep 22, 2013	Kickoff Return Yards	26 vs. Arizona Cardinals, Dec 31, 2017
Receiving Yards	139 at Arizona Cardinals, Dec 21, 2014	Longest Kickoff Return	20 vs. Carolina Panthers, Nov 18, 2018 ...1 more at 20.
Longest Receptions	80t at Arizona Cardinals, Dec 21, 2014	Special Teams Tackles	2 vs. Carolina Panthers, Oct 18, 2015
Receiving TDs	2 at Arizona Cardinals, Dec 21, 2014	Miscellaneous Tackles	1 vs. New England Patriots, Sep 23, 2018 ...5 more at 1.
All-purpose yards	139 at Arizona Cardinals, Dec 21, 2014	Most TDs	2 at Arizona Cardinals, Dec 21, 2014
Kickoff Returns	2 vs. Arizona Cardinals, Dec 31, 2017 ...1 more at 2.		

LUKE WILLSON'S 100-YARD RECEIVING GAMES (1): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
12/21/14	at Cardinals	3	139	46.3	80t	2

LUKE WILLSON'S 2019 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/08	Bengals												W	21-20
							DID NOT PLAY							
09/29	at Cardinals	P	2	26	13.0	17	0	0	0	0.0	0	0	W	27-10
10/03	Rams	S	1	10	10.0	10	0	0	0	0.0	0	0	W	30-29
10/13	at Browns	S	2	16	8.0	11	0	0	0	0.0	0	0	W	32-28
10/20	Ravens	S	0	0	0.0	0	0	0	0	0.0	0	0	L	16-30
10/27	at Falcons	S	1	7	7.0	7	0	0	0	0.0	0	0	W	27-20
11/03	Buccaneers	S	2	20	10.0	16	0	0	0	0.0	0	0	W	40-34+
11/11	at 49ers	S	0	0	0.0	0	0	0	0	0.0	0	0	W	27-24+
11/24	at Eagles												W	17-9
12/02	Vikings												W	37-30
12/08	at Rams												L	12-28
12/15	at Panthers												W	30-24
12/22	Cardinals	S	0	0	0.0	0	0	0	0	0.0	0	0	L	13-27
12/29	49ers												L	21-26
2019 TOTALS		8-7	8	79	9.9	17	0	0	0	0.0	0	0	10-4	

+ - Overtime

LUKE WILLSON'S 2018 GXG REGULAR SEASON STATISTICS (LIONS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/10	Jets	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-48
09/16	at 49ers	S	1	13	13.0	13	0	0	0	0.0	0	0	L	27-30
09/23	Patriots	S	2	10	5.0	12	0	0	0	0.0	0	0	W	26-10
09/30	at Cowboys	S	1	6	6.0	6	0	0	0	0.0	0	0	L	24-26
10/07	Packers	S	0	0	0.0	0	0	0	0	0.0	0	0	W	31-23
10/21	at Dolphins	S	2	8	4.0	5	0	0	0	0.0	0	0	W	32-21
10/28	Seahawks	P	3	21	7.0	9	0	0	0	0.0	0	0	L	14-28
11/04	at Vikings	P	2	17	8.5	12	0	0	0	0.0	0	0	L	9-24
11/11	at Bears												L	22-34
11/18	Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	20-19
11/22	Bears	S	1	4	4.0	4	0	0	0	0.0	0	0	L	16-23
12/02	Rams	S	1	8	8.0	8	0	0	0	0.0	0	0	L	16-30
12/09	at Cardinals	S	0	0	0.0	0	0	0	0	0.0	0	0	W	17-3
12/16	at Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-14
12/23	Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	L	9-27
12/30	at Packers												W	31-0
2018 TOTALS		14-8	13	87	6.7	13	0	0	0	0.0	0	0	6-10	

LUKE WILLSON'S 2017 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD		
09/10	at Packers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	9-17
09/17	49ers	P	3	25	8.3	19	0	0	0	0.0	0	0	W	12-9
09/24	at Titans	P	3	53	17.7	27t	1	0	0	0.0	0	0	L	27-33
10/01	Colts	P	1	6	6.0	6t	1	0	0	0.0	0	0	W	46-18
10/08	at Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	W	16-10
10/22	at Giants	S	1	13	13.0	13	0	0	0	0.0	0	0	W	24-7
10/29	Texans	P	0	0	0.0	0	0	0	0	0.0	0	0	W	41-38
11/05	Washington	S	1	10	10.0	10t	1	0	0	0.0	0	0	L	14-17
11/09	at Cardinals	S	0	0	0.0	0	0	0	0	0.0	0	0	W	22-16
11/20	Falcons	P	2	-1	-0.5	3	0	0	0	0.0	0	0	L	31-34
11/26	at 49ers	S	0	0	0.0	0	0	0	0	0.0	0	0	W	24-13
12/03	Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	W	24-10
12/10	at Jaguars	S	1	12	12.0	12	0	0	0	0.0	0	0	L	24-30
12/17	Rams	S	1	26	26.0	26t	1	0	0	0.0	0	0	L	7-42
12/24	at Cowboys	P	2	9	4.5	8	0	0	0	0.0	0	0	W	21-12
12/31	Cardinals	S	0	0	0.0	0	0	0	0	0.0	0	0	L	24-26
2017 TOTALS		16-7	15	153	10.2	27t	4	0	0	0.0	0	0	9-7	

LUKE WILLSON'S 2016 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L/T	SCORE	
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD			
09/11	Dolphins	S	2	26	13.0	19	0	0	0	0.0	0	0	0	W	12-10
09/18	at Rams	S	1	6	6.0	6	0	0	0	0.0	0	0	0	L	3-9
09/25	49ers	S	2	9	4.5	7	0	0	0	0.0	0	0	0	W	37-18
10/02	at Jets	S	0	0	0.0	0	0	0	0	0.0	0	0	0	W	27-17
10/16	Falcons	P	1	9	9.0	9	0	0	0	0.0	0	0	0	W	26-24
10/23	at Cardinals													T	6-6+
10/30	at Saints													L	20-25
11/07	Bills													W	31-25
11/13	at Patriots													W	31-24
11/20	Eagles	S	1	12	12.0	12	0	0	0	0.0	0	0	0	W	26-15
11/27	at Buccaneers	P	1	11	11.0	11	0	0	0	0.0	0	0	0	L	5-14
12/04	Panthers													W	40-7
12/11	at Packers	P	1	11	11.0	11	0	0	0	0.0	0	0	0	L	10-38
12/15	Rams	P	3	19	6.3	9	1	0	0	0.0	0	0	0	W	24-3
12/24	Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	0	L	31-34
01/01	at 49ers	S	3	26	8.7	11t	1	0	0	0.0	0	0	0	W	25-23
2016 TOTALS		11-6	15	129	8.6	19	2	0	0	0.0	0	0	0	10-5-1	

+ - Overtime

LUKE WILLSON'S 2015 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE	
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD			
09/13	at Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	0	L	31-34+
09/20	at Packers	P	2	36	18.0	24	0	0	0	0.0	0	0	0	L	17-27
09/27	Bears													W	26-0
10/05	Lions	P	2	15	7.5	9	0	0	0	0.0	0	0	0	W	13-10
10/11	at Bengals	P	2	17	8.5	9	0	0	0	0.0	0	0	0	L	24-27+
10/18	Panthers	S	1	16	16.0	16	0	0	0	0.0	0	0	0	L	23-27
10/22	at 49ers	S	0	0	0.0	0	0	0	0	0.0	0	0	0	W	20-3
11/01	at Cowboys	P	2	41	20.5	22t	1	0	0	0.0	0	0	0	W	13-12
11/15	Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	0	L	32-39
11/22	49ers	S	2	15	7.5	10	0	0	0	0.0	0	0	0	W	29-13
11/29	Steelers	P	1	12	12.0	12	0	0	0	0.0	0	0	0	W	39-30
12/06	at Vikings	S	2	36	18.0	22	0	0	0	0.0	0	0	0	W	38-7
12/13	at Ravens	S	1	8	8.0	8	0	0	0	0.0	0	0	0	W	35-6
12/20	Browns	S	2	17	8.5	11	0	0	0	0.0	0	0	0	W	30-13
12/27	Rams	S	0	0	0.0	0	0	0	0	0.0	0	0	0	L	17-23
01/03	at Cardinals													W	36-6
2015 TOTALS		14-7	17	213	12.5	24	1	0	0	0.0	0	0	0	10-6	

+ - Overtime

LUKE WILLSON'S 2014 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE	
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD			
09/04	Packers	S	1	1	1.0	1	0	0	0	0.0	0	0	0	W	36-16
09/14	at Chargers	P	0	0	0.0	0	0	0	0	0.0	0	0	0	L	21-30
09/21	Broncos	P	0	0	0.0	0	0	0	0	0.0	0	0	0	W	26-20+
10/06	at Washington	S	3	28	9.3	19	0	0	0	0.0	0	0	0	W	27-17
10/12	Cowboys	S	2	11	5.5	10	0	0	0	0.0	0	0	0	L	23-30
10/19	at Rams													L	26-28
10/26	at Panthers	S	1	23	23.0	23t	1	0	0	0.0	0	0	0	W	13-9
11/02	Raiders	P	1	16	16.0	16	0	0	0	0.0	0	0	0	W	30-24
11/09	Giants	S	0	0	0.0	0	0	0	0	0.0	0	0	0	W	38-17
11/16	at Chiefs	P	3	51	17.0	27	0	0	0	0.0	0	0	0	L	20-24
11/23	Cardinals	S	1	21	21.0	21	0	0	0	0.0	0	0	0	W	19-3
11/27	at 49ers	P	4	39	9.8	15	0	0	0	0.0	0	0	0	W	19-3
12/07	at Eagles	S	1	1	1.0	1	0	0	0	0.0	0	0	0	W	24-14
12/14	49ers	S	0	0	0.0	0	0	0	0	0.0	0	0	0	W	17-7
12/21	at Cardinals	S	3	139	46.3	80t	2	0	0	0.0	0	0	0	W	35-6
12/28	Rams	S	2	32	16.0	28	0	0	0	0.0	0	0	0	W	20-6
2014 TOTALS		15-10	22	362	16.5	80t	3	0	0	0.0	0	0	0	12-4	

+ - Overtime

LUKE WILLSON'S 2013 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE	
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD			
09/08	at Panthers	S	0	0	0.0	0	0	0	0	0.0	0	0	0	W	12-7
09/15	49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	0	W	29-3
09/22	Jaguars	P	5	76	15.2	35	0	0	0	0.0	0	0	0	W	45-17
09/29	at Texans	P	0	0	0.0	0	0	0	0	0.0	0	0	0	W	23-20+
10/06	at Colts	S	2	28	14.0	17	0	0	0	0.0	0	0	0	L	28-34
10/13	Titans	S	2	17	8.5	14	0	0	0	0.0	0	0	0	W	20-13
10/17	at Cardinals	P	1	23	23.0	23	0	0	0	0.0	0	0	0	W	34-22
10/28	at Rams	S	0	0	0.0	0	0	0	0	0.0	0	0	0	W	14-9
11/03	Buccaneers	S	0	0	0.0	0	0	0	0	0.0	0	0	0	W	27-24+
11/10	at Falcons	S	1	19	19.0	19	0	0	0	0.0	0	0	0	W	33-10
11/17	Vikings	P	1	7	7.0	7	0	0	0	0.0	0	0	0	W	41-20
12/02	Saints	P	1	2	2.0	2	0	0	0	0.0	0	0	0	W	34-7
12/08	at 49ers	P	3	70	23.3	39t	1	0	0	0.0	0	0	0	L	17-19
12/15	at Giants	P	2	23	11.5	15	0	0	0	0.0	0	0	0	W	23-0
12/22	Cardinals	P	1	3	3.0	3	0	0	0	0.0	0	0	0	L	10-17
12/29	Rams	S	1	4	4.0	4	0	0	0	0.0	0	0	0	W	27-9
2013 TOTALS		16-7	20	272	13.6	39t	1	0	0	0.0	0	0	0	13-3	

+ - Overtime

LUKE WILLSON'S 2019 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE	
			NO	YDS	AVG	LG	TD	NO	YDS	AVG	LG	TD			
01/05	at Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	0	W	17-9
01/12	at Packers	P	1	8	8.0	8	0	1	1	1.0	1	0	0	L	23-28
2019 TOTALS		2-0	1	8	8.0	8	0	1	1	1.0	1	0	0	1-1	



3 | QUARTERBACK RUSSELL WILSON

Height: 5-11 **Weight:** 215
College: Wisconsin
Seasons: NFL : 9th, Seahawks 9th
Born: November 29, 1988
Hometown: Richmond, Va.



2019 SEASON:

09/15 at PIT: Earned NFC Offensive Player of the Week after setting a career high in completion percentage connecting on 29-of-35 attempts (82.9%). Passed for 300 yards, his 13th such game. Marked his NFL record 45th game with multiple TDs and no interceptions in a QB's first eight seasons.

09/22 vs. NO: Passed for 406 yards (2nd most of career, 452 vs. HOU 10/29/17) on a career-high 50 attempts with a career-high 32 completions to go along with two passing TDs and two rushing TDs. Became the first player since at least 1950 to pass for 400-plus yards and 2 TDs, and rush for 50-plus yards and 2 TDs in the same game.

10/03 vs. LAR: Posted a 151.8 passer rating, the second-highest rating of career. Became the first player in the Super Bowl era with 1,400+ yards, 12+ TDs, and no INTs through a team's first five games.

10/13 at CLE: Recorded his 30th career 4th quarter/OT comeback after leading a TD drive with 3:30 remaining in the game to take a 32-28 lead. Totaled his sixth-straight 100+ passer rating game to start the season becoming only the fourth QB in NFL history to have as many to start the season (Aaron Rodgers - 12 in 2011, Tom Brady - 8 in 2007, Carson Palmer - 6 in 2005).

10/27 at ATL: Became one of two NFL QBs (Drew Brees - 2018) since the 1970 merger to throw 17+ TDs and 1 or fewer INTs over their first eight games of a season. With a 131.7 rating, became the first QB in NFL history to post a rating of 110.0 or higher in nine-straight road starts.

11/3 vs. TB: Tied G Chris Gray for most consecutive starts in franchise history with 121. Tied franchise record with five TD passes for the third time of career, tying Dave Krieg for the most 5 TD games.

11/11 at SF: Moved ahead of Gray for the most consecutive starts in franchise history with 122. Led his fifth 4th quarter or OT victory of the season, 32nd of his career and most in one regular season.

12/2 vs. MIN: Topped 3,000 yards for the season and joined Peyton Manning as the only QBs in NFL history to pass for at least 3,000 yards and 20 TDs in their first eight seasons.

12/22 vs. ARIZ: Passed for 169 yards and in doing so became the franchise leader in career passing yards moving past Matt Hasselbeck (29,434).

1/5 at PHI: Totaled 325 passing yards and 45 rushing yards to lead the team. Was his third 300-yard postseason passing game moving him into first place in franchise history ahead of Hasselbeck. Also moved into first place in career postseason completions ahead of Hasselbeck (237).

TRANSACTIONS:

- 04/27/12: Drafted by Seattle (3rd round, 75th)
- 07/31/15: Signed multi-year contract extension with Seattle
- 04/17/19: Signed multi-year contract extension with Seattle

NFL CAREER HIGHLIGHTS:

- Career passer rating of 101.2 ranks second in NFL history.
- His 86 regular season wins through 2019 is tied for the most (Tom Brady) by a starting quarterback in his first eight seasons in the Super Bowl era (since 1966). His 49 home regular season wins are tied for the most (Brett Favre) in a QB's first eight seasons in NFL history.
- Has started every game played since entering the league in 2012 with 143 starts (128 regular season, 15 postseason). His 127 regular season games is the second longest streak among quarterbacks.
- Is the first player in NFL history with at least 200 passing touchdowns and

15 rushing touchdowns in his first eight seasons.

- Holds franchise records for career (101.2), single-season (110.9 in 2018) and single-game (158.3) passer rating.

- Holds franchise records for career (29,734), single-season (4,219 in 2016) and single-game (452) passing yards.

- Holds franchise records for most career (227), single-season (35 in 2018) and single-game (5) touchdown passes.

- Holds franchise records for single-season completions (353 in 2016), career-passing percentage (64.50), single-season passing percentage (68.12 in 2015) and most consecutive passes without an interception (220 attempts - 2018-19).

- His nine NFL Player of the Week awards are the most in club history.

- In 2019, set career-low with five interceptions, while passing for over 4,000 yards for the third time in his career. Joined Peyton Manning as the only QBs in NFL history to pass for at least 3,000 yards and 20 TDs in each of their first eight seasons.

- In 2018, broke his own franchise record with a career-high 35 touchdown passes, bringing his career total to 196, which is the most in club history, and third most in the NFL in a QB's first seven seasons.

- In 2017, led the NFL and tied his then-franchise-record with 34 touchdown passes, and set a career-high with 553 attempts. Threw 19 touchdown passes in the fourth quarter in 2017, an NFL record. Became the first quarterback in NFL history with at least 30 touchdown passes and 500 rushing yards in multiple seasons.

- Set career-highs in 2016 in attempts (546), completions (353) and yards (4,219).

- In 2015, became first Seahawks QB to lead the NFL in passer rating (110.1). Set club single-season records for passing yards (4,024), TDs (34) and completion percentage (.681). Became first player in NFL history to pass for more than 4,000 yards, rush for more than 500 yards and have 30 or more TDs. Was selected to his fourth consecutive Pro Bowl in as many years in the league.

- Started all 16 games in 2014, completing 285 of 452 passes (63.1%) for a career-high 3,475 yards, a passer rating of 95.0, 20 touchdowns and a career-low seven interceptions. Also set career-high in rushes (118), rushing yards (849) and rushing touchdowns (six).

- Became the third youngest quarterback in NFL history to win the Super Bowl, leading the team to a 43-8 win over the Denver Broncos in Super Bowl XLVIII, completing 18 of 25 (72.0%) passes for 206 yards, two TDs and a 123.1 passer rating.

- Started all 16 games in his second season, completing 257 of 407 passes (63.1%) with career highs in yards (3,357) and passer rating (101.2), tying a career high with 26 touchdowns, and a career-low nine interceptions. Added one rushing touchdown while setting career-highs with 96 rushes for 539 yards.

- Tied Peyton Manning's 1998 record for most TD passes by a rookie (26). Became the first rookie in NFL history to lead his team to an undefeated home record. Set a club record with a 100.0 passer rating - second-best ever by a rookie and 64.1 completion percentage was third all time.

- Set an all-time NFL record for a rookie at Miami with 16 consecutive completions. That game also marked his third-consecutive game with a 125.0 or better passer rating, also a record for a rookie. Became the first player in NFL history to record three rushing TDs and pass for a TD in the first half of a game (at Buffalo 12/16). Set franchise record for most rushing yards in a season by a QB (489), most rushing yards in a game (92) and most rushing TDs in a game (3) by a QB at Buffalo.

• Started all 16 games as a rookie, completing 252 of 393 passes (64.1%) for 3,118 yards and 26 TDs and a 100.0 passer rating. Also ran 94 times for 489 yards with 4 TDs.

HONORS: 2019: Pro Bowl, Associated Press 2nd Team All-Pro, NFC Offensive Player of the Week at Pittsburgh (9/15/19), NFC Offensive Player of the Week vs. Tampa Bay (11/3/19). 2018: Pro Bowl. 2017: Pro Bowl, NFC Offensive Player of the Week vs. Philadelphia (12/03/18), NFC Offensive Player of the Week vs. Houston (10/29/17). 2015: Pro Bowl, NFC Offensive Player of the Week vs. Steelers (11/29/15). 2014: Pro Bowl, NFC Offensive Player of the Week at Redskins (10/6/14), NFC Offensive Player of the Week at Cardinals (12/21/14). 2013: NFC Pro Bowl, NFC Offensive Player of the Week vs. Saints (12/2/13). 2012: NFC Pro Bowl, Pepsi Max NFL Rookie of the Year, Sports Illustrated Offensive Rookie of the Year.

COLLEGE: Wilson started 50 consecutive games, throwing 379 consecutive passes without an interception to establish an NCAA Football Bowl Sub-division record. Completed 907 of 1,489 passes (60.9%) for 11,720 yards, 109 touchdowns and 29 interceptions. Rushed 441 times for 1,421 yards (3.2 avg.) and 23 touchdowns, becoming the fifth player in the NCAA FBS ranks to rush for over 1,000 yards and throw for over 5,000 yards in a career. During his 36-game career at North Carolina State, Wilson connected on 682 of 1,180 passes (57.8%) for 8,545 yards, 76 touchdowns and 25 interceptions, as he piled up 9,628 yards in total offense and was responsible for 93 touchdowns, in addition to rushing 362 times for 1,083 yards (2.9 avg.) and 17 scores. Finished his Wolfpack career ranking second in school annals for pass attempts and touchdown passes, and third for pass completions, pass completion percentage and yards in total offense. His eight 300-yard passing games in 2010 rank second on the NC State season-record chart, while his total of 12 300-yard efforts for the Wolfpack rank second on the career list. Set NC State season-records with 308 pass

completions in 2009, ranking second with 527 pass attempts, 3,563 yards passing and 3,998 yards in total offense in 2010, along with 31 touchdown tosses in 2009. His 28 touchdown throws in 2010 rank third and his 3,287 yards in total offense in 2009 rank fourth on the State annual record chart. His five touchdown passes vs. Florida State in 2009 tied the Wolfpack single-game record. In just one season at Wisconsin, Wilson connected on 225 of 309 passes (72.8%) for 3,175 yards, 33 touchdowns and only four interceptions, adding 79 carries for 338 yards (4.2 avg.) and six scores, compiling an NCAA record 191.7 pass efficiency rating and gaining 3,513 yards in total offense, along with being responsible for 39 touchdowns.

PERSONAL: Attended Collegiate High in Richmond, playing football and baseball. Earned all-state, all-region and all-district honors, in addition to being named the 2005 Richmond Times-Dispatch Player of the Year as a junior. That season, Wilson threw for 3,287 yards and 40 touchdowns while rushing for another 634 yards and 15 scores. The Cougars won the state title, as the team compiled a perfect 11-0 record. In 2006, was featured in Sports Illustrated's "Faces in the Crowd" for his state title game performance after completing 21-37 passes for 291 yards and two touchdowns while rushing 30 times for 223 yards and three more scores in a 38-17 win. Passed for 3,009 yards, 34 touchdowns and just seven interceptions as a senior. Also rushed for 1,132 yards, adding 18 more scores while again earning all-state, all-conference and conference player of the year accolades. On the baseball diamond, the shortstop batted .467 as a senior, enticing the Colorado Rockies to begin following him to North Carolina State and drafting him in the fourth round of the 2010 major league baseball draft. Communications major. His father, the late Harrison Wilson, III, played football and baseball at Dartmouth and was on the San Diego Chargers preseason squad. His older brother, Harrison, IV, played football and baseball at Richmond.

RUSSELL WILSON'S NFL REGULAR SEASON PASSING/RUSHING STATISTICS

DATE	TEAM	GP	GS	PASSING											RUSHING				
				ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2012	Seahawks	16	16	393	252	64.1	3,118	7.9	26	10	67	33	203	100.0	94	489	5.2	25t	4
2013	Seahawks	16	16	407	257	63.1	3,357	8.2	26	9	80t	44	272	101.2	96	539	5.6	27	1
2014	Seahawks	16	16	452	285	63.1	3,475	7.7	20	7	80t	42	242	95.0	118	849	7.2	55	6
2015	Seahawks	16	16	483	329	68.1	4,024	8.3	34	8	80t	45	265	110.1	103	553	5.4	24	1
2016	Seahawks	16	16	546	353	64.7	4,219	7.7	21	11	59	41	293	92.6	72	259	3.6	18	1
2017	Seahawks	16	16	553	339	61.3	3,983	7.2	34	11	74t	43	322	95.4	95	586	6.2	31	3
2018	Seahawks	16	16	427	280	65.6	3,448	8.1	35	7	66	51	355	110.9	67	376	5.6	40	0
2019	Seahawks	16	16	516	341	66.1	4,110	8.0	31	5	60t	48	319	106.3	75	342	4.6	21	3
TOTALS		128	128	3,777	2,436	64.5	29,734	7.9	227	68	80t	347	2,271	101.2	720	3,993	5.5	55	19

RUSSELL WILSON'S NFL POSTSEASON PASSING/RUSHING STATISTICS

DATE	TEAM	GP	GS	PASSING											RUSHING				
				ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2012	Seahawks	2	2	62	39	62.9	572	9.2	3	1	34	7	48	102.4	15	127	8.5	28	1
2013	Seahawks	3	3	68	43	63.2	524	7.7	3	0	51	7	22	101.6	11	42	3.8	16	0
2014	Seahawks	3	3	72	41	56.9	724	10.1	6	5	63t	10	58	90.3	17	86	5.1	17	1
2015	Seahawks	2	2	74	44	59.5	508	6.9	4	3	35	7	54	81.4	8	53	6.6	14	0
2016	Seahawks	2	2	60	40	66.7	449	7.5	4	2	42	6	31	97.2	9	46	5.1	14	0
2018	Seahawks	1	1	27	18	66.7	233	8.6	1	0	53	1	7	105.9	3	14	4.7	7	1
2019	Seahawks	2	2	61	39	63.9	602	9.9	2	0	53t	6	19	107.4	16	109	6.8	22	0
TOTALS		15	15	424	264	62.3	3,612	8.5	23	11	63t	44	239	96.7	79	477	6.0	28	3

ADDITIONAL STATS

Receiving: 2014 (1 for 17 yards); 2016 (2 for 14 yards, 7.0 avg., 15 long (TD), 1 TD); **Career:** (3 for 31 yards, 10.3 avg., 17 long, 1 TD)

RUSSELL WILSON'S SINGLE-GAME HIGHS: QUARTERBACK

Pass Attempts	50 vs. New Orleans Saints, Sep 22, 2019	Passer Rating	158.3 at Detroit Lions, Oct 28, 2018
Pass Completions	32 vs. New Orleans Saints, Sep 22, 2019 ...1 more at 32.	Rush Attempts	14 vs. New York Giants, Nov 09, 2014
Yards Passing	452 vs. Houston Texans, Oct 29, 2017	Rushing Yards	122 at Washington Redskins, Oct 06, 2014
TD Passes	5 vs. Tampa Bay Buccaneers, Nov 03, 2019 ...2 more at 5.	Longest Runs	55 at Arizona Cardinals, Dec 21, 2014
Long Passes	80t vs. Pittsburgh Steelers, Nov 29, 2015 ...2 more at 80.	Rushing TDs	3 at Buffalo Bills, Dec 16, 2012
Completion Percentage	82.9 at Pittsburgh Steelers, Sep 15, 2019		

RUSSELL WILSON'S 300-YARD PASSING GAMES (15): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
10/29/17	TEXANS	26	452	17.4	66	4
09/22/19	SAINTS	32	406	12.7	54	2
11/03/19	BUCCANEERS	29	378	13.0	53t	5
09/24/17	at Titans	29	373	12.9	46	4
12/24/16	CARDINALS	29	350	12.1	42t	4
11/13/16	at Patriots	25	348	13.9	39	3
11/29/15	STEELERS	21	345	16.4	80t	5
11/25/18	at Panthers	22	339	15.4	54	2
12/21/14	at Cardinals	20	339	17.0	80t	2
10/22/17	at Giants	27	334	12.4	38t	3
09/08/13	at Panthers	25	320	12.8	43t	1
10/19/14	at Rams	23	313	13.6	49	2
12/02/13	SAINTS	22	310	14.1	60	3
10/02/16	at Jets	23	309	13.4	42t	3
09/15/19	at Steelers	29	300	10.3	30	3

RUSSELL WILSON'S 300-YARD PASSING GAMES (3): POSTSEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
01/13/13	at Falcons	24	385	16.0	34	2
01/17/16	at Panthers	31	366	11.8	33t	3
01/05/20	at Eagles	18	325	18.1	53t	1

RUSSELL WILSON'S 2019 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
09/08	Bengals	S	20	14	195	70.0	9.8	13.9	2	0	44t	4/35	134.4	4	8	5	0	W	21-20
09/15	at Steelers	S	35	29	300	82.9	8.6	10.3	3	0	30	4/26	131.0	6	22	15	0	W	28-26
09/22	Saints	S	50	32	406	64.0	8.1	12.7	2	0	54	0/0	102.6	7	51	18	2	L	27-33
09/29	at Cardinals	S	28	22	240	78.6	8.6	10.9	1	0	32	4/15	114.3	2	7	5	0	W	27-10
10/03	Rams	S	23	17	268	73.9	11.7	15.8	4	0	40t	1/6	151.8	8	32	12	0	W	30-29
10/13	at Browns	S	33	23	295	69.7	8.9	12.8	2	0	30	3/11	117.6	9	31	16t	1	W	32-28
10/20	Ravens	S	41	20	241	48.8	5.9	12.1	1	1	48	1/0	65.2	3	27	11	0	L	16-30
10/27	at Falcons	S	20	14	182	70.0	9.1	13.0	2	0	23	2/11	131.7	4	4	5	0	W	27-20
11/03	Buccaneers	S	43	29	378	67.4	8.8	13.0	5	0	53t	3/31	133.7	1	21	21	0	W	40-34+
11/11	at 49ers	S	34	24	232	70.6	6.8	9.7	1	1	28	5/43	86.9	6	53	18	0	W	27-24+
11/24	at Eagles	S	25	13	200	52.0	8.0	15.4	1	1	38	6/26	75.4	3	15	16	0	W	17-9
12/02	Vikings	S	31	21	240	67.7	7.7	11.4	2	1	60t	2/14	98.9	4	13	7	0	W	37-30
12/08	at Rams	S	36	22	245	61.1	6.8	11.1	0	1	35	5/43	69.8	5	28	17	0	L	12-28
12/15	at Panthers	S	26	20	286	76.9	11.0	14.3	2	0	58	2/12	137.7	3	-1	1	0	W	30-24
12/22	Cardinals	S	31	16	169	51.6	5.5	10.6	1	0	23	5/36	78.6	2	2	6	0	L	13-27
12/29	49ers	S	40	25	233	62.5	5.8	9.3	2	0	24	1/10	95.1	8	29	5	0	L	21-26
2019 TOTALS	16-16		516	341	4,110	66.1	8.0	12.1	31	5	60t	48/319	106.3	75	342	21	3	11-5	

+ - Overtime

RUSSELL WILSON'S 2018 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING										RUSHING				W/L	SCORE	
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG			TD
09/09	at Broncos	S	33	19	298	57.6	9.0	15.7	3	2	66	6/56	92.7	2	5	5	0	L	24-27
09/17	at Bears	S	36	22	226	61.1	6.3	10.3	2	1	34	6/24	86.1	3	17	9	0	L	17-24
09/23	Cowboys	S	26	16	192	61.5	7.4	12.0	2	0	52t	2/10	109.8	2	-1	0	0	W	24-13
09/30	at Cardinals	S	26	19	172	73.1	6.6	9.1	0	0	30	2/12	90.5	4	21	10	0	W	20-17
10/07	Rams	S	21	13	198	61.9	9.4	15.2	3	0	44	2/15	132.5	0	0	0	0	L	31-33
10/14	at Raiders	S	23	17	222	73.9	9.7	13.1	3	1	42	1/8	125.4	6	20	9	0	W	27-3
10/28	at Lions	S	17	14	248	82.4	14.6	17.7	3	0	45	2/11	158.3	2	15	11	0	W	28-14
11/04	Chargers	S	39	26	235	66.7	6.0	9.0	2	1	42	4/33	89.2	5	41	16	0	L	17-25
11/11	at Rams	S	26	17	176	65.4	6.8	10.4	3	0	29	4/35	123.2	9	92	21	0	L	31-36
11/15	Packers	S	31	21	225	67.7	7.3	10.7	2	0	34	3/20	110.3	5	17	12	0	W	27-24
11/25	at Panthers	S	31	22	339	71.0	10.9	15.4	2	0	54	2/17	128.3	3	4	7	0	W	30-27
12/02	49ers	S	17	11	185	64.7	10.9	16.8	4	0	52t	3/22	140.9	4	14	7	0	W	43-16
12/10	Vikings	S	20	10	72	50.0	3.6	7.2	0	1	14	2/12	37.9	7	61	40	0	W	21-7
12/16	at 49ers	S	31	23	237	74.2	7.6	10.3	2	0	35t	3/20	117.3	5	15	5	0	L	23-26+
12/23	Chiefs	S	29	18	271	62.1	9.3	15.1	3	0	45	3/17	127.2	8	57	26	0	W	38-31
12/30	Cardinals	S	21	12	152	57.1	7.2	12.7	1	1	37	6/43	75.9	2	-2	1	0	W	27-24
2018 TOTALS		16-16	427	280	3,448	65.6	8.1	12.3	35	7	66	51/355	110.9	67	376	40	0	10-6	

+ - Overtime

RUSSELL WILSON'S 2017 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING										RUSHING				W/L	SCORE	
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG			TD
09/10	at Packers	S	27	14	158	51.9	5.9	11.3	0	0	34	3/23	69.7	2	40	29	0	L	9-17
09/17	49ers	S	39	23	198	59.0	5.1	8.6	1	0	22	3/17	80.9	12	34	11	0	W	12-9
09/24	at Titans	S	49	29	373	59.2	7.6	12.9	4	0	46	1/9	110.3	7	26	11	0	L	27-33
10/01	Colts	S	26	21	295	80.8	11.3	14.0	2	2	41	3/12	107.5	4	38	23t	1	W	46-18
10/08	at Rams	S	37	24	198	64.9	5.4	8.3	1	1	21	3/19	76.2	5	16	9	0	W	16-10
10/22	at Giants	S	39	27	334	69.2	8.6	12.4	3	0	38t	1/13	121.1	2	10	7	0	W	24-7
10/29	Texans	S	41	26	452	63.4	11.0	17.4	4	1	66	2/6	123.2	4	30	21	0	W	41-38
11/05	Washington	S	45	24	297	53.3	6.6	12.4	2	2	30t	2/8	70.3	10	77	13	0	L	14-17
11/09	at Cardinals	S	32	22	238	68.8	7.4	10.8	2	0	54	5/26	111.2	5	19	10	0	W	22-16
11/20	Falcons	S	42	26	258	61.9	6.1	9.9	2	1	29t	3/30	85.2	7	86	17	1	L	31-34
11/26	at 49ers	S	34	20	228	58.8	6.7	11.4	2	1	26	0/0	86.4	7	25	11	1	W	24-13
12/03	Eagles	S	31	20	227	64.5	7.3	11.4	3	0	47	2/18	118.6	6	31	10	0	W	24-10
12/10	at Jaguars	S	31	17	271	54.8	8.7	15.9	3	3	74t	2/11	76.9	5	50	19	0	L	24-30
12/17	Rams	S	30	14	142	46.7	4.7	10.1	1	0	26t	7/71	71.8	5	39	15	0	L	7-42
12/24	at Cowboys	S	21	14	93	66.7	4.4	6.6	2	0	20	3/33	107.8	9	29	14	0	W	21-12
12/31	Cardinals	S	29	18	221	62.1	7.6	12.3	2	0	29t	3/26	108.5	5	36	31	0	L	24-26
2017 TOTALS		16-16	553	339	3,983	61.3	7.2	11.7	34	11	74t	43/322	95.4	95	586	31	3	9-7	

RUSSELL WILSON'S 2016 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING										RUSHING				W/L/T	SCORE	
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG			TD
09/11	Dolphins	S	43	27	258	62.8	6.0	9.6	1	1	24	3/18	77.5	4	16	9	0	W	12-10
09/18	at Rams	S	35	22	254	62.9	7.3	11.5	0	0	53	2/15	84.7	5	14	8	0	L	3-9
09/25	49ers	S	23	15	243	65.2	10.6	16.2	1	0	59	2/17	114.9	1	3	3	0	W	37-18
10/02	at Jets	S	32	23	309	71.9	9.7	13.4	3	0	42t	2/21	133.5	5	-5	2	0	W	27-17
10/16	Falcons	S	37	25	270	67.6	7.3	10.8	0	0	25	1/9	88.8	6	7	6	0	W	26-24
10/23	at Cardinals	S	37	24	225	64.9	6.1	9.4	0	0	31	1/20	81.5	1	-2	-2	0	T	6-6+
10/30	at Saints	S	34	22	253	64.7	7.4	11.5	0	1	27	1/11	74.8	3	11	5	0	L	20-25
11/07	Bills	S	26	20	282	76.9	10.8	14.1	2	0	50	4/37	137.0	3	10	8	1	W	31-25
11/13	at Patriots	S	37	25	348	67.6	9.4	13.9	3	0	39	3/24	124.6	3	6	6	0	W	31-24
11/20	Eagles	S	31	18	272	58.1	8.8	15.1	1	0	44	1/0	97.8	8	19	7	0	W	26-15
11/27	at Buccaneers	S	33	17	151	51.5	4.6	8.9	0	2	21	6/33	38.8	8	80	17	0	L	5-14
12/04	Panthers	S	36	26	277	72.2	7.7	10.7	1	1	40	3/21	92.0	3	29	18	0	W	40-7
12/11	at Packers	S	39	22	240	56.4	6.2	10.9	1	5	31	3/22	43.7	4	19	8	0	L	10-38
12/15	Rams	S	26	19	229	73.1	8.8	12.1	3	1	57t	2/2	122.1	6	12	9	0	W	24-3
12/24	Cardinals	S	45	29	350	64.4	7.8	12.1	4	0	42t	6/37	117.8	10	36	15	0	L	31-34
01/01	at 49ers	S	32	19	258	59.4	8.1	13.6	1	0	42	1/6	95.6	2	4	4	0	W	25-23
2016 TOTALS		16-16	546	353	4,219	64.7	7.7	12.0	21	11	59	41/293	92.6	72	259	18	1	10-5-1	

+ - Overtime

RUSSELL WILSON'S 2015 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING										RUSHING				W/L	SCORE	
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG			TD
09/13	at Rams	S	41	32	251	78.0	6.1	7.8	1	1	23	6/32	90.1	8	31	10	0	L	31-34+
09/20	at Packers	S	30	19	206	63.3	6.9	10.8	2	1	32	2/1	91.8	10	78	17	0	L	17-27
09/27	Bears	S	30	20	235	66.7	7.8	11.8	1	0	30t	4/23	101.4	6	28	13	0	W	26-0
10/05	Lions	S	26	20	287	76.9	11.0	14.4	1	0	50	6/52	125.0	10	40	15	0	W	13-10
10/11	at Bengals	S	23	15	213	65.2	9.3	14.2	1	1	46	4/16	91.4	3	21	9	0	L	24-27+
10/18	Panthers	S	30	18	241	60.0	8.0	13.4	1	0	45	4/22	96.7	8	53	24	0	L	23-27
10/22	at 49ers	S	24	18	235	75.0	9.8	13.1	1	2	43t	5/23	84.5	7	20	9	0	W	20-3
11/01	at Cowboys	S	30	19	210	63.3	7.0	11.1	1	1	22t	0/0	81.2	6	32	10	0	W	13-12
11/15	Cardinals	S	32	14	240	43.8	7.5	17.1	1	1	40	2/12	67.2	6	52	20	0	L	32-39
11/22	49ers	S	29	24	260	82.8	9.0	10.8	3	0	31t	2/7	138.5	9	30	8	0	W	29-13
11/29	Steelers	S	30	21	345	70.0	11.5	16.4	5	0	80t	2/9	147.9	4	14	10	0	W	39-30
12/06	at Vikings	S	27	21	274	77.8	10.1	13.0	3	0	53t	1/8	146.0	9	51	14	1	W	38-7
12/13	at Ravens	S	32	23	292	71.9	9.1	12.7	5	0	49t	0/0	139.6	1	6	6	0	W	35-6
12/20	Browns	S	30	21	249	70.0	8.3	11.9	3	0	39	2/8	128.3	5	46	16	0	W	30-13
12/27	Rams	S	41	25	289	61.0	7.0	11.6	2	1	28	4/36	88.4	6	38	20	0	L	17-23
01/03	at Cardinals	S	28	19	197	67.9	7.0	10.4	3	0	36	1/16	123.7	5	13	9	0	W	36-6
2015 TOTALS		16-16	483	329	4,024	68.1	8.3	12.2	34	8	80t	45/265	110.1	103	553	24	1	10-6	

+ - Overtime

RUSSELL WILSON'S 2014 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING										RUSHING				W/L	SCORE	
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG			TD
09/04	Packers	S	28	19	191	67.9	6.8	10.1	2	0	33t	1/0	110.9	7	29	13	0	W	36-16
09/14	at Chargers	S	25	17	202	68.0	8.1	11.9	2	0	32	2/22	119.1	2	18	13	0	L	21-30
09/21	Broncos	S	34	24	258	70.6	7.6	10.8	2	1	39t	3/20	99.9	9	40	9	0	W	26-20+
10/06	at Washington	S	24	18	201	75.0	8.4	11.2	2	0	36	3/23	127.3	11	122	29	1	W	27-17
10/12	Cowboys	S	28	14	126	50.0	4.5	9.0	0	1	53	2/0	47.6	2	12	9t	1	L	23-30
10/19	at Rams	S	36	23	313	63.9	8.7	13.6	2	0	49	3/21	110.1	7	106	52	1	L	26-28
10/26	at Panthers	S	32	20	199	62.5	6.2	10.0	1	1	23t	1/8	77.5	6	35	15	0	W	13-9
11/02	Raiders	S	35	17	179	48.6	5.1	10.5	0	0	39	1/2	63.9	8	31	19	0	W	30-24
11/09	Giants	S	17	10	172	58.8	10.1	17.2	0	2	60	2/12	53.7	14	107	26	1	W	38-17
11/16	at Chiefs	S	32	20	178	62.5	5.6	8.9	2	0	27	2/10	98.2	8	71	14	0	L	20-24
11/23	Cardinals	S	22	17	211	77.3	9.6	12.4	1	0	48	7/42	121.6	10	73	40	0	W	19-3
11/27	at 49ers	S	22	15	236	68.2	10.7	15.7	1	0	63	4/14	118.8	7	35	12	0	W	19-3
12/07	at Eagles	S	37	22	263	59.5	7.1	12.0	2	0	25	2/11	99.3	10	48	26t	1	W	24-14
12/14	49ers	S	24	12	168	50.0	7.0	14.0	1	1	47	5/30	69.4	5	27	19	0	W	17-7
12/21	at Cardinals	S	31	20	339	64.5	10.9	17.0	2	0	80t	1/10	122.9	6	88	55	1	W	35-6
12/28	Rams	S	25	17	239	68.0	9.6	14.1	0	1	38	3/17	81.9	6	7	6	0	W	20-6
2014 TOTALS		16-16	452	285	3,475	63.1	7.7	12.2	20	7	80t	42/242	95.0	118	849	55	6	12-4	

+ - Overtime

RUSSELL WILSON'S 2013 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING										RUSHING				W/L	SCORE	
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG			TD
09/08	at Panthers	S	33	25	320	75.8	9.7	12.8	1	0	43t	2/20	115.7	5	7	7	0	W	12-7
09/15	49ers	S	19	8	142	42.1	7.5	17.8	1	1	51	4/24	63.9	10	33	11	0	W	29-3
09/22	Jaguars	S	21	14	202	66.7	9.6	14.4	4	1	30	2/8	117.5	2	14	10	0	W	45-17
09/29	at Texans	S	23	12	123	52.2	5.3	10.3	0	1	24	5/32	49.7	10	77	25	0	W	23-20+
10/06	at Colts	S	31	15	210	48.4	6.8	14.0	2	1	28t	2/5	78.7	13	102	22	0	L	28-34
10/13	Titans	S	31	23	257	74.2	8.3	11.2	0	0	55	2/4	98.5	10	61	23	0	W	20-13
10/17	at Cardinals	S	29	18	235	62.1	8.1	13.1	3	0	32	3/26	122.1	8	29	11	0	W	34-22
10/28	at Rams	S	18	10	139	55.6	7.7	13.9	2	0	80t	7/48	117.6	3	16	17	0	W	14-9
11/03	Buccaneers	S	26	19	217	73.1	8.3	11.4	2	2	28	0/0	91.3	6	36	16	1	W	27-24+
11/10	at Falcons	S	26	19	287	73.1	11.0	15.1	2	0	46	1/8	134.6	3	20	10	0	W	33-10
11/17	Vikings	S	18	13	230	72.2	12.8	17.7	2	0	44	1/6	151.4	2	14	12	0	W	41-20
12/02	Saints	S	30	22	310	73.3	10.3	14.1	3	0	60	1/8	139.6	8	47	15	0	W	34-7
12/08	at 49ers	S	25	15	199	60.0	8.0	13.3	1	1	39t	2/21	81.9	1	2	2	0	L	17-19
12/15	at Giants	S	27	18	206	66.7	7.6	11.4	1	1	30	4/29	86.3	8	50	16	0	W	23-0
12/22	Cardinals	S	27	11	108	40.7	4.0	9.8	1	1	28	4/19	49.6	2	32	27	0	L	10-17
12/29	Rams	S	23	15	172	65.2	7.5	11.5	1	0	47t	4/14	102.1	5	-1	8	0	W	27-9
2013 TOTALS		16-16	407	257	3,357	63.1	8.2	13.1	26	9	80t	44/272	101.2	96	539	27	1	13-3	

+ - Overtime

RUSSELL WILSON'S 2012 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING				SCORE	
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		W/L
09/09	at Cardinals	S	34	18	153	52.9	4.5	8.5	1	1	27	3/14	62.5	8	20	5	0	L	16-20
09/16	Cowboys	S	20	15	151	75.0	7.6	10.1	1	0	22t	2/18	112.7	4	28	14	0	W	27-7
09/24	Packers	S	21	10	130	47.6	6.2	13.0	2	0	41t	1/19	99.3	3	18	12	0	W	14-12
09/30	at Rams	S	25	17	160	68.0	6.4	9.4	0	3	17	2/20	45.8	7	14	8	0	L	13-19
10/07	at Panthers	S	25	19	221	76.0	8.8	11.6	1	2	30	2/9	82.3	5	12	9	0	W	16-12
10/14	Patriots	S	27	16	293	59.3	10.9	18.3	3	0	51	2/10	133.7	5	17	9	0	W	24-23
10/18	at 49ers	S	23	9	122	39.1	5.3	13.6	0	1	36	2/7	38.7	3	10	9	0	L	6-13
10/28	at Lions	S	35	25	236	71.4	6.7	9.4	2	1	19	0/0	96.8	1	9	9	0	L	24-28
11/04	Vikings	S	24	16	173	66.7	7.2	10.8	3	0	23	1/8	127.3	9	27	13	0	W	30-20
11/11	Jets	S	19	12	188	63.2	9.9	15.7	2	0	38t	4/22	131.0	7	34	18	0	W	28-7
11/25	at Dolphins	S	27	21	224	77.8	8.3	10.7	2	0	32	2/8	125.9	5	38	20	0	L	21-24
12/02	at Bears	S	37	23	293	62.2	7.9	12.7	2	0	49	2/10	104.9	9	71	13	0	W	23-17+
12/09	Cardinals	S	13	7	148	53.8	11.4	21.1	1	1	67	1/7	88.0	3	12	6	0	W	58-0
12/16	at Bills	S	23	14	205	60.9	8.9	14.6	1	0	44	2/9	104.4	9	92	25t	3	W	50-17
12/23	49ers	S	21	15	171	71.4	8.1	11.4	4	1	43	1/1	115.3	6	29	9	0	W	42-13
12/30	Rams	S	19	15	250	78.9	13.2	16.7	1	0	49	6/41	136.3	10	58	15	1	W	20-13
2012 TOTALS		16-16	393	252	3,118	64.1	7.9	12.4	26	10	67	33/203	100.0	94	489	25t	4	11-5	

+ - Overtime

RUSSELL WILSON'S 2019 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING				SCORE	
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		W/L
01/05	at Eagles	S	30	18	325	60.0	10.8	18.1	1	0	53t	1/7	108.3	9	45	22	0	W	17-9
01/12	at Packers	S	31	21	277	67.7	8.9	13.2	1	0	31	5/12	106.5	7	64	22	0	L	23-28
2019 TOTALS		2-2	61	39	602	63.9	9.9	15.4	2	0	53t	6/19	107.4	16	109	22	0	1-1	

RUSSELL WILSON'S 2018 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING				SCORE	
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		W/L
01/05	at Cowboys	S	27	18	233	66.7	8.6	12.9	1	0	53	1/7	105.9	3	14	7	1	L	22-24
2018 TOTALS		1-1	27	18	233	66.7	8.6	12.9	1	0	53	1/7	105.9	3	14	7	1	0-1	

RUSSELL WILSON'S 2016 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING				SCORE	
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		W/L
01/07	Lions	S	30	23	224	76.7	7.5	9.7	2	0	42	3/14	119.3	3	-3	-1	0	W	26-6
01/14	at Falcons	S	30	17	225	56.7	7.5	13.2	2	2	40	3/17	75.0	6	49	14	0	L	20-36
2016 TOTALS		2-2	60	40	449	66.7	7.5	11.2	4	2	42	6/31	97.2	9	46	14	0	1-1	

RUSSELL WILSON'S 2015 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING				SCORE	
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		W/L
01/10	at Vikings	S	26	13	142	50.0	5.5	10.9	1	1	35	2/13	63.3	5	21	11	0	W	10-9
01/17	at Panthers	S	48	31	366	64.6	7.6	11.8	3	2	33t	5/41	91.1	3	32	14	0	L	24-31
2015 TOTALS		2-2	74	44	508	59.5	6.9	11.5	4	3	35	7/54	81.4	8	53	14	0	1-1	

RUSSELL WILSON'S 2014 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING				SCORE	
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		W/L
01/10	Panthers	S	22	15	268	68.2	12.2	17.9	3	0	63t	2/20	149.2	7	22	14	0	W	31-17
01/18	Packers	S	29	14	209	48.3	7.2	14.9	1	4	35t	5/25	44.3	7	25	15	1	W	28-22+
02/01	Patriots	S	21	12	247	57.1	11.8	20.6	2	1	45	3/13	110.6	3	39	17	0	L	24-28
2014 TOTALS		3-3	72	41	724	56.9	10.1	17.7	6	5	63t	10/58	90.3	17	86	17	1	2-1	

+ - Overtime

RUSSELL WILSON'S 2013 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING				SCORE	
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		W/L
01/11	Saints	S	18	9	103	50.0	5.7	11.4	0	0	25	3/0	67.6	3	16	8	0	W	23-15
01/19	49ers	S	25	16	215	64.0	8.6	13.4	1	0	51	4/22	104.6	5	0	3	0	W	23-17
02/02	at Broncos	S	25	18	206	72.0	8.2	11.4	2	0	37	0/0	123.1	3	26	16	0	W	43-8
2013 TOTALS		3-3	68	43	524	63.2	7.7	12.2	3	0	51	7/22	101.6	11	42	16	0	3-0	

RUSSELL WILSON'S 2012 GXG POSTSEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	PASSING											RUSHING				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
01/06	at Washington	S	26	15	187	57.7	7.2	12.5	1	0	33	5/31	92.9	8	67	28	0	W	24-14
01/13	at Falcons	S	36	24	385	66.7	10.7	16.0	2	1	34	2/17	109.1	7	60	17	1	L	28-30
2012 TOTALS		2-2	62	39	572	62.9	9.2	14.7	3	1	34	7/48	102.4	15	127	28	1	1-1	



50 | LINEBACKER

K.J. WRIGHT

Height: 6-4 Weight: 246
 College: Mississippi State
 Seasons: NFL : 10th, Seahawks 10th
 Born: July 23, 1989
 Hometown: Olive Branch, Miss.



TRANSACTIONS:

04/30/11: Drafted by Seattle (4th round, 99th)
 12/18/14: Signed multi-year contract extension with Seattle
 03/15/19: Re-signed with Seattle as UFA

NFL CAREER HIGHLIGHTS:

- He ranks third in franchise history with 848 tackles.
- In 2019, posted a career-high 132 tackles (67 solo). It was his fifth-career 100-tackle season, which is the second most in franchise history (Bobby Wagner). He also recorded a career-high three interceptions.
- Started all 16 games in 2016 and set career-highs in tackles (126, 72 solo) and sacks (4.0) and tied a career high with five passes defended. Was selected to his first Pro Bowl.
- Moved to weakside linebacker and started 13 of 13 games in 2013 played, missing the last three games with a broken foot suffered at San Francisco (12/8). Missed the Divisional Playoff Game vs. New Orleans but returned to

play in both the NFC Championship and Super Bowl XLVIII.

- Started Super Bowl XLVIII. Recorded eight tackles (5 solo) in the 2013 postseason with seven tackles (5 solo) coming in SBXLVIII.

- His emergence during rookie season led to team trading Aaron Curry to Oakland on October 13, 2011. Started 12 of 16 games played and recorded 61 tackles (46 solo) and 2.0 sacks in 2011. Posted a career-high eight tackles in back-to-back games (vs. St. Louis, 12/12/11 and at Chicago, 12/18/11).

HONORS: 2016: Pro Bowl.

COLLEGE: Started 35 of 47 games at Mississippi State (22 at strong-side outside linebacker and 13 at weak-side linebacker). Finished career with 259 tackles (131 solo), including nine sacks for minus 60 yards, 23.5 stops for loss totaling 104 yards and 11 quarterback pressures. Forced and recovered three fumbles and had 14 passes defended.

PERSONAL: Attended Olive Branch (Miss.) High School. Regarded as the nation's 45th best strong-side outside linebacker. Selected to play in the Mississippi/Alabama All-Star Classic. Named first-team, all-state on the defensive line by the Clarion-Ledger in all classifications following his senior season. Also earned first-team, all-state mention by the Mississippi Association of Coaches at outside linebacker in Class 5A. Recorded 91 total tackles, 13 sacks and an interception. Helped Olive Branch to a 12-2 overall record as a senior. Also a standout for an undefeated basketball team as a senior. Born Kenneth Bernard Wright Jr. in Memphis, Tenn.

K.J. WRIGHT'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST					
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2011	Seahawks	16	12	61	46	15	10	0	2.0	9.0	4	0	0	0	0	3	1	1	30	4	4	0	0	0
2012	Seahawks	15	15	96	66	30	8	0	1.0	13.0	3	1	24	24	0	5	1	0	0	2	2	0	0	0
2013	Seahawks	13	13	80	46	34	4	12	1.5	4.5	2	0	0	0	0	4	0	1	0	0	0	0	0	0
2014	Seahawks	16	16	106	73	33	5	11	2.0	8.0	2	0	0	0	0	4	3	1	0	1	0	1	0	0
2015	Seahawks	16	16	116	71	45	4	13	1.0	11.0	2	0	0	0	0	3	4	2	4	0	0	0	0	0
2016	Seahawks	16	16	126	72	54	12	29	4.0	7.0	8	0	0	0	0	5	1	1	0	0	0	0	0	0
2017	Seahawks	15	15	108	71	37	5	14	0.0	0.0	3	1	1	1	0	6	0	1	0	0	0	0	0	0
2018	Seahawks	5	5	23	15	8	2	7	0.0	0.0	0	0	0	0	0	3	0	0	0	0	0	0	0	0
2019	Seahawks	16	16	132	67	65	5	11	0.0	0.0	1	3	10	11	0	11	0	0	0	0	0	0	0	0
NFL TOTALS		128	124	848	527	321	55	97	11.5	52.5	25	5	35	24	0	44	10	7	34	7	6	1	0	0

K.J. WRIGHT'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							INTERCEPTIONS					FUMBLES			ST					
				TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2012	Seahawks	2	2	16	8	8	2	0	0.0	0.0	0	0	0	0	0	2	0	0	0	0	0	0	0	0
2013	Seahawks	2	1	8	5	3	1	1	0.0	0.0	0	0	0	0	0	0	0	0	0	1	1	0	0	0
2014	Seahawks	3	3	23	16	7	0	0	0.0	0.0	1	0	0	0	0	1	0	0	0	0	0	0	0	0
2015	Seahawks	2	2	21	11	10	1	5	0.5	3.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0
2016	Seahawks	2	2	16	8	8	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Seahawks	1	1	8	7	1	1	3	0.0	0.0	0	1	0	0	0	1	0	0	0	0	0	0	0	0
2019	Seahawks	2	2	12	8	4	1	2	1.5	2.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		14	13	104	63	41	6	11	2.0	5.0	4	1	0	0	0	4	0	0	0	1	1	0	0	0

K.J. WRIGHT'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	15 vs. Houston Texans, Oct 29, 2017	Tackles For Loss	3 vs. St. Louis Rams, Dec 12, 2011
Sacks	1.0 at San Francisco 49ers, Jan 01, 2017 ...10 more at 1.0.	Interceptions	2 at Carolina Panthers, Dec 15, 2019
Passes Defensed	2 at Carolina Panthers, Dec 15, 2019 ...4 more at 2.	Interception Return Yards	24 at Buffalo Bills, Dec 16, 2012
Forced Fumbles	1 vs. Carolina Panthers, Dec 04, 2016 ...9 more at 1.	Special Teams Tackles	2 at Pittsburgh Steelers, Sep 18, 2011
Fumble Recoveries	1 at Dallas Cowboys, Dec 24, 2017 ...6 more at 1.		

PLAYERS ALL-TIME ROSTER

A

Player	Pos.	Years	GP	GS	College
Aboushi, Oday	G/T	2017	8	8	Virginia
Abramowitz, Sid	T	1984	4	0	Tulsa
Adams, Jamar	S	2008-09	7	0	Michigan
Adams, Phillip	CB	2011	1	0	South Carolina State
Adams, Sam	DT/DE	1994-99	89	66	Texas A&M
Adams, Theo	T	1992	10	0	Hawaii
Adkins, Sam	QB	1977-82	10	0	Wichita State
Agee, Tommie	FB	1988	16	0	Auburn
Ahrens, Dave	LB	1990	10	3	Wisconsin
Aiu, Charlie	G	1978	1	0	Hawaii
Alexander, D.J.	LB	2017	12	0	Oregon State
Alexander, Maurice	S	2018	9	0	Utah State
Alexander, Shaun	RB	2000-07	119	97	Alabama
Allen, Harvey	S	1987	2	2	Nevada-Las Vegas
Allen, RaShaun	TE	2014	1	0	Southern
Allert, Ty	LB	1990	1	0	Texas
Allred, Brian	CB	1993-94	4	0	Sacramento State
Alvarez, Wilson	K	1981	4	0	S.E. Louisiana
Amadi, Ugo	S	2019-	16	0	Oregon
Anderson, Eddie	S	1986	5	0	Fort Valley State
Anderson, Fredell	DE	1980-82	22	6	Prairie View A&M
Andrews, Ricky	LB	1990	15	0	Washington
Andrews, Stacy	T	2010	13	12	Mississippi
Andrews, Tom	C/G	1987	2	2	Louisville
Ansah, Ziggy	DE	2019	11	1	Brigham Young
Araguz, Leo	P	2005	4	0	Stephen F. Austin
Ashworth, Tom	T	2006-07	29	6	Colorado
Atkins, Baraka	DE	2007-08	21	0	Miami
Atkins, James	T/G	1994-97	49	37	S.W. Louisiana
August, Steve	T	1977-84	97	90	Tulsa
Avril, Cliff	DE	2013-17	67	55	Purdue

B

Babin, Jason	DE	2007-08	4	0	Western Michigan
Babineaux, Jordan	CB	2004-10	99	29	Southern Arkansas
Bachman, Ted	CB	1976	5	0	New Mexico State
Baham, Curtis	CB	1987	3	0	Tulane
Bailey, Alvin	T	2013-15	42	8	Arkansas
Bailey, Dion	S	2014-15	2	1	USC
Bailey, Edwin	G/T	1981-91	139	120	South Carolina State
Bailey, Karsten	WR	1999-00	11	0	Auburn
Bailey, Rodney	DE	2005	8	0	Ohio State
Baker, Chris	TE	2010	16	13	Michigan State
Baldwin, Doug	WR	2011-19	123	90	Stanford
Ballard, Howard	T	1994-98	74	74	Alabama A&M
Balmer, Kentwan	DL	2010	16	11	North Carolina
Bannister, Alex	WR	2001-05	57	4	Eastern Kentucky
Barbay, Roland	NT	1987	5	0	Louisiana State
Barber, Michael	LB	1995-97	21	9	Clemson
Barbre, Allen	G	2010-11	7	0	Missouri-Southern
Barisich, Carl	DE	1976	14	7	Princeton
Barr, Robert	T	1996	*0	0	Rutgers
Barton, Cody	LB	2019-	16	2	Utah
Bass, David	DE	2017	2	0	Missouri Western State
Bates, Michael	WR	1993-94	31	1	Arizona
Bates, Phil	WR	2012-14	1	0	Ohio University
Bates, Solomon	LB	2003-04	17	3	Arizona State
Battle, Isaiah	T	2017	*0	0	Clemson
Beamon, Autry	S	1977-79	45	39	East Texas State
Bebout, Nick	T	1976-79	56	55	Wyoming
Beede, Frank	G	1996-00	46	8	Panhandle State
Beeson, Terry	LB	1977-81	77	67	Kansas
Bell, Coleman	TE	1996	*0	0	Miami
Bell, Marcus	LB	2000-02	45	9	Arizona
Bell, Mark	TE/DE	1979-80, 82	41	2	Colorado State
Bellamy, Jay	S	1994-00	98	55	Rutgers
Bellore, Nick	FB	2019-	14	1	Central Michigan

Bengen, Brant	WR	1987	3	0	Idaho
Benjamin, Tony	FB	1977-79	28	1	Duke
Bennett, Michael	DE	2009, 2013-17	75	62	Texas A&M
Bentley, Kevin	LB	2005-07	43	5	Northwestern
Bernard, Rocky	DT	2002-08	103	55	Texas A&M
Bernard, Walter	CB	2002-03	1	0	New Mexico
Berry, Ray	LB	1993	8	2	Baylor
Berti, Tony	G/T	1998	*0	0	Colorado
Bickett, Duane	LB	1994-95	22	1	Southern California
Bierria, Terreal	S	2002-04	30	12	Georgia
Bigby, Atari	S	2010	15	2	Central Florida
Bitterlich, Don	K	1976	3	0	Temple
Blackmon, Harold	CB	2001-02	9	0	Northwestern
Blackmon, Robert	S	1990-96	106	96	Baylor
Blackshear, Jeff	G	1993-95	47	21	Northeast Louisiana
Blackwood, Lyle	S	1976	11	0	Texas Christian
Blades, Bennie	S	1997	10	9	Miami
Blades, Brian	WR	1988-98	156	122	Miami
Blair, Marquise	S	2019-	14	3	Utah
Bloedorn, Greg	G	1997-99	12	0	Cornell
Blue, Anthony	CB	1987	3	0	Nevada-Las Vegas
Bolcar, Ned	LB	1990	5	0	Notre Dame
Bolton, Andrew	RB	1976	5	2	Fisk
Borchardt, Jon	G/T	1985-87	42	4	Montana State
Bosworth, Brian	LB	1987-89	24	24	Oklahoma
Boulware, Michael	S	2004-06	48	28	Florida State
Bouyer, Willie	WR	1989-90	1	0	Michigan State
Bowie, Michael	T	2013	9	8	Northeastern St. (Okla.)
Bowman, Barry	P	1987	1	0	Louisiana Tech
Bownes, Fabien	WR	1999-01	47	0	Western Illinois
Boyd, Dennis	DE/DT/T	1977-79, 81-82	59	27	Oregon State
Boyd, Jerome	LB	1983	5	0	Oregon State
Boykin, Trevone	QB	2016-17	5	0	Texas Christian
Bradford, Allen	LB	2012-13	2	0	Southern California
Bradley, Ed	LB	1976	14	14	Wake Forest
Branch, Alan	DT	2011-12	31	31	Michigan
Branch, Deion	WR	2006-10	51	40	Louisville
Brandon, David	LB	1993-94	20	0	Memphis State
Brilz, Darrick	G/C	1989-93	78	44	Oregon State
Brinson, Larry	RB	1980	8	0	Florida
Britt, Justin	C/G/T	2014-19	87	86	Missouri
Brock, Lou	CB	1988	1	0	Southern California
Brock, Raheem	DE	2010-11	32	0	Temple
Brooks, Michael	DT	2013	1	0	East Carolina
Broussard, Steve	RB	1995-98	58	2	Washington State
Brown, Arnold	CB	1987	2	0	North Carolina Central
Brown, Bryce	RB	2015	3	0	Kansas State
Brown, Chad	LB	1997-04	107	107	Colorado
Brown, Dave	S/CB	1976-86	159	159	Michigan
Brown, Duane	T	2017-	37	37	Virginia Tech
Brown, Jaron	WR	2018-19	30	6	Clemson
Brown, Joe	DT	2001-02	2	0	Ohio State
Brown, Josh	K	2003-07	80	0	Nebraska
Brown, Marcus	CB	2010	1	0	Arkansas State
Brown, Reggie	FB	1996-00	62	10	Fresno State
Brown, Theotis	RB	1981-83	22	7	UCLA
Brown, Tony	CB	1994-95	29	5	Fresno State
Brown, Travis	QB	2000	1	0	Northern Arizona
Browner, Brandon	CB	2011-13	36	36	Oregon State
Bryant, Beno	RB	1994	2	0	Washington
Bryant, Cullen	FB	1983-84	19	5	Colorado
Bryant, Jeff	DE/DT	1982-93	175	167	Clemson
Bryant, Red	DT	2008-13	64	55	Texas A&M
Bullard, Louis	T	1978-80	36	15	Jackson State
Bumpus, Michael	WR	2008	4	1	Washington State
Burleson, Nate	WR	2006-09	46	32	Nevada
Burley, Marcus	CB	2014-15	26	1	Delaware
Burnham, Tim	T	1987-88	3	3	Washington
Burr-Kirven, Ben	LB	2019-	16	0	Washington
Burse, Tony	FB	1987	12	0	Middle Tennessee State
Bush, Blair	C	1983-88	82	78	Washington
Butler, Chuck	LB	1984	8	0	Boise State

PLAYERS ALL-TIME ROSTER, continued

B

Player	Pos.	Years	GP	GS	College
Butler, Crezdon	CB	2015	1	0	Clemson
Butler, Deon	WR	2009-11	35	8	Penn State
Butler, Hillary	LB	1998	7	0	Washington
Butler, Keith	LB	1978-87	146	132	Memphis State
Butler, Ray	WR	1985-88	41	8	Southern California
Byrd, Dominique	TE	2011	1	0	Southern California

C

Cain, Joe	LB	1989-92, 97	68	13	Oregon Tech
Caldwell, Tony	LB	1987	1	1	Washington
Calitro, Austin	LB	2018	16	5	Villanova
Campbell, Jack	T	1982	1	0	Utah
Canty, Chris	CB	1999-00	26	2	Kansas State
Carlson, John	TE	2008-11	47	38	Notre Dame
Carpenter, James	T	2011-14	45	39	Alabama
Carr, Roger	WR	1982	9	2	Louisiana Tech
Carson, Chris	RB	2017-	33	32	Oklahoma State
Carter, Kerry	RB	2003-04	32	0	Stanford
Castor, Chris	WR	1983-84	23	0	Duke
Celestin, Oliver	S	2006	13	0	Texas Southern
Chadwick, Jeff	WR	1989-91	39	0	Grand Valley State
Chancellor, Kam	S	2010-18	109	93	Virginia Tech
Charlton, Ike	CB	2000-01	31	1	Virginia Tech
Childs, Jason	G	1993	*0	0	North Dakota
Chukwurah, Patrick	DE	2012	^1	0	Wyoming
Clancy, Sam	DE	1983	13	0	Pittsburgh
Clark, Bernard	LB	1991	2	0	Miami
Clark, Frank	DE	2015-18	62	33	Michigan
Clark, Greg	LB	1992	12	0	Arizona State
Clark, Louis	WR	1987-92	55	15	Mississippi State
Clarke, Ken	NT	1988	16	1	Syracuse
Clemons, Chris	DE	2010-13	62	59	Georgia
Clowney, Jadeveon	DE	2019	13	11	South Carolina
Clune, Don	WR	1976	9	1	Pennsylvania
Cochran, Antonio	DT	1999-04	84	32	Georgia
Coder, Ron	G	1976-77, 79	43	19	Penn State
Coe, Rodney	DT	2017	1	0	Akron
Coffield, Randy	LB	1976	13	0	Florida State
Coffman, Chase	TE	2015	37	3	Missouri
Cohen, Landon	DT	2014	^0	0	Ohio University
Colbert, Adrian	S	2019	*0	0	Miami
Colbert, Keary	WR	2008	7	4	Southern California
Cole, Colin	DT	2009-10	27	26	Iowa
Coleman, Andre	WR	1997	2	0	Kansas State-15
Coleman, Derrick	FB	2013-15	31	7	UCLA
Coleman, Justin	CB	2017-18	32	10	Tennessee
Collier, L.J.	DE	2019-	11	0	Texas Christian
Collins, Alex	RB	2016	10	0	Arkansas
Collins, Greg	LB	1976	13	0	Notre Dame
Collins, Mark	S	1998	9	0	Cal State-Fullerton
Colquitt, Jimmy	P	1985	2	0	Tennessee
Comeaux, Darren	LB	1988-91	50	39	Arizona State
Cook, Kerwin	WR	2001	*0	0	Tulane
Cooke, Bill	DE/DT	1978-80	34	3	Massachusetts
Cooper, Chris	DT	2006	*0	0	Nebraska-Omaha
Cooper, Marquis	LB	2006	1	0	Washington
Corley, Chris	TE	1987	1	0	South Carolina
Cortes, Julio	LB	1987	3	3	Miami
Cotton, Marcus	LB	1991	3	0	Southern California
Coutu, Brandon	K	2008	*0	0	Georgia
Covington, Tony	S	1995	11	0	Virginia
Cowlings, Al	DE	1976	1	0	Southern California
Cox, Kennard	CB	2010-11	23	0	Pittsburgh
Cox, Perrish	CB	2013	2	0	Oklahoma State
Coyle, Brock	LB	2014-16	35	5	Montana
Crawford, Rufus	RB	1978	16	0	Virginia State
Croel, Mike	DE	1998	11	0	Nebraska

Cronan, Peter	LB	1977-79, 81	50	3	Boston College
Crumpler, Carlester	TE	1994-98	69	31	East Carolina
Cryder, Bob	T	1984-86	32	25	Alabama
Cunningham, Ed	C	1996	11	3	Washington
Cunningham, T.J.	S	1996	9	0	Colorado
Curry, Aaron	LB	2009-11	35	30	Wake Forest
Curtis, Mike	LB	1976	14	14	Duke

D

Daniels, B.J.	QB/WR	2013-15	6	0	South Florida
Daniels, Darrell	TE	2018	9	2	Washington
Daniels, David	WR	1991-92	29	1	Penn State
Daniels, Phillip	DE	1996-99	60	41	Georgia
Darboh, Amara	WR	2017-18	16	0	Michigan
Darby, Alvis	TE	1976	1	0	Florida
Darby, Chuck	DT	2005-07	36	34	South Carolina State
Darce, Jean-Philippe	LS	2000-06	97	0	McGill (Canada)
Davis, Akeem	S	2015	1	0	Memphis
Davis, Anthony	LB	1993	10	0	Utah
Davis, Austin	QB	2017	3	0	Southern Mississippi
Davis, Brian	CB	1991-92	29	2	Nebraska
Davis, Chris	FB	2003-04	1	0	Syracuse
Davis, Dexter	DE	2010-11	16	0	Arizona State
Davis, Fred	CB	1987	1	1	Western Carolina
Davis, Harlan	CB	1991	0	0	Tennessee
Davis, Kellen	TE	2013	15	4	Michigan State
Davis, Mike	RB	2017-18	21	8	South Carolina
Davis, Russell	DT	2006	13	0	North Carolina
Davis, Tyree	WR	1997	14	1	Central Arkansas
Dawkins, Sean	WR	1999-00	32	29	California
Dawson, Paul	LB	2017	3	0	Texas Christian
Dean, Konrad	T	2002	*0	0	Akron
Dean, Vernon	S	1988	16	0	San Diego State
Dee, Donnie	TE	1989	3	3	Tulsa
Demarie, John	G	1976	9	8	Louisiana State
DeVita, Rob	LB	1987	1	0	Illinois Benedictine
Dickenson, Dave	QB	2002	0	0	Montana
Dickson, Ed	TE	2018-19	10	1	Oregon
Dickson, Michael	P	2018-	32	0	Texas
Dietrich-Smith, Evan	G	2010	*0	0	Idaho State
Diggs, Quandre	S	2019-	5	5	Texas
Dilfer, Trent	QB	2001-04	22	12	Fresno State
Dion, Terry	DE	1980	9	2	Oregon
Dissly, Will	TE	2018-	10	10	Washington
Dixon, Zachary	RB	1983-84	26	2	Temple
Dobbs, Demarcus	DE	2014-15	15	0	Georgia
Dodge, Dedrick	S	1991-92	25	0	Florida State
Donaldson, Ray	C	1993-94	32	32	Georgia
Donnelly, Rick	P	1990-91	19	0	Wyoming
Doornink, Dan	FB/RB	1979-85	92	44	Washington State
Dorning, Dale	DE	1987	3	3	Oregon
Dorris, Andy	DE	1977	4	1	New Mexico State
Dove, Wes	DE	1987	2	0	Syracuse
Duckett, Forey	S	1994	2	0	Nevada
Duckett, T.J.	RB	2008	16	0	Michigan State
Dufek, Don	S	1976-77, 79-84	95	6	Michigan
Dugan, Bill	G	1981-83	40	5	Penn State
Durham, Kris	WR	2011	3	0	Georgia
Dyson, Andre	CB	2005	10	5	Utah

E

Easley, Kenny	S	1981-87	89	87	UCLA
East, Ron	DT	1977	14	14	Montana State
Eaton, Chad	DT	2001-02	32	32	Washington State
Edmonds, Bobby Joe	RB/KR	1986-88	42	0	Arkansas
Edmunds, Ferrell	TE	1993-94	23	23	Maryland
Edwards, Antonio	DE	1993-97	51	24	Valdosta State
Edwards, Braylon	WR	2012	10	1	Michigan
Edwards, Randy	DE/NT	1984-87	52	4	Alabama
Eisenhooth, John	NT	1987	1	0	Lock Haven
Eisenhooth, Stan	C	1987-88	13	0	Towson State
Eller, Carl	DE	1979	16	8	Minnesota
Ellerbe, Emmanuel	LB	2018-	4	0	Rice
Elliott, DeAndre	CB	2016-17	13	0	Colorado State
Eloms, Joey	CB	1998-99	6	0	Indiana

PLAYERS ALL-TIME ROSTER, continued

E

Player	Pos.	Years	GP	GS	College
Engles, Rick	P	1976-77	15	0	Tulsa
Engram, Bobby	WR	2001-08	109	67	Penn State
Essink, Ron	T	1980-85	83	70	Grand Valley State
Evans, Doug	CB	2002-03	18	0	Louisiana Tech
Evans, Heath	FB	2001-04	61	1	Auburn
Evans, Norm	T	1976-78	38	25	Texas Christian
Evans, Russell	WR	1987	1	0	N.E. Missouri State

F

Fairbanks, Don	DE	1987	3	3	Colorado
Fanaika, Paul	G	2010-11	3	0	Arizona State
Fangupo, Hebron	DT	2012	1	0	Brigham Young
Fanning, Mike	DE	1984	16	0	Notre Dame
Fant, George	T	2016-19	46	20	Western Kentucky
Farmer, George	RB	2015-16	2	0	USC
Farrell, Sean	G	1992	6	0	Penn State
Farwell, Heath	LB	2011-14	43	0	San Diego State
Fauria, Christian	TE	1995-01	103	72	Colorado
Feagles, Jeff	P	1998-02	80	0	Miami
Feasel, Grant	C	1987-93	91	51	Abilene Christian
Fenner, Derrick	RB	1989-91	32	23	North Carolina
Ferguson, Duke	WR	1977-79	33	8	San Diego State
Fields, Scott	LB	1999	2	0	Southern California
Fifer, Bill	T	1979	*0	0	West Texas State
Finzer, Dave	P	1985	12	0	DePauw
Fisher, Bryce	DE	2005-07	33	31	Air Force Academy
Fisher, Travis	CB	2009	4	0	Central Florida
Flones, Brian	LB	1981-82	13	0	Washington State
Flowers, Tre	CB	2018-	30	30	Oklahoma State
Fluker, D.J.	G	2018-19	24	23	Alabama
Flynn, Matt	QB	2012	3	0	Louisiana State
Foley, Glenn	QB	1999	2	1	Boston College
Ford, Poona	DT	2018-	26	15	Texas
Forrest, Josh	LB	2017	2	0	Kentucky
Forsett, Justin	RB	2008-11	62	7	California
Fort, L.J.	LB	2014	1	0	Northern Iowa
Francis, A.J.	DT	2015	2	0	Maryland
Frank, Malcolm	CB	1992	15	0	Baylor
Franklin, Byron	WR	1985-87	33	1	Auburn
Franklin, Jethro	DE	1989	7	1	Fresno State
Freaney, Dwight	DE	2017	4	0	Syracuse
French, Rufus	TE	1999-00	*0	0	Mississippi
Frese, Nolan	LS	2016	16	0	Houston
Frier, Mike	DT	1994	2	0	Appalachian State
Friesz, John	QB	1995-98	21	11	Idaho
Frye, Brandon	T	2009	4	3	Virginia Tech
Frye, Charlie	QB	2007-08	2	1	Akron
Fuller, Curtis	S	2001-02	26	2	Texas Christian
Fuller, Kyle	C/G	2019-	^1	0	Baylor
Fuller, Randy	CB	1999	2	0	Tennessee State

G

Gaines, Greg	LB	1981, 83-88	88	43	Tennessee
Gallery, Robert	G	2011	12	12	Iowa
Galloway, Joey	WR	1995-99	71	67	Ohio State
Gamache, Vince	P	1986	16	0	Cal State-Fullerton
Ganther, Quinton	FB	2010	3	1	Utah
Garcia, Frank	P	1981	1	0	Arizona
Gardner, Rich	CB	2006	*0	0	Penn State
Garvin, Terence	LB	2017	15	3	West Virginia
Geathers, Clifton	DE	2010	*0	0	South Carolina
Geddes, Ken	LB	1976-78	36	25	Nebraska
Gelbaugh, Stan	QB	1992-96	13	9	Maryland
George, Jeff	QB	2002	0	0	Illinois
Giacomini, Breno	T	2010-13	40	33	Louisville
Gibson, Mike	G	2009-11	20	8	California

Gilbert, Gale	QB	1985-86	25	2	California
Gilliam, Garry	T	2014-16	44	30	Penn State
Glasgow, Nesby	S	1988-92	77	30	Washington
Glaze, Charles	CB	1987	3	2	South Carolina State
Glover, Kevin	C	1998-99	14	14	Maryland
Glowinski, Mark	G	2015-17	35	19	West Virginia
Goddard, Na'Shan	T	2008	2	0	South Carolina
Godfrey, Chris	G	1988	9	2	Michigan
Godfrey, Randall	LB	2003	15	14	Georgia
Goodman, Malliciah	DE	2016	1	0	Clemson
Gordon, Amon	DT	2010	1	0	Stanford
Gordon, Josh	WR	2019	5	1	Baylor
Gorrer, Danny	CB	2012	*0	0	Texas A&M
Grace, Jermaine	LB	2018	1	0	Miami
Graff, Neil	QB	1976	*0	0	Wisconsin
Graham, David	DE/NT	1982, 1987	6	2	Morehouse
Graham, Derrick	G	1996-97	25	25	Appalachian State
Graham, Jay	RB	2001	11	0	Tennessee
Graham, Jeff	QB	1993-94	*0	0	Long Beach State
Graham, Jimmy	TE	2015-17	43	39	Miami
Grant, Deon	S	2007-09	48	48	Tennessee
Grant, Will	C	1986	7	6	Kentucky
Gray, Carlton	CB	1993-96	53	45	UCLA
Gray, Chris	G/C	1998-08	158	145	Auburn
Gray, Oscar	FB	1996-97	9	0	Arkansas
Green, Ahman	RB	1998-99	30	0	Nebraska
Green, Boyce	RB	1987	2	2	Carson-Newman
Green, Howard	DT	2007-08	18	0	Louisiana State
Green, Jacob	DE	1980-91	178	176	Texas A&M
Green, Jessie	WR	1979-80	23	0	Tulsa
Green, Marcus	DT	2006	2	0	Ohio State
Green, Mike	S	2006	15	1	Northwestern State
Green, Paul	TE	1992-94	35	23	Southern California
Green, Rasheem	DE	2018-	26	8	Southern California
Green, Sammy	LB	1976-79	60	44	Florida
Green, T.J.	S	2018	*0	0	Clemson
Green, Tony	KR	1979	11	0	Florida
Greene, Andrew	G	1998	4	0	Indiana
Greene, Danny	WR	1985	4	0	Washington
Greene, David	QB	2005-06	*0	0	Georgia
Gregory, Bill	DE/DT	1978-80	47	43	Wisconsin
Gresham, Clint	LS	2010-15	96	0	Texas Christian
Griffin, Shaquem	LB	2018-	32	1	Central Florida
Griffin, Shaquill	CB	2017-	45	41	Central Florida
Griffith, Justin	FB	2009	13	12	Mississippi State
Griffith, Russell	P	1987	2	0	Weber State
Guy, Winston	S	2012	2	0	Kentucky

H

Habib, Brian	G	1998-99	32	32	Washington
Hackett, D.J.	WR	2004-07	33	14	Colorado
Hackett, Dino	LB	1993	3	0	Appalachian State
Hagen, Mike	FB	1987	2	1	Montana
Hagler, Scott	K	1987	2	0	South Carolina
Hamdan, Gibran	QB	2006	*0	0	Indiana
Hamilton, Ben	G	2010	7	6	Minnesota
Hamlin, Ken	S	2003-06	54	52	Arkansas
Hand, Norman	DT	2003	6	5	Mississippi
Hanks, Merton	S	1999	12	2	Iowa
Hannam, Ryan	TE	2002-05	52	5	Northern Iowa
Hanousek, Matt	T/G	1987	3	3	Utah State
Hansen, Don	LB	1976	2	0	Illinois
Harden, Michael	CB	2004-05	4	0	Missouri
Hardy, Andre	FB	1985	3	1	St. Mary's
Hardy, Darryl	LB	1997	2	0	Tennessee
Hardy, Robert	DT	1979-82	54	53	Jackson State
Hargrove, Anthony	DL	2011	15	0	Georgia Tech
Harmon, Kevin	RB	1988-89	9	0	Iowa
Harper, Dwayne	CB	1988-93	94	76	South Carolina State
Harris, Corey	CB	1995-96	32	32	Vanderbilt
Harris, DuJuan	RB	2015	2	0	Troy
Harris, Elroy	RB	1989	14	0	Eastern Kentucky
Harris, Franco	FB	1984	8	6	Penn State
Harris, John	S	1978-85	119	112	Arizona State
Harris, Richard	DE/DT	1976-77	28	24	Grambling
Harris, Ronnie	WR	1994-98	44	0	Oregon

PLAYERS ALL-TIME ROSTER, continued

H

Player	Pos.	Years	GP	GS	College
Harrison, Martin	DE	1997	8	0	Washington
Hart, Roy	NT	1988-89	16	1	South Carolina
Harvin, Percy	WR	2013-14	6	4	Florida
Hass, Mike	WR	2009	1	0	Oregon State
Hasselbeck, Matt	QB	2001-10	138	131	Boston College
Hauck, Tim	S	1997	16	0	Montana
Hauptmann, Caylin	T	2013	*0	0	Florida International
Hauschka, Steven	K	2011-16	96	0	North Carolina State
Hawthorne, David	LB	2008-11	61	41	Texas Christian
Hayes, Eric	DT	1990-91	21	3	Florida State
Haynes, Phil	G	2019-	*0	0	Wake Forest
Heck, Andy	T/G	1989-93	77	70	Notre Dame
Helfet, Cooper	TE	2012-15	24	4	Duke
Heller, Ron	TE	1990, 92	32	16	Oregon State
Heller, Will	TE	2006-08	44	6	Georgia Tech
Henry, Chris	RB	2010	1	0	Arizona
Heppner, Kris	K	2000	4	0	Montana
Hernandez, Matt	T	1983	8	1	Purdue
Herdon, Kelly	CB	2005-06	28	22	Toledo
Herrera, Efren	K	1978-81	60	0	UCLA
Herring, Will	LB	2007-10	54	8	Auburn
Hester, Devin	WR	2016	^0	0	Miami
Hicks, Mark	LB	1983	10	1	Arizona State
Hill, Lano	S	2017-	40	6	Michigan
Hill, James	TE	2000	10	0	Abilene Christian
Hill, Jordan	DT	2013-15	27	1	Penn State
Hill, Leroy	LB	2005-12	97	89	Clemson
Hill, Matt	T	2002-03	27	2	Boise State
Hilliard, John	DE	2000-02	27	11	Mississippi State
Hines, Andre	T	1980	9	0	Stanford
Hire, Doug	C	1987	3	1	Linfield
Hitchcock, Bill	T/G	1991-94	51	39	Purdue
Hoaglin, Fred	C	1976	13	7	Pittsburgh
Hobbs, Daryl	WR	1997	10	0	Pacific
Hobbs, Kevin	CB	2007-08	20	0	Auburn
Hollie, Doug	DE	1987-88	5	0	Southern Methodist
Hollis, David	CB/S	1987-89	27	0	Nevada-Las Vegas
Hollister, Jacob	TE	2019-	11	3	Wyoming
Homer, Travis	RB	2019-	16	1	Miami
Houser, Kevin	LS	2009	14	0	Ohio State
Houshmandzadeh, T.J.	WR	2009	16	16	Oregon State
Howard, Jaye	DT	2012	2	0	Florida
Howard, Ron	TE	1976-78	42	36	Seattle
Howell, John	S	2005	10	0	Colorado State
Huard, Brock	QB	1999-01	6	4	Washington
Hudson, Gordon	TE	1986	16	4	Brigham Young
Huff, Orlando	LB	2001-04	55	23	Fresno State
Hughes, David	FB	1981-85	69	27	Boise State
Hughes, Van D	T	1987	1	1	Southwest Texas State
Hundley, Brett	QB	2018	*0	0	UCLA
Hunt, Joey	C	2016-	34	11	Texas Christian
Hunter, Al	RB/FB	1977-80	53	5	Notre Dame
Hunter, John	G	1992	5	3	Brigham Young
Hunter, Patrick	CB	1986-94	120	99	Nevada-Reno
Hunter, Pete	CB	2006	^2	0	Virginia Union
Hunter, Wayne	T	2003	2	0	Hawaii
Hutchinson, Steve	G	2001-05	68	68	Michigan
Hyde, Glenn	C	1986	3	0	Pittsburgh

I

Ifedi, Germain	G/T	2016-19	60	60	Texas A&M
Innocent, Dou	WR	1996	4	0	Mississippi
Irvin, Bruce	DE	2012-15, 20-	58	37	West Virginia
Irvin, Darrell	DE	1983	16	0	Oklahoma
Iupati, Mike	G	2019-	16	15	Idaho
Ivory, Horace	RB	1981-82	12	0	Oklahoma

J

Jackson, Branden	DE	2017-	36	4	Texas Tech
Jackson, Darrell	WR	2000-06	96	90	Florida
Jackson, Fred	RB	2015	16	0	Coe College
Jackson, Harold	WR	1983	15	6	Jackson State
Jackson, Joe	LB	1987	3	0	San Francisco State
Jackson, Lawrence	DE	2008-09	31	24	Southern California
Jackson, Michael	LB	1979-86	105	78	Washington
Jackson, Tarvaris	QB	2011, 2013-15	23	14	Alabama State
Jackson, Terry	CB	1984-85	32	0	San Diego State
James, Edgerrin	RB	2009	7	0	Miami
James, Toran	LB	1998	*0	0	North Carolina A&T
Janikowski, Sebastian	K	2018	16	0	Florida State
Jeanpierre, Lemuel	C/G	2010-15	63	11	South Carolina
Jefferson, James	CB	1989-93	58	3	Texas A&I
Jefferson, Quinton	DT/DE	2016-19	39	24	Maryland
Jenkins, John	DT	2016	2	0	Georgia
Jenkins, Marcus	G	2000	*0	0	Central Florida
Jenkins, Melvin	CB	1987-90	60	20	Cincinnati
Jennings, Gary	WR	2019	*0	0	West Virginia
Jennings, Kelly	CB	2006-10	77	42	Miami
Jodat, Jim	FB	1980-81	28	18	Carthage
Joeckel, Luke	G/T	2017	11	11	Texas A&M
Johns, Paul	WR	1981-84	40	18	Tulsa
Johnson, Dustin	FB	1999	1	0	Brigham Young
Johnson, Greggory	CB	1981-83, 86	56	3	Oklahoma State
Johnson, Jeron	S	2011-14, 16	50	1	Boise State
Johnson, Johnnie	S	1989	3	1	Texas
Johnson, M.L.	LB	1987-89	37	9	Hawaii
Johnson, Norm	K	1982-90	134	0	UCLA
Johnson, Rishaw	G	2012	*0	0	California Univ. (Pa.)
Johnson, Tom	DT	2018	1	1	Southern Mississippi
Johnson, Tracy	FB	1992-95	63	15	Clemson
Jolley, Gordon	G/T	1976-77	26	15	Utah
Jones, Donnie	P	2004	6	0	Louisiana State
Jones, Ernie	CB	1976	9	3	Miami
Jones, Horace	DE	1977	1	0	Louisville
Jones, Jamarco	G/T	2018-	15	3	Ohio State
Jones, James	FB	1989-92	50	7	Florida
Jones, Jason	DE	2012	12	0	Eastern Michigan
Jones, Julius	RB	2008-10	31	24	Notre Dame
Jones, Mike	LB	1977	12	0	Jackson State
Jones, Mike	TE	1992	4	1	Texas A&M
Jones, Nazair	DT	2017-19	20	2	North Carolina
Jones, Rod	TE	1989	4	0	Washington
Jones, Selwyn	CB	1995-96	31	1	Colorado State
Jones, Walter	T	1997-09	180	180	Florida State
Joppru, Ben	TE	2006-07	18	0	Michigan
Jordan, Charles	WR	1999	4	1	Long Beach City College
Jordan, Dion	DE	2017-18	17	3	Oregon
Joseph, Kerry	S	1998-01	56	14	McNeese State
Joyce, Matt	G	1995	16	13	Richmond
Juma, Kevin	WR	1987	3	2	Idaho
Junior, E.J.	LB	1992-93	9	0	Alabama
Junkin, Trey	TE	1990-95	92	2	Louisiana Tech
Jurevicius, Joe	WR	2005	16	12	Penn State
Justin, Kerry	CB	1978-83, 86-87	105	35	Oregon State

K

Kacyvenski, Isaiah	LB	2000-06	90	22	Harvard
Kaiser, John	LB	1984-86	48	0	Arizona
Kane, Tommy	WR	1988-92	46	26	Syracuse
Kasay, John	K	1991-94	64	0	Georgia
Kashama, Alain	DE	2005	1	0	Michigan
Kasper, Kevin	WR	2002	3	0	Iowa
Kauahi, Kani	C	1982-86	60	5	Hawaii
Kaumeyer, Thom	S	1989-90	8	0	Oregon
Kearse, Jermaine	WR	2012-16	69	51	Washington
Keel, Mark	TE	1987	3	3	Arizona
Keim, Mike	T	1992-95	27	0	Brigham Young
Kelly, Jeff	QB	2002	*0	0	Southern Mississippi
Kelly, Maurice	S	2000-01	24	3	East Tennessee State
Kemp, Jeff	QB	1987-91	55	7	Dartmouth
Kendall, Pete	G	1996-00	76	75	Boston College
Kendricks, Mychal	LB	2018-19	18	17	California

PLAYERS ALL-TIME ROSTER, continued

K

Player	Pos.	Years	GP	GS	College
Kennedy, Cortez	DT	1990-00	167	153	Miami
Kent, Jordan	WR	2008	9	1	Oregon
Kerney, Patrick	DE	2007-09	37	36	Virginia
Killens, Terry	LB	2002	3	0	Penn State
King, Akeem	CB	2017-19	29	4	San Jose State
King, David	DE	2014-15	7	0	Oklahoma
King, Jarriel	T	2011	1	0	South Carolina
King, Lamar	DE	1999-03	57	37	Saginaw Valley State
Kinlaw, Reggie	NT	1985-86	30	5	Oklahoma
Kirkland, Levon	LB	2001	16	16	Clemson
Kirtman, David	FB	2006	6	0	Southern California
Kitna, Jon	QB	1997-00	39	33	Central Washington
Konz, Jameson	LB	2010-11	1	0	Kent State
Koonce, George	LB	2000	16	16	East Carolina
Koutouvides, Niko	LB	2004-07	59	2	Purdue
Kraayeveld, Dave	DE/DT	1978	12	0	Milton
Krieg, Dave	QB	1980-91	129	116	Milton
Kuehn, Art	C/G	1976-82	98	33	UCLA
Kyle, Jason	LB	1995-98	48	0	Arizona

L

LaBounty, Matt	DE	1996-01	65	9	Oregon
Lacy, Eddie	RB	2017	9	3	Alabama
Lambert, Dion	S	1994-95	1	1	UCLA
Lane, Eric	FB/RB	1981-87	97	12	Brigham Young
Lane, Jeremy	CB	2012-17	70	21	Northwestern St. (La.)
Largent, Steve	WR	1976-89	200	197	Tulsa
Laughton, Jim	TE	1986	6	0	San Diego State
Laury, Lance	LB	2006-09	56	0	South Carolina
Lavine, Paul	LB	1987	3	1	Utah State
Le Bel, Harper	TE	1989	16	0	Colorado State
Lee, Ronnie	T	1990-92	34	21	Baylor
Levingston, Pep	DT	2011	4	0	LSU
Lewis, D.D.	LB	2002-06, 08-09	74	20	Texas
Lewis, Patrick	C	2014-15	17	13	Texas A&M
Lewis, Roy	CB	2009-11	33	1	Washington
Lewis, Will	CB	1980-81	26	0	Millersville State
Leyboldt, John	K	1976-78	25	0	No College
Lincoln, Jeremy	CB	1997	12	3	Tennessee
Lindell, Rian	K	2000-02	44	0	Washington State
Lindley, David	QB	1987	*0	0	Linfield
Lockett, Tyler	WR	2015-	79	55	Kansas State
Lockette, Ricardo	WR	2011, 2013-15	34	1	Fort Valley State
Locklear, Sean	T	2004-10	96	78	North Carolina State
Logan, James	LB	1995-00	63	4	Memphis
Long, Doug	WR	1977-78	16	0	Whitworth
Longwell, Ryan	K	2012	^1	0	California
Losman, J.P.	QB	2010	*0	0	Tulane
Lotulelei, John	LB	2013	2	0	UNLV
Loville, Derek	RB	1990-91	27	1	Oregon
Luani, Shalom	S	2018	11	0	Washington State
Lucas, Ken	CB	2001-04, 09	78	53	Mississippi
Lumpkin, Kregg	RB	2012	*0	0	Georgia
Lurtsema, Bob	DE/DT	1976-77	27	25	Western Michigan
Lynch, Marshawn	RB	2010-15, 19	83	77	California
Lynch, Tom	G	1977-80	60	48	Boston College
Lytle, Matt	QB	2000	1	0	Pittsburgh

M

McAlister, Ken	S	1982-83	11	0	San Francisco
McBride, Tod	CB	2004	*0	0	UCLA
McCleary, Norris	DT	2002	*0	0	East Carolina
McCloughan, Dave	CB/S	1993-94	28	12	Colorado
McCoy, Anthony	TE	2010-15	35	14	Southern California
McCoy, Matt	LB	2010-11	18	1	San Diego State
McCrary, Fred	FB	2007	6	0	Mississippi State

McCrary, Michael	DE	1993-96	58	13	Wake Forest
McCray, Kelcie	S	2015-16	32	7	Arkansas State
McCullum, Sam	WR	1976-81	91	78	Montana State
McCutcheon, Lawrence	FB	1980	8	1	Colorado State
McDaniel, Terry	CB	1998	9	0	Tennessee
McDaniel, Tony	DT	2013-14, 16	48	39	Tennessee
McDonald, Andrew	T	2014	2	0	Indiana
McDonald, Clinton	DT	2011-13	44	2	Memphis
McDonald, Dewey	LB	2016-17	17	0	California Univ. (Pa.)
McDougald, Bradley	S	2017-	47	39	Kansas
McElroy, Vann	S	1990	10	0	Baylor
McEndoo, Jason	C	1998	1	0	Washington State
McEvoy, Tanner	WR	2016-17	29	0	Wisconsin
McGrath, Mark	WR	1981	6	0	Montana State
McGrath, Sean	TE	2012	2	0	Henderson St. (Ark.)
McGwire, Dan	QB	1991-94	12	5	San Diego State
McIntosh, Chris	T	2000-01	24	13	Wisconsin
McIntosh, Damion	T	2009	10	2	Kansas State
McKenzie, Reggie	G	1983-84	24	22	Michigan
McKinney, Steve	C	2008	*0	0	Texas A&M
McKinnis, Hugh	FB	1976	11	5	Arizona State
McKissic, J.D.	RB	2016-18	19	1	Arkansas State
McKnight, James	WR	1994-98	60	7	Liberty
McMakin, John	TE	1976	12	1	Clemson
McMillan, Eddie	CB	1976-77	28	28	Florida State
McMillian, Henry	DE	1995-96	4	0	Florida
McMullen, Billy	WR	2008	4	2	Virginia
McNeal, Travis	TE	1989-91	48	24	Tennessee-Chattanooga
McQuistan, Paul	G/T	2011-13	48	40	Weber State
McShane, Charles	LB	1977-79	29	0	California Lutheran
McVeigh, John	LB	1987	3	3	Miami
Mack, Kim	S	1987	1	0	Florida State
Madden, Tre	FB	2016-18	22	6	USC
Magee, Terrence	RB	2016	2	0	Louisiana State
Mangiero, Dino	NT	1984	15	0	Rutgers
Manuel, Marquand	S	2004-05	31	11	Florida
Maragos, Chris	S	2011-13	42	0	Wisconsin
March-Lillard, Justin	LB	2017	1	0	Akron
Mare, Olindo	K	2008-10	48	0	Syracuse
Marinero, Ed	FB	1977	2	0	Cornell
Marsh, Cassius	DE	2014-16	37	1	UCLA
Marshall, Brandon	WR	2018	7	2	Central Florida
Martin, Amos	LB	1977	2	0	Louisville
Martin, Charly	WR	2012	4	1	West Texas A&M
Martin, Jacob	LB	2018	16	0	Temple
Martin, Kelvin	WR	1993-94	32	29	Boston College
Martin, Ruvell	WR	2010	4	0	Saginaw Valley State
Mathison, Bruce	QB	1987	3	2	Nebraska
Mattes, Ron	T	1986-90	75	59	Virginia
Matthews, Al	S	1976	14	14	Texas A&I
Matthews, Chris	WR	2014-15	12	0	Kentucky
Mawae, Kevin	C/G	1994-97	62	59	Louisiana State
Maxwell, Byron	CB	2011-14, 17	54	23	Clemson
Maxwell, Vernon	LB	1989	9	7	Arizona State
May, Deems	TE	1997-99	47	0	North Carolina
Mayes, Derrick	WR	1999-00	28	23	Notre Dame
Mayes, Rueben	RB	1992-93	17	0	Washington State
Mayowa, Benson	DE	2013, 20-	2	0	Idaho
Mebane, Brandon	DT	2007-15	131	125	California
Merriman, Sam	LB	1983-87	71	1	Idaho
Metcalf, DK	WR	2019-	16	15	Mississippi
Metzelaars, Pete	TE	1982-84	34	13	Wabash
Michael, Christine	RB	2013-16	26	9	Texas A&M
Mili, Itula	TE	1998-06	114	43	Brigham Young
Millard, Bryan	G/T	1984-91	121	99	Texas
Millard, Keith	DT	1992	2	0	Washington State
Miller, Brandon	DE	2008	1	0	Georgia
Miller, Darrin	LB	1988-89	32	0	Tennessee
Miller, Donald	LB	1990	7	0	Idaho State
Miller, Keith	LB	2002	7	0	California
Miller, Terry	RB	1981	1	0	Oklahoma State
Miller, Zach	TE	2011-14	48	44	Arizona State
Milloy, Lawyer	S	2009-10	32	18	Washington
Milne, Brian	FB	1999	10	0	Penn State
Milton, KeaVon	G	2014	*0	0	Louisiana-Monroe
Mingo, Barkevious	LB	2018	16	14	Louisiana State
Minor, Vic	S	1980-81	20	0	Northeast Louisiana
Miranda, Paul	CB	2000-01	12	2	Central Florida

PLAYERS ALL-TIME ROSTER, continued

P

M

Player	Pos.	Years	GP	GS	College
Mirer, Rick	QB	1993-96	55	51	Notre Dame
Mitchell, Brandon	DE	2002-04	34	8	Texas A&M
Mitz, Alonzo	DE	1986-89	40	7	Florida
Moeaki, Tony	TE	2014	6	2	Iowa
Moffitt, John	G	2011-12	17	15	Wisconsin
Mone, Bryan	DT	2019-	4	0	Michigan
Montgomery, Glenn	DT	1996	7	1	Houston
Moody, Michael	T	1994	*0	0	Southern California
Moody, Nick	LB	2015	3	0	Florida State
Moon, Warren	QB	1997-98	25	24	Washington
Moore, Alvin	RB	1987	1	0	Arizona State
Moore, Damontre	DE	2016	4	0	Texas A&M
Moore, David	WR	2017-	31	7	East Central (Okla.)
Moore, Evan	TE	2012	14	1	Stanford
Moore, Jeff	RB	1979-81	32	3	Jackson State
Moore, Mark	S	1987	5	0	Oklahoma State
Moore, Rashad	DT	2003-04	30	18	Tennessee
Morgan, Mike	LB	2011-16	76	6	Southern California
Morra, Cameron	TE	2009-12	26	6	California
Morris, Maurice	RB	2002-08	101	22	Oregon
Morris, Michael	LS	1990	4	0	N.E. Missouri State
Morris, Randall	RB	1984-88	61	2	Tennessee
Morton, Michael	RB	1987	2	0	Nevada-Las Vegas
Moss, Winston	LB	1995-97	46	46	Miami
Moten, Adrian	LB	2011	2	0	Maryland
Moyer, Paul	S	1983-89	98	30	Arizona State
Munson, Bill	QB	1976	6	0	Utah State
Murphy, Kevin	LB	1993	14	10	Oklahoma
Myer, Steve	QB	1976-80	13	4	New Mexico
Myers, Jason	K	2019-	16	0	Marist
Myles, DeShone	LB	1998-00	16	7	Nevada

N

Nash, Joe	DT/NT	1982-96	218	169	Boston College
Neal, Ryan	CB	2019-	3	0	Southern Illinois
Nelson, Ralph	RB	1976	7	3	No College
Ness, Nate	CB	2010	1	1	Arizona
Newbill, Richard	LB	1990-92	10	0	Miami
Newton, Bob	G	1976-81	82	66	Nebraska
Nickerson, Parry	CB	2019	*0	0	Tulane
Niehaus, Steve	DE/DT	1976-78	36	20	Notre Dame
Nkansah, Elijah	T	2018	1	0	Toledo
Norman, Dennis	T	2001-04	1	0	Princeton
Norman, Joe	LB	1979-81, 83	50	10	Indiana
Norman, Todd	G	1995	*0	0	Notre Dame
Norwood, Kevin	WR	2014	9	1	Alabama
Nowak, Drew	C	2014-15	10	7	Western Michigan

O

O'Brien, Mike	S	1979	3	0	California
O'Callaghan, John	TE	1987	1	0	San Diego State
Obomanu, Ben	WR	2006-11	66	13	Auburn
Odiambo, Rees	G/T	2016-17	15	7	Boise State
Okeafor, Chike	DE	2003-04	32	32	Purdue
Okung, Russell	T	2010-15	72	72	Oklahoma State
Olds, Bill	FB	1976	1	1	Nebraska
Omiyale, Frank	T	2012	16	0	Tennessee Tech
Orns, Fred	LB	1987	2	0	Chapman College
Ott, Tyler	LS	2016-	48	0	Harvard
Overhauser, Chad	G	2000	*0	0	UCLA
Owens, John	TE	2009	16	2	Notre Dame
Owens, Rich	DE	2002	3	0	Lehigh

Packer, Walter	CB/KR	1977	10	0	Mississippi State
Palacio, Kache	LB	2016-17	1	0	Washington State
Palepoi, Anton	DE	2002-04	21	1	Nevada-Las Vegas
Pardridge, Curt	WR	1987	3	0	Northern Illinois
Parker, Riddick	DT	1997-00	51	19	North Carolina
Parker, Ron	CB	2011-12	4	0	Newberry College
Parks, Terrance	S	2014	1	0	Florida State
Parros, Rick	FB/RB	1985, 87	5	1	Utah State
Parry, Josh	FB	2006	8	0	San Jose State
Pawelek, Joe	LB	2010	1	0	Baylor
Payne, Logan	WR	2008	2	2	Minnesota
Pearman, Alvin	RB	2007	3	0	Virginia
Peets, Brian	TE	1978-79	25	14	Pacific
Penchion, Bob	G	1976	13	13	Alcorn A&M
Penny, Rashaad	RB	2018-	24	0	San Diego State
Perryman, Dean	C	1987	1	0	Washington
Person, Mike	T	2012-13	1	0	Montana State
Peterson, Julian	LB	2006-08	48	47	Michigan State
Peterson, Todd	K	1995-99	80	0	Georgia
Pierre-Louis, Kevin	LB	2014-16	34	1	Boston College
Pinkard, Josh	CB	2010	*0	0	Southern California
Pinkins, Eric	LB	2014-15	6	0	San Diego State
Pitts, Chester	G	2010	7	5	San Diego State
Plackemeier, Ryan	P	2006-08	33	0	Wake Forest
Pocic, Ethan	C/G	2017-	30	16	LSU
Pollard, Marcus	TE	2007	14	10	Bradley
Pollard, Robert	DE	2005-06	1	0	Texas Christian
Polowski, Larry	LB	1979	14	0	Boise State
Polumbus, Tyler	T	2010-11	19	7	Colorado
Ponder, Willie	WR	2006	6	0	S.E. Missouri State
Pope, Troymaine	RB	2016	3	0	Jacksonville State
Porter, Rufus	LB	1988-94	98	67	Southern
Portis, Josh	QB	2011-12	*0	0	California Univ. (Pa.)
Powell, Alvin	G	1987-88	18	0	Winston-Salem State
Powell, Ronald	LB	2016	*0	0	Florida
Powell, Tyvis	S	2016	8	0	Ohio State
Pratt, Robert	G	1982-85	52	52	North Carolina
Preece, Steve	S	1977	14	14	Oregon State
Price, Ernie	DE	1978-79	16	15	Texas A&I
Pritchard, Mike	WR	1996-99	62	41	Colorado
Proehl, Ricky	WR	1995-96	24	7	Wake Forest
Prosisie, C.J.	RB	2016-19	25	2	Notre Dame
Pruitt, Etric	S	2005	6	0	Southern Mississippi
Putzier, Jeb	TE	2008	6	1	Boise State

R

Rackley, Derek	LS	2006-07	20	0	Minnesota
Raible, Steve	WR	1976-81	83	8	Georgia Tech
Ramsey, Greg	DE	1987	2	0	Fresno State
Randall, Curtis	LB	2004	4	0	Louisiana Tech
Randle, John	DT	2001-03	43	35	Texas A&I
Rankin, Louis	RB	2009	9	0	Washington
Rawls, Thomas	RB	2015-17	34	17	Central Michigan
Rayhle, Fred	TE	1977	2	0	Tenn-Chattanooga
Redding, Cory	DE	2009	15	3	Texas
Reece, Geoff	C	1977	5	0	Washington State
Reece, Marcel	FB	2016	4	0	Washington
Reed, Jarran	DT	2016-	56	47	Alabama
Reed, Kalan	CB	2018-19	*0	0	Southern Mississippi
Reed, Nick	DE	2009	16	0	Oregon
Rennaker, Terry	LB	1980	15	0	Stanford
Reynolds, Keenan	WR	2018	2	0	Navy
Rice, Jerry	WR	2004	11	9	Mississippi Valley State
Rice, Sidney	WR	2011-13	33	31	South Carolina
Richard, Kris	CB	2002-04	38	1	Southern California
Richards, Howard	T	1987	2	2	Missouri
Richardson, C.J.	S	1997	15	0	Miami
Richardson, Jay	DE	2010	7	0	Ohio State
Richardson, Kyle	P	1997	2	0	Arkansas State
Richardson, Paul	WR	2014-17	47	19	Colorado
Richardson, Sheldon	DT	2017	15	15	Missouri
Ridgle, Elston	DE	1989	2	0	Nevada-Reno
Riley, Patrick	DT	1996	*0	0	Miami
Roberts, Ray	T	1992-95	57	46	Virginia

PLAYERS ALL-TIME ROSTER, continued

R

Player	Pos.	Years	GP	GS	College
Robertson, Marcus	S	2001-02	27	27	Iowa State
Robertson, Travian	DT	2014	1	0	South Carolina
Robinson, Damien	S	2003-04	15	4	Iowa
Robinson, Eugene	S	1985-95	170	152	Colgate
Robinson, Jeff	LS	2007-09	21	0	Idaho
Robinson, Koren	WR	2001-04, 08	69	64	North Carolina State
Robinson, Michael	RB	2010-13	50	18	Penn State
Robinson, Rafael	S	1992-95	51	5	Wisconsin
Robinson, Shelton	LB	1982-85	56	35	North Carolina
Robinson, Will	T	2010	*0	0	San Diego State
Robinson, Zac	QB	2010	*0	0	Oklahoma State
Roche, Alden	DE	1977-78	21	12	Southern
Rodenhauser, Mark	LS	1999	8	0	Illinois State
Rodgers, Tyrone	DT	1992-94	37	0	Washington
Rodriguez, Ruben	P	1987-89	44	0	Arizona
Rogers, Charlie	RB/KR	1999-01	41	0	Georgia Tech
Romes, Charles	CB	1987	*0	0	North Carolina Central
Roos, Jordan	G	2017-	14	0	Purdue
Ross, Dan	TE	1985	10	5	Northeastern
Ross, Gerard	CB	2006	^0	0	Florida State
Ross, Oliver	RB	1976	14	10	Alabama A&M
Rouen, Tom	P	2003-05	32	0	Colorado
Rubin, Ahtyba	DT	2015-16	32	32	Iowa State
Rusk, Reggie	CB	1997-98	2	0	Kentucky
Russell, Brian	S	2007-08	32	32	San Diego State
Ryan, Jon	P	2008-17	159	0	Regina

S

Player	Pos.	Years	GP	GS	College
Sager, Ken	TE	1987	3	1	Western Washington
Saleaumua, Dan	DT	1997-98	27	15	Arizona State
Salisbury, Sean	QB	1986	*0	0	Southern California
Sandifer, Bill	DT	1977-78	16	15	UCLA
Sanford, Rick	S	1985	5	0	South Carolina
Sawyer, John	TE	1977-78, 80-82	65	39	Southern Mississippi
Scales, Dwight	WR	1984	4	0	Grambling
Scarbrough, Bo	RB	2018	*0	0	Alabama
Schilling, Stephen	C	2014	8	3	Michigan
Schmitt, Owen	FB	2008-09	30	2	West Virginia
Schmitt, Tyler	LS	2008	*0	0	San Diego State
Schofield, O'Brien	LB	2013-14	31	2	Wisconsin
Scholtz, Bruce	LB	1982-88	96	95	Texas
Schreiber, Adam	G	1984	6	0	Texas
Scobey, Josh	RB	2005-06	32	0	Kansas State
Scoggins, Ron	T	1987	3	0	Nevada-Las Vegas
Scruggs, Greg	DE	2012-14	11	0	Louisville
Seigler, Dexter	CB	1996-97	14	0	Miami
Sevy, Jeff	G/T	1979-80	19	5	California
Sharper, Jamie	LB	2005	8	8	Virginia
Shaw, Bobby	WR	1998	1	0	California
Shaw, Rickie	T	1993	*0	0	North Carolina
Shead, DeShawn	CB	2012-17	54	22	Portland State
Sherman, Richard	CB	2011-17	105	99	Stanford
Siavii, Junior	DT	2010	14	6	Oregon
Siliga, Sealver	DT	2016	4	0	Utah
Simmons, Anthony	LB	1998-04	86	79	Clemson
Simmons, Jordan	G	2018-	6	3	Southern California
Simon, Tharold	CB	2013-16	11	5	Louisiana State
Simonson, Dave	T	1976	5	0	Minnesota
Simpson, Keith	CB/S	1978-85	108	70	Memphis State
Sims, David	FB/RB	1977-79	29	12	Georgia Tech
Sims, Jack	G	1987	3	2	Hawaii
Sims, Rob	G	2006-09	45	34	Ohio State
Sinclair, Michael	DE	1991-01	144	114	Eastern New Mexico
Singer, Curt	T	1986, 90-91	24	0	Tennessee
Skansi, Paul	WR	1984-91	100	2	Washington
Skow, Jim	DE	1991	11	1	Nebraska

Smith, D'Anthony	DT	2013-14	2	0	Louisiana Tech
Smith, Dallas	S	1987	3	3	Valdosta State
Smith, Darrin	LB	1998-99	28	27	Miami
Smith, Garrison	DT	2016-17	11	0	Georgia
Smith, Geno	QB	2019-	*0	0	West Virginia
Smith, Kevin	WR	2015	7	1	Washington
Smith, Lamar	RB	1994-97	43	4	Houston
Smith, Malcolm	LB	2011-14	57	16	Southern California
Smith, Marcus	DE	2017	14	0	Louisville
Smith, Rod	RB	2015	1	0	Ohio State
Smith, Sherman	RB	1976-82	82	68	Miami, Ohio
Smith, Steve	FB	1994-95	25	7	Penn State
Smith, Tye	CB	2015	3	0	Towson
Snell, Donald	WR	1987	1	0	Virginia Tech
Sokoli, Kristjan	C	2015	2	0	Buffalo
Sowell, Bradley	T	2016	10	9	Mississippi
Spagnola, John	TE	1988	16	4	Yale
Speer, Del	S	1994	1	0	Florida
Spencer, Chris	C	2005-10	82	70	Mississippi
Spiller, C.J.	RB	2016	2	0	Clemson
Spitulski, Bob	LB	1992-94	26	1	Central Florida
Spitz, Jason	C	2013	*0	0	Louisville
Springs, Shawn	CB	1997-03	93	88	Ohio State
Stark, Chad	FB	1987	2	0	North Dakota State
Stark, Rohn	P	1997	4	0	Florida State
Stephen, Shamar	DT	2018	15	14	Connecticut
Stephens, Rod	LB	1989-94	75	34	Georgia Tech
Stevens, Jerramy	TE	2002-06	71	26	Washington
Stewart, Russell	TE	2001	*0	0	Stanford
Stokes, Eric	S	1997-98	11	0	Nebraska
Stokley, Brandon	WR	2010	11	0	Louisiana-Lafayette
Stouffer, Kelly	QB	1988-92	22	16	Colorado State
Stowe, Tyrone	LB	1995	6	6	Rutgers
Streater, Rahmaan	DE	2000	*0	0	Richmond
Strong, Mack	FB	1994-07	201	108	Georgia
Strozier, Wilbur	TE	1987	12	3	Georgia
Stutz, Boone	LS	2007	8	0	Texas A&M
Sutherland, Doug	DT	1981	16	6	Wisconsin-Superior
Sweeney, Jim	C	1995	16	16	Pittsburgh
Sweezy, J.R.	G	2012-15, 18	74	64	North Carolina State
Swoopes, Tyrone	TE	2017-19	7	3	Texas

T

Tafoya, Joe	DE	2005-06	28	1	Arizona
Tapp, Darryl	DE	2006-09	65	30	Virginia Tech
Tate, Golden	WR	2010-13	58	33	Notre Dame
Tatupu, Lofa	LB	2005-10	84	84	Southern California
Taylor, Bobby	CB	2004	9	0	Notre Dame
Taylor, Cordell	CB	1999	2	0	Hampton
Taylor, Courtney	WR	2007-08	18	4	Auburn
Taylor, Jamar	CB	2019	9	0	Boise State
Taylor, Terry	CB	1984-88, 94	79	55	Southern Illinois
Teal, Jimmy	WR	1987-88	6	2	Texas A&M
Teel, Mike	QB	2009	*0	0	Rutgers
Terrell, Steven	S	2014-16	32	5	Texas A&M
Terrill, Craig	DT	2004-10	88	5	Purdue
Terry, Chris	T	2002-04	25	23	Georgia
Terry, Joe	LB	1987	2	0	Cal State-Hayward
Terry, Tim	LB	2000-02	38	8	Temple
Testerman, Don	FB	1976-78	44	26	Clemson
Thomas, Doug	WR	1991-93	39	4	Clemson
Thomas, Earl	S	2010-18	125	125	Texas
Thomas, Fred	CB	1996-99	45	5	Tennessee-Martin
Thomas, Garth	G	1987	1	1	Washington
Thomas, Josh	CB	2014	3	0	Buffalo
Thomas, Ricky	S	1987	1	1	Alabama
Thomas, Robb	WR	1992-95	62	3	Oregon State
Thomas, Rodell	LB	1981-82	19	1	Alabama State
Thompson, Tedric	S	2017-19	29	16	Colorado
Thorpe, Neiko	CB	2016-	48	0	Auburn
Thurmond, Walter	CB	2010-13	33	8	Oregon
Tice, Mike	TE	1981-88, 90-91	130	83	Maryland
Tipton, Dave	DE	1976	12	12	Stanford
Tipton, Rico	LB	1987	3	2	Washington State
Tobeck, Robbie	C	2000-06	92	88	Washington State

PLAYERS ALL-TIME ROSTER, continued

T

Player	Pos.	Years	GP	GS	College
Tobin, Matt	T	2017	15	0	Iowa
Tofflemire, Joe	C	1989-94	33	16	Arizona
Tongue, Reggie	S	2000-03	62	52	Oregon State
Torretta, Gino	QB	1996-97	1	0	Miami
Treggs, Brian	WR	1992	2	0	California
Tripp, Jordan	LB	2016	7	1	Montana
Trufant, Marcus	CB	2003-12	136	125	Washington State
Tuatagaloa, Natu	DE	1992-93	30	15	California
Tubbs, Marcus	DT	2004-07	29	16	Texas
Tuiasosopo, Manu	DT/DE/NT	1979-83	73	64	UCLA
Tukuafu, Will	FB	2014-16	30	4	Oregon
Tupou, Tani	FB	2016	1	0	Washington
Turbin, Robert	RB	2012-14, 19	48	3	Utah State
Turner, Daryl	WR	1984-87	59	40	Michigan State
Turner, Kevin	LB	1981	8	0	Pacific
Turner, Malik	WR	2018-19	21	3	Illinois
Tuten, Rick	P	1991-97	101	0	Florida State
Tyler, Robert	TE	1989	9	9	South Carolina State
Tyson, Mike	CB	2017	*0	0	Cincinnati

U

Unger, Max	C/G	2009-14	67	67	Oregon
Unverzagt, Eric	LB	1996-97	9	0	Wisconsin
Urban, Jerheme	WR	2003-05	10	2	Trinity
Ursua, John	WR	2019-	3	0	Hawaii

V

Vallos, Steve	C	2008-09	32	8	Wake Forest
Vannett, Nick	TE	2016-19	42	16	Ohio State
Vaughn, Jon	RB	1993-94	26	2	Michigan
Vobora, David	LB	2011	6	0	Idaho

W

Player	Pos.	Years	GP	GS	College
Wagner, Bobby	LB	2012-	119	118	Utah State
Wagner, Vince	K	1981	*0	0	Northwestern (Minn.)
Wahle, Mike	G	2008	10	10	Navy
Waits, Alex	P	1991	3	0	Texas
Walker, Brian	S	1999	5	0	Washington State
Walker, Byron	WR	1982-86	58	3	Citadel
Walker, Derek	DE	2009	*0	0	Illinois
Walker, Tim	LB	1980	16	0	Savannah State
Wallace, C.J.	S	2007-09	26	0	Washington
Wallace, Seneca	QB	2003-09	47	14	Iowa State
Wallace, Taco	WR	2003-04	4	0	Kansas State
Walsh, Blair	K	2017	16	0	Georgia
Walsh, Jim	FB	1980	4	0	San Jose State
Walter, Ken	P	2004	6	0	Kent State
Walters, Bryan	WR	2012-14	17	1	Cornell
Ware, Spencer	FB	2013	2	0	Louisiana State
Warner, Curt	RB	1983-89	93	92	Penn State
Warren, Chris	RB	1990-97	123	89	Ferrum
Warren, Terrence	WR	1993-94	16	0	Hampton University
Warrick, Peter	WR	2005	13	5	Florida State
Washington, Leon	RB	2010-12	48	1	Florida State
Watson, Dekoda	LB	2019	1	0	Florida State
Watson, Tim	DT	2000-01	*0	0	Rowan
Watters, Orlando	CB	1994	16	8	Arkansas
Watters, Ricky	RB	1998-01	53	52	Notre Dame
Weaver, Herman	P	1977-80	61	0	Tennessee
Weaver, Leonard	FB	2005-08	46	11	Carson-Newman
Webb, J'Marcus	T	2016	9	3	West Texas A&M
Weber, Roger	G	1987	*0	0	Kent State
Webster, Cornell	CB	1977-80	52	33	Tulsa
Wedderburn, Floyd	T/G	1999-02	46	26	Penn State

Weeks, Marquis	RB	2006	10	0	Virginia
Weiner, Todd	T	1998-01	48	20	Kansas State
Wells, Dean	LB	1993-98	84	50	Kentucky
Werner, Matt	DE	1994	*0	0	UCLA
West, Jeff	P	1981-85	58	0	Cincinnati
Wheat, Warren	G	1989-91	16	7	Brigham Young
Wheeler, Chad	T	2019-	^0	0	Southern California
White, Chris	S	1987	1	0	Tennessee
White, Chris	C	2010	6	0	Southern Mississippi
White, Jim	DE	1976	2	0	Colorado State
White, Mike	DT	1981-82	20	8	Albany State
White, Tracy	LB	2003-04	20	2	Howard
Whitehurst, Charlie	QB	2010-11	9	4	Clemson
Wiley, Charles	DT	1987	1	1	Nevada-Las Vegas
Wilhoite, Michael	LB	2017	14	9	Washburn
Williams, Brandon	TE	2016	16	1	Oregon
Williams, Brent	DE	1994-95	21	19	Toledo
Williams, Cary	CB	2015	10	10	Washburn
Williams, Darryl	S	1996-99	61	60	Miami
Williams, Eddie	FB	2011	2	0	Idaho
Williams, Eugene	LB	1982-83	13	1	Tulsa
Williams, Grant	T	1996-99	56	23	Louisiana Tech
Williams, James	FB	1987	1	0	Fresno State
Williams, James	WR	2000-02	29	4	Marshall
Williams, Jimmy	CB	2005-06	30	1	Vanderbilt
Williams, John	FB	1985	2	0	Wisconsin
Williams, John L.	FB	1986-93	123	115	Florida
Williams, Kasen	WR	2015-16	3	0	Washington
Williams, Kevin	DT	2014	16	8	Oklahoma State
Williams, Kyle	T	2008-09	6	3	Southern California
Williams, Lester	NT	1987	2	0	Miami
Williams, Mike	WR	2010-11	26	23	Southern California
Williams, Robert	CB	1999	1	0	North Carolina
Williams, Ronnie	TE	1996	13	3	Oklahoma State
Williams, Stephen	WR	2013	4	0	Toledo
Williams, Willie	CB	1997-03	105	75	Western Carolina
Willis, Donald	G	1995	*0	0	North Carolina A&T
Willis, James	LB	1999	16	0	Auburn
Willis, Jason	WR	2004	1	0	Oregon
Willis, Ray	T	2005-10	44	26	Florida State
Wilson, Luke	TE	2013-17, 19-	80	44	Rice
Wilmer, Ray	S	1984	3	0	Louisiana Tech
Wilson, E.J.	DE	2010	2	0	North Carolina
Wilson, Josh	CB	2007-09	40	23	Maryland
Wilson, Mike	T	1986-89	60	60	Georgia
Wilson, Robert	WR	1997-99	18	0	Florida A&M
Wilson, Russell	QB	2012-	128	128	Wisconsin
Wimmer, Gary	LB	1983	3	0	Stanford
Wistrom, Grant	DE	2004-06	41	41	Nebraska
Womack, Floyd	T	2001-08	90	46	Mississippi State
Woodard, Cedric	DT	2000-04	61	28	Texas
Wooden, Terry	LB	1990-96	89	87	Syracuse
Woods, Al	DT	2011, 19	16	5	Louisiana State
Woods, Larry	DT	1976	6	0	Tennessee State
Woods, Tony	LB/DE	1987-92	89	79	Pittsburgh
Woolsey, Rolly	CB	1976	14	11	Boise State
Wortham, Cornelius	LB	2005	8	0	Alabama
Wright, K.J.	LB	2011-	128	124	Mississippi State
Wrotto, Mansfield	G	2007-10	15	5	Georgia Tech
Wunsch, Jerry	T	2002-04	33	5	Wisconsin
Wyman, David	LB	1987-92	61	56	Stanford
Wyms, Ellis	DE	2007	13	0	Mississippi State

Y

Yarno, John	C	1977-82	74	62	Idaho
Young, Charle	TE	1983-85	45	43	Southern California
Young, Fredd	LB	1984-87	60	41	New Mexico State
Young, Renard	CB	1987	3	3	Nevada-Las Vegas

Z

Zorn, Jim	QB	1976-84	126	100	Cal Poly-Pomona
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* on active roster, but did not play in a game
^ on postseason active roster only



SEAHAWKS

ALL-TIME REVIEW

1976 REVIEW (2-12)

Date	W/L	Score	Opponents	Att
09/12	L	30-24	St. Louis	58,441
09/19	L	31-7	at Washington	53,174
09/26	L	37-21	San Francisco	59,108
10/03	L	28-13	Dallas	62,027
10/10	L	28-20	at Green Bay (Mil)	54,983
10/17	W	13-10	at Tampa Bay	43,812
10/24	L	41-14	Detroit	61,280
10/31	L	41-6	at L.A. Rams	52,035
11/07	W	31-13	Atlanta	57,985
11/14	L	27-21	at Minnesota	45,087
11/21	L	51-27	New Orleans	61,865
11/28	L	28-16	at N.Y. Giants	65,111
12/05	L	34-7	Chicago	60,510
12/12	L	27-10	at Philadelphia	37,949

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	237	323
Rushing	75	166
Passing	140	136
Penalty	22	21
3rd Down: Made/Att.	59/221	96/219
3rd Down Pct.	26.7	43.8
4th Down: Made/Att.	15/20	6/16
4th Down Pct.	75.0	37.6
TOTAL NET YARDS	4062	5405
Avg. Per Game	290.1	386.0
Total Plays	882	1008
Avg. Per Play	4.6	5.4
NET YARDS RUSHING	1413	2881
Avg. Per Game	100.9	205.8
Total Rushes	374	614
NET YARDS PASSING	2649	2524
Avg. Per Game	189.2	180.3
Sacked/Yards Lost	28/225	27/246
Gross Yards	2874	2770
Att./Completions	480/229	367/223
Completion Pct.	47.7	60.7
Had Intercepted	30	15
PUNTS/AVERAGE	82/37.4	65/35.0
NET PUNTING AVG.	30.1	29.6
PENALTIES/YARDS	80/684	106/926
FUMBLES/LOST	30/18	23/13
TOUCHDOWNS	29	53
Rushing	14	20
Passing	13	27
Returns	2	6
TOTAL POINTS	229	429

By Quarters	1	2	3	4	OT	Tot
SEA	39	73	61	56	0	229
OPP	91	116	127	95	0	429

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Leyboldt	0	0	0	0	19-22	8-12	0	43
Smith	5	4	1	0	0	0	0	30
Largent	4	0	4	0	0	0	0	24
McCullum	4	0	4	0	0	0	0	24
McKinnis	4	4	0	0	0	0	0	24
Zorn	4	4	0	0	0	0	0	24
SEA	29	14	13	2	26-29	9-16	1	229
OPP	53	20	27	6	51-53	20-30	0	429

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	439	208	2571	47.3	5.85	12	2.7	27	6.1	80	25/196	49.4
Munson	37	20	295	54.0	7.97	1	2.7	3	8.1	44	3/29	----
SEA	480	229	2874	47.7	5.98	13	3.7	30	6.2	80	26/225	49.9
OPP	367	223	2770	60.8	7.54	27	7.3	15	4.0	66	27/246	91.7

Rushing	Att	Yds	Avg	LG	TD
Smith	119	537	4.5	53	4
Zorn	52	246	4.7	19	4
Testerman	67	246	3.8	16	1
Nelson	52	173	3.3	25	1
McKinnis	46	105	2.2	14	4
SEA	374	1413	3.8	53	14
OPP	614	2881	4.7	47	20

Receiving	No	Yds	Avg	LG	TD
Largent	54	705	13.0	45	4
Howard	37	422	11.4	30	0
Smith	36	384	10.6	34	1
McCullum	32	506	15.8	72	4
Testerman	25	232	9.2	25	1
SEA	229	2874	12.6	80	13
OPP	223	2770	12.4	66	27

Interceptions	No	Yds	Avg	LG	TD
Brown	4	70	17.5	33	0
Woolsey	4	19	4.7	13	0
Matthews	3	60	20.0	40	1
SEA	15	218	14.5	40	1
OPP	30	388	12.9	70	4

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Engles	80	3067	38.3	29.9	3	13	55	2
SEA	82	3067	37.4	30.1	3	13	55	2
OPP	65	2275	35.0	29.6	5	10	54	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Blackwood	19	2	132	6.9	26	0
Brown	13	4	74	5.6	19	0
SEA	39	6	246	6.3	26	0
OPP	56	3	534	9.5	50	1

Kickoff Returns	No	Yds	Avg	LG	TD
Ross	30	655	21.8	45	0
Bolton	15	280	18.6	30	0
SEA	79	1605	20.3	45	0
OPP	46	1041	22.6	41	0

Field Goals	1-19	20-29	30-39	40-49	50+
Bitterlich	0-0	1-1	0-2	0-1	0-0
Leyboldt	0-0	2-2	1-2	5-7	0-1
SEA	0-0	3-3	1-4	5-8	0-1
OPP	1-1	7-7	7-11	5-9	0-2

Bitterlich: (27) (-) (36W,40W,33W)
 Leyboldt: 0 0 0 (-) (48,44,45B) (25,39,51S) (-)
 (43,41) (-) (36W) (-) (45,46R) (-) (24)
 OPP: (28,46W,22,26) (37) (45,45,31) (50B,39W) (-)
 (38,36W,35B) (25,44) (20) (44W,18,40B,21)
 (32W,43,39) (46,36,21)(-) (45S,51S) (33,37)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Brown	111	85	26	0.0	17	2	0
Curtis	107	66	41	1.0	1	0	1
Bradley	101	75	26	0.0	4	1	1
Matthews	92	75	17	0.0	13	0	0
Niehaus	90	58	32	8.5	0	0	1

Record (Finish): 2-12 (5th, NFC West)

Head Coach: Jack Patera (2-12, .143)

Assistants: Sam Boghosian (Off. Coord./OL), Bob Hollway (Def. Coord./DBs), Earl Leggett (DL), Andy MacDonald (RBs), Larry Peccatiello (LBs), Jerry Rhome (QB/WRs/TEs)

Captains: T Norm Evans (Off.), LB Mike Curtis (Def.), LB Ed Bradley (Sp. Teams)

MVP: QB Jim Zorn

Pro Bowl: None

National Honors: QB Jim Zorn, NFC Offensive

Rookie of the Year: DT Steve Niehaus, NFC Defensive Rookie of the Year

All-NFL: None

OFFENSE

Pos.	Starts
WR	Sam McCullum 13
LT	Nick Bebout 13
LG	Bob Penchion 13
C	Fred Hoaglin 7
	Art Kuehn* 7
RG	John Demarie 7
	Bob Newton 7
RT	Norm Evans 10
TE	Ron Howard 13
WR	Steve Largent* 13
QB	Jim Zorn* 14
RB	Sherman Smith* 9
FB	Don Testerman* 8

DEFENSE

LE	Dave Tipton 12
LT	Steve Niehaus* 14
RT	Richard Harris 8
RE	Bob Lurtsema 13
LLB	Ken Geddes 9
	Sammy Green* 5
MLB	Ed Bradley 14
RLB	Mike Curtis 14
LCB	Eddie McMillan 14
RCB	Rolly Woolsey 11
FS	Dave Brown 14
SS	Al Matthews 14

SPECIAL TEAMS

K	Don Bitterlich 3
	John Leyboldt 11
P	Rick Engles 14

*Rookie or first-year player

1976 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Los Angeles	10	3	1	.750	351	190
San Francisco	8	6	0	.571	270	190
Atlanta	4	10	0	.286	172	312
New Orleans	4	10	0	.286	253	346
Seattle	2	12	0	.143	229	429

1977 REVIEW (5-9)

Date	W/L	Score	Opponents	Att.
09/18	L	29-14	Baltimore	58,991
09/25	L	42-20	at Cincinnati	45,579
10/02	L	24-13	Denver	53,108
10/09	L	31-0	at New England	45,929
10/16	W	30-23	Tampa Bay	54,783
10/23	L	31-13	at Miami	29,855
10/30	W	56-17	Buffalo	61,180
11/06	L	44-7	at Oakland	50,929
11/13	W	17-0	at N.Y. Jets	43,973
11/20	L	22-10	Houston	61,519
11/27	L	30-28	San Diego	55,338
12/04	L	30-20	at Pittsburgh	45,429
12/11	W	34-31	at Kansas City	22,562
12/18	W	20-19	Cleveland	61,583

Team Statistics		Sea	Opp
TOTAL FIRST DOWNS		251	295
Rushing		116	152
Passing		116	125
Penalty		19	18
3rd Down: Made/Att.		72/187	86/206
3rd Down Pct.		38.5	41.7
4th Down: Made/Att.		6/16	9/14
4th Down Pct.		37.6	64.3
TOTAL NET YARDS		4292	4818
Avg. Per Game		306.6	344.1
Total Plays		869	963
Avg. Per Play		4.9	5.0
NET YARDS RUSHING		1964	2485
Avg. Per Game		140.3	177.5
Total Rushes		461	596
NET YARDS PASSING		2328	2333
Avg. Per Game		166.3	166.6
Sacked/Yards Lost		21/131	18/131
Gross Yards		2459	2464
Att./Completions		387/175	349/196
Completion Pct.		45.2	56.2
Had Intercepted		32	25
PUNTS/AVERAGE		64/38.0	54/36.0
NET PUNTING AVG.		30.6	30.8
PENALTIES/YARDS		76/666	96/794
FUMBLES/BALL LOST		26/13	20/11
TOUCHDOWNS		37	43
Rushing		12	21
Passing		23	19
Returns		2	3
TOTAL POINTS		282	373

By Quarters	1	2	3	4	OT	Total
SEA	52	106	57	67	0	282
OPP	101	105	65	102	0	373

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Largent	10	0	10	0	0	0	0	60
Leyboldt	0	0	0	0	33-37	9-18	0	60
Sims	8	5	3	0	0	0	0	48
Smith	6	4	2	0	0	0	0	36
Testerman	5	1	4	0	0	0	0	30
SEA	37	12	23	2	33-37	9-18	0	282
OPP	43	21	19	3	42-43	23-31	2	373

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	251	104	1683	41.4	6.60	16	6.3	19	7.5	82	12/51	54.2
Myer	130	70	729	53.8	5.60	6	4.6	12	9.2	45	9/80	47.6
SEA	387	175	2459	45.2	6.35	23	5.9	32	8.2	82	21/131	51.7
OPP	349	196	2464	56.1	7.06	19	5.4	25	7.1	67	18/131	66.6

Rushing	Att	Yds	Avg	LG	TD
Smith	163	763	4.7	39	4
Testerman	119	459	3.8	20	1
Sims	99	369	3.7	17	5
Hunter	32	179	5.5	20	1
Zorn	25	141	5.6	15	1
SEA	461	1964	4.3	39	12
OPP	596	2485	4.2	41	21

Receiving	No	Yds	Avg	LG	TD
Largent	33	643	19.4	74	10
Testerman	31	219	7.0	25	4
Smith	30	419	13.9	44	2
Ferguson	19	374	19.6	45	2
Howard	17	177	10.4	24	1
Sims	12	176	14.6	82	3
Sawyer	10	105	10.5	27	0
SEA	175	2459	14.1	82	23
OPP	196	2464	12.6	67	19

Interceptions	No	Yds	Avg	LG	TD
Beamon	6	36	6.0	16	0
McMillan	4	157	39.2	57	0
Brown	4	68	17.0	29	1
Preece	4	55	13.7	29	0
Geddes	3	9	3.0	6	0
SEA	25	356	14.2	57	1
OPP	32	594	18.6	102	3

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	58	2293	39.5	31.8	4	10	59	1
Engles	4	137	34.3	25.3	0	0	41	1
SEA	64	2430	38.0	30.6	4	10	59	2
OPP	54	1942	36.0	30.8	3	11	61	2

Kickoff Returns	No	Yds	Avg	LG	TD
Hunter	36	820	22.7	41	0
Ferguson	11	240	21.8	39	0
Packer	13	280	21.5	44	0
SEA	71	1502	21.2	44	0
OPP	50	1240	24.8	70	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Packer	20	0	131	6.5	31	0
SEA	31	4	217	7.0	31	0
OPP	41	2	372	9.1	39	0

Field Goals	1-19	20-29	30-39	40-49	50+
Leyboldt	1-2	2-3	2-4	3-4	1-5
SEA	1-2	2-3	2-4	3-4	1-5
OPP	0-0	9-10	10-12	4-9	0-0

Leyboldt: (19B) (52S,32,42) (52S) (-) (43,21R,37B) (19,41) (-) (-) (33R, 43L,50R,33) (51) (-) (20,27) (-) (51S)
 OPP: (45R,38,42) (-) (36) (36,26R) (40,37,20) (39L,41) (25) (35,39,37) (46R) (31B,46B,27,37) (40,26,39) (22,28,43) (49L,23,45L) (24,38)

DEFENSIVE STATISTICS							
Player	T	S	A	Sac	PD	FF	FR
Beeson	136	110	26	1.0	5	0	1
Beamon	128	82	36	0.0	8	1	0
Green	98	57	41	0.0	5	1	0
Preece	96	61	35	0.0	5	1	1
McMillan	80	63	17	0.0	15	0	3
Lurtsema	79	46	33	2.0	0	0	0

Record (Finish): 5-9 (4th, AFC West). Set record for wins by 2nd year expansion team.

Head Coach: Jack Patera (7-21, .250)

Assistants: Sam Boghosian (Off. Coord./OL), Bob Hollway (Def. Coord./DBs), Earl Leggett (DL), Andy MacDonald (RBs), Larry Peccatiello (LBs), Jerry Rhome (QB/WRs/TEs)

Captains: T Norm Evans (Off.), CB Eddie McMillan (Def.), FS Steve Preece (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: None

National Honors: None; **All-NFL:** None

OFFENSE

Pos.	Starts
WR	Duke Ferguson 8
	Sam McCullum 3
	Steve Raible 3
LT	Nick Bebout 12
LG	Gordon Jolley 11
C	Art Kuehn 14
RG	Ron Coder 14
RT	Norm Evans 13
TE	Ron Howard 12
WR	Steve Largent 14
QB	Jim Zorn 10
	Steve Myer 4
RB	Sherman Smith 13
FB	Don Testerman 13

DEFENSE

LE	Richard Harris 14
LT	Ron East 14
RT	Bob Lurtsema 9
	Dennis Boyd* 5
RE	Alden Roche 9
LLB	Sammy Green 14
MLB	Terry Beeson* 13
RLB	Ken Geddes 14
LCB	Eddie McMillan 4
RCB	Dave Brown 14
SS	Autry Beamon 9
	Don Dufek 5
FS	Steve Preece 14

SPECIAL TEAMS

K	John Leyboldt 14
P	Herman Weaver 13
	Rick Engles 1

*Rookie or first-year player

1977 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	12	2	0	.857	274	148
Oakland*	11	3	0	.786	351	230
San Diego	7	7	0	.500	222	205
Seattle	5	9	0	.357	282	373
Kansas City	2	12	0	.143	225	349

* Wild Card team

1978 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/03	L	24-20	San Diego	55,778
09/10	L	21-10	at Pittsburgh	48,277
09/17	W	24-17	at N.Y. Jets	46,911
09/24	W	28-16	Detroit	56,781
10/01	L	28-7	at Denver	74,989
10/08	W	29-28	Minnesota	62,031
10/15	L	45-28	at Green Bay (Mil)	52,712
10/22	W	27-7	Oakland	62,529
10/29	L	20-17	Denver (OT)	62,948
11/05	W	31-29	at Chicago	50,697
11/12	L	17-14	Baltimore	61,905
11/19	W	13-10	at Kansas City	35,252
11/26	W	17-16	at Oakland	52,978
12/03	W	47-24	Cleveland	62,262
12/10	L	37-10	at San Diego	49,975
12/17	W	23-19	Kansas City	58,490

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	345	331
Rushing	150	153
Passing	156	160
Penalty	39	18
3rd Down: Made/Att.	98/235	88/216
3rd Down Pct.	41.7	40.7
4th Down: Made/Att.	20/31	8/14
4th Down Pct.	64.5	57.1
TOTAL NET YARDS	5511	5522
Avg. Per Game	344.4	345.1
Total Plays	1072	1036
Avg. Per Play	5.1	5.3
NET YARDS RUSHING	2394	2517
Avg. Per Game	149.6	157.3
Total Rushes	561	551
NET YARDS PASSING	3117	3005
Avg. Per Game	194.8	187.8
Sacked/Yards Lost	44/284	25/220
Gross Yards	3401	3225
Att./Completions	467/261	460/263
Completion Pct.	55.9	57.2
Had Intercepted	22	22
PUNTS/AVERAGE	69/36.9	66/38.0
NET PUNTING AVG.	29.9	31.0
PENALTIES/YARDS	94/789	125/997
FUMBLES/BALL LOST	36/19	34/17
TOUCHDOWNS	44	43
Rushing	28	20
Passing	15	21
Returns	1	2
TOTAL POINTS	345	358

By Quarters	1	2	3	4	OT	Tot
SEA	85	115	50	95	0	345
OPP	68	114	79	94	3	358

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Sims	15	14	1	0	0	0	0	90
Herrera	0	0	0	0	40-44	13-21	0	79
Largent	8	0	8	0	0	0	0	48
Smith	7	6	1	0	0	0	0	42
Zorn	6	6	0	0	0	0	0	36
SEA	44	28	15	1	40-44	13-21	1	345
OPP	43	20	21	2	41-43	19-27	1	358

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	443	248	3283	56.0	7.41	15	3.4	20	4.5	64	44/284	72.2
Myer	22	11	94	50.0	4.27	0	0.0	2	9.1	17	0/0	----
SEA	467	261	3401	55.9	7.28	15	3.2	22	4.7	64	44/284	70.0
OPP	460	263	3225	57.2	7.01	21	4.6	22	4.8	55	25/220	74.3

Rushing	Att	Yds	Avg	LG	TD
Smith	165	805	4.9	67	6
Sims	174	752	4.3	44	14
Hunter	105	348	3.3	55	2
Zorn	59	290	4.9	23	6
SEA	561	2394	4.3	67	28
OPP	551	2517	4.6	62	20

Receiving	No	Yds	Avg	LG	TD
Largent	71	1168	16.5	57	8
McCullum	37	525	14.2	44	3
Sims	30	195	6.5	25	1
Smith	28	366	13.1	64	1
Raible	22	316	14.4	38	1
SEA	261	3401	13.0	64	15
OPP	263	3225	12.3	55	21

Interceptions	No	Yds	Avg	LG	TD
Webster	5	9	1.8	4	0
Harris	4	65	16.3	28	0
Beamon	4	17	4.3	15	0
Brown	3	44	14.7	44	0
SEA	22	193	8.8	44	1
OPP	22	300	13.6	52	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	66	2440	37.0	29.5	6	13	59	0
SEA	69	2543	36.9	29.9	6	15	59	0
OPP	66	2507	38.0	31.0	6	16	67	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Crawford	34	4	284	8.4	22	0
SEA	40	5	342	8.6	42	0
OPP	36	9	363	10.1	24	0

Kickoff Returns	No	Yds	Avg	LG	TD
Hunter	16	385	24.1	38	0
Crawford	35	829	23.7	36	0
SEA	67	1510	22.5	38	0
OPP	66	1328	20.1	95	1

Field Goals	1-19	20-29	30-39	40-49	50+
Herrera	2-2	1-1	5-7	5-10	0-1
SEA	2-2	1-1	5-7	5-10	0-1
OPP	2-2	7-7	8-10	2-5	0-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Beeson	153	107	46	0.0	4	0	0
Butler	122	83	39	2.0	13	0	2
Green	115	79	36	0.0	2	0	1
Webster	113	85	28	0.0	33	0	1
Harris	113	72	41	2.0	15	1	0

Record (Finish): 9-7 (T2nd, AFC West)

Head Coach: Jack Patera (16-28, .364)

Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs)

Captains: T Norm Evans & WR Steve Largent (Off.), DT Dennis Boyd (Def.), SS Autry Beamon (Sp. Teams)

MVP: QB Jim Zorn

Pro Bowl: WR Steve Largent (1)

National Honors: Jack Patera (Coach of the Year), GM John Thompson (Exec. of the Year)

First-Team All-NFL: QB Jim Zorn (NEA)

OFFENSE

Pos.	Player	Starts
WR	Sam McCullum	16
LT	Nick Bebout	16
LG	Tom Lynch	16
C	John Yarno	13
RG	Bob Newton	16
RT	Steve August	14
TE	Ron Howard	11
	John Sawyer	5
WR	Steve Largent	16
QB	Jim Zorn	16
RB	Sherman Smith+	11
	Al Hunter	6
FB	David Sims	9
	Don Testerman	5

DEFENSE

Pos.	Player	Starts
LE	Ernie Price	11
	Bill Sandifer	5
LT	Dennis Boyd	16
RT	Bill Sandifer	8
	Steve Niehaus	6
RE	Bill Gregory	14
LLB	Sammy Green	16
MLB	Terry Beeson	16
RLB	Keith Butler*	14
LCB	Cornell Webster	14
	Keith Simpson*	2
RCB	Dave Brown	16
SS	Autry Beamon	16
FS	John Harris*	16

SPECIAL TEAMS

Pos.	Player	Starts
K	Efen Herrera	16
P	Herman Weaver	16

*Rookie or first-year player
+Started 1 game at fullback

1978 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	10	6	0	.625	282	198
Seattle	9	7	0	.563	345	358
Oakland	9	7	0	.563	311	283
San Diego	9	7	0	.563	355	309
Kansas City	4	12	0	.250	243	327

* Wild Card team

1979 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/02	L	33-16	San Diego	62,287
09/09	L	19-10	at Miami	56,233
09/16	W	27-10	Oakland	61,602
09/23	L	37-34	at Denver	74,879
09/30	L	24-6	Kansas City	61,169
10/07	W	35-24	at San Francisco	44,592
10/14	L	20-10	at San Diego	50,077
10/21	W	34-14	Houston	60,705
10/29	W	31-28	at Atlanta	52,566
11/04	L	24-0	L.A. Rams	62,048
11/11	W	29-24	at Cleveland	72,440
11/18	W	38-24	New Orleans	60,055
11/26	W	30-7	N.Y. Jets	59,977
12/02	L	37-21	at Kansas City	42,160
12/08	W	28-23	Denver	60,038
12/16	W	29-24	at Oakland	53,177

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	315	350
Rushing	121	146
Passing	171	171
Penalty	23	33
3rd Down: Made/Att.	104/243	88/224
3rd Down Pct.	42.8	39.3
4th Down: Made/Att.	14/23	13/21
4th Down Pct.	60.9	61.9
TOTAL NET YARDS	5557	5834
Avg. Per Game	347.3	364.6
Total Plays	1046	1078
Avg. Per Play	5.3	5.4
NET YARDS RUSHING	1967	2375
Avg. Per Game	122.9	148.4
Total Rushes	500	533
NET YARDS PASSING	3590	3459
Avg. Per Game	224.4	216.2
Sacked/Yards Lost	23/201	37/280
Gross Yards	3791	3739
Att./Completions	523/292	508/317
Completion Pct.	55.8	62.4
Had Intercepted	18	17
PUNTS/AVERAGE	70/38.4	69/37.9
NET PUNTING AVG.	33.1	31.5
PENALTIES/YARDS	104/903	117/1045
FUMBLES/BALL LOST	31/18	39/16
TOUCHDOWNS	46	46
Rushing	24	23
Passing	20	21
Returns	2	2
TOTAL POINTS	378	372

By Quarters	1	2	3	4	OT	Tot
SEA	78	114	87	99	--	378
OPP	63	116	84	109	--	372

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Herrera	0	0	0	0	43-46	19-23	0	100
Smith	15	11	4	0	0	0	0	90
Doornink	9	8	1	0	0	0	0	54
Largent	9	0	9	0	0	0	0	54
McCullum	4	0	4	0	0	0	0	24
SEA	46	24	20	2	43-46	19-23	1	378
OPP	46	23	21	2	42-46	18-29	0	372

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	505	285	3661	56.4	7.25	20	4.0	18	3.6	65	23/201	77.6
SEA	523	292	3791	55.8	7.25	20	3.8	18	3.4	65	23/201	76.2
OPP	508	317	3739	62.4	7.36	21	4.1	17	3.3	51	37/280	84.6

Rushing	Att	Yds	Avg	LG	TD
Smith	194	775	4.0	31	11
Doornink	152	500	3.3	26	8
Zorn	46	279	6.1	41	2
Hunter	34	174	5.1	67	1
Moore	44	168	3.8	18	2
SEA	500	1967	3.9	67	24
OPP	533	2375	4.5	84	23

Receiving	No	Yds	Avg	LG	TD
Largent	66	1237	18.7	55	9
Doornink	54	432	8.0	41	1
Smith	48	499	10.4	35	4
McCullum	46	739	16.1	65	4
Peets	25	293	11.7	28	1
Raible	20	252	12.6	41	1
Moore	14	128	9.1	24	0
SEA	292	3791	13.0	65	20
OPP	317	3739	11.8	51	21

Interceptions	No	Yds	Avg	LG	TD
Brown	6	46	9.2	23	0
Simpson	4	72	18.0	41	0
Harris	2	30	15.0	25	0
SEA	17	284	16.7	91	1
OPP	18	185	10.3	34	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	66	2651	40.2	33.4	3	11	60	3
SEA	70	2687	38.4	33.1	4	11	60	3
OPP	69	2616	37.9	31.5	8	14	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
T. Green	16	3	121	7.6	30	0
Moore	10	1	90	9.0	29	0
SEA	34	6	281	8.3	30	0
OPP	42	12	289	6.9	27	0

Kickoff Returns	No	Yds	Avg	LG	TD
T. Green	20	437	21.9	31	0
Moore	31	641	20.7	39	0
SEA	70	1444	20.6	39	0
OPP	70	1238	17.7	41	0

Field Goals	1-19	20-29	30-39	40-49	50+
Herrera	1-1	7-8	5-6	6-7	0-1
SEA	1-1	7-8	5-6	6-7	0-1
OPP	0-0	10-11	6-9	2-8	0-1

Herrera: (34) (32,49R) (23B,46,20) (28,22,39B) (38,53S,20) (-) (19) (48,30) (24) (-) (34) (27) (49,42,45) (-) (-) (24,42)
 OPP: (31,42,22,23) (36,31) (34L,50S,37) (27) (36) (25) (40R,38L) (-) (25R) (40B,23) (28,44L) (37S,40) (42L) (27,31,22) (41R,29) (20,43S)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Beeson	116	89	27	2.0	4	0	1
Beamon	112	75	37	0.0	14	1	2
Jackson	95	53	42	0.0	8	0	1
Hardy	87	67	20	3.5	1	1	0
Butler	88	56	32	2.0	9	0	2
Simpson	88	73	15	2.0	12	4	0

Record (Finish): 9-7 (T3rd, AFC West)

Head Coach: Jack Patera (25-35, .417)

Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Rusty Tillman (Sp. Teams)

Captains: WR Steve Largent (Off.), DE Dennis Boyd (Def.), FS Autry Beamon (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: WR Steve Largent (2)

National Honors: None

All-NFL: WR Steve Largent (SI, N.Y. Daily News)

OFFENSE

Pos.	Starts
WR	Sam McCullum 16
LT	Nick Bebout 13
LG	Tom Lynch 16
C	John Yarno 16
RG	Bob Newton 11
	Ron Coder 5
RT	Steve August 16
TE	Brian Peets 14
WR	Steve Largent 15
QB	Jim Zorn 16
RB	Sherman Smith 15
FB	Dan Doornink 12
	David Sims 4

DEFENSE

LE	Carl Eller 8
	Dennis Boyd 4
	Ernie Price 4
LT	Robert Hardy* 16
RT	Manu Tuiaosopo* 16
RE	Bill Gregory 16
LLB	Sammy Green 9
	Michael Jackson 7
MLB	Terry Beeson 16
RLB	Keith Butler 14
LCB	Cornell Webster 14
RCB	Dave Brown 16
SS	Keith Simpson 11
	Autry Beamon 4
FS	Autry Beamon 9
	John Harris 6

SPECIAL TEAMS

K	Efen Herrera 16
P	Herman Weaver 16

*Rookie or first-year player

1979 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Diego	12	4	0	.750	411	246
Denver*	10	6	0	.625	289	262
Seattle	9	7	0	.563	378	372
Oakland	9	7	0	.563	365	337
Kansas City	7	9	0	.438	238	262

*= Wild Card team

1980 REVIEW (4-12)

Date	W/L	Score	Opponents	Att
09/07	L	34-13	San Diego	62,042
09/14	W	17-16	at Kansas City	42,403
09/21	L	37-31	New England	61,035
09/28	W	14-0	at Washington	53,263
10/05	W	26-7	at Houston	46,860
10/12	L	27-3	Cleveland	61,366
10/19	W	27-17	at N.Y. Jets	52,496
10/26	L	33-14	at Oakland	50,185
11/02	L	27-20	Philadelphia	61,047
11/09	L	31-30	Kansas City	58,976
11/17	L	19-17	Oakland	60,480
11/23	L	36-20	at Denver	73,274
11/27	L	51-7	at Dallas	57,540
12/07	L	27-21	N.Y. Giants	51,617
12/13	L	21-14	at San Diego	49,980
12/21	L	25-17	Denver	51,853

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	302	301
Rushing	114	129
Passing	166	147
Penalty	22	25
3rd Down: Made/Att.	85/230	110/235
3rd Down Pct.	37.0	46.8
4th Down: Made/Att.	10/15	13/14
4th Down Pct.	66.7	92.9
TOTAL NET YARDS	4879	5177
Avg. Per Game	304.9	323.6
Total Plays	1024	1038
Avg. Per Play	4.8	5.0
NET YARDS RUSHING	1783	2067
Avg. Per Game	111.4	129.2
Total Rushes	456	550
NET YARDS PASSING	3096	3110
Avg. Per Game	193.5	194.4
Sacked/Yards Lost	51/398	26/170
Gross Yards	3494	3280
Att./Completions	517/287	462/267
Completion Pct.	55.5	57.8
Had Intercepted	23	23
PUNTS/AVERAGE	70/40.4	66/40.2
NET PUNTING AVG.	31.6	34.6
PENALTIES/YARDS	109/901	103/876
FUMBLES/BALL LOST	38/15	33/11
TOUCHDOWNS	33	47
Rushing	13	17
Passing	18	28
Returns	2	2
TOTAL POINTS	291	408

By Quarters	1	2	3	4	OT	Tot
SEA	25	95	50	121	0	291
OPP	48	139	77	144	0	408

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Herrera	0	0	0	0	33-33	20-31	0	93
Jodat	6	5	1	0	0	0	0	36
Largent	6	0	6	0	0	0	0	36
McCullum	6	0	6	0	0	0	0	36
Doornink	5	3	2	0	0	0	0	30
McCutcheon	3	1	0	0	0	0	0	24
SEA	33	13	18	2	33-33	20-31	0	291
OPP	47	17	28	2	45-47	25-33	3	408

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	488	276	3346	53.3	6.86	17	3.5	20	4.1	67	44/341	72.4
Adkins	23	10	136	43.5	5.91	1	4.3	3	13.0	22	5/51	----
Krieg	2	0	0	0.0	0.00	0	0.0	0	0.0	0	1/6	----
SEA	517	287	3494	55.5	6.76	18	3.5	23	4.4	67	51/398	71.3
OPP	462	267	3280	57.8	7.10	28	6.1	23	5.0	68	26/170	79.3

Rushing	Att	Yds	Avg	LG	TD
Jodat	155	632	4.1	26	5
Doornink	100	344	3.4	22	3
Zorn	44	214	4.9	25	1
McCutcheon	40	202	5.1	32	3
Moore	60	202	3.4	20	0
SEA	456	1783	3.9	32	13
OPP	550	2067	3.8	46	17

Receiving	No	Yds	Avg	LG	TD
Largent	66	1064	16.1	67	6
McCullum	62	874	14.1	58	5
Sawyer	36	410	11.4	32	0
Doornink	31	237	7.6	16	2
Jodat	26	190	7.3	14	1
Moore	25	231	9.2	34	0
SEA	287	3494	12.2	67	18
OPP	267	3280	12.3	68	28

Interceptions	No	Yds	Avg	LG	TD
Brown	6	32	5.3	24	0
Harris	6	28	4.7	15	0
Simpson	3	15	5.0	10	0
SEA	23	95	4.1	24	0
OPP	23	170	7.4	25	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	67	2798	41.8	31.6	7	14	62	2
SEA	70	2827	40.4	31.6	7	15	62	2
OPP	66	2652	40.2	34.6	1	20	60	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Lewis	41	9	349	8.5	75	1
SEA	41	9	349	8.5	75	1
OPP	42	9	476	11.3	36	0

Kickoff Returns	No	Yds	Avg	LG	TD
Lewis	25	585	23.4	54	0
Webster	21	406	19.3	34	0
SEA	73	1489	20.4	54	0
OPP	64	1223	19.1	46	0

Field Goals	1-19	20-29	30-39	40-49	50+
Herrera	1-1	6-6	8-9	4-10	1-5
SEA	1-1	6-6	8-9	4-10	1-5
OPP	1-1	8-9	9-11	3-5	4-7

Herrera: (46,54S,28)(19)(33)(-)(32,33,50,44,40R)
 (51S,29)(48,23) (48S) (21,31,41L) (39,31,33,60S)
 (46S,37) (21,20) (-) (52R,48R) (47L) (31R,47) OPP:
 (41,29) (50,23,57) (19,30,44R,29) (33R,50S,52R) (-)
 (-) (37L, 22) (34,38,43S, 30,25) (39,25) (42) (28)
 (24,33) (-) (43,32) (23L) (53,55,34,38,52S)

DEFENSIVE STATISTICS								
Player	T	S	A	Sac	PD	FF	FR	FR
Jackson	136	105	31	0.0	5	1	2	
Harris	119	80	39	0.0	9	0	1	
Simpson	110	82	28	1.0	17	0	1	
Hardy	103	72	31	3.0	2	1	1	
Beeson	101	65	36	1.0	1	2	1	
Tuiasosopo	94	63	31	3.5	4	0	1	

Record (Finish): 4-12 (5th, AFC West)
Head Coach: Jack Patera (29-47, .382)
Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/ LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Rusty Tillman (Sp. Teams)
Captains: WR Steve Largent (Off.), SS Keith Simpson (Def.)
MVP: WR Sam McCullum
Pro Bowl: None
National Honors: None
All-NFL: None

OFFENSE		
Pos.		Starts
WR	Sam McCullum	16
LT	Louis Bullard	13
LG	Tom Lynch	12
	Jeff Sevy	4
C	John Yarno	16
RG	Bob Newton	16
RT	Steve August	16
TE	John Sawyer	16
WR	Steve Largent	16
QB	Jim Zorn	16
RB	Dan Doornink	11
	Sherman Smith	2
FB	Jim Jodat	13
	Dan Doornink	3

DEFENSE		
LE	Jacob Green*	13
LT	Robert Hardy	16
RT	Manu Tuiasosopo	16
RE	Bill Gregory	13
LLB	Michael Jackson	15
MLB	Terry Beeson	16
RLB	Keith Butler	16
LCB	Kerry Justin	11
	Cornell Webster	5
RCB	Dave Brown	16
SS	Keith Simpson	16
FS	John Harris	16

SPECIAL TEAMS		
K	Efren Herrera	16
P	Herman Weaver	16

*Rookie or first-year player

1980 AFC WEST STANDINGS						
	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	418	327
Oakland*	11	5	0	.688	364	306
Kansas City	8	8	0	.500	319	336
Denver	8	8	0	.500	310	323
Seattle	4	12	0	.250	291	408

* Wild Card team

1981 REVIEW (6-10)

Date	W/L	Score	Opponents	Att	Rushing	Att	Yds	Avg	LG	TD
09/06	L	27-21	at Cincinnati	41,177	T. Brown	141	531	3.8	43	6
09/13	W	13-10	Denver	58,513	Smith	83	253	3.0	21	3
09/20	L	20-10	at Oakland	45,725	Doornink	65	194	3.0	11	1
09/27	L	20-14	Kansas City	59,255	Zorn	30	140	4.7	20	1
10/04	L	24-10	at San Diego	51,463	Hughes	47	135	2.9	15	0
10/11	L	35-17	at Houston	42,671	SEA	440	1594	3.6	43	14
10/18	L	32-0	N.Y. Giants	56,134	OPP	588	2806	4.8	73	20
10/25	W	19-3	at N.Y. Jets	49,678						
11/01	L	34-24	at Green Bay	49,467	Receiving	No	Yds	Avg	LG	TD
11/08	W	24-21	Pittsburgh	59,058	Largent	75	1224	16.3	57	9
11/16	W	44-23	San Diego	58,628	McCullum	46	567	12.3	36	3
11/22	L	40-13	at Kansas City	49,002	Smith	44	406	9.2	28	1
11/29	L	32-31	Oakland	57,147	Hughes	35	263	7.5	22	2
12/06	W	27-23	N.Y. Jets	53,105	Doornink	27	350	13.0	80	4
12/13	L	23-13	at Denver	74,527	SEA	307	3727	12.1	80	21
12/20	W	42-21	Cleveland	51,435	OPP	294	3394	11.5	90	25

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	295	371
Rushing	103	175
Passing	166	173
Penalty	26	23
3rd Down: Made/Att.	76/204	107/220
3rd Down Pct.	37.3	48.6
4th Down: Made/Att.	8/19	4/10
4th Down Pct.	42.1	40.0
Possession Avg.	26:59	33:01
TOTAL NET YARDS	5021	5940
Avg. Per Game	313.8	371.3
Total Plays	1001	1126
Avg. Per Play	5.0	5.3
NET YARDS RUSHING	1594	2806
Avg. Per Game	99.6	175.4
Total Rushes	440	588
NET YARDS PASSING	3427	3134
Avg. Per Game	214.2	195.9
Sacked/Yards Lost	37/300	36/260
Gross Yards	3727	3394
Att./Completions	524/307	502/294
Completion Pct.	58.6	58.6
Had Intercepted	15	21
PUNTS/AVERAGE	68/39.0	55/42.5
NET PUNTING AVG.	36.2	35.3
PENALTIES/YARDS	106/823	104/944
FUMBLES/BALL LOST	41/23	43/27
TOUCHDOWNS	40	46
Rushing	14	20
Passing	21	25
Returns	5	1
TOTAL POINTS	322	388

By Quarters	1	2	3	4	OT	Tot
SEA	71	109	85	57	---	322
OPP	58	140	75	115	---	388

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Largent	10	1	9	0	0	0	0	60
Herrera	0	0	0	0	23-25	12-17	0	59
T. Brown	6	6	0	0	0	0	0	36
Doornink	5	1	4	0	0	0	0	30
SEA	40	14	21	5	37-40	15-24	0	322
OPP	46	20	25	1	41-46	23-29	1	388

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	397	236	2788	59.4	7.02	13	3.3	9	2.3	80	24/201	80.2
Krieg	112	64	843	57.1	7.53	7	6.3	5	4.5	57	11/85	83.3
SEA	524	307	3727	58.6	7.11	21	4.0	15	2.9	80	37/300	82.0
OPP	502	294	3394	58.6	6.76	25	5.0	21	4.2	90	36/260	78.2

Interceptions	No	Yds	Avg	LG	TD
Harris	10	155	15.5	42	2
Easley	3	155	51.7	82	1
SEA	21	397	18.9	82	3
OPP	15	257	17.1	46	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	66	2578	39.1	36.1	2	16	56	0
SEA	68	2665	39.2	36.2	2	16	56	0
OPP	55	2337	42.5	35.3	5	14	63	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Johns	16	4	177	11.1	34	0
Lewis	15	2	100	6.7	23	0
SEA	32	6	293	9.2	34	0
OPP	33	18	153	4.6	16	0

Kickoff Returns	No	Yds	Avg	LG	TD
Lewis	20	378	18.9	36	0
Ivory	15	281	18.7	32	0
SEA	69	1278	18.5	36	0
OPP	67	1177	17.6	35	0

Field Goals	1-19	20-29	30-39	40-49	50+
Herrera	0-0	6-6	3-4	2-5	1-2
Alvarez	0-0	3-3	0-0	0-4	0-0
SEA	0-0	9-9	3-4	2-9	1-2
OPP	1-1	8-9	9-10	4-6	1-3

Herrera: (37R) (43,22) (26,40R) () (52L,20) (41,47S) () () (54) (37,48R) (25,30,23) (26,30)
 Alvarez: () () () () () () () () () () (43R,22,42R) (43B) (28,20) (42R)
 OPP: (25,43S,40) (30) (34L) (30,38,43L) (47) () (29,54,21,47,31,37) (34) (19,36) (49S,22L) (32) (37,24) (20) (26,50R) (33,43,24) ()

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Jackson	141	99	42	1.0	4	3	1
Easley	107	79	28	0.0	10	0	3
Butler	100	68	32	1.5	2	0	0
Harris	91	71	20	0.0	7	2	3
Green	87	72	15	12.0	1	5.5	1

Record (Finish): 6-10 (5th, AFC West)

Head Coach: Jack Patera (35-57, .380)

Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Jerry Rhome (Off. Coach/QBs/ WRs/TEs), Jackie Simpson (Def. Coach/LBs), Rusty Tillman (Sp. Teams)

Captains: WR Steve Largent (Off.), CB Keith Simpson (Def.), S Don Dufek (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: WR Steve Largent (3)

National Honors: S Kenny Easley, AFC Defensive Rookie of the Year, First-Team All-NFL

All-NFL: S Kenny Easley

OFFENSE

Pos.	Player	Starts
WR	Sam McCullum	14
LT	Ron Essink	16
LG	Edwin Bailey*	15
C	John Yarno	9
	Art Kuehn	7
RG	Bob Newton	15
RT	Steve August	16
TE	John Sawyer	16
WR	Steve Largent	16
QB	Jim Zorn	13
	Dave Krieg	3
RB	Sherman Smith	8
	Theotis Brown	7
FB	Dan Doornink	9
	Jim Jodtat	5

DEFENSE

LE	Jacob Green	16
LT	Robert Hardy	14
RT	Doug Sutherland	6
	Manu Tuiaosopolo	5
	Mike White	5
RE	Manu Tuiaosopolo	11
LLB	Michael Jackson	15
MLB	Terry Beeson	7
	Joe Norman	7
RLB	Keith Butler	16
LCB	Keith Simpson	12
RCB	Dave Brown	10
	Kerry Justin	6
LS	Kenny Easley*	14
RS	John Harris	16

SPECIAL TEAMS

K	Efren Herrera	12
	Wilson Alvarez	4
P	Jeff West	15

*Rookie or first-year player

1981 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Diego	10	6	0	.625	478	390
Denver	10	6	0	.625	321	289
Kansas City	9	7	0	.563	343	290
Oakland	7	9	0	.438	273	343
Seattle	6	10	0	.375	322	388

* Wild Card team

1982 REVIEW (4-5)

Date	W/L	Score	Opponents	Att
09/12	L	21-7	Cleveland	55,907
09/19	L	23-21	at Houston	43,117
09/26			at New England	Cxl
10/03			Kansas City	Cxl
10/10			at San Diego	Cxl
10/17			L.A. Raiders	Cxl
10/24			San Diego	Cxl
10/31			at Kansas City	Cxl
11/07			Denver	Cxl
11/14			at St. Louis	Cxl
11/21	W	17-10	at Denver	73,916
11/28	W	16-0	Pittsburgh	55,553
12/05	L	28-23	at L.A. Raiders	42,170
12/12	W	20-14	Chicago	52,826
12/19	L	16-0	New England	53,457
12/26	L	24-10	at Cincinnati	55,330
01/02	W	13-11	Denver	43,145

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	159	167
Rushing	51	86
Passing	89	68
Penalty	19	13
3rd Down: Made/Att.	43/130	50/126
3rd Down Pct.	33.1	39.7
4th Down: Made/Att.	6/12	5/8
4th Down Pct.	50.0	62.5
POSSESSION AVG.	28:04	31:56
TOTAL NET YARDS	2594	2794
Avg. Per Game	288.2	310.4
Total Plays	589	600
Avg. Per Play	4.4	4.7
NET YARDS RUSHING	795	1461
Avg. Per Game	88.3	162.3
Total Rushes	227	337
NET YARDS PASSING	1799	1333
Avg. Per Game	199.9	148.1
Sacked/Yards Lost	36/269	17/135
Gross Yards	2068	1468
Att./Completions	326/176	246/138
Completion Pct.	54.0	56.1
Had Intercepted	13	13
PUNTS/AVERAGE	49/38.6	50/40.6
NET PUNTING AVG.	35.9	34.9
PENALTIES/YARDS	59/523	44/406
FUMBLES/BALL LOST	21/11	18/9
TOUCHDOWNS	14	18
Rushing	4	12
Passing	9	4
Returns	1	2
TOTAL POINTS	127	147

By Quarters	1	2	3	4	OT	Tot
SEA	9	37	28	53	0	127
OPP	26	70	23	28	0	147

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	13-14	10-14	0	43
Largent	3	0	3	0	0	0	0	18
T. Brown	2	2	0	0	0	0	0	12
Carr	2	0	2	0	0	0	0	12
Walker	2	0	2	0	0	0	0	12
SEA	14	4	9	1	13-14	10-14	0	127
OPP	18	12	4	2	17-18	6-15	2	147

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	245	126	1540	51.4	6.29	7	2.9	11	4.5	50	20/152	62.1
Krieg	78	49	501	62.8	6.42	2	2.6	2	2.6	44	16/117	79.0
SEA	326	176	2068	54.0	6.34	9	2.8	13	4.0	50	36/269	66.1
OPP	246	138	1468	56.1	5.97	4	1.6	13	5.3	56	17/135	57.1

Rushing	Att	Yds	Avg	LG	TD
Smith	63	202	3.2	19	0
Doornink	45	178	4.0	46	0
T. Brown	53	141	2.7	17	2
Zorn	15	113	7.5	35	1
Hughes	30	106	3.5	13	0
SEA	227	795	3.5	46	4
OPP	337	1461	4.3	53	12

Receiving	No	Yds	Avg	LG	TD
Largent	34	493	14.5	45	3
Doornink	22	176	8.0	44	0
Smith	19	196	10.3	39	0
Carr	15	265	17.7	50	2
Johns	15	234	15.6	35	1
Metzelaars	15	152	10.1	26	0
SEA	176	2068	11.8	50	9
OPP	138	1468	10.6	56	4

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	48	1835	38.2	36.7	3	8	52	0
SEA	49	1889	38.6	35.9	3	9	54	0
OPP	50	2032	40.6	34.9	3	10	59	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Johns	19	10	210	11.1	37	0
SEA	21	14	228	10.9	37	0
OPP	19	23	69	3.6	18	0

Kickoff Returns	No	Yds	Avg	LG	TD
Ivory	10	224	22.4	30	0
Lane	11	172	15.6	32	0
SEA	29	544	18.8	32	0
OPP	24	361	15.0	34	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	0-0	3-4	5-6	2-3	0-1
SEA	0-0	3-4	5-6	2-3	0-1
OPP	0-0	4-5	2-3	0-6	0-1

N. Johnson: () () (37R,41R,23R,25) (35,48,29) (30) (30,34) (52B) (43) (22,34)
 OPPONENTS: (45B,26B,42L) (24) (21) () (42L) (50R) (21,41B,37,48L,23) (34) (39L,44B)

DEFENSIVE STATISTICS											
Player	T	S	A	Sac	PD	FF	FR				
Jackson	64	40	24	0.0	5	0	1				
Easley	56	49	7	1.0	3	1	1				
D. Brown	51	40	11	1.0	2	0	2				
Scholtz	48	36	12	1.0	3	1	1				
Simpson	46	42	4	0.0	3	0	0				
Butler	45	36	9	2.0	1	0	0				

Record (Finish): 4-5 (T8th, AFC). Season shortened to 9 games because of players' strike. Top 8 in AFC & NFC made playoffs.

Head Coach: Jack Patera (35-59, .372) fired on October 13 after 2 games. Mike McCormack (4-3, .571)

Assistants: Jack Christensen (DBs), Frank Lauterbur (DL), Andy MacDonald (RBs), Howard Mudd (OL), Jerry Rhome (Off. Coach/QBs/ WRs/TEs), Jackie Simpson (Def. Coach /LBs), Rusty Tillman (Sp. Teams), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), CB Keith Simpson (Def.), S Don Dufek (Sp. Teams)

MVP: S Kenny Easley

Pro Bowl: S Kenny Easley (1)

National Honors: None

First-Team All-NFL: S Kenny Easley (PFW, NEA, Football Digest)

OFFENSE

Pos.	Starts
WR	Paul Johns 7
	Roger Carr 2
LT	Ron Essink 7
	Dennis Boyd 2
	Edwin Bailey 7
LG	John Yarno 9
C	Robert Pratt 9
RG	Steve August 7
RT	Mike Tice 9
TE	Steve Largent 8
WR	Jim Zorn 7
QB	Dave Krieg 2
	Sherman Smith 8
RB	Dan Doornink 5
FB	David Hughes 3

DEFENSE

LE	Jacob Green 9
LT	Robert Hardy 8
RT	Manu Tuiasosopo 8
RE	Jeff Bryant* 9
LLB	Bruce Scholtz* 9
MLB	Michael Jackson 8
RLB	Keith Butler 8
LCB	Keith Simpson 8
RCB	Dave Brown 9
LS	Kenny Easley 8
RS	John Harris 9

SPECIAL TEAMS

K	Norm Johnson* 9
P	Jeff West 9

*Rookie or first-year player

1982 AFC STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	8	1	0	.889	260	200
Miami	7	2	0	.778	198	131
Cincinnati	7	2	0	.778	232	177
Pittsburgh	6	3	0	.667	204	146
San Diego	6	3	0	.667	288	221
N.Y. Jets	6	3	0	.667	245	166
New England	5	4	0	.556	143	157
Cleveland	4	5	0	.444	140	182
Buffalo	4	5	0	.444	150	154
Seattle	4	5	0	.444	127	147
Kansas City	3	6	0	.333	176	184
Denver	2	7	0	.222	148	226
Houston	1	8	0	.111	136	245
Baltimore	0	8	1	.056	113	236

As the result of a 57-day players' strike, the 1982 NFL regular-season schedule was reduced from 16 weeks to 9. At the conclusion of the regular season, the NFL conducted a 16-team postseason Super Bowl Tournament. Eight teams from each conference were seeded 1-8 based on their records during the season.

1983 REVIEW (9-7; 2-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/04	L	17-13	at Kansas City	42,531
09/11	W	17-10	at N.Y. Jets	50,066
09/18	W	34-31	San Diego	61,714
09/25	L	27-17	Washington	60,718
10/02	W	24-9	at Cleveland	75,446
10/09	L	28-21	at San Diego	49,132
10/16	W	38-36	L.A. Raiders	60,697
10/23	L	27-21	Pittsburgh	61,615
10/30	W	34-21	at L.A. Raiders	49,708
11/06	W	27-19	Denver	61,189
11/13	L	33-28	at St. Louis	33,280
11/20	L	38-27	at Denver	74,710
11/27	W	51-48	Kansas City (OT)	56,795
12/04	L	35-10	Dallas	63,352
12/11	W	17-12	at N.Y. Giants	48,942
12/18	W	24-6	New England	59,688

POSTSEASON

12/24	W	31-7	Denver (AFC Wild Card Game)	60,753
12/31	W	27-20	at Miami (AFC Divisional Playoff)	71,032
01/08	L	30-14	at L.A. Raiders (AFC Championship)	88,734

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	300	351
Rushing	131	128
Passing	153	195
Penalty	16	28
3rd Down: Made/Att.	96/218	95/214
3rd Down Pct.	44.0	44.4
4th Down: Made/Att.	4/10	4/10
4th Down Pct.	40.0	40.0
POSSESSION AVG.	29:52	30:08
TOTAL NET YARDS	5092	6029
Avg. Per Game	318.3	376.8
Total Plays	1032	1075
Avg. Per Play	4.9	5.6
NET YARDS RUSHING	2119	2198
Avg. Per Game	132.4	137.4
Total Rushes	546	511
NET YARDS PASSING	2973	3831
Avg. Per Game	185.8	239.4
Sacked/Yards Lost	47/343	43/351
Gross Yards	3316	4182
Att./Completions	449/251	521/311
Completion Pct.	55.9	59.7
Had Intercepted	18	26
PUNTS/AVERAGE	79/39.5	68/40.5
NET PUNTING AVG.	34.6	34.2
PENALTIES/YARDS	102/890	91/725
FUMBLES/BALL LOST	36/20	44/28
TOUCHDOWNS	50	48
Rushing	19	14
Passing	25	33
Returns	6	1
TOTAL POINTS	403	397

By Quarters	1	2	3	4	OT	Tot
SEA	67	99	102	132	3	403
OPP	69	134	56	138	0	397

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	243	147	2139	60.5	8.80	18	7.4	11	4.5	50	38/279	95.0
Zorn	205	103	1166	50.2	5.69	7	3.4	7	3.4	43	9/64	64.8
SEA	449	251	3316	55.9	7.39	25	5.6	18	4.0	50	47/343	81.3
OPP	521	311	4182	59.7	8.03	33	6.3	26	5.0	78	43/351	85.6

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	49-50	18-25	0	103
Warner	14	13	1	0	0	0	0	84
Largent	11	0	11	0	0	0	0	66
Johns	5	0	4	1	0	0	0	30
SEA	50	19	25	6	49-50	18-25	0	403
OPP	48	14	33	1	43-48	20-26	3	397

Rushing	Att	Yds	Avg	LG	TD
Warner	335	1449	4.3	60	13
Hughes	83	313	3.8	26	1
Doomink	40	99	2.5	9	2
SEA	546	2119	3.9	60	19
OPP	511	2198	4.3	37	14

Receiving	No	Yds	Avg	LG	TD
Largent	72	1074	14.9	46	11
Warner	42	325	7.7	28	1
Young	36	529	14.7	47	2
Johns	34	486	14.3	30	4
SEA	251	3316	13.2	50	25
OPP	311	4182	13.4	78	33

Interceptions	No	Yds	Avg	LG	TD
Easley	7	96	13.2	38	0
D. Brown	6	83	13.8	37	0
Simpson	4	39	9.7	14	0
SEA	26	353	13.6	73	2
OPP	18	279	15.5	40	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	79	3115	39.4	34.6	10	25	56	0
SEA	79	3115	39.4	34.6	10	25	56	0
OPP	68	2754	40.5	34.2	3	14	58	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Johns	28	5	316	11.3	75t	1
SEA	34	6	366	10.8	75t	1
OPP	36	16	185	5.1	18	0

Kickoff Returns	No	Yds	Avg	LG	TD
Dixon	49	1148	23.4	94	1
Hughes	12	282	23.5	35	1
SEA	71	1575	22.2	94	1
OPP	59	952	16.1	45	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	1-1	4-4	4-7	8-10	1-3
SEA	1-1	4-4	4-7	8-10	1-3
OPP	2-2	5-6	6-7	7-9	0-1

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Scholtz	104	84	20	1.5	6	3	1
Robinson	96	65	31	1.5	0	2	4
Harris	93	67	26	3.0	8	0	3
Easley	84	58	26	3.0	8	1	3
Butler	81	61	20	0.0	1	0	2

Record (Finish): 9-7 (2nd, AFC). First playoff appearance. Won 2 games then lost AFC Championship Game at L.A. Raiders, 30-14.

Head Coach: Chuck Knox (9-7, .563)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./LBs), Ray Prochaska (Off. Coord./OL), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: RB Curt Warner

Pro Bowl: SS Kenny Easley (2), RB Curt Warner (1)

National Honors: Chuck Knox, NFL Coach of the Year (SGH); SS Kenny Easley, AFC Defensive Player of the Year (*FB News*); RB Curt Warner, AFC Offensive Player of Year (*UPI*, NFLPA, WNTDC), First-Team All-NFL: SS Kenny Easley (*NEA*, *PFWA*, *PFW*)

OFFENSE

Pos.		Starts
WR	Paul Johns	9
LT	Ron Essink	16
LG	Reggie McKenzie	14
C	Blair Bush	16
RG	Robert Pratt	16
RT	Steve August	15
TE	Pete Metzelaars	7
WR	Steve Largent	14
QB	Jim Zorn	8
	Dave Krieg	8
RB	Curt Warner*	16
FB	David Hughes	6

DEFENSE

LE	Jacob Green	16
NT	Manu Tuiaosopolo	8
	Joe Nash	8
RE	Jeff Bryant	16
LOLB	Bruce Scholtz	16
LILB	Shelton Robinson	15
RILB	Keith Butler	16
ROLB	Michael Jackson	9
	Greg Gaines	6
LCB	Kerry Justin	10
RCB	Dave Brown	16
SS	Kenny Easley	15
FS	John Harris	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Jeff West	16

*Rookie or first-year player

1983 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	12	4	0	.750	442	338
Seattle*	9	7	0	.563	403	397
Denver*	9	7	0	.563	302	327
San Diego	6	10	0	.375	358	462
Kansas City	6	10	0	.375	386	367

* Wild Card team

1984 REVIEW (12-4; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/03	W	33-0	Cleveland	59,540	Johnson	0	0	0	0	50-51	20-24	0	110
09/09	W	31-17	San Diego	61,314	Largent	12	0	12	0	0	0	0	72
09/16	L	38-23	at New England	43,140	Turner	10	0	10	0	0	0	0	60
09/23	W	38-9	Chicago	61,520	Lane	5	4	1	0	0	0	0	30
09/30	W	20-12	at Minnesota	57,171	SEA	51	10	32	9	50-51	20-24	1	418
10/07	L	28-14	at L.A. Raiders	77,904	OPP	34	11	18	5	34-34	14-22	1	282
10/14	W	31-28	Buffalo	59,034									
10/21	W	28-24	at Green Bay (Mil)	52,286									
10/29	W	24-0	at San Diego	53,974									
11/04	W	45-0	Kansas City	61,396									
11/12	W	17-14	L.A. Raiders	64,001									
11/18	W	26-6	at Cincinnati	50,280									
11/25	W	27-24	at Denver	74,922									
12/02	W	38-17	Detroit	62,441									
12/09	L	34-7	at Kansas City	34,855									
12/15	L	31-14	Denver	64,411									

POSTSEASON

12/22	W	13-7	L.A. Raiders	62,049									
			(AFC Wild Card Game)										
12/29	L	31-10	at Miami	73,469									
			(AFC Divisional Playoff)										

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	287	288
Rushing	94	99
Passing	171	160
Penalty	22	29
3rd Down: Made/Att.	84/222	73/214
3rd Down Pct.	37.8	34.1
4th Down: Made/Att.	4/9	9/20
4th Down Pct.	44.4	45.0
POSSESSION AVG.	30:46	29:14
TOTAL NET YARDS	5068	4963
Avg. Per Game	316.8	310.2
Total Plays	1034	1051
Avg. Per Play	4.9	4.7
NET YARDS RUSHING	1645	1789
Avg. Per Game	102.8	111.8
Total Rushes	495	475
NET YARDS PASSING	3423	3174
Avg. Per Game	213.9	198.4
Sacked/Yards Lost	42/328	55/398
Gross Yards	3751	3572
Att./Completions	497/283	521/265
Completion Pct.	56.9	50.9
Had Intercepted	26	38
PUNTS/AVERAGE	95/37.5	83/40.3
NET PUNTING AVG.	33.3	33.0
PENALTIES/YARDS	128/1179	114/883
FUMBLES/BALL LOST	24/13	47/25
TOUCHDOWNS	51	34
Rushing	10	11
Passing	32	18
Returns	9	5
TOTAL POINTS	418	282

By Quarters	1	2	3	4	OT	Tot
SEA	92	135	100	91	--	418
OPP	60	86	62	74	--	282

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	480	276	3671	57.5	7.65	32	6.7	24	5.0	80	40/314	83.3
SEA	497	283	3751	56.9	7.55	32	6.4	26	5.2	80	42/328	80.6
OPP	521	265	3572	50.9	6.86	18	3.5	38	7.3	92	55/398	54.2

Rushing	Att	Yds	Avg	LG	TD
Hughes	94	327	3.5	14	1
Lane	80	299	3.7	40	4
Doomink	57	215	3.8	25	0
SEA	495	1645	3.3	40	10
OPP	475	1789	3.8	25	11

Receiving	No	Yds	Avg	LG	TD
Largent	74	1164	15.7	65	12
Turner	35	715	20.4	80	10
C. Young	33	337	10.2	31	1
Doomink	31	365	11.8	32	2
SEA	283	3751	13.3	80	32
OPP	265	3572	13.5	92	18

Interceptions	No	Yds	Avg	LG	TD
Easley	10	126	12.6	58	2
Brown	8	179	22.4	90	2
SEA	38	697	18.3	90	7
OPP	26	333	12.8	42	3

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	95	3567	37.5	33.3	10	24	60	0
SEA	95	3567	37.5	33.3	10	24	60	0
OPP	83	3345	40.3	33.0	6	14	63	4

Punt Returns	No	FC	Yds	Avg	LG	TD
Easley	16	5	194	12.1	42	0
Skansi	16	2	145	9.1	16	0
SEA	44	11	484	11.0	47	1
OPP	32	39	205	6.4	65	1

Kickoff Returns	No	Yds	Avg	LG	TD
Dixon	25	446	17.8	36	0
Hughes	17	348	20.5	38	0
SEA	54	1007	18.6	38	0
OPP	67	1116	16.7	46	0

Field Goals	1-19	20-29	30-39	40-49	50+
Johnson	0-0	9-10	4-4	6-7	1-3
SEA	0-0	9-10	4-4	6-7	1-3
OPP	0-0	4-5	5-8	5-9	0-0

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Robinson	93	65	28	0.5	4	0	4
K. Butler	89	68	21	1.0	4	0	2
Gaines	88	61	27	3.5	3	0	2
Nash	82	58	24	7.0	1	1	3

Record (Finish): 12-4 (2nd, AFC West). Lost divisional playoff at Miami 31-10.

Head Coach: Chuck Knox (21-11, .656)

Assistants: Tom Catlin (Asst. Head Coach/ Def. Coord./LBs), Ray Prochaska (Off. Coord./OL), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: TE Charle Young (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: SS Kenny Easley

Pro Bowl: CB Dave Brown (1), SS Kenny Easley (3), K Norm Johnson (1), QB Dave Krieg (1), WR Steve Largent (4), NT Joe Nash (1), ST Fredd Young (1)

National Honors: Chuck Knox, NFL Coach of the Year (AP, SN, SGH); SS Kenny Easley, NFL Def. Player of the Year (AP, PFWA)

First-Team All-NFL: CB Dave Brown (Films), SS Kenny Easley (AP, SI, PFW, PFWA, SN, NEA, Films), DE Jacob Green (SN), K Norm Johnson (AP, PFWA, SN, PFW), WR Steve Largent (Films), NT Joe Nash (AP, Films, PFW), ST Fredd Young (Films, PFW)

OFFENSE

Pos.		Starts
WR	Daryl Turner*	8
LT	Ron Essink	16
LG	Reggie McKenzie	8
	Edwin Bailey	8
C	Blair Bush	16
RG	Robert Pratt	16
RT	Bob Cryder	10
TE	Charle Young	13
	Mike Tice	8
WR	Steve Largent	16
QB	Dave Krieg	16
RB	Eric Lane	7
	Curt Warner	1
FB	Franco Harris	6
	David Hughes	6

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	16
RE	Jeff Bryant	16
LOLB	Bruce Scholtz	16
LILB	Shelton Robinson	16
RILB	Keith Butler	16
ROLB	Greg Gaines	11
LCB	Keith Simpson	15
RCB	Dave Brown	16
SS	Kenny Easley	16
FS	John Harris	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Jeff West	16

*Rookie or first-year player

1984 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	13	3	0	.813	353	241
Seattle*	12	4	0	.750	418	282
L.A. Raiders*	11	5	0	.688	368	278
Kansas City	8	8	0	.500	314	324
San Diego	7	9	0	.438	394	413

* Wild Card team

1985 REVIEW (8-8)

Date	W/L	Score	Opponents	Att	Rushing	Att	Yds	Avg	LG	TD
09/08	W	28-24	at Cincinnati	51,625	Warner	291	1094	3.8	38	8
09/15	W	49-35	at San Diego	54,420	Morris	55	236	4.3	21	0
09/23	L	35-24	L.A. Rams	63,292	Hughes	40	128	3.2	9	0
09/29	L	28-7	at Kansas City	50,485	Krieg	35	121	3.5	17	1
10/06	W	26-21	San Diego	61,300	SEA	462	1644	3.6	38	9
10/13	W	30-26	Atlanta	60,430	OPP	473	1837	3.9	43	12
10/20	L	13-10	at Denver (OT)	74,899						
10/27	L	17-14	at N.Y. Jets	69,320						
11/03	W	33-3	L.A. Raiders	64,060	Receiving	No	Yds	Avg	LG	TD
11/10	W	27-3	at New Orleans	47,365	Largent	79	1287	16.3	43	6
11/17	L	20-13	New England	60,345	Warner	47	307	6.5	27	1
11/25	L	19-6	at San Francisco	57,482	Turner	34	670	19.7	54	13
12/01	W	24-6	Kansas City	52,655	C. Young	28	351	12.5	32	2
12/08	W	31-13	Cleveland	58,477	Skansi	21	269	12.8	32	1
12/15	L	13-3	at L.A. Raiders	77,425	Walker	19	285	15.0	28	2
12/20	L	27-24	Denver	56,283	SEA	304	3820	12.6	54	28
					OPP	273	3787	13.9	71	22

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	299	290
Rushing	96	90
Passing	179	179
Penalty	24	21
3rd Down: Made/Att.	96/244	72/218
3rd Down Pct.	39.3	33.0
4th Down: Made/Att.	10/17	9/13
4th Down Pct.	58.8	69.2
POSSESSION AVG.	30:13	29:47
TOTAL NET YARDS	5007	5160
Avg. Per Game	312.9	322.5
Total Plays	1090	1030
Avg. Per Play	4.6	5.0
NET YARDS RUSHING	1644	1837
Avg. Per Game	102.8	114.8
Total Rushes	462	473
NET YARDS PASSING	3363	3323
Avg. Per Game	210.2	207.7
Sacked/Yards Lost	53/457	61/464
Gross Yards	3820	3787
Att./Completions	575/304	496/273
Completion Pct.	52.9	55.0
Had Intercepted	23	24
PUNTS/AVERAGE	91/40.3	97/42.1
NET PUNTING AVG.	33.8	34.6
PENALTIES/YARDS	102/827	106/840
FUMBLES/BALL LOST	34/18	39/20
TOUCHDOWNS	44	35
Rushing	9	12
Passing	28	22
Returns	7	1
TOTAL POINTS	349	303

By Quarters	1	2	3	4	OT	Tot
SEA	43	116	90	100	0	349
OPP	47	78	63	112	3	303

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Johnson	0	0	0	0	40-41	14-25	0	82
Turner	13	0	13	0	0	0	0	78
Warner	9	8	1	0	0	0	0	54
Largent	6	0	6	0	1-1	0	0	37
SEA	44	9	28	7	41-44	14-25	1	349
OPP	35	12	22	1	31-35	20-28	1	303

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	532	285	3602	53.6	6.77	27	5.1	20	3.8	54	52/448	76.2
Gilbert	40	19	218	47.5	5.45	1	2.5	2	5.0	37	1/9	51.9
SEA	575	304	3820	52.9	6.64	28	4.9	23	4.0	54	53/457	73.4
OPP	496	273	3787	55.0	7.64	22	4.4	24	4.8	71	61/464	74.4

Interceptions	No	Yds	Avg	LG	TD
Harris	7	20	2.9	17	0
Brown	6	58	9.7	28	1
Taylor	4	75	18.8	75	1
SEA	24	272	11.3	75	3
OPP	23	389	16.9	83	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Finzer	68	2766	40.7	34.6	6	12	61	0
Colquitt	12	481	40.1	34.3	2	3	55	0
West	11	420	38.2	28.3	3	0	52	0
SEA	91	3667	40.3	33.8	11	15	61	0
OPP	97	4081	42.1	34.6	12	22	62	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Skansi	31	7	312	10.1	32	0
Easley	8	0	87	10.9	25	0
SEA	53	11	483	9.1	32	0
OPP	47	14	374	8.0	19	0

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	31	636	20.5	58	0
Skansi	19	358	18.8	35	0
SEA	58	1166	20.1	58	0
OPP	47	918	19.5	63	0

Field Goals	1-19	20-29	30-39	40-49	50+
Johnson	0-0	5-5	7-9	1-8	1-3
SEA	0-0	5-5	7-9	1-8	1-3
OPP	0-0	10-11	4-7	5-7	1-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
F. Young	118	93	25	3.0	2	0	1
K. Butler	108	71	37	0.0	3	2	3
Green	92	60	32	13.5	1	7	2
Nash	87	67	20	9.0	0	0	2
Easley	79	62	17	2.0	7	0	3
Bryant	73	49	24	8.5	4	0	4

Record (Finish): 8-8 (3rd, AFC West)

Head Coach: Chuck Knox (29-19, .604)
Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./LBs), Ray Prochaska (Off. Coord.), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: SS Kenny Easley (4), WR Steve Largent (5), ST Fredd Young (2)

National Honors: RB Curt Warner, Comeback Player of the Year (SI)

First-Team All-NFL: SS Kenny Easley (AP, PFWA, NEA), WR Steve Largent (AP, PFWA, SI, C&PFW)

OFFENSE

Pos.	Starts
WR	Daryl Turner 12
LT	Ron Essink 12
LG	Edwin Bailey 16
C	Blair Bush 16
RG	Robert Pratt 12
RT	Steve August 6
TE	Charle Young 14
QB	Dave Krieg 16
RB	Curt Warner 16
FB	David Hughes 10
	Eric Lane 3

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	16
RE	Jeff Bryant	16
LOLB	Bruce Scholtz	16
LILB	Fredd Young	13
RILB	Keith Butler	16
ROLB	Michael Jackson	16
LCB	Terry Taylor	16
RCB	Dave Brown	16
SS	Kenny Easley	13
FS	John Harris	16

SPECIAL TEAMS

K	Norm Johnson	16
P	David Finzer	12
	Jeff West	2
	Jimmy Colquitt	2

*Rookie or first-year player

1985 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	12	4	0	.750	354	308
Denver	11	5	0	.688	380	329
Seattle	8	8	0	.500	349	303
San Diego	8	8	0	.500	467	435
Kansas City	6	10	0	.375	317	360

1986 REVIEW (10-6)

Date	W/L	Score	Opponents	Att
09/07	W	30-0	Pittsburgh	61,461
09/14	W	23-17	Kansas City	61,068
09/21	W	38-31	at New England	58,977
09/28	L	19-14	at Washington	54,157
10/06	W	33-7	San Diego	63,207
10/12	L	14-10	at L.A. Raiders	70,635
10/19	W	17-12	N.Y. Giants	62,282
10/26	L	20-13	at Denver	76,089
11/02	L	38-7	N.Y. Jets	62,497
11/09	L	27-7	at Kansas City	53,268
11/16	L	34-7	at Cincinnati	54,410
11/23	W	24-20	Philadelphia	55,786
11/27	W	31-14	at Dallas	58,207
12/08	W	37-0	L.A. Raiders	62,923
12/14	W	34-24	at San Diego	47,096
12/20	W	41-16	Denver	63,697

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	291	310
Rushing	123	93
Passing	158	192
Penalty	10	25
3rd Down: Made/Att.	96/221	84/225
3rd Down Pct.	43.4	37.3
4th Down: Made/Att.	0/6	6/18
4th Down Pct.	0.0	33.3
POSSESSION AVG.	29:46	30:14
TOTAL NET YARDS	5409	5341
Avg. Per Game	338.1	333.8
Total Plays	1005	1053
Avg. Per Play	5.4	5.1
NET YARDS RUSHING	2300	1759
Avg. Per Game	143.8	109.9
Total Rushes	513	471
NET YARDS PASSING	3109	3582
Avg. Per Game	194.3	223.9
Sacked/Yards Lost	39/315	47/306
Gross Yards	3424	3888
Att./Completions	453/268	535/301
Completion Pct.	59.2	56.3
Had Intercepted	14	22
PUNTS/AVERAGE	79/38.6	81/40.4
NET PUNTING AVG.	33.0	33.7
PENALTIES/YARDS	98/813	81/652
FUMBLES/BALL LOST	29/13	26/14
TOUCHDOWNS	43	34
Rushing	15	12
Passing	24	20
Returns	4	2
TOTAL POINTS	366	293

By Quarters	1	2	3	4	OT	Tot
SEA	69	96	80	121	0	366
OPP	60	103	52	78	0	293

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	42-42	22-35	0	108
Warner	13	13	0	0	0	0	0	78
Largent	9	0	9	0	0	0	0	54
Turner	7	0	7	0	0	0	0	42
R. Butler	4	0	4	0	0	0	0	24
SEA	43	15	24	4	42-43	22-35	0	366
OPP	34	12	20	2	32-34	19-28	0	293

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	375	225	2921	60.0	7.79	21	5.6	11	2.9	72	35/281	91.0
Gilbert	76	42	485	55.3	6.38	3	3.9	3	3.9	38	4/34	71.4
SEA	453	268	3424	59.2	7.56	24	5.3	14	3.1	72	39/315	87.7
OPP	535	301	3888	56.3	7.27	20	3.7	22	4.1	83	47/306	74.6

Rushing	Att	Yds	Avg	LG	TD
Warner	319	1481	4.6	60	13
Williams	129	538	4.2	36	0
Morris	19	149	7.8	49	1
Krieg	35	122	3.5	19	1
SEA	513	2300	4.5	60	15
OPP	471	1759	3.7	25	12

Receiving	No	Yds	Avg	LG	TD
Largent	70	1070	15.3	38	9
Warner	41	342	8.3	26	0
Franklin	33	547	16.6	49	2
Williams	33	219	6.6	23	0
Skansi	22	271	12.3	39	0
R. Butler	19	351	18.5	67	4
Turner	18	334	18.6	72	7
SEA	268	3424	12.8	72	24
OPP	301	3888	12.9	83	20

Interceptions	No	Yds	Avg	LG	TD
Brown	5	58	11.6	24	1
Justin	4	29	7.3	18	0
Robinson	3	39	13.0	25	0
Moyer	3	38	12.7	20	0
SEA	22	216	9.8	25	1
OPP	14	216	15.4	36	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Gamache	79	3048	38.6	33.0	7	10	55	0
SEA	79	3048	38.6	33.0	7	10	55	0
OPP	81	3270	40.4	33.7	4	20	60	4

Punt Returns	No	FC	Yds	Avg	LG	TD
Edmonds	34	14	419	12.3	75	1
SEA	39	14	457	11.7	75	1
OPP	38	21	298	7.8	28	0

Kickoff Returns	No	Yds	Avg	LG	TD
Edmonds	34	764	22.5	46	0
Morris	23	465	20.2	38	0
SEA	64	1322	20.7	46	0
OPP	59	1002	17.0	42	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	0-0	6-8	8-9	3-11	5-7
SEA	0-0	6-8	8-9	3-11	5-7
OPP	0-0	4-4	10-13	3-8	2-3

Interceptions	No	Yds	Avg	LG	TD
Brown	5	58	11.6	24	1
Justin	4	29	7.3	18	0
Robinson	3	39	13.0	25	0
Moyer	3	38	12.7	20	0
SEA	22	216	9.8	25	1
OPP	14	216	15.4	36	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Gamache	79	3048	38.6	33.0	7	10	55	0
SEA	79	3048	38.6	33.0	7	10	55	0
OPP	81	3270	40.4	33.7	4	20	60	4

Punt Returns	No	FC	Yds	Avg	LG	TD
Edmonds	34	14	419	12.3	75	1
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Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	0-0	6-8	8-9	3-11	5-7
SEA	0-0	6-8	8-9	3-11	5-7
OPP	0-0	4-4	10-13	3-8	2-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Young	121	93	28	6.0	0	0	0
Robinson	99	81	18	0.0	10	0	3
K. Butler	96	66	30	1.0	5	1	0
Gaines	94	71	23	5.0	1	0	1
Scholtz	79	59	20	3.0	1	4	0

Record (Finish): 10-6 (3rd, AFC West)

Head Coach: Chuck Knox (39-25, .609)
Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./LBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (Sp. Assign.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: RB Curt Warner

Pro Bowl: KR Bobby Joe Edmonds (1), DE Jacob Green (1), WR Steve Largent (6), RB Curt Warner (2), LB Fredd Young (3)

National Honors: RB Curt Warner, AFC Player of the Year (UPI)

First-Team All-NFL: KR Bobby Joe Edmonds (AP, PFWA, SN, PFW, FD)

OFFENSE

Pos.	Player	Starts
WR	Daryl Turner	12
LT	Ron Mattes	16
LG	Edwin Bailey	12
C	Blair Bush	7
	Will Grant	6
RG	Bryan Millard	16
RT	Mike Wilson	16
TE	Mike Tice	15
WR	Steve Largent	16
QB	Dave Krieg	14
	Gale Gilbert	2
RB	Curt Warner	16
FB	John L. Williams*	16

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	11
RE	Jeff Bryant	12
LOLB	Bruce Scholtz	16
LILB	Fredd Young	15
RILB	Keith Butler	16
ROLB	Greg Gaines	15
LCB	Terry Taylor	15
RCB	Dave Brown	16
SS	Kenny Easley	10
	Paul Moyer	6
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Vince Gamache*	16

*Rookie or first-year player

1986 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	11	5	0	.688	378	327
Kansas City*	10	6	0	.625	358	326
Seattle	10	6	0	.625	366	293
L.A. Raiders	8	8	0	.500	323	346
San Diego	4	12	0	.250	335	396

* Wild Card team

1987 REVIEW (9-6; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/13	L	40-17	at Denver	75,999
09/20	W	43-14	Kansas City	61,667
09/27			at San Diego	Cxl
10/04	W	24-20	Miami	19,448
10/11	L	17-10	Cincinnati	31,739
10/18	W	37-14	at Detroit	8,310
10/25	W	35-13	at L.A. Raiders	52,735
11/01	W	28-17	Minnesota	61,134
11/09	L	30-14	at N.Y. Jets	60,452
11/15	W	24-13	Green Bay	60,693
11/22	W	34-3	San Diego	62,444
11/30	L	37-14	L.A. Raiders	62,802
12/06	L	13-9	at Pittsburgh	48,881
12/13	W	28-21	Denver	61,759
12/20	W	34-21	at Chicago	62,518
12/27	L	41-20	at Kansas City	20,370

POSTSEASON

01/03	L	23-20	at Houston (OT)	49,662
(AFC Wild Card Game)				

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	301	297
Rushing	120	133
Passing	154	148
Penalty	27	16
3rd Down: Made/Att.	92/189	85/196
3rd Down Pct.	48.7	43.4
4th Down: Made/Att.	4/9	4/10
4th Down Pct.	44.4	40.0
POSSESSION AVG.	30:35	29:25
TOTAL NET YARDS	4735	5159
Avg. Per Game	315.7	343.9
Total Plays	937	954
Avg. Per Play	5.1	5.4
NET YARDS RUSHING	2023	2201
Avg. Per Game	134.9	146.7
Total Rushes	937	472
NET YARDS PASSING	2712	2958
Avg. Per Game	180.8	197.2
Sacked/Yards Lost	36/316	37/238
Gross Yards	3028	3196
Att./Completions	405/237	445/255
Completion Pct.	58.5	57.3
Had Intercepted	21	17
PUNTS/AVERAGE	61/38.9	63/39.1
NET PUNTING AVG.	33.1	32.7
PENALTIES/YARDS	79/668	104/890
FUMBLES/BALL LOST	32/16	38/21
TOUCHDOWNS	46	36
Rushing	13	14
Passing	31	20
Returns	2	2
TOTAL POINTS	371	314

By Quarters

	1	2	3	4	OT	Tot
SEA	79	132	95	65	0	371
OPP	51	110	75	78	0	314

Scoring

	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	40-40	15-20	0	85
Warner	10	8	2	0	0	0	0	60
Largent	8	0	8	0	0	0	0	48
Turner	6	0	6	0	0	0	0	36
SEA	46	13	31	2	44-46	17-22	0	371
OPP	36	14	20	2	35-36	21-26	0	314

Passing

	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	294	178	2131	60.5	7.25	23	7.8	15	5.1	75	27/247	87.6
Mathison	76	36	501	47.4	6.59	3	3.9	5	6.6	47	6/49	54.8
Kemp	33	23	396	69.7	12.00	5	15.2	1	3.0	55	3/20	137.1
SEA	405	237	3028	58.5	7.48	31	7.7	21	5.2	75	36/316	85.9
OPP	445	255	3196	57.3	7.18	20	4.5	17	3.8	81	37/238	78.8

Rushing	Att	Yds	Avg	LG	TD
Warner	234	985	4.2	57	8
J. Williams	113	500	4.4	48	1
Krieg	36	155	4.3	17	2
SEA	496	2023	4.1	57	13
OPP	472	2201	4.7	91	14

Receiving	No	Yds	Avg	LG	TD
Largent	58	912	15.7	55	8
J. Williams	38	420	11.1	75	3
R. Butler	33	465	14.1	40	5
Skansi	19	207	10.9	25	1
SEA	237	3028	12.8	75	31
OPP	255	3196	12.5	81	20

Interceptions	No	Yds	Avg	LG	TD
Easley	4	47	11.8	22	0
Robinson	3	75	25.0	44	0
Jenkins	3	46	15.3	34	0
SEA	17	289	17.0	53	1
OPP	21	146	7.0	32	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rodriguez	47	1880	40.0	34.0	5	17	63	0
SEA	61	2370	38.9	33.1	5	18	63	0
OPP	63	2465	39.1	32.7	4	13	60	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Edmonds	20	4	251	12.6	40	0
SEA	32	8	322	10.1	40	0
OPP	32	12	251	7.8	91	1

Kickoff Returns	No	Yds	Avg	LG	TD
Edmonds	27	564	20.9	43	0
Hollis	10	263	26.3	41	0
SEA	64	1236	19.3	43	0
OPP	67	1379	20.6	92	1

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	0-0	7-7	4-7	4-5	0-1
Hagler	0-0	2-2	0-0	0-0	0-0
SEA	0-0	9-9	4-7	4-5	0-1
OPP	0-0	7-7	9-9	5-8	0-2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
F. Young	99	78	21	9.0	5	5	4
Bosworth	78	64	14	4.0	3	2	2
Robinson	69	49	20	0.0	3	0	1
Bryant	52	40	12	4.0	0	1	1
J. Green	48	36	12	9.5	0	3	1

Record (Finish): 9-6 (2nd, AFC West). Lost wild card playoff at Houston 23-20 (OT).

Head Coach: Chuck Knox (48-31, .608)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent and RB Curt Warner (Off.), S Kenny Easley (Def.), S Paul Moyer (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: S Kenny Easley (5), DE Jacob Green (2), WR Steve Largent (7), RB Curt Warner (3), LB Freddie Young (4)

National Honors: None

First-Team All-NFL: WR Steve Largent (PFWA), G Bryan Millard (Films), RB Curt Warner (SI, NEA), LB Freddie Young (AP, PFWA, Films, SI, PFW, SN, NEA)

OFFENSE

Pos.		Starts
WR	Daryl Turner	8
LT	Ron Mattes	12
LG	Edwin Bailey	12
C	Blair Bush	11
RG	Bryan Millard	12
RT	Mike Wilson	12
TE	Mike Tice	12
WR	Steve Largent	13
QB	Dave Krieg	12
RB	Curt Warner	12
FB	John L. Williams	10

DEFENSE

LE	Jacob Green	12
NT	Joe Nash	12
RE	Jeff Bryant	12
LOLB	Bruce Scholtz	7
	Tony Woods*	5
LILB	Freddie Young	13
RILB	Brian Bosworth*	12
ROLB	Greg Gaines	10
	Tony Woods*	2
LCB	Terry Taylor	12
RCB	Patrick Hunter	11
SS	Kenny Easley	11
FS	Eugene Robinson	12

SPECIAL TEAMS

K	Norm Johnson	13
P	Ruben Rodriguez	13

*Rookie or first-year player

1987 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	10	4	1	.700	379	288
Seattle*	9	6	0	.600	371	314
San Diego	8	7	0	.533	253	317
L.A. Raiders	5	10	0	.333	301	289
Kansas City	4	11	0	.267	273	388

* Wild Card team

1988 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/04	W	21-14	at Denver	75,986
09/11	W	31-10	Kansas City	61,512
09/18	L	17-6	at San Diego	44,449
09/25	L	38-7	San Francisco	62,382
10/02	W	31-20	at Atlanta	28,619
10/09	W	16-10	at Cleveland	78,605
10/16	L	20-19	New Orleans	63,569
10/23	L	31-10	at L.A. Rams	57,033
10/30	W	17-14	San Diego	59,641
11/06	L	13-3	Buffalo	61,074
11/13	W	27-24	Houston	60,446
11/20	L	27-24	at Kansas City	33,152
11/28	W	35-27	L.A. Raiders	62,641
12/04	L	13-7	at New England	59,068
12/11	W	42-14	Denver	62,839
12/18	W	43-37	at L.A. Raiders	61,127

POSTSEASON

12/31	L	21-13	at Cincinnati	58,560
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(AFC Divisional Playoff)

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	291	321
Rushing	125	134
Passing	139	171
Penalty	27	16
3rd Down: Made/Att.	83/211	96/219
3rd Down Pct.	39.3	43.8
4th Down: Made/Att.	7/16	10/16
4th Down Pct.	43.8	62.5
POSSESSION AVG.	28:32	31:28
TOTAL NET YARDS	4842	5639
Avg. Per Game	302.6	352.4
Total Plays	983	1040
Avg. Per Play	4.9	5.4
NET YARDS RUSHING	2086	2286
Avg. Per Game	130.4	142.9
Total Rushes	517	509
NET YARDS PASSING	2756	3353
Avg. Per Game	172.3	209.6
Sacked/Yards Lost	29/223	30/265
Gross Yards	2979	3618
Att./Completions	437/245	501/280
Completion Pct.	56.1	55.9
Had Intercepted	20	22
PUNTS/AVERAGE	70/40.8	66/42.1
NET PUNTING AVG.	36.8	35.7
PENALTIES/YARDS	89/790	111/861
FUMBLES/BALL LOST	29/14	31/18
TOUCHDOWNS	39	38
Rushing	14	14
Passing	22	21
Returns	3	3
TOTAL POINTS	339	329

By Quarters	1	2	3	4	OT	Tot
SEA	58	124	83	74	0	339
OPP	75	90	72	92	0	329

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	39-39	22-28	0	105
Warner	12	10	2	0	0	0	0	72
Blades	8	0	8	0	0	0	0	48
Williams	7	4	3	0	0	0	0	42
Butler	4	0	4	0	0	0	0	24
SEA	39	14	22	3	39-39	22-28	0	339
OPP	38	14	21	3	38-38	21-32	0	329

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	228	134	1741	58.8	7.64	18	7.9	8	3.5	75	12/92	94.6
Stouffer	173	98	1106	56.6	6.39	4	2.3	6	3.5	53	13/110	69.2
Kemp	35	13	132	37.1	3.77	0	0.0	4	14.8	19	3/21	9.2
SEA	437	245	2979	56.1	6.82	22	5.0	20	4.6	75	29/233	74.9
OPP	501	280	3618	55.9	7.22	21	4.2	22	4.4	69	30/265	74.4

Rushing	Att	Yds	Avg	LG	TD
Warner	266	1025	3.9	29	10
Williams	189	877	4.6	44	4
SEA	517	2086	4.0	44	14
OPP	509	2286	4.5	42	14

Receiving	No	Yds	Avg	LG	TD
Williams	58	651	11.2	75	3
Blades	40	682	17.1	55	8
Largent	39	645	16.5	46	2
Tice	29	244	8.4	26	0
SEA	245	2979	12.2	75	22
OPP	280	3618	12.9	69	21

Interceptions	No	Yds	Avg	LG	TD
Moyer	6	79	13.2	34	0
Taylor	5	53	10.6	27	1
Jenkins	3	41	13.7	21	0
SEA	22	280	12.7	34	1
OPP	20	195	9.8	55	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rodriguez	70	2858	40.8	36.8	4	14	68	0
SEA	70	2858	40.8	36.8	4	14	68	0
OPP	66	2778	42.1	35.7	4	22	59	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Edmonds	35	8	340	9.7	41	0
SEA	37	8	340	9.2	41	0
OPP	36	14	202	5.6	16	0

Kickoff Returns	No	Yds	Avg	LG	TD
Edmonds	40	900	22.5	65	0
Morris	11	218	19.8	30	0
SEA	62	1352	21.8	65	0
OPP	66	1207	18.3	95	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	1-1	4-4	7-9	10-14	0-0
SEA	1-1	4-4	7-9	10-14	0-0
OPP	0-0	10-11	6-10	4-6	1-5

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Robinson	114	85	29	1.0	3	1	0
Wyman	97	71	26	2.5	0	1	2
Bosworth	82	55	27	0.0	3	1	1
Woods	80	57	23	5.0	2	0	1
Moyer	73	52	21	0.0	2	0	2

Record (Finish): 9-7 (1st, AFC West). Lost divisional playoff at Cincinnati 21-13.

Head Coach: Chuck Knox (57-38, .600)

Assistants: Tom Catlin (Asst. Head Coach/ Def. Coord./OLBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), DE Jacob Green and S Eugene Robinson (Def.), Game-to-Game (Sp. Teams)

MVP: FB John L. Williams

Pro Bowl: QB Dave Krieg (2), ST Rufus Porter (1)

National Honors: WR Steve Largent, NFL Man of the Year

First-Team All-NFL: G Bryan Millard (S), ST Rufus Porter (PFW, C&PFN)

OFFENSE

Pos.	Starts
WR	Brian Blades* 7
	Ray Butler 5
LT	Ron Mattes 16
LG	Edwin Bailey 16
C	Blair Bush 14
RG	Bryan Millard 14
RT	Mike Wilson 16
TE	Mike Tice 16
WR	Steve Largent 15
QB	Dave Krieg 9
	Kelly Stouffer* 6
	Jeff Kemp 1
RB	Curt Warner 16
FB	John L. Williams 16

DEFENSE

LE	Jacob Green 16
NT	Joe Nash 15
RE	Jeff Bryant 12
LOLB	Bruce Scholtz 15
LILB	Brian Bosworth 10
	Darren Comeaux 6
RILB	Dave Wyman 16
ROLB	Tony Woods 16
LCB	Terry Taylor 8
	Melvin Jenkins 8
RCB	Patrick Hunter* 8
	Melvin Jenkins 8
SS	Paul Moyer 16
FS	Eugene Robinson 16

SPECIAL TEAMS

K	Norm Johnson 16
P	Ruben Rodriguez 16

*Rookie or first-year player

1988 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.563	339	329
Denver	8	8	0	.500	327	352
L.A. Raiders	7	9	0	.438	325	369
San Diego	6	10	0	.375	231	332
Kansas City	4	11	1	.281	254	320

* Wild Card team

1989 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/10	L	31-7	at Philadelphia	64,287
09/17	L	34-24	Phoenix	60,444
09/24	W	24-3	at New England	48,025
10/01	W	24-20	at L.A. Raiders	44,319
10/08	L	20-16	Kansas City	60,715
10/15	W	17-16	at San Diego	50,079
10/22	L	24-21	Denver (OT)	62,353
10/29	W	10-7	San Diego	59,691
11/05	L	20-10	at Kansas City	54,489
11/12	L	17-7	Cleveland	58,978
11/19	L	15-3	at N.Y. Giants	75,014
11/26	L	41-14	at Denver	75,117
12/04	W	17-16	Buffalo	57,682
12/10	W	24-17	at Cincinnati	54,744
12/17	W	23-17	L.A. Raiders	61,076
12/23	L	29-0	Washington	60,294

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	290	293
Rushing	86	119
Passing	180	158
Penalty	24	16
3rd Down: Made/Att.	85/211	89/213
3rd Down Pct.	40.3	41.8
4th Down: Made/Att.	8/17	5/16
4th Down Pct.	47.1	31.3
POSSESSION AVG.	29:20	30:40
TOTAL NET YARDS	4596	5215
Avg. Per Game	287.3	325.9
Total Plays	1010	997
Avg. Per Play	4.6	5.2
NET YARDS RUSHING	1392	2118
Avg. Per Game	87.0	132.4
Total Rushes	405	520
NET YARDS PASSING	3204	3097
Avg. Per Game	200.3	193.6
Sacked/Yards Lost	46/379	32/235
Gross Yards	3583	3332
Att./Completions	559/316	445/252
Completion Pct.	56.5	56.6
Had Intercepted	23	9
PUNTS/AVERAGE	76/39.4	74/39.2
NET PUNTING AVG.	32.9	33.9
PENALTIES/YARDS	79/738	118/809
FUMBLES/BALL LOST	43/14	26/13
TOUCHDOWNS	28	37
Rushing	5	11
Passing	21	23
Returns	2	3
TOTAL POINTS	241	327

By Quarters	1	2	3	4	OT	Tot
SEA	72	60	41	68	0	241
OPP	81	80	86	77	3	327

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	27-27	15-25	0	72
Williams	7	1	6	0	0	0	0	42
Blades	5	0	5	0	0	0	0	30
Skansi	5	0	5	0	0	0	0	30
Warner	4	3	1	0	0	0	0	24
SEA	28	5	21	2	28-28	15-25	0	241
OPP	37	11	23	3	35-37	22-32	2	327

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	499	286	3309	57.3	6.63	21	4.2	20	4.0	60	37/289	74.8
Stouffer	59	29	270	49.2	4.58	0	0.0	3	5.1	29	9/90	40.9
SEA	559	316	3583	56.5	6.41	21	3.8	23	4.1	60	46/379	71.3
OPP	445	252	3332	56.6	7.49	23	5.2	9	2.0	69	32/235	89.3

Rushing	Att	Yds	Avg	LG	TD
Warner	194	631	3.3	34	3
Williams	146	499	3.4	21	1
Krieg	40	160	4.0	18	0
SEA	405	1392	3.4	34	5
OPP	520	2118	4.1	38	11

Receiving	No	Yds	Avg	LG	TD
Blades	77	1063	13.8	60	5
Williams	76	657	8.6	51	6
Skansi	39	488	12.5	26	5
Largent	28	403	14.4	33	3
Clark	25	260	10.4	28	1
Warner	23	153	6.7	24	1
SEA	316	3583	11.3	60	21
OPP	252	3332	13.2	69	23

Interceptions	No	Yds	Avg	LG	TD
Robinson	5	24	4.8	20	0
Harper	2	15	7.5	15	0
SEA	9	57	6.3	20	0
OPP	23	248	10.8	30	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rodriguez	75	2995	39.9	32.9	8	17	59	1
SEA	75	2995	39.9	32.9	8	17	59	1
OPP	74	2902	39.2	33.9	7	21	60	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Hollis	18	7	164	9.1	21	0
Jefferson	12	10	87	7.3	19	0
SEA	30	17	251	8.4	21	0
OPP	41	12	334	8.1	49	0

Kickoff Returns	No	Yds	Avg	LG	TD
Jefferson	22	511	23.2	91	1
Harris	18	334	18.6	25	0
Hollis	15	247	16.5	30	0
SEA	65	1246	19.2	97	1
OPP	44	814	18.5	37	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	1-1	6-7	3-4	4-8	1-5
SEA	1-1	6-7	3-4	4-8	1-5
OPP	1-1	10-13	8-10	3-7	0-1

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Robinson	102	72	30	0.0	5	2	0
Wyman	98	72	26	0.0	1	2	0
Glasgow	97	77	20	0.0	7	0	5
Nash	92	65	27	8.0	1	3	0
Comeaux	88	64	24	0.0	1	0	1
Bryant	68	50	18	3.5	2	2	0

Record (Finish): 7-9 (4th, AFC West)

Head Coach: Chuck Knox (64-47, .577)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QB), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), DE Jacob Green (Def.), Game-to-Game (Sp. Teams)

Largent Award: WR Steve Largent

MVP: WR Brian Blades

Pro Bowl: WR Brian Blades (1), QB Dave Krieg (3), ST Rufus Porter (2)

National Honors: None

First-Team All-NFL: None

OFFENSE

Pos.	Starts
WR	Brian Blades 14
LT	Andy Heck* 8
	Ron Mattes 8
LG	Edwin Bailey 16
C	Grant Feasel 16
RG	Bryan Millard 16
RT	Mike Wilson 16
TE	Robert Tyler* 9
	Travis McNeal* 6
WR	Steve Largent 9
	Louis Clark 6
QB	Dave Krieg 14
	Kelly Stouffer 2
RB	Curt Warner 15
FB	John L. Williams 15

DEFENSE

LE	Jacob Green 14
NT	Joe Nash 16
RE	Jeff Bryant 15
LOLB	Tony Woods 12
	Rufus Porter 3
LILB	Darren Comeaux 13
	Brian Bosworth 2
RILB	Dave Wyman 16
ROLB	Vernon Maxwell 9
	M.L. Johnson 6
LCB	Dwayne Harper 13
RCB	Patrick Hunter 14
SS	Nesby Glasgow 16
FS	Eugene Robinson 14

SPECIAL TEAMS

K	Norm Johnson 16
P	Ruben Rodriguez 16

*Rookie or first-year player

1989 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	11	5	0	.688	362	226
Kansas City	8	7	1	.531	318	286
L.A. Raiders	8	8	0	.500	315	297
Seattle	7	9	0	.438	241	327
San Diego	6	10	0	.375	266	290

* Wild Card team

1990 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/09	L	17-0	at Chicago	64,400
09/16	L	17-13	L.A. Raiders	61,889
09/23	L	34-31	at Denver (OT)	75,290
10/01	W	31-16	Cincinnati	60,135
10/07	W	33-20	at New England	39,735
10/14	L	24-17	at L.A. Raiders	50,624
10/21	W	19-7	Kansas City	60,358
10/28			BYE	
11/04	L	31-14	San Diego	59,646
11/11	W	17-16	at Kansas City	71,285
11/18	L	24-21	Minnesota	59,735
11/25	W	13-10	at San Diego (OT)	50,097
12/02	W	13-10	Houston (OT)	57,592
12/09	W	20-14	at Green Bay	52,015
12/16	L	24-17	at Miami	57,851
12/23	W	17-12	Denver	55,845
12/30	W	30-10	Detroit	50,681

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	284	280
Rushing	111	86
Passing	155	171
Penalty	18	23
3rd Down: Made/Att.	87/200	83/207
3rd Down Pct.	43.5	40.1
4th Down: Made/Att.	6/7	7/11
4th Down Pct.	85.7	63.6
POSSESSION AVG.	30:47	29:13
TOTAL NET YARDS	4583	4609
Avg. Per Game	286.4	288.1
Total Plays	945	950
Avg. Per Play	4.8	4.9
NET YARDS RUSHING	1749	1605
Avg. Per Game	109.3	100.3
Total Rushes	457	413
NET YARDS PASSING	2834	3004
Avg. Per Game	177.1	187.8
Sacked/Yards Lost	40/360	33/252
Gross Yards	3194	3256
Att./Completions	448/265	504/300
Completion Pct.	59.2	59.5
Had Intercepted	20	12
PUNTS/AVERAGE	67/40.6	77/41.9
NET PUNTING AVG.	34.4	36.2
PENALTIES/YARDS	89/746	108/766
FUMBLES/BALL LOST	32/16	32/18
TOUCHDOWNS	34	32
Rushing	18	7
Passing	15	19
Returns	1	6
TOTAL POINTS	306	286

By Quarters	1	2	3	4	OT	Tot
SEA	50	94	60	96	6	306
OPP	50	112	53	68	3	286

Scoring	TDs	Ru	Pa	Rt	PAT	FG	S	Pts
Johnson	0	0	0	0	33-34	23-32	0	102
Fenner	15	14	1	0	0	0	0	90
Chadwick	4	0	4	0	0	0	0	24
Kane	4	0	4	0	0	0	0	24
Blades	3	0	3	0	0	0	0	18
Williams	3	3	0	0	0	0	0	18
SEA	34	18	15	1	33-34	23-32	0	306
OPP	32	7	19	6	32-32	20-27	1	286

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	448	265	3194	59.2	7.13	15	3.3	20	4.5	63	40/360	73.6
SEA	448	265	3194	59.2	7.13	15	3.3	20	4.5	63	40/360	73.6
OPP	504	300	3256	59.5	6.46	19	3.8	12	2.4	46	33/252	81.3

Rushing	Att	Yds	Avg	LG	TD
Fenner	215	859	4.0	36	14
Williams	187	714	3.8	25	3
Krieg	32	115	3.6	25	0
SEA	457	1749	3.8	36	18
OPP	413	1605	3.9	58	7

Receiving	No	Yds	Avg	LG	TD
Williams	73	699	9.6	60	0
Kane	52	776	14.9	63	4
Blades	49	525	10.7	24	3
Chadwick	27	478	17.7	54	4
Skansi	22	257	11.7	25	2
Fenner	17	143	8.4	50	1
SEA	265	3194	12.1	63	15
OPP	300	3256	10.9	46	19

Interceptions	No	Yds	Avg	LG	TD
Robinson	3	89	29.7	39	0
Harper	3	69	23.0	47	0
SEA	12	182	15.2	47	0
OPP	20	252	12.6	42	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Donnelly	67	2722	40.6	34.4	8	18	54	0
SEA	67	2722	40.6	34.4	8	18	54	0
OPP	77	3225	41.9	36.2	5	22	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Warren	28	16	269	9.6	39	0
Jefferson	8	0	68	8.5	14	0
SEA	36	16	337	9.4	39	0
OPP	29	21	254	8.8	66	2

Kickoff Returns	No	Yds	Avg	LG	TD
Warren	23	478	20.8	71	0
Loville	18	359	19.9	29	0
SEA	50	985	19.7	71	0
OPP	51	910	17.8	39	0

Field Goals	1-19	20-29	30-39	40-49	50+
Johnson	2-2	7-7	8-14	5-6	1-3
SEA	2-2	7-7	8-14	5-6	1-3
OPP	0-0	11-11	3-5	5-8	1-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Glasgow	83	70	13	2.0	2	3	1
Robinson	82	63	19	0.0	5	1	4
Harper	71	62	9	0.0	4	1	0
Green	60	44	16	12.5	2	3	1
Hunter	56	48	8	0.0	10	1	1
Nash	53	41	12	1.0	0	1	1

Record (Finish): 9-7 (3rd, AFC West)

Head Coach: Chuck Knox (73-54, .575)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QB), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Frank Raines (Strength & Cond.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: QB Dave Krieg (Off.), DE Jacob Green (Def.), Game-to-Game (Sp. Teams)

Largent Award: DE Jacob Green

MVP: FB John L. Williams

Pro Bowl: FB John L. Williams (1)

National Honors: SS Kenny Easley and WR Steve Largent, All-NFL Decade of the 1980's Team (Hall of Fame)

First-Team All-NFL: None

OFFENSE

Pos.	Starts
WR	Tommy Kane 11
LT	Andy Heck 16
LG	Edwin Bailey 11
C	Grant Feasel 16
RG	Bryan Millard 16
RT	Ronnie Lee 9
	Ron Mattes 7
TE	Travis McNeal 14
WR	Brian Blades 16
QB	Dave Krieg 16
RB	Derrick Fenner 15
FB	John L. Williams 16

DEFENSE

LE	Jacob Green 16
LT	Joe Nash 16
RT	Jeff Bryant 14
	Cortez Kennedy* 2
RE	Tony Woods 15
LLB	Terry Wooden* 8
MLB	Darren Comeaux 8
	Dave Wyman 8
RLB	Rufus Porter 12
LCB	Dwayne Harper 16
RCB	Patrick Hunter 16
SS	Nesby Glasgow 13
	Robert Blackmon* 3
FS	Eugene Robinson 16

SPECIAL TEAMS

K	Norm Johnson 16
P	Rick Donnelly 16

* Rookie or first-year player

1990 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	12	4	0	.750	337	268
Kansas City*	11	5	0	.688	369	257
Seattle	9	7	0	.563	306	286
San Diego	6	10	0	.375	315	281
Denver	5	11	0	.313	331	374

* Wild Card team

1991 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/01	L	27-24	at New Orleans	68,492
09/08	W	20-13	N.Y. Jets	56,770
09/15	L	16-10	at Denver	74,152
09/22	L	20-13	at Kansas City	71,789
09/29	W	31-3	Indianapolis	56,656
10/06	W	13-7	at Cincinnati	60,010
10/13	L	23-20	L.A. Raiders (OT)	61,974
10/20	W	27-7	at Pittsburgh	54,678
10/27	W	20-9	San Diego	58,025
11/03			BYE	
11/10	L	17-14	at San Diego	43,597
11/17	L	31-7	at L.A. Raiders	49,317
11/24	W	13-10	Denver	60,430
12/01	L	19-6	Kansas City	57,248
12/08	L	24-22	San Francisco	56,711
12/15	L	26-13	at Atlanta	53,834
12/22	W	23-9	L.A. Rams	51,100

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	253	263
Rushing	80	92
Passing	159	159
Penalty	14	12
3rd Down: Made/Att.	67/193	78/220
3rd Down Pct.	34.7	35.5
4th Down: Made/Att.	2/9	9/20
4th Down Pct.	22.2	45.0
POSSESSION AVG.	29:27	30:33
TOTAL NET YARDS	4534	4703
Avg. Per Game	283.4	293.9
Total Plays	924	988
Avg. Per Play	4.9	4.8
NET YARDS RUSHING	1426	1684
Avg. Per Game	89.1	105.3
Total Rushes	394	435
NET YARDS PASSING	3108	3019
Avg. Per Game	194.3	188.7
Sacked/Yards Lost	42/263	36/269
Gross Yards	3371	3288
Att./Completions	488/290	517/296
Completion Pct.	59.4	57.3
Had Intercepted	26	18
PUNTS/AVERAGE	76/40.6	79/39.1
NET PUNTING AVG.	35.7	33.0
PENALTIES/YARDS	85/682	108/845
FUMBLES/BALL LOST	26/17	34/21
TOUCHDOWNS	29	25
Rushing	11	4
Passing	15	18
Returns	3	3
TOTAL POINTS	276	261

By Quarters	1	2	3	4	OT	Tot
SEA	39	78	79	80	0	276
OPP	25	112	47	74	3	261

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	27/28	25/31	0	102
Williams	5	4	1	0	0	0	0	30
Fenner	4	4	0	0	0	0	0	24
Tice	4	0	4	0	0	0	0	24
SEA	29	11	15	3	27/29	25/31	0	276
OPP	25	4	18	3	25/25	28/32	1	261

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	285	187	2080	65.6	7.30	11	3.9	12	4.2	60	32/216	82.5
Kemp	181	94	1207	51.9	6.67	4	2.2	12	6.6	52	8/38	52.9
Stouffer	15	6	57	40.0	3.80	0	0.0	1	6.7	19	2/9	23.5
McGwire	7	3	27	42.9	3.86	0	0.0	1	14.3	13	0/0	14.3
SEA	488	290	3371	59.4	6.91	15	3.1	26	5.3	60	42/263	68.4

Rushing	Att	Yds	Avg	LG	TD
Williams	188	741	3.9	42	4
Fenner	91	267	2.9	15	4
Jones	45	154	3.4	22	3
SEA	394	1426	3.6	42	11
OPP	435	1684	3.9	32	4

Receiving	No	Yds	Avg	LG	TD
Blades	70	1003	14.3	52	2
Williams	61	499	8.2	35	1
Kane	50	763	15.3	60	2
Chadwick	22	255	11.6	29	3
SEA	290	3371	11.6	60	15
OPP	296	3288	11.1	61t	18

Interceptions	No	Yds	Avg	LG	TD
Robinson	5	56	11.2	27	0
Harper	4	84	21.0	43	0
SEA	18	302	16.8	43	2
OPP	26	334	12.8	58	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	49	2106	43.0	36.9	3	8	60	0
Donnelly	13	505	38.8	33.8	1	1	57	0
Waits	14	474	33.9	33.6	0	2	50	0
SEA	76	3085	40.6	35.7	4	11	60	0
OPP	79	3089	39.1	33.0	8	20	65	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Warren	32	19	298	9.3	59t	1
SEA	38	20	325	8.6	59t	1
OPP	40	18	289	7.2	29	0

Kickoff Returns	No	Yds	Avg	LG	TD
Warren	35	792	22.6	55	0
Loville	18	412	22.9	50	0
SEA	60	1280	21.3	55	0
OPP	51	858	16.8	38	0

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	1/1	5/6	11/14	6/7	2/3
SEA	1/1	5/6	11/14	6/7	2/3
OPP	1/1	7/7	9/9	6/7	5/8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wooden	105	80	25	2.0	9	1	4
Robinson	91	67	24	1.0	3	1	1
Porter	71	51	20	10.0	15	4	0
Comeaux	69	51	18	0.5	5	4	0
Harper	69	58	11	0.0	1	1	0
Kennedy	67	59	8	6.5	12	1	1

Record (Finish): 7-9 (4th, AFC West)

Head Coach: Chuck Knox (80-63, .559)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QB), Paul Moyer (Staff Asst.), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Frank Raines (Strength & Cond.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: QB Dave Krieg (Off.), DE Jacob Green (Def.), Game-to-Game (Sp. Teams)

Largest Award: LB Rufus Porter

MVP: FS Eugene Robinson

Pro Bowl: DT Cortez Kennedy (1), FB John L. Williams (2)

National Honors: None

First-Team All-NFL: CB Dwayne Harper (S/I), FS Eugene Robinson (S/I)

OFFENSE

Pos.	Starts
WR	Tommy Kane 15
LT	Andy Heck 16
LG	Warren Wheat 7
	Darrick Brilz 6
C	Grant Feasel 15
RG	Bryan Millard 16
RT	Bill Hitchcock 9
	Ronnie Lee 7
TE	Mike Tice 15
WR	Brian Blades 16
QB	Dave Krieg 9
	Jeff Kemp 5
	Dan McGwire* 1
	Kelly Stouffer 1
RB	Derrick Fenner 8
	James Jones 6
FB	John L. Williams 16

DEFENSE

LE	Jacob Green	16
LT	Jeff Bryant	14
RT	Cortez Kennedy	16
RE	Tony Woods	14
LLB	Terry Wooden	15
MLB	Darren Comeaux	11
RLB	Rufus Porter	15
LCB	Dwayne Harper	16
RCB	Patrick Hunter	15
SS	Robert Blackmon	16
FS	Eugene Robinson	16

SPECIAL TEAMS

K	John Kasay*	16
P	Rick Tuten	10

* Rookie or first-year player

1991 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	12	4	0	.750	304	235
Kansas City*	10	6	0	.625	322	252
L.A. Raiders*	9	7	0	.563	298	297
Seattle	7	9	0	.438	276	261
San Diego	4	12	0	.250	274	342

* Wild Card team

1992 REVIEW (2-14)

Date	W/L	Score	Opponents	Att
09/06	L	21-3	Cincinnati	57,350
09/13	L	26-7	at Kansas City	75,125
09/20	W	10-6	at New England	42,327
09/27	L	19-17	Miami	59,374
10/04	L	17-6	at San Diego	36,783
10/11	L	27-0	at Dallas	62,311
10/18	L	19-0	L.A. Raiders	56,904
10/25	L	23-10	at N.Y. Giants	67,399
11/01			BYE	
11/08	L	16-3	Washington	53,616
11/15	L	20-3	at L.A. Raiders	46,862
11/22	L	24-14	Kansas City	49,867
11/30	W	16-13	Denver (OT)	51,612
12/06	L	20-14	at Pittsburgh	47,015
12/13	L	20-17	Philadelphia (OT)	47,492
12/20	L	10-6	at Denver	72,570
12/27	L	31-14	San Diego	49,324

Team Statistics	Seattle	Opp
TOTAL FIRST DOWNS	208	247
Rushing	77	96
Passing	114	129
Penalty	17	22
3rd Down: Made/Att.	59/222	75/230
3rd Down Pct.	26.6	32.6
4th Down: Made/Att.	5/17	6/9
4th Down Pct.	29.4	66.7
POSSESSION AVG.	29:01	30:59
TOTAL NET YARDS	3374	4583
Avg. Per Game	210.9	286.4
Total Plays	945	987
Avg. Per Play	3.6	4.6
NET YARDS RUSHING	1596	1922
Avg. Per Game	99.8	120.1
Total Rushes	402	513
NET YARDS PASSING	1778	2661
Avg. Per Game	111.1	166.3
Sacked/Yards Lost	67/545	46/317
Gross Yards	2323	2978
Att./Completions	476/230	428/251
Completion Pct.	48.3	58.6
Had Intercepted	23	20
PUNTS/AVERAGE	108/44.1	96/41.8
NET PUNTING AVG.	38.7	36.8
PENALTIES/YARDS	111/918	100/776
FUMBLES/BALL LOST	37/18	25/11
TOUCHDOWNS	14	32
Rushing	4	14
Passing	9	11
Returns	1	7
TOTAL POINTS	140	312

By Quarters	1	2	3	4	OT	Tot
SEA	20	53	34	30	3	140
OPP	63	87	74	85	3	312

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	14/14	14/22	0	56
Kane	3	0	3	0	0/0	0/0	0	18
Warren	3	3	0	0	0/0	0/0	0	18
Williams	3	1	2	0	0/0	0/0	0	18
SEA	14	4	9	1	14/14	14/22	0	140
OPP	32	14	11	7	29/32	29/36	2	312

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Gelbaugh	255	121	1307	47.5	5.13	6	2.4	11	4.3	57	34/265	52.9
Stouffer	190	92	900	48.4	4.74	3	1.6	9	4.7	33	26/222	47.7
McGwire	30	17	116	56.7	3.87	0	0.0	3	10.0	20	7/58	25.8
SEA	476	230	2323	48.3	4.88	9	1.9	23	4.8	57	67/545	48.9
OPP	428	251	2978	58.6	6.96	11	2.6	20	4.7	72t	46/317	69.0

Rushing	Att	Yds	Avg	LG	TD
Warren	223	1017	4.6	52	3
Williams	114	339	3.0	14	1
Gelbaugh	16	79	4.9	22	0
SEA	402	1596	4.0	52	4
OPP	513	1922	3.7	66t	14

Receiving	No	Yds	Avg	LG	TD
Williams	74	556	7.5	27	2
Kane	27	369	13.7	31	3
J. Jones	21	190	9.0	30	0
L. Clark	20	290	14.5	33	1
Blades	19	256	13.5	37	1
SEA	230	2323	10.1	57	9
OPP	251	2978	11.9	72t	11

Interceptions	No	Yds	Avg	LG	TD
E. Robinson	7	126	18.0	49	0
Harper	3	74	24.7	41	0
SEA	20	324	16.2	69	0
OPP	23	231	10.0	40	4

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	108	4760	44.1	38.7	8	29	65	0
SEA	108	4760	44.1	38.7	8	29	65	0
OPP	96	4015	41.8	36.8	10	23	65	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Warren	34	25	252	7.4	16	0
SEA	38	27	283	7.4	16	0
OPP	56	26	416	7.4	86t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Warren	28	524	18.7	34	0
Mayes	19	311	16.4	29	0
SEA	50	885	17.7	34	0
OPP	36	685	19.0	64	0

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	0-0	4-5	8-11	2-6	0-0
SEA	0-0	4-5	8-11	2-6	0-0
OPP	0-0	5-5	14-16	7-11	3-4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
E. Robinson	94	64	30	0.0	10	2	1
Kennedy	92	76	16	14.0	5	4	1
Porter	90	68	22	9.5	2	2	0
Wyman	83	54	29	0.0	1	2	1
P. Hunter	67	55	12	0.0	13	1	1
Nash	67	46	21	4.5	0	0	0

Record (Finish): 2-14 (5th, AFC West)

Head Coach: Tom Flores (2-14, .125)

Assistants: Tom Catlin (Asst. HC/Def.), Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def.), Hudson Houck (OL), Paul Moyer (DBs), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond), Clarence Shelmon (RBs)

Captains: FB John L. Williams (Off.), FS Eugene Robinson (Def.), RB James Jones (Sp. Teams)

Largest Award: DE Jeff Bryant and DT Joe Nash

MVP: DT Cortez Kennedy

Pro Bowl: DT Cortez Kennedy (2), FS Eugene Robinson (1)

National Honors: DT Cortez Kennedy, NFL Defensive Player of the Year (AP, PFW/PFWA, C&PFN)

All-NFL: DT Cortez Kennedy (AP, SI, SN, USAT, PFW/PFWA, C&PFN, NEA)

OFFENSE

Pos.	Starts
WR	Tommy Kane 11
LT	Ray Roberts* 16
LG	Andy Heck 13
C	Joe Tofflemire 16
RG	Darrick Brilz 16
RT	Bill Hitchcock 11
TE	Ron Heller 11
WR	Louis Clark 10
	Brian Blades 5
QB	Stan Gelbaugh 8
	Kelly Stouffer 7
	Dan McGwire 1
RB	Chris Warren 16
FB	John L. Williams 16

DEFENSE

LE	Jeff Bryant 15
LT	Joe Nash 16
RT	Cortez Kennedy 16
RE	Tony Woods 15
LLB	Terry Wooden 8
	Joe Cain 8
MLB	Dave Wyman 11
RLB	Rufus Porter 16
LCB	Dwayne Harper 16
RCB	Patrick Hunter 16
SS	Robert Blackmon 15
FS	Eugene Robinson 16

SPECIAL TEAMS

K	John Kasay 16
P	Rick Tuten 16

* Rookie or first-year player

1992 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	335	241
Kansas City*	10	6	0	.625	348	282
Denver	8	8	0	.500	262	329
L.A. Raiders	7	9	0	.438	249	281
Seattle	2	14	0	.125	140	312

1993 REVIEW (6-10)

Date	W/L	Score	Opponents	Att
09/05	L	18-12	at San Diego	58,039
09/12	L	17-13	L.A. Raiders	58,836
09/19	W	17-14	at New England	50,392
09/26	W	19-10	at Cincinnati	46,880
10/03	W	31-14	San Diego	54,778
10/10			BYE	
10/17	L	30-10	at Detroit	60,801
10/24	W	10-9	New England	56,526
10/31	L	28-17	at Denver	73,644
11/07	L	24-14	at Houston	50,447
11/14	W	22-5	Cleveland	54,622
11/21			BYE	
11/28	L	17-9	Denver	57,812
12/05	L	31-16	Kansas City	58,551
12/12	L	27-23	at L.A. Raiders	38,161
12/19	L	30-27	Phoenix (OT)	45,737
12/26	W	16-6	Pittsburgh	51,814
01/02	L	34-24	at Kansas City	72,136

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	279	322
Rushing	114	106
Passing	144	193
Penalty	21	23
3rd Down: Made/Att.	80/224	91/229
3rd Down Pct.	35.7	39.7
4th Down: Made/Att.	6/14	6/13
4th Down Pct.	42.9	46.2
POSSESSION AVG.	29:02	30:58
TOTAL NET YARDS	4669	5313
Avg. Per Game	291.8	332.1
Total Plays	1019	1085
Avg. Per Play	4.6	4.9
NET YARDS RUSHING	2015	1660
Avg. Per Game	125.9	103.8
Total Rushes	473	452
NET YARDS PASSING	2654	3653
Avg. Per Game	165.9	228.3
Sacked/Yards Lost	48/242	38/244
Gross Yards	2896	3897
Att./Completions	498/280	595/333
Completion Pct.	56.2	56.0
Had Intercepted	18	22
PUNTS/AVERAGE	91/44.0	73/42.4
NET PUNTING AVG.	37.3	35.6
PENALTIES/YARDS	99/745	110/818
FUMBLES/BALL LOST	25/13	23/15
TOUCHDOWNS	29	32
Rushing	13	12
Passing	13	16
Returns	0	3
Defensive	3	1
SAFETIES	4	2
TOTAL POINTS	280	314

By Quarters	1	2	3	4	OT	Tot
SEA	72	64	45	99	0	280
OPP	65	104	66	76	3	314

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	486	274	2833	56.4	5.83	12	2.5	17	3.5	53t	47/235	67.0
SEA	498	280	2896	56.2	5.82	13	2.6	18	3.6	53t	48/242	66.8
OPP	595	333	3897	56.0	6.55	16	2.7	22	3.7	58t	38/244	69.6

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	29/29	23/28	0	98
C. Warren	7	7	0	0	0	0	0	42
Martin	5	0	5	0	0	0	0	30
Williams	4	3	1	0	0	0	0	24
SEA	29	13	13	3	29/29	23/28	4	280
OPP	32	12	16	4	31/32	29/39	2	314

Rushing	Att	Yds	Avg	LG	TD
C. Warren	273	1072	3.9	45t	7
Williams	82	371	4.5	38	3
Mirer	68	343	5.0	33	3
Vaughn	36	153	4.3	37	0
SEA	473	2015	4.3	45t	13
OPP	452	1660	3.7	30t	12

Receiving	No	Yds	Avg	LG	TD
Blades	80	945	11.8	41	3
Williams	58	450	7.8	25	1
Martin	57	798	14.0	53t	5
Edmunds	24	239	10.0	32	2
Green	23	178	7.7	20	1
SEA	280	2896	10.3	53t	13
OPP	333	3897	11.7	58t	16

Interceptions	No	Yds	Avg	LG	TD
E. Robinson	9	80	8.9	28	0
Hunter	4	54	13.5	34	0
Gray	3	33	11.0	16	0
SEA	22	196	8.9	34	1
OPP	18	159	8.8	40	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	90	4007	44.5	37.3	7	21	64	1
SEA	91	4007	44.0	37.3	7	21	64	1
OPP	73	3097	42.4	35.6	11	19	60	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Martin	32	15	270	8.4	33	0
SEA	33	15	280	8.5	33	0
OPP	47	21	475	10.1	74t	1

Kickoff Returns	No	FC	Yds	Avg	LG	TD
Bates	30	0	603	20.1	46	0
Vaughn	16	0	280	17.5	31	0
SEA	50	0	931	18.6	46	0
OPP	52	1	967	18.6	95t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	1/1	5/5	10/11	4/6	3/5
SEA	1/1	5/5	10/11	4/6	3/5
OPP	2/2	7/7	8/10	7/13	5/7

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
E. Robinson	111	84	27	2.0	15	3	2
Wooden	106	73	33	2.5	9	3	1
Stephens	105	75	30	2.5	1	2	1
Kennedy	77	60	17	6.5	3	1	1
Blackmon	74	55	19	0.0	11	0	1

Record (Finish): 6-10 (5th, AFC West)

Head Coach: Tom Flores (8-24, .250)

Assistants: Tom Catlin (Asst. Head Coach), Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def.), Arnie Matsumoto (Staff Asst.), Paul Moyer (DBs), Howard Mudd (OL), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond.), Clarence Shelton (RBs)

Captains: FB John L. Williams (Off.), FS Eugene Robinson (Def.), FB Tracy Johnson & TE Trey Junkin (Sp. Teams)

Largest Award: S Eugene Robinson

MVP: FS Eugene Robinson

Pro Bowl: DT Cortez Kennedy (3), FS Eugene Robinson (2), RB Chris Warren (1)

National Honors: QB Rick Mirer, NFL Offensive Rookie of the Year (NFLPA, FBD)

All-NFL: DT Cortez Kennedy (AP, SI), FS Eugene Robinson (PFWA/PFW, Films, USA TODAY)

OFFENSE

Pos.	Starts
WR	Kelvin Martin 14
LT	Ray Roberts 16
LG	Darrick Brilz 16
C	Ray Donaldson 16
RG	Bill Hitchcock 14
RT	Andy Heck 16
TE	Paul Green 8
	Ferrell Edmunds 16
WR	Brian Blades 14
QB	Rick Mirer* 16
RB	Chris Warren 14
FB	John L. Williams 9

DEFENSE

LE	Jeff Bryant	15
LT	Joe Nash	16
RT	Cortez Kennedy	16
RE	Natu Tuatagaloa	15
RLB	Terry Wooden	16
MLB	Rod Stephens	13
RLB	Kevin Murphy	10
	Rufus Porter	6
LCB	Dwayne Harper	14
RCB	Patrick Hunter	15
SS	Robert Blackmon	16
FS	Eugene Robinson	16

SPECIAL TEAMS

K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

1993 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Kansas City	11	5	0	.688	328	291
L.A. Raiders*	10	6	0	.625	306	326
Denver*	9	7	0	.563	373	284
San Diego	8	8	0	.500	322	290
Seattle	6	10	0	.375	280	314

* Wild Card team

1994 REVIEW (6-10)

Date	W/L	Score	Opponents	Att
09/04	W	28-7	at Washington	52,930
09/11	W	38-9	at L.A. Raiders	47,319
09/18	L	24-10	San Diego*	65,536
09/25	W	30-13	Pittsburgh*	59,637
10/02	L	17-15	at Indianapolis	49,876
10/09	L	16-9	Denver*	63,872
10/16			BYE	
10/23	L	38-23	at Kansas City	78,847
10/30	L	35-15	at San Diego	59,001
11/06	L	20-17	Cincinnati (OT)	46,630
11/13	L	17-10	at Denver	71,290
11/20	W	22-21	Tampa Bay	37,466
11/27	W	10-9	Kansas City	54,120
12/04	L	31-19	Indianapolis	39,574
12/11	W	16-14	at Houston	31,453
12/18	L	17-16	L.A. Raiders	53,301
12/24	L	35-9	at Cleveland	54,180

* at Husky Stadium

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	285	318
Rushing	114	122
Passing	143	178
Penalty	28	18
3rd Down: Made/Att.	89/235	83/224
3rd Down Pct.	37.9	37.1
4th Down: Made/Att.	10/19	8/20
4th Down Pct.	52.6	40.0
POSSESSION AVG.	28:35	31:25
TOTAL NET YARDS	4652	5349
Avg. Per Game	290.8	334.3
Total Plays	1018	1077
Avg. Per Play	4.6	5.0
NET YARDS RUSHING	2084	1952
Avg. Per Game	130.3	122.0
Total Rushes	480	511
NET YARDS PASSING	2568	3397
Avg. Per Game	160.5	212.3
Sacked/Yards Lost	40/241	29/206
Gross Yards	2809	3603
Att./Completions	498/253	537/313
Completion Pct.	50.8	58.3
Had Intercepted	9	19
PUNTS/AVERAGE	91/42.9	78/40.9
NET PUNTING AVG.	36.7	35.5
PENALTIES/YARDS	114/898	103/773
FUMBLES/BALL LOST	31/19	21/11
TOUCHDOWNS	32	34
Rushing	16	15
Passing	13	15
Returns	1	1
Defensive	2	3
TOTAL POINTS	287	323

By Quarters	1	2	3	4	OT	Tot
SEA	53	74	49	111	0	287
OPP	48	98	65	109	3	323

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	381	195	2151	51.2	5.65	11	2.9	7	1.8	51	27/145	70.2
McGwire	105	51	578	48.6	5.65	1	1.0	2	1.9	36	13/96	60.7
SEA	498	253	2809	50.8	5.64	13	2.6	9	1.8	51	40/241	69.1
OPP	537	313	3603	58.3	6.71	15	2.8	19	3.5	99t	29/206	73.2

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	25/26	20/24	0	85
C. Warren	11	9	2	0	0	0	0	68
Blades	4	0	4	0	0	0	0	28
SEA	32	16	13	3	25/26	20/24	1	287
OPP	34	15	15	4	28/28	27/33	1	323

2-Point PATs: Tuten 1-2; Blades 1-1; McGwire 0-1; Vaughn 1-1; C. Warren 1-1
SEA 4-6. OPP 4-6

Rushing	Att	Yds	Avg	LG	TD
C. Warren	333	1545	4.6	41	9
Mirer	34	153	4.5	14	0
Strong	27	114	4.2	14t	1
SEA	480	2084	4.3	41	16
OPP	511	1952	3.8	45t	15

Receiving	No	Yds	Avg	LG	TD
Blades	81	1086	13.4	45	4
Martin	56	681	12.2	32	1
C. Warren	41	323	7.9	51	2
SEA	253	2809	11.1	51	13
OPP	313	3603	11.5	99t	15

Interceptions	No	Yds	Avg	LG	TD
4 players with	3				
SEA	19	284	14.9	69t	2
OPP	9	210	23.3	73t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	91	3905	42.9	36.7	7	33	64	0
SEA	91	3905	42.9	36.7	7	33	64	0
OPP	78	3188	40.9	35.5	4	25	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Martin	33	20	280	8.5	23	0
SEA	37	23	337	9.1	31	0
OPP	43	21	426	9.9	78t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Bates	26	508	19.5	38	0
Vaughn	18	443	24.6	93t	1
SEA	67	1467	21.9	93t	1
OPP	61	1229	20.1	45	0

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	1/1	1/1	11/11	6/9	1/2
SEA	1/1	1/1	11/11	6/9	1/2
OPP	0/0	9/9	13/16	5/8	0/0

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Stephens	128	95	33	2.5	0	3	2
Wooden	127	94	33	1.5	7	1	1
E. Robinson	80	65	15	1.0	8	0	1
Porter	75	61	14	1.5	6	0	0

Record (Finish): 6-10 (5th, AFC West)

Head Coach: Tom Flores (14-34, .292)

Assistants: Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def.), Tom Catlin (Quality Control), Arnie Matsumoto (Staff Asst.), Paul Moyer (DBs), Howard Mudd (OL), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond.), Clarence Shelton (RBs)

Captains: C Ray Donaldson (Off.), FS Eugene Robinson (Def.), FB Tracy Johnson & TE Trey Junkin (Sp. Teams)

Largest Award: WR Brian Blades

MVP: RB Chris Warren

Pro Bowl: DT Cortez Kennedy (4), P Rick Tuten (1), RB Chris Warren (2)

All-NFL: DT Cortez Kennedy (AP, SI, CPFN), P Rick Tuten (SI)

OFFENSE

Pos.		Starts
WR	Kelvin Martin	15
LT	Ray Roberts	14
LG	Jeff Blackshear	16
C	Ray Donaldson	16
RG	Kevin Mawae*	11
RT	Howard Ballard	16
TE	Paul Green	11
	Ferrell Edmunds	7
WR	Brian Blades	16
QB	Rick Mirer	13
	Dan McGwire	3
RB	Chris Warren	15
FB	Tracy Johnson	10

DEFENSE

LE	Antonio Edwards	8
	Sam Adams*	6
LT	Joe Nash	15
RT	Cortez Kennedy	16
RE	Brent Williams	9
	Antonio Edwards	6
LLB	Terry Wooden	15
MLB	Rod Stephens	16
RLB	Rufus Porter	14
LCB	Carlton Gray	11
	Tony Brown	5
RCB	Patrick Hunter	5
	Terry Taylor	3
SS	Robert Blackmon	15
FS	Eugene Robinson	14

SPECIAL TEAMS

K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

1994 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	381	306
Kansas City*	9	7	0	.563	319	398
L.A. Raiders	9	7	0	.563	303	327
Denver	7	9	0	.438	347	396
Seattle	6	10	0	.375	287	323

* Wild Card team

1995 REVIEW (8-8)

Date	W/L	Score	Opponents	Att
09/03	L	34-10	Kansas City	47,564
09/10	L	14-10	at San Diego	54,420
09/17	W	24-21	Cincinnati	39,492
09/24			BYE	
10/01	W	27-10	Denver	49,914
10/08	L	34-14	at Oakland	50,213
10/15	L	27-21	at Buffalo	74,362
10/22	L	35-25	San Diego	45,821
10/29	L	20-14	at Arizona (OT)	39,600
11/05	W	30-28	N.Y. Giants	42,100
11/12	W	47-30	at Jacksonville	71,290
11/19	W	27-20	at Washington	51,298
11/26	L	16-10	N.Y. Jets	41,160
12/03	W	26-14	Philadelphia	39,893
12/10	W	31-27	at Denver	71,488
12/17	W	44-10	Oakland	58,428
12/24	L	26-3	at Kansas City	75,784

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	311	321
Rushing	121	116
Passing	171	181
Penalty	19	24
3rd Down: Made/Att.	82/217	81/218
3rd Down Pct.	37.8	37.2
4th Down: Made/Att.	9/13	10/18
4th Down Pct.	69.2	55.6
POSSESSION AVG.	28:30	31:30
TOTAL NET YARDS	5270	5669
Avg. Per Game	329.4	354.3
Total Plays	1033	1078
Avg. Per Play	5.1	5.3
NET YARDS RUSHING	2178	2130
Avg. Per Game	136.1	133.1
Total Rushes	477	496
NET YARDS PASSING	3092	3539
Avg. Per Game	193.3	221.2
Sacked/Yards Lost	45/267	28/167
Gross Yards	3359	3706
Att./Completions	511/273	554/310
Completion Pct.	53.4	56.0
Had Intercepted	23	16
PUNTS/AVERAGE	83/45.0	81/42.6
NET PUNTING AVG.	36.5	36.4
PENALTIES/YARDS	100/852	114/901
FUMBLES/BALL LOST	24/9	17/9
TOUCHDOWNS	42	43
Rushing	20	11
Passing	19	26
Returns	1	2
Defensive	2	4
TOTAL POINTS	363	366

By Quarters	1	2	3	4	OT	Tot
SEA	79	77	88	119	0	363
OPP	90	128	48	94	6	366

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	391	209	2564	53.5	6.56	13	3.3	20	5.1	59t	42/255	63.7
Friesz	120	64	795	53.3	6.63	6	5.0	3	2.5	43t	3/12	80.4
SEA	511	273	3359	53.4	6.57	19	3.7	23	4.5	59t	45/267	67.6
OPP	554	310	3706	56.0	6.69	26	4.7	16	2.9	88t	28/167	80.2

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	40/40	23/28	0	109
Warren	16	15	1	0	0	0	0	96
Galloway	9	1	7	1	0	0	0	54
SEA	42	20	19	3	40/40	23/28	1	363
OPP	43	11	26	6	36/37	24/35	0	366

2-Point PATs: Mirer 0-1, Warren 0-1
SEA 0-2, OPP 0-5.

Rushing	Att	Yds	Avg	LG	TD
Warren	310	1346	4.3	52	15
Broussard	46	222	4.8	21t	1
L. Smith	36	215	6.0	68	0
SEA	477	2178	4.6	86t	20
OPP	496	2130	4.3	46	11

Receiving	No	Yds	Avg	LG	TD
Blades	77	1001	13.0	49	4
Galloway	67	1039	15.5	59t	7
Warren	35	247	7.1	20t	1
Crumpler	23	254	11.0	24	1
SEA	273	3359	12.3	59t	19
OPP	310	3706	12.0	88t	26

Interceptions	No	Yds	Avg	LG	TD
Blackmon	5	46	9.2	21	0
Gray	4	45	11.3	26	0
SEA	16	127	7.9	32	0
OPP	24	384	16.0	72t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	83	3735	45.0	36.5	8	21	73	0
SEA	83	3735	45.0	36.5	8	21	73	0
OPP	81	3449	42.6	36.4	6	24	62	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	36	12	360	10.0	89t	1
SEA	40	13	384	9.6	89t	1
OPP	48	7	549	11.4	44	0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	43	1064	24.7	70	0
SEA	72	1620	22.5	70	0
OPP	70	1669	23.8	99t	2

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	1/1	5/5	9/10	8/10	0/2
SEA	1/1	5/5	9/10	8/10	0/2
OPP	1/1	10/13	5/7	7/9	1/5

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wooden	135	114	21	0.0	8	1	0
E. Robinson	105	79	26	0.0	4	0	1
Moss	88	65	23	2.0	5	1	2
C. Harris	85	77	8	0.0	12	1	1
Gray	73	68	5	0.0	19	0	0

Record (Finish): 8-8, (3rd, AFC West)

Head Coach: Dennis Erickson (8-8, .500)

Assistants: Gregg Smith (Asst. Head Coach/ TEs), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def.), Tom Catlin (Quality Control), Ned James (Off. Asst.), Dana LeDuc (Strength & Cond.), Arnie Matsumoto (Def. Asst.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs)

Captains: QB Rick Mirer (Off.), S Eugene Robinson (Def.), TE Trey Junkin (Sp. Teams)

Largest Award: LB Terry Wooden

MVP: RB Chris Warren

Pro Bowl: DT Cortez Kennedy (5), RB Chris Warren (3)

National Honors: WR Steve Largent inducted into Pro Football Hall of Fame

OFFENSE

Pos.	Starts	
WR	Joey Galloway*	16
LT	James Atkins	16
LG	Matt Joyce*	13
C	Jim Sweeney	16
RG	Kevin Mawae	16
RT	Howard Ballard	16
TE	Christian Fauria*	9
	Carlester Crumpler	7
WR	Brian Blades	16
QB	Rick Mirer	13
	John Friesz	3
RB	Chris Warren	16
FB	Steve Smith	7
	Tracy Johnson	4

DEFENSE

LE	Michael Sinclair	15
LT	Joe Nash	11
	Sam Adams	5
RT	Cortez Kennedy	16
RE	Brent Williams	9
	Antonio Edwards	7
SLB	Terry Wooden	16
MLB	Dean Wells	10
WLB	Winston Moss	16
LCB	Carlton Gray	16
RCB	Corey Harris	16
SS	Robert Blackmon	13
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Rick Tuten	16

* Rookie or first-year player

1995 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Kansas City	13	3	0	.813	358	241
San Diego*	9	7	0	.563	321	323
Seattle	8	8	0	.500	363	366
Denver	8	8	0	.500	388	345
Oakland	8	8	0	.500	348	332

* Wild Card team

1996 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/01	L	29-7	at San Diego	58,780
09/08	L	30-20	Denver	43,671
09/15	L	35-17	Kansas City	39,790
09/22	W	17-13	at Tampa Bay	30,212
09/29	L	31-10	Green Bay	59,973
10/06	W	22-15	at Miami	59,539
10/13			BYE	
10/17	L	34-16	at Kansas City	76,057
10/27	W	32-13	San Diego	38,143
11/03	W	23-16	Houston	36,320
11/10	W	42-23	Minnesota	50,794
11/17	L	17-16	at Detroit	51,194
11/24	L	27-21	Oakland	47,506
12/01	L	34-7	at Denver	74,982
12/08	W	26-18	Buffalo	41,373
12/15	L	20-13	at Jacksonville	66,134
12/22	W	28-21	at Oakland	33,455

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	268	325
Rushing	94	114
Passing	147	181
Penalty	27	30
3rd Down: Made/Att.	64/212	80/211
3rd Down Pct.	30.2	37.9
4th Down: Made/Att.	7/17	7/15
4th Down Pct.	41.2	46.7
POSSESSION AVG.	28:01	31:59
TOTAL NET YARDS	5024	5437
Avg. Per Game	314.0	339.8
Total Plays	974	1066
Avg. Per Play	5.2	5.1
NET YARDS RUSHING	1997	2098
Avg. Per Game	124.8	131.1
Total Rushes	442	506
NET YARDS PASSING	3027	3339
Avg. Per Game	189.2	208.7
Sacked/Yards Lost	38/189	48/285
Gross Yards	3216	3624
Att./Completions	494/261	512/303
Completion Pct.	52.8	59.2
Had Intercepted	17	14
PUNTS/AVG.	86/43.6	76/42.3
Net Punting Avg.	34.5	34.0
PENALTIES/YARDS	112/879	98/804
FUMBLES/ LOST	24/12	37/18
TOUCHDOWNS	33	40
Rushing	16	15
Passing	14	25
Defense	1	0
Returns	2	0
TOTAL POINTS	317	376

By Quarters	1	2	3	4	OT	Tot
SEA	53	117	57	90	--	317
OPP	85	111	64	116	--	376

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Friesz	211	120	1629	56.9	7.72	8	3.8	4	1.9	80t	12/77	86.4
Mirer	265	136	1546	51.3	5.83	5	1.9	12	4.5	60	22/84	56.6
SEA	494	261	3216	52.8	6.51	14	2.8	17	3.4	80t	38/189	68.3
OPP	512	303	3624	59.2	7.08	25	4.9	14	2.7	65t	48/285	85.8

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	27/27	28/34	0	111
Smith	8	8	0	0	0	0	0	54
Galloway	8	0	7	1	0	0	0	48
Warren	5	5	0	0	0	0	0	32
SEA	33	16	14	3	27/27	28/34	0	317
OPP	40	15	25	0	35/35	31/34	1	376

2-Point PATs: Smith 3-3, Warren 1-3
SEA 4-6. OPP 3-5.

Rushing	Att	Yds	Avg	LG	TD
Warren	203	855	4.2	51	5
Smith	153	680	4.4	29	8
Mirer	33	191	5.8	33	2
SEA	442	1997	4.5	51	16
OPP	506	2098	4.1	40	15

Receiving	No	Yds	Avg	LG	TD
Galloway	57	987	17.3	65t	7
Blades	43	556	12.9	80t	2
Warren	40	273	6.8	33	0
Crumpler	26	258	9.9	26	0
Proehl	23	309	13.4	56	2
SEA	261	3216	12.3	80t	14
OPP	303	3624	12.0	65t	25

Interceptions	No	Yds	Avg	LG	TD
D. Williams	5	148	29.6	79t	1
2 players with	3				
SEA	14	256	18.3	79t	1
OPP	17	305	17.9	63	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	85	3746	44.1	34.5	7	21	66	1
SEA	86	3746	43.6	34.5	7	21	66	1
OPP	76	3214	42.3	34.0	14	23	57	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	15	5	158	10.5	88t	1
R. Harris	19	10	194	10.2	35	0
SEA	34	15	352	10.4	88t	1
OPP	52	17	640	12.3	50	0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	43	979	22.8	86	0
SEA	71	1542	21.7	86	0
OPP	72	1642	22.8	60	0

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	11/13	7/7	8/11	2/3
SEA	0/0	11/13	7/7	8/11	2/3
OPP	3/3	9/9	8/11	9/9	2/2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wells	107	82	25	1.0	4	0	2
Moss	106	77	29	1.0	4	0	0
Blackmon	102	80	22	1.0	7	3	0
D. Williams	80	67	13	0.0	11	0	1
McCrary	76	57	19	13.5	3	1	1

Record (finish): 7-9 (T4th, AFC West)

Head Coach: Dennis Erickson (15-17, .469)

Assistants: Gregg Smith (Asst. Head Coach/TEs), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (Def. Asst.), Ned James (Off. Asst.), Dana LeDuc (Strength & Cond.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs)

Captains: QB Rick Mirer & RB Chris Warren (Off.), LB Winston Moss & LB Terry Wooden (Def.), P Rick Tuten (Sp. Teams)

Largent Award: DT Cortez Kennedy

MVP: DT Cortez Kennedy

Pro Bowl: DT Cortez Kennedy (6), DE Michael Sinclair (1)

OFFENSE

Pos.		Starts
WR	Joey Galloway	16
LT	James Atkins	16
LG	Pete Kendall*	11
C	Kevin Mawae	16
RG	Derrick Graham	16
RT	Howard Ballard	16
TE	Carlester Crumpler	7
	Christian Fauria	9
WR	Brian Blades	9
	Ricky Proehl	7
QB	Rick Mirer	9
	John Friesz	6
	Stan Gelbaugh	1
RB	Chris Warren	14
FB	Mack Strong	8

DEFENSE

LE	Michael Sinclair	16
LT	Sam Adams	16
RT	Cortez Kennedy	16
RE	Michael McCrary	13
SLB	Terry Wooden	9
	Michael Barber	7
MLB	Dean Wells	15
WLB	Winston Moss	16
LCB	Carlton Gray	16
RCB	Corey Harris	16
SS	Robert Blackmon	16
FS	Darryl Williams	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Rick Tuten	16

* Rookie or first-year player

1996 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	13	3	0	.813	391	275
Kansas City	9	7	0	.563	297	300
San Diego	8	8	0	.500	310	376
Oakland	7	9	0	.438	340	293
Seattle	7	9	0	.438	317	376

*Wild Card team

1997 REVIEW (8-8)

Date	W/L	Score	Opponents	Att
08/31	L	41-3	N.Y. Jets	53,893
09/07	L	35-14	Denver	55,859
09/14	W	31-3	at Indianapolis	49,194
09/21	W	26-22	San Diego	51,110
09/28	L	20-17	at Kansas City (OT)	77,877
10/05	W	16-13	Tennessee	49,897
10/12			BYE	
10/19	W	17-9	at St. Louis	64,819
10/26	W	45-34	Oakland	66,264
11/02	L	30-27	at Denver	74,212
11/09	W	37-31	at San Diego	64,616
11/16	L	20-17	at New Orleans (OT)	50,493
11/23	L	19-14	Kansas City	66,264
11/30	L	24-17	Atlanta	52,584
12/07	L	31-24	at Baltimore	54,395
12/14	W	22-21	at Oakland	40,124
12/21	W	38-9	San Francisco	66,253

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	331	286
Rushing	98	96
Passing	207	166
Penalty	26	24
3rd Down: Made/Att.	91/224	66/198
3rd Down Pct.	40.6	33.3
4th Down: Made/Att.	8/16	8/16
4th Down Pct.	50.0	50.0
POSSESSION AVG.	30:47	29:13
TOTAL NET YARDS	5759	4849
Avg. Per Game	359.9	303.1
Total Plays	1049	959
Avg. Per Play	5.5	5.1
NET YARDS RUSHING	1800	1731
Avg. Per Game	112.5	108.2
Total Rushes	404	455
NET YARDS PASSING	3959	3118
Avg. Per Game	247.4	194.9
Sacked/Yards Lost	36/228	42/238
Gross Yards	4187	3356
Att./Completions	609/359	462/276
Completion Pct.	58.9	59.7
Had Intercepted	21	13
PUNTS/AVERAGE	78/40.3	74/42.0
Net Punting Avg.	32.3	36.8
PENALTIES/YARDS	109/911	100/820
FUMBLES/LOST	26/11	33/16
TOUCHDOWNS	43	38
Rushing	13	10
Passing	26	19
Defensive	4	4
Returns	0	5
FIELD GOALS	22/28	31/34
TOTAL POINTS	365	362

By Quarters	1	2	3	4	OT	Tot
SEA	44	126	92	103	0	365
OPP	101	111	93	51	6	362

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Moon	528	313	3678	59.3	6.97	25	4.7	16	3.0	60t	30/192	83.7
SEA	609	359	4187	58.9	6.88	26	4.3	21	3.4	61	36/228	79.7
OPP	462	276	3356	59.7	7.26	19	4.1	13	2.8	92	42/238	84.1

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	37/37	22/28	0	103
Galloway	12	0	12	0	0	0	0	72
Broussard	6	5	1	0	0	0	0	36
McKnight	6	0	6	0	0	0	0	36
Warren	4	4	0	0	0	0	0	24
SEA	43	13	26	4	37/37	22/28	1	365
OPP	38	10	19	9	35/35	31/34	1	358

2-Point PATs: Smith 1-1, Kitna 0-1, Moon 0-3, Tuten 0-1. SEA 1-6. OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Warren	200	847	4.2	36t	4
Broussard	70	418	6.0	77t	5
Smith	91	392	4.3	35	2
SEA	404	1800	4.5	77t	13
OPP	455	1731	3.8	55t	10

Receiving	No	Yds	Avg	LG	TD
Galloway	72	1049	14.6	53t	12
Pritchard	64	843	13.2	61	2
Warren	45	257	5.7	20	0
McKnight	34	637	18.7	60t	6
Crumpler	31	361	11.6	30	1
Br. Blades	30	319	10.6	27	2
Broussard	24	143	6.0	20t	1
Smith	23	183	8.0	22	0
SEA	359	4187	11.7	61	26
OPP	276	3356	12.2	92	19

Interceptions	No	Yds	Avg	LG	TD
D. Williams	8	172	21.5	44t	1
Be. Blades	2	11	5.5	11	0
SEA	13	196	15.1	44t	1
OPP	21	372	17.7	75t	4

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	48	2007	41.8	36.4	5	15	65	0
SEA	78	3144	40.3	32.3	8	24	65	2
OPP	74	3111	42.0	36.8	7	21	66	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Harris	21	12	144	6.9	19	0
Davis	16	6	104	6.5	28	0
SEA	37	18	248	6.7	28	0
OPP	38	14	463	12.2	89t	2

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	50	1076	21.5	43	0
SEA	76	1550	20.4	43	0
OPP	77	1779	23.1	93t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	9/9	7/10	5/7	1/2
SEA	0/0	9/9	7/10	5/7	1/2
OPP	2/2	12/13	5/5	8/10	4/4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	104	75	29	6.5	3	1	4
D. Williams	93	68	25	0.0	13	1	1
Wells	92	74	18	1.0	2	1	1
Be. Blades	70	58	12	1.0	2	0	0

Record (finish): 8-8 (3rd, AFC West)

Head Coach: Dennis Erickson (23-25, .479)

Assistants: Gregg Smith (Asst. Head Coach/OL), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (TEs), Ned James (Off. Asst.), Darren Krein (Asst. Str. & Cond.), Dana LeDuc (Strength & Cond.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs), Jim Zorn (Off. Asst.)

Captains: QB John Friesz (Off.), LB Winston Moss (Def.), S Jay Bellamy (Sp. Teams)

Largent Award: LB Winston Moss

MVP: FS Darryl Williams

Pro Bowl: DE Michael Sinclair (2), FS Darryl Williams (1)

OFFENSE

Pos.	Starts
WR	Joey Galloway 15
LT	Walter Jones* 12
LG	Pete Kendall 16
C	Kevin Mawae 16
RG	Derrick Graham 9
RT	Howard Ballard 10
R/LT	Grant Williams 8
TE	Carlester Crumpler 12
WR	Mike Pritchard 15
QB	Warren Moon 14
	John Friesz 1
	Jon Kitna* 1
RB	Chris Warren 13
FB	Mack Strong 9

DEFENSE

LE	Michael Sinclair 16
LT	Sam Adams 15
RT	Dan Saleaumua 9
	Cortez Kennedy 8
RE	Phillip Daniels 11
LLB	Winston Moss 14
MLB	Dean Wells 16
RLB	Chad Brown 15
LCB	Shawn Springs* 10
RCB	Willie Williams 16
SS	Bennie Blades 9
	Jay Bellamy 7
FS	Darryl Williams 16

SPECIAL TEAMS

K	Todd Peterson 16
P	Rick Tuten 10
	Rohn Stark 4

* Rookie or first-year player

1997 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Kansas City	13	3	0	.813	375	232
Denver*	12	4	0	.750	472	287
Seattle	8	8	0	.500	365	362
Oakland	4	12	0	.250	324	419
San Diego	4	12	0	.250	266	425

* Wild Card team

1998 REVIEW (8-8)

Date	W/L	Score	Opponents	Att
09/06	W	38-0	at Philadelphia	66,418
09/13	W	33-14	Arizona	57,678
09/20	W	24-14	Washington	63,336
09/27	L	13-10	at Pittsburgh	58,413
10/04	L	17-6	at Kansas City	66,418
10/11	L	21-16	Denver	66,258
10/18			BYE	
10/25	W	27-20	at San Diego	58,512
11/01	L	31-18	Oakland	66,246
11/08	W	24-12	Kansas City	66,251
11/15	L	20-17	at Oakland	51,527
11/22	L	30-22	at Dallas	64,142
11/29	W	20-18	Tennessee	59,048
12/06	L	32-31	at N.Y. Jets	72,200
12/13	W	38-17	San Diego	62,690
12/20	W	27-23	Indianapolis	58,703
12/27	L	28-21	at Denver	74,057

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	267	337
Rushing	92	111
Passing	144	197
Penalty	31	29
3rd Down: Made/Att.	54/195	92/236
3rd Down Pct.	27.7	39.0
4th Down: Made/Att.	6/17	8/20
4th Down Pct.	35.3	40.0
POSSESSION AVG.	27:05	32:55
TOTAL NET YARDS	4626	5689
Avg. Per Game	289.1	355.6
Total Plays	940	1137
Avg. Per Play	4.9	5.0
NET YARDS RUSHING	1626	1999
Avg. Per Game	101.6	124.9
Total Rushes	426	487
NET YARDS PASSING	3000	3690
Avg. Per Game	187.5	230.6
Sacked/Yards Lost	34/219	53/282
Gross Yards	3219	3972
Att./Completions	480/273	597/343
Completion Pct.	56.9	57.5
Had Intercepted	18	24
PUNTS/AVERAGE	81/44.1	78/43.6
Net Punting Avg.	36.5	36.0
PENALTIES/YARDS	117/914	130/1157
FUMBLES/LOST	30/16	34/18
TOUCHDOWNS	45	35
Rushing	11	13
Passing	21	18
Defensive	10	3
Returns	3	1
FIELD GOALS	19/24	23/30
TOTAL POINTS	372	310

By Quarters	1	2	3	4	OT	Tot
SEA	107	91	75	99	0	372
Opp	71	73	61	105	0	310

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Moon	258	145	1632	56.2	6.33	11	4.3	8	3.1	45	22/140	76.6
Kitna	172	98	1177	57.0	6.84	7	4.1	8	4.7	70t	11/72	72.3
Friesz	49	29	409	59.2	8.35	2	4.1	2	4.1	81t	1/7	82.8
SEA	480	273	3219	56.9	6.71	21	4.4	18	3.8	81t	34/219	76.4
OPP	597	343	3972	57.5	6.65	18	3.0	24	4.0	80t	53/282	71.0

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	41/41	19/24	0	98
Galloway	12	0	10	2	0	0	0	72
Watters	9	9	0	0	0	0	0	56
Pritchard	3	0	3	0	0	0	0	20
Springs	3	0	0	3	0	0	0	18
SEA	45	11	21	13	41/41	19/24	0	372
OPP	35	13	18	4	31/31	23/30	0	310

2-Point PATs: SEA 2-4. OPP 0-4.

Rushing	Att	Yds	Avg	LG	TD
Watters	319	1239	3.9	39t	9
A. Green	35	209	6.0	64	1
Kitna	20	67	3.4	21	1
SEA	426	1626	3.8	64	11
OPP	487	1999	4.1	70	13

Receiving	No	Yds	Avg	LG	TD
Galloway	65	1047	16.1	81t	10
Pritchard	58	742	12.8	50t	3
Watters	52	373	7.2	24	0
Fauria	37	377	10.2	25	2
McKnight	21	346	16.5	59t	2
Blades	15	184	12.3	47	0
SEA	273	3219	11.8	81t	21
OPP	343	3972	11.6	80t	18

Interceptions	No	Yds	Avg	LG	TD
Springs	7	142	20.3	56t	2
D. Smith	3	56	18.7	26t	2
D. Williams	3	41	13.7	28	0
Bellamy	3	40	13.3	24	0
W. Williams	2	36	18.0	28t	1
SEA	24	455	19.0	56t	8
OPP	18	220	12.2	74t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	81	3570	44.1	36.5	12	27	59	0
SEA	81	3570	44.1	36.5	12	27	50	0
OPP	78	3397	43.6	36.0	8	23	61	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	25	5	251	10.0	74t	2
Joseph	15	5	182	12.1	66	0
SEA	41	10	428	10.4	74t	2
OPP	33	15	371	11.2	63t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	29	781	26.9	90t	1
A. Green	27	620	23.0	57	0
SEA	64	1510	23.6	90t	1
OPP	68	1311	19.3	35	0

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	7/7	4/5	5/5	3/7
SEA	0/0	7/7	4/5	5/5	3/7
OPP	0/0	10/10	6/7	6/11	1/2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	150	119	31	7.5	8	1	1
Bellamy	98	81	17	1.0	10	2	2
D. Williams	97	71	26	0.0	11	3	3
Springs	85	61	14	0.0	23	1	1
D. Smith	80	59	21	5.0	5	2	2

Record (finish): 8-8 (3rd, AFC West)

Head Coach: Dennis Erickson (31-33, .484)

Assistants: Pete Rodriguez (Asst. Head Coach/Special Teams), Bob Bratkowski (Off. Coord.), Greg McMackin (Def. Coord.), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (TEs), Milt Jackson (WRs), Jim Johnson (LBs), Darren Krein (Asst. Strength & Cond.), Tim Lappano (RBs), Dana LeDuc (Strength & Cond.), Bill Meyers (Asst. Off. Line), Rich Olson (QBs), Willy Robinson (DBs), Gregg Smith (Off. Line), Eric Yarber (Off. Quality Control)

Captains: QB Warren Moon, C Kevin Glover, DE Michael Sinclair, S Darryl Williams, ST Jay Bellamy

Largent Award: DE Michael Sinclair

MVP: LB Chad Brown

Pro Bowl: LB Chad Brown (2), DE Michael Sinclair (3), CB Shawn Springs (1), DT Cortez Kennedy (7)

OFFENSE

Pos.	Starts
WR	Joey Galloway 16
LT	Walter Jones 16
LG	Pete Kendall 16
C	Kevin Glover 8
	Chris Gray 8
RG	Brian Habib 16
RT	Howard Ballard 16
TE	Christian Fauria 15
WR	Mike Pritchard 16
	Brian Blades 6
QB	Warren Moon 10
	Jon Kitna 5
	John Friesz 1
RB	Ricky Watters 16
FB	Mack Strong 6

DEFENSE

LE	Michael Sinclair 16
LT	Sam Adams 11
RT	Cortez Kennedy 15
RE	Phillip Daniels 15
OLB	Chad Brown 16
MLB	Dean Wells 7
	DeShone Myles* 7
OLB	Darrin Smith 10
	Anthony Simmons* 4
LCB	Shawn Springs 16
RCB	Willie Williams 14
SS	Jay Bellamy 16
FS	Darryl Williams 16

SPECIAL TEAMS

K	Todd Peterson 16
P	Jeff Feagles 16

* Rookie or first-year player

1998 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	14	2	0	.875	501	309
Oakland	8	8	0	.500	325	378
Seattle	8	8	0	.500	372	310
Kansas City	7	9	0	.438	327	363
San Diego	5	11	0	.313	241	342

1999 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/12	L	28-20	Detroit	66,238	Peterson	0	0	0	0	32/32	34/40	0	134
09/19	W	14-13	at Chicago	66,944	Mayes	10	0	10	0	0	0	0	60
09/26	W	29-10	at Pittsburgh	57,881	Watters	7	5	2	0	0	0	0	42
10/03	W	22-21	Oakland	66,400	Dawkins	7	0	7	0	0	0	0	42
10/10			BYE		Pritchard	2	0	2	0	0	0	0	12
10/17	L	13-10	at San Diego	59,432	SEA	34	5	25	4	32/32	34/40	0	338
10/24	W	26-16	Buffalo	66,301	OPP	30	9	19	2	26/27	30/38	1	298
11/01	W	27-7	at Green Bay	59,869	2-Point PATs: SEA 0-2. OPP 0-2.								
11/07	W	37-20	Cincinnati	66,303									
11/14	W	20-17	Denver	66,314	Rushing	Att	Yds	Avg	LG	TD			
11/21	W	31-19	at Kansas City	78,714	Watters	325	1210	3.7	45	5			
11/28	L	16-3	Tampa Bay	66,314	Green	26	120	4.6	21	0			
12/05	L	30-21	at Oakland	44,716	Kitna	35	56	1.6	10	0			
12/12	L	19-16	San Diego	66,318	R. Brown	14	38	2.7	0	0			
12/19	L	36-30	at Denver (OT)	65,987	SEA	408	1408	3.5	45	5			
12/26	W	23-14	Kansas City	66,332	OPP	484	1934	4.0	71	9			
01/02	L	19-9	at New York Jets	78,154									

POSTSEASON

01/09	L	20-17	Miami (AFC Wild Card Game)	66,170
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Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	276	313
Rushing	65	107
Passing	179	183
Penalty	32	23
3rd Down: Made/Att.	68/210	89/239
3rd Down Pct.	32.4	37.2
4th Down: Made/Att.	2/8	8/18
4th Down Pct.	25.0	44.4
POSSESSION AVG.	27:48	32:12
TOTAL NET YARDS	4805	5426
Avg. Per Game	300.3	339.1
Total Plays	971	1104
Avg. Per Play	4.9	4.9
NET YARDS RUSHING	1408	1934
Avg. Per Game	88.0	120.9
Total Rushes	408	484
NET YARDS PASSING	3397	3492
Avg. Per Game	212.3	218.3
Sacked/Yards Lost	38/232	38/252
Gross Yards	3629	3744
Att./Completions	525/288	582/320
Completion Pct.	54.9	55.0
Had Intercepted	16	30
PUNTS/AVERAGE	84/40.8	81/42.0
Net Punting Avg.	35.2	34.3
PENALTIES/YARDS	98/883	128/985
FUMBLES/LOST	31/17	17/6
TOUCHDOWNS	34	30
Rushing	5	9
Passing	25	19
Defensive	3	1
Returns	1	1
FIELD GOALS	34/40	30/38
TOTAL POINTS	338	298

By Quarters	1	2	3	4	OT	Tot
SEA	86	104	70	78	0	338
OPP	53	109	59	71	6	298

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Kitna	495	270	3346	54.5	6.76	23	4.6	16	3.2	51	32/198	77.7
Foley	30	18	283	60.0	9.43	2	6.7	0	0.0	49t	6/34	113.6
SEA	525	288	3629	54.9	6.91	25	4.8	16	3.0	51	38/232	79.8
OPP	582	320	3744	55.0	6.43	19	3.3	30	5.2	76t	38/252	64.1

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	1/1	10/10	8/11	14/16	1/2
SEA	1/1	10/10	8/11	14/16	1/2
OPP	1/1	9/9	8/8	9/12	3/8

Receiving	No	Yds	Avg	LG	TD
Mayes	65	829	13.4	54t	10
Dawkins	58	992	17.1	45t	7
Watters	40	387	9.7	25	2
Fauria	35	376	10.7	25	0
R. Brown	34	228	6.7	26	1
Pritchard	26	375	14.4	51	2
Galloway	22	335	15.2	48	1
Mili	5	28	5.6	8	1
Bownes	4	68	17.0	49t	1
SEA	288	3629	12.6	51	25
OPP	320	3744	11.7	76t	19

Interceptions	No	Yds	Avg	LG	TD
Springs	5	77	15.4	42	0
W. Williams	5	43	8.6	40t	1
D. Williams	4	41	10.3	21	0
Bellamy	4	4	1.0	7	0
Joseph	3	82	27.3	40	0
Hanks	2	30	15.0	23t	1
SEA	30	336	11.2	42	2
OPP	16	210	13.1	43	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	84	3425	40.8	35.2	5	34	59	0
SEA	84	3425	40.8	35.2	5	34	59	0
OPP	81	3398	42.0	34.3	10	23	68	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	22	18	318	14.5	94t	1
SEA	30	24	419	14.0	94t	1
OPP	36	18	370	10.3	81t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Green	36	818	22.7	54	0
Rogers	18	465	25.8	49	0
SEA	68	1547	22.8	61	0
OPP	81	1500	18.5	39	0

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	117	87	30	5.5	6	2	1
Bellamy	96	85	11	0.0	8	0	0
D. Smith	90	65	25	1.0	3	0	0
Simmons	90	55	35	0.0	2	0	0
D. Williams	78	63	15	0.0	11	0	1
Springs	74	64	10	0.0	15	0	1
Kennedy	73	61	12	6.5	15	0	1
W. Williams	72	66	6	0.0	16	0	0
Daniels	45	38	7	9.0	2	1	0

Record (finish): 9-7 (1st, AFC West)

Head Coach: Mike Holmgren (9-7, .563)

Assistants: Mike Sherman (Offensive Coordinator/Tight Ends), Larry Brooks (Defensive Line), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (Wide Receivers), Ken Flajole (Defensive Backs), Kent Johnston (Strength & Cond.), Jim Lind (Linebackers), Clayton Lopez (Def. Quality Control), Tom Lovat (Asst. Head Coach/Offensive Line), Stump Mitchell (Running Backs), Dick Roach (Def. Assistant), Pete Rodriguez (Special Teams), Mike Sheppard (Quarterbacks), Rod Springer (Asst. Strength & Cond.), Bob Zeman (Def. Assistant)

Captains: Game-to-Game

Largent Award: LB Chad Brown

MVP: LB Chad Brown

Pro Bowl: LB Chad Brown (3), T Walter Jones (1), DT Cortez Kennedy (8)

OFFENSE

Pos.	Starts
WR	Sean Dawkins 13
LT	Walter Jones 16
LG	Pete Kendall 16
C	Kevin Glover 6
	Chris Gray 10
RG	Brian Habib 16
RT	Grant Williams 15
TE	Christian Fauria 15
WR	Derrick Mayes 15
QB	Jon Kitna 15
RB	Ricky Watters 16
FB	Reggie Brown 8

DEFENSE

LE	Michael Sinclair	15
LT	Sam Adams	13
RT	Cortez Kennedy	16
RE	Phillip Daniels	16
OLB	Chad Brown	15
MLB	Anthony Simmons	16
OLB	Darrin Smith	14
LCB	Shawn Springs	16
RCB	Willie Williams	14
SS	Darryl Williams	12
FS	Jay Bellamy	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Jeff Feagles	16

* Rookie or first-year player

1999 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.563	338	298
Kansas City	9	7	0	.563	390	322
San Diego	8	8	0	.500	269	316
Oakland	8	8	0	.500	390	329
Denver	6	10	0	.375	314	318

2000 REVIEW (6-10)

Date	W/L	Score	Opponents	Att
09/03	L	23-0	at Miami	72,949
09/10	L	37-34	St. Louis	64,869
09/17	W	20-10	New Orleans	59,513
09/24	W	20-12	at San Diego	47,233
10/02	L	24-17	at Kansas City	82,893
10/08	L	26-3	at Carolina	72,192
10/15	L	37-24	Indianapolis	63,593
10/22	L	31-3	at Oakland	57,490
10/29	L	24-19	Kansas City	62,141
11/05	W	17-15	San Diego	59,884
11/12	W	28-21	at Jacksonville	68,063
11/19			BYE	
11/26	L	38-31	Denver	68,661
12/03	W	30-10	at Atlanta	44,680
12/10	L	31-24	at Denver	75,218
12/16	W	27-24	Oakland	68,681
12/23	L	42-23	Buffalo	61,025

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	281	331
Rushing	98	126
Passing	168	185
Penalty	15	20
3rd Down: Made/Att.	83/205	89/201
3rd Down Pct.	40.5	44.3
4th Down: Made/Att.	7/14	1/7
4th Down Pct.	50.0	14.3
POSSESSION AVG.	27:31	32:29
TOTAL NET YARDS	4680	6391
Avg. Per Game	292.5	399.4
Total Plays	956	1019
Avg. Per Play	4.9	6.3
NET YARDS RUSHING	1720	2454
Avg. Per Game	107.5	153.4
Total Rushes	403	503
NET YARDS PASSING	2960	3937
Avg. Per Game	185.0	246.1
Sacked/Yards Lost	46/238	27/152
Gross Yards	3198	4089
Att./Completions	507/308	489/309
Completion Pct.	60.7	63.2
Had Intercepted	21	17
PUNTS/AVERAGE	75/39.5	62/41.5
Net Punting Avg.	36.9	33.3
PENALTIES/YARDS	89/728	96/694
FUMBLES/LOST	35/17	28/12
TOUCHDOWNS	37	46
Rushing	10	20
Passing	21	23
Defensive	5	3
Returns	1	0
FIELD GOALS	21/26	28/33
TOTAL POINTS	320	405

By Quarters	1	2	3	4	OT	Tot
SEA	70	100	59	91	0	320
OPP	96	140	71	98	0	405

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Lindell	0	0	0	0	25/25	15/17	0	70
Watters	9	7	2	0	0	0	0	54
Jackson	6	0	6	0	0	0	0	36
Dawkins	5	0	5	0	0	0	0	30
Heppner, TM0	0	0	0	0	8/8	6/9	0	26
SEA	37	10	21	6	33/33	21/26	1	320
OPP	46	20	23	3	45/45	28/33	0	405

2-Point PATs: SEA 0-4. OPP 0-1.

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Kitna	418	259	2658	62.0	6.36	18	4.3	19	4.5	71	33/168	75.6
Huard	87	49	540	56.3	6.21	3	3.4	2	2.3	45	13/72	76.8
SEA	507	308	3198	60.7	6.31	21	4.1	21	4.1	71	46/238	75.5
OPP	489	309	4089	63.2	8.36	23	4.7	17	3.5	73	27/152	90.8

Rushing	Att	Yds	Avg	LG	TD
Watters	278	1242	4.5	55	7
Alexander	64	313	4.9	50	2
Kitna	48	127	2.6	13	1
Huard	5	29	5.8	10	0
SEA	403	1720	4.3	55	10
OPP	503	2454	4.9	80t	20

Receiving	No	Yds	Avg	LG	TD
Dawkins	63	731	11.6	40	5
Watters	63	613	9.7	59	2
Jackson	53	713	13.5	71	6
Mayes	29	264	9.1	40	1
Mili	28	288	10.3	34	3
Fauria	28	237	8.5	16	2
Strong	23	141	6.1	24	1
J. Williams	8	99	12.4	18	0
Bailey	6	62	10.3	22	1
Alexander	5	41	8.2	18	0
SEA	308	3198	10.4	71	21
OPP	309	4089	13.2	73	23

Interceptions	No	Yds	Avg	LG	TD
Bellamy	4	132	33.0	84t	1
W. Williams	4	74	18.5	69t	1
Simmons	2	15	7.5	8	0
Springs	2	8	4.0	8	0
Koonce	1	27	27.0	27t	1
SEA	17	300	17.6	84t	3

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	74	2960	40.0	36.9	2	24	57	1
SEA	75	2960	39.5	36.9	2	24	57	1
OPP	62	2571	41.5	33.3	6	21	69	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	26	12	363	14.0	43	0
SEA	30	14	384	12.8	43	0
OPP	32	18	151	4.7	22	0
OPP	21	191	9.1	79t	2	

Kickoff Returns	No	Yds	Avg	LG	TD
Rogers	66	1629	24.7	81t	1
SEA	80	1932	24.2	81t	1
OPP	64	1236	19.3	39	0

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	0/0	4/5	1/1	7/8	3/3
Heppner, TM	1/1	2/2	1/3	2/2	0/1
SEA	1/1	6/7	2/4	9/10	3/4
OPP	1/1	11/12	7/9	9/9	0/2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Simmons	147	119	28	4.0	2	2	0
Koonce	97	73	24	1.5	5	0	1
C. Brown	94	71	23	6.0	3	2	3
Bellamy	87	69	18	2.0	8	2	0
Springs	85	72	13	0.0	14	1	0
W. Williams	60	51	9	1.0	11	1	1
Joseph	58	45	13	0.0	4	0	0
Kennedy	50	32	18	1.0	9	0	0
King	48	42	6	6.0	3	0	0

Record (finish): 6-10 (4th, AFC West)

Head Coach: Mike Holmgren (15-17, .469)

Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (Asst. Special Teams/Stength & Cond.), Kent Johnston (Strength & Cond.), Jim Lind (TEs), Clayton Lopez (Def. Quality Control), Tom Lovat (Asst. Head Coach/OL), Stump Mitchell (RBs), Dick Roach (DBs), Pete Rodriguez (Special Teams), Mike Sheppard (QBs), Rod Springer (Asst. Strength & Cond.)

Captains: Game-to-Game

Largent Award: RB Ricky Watters

Pro Bowl: None

OFFENSE

Pos.	Starts
WR	Sean Dawkins 16
LT	Walter Jones 16
LG	Pete Kendall 16
C	Chris Gray 16
RG	Floyd Wedderburn 16
RT	Chris McIntosh 10
TE	Christian Fauria 10
WR	Darrell Jackson* 10
	Derrick Mayes 8
QB	Jon Kitna 12
	Brock Huard 4
RB	Ricky Watters 16
FB	Mack Strong 12

DEFENSE

LE	Michael Sinclair 16
LT	Riddick Parker 16
RT	Cortez Kennedy 16
RE	Lamar King 16
OLB	Chad Brown 16
MLB	George Koonce 16
OLB	Anthony Simmons 16
LCB	Shawn Springs 16
RCB	Willie Williams 15
SS	Kerry Joseph 10
	Reggie Tongue 6
FS	Jay Bellamy 16

SPECIAL TEAMS

K	Rian Lindell* 12
P	Jeff Feagles 16

* Rookie or first-year player

2000 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Oakland	12	4	0	.750	479	299
Denver*	11	5	0	.688	485	369
Kansas City	7	9	0	.438	355	354
Seattle	6	10	0	.375	320	405
San Diego	1	15	0	.062	269	440

* Wild Card team

2001 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/09	W	9-6	at Cleveland	72,318
09/23	L	27-3	Philadelphia	62,826
09/30	L	38-14	at Oakland	54,629
10/07	W	24-15	Jacksonville	54,524
10/14	W	34-21	Denver	61,837
10/21			BYE	
10/28	L	24-20	Miami	59,108
11/04	L	27-14	at Washington	82,352
11/11	W	34-27	Oakland	67,231
11/18	W	23-20	at Buffalo	60,836
11/25	L	19-7	at Kansas City	77,357
12/02	W	13-10	San Diego (OT)	55,466
12/09	L	20-7	at Denver	74,524
12/16	W	29-3	Dallas	63,366
12/23	L	27-24	at N.Y. Giants	78,119
12/30	W	25-22	at San Diego	51,412
01/06	W	21-18	Kansas City	58,460

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	274	300
Rushing	107	91
Passing	141	186
Penalty	26	23
3rd Down: Made/Att.	77/213	92/223
3rd Down Pct.	36.2	41.3
4th Down: Made/Att.	8/17	6/11
4th Down Pct.	47.1	54.5
POSSESSION AVG.	29:51	30:09
TOTAL NET YARDS	4772	5206
Avg. Per Game	298.3	325.4
Total Plays	980	1028
Avg. Per Play	4.9	5.1
NET YARDS RUSHING	1936	1721
Avg. Per Game	121.0	107.6
Total Rushes	469	427
NET YARDS PASSING	2836	3485
Avg. Per Game	177.3	217.8
Sacked/Yards Lost	49/328	38/248
Gross Yards	3164	3733
Att./Completions	462/258	563/339
Completion Pct.	55.8	60.2
Had Intercepted	12	14
PUNTS/AVERAGE	86/43.4	76/42.3
Net Punting Avg.	36.4	36.1
PENALTIES/YARDS	66/579	101/805
FUMBLES/LOST	24/9	28/13
TOUCHDOWNS	34	34
Rushing	15	9
Passing	15	20
Defensive	4	3
Returns	0	2
FIELD GOALS	20/32	29/36
TOTAL POINTS	301	324

By Quarters	1	2	3	4	OT	Tot
SEA	64	107	75	52	3	301
OPP	53	123	74	74	0	324

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	16	14	2	0	0	0	0	96
Lindell	0	0	0	0	33/33	20/32	0	93
Jackson	8	0	8	0	0	0	0	48
Mili	2	0	2	0	0	0	0	12
8 w/ one	8	1	3	4	0	0	0	48
SEA	34	15	15	4	33/33	20/32	1	301
OPP	34	9	20	5	31/31	29/36	0	324

2-Point PATs: Fauria 1-1. SEA 1-1. OPP 1-3.

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	321	176	2023	54.8	6.30	7	2.2	8	2.5	64	38/251	70.9
Dilfer	122	73	1014	59.8	8.31	7	5.7	4	3.3	54	10/72	92.0
Huard	17	9	127	52.9	7.47	1	5.9	0	0.0	44	1/5	96.9
Feagles	2	0	0	0.0	0.00	0	0.0	0	0.0	0	0/0	39.6
SEA	462	258	3164	55.8	6.85	15	3.2	12	2.6	64	49/328	77.2
OPP	563	339	3733	60.2	6.63	20	3.6	14	2.5	65	38/248	81.4

Rushing	Att	Yds	Avg	LG	TD
Alexander	309	1318	4.3	88t	14
Watters	72	318	4.4	40	1
Hasselbeck	40	141	3.5	17	0
Strong	17	55	3.2	12	0
Graham	12	43	3.6	19	0
SEA	469	1936	4.1	88t	15
OPP	427	1721	4.0	57	9

Receiving	No	Yds	Avg	LG	TD
Jackson	70	1081	15.4	64	8
Alexander	44	343	7.8	28t	2
Robinson	39	536	13.7	42	1
Engram	29	400	13.8	31	0
Fauria	21	188	9.0	30	1
Strong	17	141	8.3	35	0
J. Williams	12	212	17.7	49	1
SEA	258	3164	12.3	64	15
OPP	339	3733	11.0	65	20

Interceptions	No	Yds	Avg	LG	TD
W. Williams	4	24	6.0	24	0
Tongue	3	67	22.3	55t	1
Charlton	2	43	21.5	38t	1
Robertson	2	30	15.0	25	0
Kacyvenski	1	22	22.0	22	0
Lucas	1	0	0.0	0	0
Springs	1	0	0.0	0	0
SEA	14	186	13.3	55t	2
OPP	12	36	3.0	10	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	85	3730	43.9	36.4	7	26	68	1
SEA	86	3730	43.4	36.4	7	26	68	1
OPP	76	3212	42.3	36.1	6	25	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	25	10	244	9.8	34	0
SEA	33	14	352	10.7	34	0
OPP	43	11	462	10.7	86t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Rogers	50	1120	22.4	64	0
SEA	72	1496	20.8	64	0
OPP	64	1273	19.9	90t	1

Record (finish): 9-7 (2nd, AFC West)

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	0/0	7/8	4/5	6/14	3/5
SEA	0/0	7/8	4/5	6/14	3/5
OPP	0/0	12/12	7/8	9/12	1/4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	Int	PD	FF	FR
Simmons	123	103	20	2.0	0	7	1	0
C. Brown	106	80	26	8.5	0	7	2	1
Kirkland	101	80	21	1.0	0	4	1	0
Tongue	72	53	19	1.0	3	7	1	1
W. Williams	68	57	11	0.0	4	16	1	1
Robertson	63	48	15	0.0	2	3	0	0
Eaton	55	42	13	1.0	0	2	1	0

Head Coach: Mike Holmgren (24-24, .500)
Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (Asst. Special Teams/Stength & Cond.), Kent Johnston (Strength & Cond.), Jim Lind (TEs), Clayton Lopez (Def. Quality Control/DBs), Tom Lovat (Asst. Head Coach/OL), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Pete Rodriguez (Special Teams), Rod Springer (Asst. Strength & Cond.), Jim Zorn (QBs)
Captains: LB Chad Brown, QB Matt Hasselbeck, LB Levon Kirkland, FS Marcus Robertson, C Robbie Tobeck, RB Ricky Watters
Largent Award: FB Mack Strong
Pro Bowl: T Walter Jones (2), DT John Randle

OFFENSE

Pos.	Starts
WR	Koren Robinson* 13
LT	Walter Jones 16
LG	Steve Hutchinson 16
C	Robbie Tobeck 16
RG	Chris Gray 16
RT	Todd Weiner 13
TE	Christian Fauria 11
	Itula Mili 5
WR	Darrell Jackson 16
	Bobby Engram 4
QB	Matt Hasselbeck 12
	Trent Dilfer 4
RB	Shaun Alexander 12
	Ricky Watters 4
FB	Mack Strong 13

DEFENSE

LE	Michael Sinclair 16
LT	Chad Eaton 16
RT	John Randle 14
RE	Lamar King 8
	John Hilliard 8
OLB	Chad Brown 16
MLB	Levon Kirkland 16
OLB	Anthony Simmons 16
LCB	Ken Lucas 8
	Shawn Springs 7
RCB	Willie Williams 14
SS	Reggie Tongue 16
FS	Marcus Robertson 12

SPECIAL TEAMS

K	Rian Lindell 16
P	Jeff Feagles 16

2001 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Oakland	10	6	0	.625	399	327
Seattle	9	7	0	.562	301	324
Denver	8	8	0	.500	340	339
Kansas City	6	10	0	.375	320	344
San Diego	5	11	0	.313	332	321

2002 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/08	L	31-17	at Oakland	53,260
09/15	L	24-13	Arizona	63,104
09/22	L	9-6	at N.Y. Giants	78,551
09/29	W	48-23	Minnesota	65,212
10/6			BYE	
10/14	L	28-21	San Francisco	66,420
10/20	L	37-20	at St. Louis	65,931
10/27	W	17-14	at Dallas	63,854
11/03	L	14-3	Washington	64,325
11/10	W	27-6	at Arizona	29,252
11/17	L	31-9	Denver	65,495
11/24	W	39-32	Kansas City	56,250
12/01	L	31-24	at San Francisco	67,594
12/08	L	27-20	Philadelphia	59,862
12/15	W	30-24	at Atlanta (OT)	69,551
12/22	W	30-10	St. Louis	63,953
12/29	W	31-28	at San Diego (OT)	52,159

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	347	356
Rushing	104	140
Passing	208	191
Penalty	35	25
3rd Down: Made/Att.	93/216	100/215
3rd Down Pct.	43.1	46.5
4th Down: Made/Att.	6/21	6/13
4th Down Pct.	28.6	46.2
POSSESSION AVG.	28:55	31:05
TOTAL NET YARDS	5818	5852
Avg. Per Game	363.6	365.8
Total Plays	1050	1083
Avg. Per Play	5.5	5.4
NET YARDS RUSHING	1740	2441
Avg. Per Game	108.8	152.6
Total Rushes	430	500
NET YARDS PASSING	4078	3411
Avg. Per Game	254.9	213.2
Sacked/Yards Lost	33/179	28/185
Gross Yards	4257	3596
Att./Completions	587/361	555/321
Completion Pct.	61.5	57.8
Had Intercepted	16	19
PUNTS/AVERAGE	61/41.7	65/39.0
Net Punting Avg.	37.0	33.0
PENALTIES/YARDS	100/792	99/816
FUMBLES/LOST	23/12	22/11
TOUCHDOWNS	41	43
Rushing	17	18
Passing	19	21
Defensive	3	1
Returns	2	3
FIELD GOALS	23/29	22/26
TOTAL POINTS	355	369

By Quarters	1	2	3	4	OT	Tot
SEA	67	123	58	98	9	355
OPP	75	99	82	113	0	369

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	18	16	2	0	0	0	0	108
Lindell	0	0	0	0	38/38	23/29	0	107
Robinson	5	0	5	0	0	0	0	30
Jackson	4	0	4	0	0	0	0	24
Stevens	3	0	3	0	0	0	0	18
SEA	41	17	19	5	38/38	23/29	0	355
OPP	43	18	21	4	39/39	22/26	0	369

2-Point PATs: SEA 1-2. OPP 3-4.

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	419	267	3075	63.7	7.34	15	3.6	10	2.4	49	26/143	87.8
Dilfer	168	94	1182	56.0	7.04	4	2.4	6	3.6	83	7/36	71.1
SEA	587	361	4257	61.5	7.25	19	3.2	16	2.7	83	33/179	83.0
OPP	555	321	3596	57.8	6.48	21	3.8	19	3.4	64t	28/185	75.6

Rushing	Att	Yds	Avg	LG	TD
Alexander	295	1175	4.0	58t	16
Hasselbeck	40	202	5.1	21	1
Morris	32	153	4.8	24	0
Strong	23	94	4.1	9	0
Evans	17	53	3.1	8	0
Robinson	8	56	7.0	20	0
SEA	430	1740	4.0	58t	17
OPP	500	2441	4.9	58t	18

Receiving	No	Yds	Avg	LG	TD
Robinson	78	1240	15.9	83	5
Jackson	62	877	14.1	48	4
Alexander	59	460	7.8	80t	2
Engram	50	619	12.4	38	0
Mili	43	508	11.8	49	2
Stevens	26	252	9.7	29	3
Strong	22	120	5.5	12	2
SEA	361	4257	11.8	83	19
OPP	321	3596	11.2	64t	21

Interceptions	No	Yds	Avg	LG	TD
Tongue	5	118	23.6	46t	1
Lucas	3	67	22.3	40	0
Springs	3	0	0.0	0	0
Simmons	2	19	9.5	15	0
6 players with	1				
SEA	19	245	12.9	46t	1
OPP	16	119	7.4	22t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	61	2542	41.7	37.0	4	22	58	0
SEA	61	2542	41.7	37.0	4	22	58	0
OPP	65	2538	39.0	33.0	7	20	59	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Engram	21	23	224	10.7	61t	1
SEA	25	23	256	10.2	61t	1
OPP	17	19	202	11.9	89t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	34	821	24.1	97t	1
J. Williams	21	354	16.9	46	0
SEA	74	1533	20.7	97t	1
OPP	73	1591	21.8	95t	2

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	1/1	9/9	8/10	4/5	1/4
SEA	1/1	9/9	8/10	4/5	1/4
OPP	0/0	9/9	6/8	7/9	0/0

DEFENSIVE STATISTICS

Player	T	S	A	Sac	Int	PD	FF	FR
Tongue	93	68	25	0	5	10	0	1
Robertson	89	67	22	0	0	4	0	2
Lucas	82	71	11	0	3	12	1	0
Bell	74	63	11	1.0	0	5	2	2
Eaton	73	48	25	1.0	0	3	0	2
Kacyvenski	71	51	20	0	1	1	0	0
Springs	59	54	5	0	3	11	0	1

Record (finish): 7-9 (3rd, NFC West)

Head Coach: Mike Holmgren (31-33, .484)

Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (LBs), Kent Johnston (Strength & Cond.), Bill Laveroni (Asst. OL), Jim Lind (TEs), Clayton Lopez (Def. Quality Control/DBs), Tom Lovat (Asst. Head Coach/OL), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Pete Rodriguez (Special Teams), Rod Springer (Asst. Strength & Cond.), Jim Zorn (QB)

Captains: LB Chad Brown, QB Matt Hasselbeck, LB Levon Kirkland, S Marcus Robertson, C Robbie Tobeck, RB Ricky Watters

Largent Award: FB Mack Strong

Pro Bowl: T Walter Jones (3)

OFFENSE

Pos.	Starts
WR	Koren Robinson 16
LT	Walter Jones 14
LG	Chris Gray (4 @ RG) 12
	Steve Hutchinson 4
C	Robbie Tobeck 16
RG	Floyd Wedderburn 10
RT	Floyd Womack (2 @ LT) 8
	Chris Terry 5
TE	Itula Mili 12
WR	Darrell Jackson 13
QB	Matt Hasselbeck 10
	Trent Dilfer 6
RB	Shaun Alexander 16
FB	Mack Strong 12

DEFENSE

LE	Lamar King 12
LT	Chad Eaton 16
RT	John Randle 12
RE	Antonio Cochran 16
OLB	Chad Brown 8
	Tim Terry 8
MLB	Isaiah Kacyvenski 9
	Orlando Huff 7
OLB	Marcus Bell 9
	Anthony Simmons 7
LCB	Shawn Springs 15
RCB	Ken Lucas 16
SS	Reggie Tongue 16
FS	Marcus Robertson 15

SPECIAL TEAMS

K	Rian Lindell 16
P	Jeff Feagles 16

2002 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Francisco	10	6	0	.625	367	351
St. Louis	7	9	0	.438	316	369
Seattle	7	9	0	.438	355	369
Arizona	5	11	0	.313	262	417

2003 REVIEW (10-6; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/07	W	27-10	New Orleans	52,250
09/14	W	38-0	at Arizona	23,127
09/21	W	24-23	St. Louis	65,841
9/28			BYE	
10/05	L	35-13	at Green Bay	70,365
10/12	W	20-19	San Francisco	66,437
10/19	W	24-17	Chicago	65,671
10/26	L	27-24	at Cincinnati	52,131
11/02	W	23-16	Pittsburgh	66,507
11/09	L	27-20	at Washington	80,728
11/16	W	35-14	Detroit	65,865
11/23	L	44-41	at Baltimore (OT)	69,477
11/30	W	34-7	Cleveland	64,680
12/07	L	34-7	at Minnesota	63,968
12/14	L	27-22	at St. Louis	66,152
12/21	W	28-10	Arizona	64,899
12/27	W	24-17	at San Francisco	67,840

POSTSEASON

01/04	L	33-27	at Green Bay (OT) (NFC Wild Card Game)	71,457
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Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	338	304
Rushing	121	93
Passing	190	183
Penalty	27	28
3rd Down: Made/Att.	96/205	99/235
3rd Down Pct.	46.8	42.1
4th Down: Made/Att.	2/7	7/18
4th Down Pct.	28.6	38.9
POSSESSION AVG.	28:33	31:27
TOTAL NET YARDS	5627	5239
Avg. Per Game	351.7	327.4
Total Plays	1017	1069
Avg. Per Play	5.5	4.9
NET YARDS RUSHING	2009	1759
Avg. Per Game	125.6	109.9
Total Rushes	453	456
NET YARDS PASSING	3618	3480
Avg. Per Game	226.1	217.5
Sacked/Yards Lost	43/254	40/248
Gross Yards	3872	3728
Att./Completions	521/317	573/343
Completion Pct.	60.8	59.9
Had Intercepted	16	16
PUNTS/AVERAGE	69/40.0	76/39.8
NET PUNTING AVG.	37.1	34.1
PENALTIES/YARDS	91/777	105/825
FUMBLES/BALL LOST	23/13	25/12
TOUCHDOWNS	48	36
Rushing	17	9
Passing	27	24
Defensive	0	0
Returns	4	3
FIELD GOALS	22/30	25/31
TOTAL POINTS	404	327

By Quarters	1	2	3	4	OT	Tot
SEA	89	166	67	82	0	404
OPP	51	104	73	96	3	327

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	513	313	3841	61.0	7.49	26	5.1	15	2.9	80t	42/246	88.8
Difler	8	4	31	50.0	3.88	1	12.5	1	12.5	14	1/8	59.9
TEAM	521	317	3872	60.8	7.43	27	5.2	16	3.1	80t	43/254	88.2
OPP	573	343	3728	59.9	6.51	24	4.2	16	2.8	72t	40/248	81.4

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
J. Brown	0	0	0	0	48/48	22/30	0	114
Alexander	16	14	2	0	0	0	0	96
Jackson	9	0	9	0	0	0	0	54
Engram	7	0	6	1	0	0	0	42
K. Robinson	5	0	4	1	0	0	0	30
Mili	4	0	4	0	0	0	0	24
SEA	48	17	27	4	48/48	22/30	1	404
OPP	36	9	24	3	34/35	25/31	0	327

Rushing	Att	Yds	Avg	LG	TD
Alexander	326	1435	4.4	55	14
Morris	38	239	6.3	43	0
Strong	37	174	4.7	21t	1
Hasselbeck	36	125	3.5	18	2
H. Evans	7	24	3.4	8	0
K. Robinson	4	15	3.8	16	0
SEA	453	2009	4.4	55	17
OPP	456	1759	3.9	50	9

Receiving	No	Yds	Avg	LG	TD
Jackson	68	1137	16.7	80t	9
K. Robinson	65	896	13.8	38t	4
Engram	52	637	12.3	34t	6
Mili	46	492	10.7	46t	4
Alexander	42	295	7.0	22	2
Strong	29	216	7.4	32	0
Stevens	6	72	12.0	26	0
SEA	317	3872	12.2	80t	27
OPP	343	3728	10.9	72t	24

Interceptions	No	Yds	Avg	LG	TD
Tongue	4	11	2.8	10	0
Simmons	3	38	12.7	33	0
Trufant	2	21	10.5	15	0
7 players with	1				
SEA	16	157	9.8	33	0
OPP	16	164	10.3	80t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rouen	67	2762	41.2	37.1	3	29	61	2
SEA	69	2762	40.0	37.1	3	29	61	2
OPP	76	3028	39.8	34.1	6	19	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Engram	31	22	320	10.3	83t	1
SEA	34	22	320	9.4	83t	1
OPP	29	22	140	4.8	19	0

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	47	1007	21.4	56	0
Carter	8	185	23.1	33	0
Strong	3	60	20.0	27	0
SEA	64	1336	20.9	56	0
OPP	79	1626	20.6	52	0

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	0/0	5/5	10/11	6/11	1/3
SEA	0/0	5/5	10/11	6/11	1/3
OPP	0/0	5/6	12/15	7/8	1/2

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Simmons	100	80	20	3.0	3	8	1	1
Hamlin	96	76	20	0.0	1	10	2	1
Brown	86	74	12	7.0	1	3	1	2
Trufant	78	69	9	0.0	2	20	0	1
Tongue	63	50	13	2.0	4	8	2	0
Lucas	62	52	10	0.0	1	12	1	1
Godfrey	59	45	14	0.0	1	4	1	1t

Record (finish): 10-6 (2nd, NFC West)

Head Coach: Mike Holmgren (41-39, .513)

Assistants: Gil Haskell (Off. Coord.), Ray Rhodes (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Nolan Cromwell (WRs), Bill Gillespie (Strength & Cond. Asst.), Kent Johnston (Strength & Cond.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (Asst. OL), Jim Lind (TEs), Clayton Lopez (Def. Asst./Secondary), Tom Lovat (Asst. Head Coach/OL), John Marshall (LBs), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Gary Reynolds (Off. Asst./Quality Control), Pete Rodriguez (Special Teams Coord.), Zerick Rollins (DL/Quality Control), Jim Zorn (QBs)

Captains: WR Alex Bannister, QB Matt Hasselbeck, DT John Randle

Largest Award: QB Trent Dilfer

Pro Bowl: RB Shaun Alexander (1), ST Alex Bannister (1), QB Matt Hasselbeck (1), G Steve Hutchinson (1), T Walter Jones (4)

OFFENSE

Pos.	Starts
WR	
Darrell Jackson	16
Koren Robinson	15
Bobby Engram	7
LT	
Walter Jones	16
LG	
Steve Hutchinson	16
C	
Robbie Tobeck	16
RG	
Chris Gray	16
RT	
Chris Terry	10
Floyd Womack	4
TE	
Itula Mili	12
QB	
Matt Hasselbeck	16
RB	
Shaun Alexander	15
FB	
Mack Strong	9

DEFENSE

LE	Antonio Cochran	7
	Brandon Mitchell	6
LT	Cedric Woodard	12
RT	John Randle	9
	Rashad Moore	6
RE	Chike Okeafor	16
OLB	Anthony Simmons	13
MLB	Randall Godfrey	14
OLB	Chad Brown	14
LCB	Shawn Springs	8
RCB	Marcus Trufant (5 @ LCB)	16
SS	Reggie Tongue	14
FS	Ken Hamlin	14

SPECIAL TEAMS

K	*Josh Brown	16
P	Tom Rouen	16

* Rookie or first-year player

2003 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
St. Louis	12	4	0	.750	447	328
Seattle*	10	6	0	.625	404	327
San Francisco	7	9	0	.438	384	337
Arizona	4	12	0	.250	225	452

2004 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/12	W	21-7	at New Orleans	64,900
09/19	W	10-6	at Tampa Bay	65,089
09/26	W	34-0	San Francisco	66,709
10/03			BYE	
10/10	L	33-27	St. Louis (OT)	66,940
10/17	L	30-20	at New England	68,756
10/24	L	25-17	at Arizona	35,695
10/31	W	23-17	Carolina	66,214
11/07	W	42-27	at San Francisco	64,423
11/14	L	23-12	at St. Louis	66,044
11/21	W	24-17	Miami	66,644
11/28	L	38-9	Buffalo	66,271
12/06	L	43-39	Dallas	68,093
12/12	W	27-23	at Minnesota	64,110
12/19	L	37-14	at New York Jets	77,894
12/26	W	24-21	Arizona	65,825
01/02	W	28-26	Atlanta	66,740

POSTSEASON				
01/08	L	27-20	St. Louis (NFC Wild Card Game)	65,397

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	320	311
Rushing	110	102
Passing	189	191
Penalty	21	18
3rd Down: Made/Att.	76/210	97/229
3rd Down Pct.	36.2	42.4
4th Down: Made/Att.	6/11	6/9
4th Down Pct.	54.5	66.7
POSSESSION AVG.	29:00	31:00
TOTAL NET YARDS	5634	5620
Avg. Per Game	352.1	351.3
Total Plays	1034	1047
Avg. Per Play	5.4	5.4
NET YARDS RUSHING	2095	2031
Avg. Per Game	130.9	126.9
Total Rushes	468	452
NET YARDS PASSING	3539	3589
Avg. Per Game	221.2	224.3
Sacked/Yards Lost	34/176	36/218
Gross Yards	3715	3807
Att./Completions	532/304	559/340
Completion Pct.	57.1	60.8
Had Intercepted	18	23
PUNTS/AVERAGE	79/38.4	74/41.8
NET PUNTING AVG.	34.3	37.3
PENALTIES/YARDS	79/669	91/747
FUMBLES/BALL LOST	19/9	25/12
TOUCHDOWNS	43	42
Rushing	17	17
Passing	23	24
Defensive	3	1
Returns	0	0
FIELD GOALS	23/25	27/32
TOTAL POINTS	371	373

By Quarters	1	2	3	4	OT	Tot
SEA	86	129	70	86	0	371
OPP	89	113	52	113	6	373

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	20	16	4	0	0	0	0	120
J. Brown	0	0	0	0	40/40	23/25	0	109
Jackson	7	0	7	0	0	0	0	44
Stevens	3	0	3	0	0	0	0	20
Rice	3	0	3	0	0	0	0	18
Engram	2	0	2	0	0	0	0	12
SEA	43	17	23	3	40/40	23/25	0	371
OPP	42	17	24	1	38/39	27/32	1	373

2-Point Conversions: SEA 2-3, OPP 0-2.

Rushing	Att	Yds	Avg	LG	TD
Alexander	353	1696	4.8	44	16
Strong	36	131	3.6	11	0
Morris	30	126	4.2	12	0
Hasselbeck	27	90	3.3	19	1
SEA	468	2095	4.5	44	17
OPP	452	2031	4.5	53	17

Receiving	No	Yds	Avg	LG	TD
Jackson	87	1199	13.8	56t	7
Engram	36	499	13.9	60	2
Robinson	31	495	16.0	33	2
Stevens	31	349	11.3	32	3
Rice TM	25	362	14.5	56	3
Mili	23	240	10.4	20	1
Alexander	23	170	7.4	24	4
SEA	304	3715	12.2	60	23
OPP	340	3807	11.2	63	24

Interceptions	No	Yds	Avg	LG	TD
Lucas	6	46	7.7	25	1
Trufant	5	141	28.2	58	0
Boulware	5	69	13.8	63t	1
Hamlin	4	48	12.0	24	0
SEA	23	337	14.7	63t	3
OPP	18	158	8.8	48t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Jones	26	988	38.0	32.2	2	6	51	1
SEA	79	3036	38.4	34.3	4	20	60	2
OPP	74	3091	41.8	37.3	5	31	60	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Morris	15	4	75	5.0	22	0
Engram	10	19	118	11.8	48	0
SEA	30	26	230	7.7	48	0
OPP	33	21	244	7.4	39	0

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	47	994	21.1	34	0
Carter	21	448	21.3	36	0
SEA	74	1529	20.7	36	0
OPP	77	1677	21.8	51	0

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	1/1	7/7	8/9	6/7	1/1
SEA	1/1	7/7	8/9	6/7	1/1
OPP	0/0	6/6	12/15	6/7	3/4

DEFENSIVE STATISTICS										
Player	T	S	A	QB	Int	PD	FF	FR		
Trufant	93	83	10	1.0	5	20	0	0		
Kacyvenski	81	62	19	1.0	0	0	1	0		
Hamlin	79	63	16	2.0	4	9	1	1		
Bierria	69	47	22	0.0	1	5	1	0		
Lucas	67	60	7	0.0	6	21	0	1		
Okeator	53	41	12	8.5	0	0	5	0		
Boulware	53	40	13	1.0	5	6	1	0		

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	474	279	3382	58.9	7.14	22	4.6	15	3.2	60	30/155	83.1
Dilfer	58	25	333	43.1	5.74	1	1.7	3	5.2	56	4/21	46.1
TEAM	532	304	3715	57.1	6.98	23	4.3	18	3.4	60	34/176	79.1
OPP	559	340	3807	60.8	6.81	24	4.3	23	4.1	63	36/218	78.3

Record (finish): 9-7 (1st, NFC West)
Head Coach: Mike Holmgren (50-46, .521)
Assistants: Gil Haskell (Off. Coord.), Ray Rhodes (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Bill Gillespie (Strength & Cond. Asst.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), John Marshall (LBs), Mark Michaels (Special Teams), Stump Mitchell (RBs), Gary Reynolds (Off. Asst./Quality Control), Zerick Rollins (DL/Quality Control), Jim Zorn (QBs)
Captains: WR Alex Bannister, QB Matt Hasselbeck, LB Anthony Simmons
Largent Award: FB Mack Strong
Pro Bowl: RB Shaun Alexander (2), G Steve Hutchinson (2), T Walter Jones (5)

OFFENSE		
Pos.		Starts
WR	Darrell Jackson	16
	Jerry Rice	9
	Koren Robinson	8
	Bobby Engram	7
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Chris Terry	8
	Floyd Womack	8
TE	Jerramy Stevens	5
	Itula Mili	4
QB	Matt Hasselbeck	14
	Trent Dilfer	2
RB	Shaun Alexander	16
FB	Mack Strong	13
K	Josh Brown	16

DEFENSE		
LE	Chiike Okeator	16
LT	Cedric Woodard	16
RT	Rashad Moore	12
RE	Grant Wistrom	9
	Antonio Cochran	7
OLB	Isaiah Kacyvenski	7
	Anthony Simmons	7
MLB	Orlando Huff	14
OLB	Chad Brown	7
	Isaiah Kacyvenski	6
LCB	Marcus Trufant	16
RCB	Ken Lucas	16
SS	Terreal Bierria	12
	Michael Boulware	4
FS	Ken Hamlin	16

SPECIAL TEAMS		
K	Josh Brown	16
P	Donnie Jones	6
	Ken Walter	6
	Tom Rouen	4

2004 NFC WEST STANDINGS						
	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.563	371	373
St. Louis*	8	8	0	.500	319	392
Arizona	6	10	0	.375	284	322
San Francisco	2	14	0	.125	259	452

2005 REVIEW (13-3; 2-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/11	L	26-14	at Jacksonville	65,204	Alexander	28	27	1	0	0	0	0	168
09/18	W	21-18	Atlanta	66,030	J. Brown	0	0	0	0	56/57	18/25	0	110
09/25	W	37-12	Arizona	64,843	Jurevicius	10	0	10	0	0	0	0	60
10/02	L	20-17	at Washington (OT)	90,215	Stevens	5	0	5	0	0	0	0	30
10/09	W	37-31	at St. Louis	65,707	Engram	3	0	3	0	0	0	0	18
10/16	W	42-10	Houston	66,196	Jackson	3	0	3	0	0	0	0	18
10/23	W	13-10	Dallas	67,046	SEA	57	29	25	3	56/57	18/25	0	452
10/30			BYE		OPP	24	5	18	1	21/21	34/42	0	271
11/06	W	33-19	at Arizona	43,542	2-Point Conversions: SEA 0-0, OPP 2-3.								
11/13	W	31-16	St. Louis	67,192	Rushing								
11/20	W	27-25	at San Francisco	63,590	Alexander	370	1880	5.1	88t	27			
11/27	W	24-21	N.Y. Giants (OT)	67,102	Morris	71	288	4.1	49	1			
12/05	W	42-0	at Philadelphia	67,637	Hasselbeck	36	124	3.4	23	1			
12/11	W	41-3	San Francisco	66,690	Weaver	17	80	4.7	24	0			
12/18	W	28-24	at Tennessee	69,149	Strong	17	78	4.6	16	0			
12/24	W	28-13	Indianapolis	67,855	SEA	519	2457	4.7	88t	29			
01/01	L	23-17	at Green Bay	69,928	OPP	420	1510	3.6	50	5			

POSTSEASON

01/14	W	20-10	Washington (NFC Divisional Playoff)	67,551
01/22	W	34-14	Carolina (NFC Championship Game)	67,837
02/05	L	21-10	Pittsburgh (Super Bowl XL)	68,206

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	361	295
Rushing	142	78
Passing	192	194
Penalty	27	23
3rd Down: Made/Att.	76/192	89/234
3rd Down Pct.	39.6	38.0
4th Down: Made/Att.	7/8	12/19
4th Down Pct.	87.5	63.2
POSSESSION AVG.	29:17	30:43
TOTAL NET YARDS	5915	5069
Avg. Per Game	369.7	316.8
Total Plays	1020	1041
Avg. Per Play	5.8	4.9
NET YARDS RUSHING	2457	1510
Avg. Per Game	153.6	94.4
Total Rushes	519	420
NET YARDS PASSING	3458	3559
Avg. Per Game	216.1	222.4
Sacked/Yards Lost	27/174	50/302
Gross Yards	3632	3861
Att./Completions	474/307	571/331
Completion Pct.	64.8	58.0
Had Intercepted	10	16
PUNTS/AVERAGE	80/41.0	77/40.1
NET PUNTING AVG.	80/34.7	77/36.0
PENALTIES/YARDS	94/846	123/909
FUMBLES/BALL LOST	18/7	25/11
TOUCHDOWNS	57	24
Rushing	29	5
Passing	25	18
Defensive	3	0
Returns	0	1
FIELD GOALS	18/25	34/42
TOTAL POINTS	452	271

By Quarters	1	2	3	4	OT	Tot
SEA	93	148	121	87	3	452
OPP	44	80	83	61	3	271

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	449	294	3459	65.5	7.70	24	5.3	9	2.0	56	24/154	98.2
Wallace	25	13	173	52.0	6.92	1	4.0	1	4.0	42	3/20	70.9
SEA	474	307	3632	64.8	7.66	25	5.3	10	2.1	56	27/174	96.8
OPP	571	331	3861	58.0	6.76	18	3.2	16	2.8	63	50/302	77.4

Receiving	No	Yds	Avg	LG	TD
Engram	67	778	11.6	56	3
Jurevicius	55	694	12.6	52	10
Stevens	45	554	12.3	35t	5
Jackson	38	482	12.7	48	3
Hackett	28	400	14.3	47	2
Strong	22	166	7.5	27	0
Alexander	15	78	5.2	9	1
SEA	307	3632	11.8	56	25
OPP	331	3861	11.7	63	18

Interceptions	No	Yds	Avg	LG	TD
Boulware	4	107	26.8	40	0
Babineaux	3	56	18.7	25	0
Tatupu	3	55	18.3	38t	1
Herndon	2	12	6.0	6	0
SEA	16	315	19.7	72t	2
OPP	10	93	9.3	33	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rouen	61	2539	41.6	35.0	20	7	62	0
SEA	80	3282	41.0	34.7	25	8	62	0
OPP	77	3091	40.1	36.0	23	7	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Williams	24	22	139	5.8	24	0
SEA	31	23	177	5.7	24	0
OPP	41	16	343	8.4	44	0

Kickoff Returns	No	Yds	Avg	LG	TD
Scobey	59	1326	22.5	53	0
SEA	61	1347	22.1	53	0
OPP	82	1802	22.0	99t	1

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	0/0	5/5	4/5	4/7	5/8
SEA	0/0	5/5	4/5	4/7	5/8
OPP	0/0	8/9	16/18	7/10	3/5

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	105	86	19	4.0	3	10	0	1
Boulware	73	58	15	2.0	4	9	1	0
Manuel	67	54	13	0.0	0	2	0	1
Hill	67	48	19	7.5	0	2	2	0
Trufant	64	55	9	1.0	1	14	1	0
Lewis	64	46	18	0.0	0	1	1	0
Babineaux	58	47	11	0.0	3	8	0	0

Record (finish): 13-3 (1st, NFC West)

Head Coach: Mike Holmgren (63-49, .563)

Assistants: Gil Haskell (Off. Coord.), Ray Rhodes (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Bob Casullo (Special Teams), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Keith Gilbertson (Off. Consultant), John Jamison (Special Teams Assistant), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), John Marshall (LBs), Stump Mitchell (RBs), Gary Reynolds (Offensive Asst./Quality Control), Zerick Rollins (DL/Quality Control), Jim Zorn (QBs)

Captains: WR Alex Bannister, QB Matt Hasselbeck, DE Grant Wistrom

Largent Award: FB Mack Strong

Pro Bowl: RB Shaun Alexander (3), QB Matt Hasselbeck (2), G Steve Hutchinson (3), T Walter Jones (6), FB Mack Strong (1), LB Lofa Tatupu (1), C Robbie Tobeck (1)

OFFENSE

Pos.	Starts
WR	Bobby Engram 13
	Joe Jurevicius 11
	Darrell Jackson 6
	Peter Warrick 5
LT	Walter Jones 15
	Sean Locklear 1
LG	Steve Hutchinson 16
C	Robbie Tobeck 16
RG	Chris Gray 16
RT	Sean Locklear 15
TE	Jerramy Stevens 12
	Ryan Hannam 5
QB	Matt Hasselbeck 16
RB	Shaun Alexander 16
FB	Mack Strong 7

DEFENSE

LE	Bryce Fisher 15
LT	Chuck Darby 14
	Rocky Bernard 2
RT	Marcus Tubbs 11
	Rocky Bernard 5
RE	Grant Wistrom 16
OLB	Jamie Sharper 8
	Leroy Hill* 9
MLB	Lofa Tatupu* 16
OLB	D.D. Lewis 12
	Kevin Herndon 3
LCB	Kelly Hill 6
	Andre Dyson 5
	Jordan Babineaux 4
RCB	Marcus Trufant 15
SS	Michael Boulware 16
FS	Marquand Manuel 11
	Ken Hamlin 6

SPECIAL TEAMS

P	Tom Rouen 12
K	Josh Brown 16

* Rookie or first-year player

2005 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	13	3	0	.812	452	271
St. Louis	6	10	0	.375	363	429
Arizona	5	11	0	.312	311	387
San Francisco	4	12	0	.250	239	428

2006 REVIEW (9-7; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/10	W	9-6	at Detroit	60,535
09/17	W	21-10	Arizona	67,470
09/24	W	42-30	N.Y. Giants	68,161
10/01	L	37-6	at Chicago	62,225
10/08			BYE	
10/15	W	30-28	at St. Louis	65,592
10/22	L	31-13	Minnesota	68,118
10/29	L	35-28	at Kansas City	77,645
11/06	W	16-0	Oakland	67,816
11/12	W	24-22	St. Louis	68,175
11/19	L	20-14	at San Francisco	68,367
11/27	W	34-24	Green Bay	68,256
12/03	W	23-20	at Denver	76,146
12/10	L	27-21	at Arizona	63,603
12/14	L	24-14	San Francisco	67,650
12/24	L	20-17	San Diego	68,174
12/31	W	23-7	at Tampa Bay	65,660

POSTSEASON

01/06	W	21-20	Dallas (NFC Wild Card Game)	68,058
01/14	L	27-24	at Chicago (OT) (NFC Divisional Playoff)	62,184

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	312	277
Rushing	112	102
Passing	167	160
Penalty	33	15
3rd Down: Made/Att.	85/224	80/219
3rd Down Pct.	37.9	36.5
4th Down: Made/Att.	2/8	6/12
4th Down Pct.	25.0	50.0
POSSESSION AVG.	29:48	30:12
TOTAL NET YARDS	4977	5285
Avg. Per Game	311.1	330.3
Total Plays	1045	986
Avg. Per Play	4.8	5.4
NET YARDS RUSHING	1923	2029
Avg. Per Game	120.2	126.8
Total Rushes	484	441
NET YARDS PASSING	3054	3256
Avg. Per Game	190.9	203.5
Sacked/Yards Lost	49/315	41/282
Gross Yards	3369	3538
Att./Completions	512/292	504/299
Completion Pct.	57.0	59.3
Had Intercepted	22	12
PUNTS/AVERAGE	86/44.5	88/42.9
NET PUNTING AVG.	37.0	36.9
PENALTIES/YARDS	94/700	118/950
FUMBLES/BALL LOST	21/12	34/14
TOUCHDOWNS	37	39
Rushing	8	12
Passing	26	23
Defensive	2	4
Returns	1	0
FIELD GOALS	25/31	23/33
TOTAL POINTS	335	341

By Quarters	1	2	3	4	OT	Tot
SEA	103	73	52	107	0	335
OPP	67	104	54	116	0	341

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	371	210	2442	56.6	6.58	18	4.9	15	4.0	72t	34/229	76.0
Wallace	141	82	927	58.2	6.57	8	5.7	7	5.0	49t	14/83	76.2
TEAM	512	292	3369	57.0	6.58	26	5.1	22	4.3	72t	49/315	76.0
OPP	504	299	3538	59.3	7.02	23	4.6	12	2.4	71t	41/282	86.1

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Brown	0	0	0	0	36/36	25/31	0	111
Jackson	10	0	10	0			0	60
Alexander	7	7	0	0			0	42
Stevens	4	0	4	0			0	26
Branch	4	0	4	0			0	24
Hackett	4	0	4	0			0	24
SEA	37	8	26	3	36/36	25/31	0	335
OPP	39	12	23	4	36/36	23/33	0	341

Rushing	Att	Yds	Avg	LG	TD
Alexander	252	896	3.6	33t	7
Morris	161	604	3.8	29	0
Strong	33	149	4.5	17	1
Wallace	12	122	10.2	37	0
Hasselbeck	18	110	6.1	19	0
SEA	484	1923	4.0	37	8
OPP	441	2029	4.6	95t	12

Receiving	No	Yds	Avg	LG	TD
Jackson	63	956	15.2	72t	10
Branch	53	725	13.7	38t	4
Hackett	45	610	13.6	47	4
Strong	29	159	5.5	13	0
Ingram	24	290	12.1	25	1
Stevens	22	231	10.5	26	4
Burleson	18	192	10.7	36	2
SEA	292	3369	11.5	72t	26
OPP	299	3538	11.8	71t	23

Interceptions	No	Yds	Avg	LG	TD
Hamlin	3	63	21.0	37	0
Boulware	2	1	0.5	1	0
Tapp	1	25	25.0	25t	1
Babineaux	1	20	20.0	20	0
SEA	12	124	10.3	37	1
OPP	22	141	6.4	39	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Plackemeier ⁸⁴	3778	45.0	37.3	15	25	72	0	0
TEAM	86	3827	44.5	37.0	15	26	72	0
OPP	88	3773	42.9	36.9	5	25	61	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Burleson	34	7	322	9.5	90t	1
TEAM	49	16	424	8.7	90t	1
OPP	39	12	343	8.8	40	0

Kickoff Returns	No	Yds	Avg	LG	TD
Burleson	26	643	24.7	50	0
SEA	69	1548	22.4	50	0
OPP	61	1499	24.6	51	0

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	0/0	10/10	5/7	7/9	3/5
TEAM	0/0	10/10	5/7	7/9	3/5
OPP	1/1	1/3	11/12	10/12	0/5

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	123	93	30	1.5	1	7	2	1
Hamlin	96	75	21	2.0	3	11	1	0
Hill	92	70	22	2.0	0	2	2	1
Peterson	89	71	18	10.0	1	6	1	1
Herndon	68	50	18	0.0	1	16	1	1
Trufant	68	60	8	0.0	1	11	2	0
Babineaux	51	41	10	0.0	1	4	0	0

Record (finish): 9-7 (1st, NFC West)

Head Coach: Mike Holmgren (72-56, .563)

Assistants: Gil Haskell (Off. Coord.), John Marshall (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Bob Casullo (Special Teams), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Keith Gilbertson (Asst. OL), Tom Headlee (Quality Control/Def.), John Jamison (Special Teams Asst.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), Larry Marmie (Def. Asst./Secondary), Stump Mitchell (RBs), Gary Reynolds (Off. Asst./Quality Control), Ray Rhodes (Special Projects/Def.), Zerick Rollins (LBs), Jim Zorn (QB)

Captains: LS J.P. Darche, T Walter Jones, LB Lofa Tatupu

Largest Award: FB Mack Strong

Pro Bowl: T Walter Jones (7), LB Julian Peterson (1, 3 overall), FB Mack Strong (2), LB Lofa Tatupu (2)

OFFENSE

Pos.		Starts
WR	Darrell Jackson	13
	Deion Branch	13
	Nate Burleson	7
	Bobby Engram	6
	D.J. Hackett	4
LT	Walter Jones	16
	Floyd Womack	8
LG	Chris Spencer	5
	Rob Sims*	3
	Robbie Tobeck	8
C	Chris Spencer	8
	Chris Gray	15
RG	Floyd Womack	1
	Sean Locklear	10
RT	Tom Ashworth	6
	Jerramy Stevens	6
TE	Itula Mili	2
	Matt Hasselbeck	12
	Seneca Wallace	10
QB	Shaun Alexander	8
	Maurice Morris	8
RB	Mack Strong	10

DEFENSE

LE	Bryce Fisher	16
	Chuck Darby	14
LT	Marcus Tubbs	2
	Rocky Bernard	16
RT	Grant Wistrom	16
	Leroy Hill	15
RE	D.D. Lewis	1
	Lofa Tatupu	16
OLB	Julian Peterson	16
	Kelly Herndon	16
RCB	Marcus Trufant	15
	Kelly Jennings*	2
SS	Michael Boulware	8
	Jordan Babineaux	8
FS	Ken Hamlin	16

SPECIAL TEAMS

K	Josh Brown	16
P	Ryan Plackemeier*	16

* Rookie or first-year player

2006 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.562	335	341
St. Louis	8	8	0	.500	367	381
San Francisco	7	9	0	.438	298	412
Arizona	5	11	0	.312	314	389

* Wild Card teams

2007 REVIEW (10-6; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
09/09	W	20-6	Tampa Bay	68,044	Brown	0	0	0	0	43/43	28/34	0	127
09/16	L	23-20	at Arizona	64,542	Burleson	11	0	9	2			0	66
09/23	W	24-21	Cincinnati	68,110	Engram	6	0	6	0			0	36
09/30	W	23-3	at San Francisco	67,651	Alexander	5	4	1	0			0	30
10/07	L	21-0	at Pittsburgh	64,478	Morris	5	4	1	0			0	30
10/14	L	28-17	New Orleans	68,296	Branch	4	0	4	0			0	24
10/21	W	33-6	St. Louis	68,164	SEA	44	9	30	5	43/43	28/34	1	393
10/28			BYE		OPP	32	16	15	1	27/28	22/27	2	291
11/04	L	33-30	at Cleveland (OT)	72,927	2-Pt. Conversions: SEA 0-1, OPP 1-4.								
11/12	W	24-0	San Francisco	68,331									
11/18	W	30-23	Chicago	68,249									
11/25	W	24-19	at St. Louis	65,423									
12/02	W	28-24	at Philadelphia	68,445									
12/09	W	42-21	Arizona	68,193									
12/16	L	13-10	at Carolina	73,421									
12/23	W	27-6	Baltimore	68,164									
12/30	L	44-41	at Atlanta	64,925									

POSTSEASON

01/05	W	35-14	Washington (NFC Wild Card Game)	68,297
01/12	L	42-20	at Green Bay (NFC Divisional Playoff)	72,168

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	323	278
Rushing	93	78
Passing	211	183
Penalty	19	17
3rd Down: Made/Att.	75/214	88/232
3rd Down Pct.	35.0	37.9
4th Down: Made/Att.	6/14	5/17
4th Down Pct.	42.9	29.4
POSSESSION AVG.	29:49	30:11
TOTAL NET YARDS	5583	5149
Avg. Per Game	348.9	321.8
Total Plays	1056	1035
Avg. Per Play	5.3	5.0
NET YARDS RUSHING	1619	1644
Avg. Per Game	101.2	102.8
Total Rushes	430	422
NET YARDS PASSING	3964	3505
Avg. Per Game	247.8	219.1
Sacked/Yards Lost	36/217	45/303
Gross Yards	4181	3808
Att./Completions	590/371	568/333
Completion Pct.	62.9	58.6
Had Intercepted	13	20
PUNTS/AVERAGE	86/40.0	93/46.5
NET PUNTING AVG.	86/34.3	93/37.0
PENALTIES/YARDS	59/428	99/756
FUMBLES/BALL LOST	21/11	31/14
TOUCHDOWNS	44	32
Rushing	9	16
Passing	30	15
Defensive	2	1
Returns	3	0
FIELD GOALS	28/34	22/27
TOTAL POINTS	393	291

By Quarters	1	2	3	4	OT	Tot
SEA	76	136	73	108	0	393
OPP	62	95	39	92	3	291

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	562	352	3966	62.6	7.06	28	5.0	12	2.1	65	33/204	91.4
S. Wallace	28	19	215	67.9	7.68	2	7.1	1	3.6	45t	3/13	99.6
TEAM	590	371	4181	62.9	7.09	30	5.1	13	2.2	65	36/217	91.8
OPP	568	333	3808	58.6	6.70	15	2.6	20	3.5	79t	45/303	73.0

Record (finish): 10-6 (1st, NFC West)

Head Coach: Mike Holmgren (82-62, .569)

Assistants: Gil Haskell (Off. Coord.), John Marshall (Def. Coord.), Dwaine Board (DL), Bruce DeHaven (Special Teams), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Keith Gilbertson (Asst. OL), Tom Headlee (Quality Control/Def.), John Jamison (Special Teams Asst.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), Larry Marmie (Def. Asst./Secondary), Stump Mitchell (RBs), Jim Mora (DBs), Gary Reynolds (Off. Asst./Quality Control), Ray Rhodes (Special Projects/Def.), Zerick Rollins (LBs), Jim Zorn (QBs)

Captains: QB Matt Hasselbeck, FB Mack Strong, LB Lofa Tatupu, S Deon Grant, K Josh Brown, LB Niko Koutouvides

Largent Award: WR Bobby Engram

Pro Bowl: QB Matt Hasselbeck (3), T Walter Jones (8), DE Patrick Kerney (1, 2 overall), LB Julian Peterson (2, 4 overall), LB Lofa Tatupu (3), CB Marcus Trufant (1)

All-Pro: DE Patrick Kerney (1), LB Lofa Tatupu (1), T Walter Jones (5).

OFFENSE

Pos.	Starts
WR	Bobby Engram 13
	Nate Burleson 12
	Deion Branch 11
	D.J. Hackett 6
LT	Walter Jones 15
	Floyd Womack 1
LG	Rob Sims 16
C	Chris Spencer 16
RG	Chris Gray 16
RT	Sean Locklear 16
TE	Marcus Pollard 10
	Will Heller 6
QB	Matt Hasselbeck 16
RB	Shaun Alexander 11
	Maurice Morris 5
FB	Leonard Weaver 4
	Mack Strong 2

DEFENSE

LE	Patrick Kerney 16
LT	*Brandon Mbane 10
	Chuck Darby 6
RT	Rocky Bernard 14
	Craig Terrill 2
RE	Darryl Tapp 16
OLB	Leroy Hill 14
	Kevin Bentley 2
MLB	Lofa Tatupu 16
OLB	Julian Peterson 16
LCB	Marcus Trufant 16
RCB	Kelly Jennings 15
SS	Deon Grant 16
	Mike Green 1
FS	Brian Russell 16

SPECIAL TEAMS

K	Josh Brown 16
P	Ryan Plackemeier 16
* Rookie or first-year player	

2007 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	10	6	0	.625	393	291
Arizona	8	8	0	.500	404	399
San Francisco	5	11	0	.313	219	364
St. Louis	3	13	0	.188	263	438

2008 REVIEW (4-12)

Date	W/L	Score	Opponents	Att
09/07	L	34-10	at Buffalo	71,194
09/14	L	33-30	San Francisco (OT)	67,951
09/21	W	37-13	St. Louis	68,012
9/28			BYE	
10/05	L	44-6	at N.Y. Giants	79,529
10/12	L	27-17	Green Bay	68,302
10/19	L	20-10	at Tampa Bay	64,811
10/26	W	34-13	at San Francisco	67,504
11/02	L	26-7	Philadelphia	68,055
11/09	L	21-19	at Miami	64,862
11/16	L	26-20	Arizona	67,616
11/23	L	20-17	Washington	67,771
11/27	L	34-9	at Dallas	63,253
12/07	L	24-21	New England	68,077
12/14	W	23-20	at St. Louis	56,123
12/21	W	13-3	N.Y. Jets	68,181
12/28	L	34-21	at Arizona	63,874

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	265	324
Rushing	104	98
Passing	142	207
Penalty	19	19
3rd Down: Made/Att.	62/198	94/222
3rd Down Pct.	31.3	42.3
4th Down: Made/Att.	10/12	8/13
4th Down Pct.	83.3	61.5
POSSESSION AVG.	26:30	33:30
TOTAL NET YARDS	4385	6048
Avg. Per Game	274.1	378.0
Total Plays	927	1058
Avg. Per Play	4.7	5.7
NET YARDS RUSHING	1768	1899
Avg. Per Game	110.5	118.7
Total Rushes	417	457
NET YARDS PASSING	2617	4149
Avg. Per Game	163.6	259.3
Sacked/Yards Lost	36/214	35/193
Gross Yards	2831	4342
Att./Completions	474/262	566/366
Completion Pct.	55.3	64.7
Had Intercepted	15	9
PUNTS/AVERAGE	90/44.5	68/44.3
NET PUNTING AVG.	90/36.9	68/38.2
PENALTIES/YARDS	79/601	81/671
FUMBLES/BALL LOST	20/12	26/11
TOUCHDOWNS	32	40
Rushing	10	13
Passing	18	25
Defensive	4	1
Returns	0	1
FIELD GOALS	24/27	37/41
TOTAL POINTS	294	392

By Quarters	1	2	3	4	OT	Tot
SEA	74	95	38	87	0	294
OPP	78	137	105	69	3	392

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Mare	0	0	0	0	30/30	24/27	0	102
Duckett	8	8	0	0			0	48
Carlson	5	0	5	0			0	30
Branch	4	0	4	0			0	24
Five tied with 12								
SEA	32	10	18	4	30/30	24/27	0	294
OPP	40	13	25	2	39/39	37/41	0	392

2-Pt. Conversions: SEA 0-2, OPP 1-1.

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wallace	242	141	1532	58.3	6.33	11	4.5	3	1.2	90t	14/76	87.0
Hasselbeck	209	109	1216	52.2	5.82	5	2.4	10	4.8	34	19/119	57.8
TEAM	474	262	2831	55.3	5.97	18	3.8	15	3.2	90t	36/214	72.5
OPP	566	366	4342	64.7	7.67	25	4.4	9	1.6	63	35/193	96.0

Rushing	Att	Yds	Avg	LG	TD
J. Jones	158	698	4.4	33	2
Morris	132	574	4.3	45	0
Duckett	62	172	2.8	29	8
Weaver	30	130	4.3	15	0
Wallace	16	78	4.9	23	0
SEA	417	1768	4.2	45	10
OPP	457	1899	4.2	51t	13

Receiving	No	Yds	Avg	LG	TD
Carlson	55	627	11.4	33	5
Engram	47	489	10.4	37	0
Robinson	31	400	12.9	90t	2
Branch	30	412	13.7	63	4
Weaver	20	222	11.1	62t	2
Morris	19	136	7.2	13t	2
J. Jones	14	66	4.7	17	0
SEA	262	2831	10.8	90t	18
OPP	366	4342	11.9	63	25

Interceptions	No	Yds	Avg	LG	TD
Wilson	4	135	33.8	75t	1
Grant	2	31	15.5	31	0
Babineaux	1	35	35.0	35t	1
Tatupu	1	16	16.0	16	0
Trufant	1	0	0.0	0	0
SEA	9	217	24.1	75t	2
OPP	15	233	15.5	86t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	78	3557	45.6	37.9	12	22	63	1
SEA	90	4007	44.5	36.9	12	24	63	1
OPP	68	3009	44.3	38.2	3	20	68	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Forsett	23	9	227	9.9	29	0
SEA	35	17	353	10.1	30	0
OPP	44	8	444	10.1	63t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Wilson	69	1753	25.4	61	0
SEA	77	1948	25.3	61	0
OPP	47	1205	25.6	58	0

Field Goals	1-19	20-29	30-39	40-49	50+
Mare	0/0	7/7	9/10	5/6	3/4
TEAM	0/0	7/7	9/10	5/6	3/4
OPP	0/0	15/15	8/8	11/14	3/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	94	69	25	0.0	1	4	1	0
Peterson	86	65	21	5.0	0	5	4	1
Hill	81	61	20	1.0	0	3	0	0
Grant	77	60	17	0.0	2	8	0	0
Wilson	76	69	7	1.0	4	9	3	2
Russell	69	53	6	1.0	0	3	1	0

Record (finish): 4-12 (3rd, NFC West)

Head Coach: Mike Holmgren (86-74, .538)

Assistants: Gil Haskell (Off. Coord.), John Marshall (Def. Coord.), Chris Beake (Offensive Asst./Quality Control), Jim Mora (DBs), Dwaine Board (DL), Mike Clark (Strength & Conditioning), Mike DeBord (Asst. OL), Bruce DeHaven (Special Teams), Kasey Dunn (RBs), Keith Gilbertson (WRs), Tom Headlee (Quality Control/Def.), John Jamison (Special Teams Asst.), Darren Krein (Strength & Conditioning Asst.), Bill Lazor (QBs), Jim Lind (TEs), Larry Marmie (Def. Asst./Secondary), Zerick Rollins (LBs), Mike Solari (OL)

Captains: QB Matt Hasselbeck, T Walter Jones, LB Lofa Tatupu, S Deon Grant, LB Lance Laury, LB D.D. Lewis

Largest Award: Coach Mike Holmgren

Pro Bowl: T Walter Jones (9), LB Julian Peterson (3, 5 overall)

All-Pro: T Walter Jones (6).

OFFENSE

Pos.	Starts
WR	Koren Robinson 12
	Bobby Engram 11
	Deion Branch 8
LT	Walter Jones 12
LG	Mike Wahle 10
	Floyd Womack 6
C	Chris Spencer 11
	Steve Vallos 5
RG	Floyd Womack 8
	Mansfield Wrotto 4
RT	Sean Locklear 9
	Ray Willis 7
TE	John Carlson* 9
QB	Seneca Wallace 8
	Matt Hasselbeck 7
RB	Julius Jones 10
	Maurice Morris 6
FB	Leonard Weaver 6

DEFENSE

LE	Darryl Tapp 9
	Patrick Kerney 7
LT	Brandon Mebane 16
RT	Rocky Bernard 15
RE	Lawrence Jackson* 14
OLB	Leroy Hill 12
MLB	Lofa Tatupu 15
OLB	Julian Peterson 15
LCB	Marcus Trufant 16
RCB	Josh Wilson 12
	Kelly Jennings 4
SS	Deon Grant 16
FS	Brian Russell 16

SPECIAL TEAMS

K	Olindo Mare 16
P	Jon Ryan 15

* Rookie or first-year player

2008 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Arizona	9	7	0	.563	427	426
San Francisco	7	9	0	.438	339	381
Seattle	4	12	0	.250	294	392
St. Louis	2	14	0	.125	232	465

2009 REVIEW (5-11)

Date	W/L	Score	Opponents	Att
9/13	W	28-0	St. Louis	67,610
9/20	L	23-10	at San Francisco	69,732
9/27	L	25-29	Chicago	67,938
10/4	L	34-17	at Indianapolis	66,112
10/11	W	41-0	Jacksonville	67,228
10/18	L	27-3	Arizona	67,588
10/25			BYE	
11/1	L	38-17	at Dallas	80,886
11/8	W	32-20	Detroit	67,003
11/15	L	31-20	at Arizona	62,278
11/22	L	35-9	at Minnesota	63,854
11/29	W	27-17	at St. Louis	47,475
12/6	W	20-17	San Francisco	67,761
12/13	L	34-7	at Houston	70,380
12/20	L	24-7	Tampa Bay	67,011
12/27	L	48-10	at Green Bay	70,429
1/3/10	L	17-13	Tennessee	67,002

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	297	305
Rushing	80	80
Passing	184	204
Penalty	33	21
3rd Down: Made/Att.	75/225	87/223
3rd Down Pct.	33.3	39.0
4th Down: Made/Att.	8/19	6/12
4th Down Pct.	42.1	50.0
POSSESSION AVG.	27:31	32:29
TOTAL NET YARDS	5069	5703
Avg. Per Game	316.8	356.4
Total Plays	1045	1024
Avg. Per Play	4.9	5.6
NET YARDS RUSHING	1566	1776
Avg. Per Game	97.9	111.0
Total Rushes	395	428
NET YARDS PASSING	3503	3927
Avg. Per Game	218.9	245.4
Sacked/Yards Lost	41/268	28/185
Gross Yards	3771	4112
Att./Completions	609/372	568/374
Completion Pct.	61.	65.8
Had Intercepted	19	13
PUNTS/AVERAGE	89/46.1	82/47.2
NET PUNTING AVG.	89/38.7	82/41.5
PENALTIES/YARDS	95/840	111/971
FUMBLES/BALL LOST	33/12	21/10
TOUCHDOWNS	30	46
Rushing	7	17
Passing	20	27
Defensive	3	1
Returns	3	2
FIELD GOALS	24/26	22/31
TOTAL POINTS	280	390

By Quarters	1	2	3	4	OT	Tot
SEA	37	118	46	79	0	280
OPP	100	109	104	77	0	390

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Mare	0	0	0	0	28/28	24/26	0	100
Carlson	7	0	7	0			0	42
Forsett	5	4	1	0			0	30
Jones	4	2	2	0			0	24
2 players with								18
SEA	30	7	20	3	28/28	24/26	0	280
OPP	46	17	27	2	44/44	22/31	0	390

2-Pt. Conversions: SEA 0-2, OPP 2-2.

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	488	293	3029	60.0	6.21	17	3.5	17	3.5	53	32/309	75.1
Wallace	120	78	700	65.0	5.83	3	2.5	2	1.7	39t	9/59	81.9
TEAM	609	372	3771	61.1	6.19	20	3.3	19	3.1	53	41/268	76.7
OPP	568	374	4112	65.8	7.24	27	4.8	13	2.3	64t	28/185	93.4

Rushing	Att	Yds	Avg	LG	TD
Jones	177	663	3.7	62t	2
Forsett	114	619	5.4	35	4
James	46	125	2.7	10	0
Hasselbeck	26	119	4.6	23	0
SEA	395	1566	4.0	62t	7
OPP	428	1776	4.1	80t	17

Receiving	No	Yds	Avg	LG	TD
Houshmandzadeh	79	911	11.5	53	3
Burleson	63	812	12.9	44t	3
Carlson	51	574	11.3	42	7
Branch	45	437	9.7	35	2
Forsett	41	350	8.5	47	1
Jones	35	232	6.6	49	2
Griffith	19	118	6.2	25	1
SEA	372	3771	10.1	53	20
OPP	374	4112	11.0	64t	27

Interceptions	No	Yds	Avg	LG	TD
Hawthorne	3	9	3.0	5	0
Grant	3	7	2.3	7	0
Wilson	2	126	63.0	65t	2
Babineaux	2	18	9.0	18	0
Trufant	2	4	2.0	4	0
SEA	13	164	12.6	65t	2
OPP	19	202	10.6	70t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	88	4068	46.2	38.7	9	28	70	0
SEA	89	4100	46.1	38.7	9	29	70	0
OPP	82	3872	47.2	41.5	6	2	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Burleson	30	3	254	8.5	29	0
SEA	46	12	346	7.5	29	0
OPP	43	17	479	11.1	82t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Rankin TM	16	358	22.4	41	0
SEA	60	1316	21.9	46	0
OPP	46	1059	23.0	53	0

Field Goals	1-19	20-29	30-39	40-49	50+
Mare	0/0	9/9	10/11	5/6	0/0
TEAM	0/0	9/9	10/11	5/6	0/0
OPP	1/1	5/6	8/11	5/9	3/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Hawthorne	116	93	23	4.0	3	4	2	1
Babineaux	105	76	29	1.5	2	6	1	0
Grant	75	58	17	0.0	3	8	1	1
Curry	60	53	7	2.0	0	6	2	0
Mebane	49	41	8	1.5	0	0	0	0
Tapp	49	40	9	2.5	0	3	0	1
Trufant	49	43	6	0.0	2	6	0	0

Record (finish): 5-11 (3rd, NFC West)

Head Coach: Jim Mora (5-11, .313)

Assistants: Jim Mora, Gus Bradley (Defensive Coord.), Greg Knapp (Offensive Coord.), Chris Beake (Off. Assistant), Mike Clark (Head Strength & Cond.), Mike DeBord (Tight Ends), Bruce DeHaven (Special Teams), Kasey Dunn (Running Backs), Tom Headlee (Quality Control/Defense), Darren Krein (Asst. Strength & Cond.), Bill Lazor (Quarterbacks), Tim Lewis (Defensive Backs), Larry Marmie (Asst. Def. Backs), Mike Phair (Asst. Def. Line), Robert Prince (Wide Receivers), Dan Quinn (Assistant Head Coach/Def. Line), Zerick Rollins (Linebackers), Mike Solari (Offensive Line).

Captains: QB Matt Hasselbeck, T Walter Jones, LB Lofa Tatupu, S Deon Grant, LB Lance Laury, K Olindo Mare.

Largest Award: Matt Hasselbeck

Pro Bowl: None

All-Pro: None

OFFENSE

Pos.		Starts
WR	T.J. Houshmandzadeh	16
	Nate Burleson	12
	Deion Branch	5
LT	Sean Locklear	10
	Brandon Frye	3
	Damion McIntosh	2
	Kyle Williams	1
LG	Rob Sims	14
C	Chris Spencer	11
RG	Max Unger* (3 at C)	13
	Chris Spencer	3
RT	Ray Willis	16
TE	John Carlson	16
QB	Matt Hasselbeck	14
RB	Julius Jones	14
FB	Justin Griffith	11

DEFENSE

LE	Patrick Kerney	9
	Lawrence Jackson	4
LT	Brandon Mebane	15
RT	Colin Cole	15
RE	Lawrence Jackson	6
	Patrick Kerney	5
OLB	Leroy Hill	11
MLB	David Hawthorne	11
	Lofa Tatupu	5
OLB	Aaron Curry*	13
LCB	Marcus Trufant	9
RCB	Josh Wilson	7
SS	Deon Grant	16
FS	Jordan Babineaux	16

SPECIAL TEAMS

K	Olindo Mare	16
P	Jon Ryan	16

* Rookie or first-year player

2009 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Arizona	10	6	0	.625	375	325
San Francisco	8	8	0	.500	330	281
Seattle	5	11	0	.313	280	390
St. Louis	1	15	0	.063	175	436

2010 REVIEW (7-9; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/12	W	31-6	San Francisco	67,044
9/19	L	31-14	at Denver	75,130
9/26	W	27-20	San Diego	67,106
10/3	L	20-3	at St. Louis	52,326
10/10			BYE	
10/17	W	23-20	at Chicago	62,137
10/24	W	22-10	Arizona	67,132
10/31	L	33-3	at Oakland	35,721
11/7	L	41-7	N.Y. Giants	67,287
11/14	W	36-18	at Arizona	61,904
11/21	L	34-19	at New Orleans	70,015
11/28	L	42-24	Kansas City	66,370
12/5	W	31-14	Carolina	66,577
12/12	L	40-21	at San Francisco	69,732
12/19	L	34-18	Atlanta	67,101
12/26	L	38-15	at Tampa Bay	46,576
1/02	W	16-6	St. Louis	67,325

POSTSEASON

1/8	W	41-36	New Orleans (NFC Wild Card Game)	66,336
1/16	L	35-24	at Chicago (NFC Divisional Playoff)	62,265

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	260	313
Rushing	81	91
Passing	159	206
Penalty	20	16
3rd Down: Made/Att.	76/214	94/238
3rd Down Pct.	35.5	39.5
4th Down: Made/Att.	6/17	8/19
4th Down Pct.	35.3	42.1
POSSESSION AVG.	27:33	32:27
TOTAL NET YARDS	4765	5897
Avg. Per Game	297.8	368.6
Total Plays	964	1074
Avg. Per Play	4.9	5.5
NET YARDS RUSHING	1424	1903
Avg. Per Game	89.0	118.9
Total Rushes	385	452
NET YARDS PASSING	3341	3994
Avg. Per Game	208.8	249.6
Sacked/Yards Lost	35/195	37/246
Gross Yards	3536	4240
Att./Completions	544/324	585/339
Completion Pct.	59.6	57.9
Had Intercepted	20	12
PUNTS/AVERAGE	78/41.7	81/43.5
NET PUNTING AVG.	78/37.3	81/36.0
PENALTIES/YARDS	101/890	91/706
FUMBLES/BALL LOST	18/11	22/10
TOUCHDOWNS	33	47
Rushing	13	13
Passing	14	31
Defensive	2	2
Returns	4	1
FIELD GOALS	25/30	25/30
TOTAL POINTS	310	407

By Quarters	1	2	3	4	OT	Tot
SEA	55	73	86	96	0	310
OPP	89	141	93	84	0	407

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	444	266	3001	59.9	6.76	12	2.7	17	3.8	87t	29/175	73.2
Whitehurst	99	57	507	57.6	5.12	2	2.0	3	3.0	61	5/13	65.5
SEA	544	324	3536	59.6	6.50	14	2.6	20	3.7	87t	35/195	72.1
OPP	585	339	4240	57.9	7.25	31	5.3	12	2.1	69t	37/246	89.7

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Mare	0	0	0	0	31/31	25/30	0	106
Lynch	6	6	0	0			0	36
Obomanu	4	0	4	0			0	28
Butler	4	0	4	0			0	24
Washington	4	0	3				0	24
Forsett	2	2	0	0			0	12
Williams	2	0	2	0			0	12
SEA	33	13	14	6	31/31	25/30	1	310
OPP	47	13	31	3	44/44	25/30	1	407

2-Point Conversions: SEA 2-2, OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Lynch LG	202	737	3.6	39	6
Lynch TM	165	573	3.5	39	6
Forsett	118	523	4.4	32	2
Washington	27	100	3.7	21	1
Robinson	12	77	6.4	17	0
SEA	385	1424	3.7	39	13
OPP	452	1903	4.2	53	13

Receiving	No	Yds	Avg	LG	TD
Williams	65	751	11.6	68	2
Butler	36	385	10.7	63t	4
Forsett	33	252	7.6	21	0
Stokley	31	354	11.4	36	0
Carlson	31	318	10.3	37	1
Obomanu	30	494	16.5	87t	4
Lynch TM	21	138	6.6	22	0
SEA	324	3536	10.9	87t	14
OPP	339	4240	12.5	69t	31

Interceptions	No	Yds	Avg	LG	TD
Thomas	5	68	13.6	34	0
Babineaux	2	37	18.5	20	0
5 players with	1				
SEA	12	168	14.0	34	2
OPP	20	261	13.1	39t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	78	3254	41.7	37.3	1	27	63	0
Ryan	78	3254	41.7	37.3	1	27	63	0
OPP	81	3521	43.5	36.0	7	30	63	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Washington	22	8	249	11.3	84	0
SEA	42	14	468	11.1	84	0
OPP	35	23	327	9.3	89t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Washington	57	1461	25.6	101t	3
SEA	65	1558	24.0	101t	3
OPP	50	1099	22.0	79	0

Field Goals	1-19	20-29	30-39	40-49	50+
Mare	2/2	10/12	7/7	5/7	1/2
SEA	2/2	10/12	7/7	5/7	1/2
OPP	0/0	14/15	8/8	3/6	0/1

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Hawthorne	105	74	31	0	1	4	2	1
Milloy	88	61	27	4.0	0	3	1	0
Tatupu	88	58	30	1.0	1	8	2	0
Trufant	80	65	15	0	1	10	1	2
Thomas	71	60	11	0	5	7	1	0
Curry	70	58	12	3.5	0	1	2	0
Clemons	48	33	15	11.0	0	3	1	1

Record (finish): 7-9 (1st, NFC West)

Head Coach: Pete Carroll (7-9, .438)

Assistants: Jeremy Bates (Off. Coord.), Gus Bradley (Def. Coord.), Kippy Brown (Wide Receivers), Luke Butkus (Quality Control/Off. Line), Dave Canales (Quality Control/Offense), Chris Carlisle (Head Strength & Cond.), Jedd Fisch (Quarterbacks), Mondray Gee (Asst. Strength & Cond.), Jerry Gray (Defensive Backs), Pat McPherson (Tight Ends), Ken Norton, Jr. (Linebackers), Mike Phair (Defensive Asst.), Dan Quinn (Defensive Line), Kris Richard (Asst. Defensive Backs), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams), Rocky Seto (Quality Control/Defense), Sherman Smith (Running Backs), Jeff Ulbrich (Asst. Special Teams), Art Valero (Offensive Line), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Matt Hasselbeck, CB Roy Lewis, LB Lofa Tatupu

Largest Award: CB Roy Lewis

Pro Bowl: None

OFFENSE

Pos.	Starts
WR	Mike Williams 14
	Deon Butler 7
	Ben Obomanu 6
LT	Russell Okung* 10
	Tyler Polunbus 5
LG	Ben Hamilton 6
	Mike Gibson 5
	Chester Pitts 4
C	Chris Spencer 16
RG	Stacy Andrews 12
RT	Sean Locklear 15
TE	John Carlson 13
QB	Matt Hasselbeck 14
RB	Marshawn Lynch 12
FB	Michael Robinson 4

DEFENSE

LE	Chris Clemons 16
LT	Brandon Mebane 12
RT	Colin Cole 11
RE	Kentwan Balmer 8
	Red Bryant 7
OLB	David Hawthorne 16
MLB	Lofa Tatupu 16
OLB	Aaron Curry 16
LCB	Marcus Trufant 16
RCB	Kelly Jennings 14
SS	Lawyer Milloy 16
FS	Earl Thomas* 16

SPECIAL TEAMS

P	Jon Ryan 16
K	Olindo Mare 16
LS	Clint Gresham* 16

* Rookie or first-year player

2010 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	7	9	0	.438	310	407
St. Louis	7	9	0	.438	289	328
San Francisco	6	10	0	.375	305	346
Arizona	5	11	0	.313	289	434

2011 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
9/11	L	33-17	at San Francisco	69,732
9/18	L	24-0	at Pittsburgh	63,663
9/25	W	13-10	Arizona	66,199
10/2	L	30-28	Atlanta	66,266
10/9	W	36-25	at N.Y. Giants	78,650
10/16			BYE	
10/23	L	6-3	at Cleveland	66,350
10/30	L	34-12	Cincinnati	66,004
11/6	L	23-13	at Dallas	81,510
11/13	W	22-17	Baltimore	66,522
11/20	W	24-7	at St. Louis	56,400
11/27	L	23-17	Washington	66,007
12/1	W	31-14	Philadelphia	67,039
12/12	W	30-13	St. Louis	66,577
12/18	W	38-14	at Chicago	61,542
12/24	L	19-17	San Francisco	66,697
1/1	L	23-20	at Arizona (OT)	61,798

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	265	310
Rushing	89	96
Passing	153	174
Penalty	23	40
3rd Down: Made/Att.	77/228	77/221
3rd Down Pct.	33.8	34.8
4th Down: Made/Att.	7/15	7/11
4th Down Pct.	46.7	63.6
POSSESSION AVG.	28:07	31:53
TOTAL NET YARDS	4860	5315
Avg. Per Game	303.8	332.2
Total Plays	1003	1049
Avg. Per Play	4.8	5.1
NET YARDS RUSHING	1756	1797
Avg. Per Game	109.8	112.3
Total Rushes	444	473
NET YARDS PASSING	3104	3518
Avg. Per Game	194.0	219.9
Sacked/Yards Lost	50/340	33/232
Gross Yards	3444	3750
Att./Completions	509/299	543/324
Completion Pct.	58.7	59.7
Had Intercepted	14	22
PUNTS/AVERAGE	95/46.6	81/44.6
NET PUNTING AVG.	95/39.3	81/37.7
PENALTIES/YARDS	138/1047	96/907
FUMBLES/BALL LOST	22/9	18/9
TOUCHDOWNS	35	33
Rushing	15	10
Passing	15	18
Defensive	4	2
Returns	1	3
FIELD GOALS	25/30	28/37
TOTAL POINTS	321	315

By Quarters	1	2	3	4	OT	Tot
SEA	61	58	90	112	0	321
OPP	62	103	40	107	3	315

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	34/34	25/30	0	109
Lynch	13	12	1	0			0	78
Baldwin	4	0	4	0			0	24
Tate	3	0	3	0			0	18
Browner	2	0	0	2			0	12
Obomanu	2	0	2	0			0	12
Rice	2	0	2	0			0	12
Robinson	2	0	1	1			0	12
SEA	35	15	15	5	34/34	25/30	1	321
OPP	33	10	18	5	31/32	28/37	0	315

2-Point Conversions: SEA 0-1, OPP 1-1.

Rushing	Att	Yds	Avg	LG	TD
Lynch	285	1204	4.2	47	12
Washington	53	248	4.7	48t	1
Forsett	46	145	3.2	22t	1
Jackson	40	108	2.7	13	1
SEA	444	1756	4.0	48t	15
OPP	473	1797	3.8	39	10

Receiving	No	Yds	Avg	LG	TD
Baldwin	51	788	15.5	55t	4
Obomanu	37	436	11.8	55	2
Tate	35	382	10.9	33	3
Rice	32	484	15.1	52t	2
Lynch	28	212	7.6	26	1
SEA	299	3444	11.5	61t	15
OPP	324	3750	11.6	68t	18

Interceptions	No	Yds	Avg	LG	TD
Browner	6	220	36.7	94t	2
Sherman	4	45	11.3	33	0
Chancellor	4	27	6.8	9	0
Hawthorne	3	111	37.0	77t	1
SEA	22	462	21.0	94t	4
OPP	14	187	13.4	75t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	95	4431	46.6	39.3	8	34	77	0
SEA	95	4431	46.6	39.3	8	34	77	0
OPP	81	3616	44.6	37.7	5	18	66	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Washington	41	16	464	11.3	37	0
SEA	42	16	464	11.0	37	0
OPP	47	20	541	11.5	63	2

Kickoff Returns	No	Yds	Avg	LG	TD
Washington	43	1084	25.2	54	0
SEA	46	1142	24.8	54	0
OPP	48	1249	26.0	102t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	2/2	5/6	9/10	7/8	2/4
SEA	2/2	5/6	9/10	7/8	2/4
OPP	1/1	10/12	4/4	9/12	4/8

DEFENSIVE STATISTICS										
Player	T	S	A	QB	Int	PD	FF	FR		
Hawthorne	115	72	43	2.0	3	6	0	1		
Chancellor	94	73	21	1.0	4	12	1	1		
Thomas	92	67	25	0	2	6	1	2		
Hill	89	68	21	4.0	0	0	1	0		
Wright	61	46	15	2.0	0	2	1	1		
Mebane	56	40	16	0	0	1	0	0		
Browner	54	51	3	0	6	23	0	0		

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Jackson	450	271	3091	60.2	6.87	14	3.1	13	2.9	61t	42/294	79.2
Whitehurst	56	27	298	48.2	5.32	1	1.8	1	1.8	38	8/46	62.9
SEA	509	299	3444	58.7	6.77	15	2.9	14	2.8	61t	50/340	77.6
OPP	543	324	3750	59.7	6.91	18	3.3	22	4.1	68t	33/232	74.8

Record (finish): 7-9 (3rd, NFC West)

Head Coach: Pete Carroll (14-18, .438)

Assistants: Darrell Bevell (Off. Coord.), Gus Bradley (Def. Coord.), Kippy Brown (Wide Receivers), Luke Butkus (Quality Control/Off. Line), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Quality Control/Offense), Chris Carlisle (Head Strength & Cond.), Mondray Gee (Asst. Strength & Cond.), Pat McPherson (Tight Ends), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs/CBs), Pat Ruel (Asst. Offensive Line), Robert Saleh (Quality Control/Defense), Brian Schneider (Special Teams), Rocky Seto (Asst. Defensive Backs/S), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Jeff Ulbrich (Asst. Special Teams), Todd Wash (Defensive Line), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Tarvaris Jackson, CB Marcus Trufant, FB/ST Michael Robinson, RB/ST Leon Washington

Largent Award: DE Red Bryant

Pro Bowl: CB Brandon Browner, S Kam Chancellor, RB Marshawn Lynch, FB Michael Robinson, S Earl Thomas

OFFENSE			Starts
Pos.	Player		
WR	Mike Williams		10
	Sidney Rice		9
	Ben Obomanu		7
LT	Russell Okung*		12
	Paul McQuistan		4
LG	Robert Gallery		12
	Paul McQuistan		3
C	Max Unger		15
RG	John Moffitt*		9
	Lemuel Jeanpierre		4
RT	James Carpenter*		8
	Breno Giacomini		8
TE	Zach Miller		15
QB	Tarvaris Jackson		14
RB	Marshawn Lynch		15
FB	Michael Robinson		5

DEFENSE			
Pos.	Player		
LE	Chris Clemons		16
LT	Alan Branch		15
RT	Brandon Mebane		16
RE	Red Bryant		16
OLB	Leroy Hill		16
MLB	David Hawthorne		14
OLB	K.J. Wright		14
LCB	Richard Sherman*		10
	Marcus Trufant		4
RCB	Brandon Browner		16
SS	Kam Chancellor		15
FS	Earl Thomas		16

SPECIAL TEAMS			
Pos.	Player		
P	Jon Ryan		16
K	Steven Hauschka		16
LS	Clint Gresham		16

*Rookie or first-year player

2011 NFC WEST STANDINGS						
	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	3	0	.813	380	229
Arizona	8	8	0	.500	312	348
Seattle	7	9	0	.438	321	315
St. Louis	2	14	0	.125	193	407

2012 REVIEW (11-5; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/9	L	20-16	at Arizona	60,032
9/16	W	27-7	Dallas	68,008
9/24	W	14-12	Green Bay	68,218
9/30	L	19-13	at St. Louis	53,193
10/7	W	16-12	at Carolina	72,676
10/14	W	24-23	New England	68,137
10/18	L	13-6	at San Francisco	69,732
10/28	L	28-24	at Detroit	63,497
11/4	W	30-20	Minnesota	67,584
11/11	W	28-7	N.Y. Jets	67,841
11/18			BYE	
11/25	L	24-21	at Miami	51,295
12/2	W	23-17	at Chicago (OT)	62,264
12/9	W	58-0	Arizona	67,685
12/16	W	50-17	at Buffalo (in Toronto)	40,770
12/23	W	42-13	San Francisco	68,161
12/30	W	20-13	St. Louis	67,936

POSTSEASON

1/6	W	24-14	at Washington (NFC Wild Card Game)	84,325
1/13	L	30-28	at Atlanta (NFC Divisional Playoff)	70,366

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	311	295
Rushing	129	80
Passing	153	186
Penalty	29	29
3rd Down: Made/Att.	80/199	76/198
3rd Down Pct.	40.2	38.4
4th Down: Made/Att.	11/18	3/10
4th Down Pct.	61.1	30.0
POSSESSION AVG.	31:36	28:24
TOTAL NET YARDS	5610	4899
Avg. Per Game	350.6	306.2
Total Plays	974	968
Avg. Per Play	5.8	5.1
NET YARDS RUSHING	2579	1649
Avg. Per Game	161.2	103.1
Total Rushes	536	368
NET YARDS PASSING	3031	3250
Avg. Per Game	189.4	203.1
Sacked/Yards Lost	33/203	36/247
Gross Yards	3234	3497
Att./Completions	405/259	564/327
Completion Pct.	64.0	58.0
Had Intercepted	10	18
PUNTS/AVERAGE	65/45.6	78/45.1
NET PUNTING AVG.	65/40.8	78/40.0
PENALTIES/YARDS	110/890	102/902
FUMBLES/BALL LOST	16/8	27/13
TOUCHDOWNS	49	25
Rushing	16	8
Passing	27	15
Defensive	5	2
Returns	1	0
FIELD GOALS	24/27	23/25
TOTAL POINTS	412	245

By Quarters	1	2	3	4	OT	Tot
SEA	98	122	87	99	6	412
OPP	51	84	42	68	0	245

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	393	252	3118	64.1	7.93	26	6.6	10	2.5	67	33/203	100.0
Flynn	9	5	68	55.6	7.56	0	0.0	0	0.0	27	0/0	79.9
SEA	405	259	3234	64.0	7.99	27	6.7	10	2.5	67	33/203	100.6
OPP	564	327	3497	58.0	6.20	15	2.7	18	3.2	56	36/247	71.8

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	46/48	24/27	0	118
Lynch	12	11	1	0			0	72
Rice	7	0	7	0			0	42
Tate	7	0	7	0			0	42
Wilson	4	4	0	0			0	24
Baldwin	3	0	3	0			0	18
McCoy	3	0	3	0			0	18
Miller	3	0	3	0			0	18
SEA	49	16	27	6	46/48	24/27	0	412
OPP	25	8	15	2	24/24	23/25	1	245

2-Point Conversions: SEA 0-0, OPP 0-1.

Rushing	Att	Yds	Avg	LG	TD
Lynch	315	1590	5.0	77t	11
Wilson	94	489	5.2	25t	4
Turbin	80	354	4.4	26	0
Washington	23	83	3.6	14	1
SEA	536	2579	4.8	77t	16
OPP	368	1649	4.5	74	8

Receiving	No	Yds	Avg	LG	TD
Rice	50	748	15.0	46t	7
Tate	45	688	15.3	51	7
Miller	38	396	10.4	30	3
Baldwin	29	366	12.6	50	3
SEA	259	3234	12.5	67	27
OPP	327	3497	10.7	56	15

Interceptions	No	Yds	Avg	LG	TD
Sherman	8	57	7.1	29	1
Thomas	3	80	26.7	57t	1
Wagner	3	55	18.3	45	0
Browner	3	39	13.0	35	0
SEA	18	255	14.2	57t	2
OPP	10	115	11.5	34	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	65	2963	45.6	40.8	3	30	73	0
SEA	65	2963	45.6	40.8	3	30	73	0
OPP	78	3515	45.1	40.0	2	30	66	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Washington	41	17	356	8.7	52	0
SEA	42	18	355	8.5	52	0
OPP	29	17	252	8.7	38	0

Kickoff Returns	No	Yds	Avg	LG	TD
Washington	27	784	29.0	98t	1
SEA	29	787	27.1	98t	1
OPP	50	1147	22.9	40	0

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	1/1	7/7	10/10	5/5	1/4
SEA	1/1	7/7	10/10	5/5	1/4
OPP	0/0	6/7	8/8	5/5	4/5

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	140	86	54	2.0	3	4	0	0
Wright	96	66	30	1.0	1	5	1	0
Chancellor	91	69	22	0.0	0	5	1	1
Sherman	62	52	10	1.0	8	24	2	1
Thomas	61	39	22	0.0	3	9	1	0
Mebane	56	31	25	3.0	0	3	0	1
Hill	47	31	16	1.5	0	0	1	0

Record (finish): 11-5 (2nd, NFC West)

Head Coach: Pete Carroll (25-23, .521)

Assistants: Darrell Bevell (Off. Coord.), Gus Bradley (Def. Coord.), Kippy Brown (Wide Receivers), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Quality Control/Offense), Chris Carlisle (Head Strength & Cond.), Nate Carroll (Def. Asst.), Keith Carter (Quality Control/Offense), Mondray Gee (Asst. Strength & Cond.), Pat McPherson (Tight Ends), Marquand Manuel (Asst. Special Teams), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs), Pat Ruel (Asst. Offensive Line), Robert Saleh (Quality Control/Defense), Brian Schneider (Special Teams), Rocky Seto (Defensive Passing Game Coord.), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Todd Wash (Defensive Line), Jamie Yanchar (Asst. Strength & Cond.).

Captains: C Max Unger, DE Red Bryant, LB/ST Heath Farwell, FB/ST Michael Robinson

Largest Award: QB Russell Wilson

Pro Bowl: RB Marshawn Lynch, T Russell Okung, S Earl Thomas, C Max Unger, RS/RB Leon Washington, QB Russell Wilson

All-Pro: RB Marshawn Lynch, CB Richard Sherman, S Earl Thomas, C Max Unger

OFFENSE

Pos.	Starts
WR	Sidney Rice 16 Golden Tate 15
LT	Russell Okung 15
LG	James Carpenter 7 Paul McQuistan 7 John Moffitt 2
C	Max Unger 16
RG	Paul McQuistan 9 John Moffitt 4 J.R. Sweezy* 3
RT	Breno Giacomini 16
TE	Zach Miller 15
QB	Russell Wilson* 16
RB	Marshawn Lynch 16
FB	Michael Robinson 6

DEFENSE

LE	Red Bryant 16
LT	Alan Branch 16
RT	Brandon Mebane 16
RE	Chris Clemons 16
OLB	Leroy Hill 12 Malcolm Smith 3
MLB	Bobby Wagner* 15
OLB	K.J. Wright 15
LCB	Richard Sherman 16
RCB	Brandon Browner 12 Jeremy Lane* 3
SS	Kam Chancellor 16
FS	Earl Thomas 16

SPECIAL TEAMS

P	Jon Ryan 16
K	Steven Hauschka 16
LS	Clint Gresham 16

*Rookie or first-year player

2012 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Francisco	11	4	1	.719	397	273
Seattle*	11	5	0	.688	412	245
St. Louis	7	8	1	.469	299	348
Arizona	5	11	0	.313	250	357

2013 REVIEW (13-3; 3-0 PLAYOFFS)

Date	W/L	Score	Opponents	Att	Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
9/8	W	12-7	at Carolina	73,294	Hauschka	0	0	0	0	44/44	33/35	0	143
9/15	W	29-3	San Francisco	68,338	Lynch	14	12	2	0			0	84
9/22	W	45-17	Jacksonville	68,087	Baldwin	5	0	5	0			0	30
9/29	W	23-20	at Houston (OT)	71,756	Miller	5	0	5	0			0	30
10/6	L	34-28	at Indianapolis	66,608	Tate	5	0	5	0			0	30
10/13	W	20-13	Tennessee	68,127	Kearse	4	0	4	0			1	26
10/17	W	34-22	at Arizona	61,200	Rice	3	0	3	0			0	18
10/28	W	14-9	at St. Louis	55,966	SEA	45	14	27	4	44/44	33/35	2	417
11/3	W	27-24	Tampa Bay (OT)	67,873	OPP	22	4	16	2	17/17	26/27	0	231
11/10	W	33-10	at Atlanta	70,309	2-Point Conversions: SEA 0-1, OPP 2-5.								
11/17	W	41-20	Minnesota	68,235									
11/24			BYE										
12/2	W	34-7	New Orleans	68,387	Rushing	Att	Yds	Avg	LG	TD			
12/8	L	19-17	at San Francisco	69,732	Lynch	301	1257	4.2	43	12			
12/15	W	23-0	at N.Y. Giants	79,691	Wilson	96	539	5.6	27	1			
12/22	L	17-10	Arizona	68,266	Turbin	77	264	3.4	15	0			
12/29	W	27-9	St. Louis	68,264	Michael	18	79	4.4	13	0			
					SEA	509	2188	4.3	43	14			
					OPP	422	1626	3.9	5.1	4			

POSTSEASON

1/11	W	23-15	New Orleans (NFC Divisional Playoff)	68,388	Receiving	No	Yds	Avg	LG	TD			
1/19	W	23-17	San Francisco (NFC Championship Game)	68,454	Tate	64	898	14.0	80t	5			
2/2	W	43-8	Denver (Super Bowl XLVIII)	82,529	Baldwin	50	778	15.6	52	5			
					Lynch	36	316	8.8	55	2			
					Miller	33	387	11.7	60	5			
					Kearse	22	346	15.7	43t	4			
					SEA	267	3508	13.1	80t	27			
					OPP	309	3050	9.9	73t	16			

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	307	282
Rushing	116	83
Passing	160	156
Penalty	31	43
3rd Down: Made/Att.	76/204	76/216
3rd Down Pct.	37.3	35.2
4th Down: Made/Att.	6/11	4/11
4th Down Pct.	54.5	36.4
POSSESSION AVG.	29:57	30:03
TOTAL NET YARDS	5424	4378
Avg. Per Game	339.0	273.6
Total Plays	973	990
Avg. Per Play	5.6	4.4
NET YARDS RUSHING	2188	1626
Avg. Per Game	136.8	101.6
Total Rushes	509	422
NET YARDS PASSING	3236	2752
Avg. Per Game	202.3	172.0
Sacked/Yards Lost	44/272	44/298
Gross Yards	3508	3050
Att./Completions	420/267	524/309
Completion Pct.	63.6	59.0
Had Intercepted	9	28
PUNTS/AVERAGE	76/41.6	82/46.1
NET PUNTING AVG.	76/39.2	82/38.0
PENALTIES/YARDS	128/1183	98/879
FUMBLES/BALL LOST	26/10	26/11
TOUCHDOWNS	45	22
Rushing	14	4
Passing	27	16
Defensive	4	2
Returns	0	0
FIELD GOALS	33/35	26/27
TOTAL POINTS	417	231

By Quarters	1	2	3	4	OT	Tot
SEA	69	140	87	115	6	417
OPP	22	108	41	60	0	231

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	407	257	3357	63.1	8.25	26	6.4	9	2.2	80t	44/272	101.2
Jackson	13	10	151	76.9	11.62	1	7.7	0	0.0	35t	0/0	140.2
SEA	420	267	3508	63.6	8.35	27	6.4	9	2.1	80t	44/272	102.4
OPP	524	309	3050	59.0	5.82	16	3.1	28	5.3	73t	44/298	63.4

Record (finish): 13-3 (1st, NFC West)

Head Coach: Pete Carroll (38-26, .594)

Assistants: Darrell Bevell (Off. Coord.), Dan Quinn (Def. Coord.), Kippy Brown (Wide Receivers), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Asst. QBs/Quality Control-Off.), Chris Carlisle (Head Strength & Cond.), Nate Carroll (Off. Asst.), Keith Carter (Quality Control/Offense), Monday Gee (Asst. Strength & Cond.), John Glenn (Coaching Asst./ST), Travis Jones (Def. Line), Pat McPherson (Tight Ends), Marquand Manuel (Def. Asst.), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs), Pat Ruel (Asst. Offensive Line), Robert Saleh (Quality Control/Defense), Brian Schneider (Special Teams), Rocky Seto (Defensive Passing Game Coord.), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Nick Sorensen (Coaching Asst./ST), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, DE Red Bryant, LB/ST Heath Farwell

Largent Award: FS Earl Thomas

Pro Bowl: S Kam Chancellor, RB Marshawn Lynch, CB Richard Sherman, S Earl Thomas, C Max Unger, QB Russell Wilson

All-Pro: S Kam Chancellor, CB Richard Sherman, S Earl Thomas

OFFENSE

Pos.		Starts
WR	Golden Tate	13
	Doug Baldwin	10
	Sidney Rice	6
LT	Russell Okung	8
	Paul McQuistan	8
LG	James Carpenter	10
	Paul McQuistan	6
C	Max Unger	13
RG	J.R. Sweezy	15
RT	Breno Giacomini	9
	Michael Bowie*	7
TE	Zach Miller	11
QB	Russell Wilson	16
RB	Marshawn Lynch	16
FB	Michael Robinson	3

DEFENSE

LE	Red Bryant	15
LT	Tony McDaniel	15
RT	Brandon Mebane	16
RE	Chris Clemons	11
OLB	K.J. Wright	13
MLB	Bobby Wagner	14
OLB	Bruce Irvin	12
	Malcolm Smith	8
LCB	Richard Sherman	16
RCB	Brandon Browner	8
	Byron Maxwell	5
SS	Kam Chancellor	16
FS	Earl Thomas	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Clint Gresham	16

*Rookie or first-year player

2013 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	13	3	0	.813	417	231
San Francisco*	12	4	0	.750	406	272
Arizona	10	6	0	.625	379	324
St. Louis	7	9	0	.438	348	364

2014 REVIEW (12-4; 2-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/4	W	36-16	Green Bay	68,424
9/14	L	30-21	at San Diego	67,916
9/21	W	26-20	Denver (OT)	68,447
9/28			BYE	
10/6	W	27-17	at Washington	79,522
10/12	L	30-23	Dallas	68,432
10/19	L	28-26	at St. Louis	57,855
10/26	W	13-9	at Carolina	74,042
11/2	W	30-24	Oakland	68,337
11/9	W	38-17	N.Y. Giants	68,352
11/16	L	24-20	at Kansas City	76,463
11/23	W	19-3	Arizona	68,327
11/27	W	19-3	at San Francisco	70,799
12/7	W	24-14	at Philadelphia	69,596
12/14	W	17-7	San Francisco	68,526
12/21	W	35-6	at Arizona	63,806
12/28	W	20-6	St. Louis	68,453

POSTSEASON

1/10	W	31-17	Carolina (NFC Divisional Playoff)	68,524
1/18	W	28-22	Green Bay (OT) (NFC Championship Game)	68,538
2/1	L	28-24	New England (Super Bowl XLIX)	70,288

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	328	277
Rushing	144	70
Passing	160	175
Penalty	24	32
3rd Down: Made/Att.	90/212	75/202
3rd Down Pct.	42.5	37.1
4th Down: Made/Att.	3/11	8/14
4th Down Pct.	27.3	57.1
POSSESSION AVG.	32:11	27:49
TOTAL NET YARDS	6012	4274
Avg. Per Game	375.8	267.1
Total Plays	1021	924
Avg. Per Play	5.9	4.6
NET YARDS RUSHING	2762	1304
Avg. Per Game	172.6	81.5
Total Rushes	525	380
NET YARDS PASSING	3250	2970
Avg. Per Game	203.1	185.6
Sacked/Yards Lost	42/242	37/234
Gross Yards	3492	3204
Att./Completions	454/287	507/313
Completion Pct.	63.2	61.7
Had Intercepted	7	13
PUNTS/AVERAGE	62/43.4	83/43.7
NET PUNTING AVG.	62/38.3	83/39.7
PENALTIES/YARDS	130/1009	70/613
FUMBLES/BALL LOST	23/7	29/11
TOUCHDOWNS	43	27
Rushing	20	8
Passing	20	17
Defensive	3	2
Returns	0	0
FIELD GOALS	31/37	21/24
TOTAL POINTS	394	254

By Quarters	1	2	3	4	OT	Tot
SEA	67	117	82	122	6	394
OPP	57	87	43	67	0	254

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	452	285	3475	63.1	7.69	20	4.4	7	1.5	80t	42/242	95.0
SEA	454	287	3492	63.2	7.69	20	4.4	7	1.5	80t	42/242	95.1
OPP	507	313	3204	61.7	6.32	17	3.4	13	2.6	60t	37/234	80.4

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	41/41	31/37	0	134
Lynch	17	13	4	0			0	102
Wilson	6	6	0	0			0	36
Baldwin	3	0	3	0			0	18
Willson	3	0	3	0			0	18
SEA	43	20	20	3	41/41	31/37	1	394
OPP	27	8	17	2	25/25	21/24	1	254

2-Point Conversions: SEA 0-1, OPP 1-2.

Rushing	Att	Yds	Avg	LG	TD
Lynch	280	1306	4.7	79t	13
Wilson	118	849	7.2	55	6
Turbin	74	310	4.2	17	0
Michael	34	175	5.1	45	0
SEA	525	2762	5.3	79t	20
OPP	380	1304	3.4	47	8

Receiving	No	Yds	Avg	LG	TD
Baldwin	66	825	12.5	49	3
Kearse	38	537	14.1	60	1
Lynch	37	367	9.9	39	4
Richardson	29	271	9.3	32	1
Willson	22	362	16.5	80t	3
SEA	287	3492	12.2	80t	20
OPP	313	3204	10.2	60t	17

Interceptions	No	Yds	Avg	LG	TD
Sherman	4	81	20.3	53	0
Irvin	2	84	42.0	49t	2
Maxwell	2	23	11.5	21	0
SEA	13	319	24.5	53	2
OPP	7	138	19.7	73	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	61	2688	44.1	38.3	6	28	66	1
SEA	62	2688	43.4	38.3	6	28	66	1
OPP	83	3630	43.7	39.7	4	26	59	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Walters	27	23	207	7.7	21	0
SEA	36	28	252	7.0	38	0
OPP	17	22	195	11.5	90t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Richardson	16	376	23.5	47	0
SEA	39	820	21.0	47	0
OPP	43	1035	24.1	75	0

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	0/0	10/10	10/10	9/13	2/4
SEA	0/0	10/10	10/10	9/13	2/4
OPP	0/0	8/8	4/4	6/7	3/5

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wright	107	74	33	2.0	0	4	3	1
Wagner	104	67	37	2.0	0	3	0	0
Thomas	95	69	26	0	1	6	3	1
Chancellor	76	58	18	0	1	6	1	0
Sherman	57	45	12	0	4	8	1	0
Bennett	39	27	12	7.0	0	0	1	0

Record (finish): 12-4 (1st, NFC West)

Head Coach: Pete Carroll (50-30, .625)

Assistants: Darrell Bevell (Off. Coord.), Dan Quinn (Def. Coord.), Kippy Brown (Wide Receivers), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Asst. QBs/Quality Control-Off.), Chris Carlisle (Head Strength & Cond.), Nate Carroll (Asst. WRs), Mondray Gee (Asst. Strength & Cond.), John Glenn (Quality Control-Def.), Will Harriger (Off. Asst.), Travis Jones (Def. Line), Pat McPherson (Tight Ends), Marquand Manuel (Def. Asst.), Chris Morgan (Asst. Off. Line), Chad Morton (Asst. Special Teams), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams), Rocky Seto (Defensive Passing Game Coord.), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Nick Sorensen (Coaching Asst./ST), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, S Kam Chancellor, K/ST Steven Hauschka, P/ST Jon Ryan

Largest Award: S Kam Chancellor

Pro Bowl: S Kam Chancellor, RB Marshawn Lynch, T Russell Okung, CB Richard Sherman, S Earl Thomas, LB Bobby Wagner, QB Russell Wilson

All-Pro: S Kam Chancellor, RB Marshawn Lynch, CB Richard Sherman, S Earl Thomas, LB Bobby Wagner

OFFENSE

Pos.	Starts
WR	Doug Baldwin 16
	Jermaine Kearse 14
LT	Russell Okung 14
LG	James Carpenter 13
C	Max Unger 6
	Patrick Lewis 4
	Lemuel Jeanpierre 3
	Stephen Schilling 3
RG	J.R. Sweezy 16
RT	Justin Britt* 16
TE	Luke Willson 10
QB	Russell Wilson 16
RB	Marshawn Lynch 14
FB	Will Tukuafu 2

DEFENSE

LE	Michael Bennett 16
LT	Tony McDaniel 15
RT	Brandon Mebane 9
	Kevin Williams 7
RE	Cliff Avril 16
OLB	K.J. Wright 13
MLB	Bobby Wagner 11
	K.J. Wright 3
OLB	Bruce Irvin 13
LCB	Richard Sherman 16
RCB	Byron Maxwell 12
	Tharold Simon 4
SS	Kam Chancellor 14
FS	Earl Thomas 16

SPECIAL TEAMS

P	Jon Ryan 16
K	Steven Hauschka 16
LS	Clint Gresham 16

*Rookie or first-year player

2014 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	12	4	0	.750	394	254
Arizona*	11	5	0	.688	310	299
San Francisco	8	8	0	.500	306	340
St. Louis	6	10	0	.375	324	354

2015 REVIEW (10-6; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/13	L	34-31	at St. Louis (OT)	51,792
9/20	L	27-17	at Green Bay	78,433
9/27	W	26-0	Chicago	69,002
10/5	W	13-10	Detroit	69,005
10/11	L	27-24	at Cincinnati (OT)	65,004
10/18	L	27-23	Carolina	69,020
10/22	W	20-3	at San Francisco	70,799
11/1	W	13-12	at Dallas	91,486
11/8			BYE	
11/15	L	39-32	Arizona	69,005
11/22	W	29-13	San Francisco	68,993
11/29	W	39-30	Pittsburgh	69,055
12/6	W	38-7	at Minnesota	52,430
12/13	W	35-6	at Baltimore	71,179
12/20	W	30-13	Cleveland	69,002
12/27	L	23-17	St. Louis	69,080
1/3	W	36-6	at Arizona	64,646

POSTSEASON

1/10	W	10-9	at Minnesota (NFC Wild Card Game)	52,090
1/17	L	31-24	at Carolina (NFC Divisional Playoff)	74,287

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	335	273
Rushing	128	71
Passing	190	175
Penalty	17	27
3rd Down: Made/Att	99/213	67/195
3rd Down Pct.	46.5	34.4
4th Down: Made/Att	8/9	1/7
4th Down Pct.	88.9	14.3
POSSESSION AVG.	31:40	28:20
TOTAL NET YARDS	6058	4668
Avg. Per Game	378.6	291.8
Total Plays	1036	947
Avg. Per Play	5.8	4.9
NET YARDS RUSHING	2268	1304
Avg. Per Game	141.8	81.5
Total Rushes	501	362
NET YARDS PASSING	3790	3364
Avg. Per Game	236.9	210.3
Sacked/Yards Lost	46/271	37/255
Gross Yards	4061	3619
Att./Completions	489/333	548/333
Completion Pct.	68.1	60.8
Had Intercepted	8	14
PUNTS/AVERAGE	68/45.7	87/45.0
NET PUNTING AVG.	68/37.9	87/38.9
PENALTIES/YARDS	117/1007	94/795
FUMBLES/BALL LOST	18/8	22/9
TOUCHDOWNS	49	28
Rushing	10	10
Passing	34	14
Defensive	3	3
Returns	2	2
FIELD GOALS	29/31	27/28
TOTAL POINTS	423	277

By Quarters	1	2	3	4	OT	Tot
SEA	77	128	111	107	0	423
OPP	40	91	49	91	6	277

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	483	329	4024	68.1	8.33	34	7.0	8	1.7	80t	45/265	110.1
SEA	489	333	4061	68.1	8.30	34	7.0	8	1.6	80t	46/271	109.8
OPP	548	333	3619	60.8	6.60	14	2.6	14	2.6	69t	37/255	78.1

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	40/44	29/31	0	127
Baldwin	14	0	14	0			0	84
Lockett	8	0	6	2			0	48
Kearse	5	0	5	0			0	30
Rawls	5	4	1	0			0	30
Lynch	3	3	0	0			0	20
SEA	49	10	34	5	40/44	29/31	0	423
OPP	28	10	14	4	22/25	27/28	1	277

2-Point Conversions: SEA 1-5, OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Rawls	147	830	5.6	69t	4
Wilson	103	553	5.4	24	1
Lynch	111	417	3.8	24	3
Michael LG	54	243	4.5	45	0
SEA	501	2268	4.5	69t	10
OPP	362	1304	3.6	48t	10

Receiving	No	Yds	Avg	LG	TD
Baldwin	78	1069	13.7	80t	14
Lockett	51	664	13.0	49t	6
Kearse	49	685	14.0	50	5
Graham	48	605	12.6	45	2
F. Jackson	32	257	8.0	26	2
SEA	333	4061	12.2	80t	34
OPP	333	3619	10.9	69t	14

Interceptions	No	Yds	Avg	LG	TD
E. Thomas	5	67	13.4	32	0
Lane	2	60	30.0	54	0
Sherman	2	30	15.0	26	0
Chancellor	2	6	3.0	6	0
SEA	14	205	14.6	54	0
OPP	8	50	6.3	24	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	68	3105	45.7	37.9	7	24	73	0
SEA	68	3105	45.7	37.9	7	24	73	0
OPP	87	3918	45.0	38.9	4	25	72	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Lockett	40	21	379	9.5	66	1
SEA	42	22	450	10.7	66	1
OPP	29	20	386	13.3	75t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Lockett	33	852	25.8	105t	1
SEA	34	868	25.5	105t	1
OPP	42	1073	25.5	101t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	0/0	9/9	7/7	7/9	6/6
SEA	0/0	9/9	7/7	7/9	6/6
OPP	1/1	7/7	10/10	7/7	2/3

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wright	116	71	45	1.0	0	3	4	2
Wagner	114	67	47	0.5	0	7	2	3
Chancellor	74	44	30	0	2	4	1	0
Thomas	61	42	19	0	5	9	1	0
Bennett	52	33	19	10.0	0	0	2	0
Sherman	50	33	17	0	2	15	0	0

Record (finish): 10-6 (2nd, NFC West)

Head Coach: Pete Carroll (60-36, .625)

Assistants: Darrell Bevell (Off. Coord.), Kris Richard (Def. Coord.), Michael Barrow (LBs), Dwaine Board (Asst. DL), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Wide Receivers), Chris Carlisle (Head Strength & Cond.), Brennan Carroll (Asst. OL), Nate Carroll (Asst. WRs), Chris Cash (Asst. Sec./CBs), Andre Curtis (Asst. Sec./Ss), Monday Gee (Asst. Strength & Cond.), John Glenn (Quality Control/Def.), Will Harriger (Asst. QBs/QC Off.), Travis Jones (Def. Line), Pat McPherson (Tight Ends), Chad Morton (Asst. RBs/Asst. Special Teams), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams), Rocky Seto (Asst. HC/Defense), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Nick Sorensen (Asst. ST), Lofa Tatupu (Asst. LBs), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, LB Bobby Wagner, P/ST Jon Ryan

Largent Award: CB Richard Sherman

Pro Bowl: DE Michael Bennett, S Kam Chancellor, RS Tyler Lockett, CB Richard Sherman, S Earl Thomas, LB Bobby Wagner, QB Russell Wilson

All-Pro: RS Tyler Lockett, CB Richard Sherman, LB Bobby Wagner

OFFENSE

Pos.	Starts
WR	Doug Baldwin 16
	Jermaine Kearse 16
	Tyler Lockett* 8
LT	Russell Okung 13
LG	Justin Britt 16
C	Patrick Lewis 9
	Drew Nowak 7
RG	J.R. Sweezy 15
RT	Garry Gilliam 16
TE	Jimmy Graham 11
	Luke Willson 7
QB	Russell Wilson 16
RB	Thomas Rawls* 7
	Marshawn Lynch 6
FB	Derrick Coleman 3

DEFENSE

LE	Michael Bennett 16
LT	Ahtyba Rubin 16
RT	Brandon Mebane 15
RE	Cliff Avril 16
OLB	K.J. Wright 16
MLB	Bobby Wagner 15
OLB	Bruce Irvin 12
LCB	Richard Sherman 16
RCB	Cary Williams 10
	DeShawn Shead 6
SS	Kam Chancellor 11
	Kelcie McCray 3
FS	Earl Thomas 16

SPECIAL TEAMS

P	Jon Ryan 16
K	Steven Hauschka 16
LS	Clint Gresham 16

*Rookie or first-year player

2015 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Arizona	13	3	0	.813	489	313
Seattle*	10	6	0	.625	423	277
St. Louis	7	9	0	.438	280	330
San Francisco	5	11	0	.313	238	387

2016 REVIEW (10-5-1; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/11	W	12-10	Miami	69,012
9/18	L	9-3	at L.A. Rams	91,046
9/25	W	37-18	San Francisco	69,010
10/2	W	27-17	at New York Jets	78,160
10/9			BYE	
10/16	W	26-24	Atlanta	69,071
10/23	T	6-6	at Arizona (OT)	65,089
10/30	L	25-20	at New Orleans	73,188
11/7	W	31-25	Buffalo	69,084
11/13	W	31-24	at New England	66,829
11/2	W	26-15	Philadelphia	69,190
11/27	L	14-5	at Tampa Bay	63,674
12/4	W	40-7	Carolina	69,104
12/11	L	38-10	at Green Bay	78,057
12/15	W	24-3	L.A. Rams	69,067
12/24	L	34-31	Arizona	69,050
1/1	W	25-23	at San Francisco	70,178

POSTSEASON

1/7	W	26-6	Detroit (NFC Wild Card Game)	68,788
1/14	L	36-20	at Atlanta (NFC Divisional Playoff)	71,155

Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	313	307
Rushing	85	94
Passing	203	180
Penalty	25	33
3rd Down: Made/Att	79/207	82/212
3rd Down Pct.	38.2	38.7
4th Down: Made/Att	4/11	6/20
4th Down Pct.	36.4	30.0
POSSESSION AVG.	29:36	30:24
TOTAL NET YARDS	5715	5099
Avg. Per Game	357.2	318.7
Total Plays	1012	1020
Avg. Per Play	5.6	5.0
NET YARDS RUSHING	1591	1487
Avg. Per Game	99.4	92.9
Total Rushes	403	441
NET YARDS PASSING	4124	3612
Avg. Per Game	257.8	225.8
Sacked/Yards Lost	42/298	42/272
Gross Yards	4422	3884
Att./Completions	567/368	537/331
Completion Pct.	64.9	61.6
Had Intercepted	12	11
PUNTS/AVERAGE	72/43.4	79/43.0
NET PUNTING AVG.	72/39.3	79/38.4
PENALTIES/YARDS	117/970	103/925
FUMBLES/BALL LOST	22/6	19/8
TOUCHDOWNS	37	33
Rushing	13	16
Passing	23	16
Defensive	1	0
Returns	0	1
FIELD GOALS	33/37	19/27
TOTAL POINTS	354	292

By Quarters	1	2	3	4	OT	Tot
SEA	66	138	46	101	3	354
OPP	62	90	40	97	3	292

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	546	353	4219	64.7	7.73	21	3.8	11	2.0	59	41/293	92.6
Boykin	18	13	145	72.2	8.06	1	5.6	1	5.6	31	1/5	91.2
SEA	567	368	4422	64.9	7.80	23	4.1	12	2.1	59	42/298	93.4
OPP	537	331	3884	61.6	7.23	16	3.0	11	2.0	80t	42/272	85.0

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	29/35	33/37	0	128
Baldwin	7	0	7	0			0	42
Michael TM	7	6	1	0			0	42
Graham	6	0	6	0			0	36
Rawls	3	3	0	0			0	18
Lockett	2	1	1	0			0	12
SEA	37	13	23	1	29/35	33/37	1	354
OPP	33	16	16	1	29/29	19/27	1	292

2-Point Conversions: SEA 1-2, OPP 3-4.

Rushing	Att	Yds	Avg	LG	TD
Michael TM	117	469	4.0	41t	6
Rawls	109	349	3.2	45t	3
Wilson	72	259	3.6	18	1
SEA	403	1591	3.9	75t	13
OPP	441	1487	3.4	34	16

Receiving	No	Yds	Avg	LG	TD
Baldwin	94	1128	12.0	59	7
Graham	65	923	14.2	42	6
Lockett	41	597	14.6	57t	1
Kearse	41	510	12.4	36	1
Richardson	21	288	13.7	39	1
SEA	368	4422	12.0	59	23
OPP	331	3884	11.7	80t	16

Interceptions	No	Yds	Avg	LG	TD
Sherman	4	37	9.3	31	0
Chancellor	2	5	2.5	5	0
Thomas	2	5	2.5	5	0
SEA	11	72	6.5	31	0
OPP	12	153	12.8	32	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	71	3126	44.0	39.3	3	26	64	1
SEA	72	3126	43.4	39.3	3	26	64	1
OPP	79	3400	43.0	38.4	6	34	66	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Lockett	29	22	243	8.4	62	0
Hester LG	25	15	180	7.2	28	0
SEA	30	28	249	8.3	62	0
OPP	28	22	236	8.4	29	0

Kickoff Returns	No	Yds	Avg	LG	TD
Lockett	23	606	26.3	46	0
SEA	35	808	23.1	46	0
OPP	32	654	20.4	45	0

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	0/0	11/13	13/13	8/10	1/1
SEA	0/0	11/13	13/13	8/10	1/1
OPP	0/0	4/6	7/8	7/8	1/5

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	167	85	82	4.5	1	3	0	1
Wright	126	72	54	4.0	0	5	1	1
Chancellor	81	47	34	0	2	8	1	0
Shead	80	56	24	0	1	14	1	0
Sherman	58	38	20	0	4	13	0	1
Clark	47	25	22	10.0	0	1	2	1

Record (finish): 10-5-1 (1st, NFC West)

Head Coach: Pete Carroll (70-41-1, .629)

Assistants: Darrell Bevell (Off. Coord.), Kris Richard (Def. Coord.), Michael Barrow (LBs), Dwaine Board (Asst. DL), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Wide Receivers), Chris Carlisle (Head Strength & Cond.), Brennan Carroll (Asst. OL), Nate Carroll (Asst. WRs), Andre Curtis (DBs), Heath Farwell (Coaching Asst.), Monday Gee (Asst. Strength & Cond.), John Glenn (Defensive Asst.), Will Harriger (Asst. QBs), Travis Jones (Def. Line), Pat McPherson (Tight Ends), Ricky Manning, Jr. (Asst. DBs), Chad Morton (Asst. RBs/Asst. Special Teams), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams Coord.), Rocky Seto (Asst. HC/Defense), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Nick Sorensen (Asst. DBs/Asst. STs), Lofa Tatupu (Asst. LBs), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, S Kam Chancellor, P/ST Jon Ryan, CB/ST DeShawn Shead

Largest Award: S Kam Chancellor

Pro Bowl: DE Cliff Avril, WR Doug Baldwin, DE Michael Bennett, TE Jimmy Graham, CB Richard Sherman, LB Bobby Wagner, LB K.J. Wright

All-Pro: KOR Tyler Lockett, LB Bobby Wagner

OFFENSE

Pos.	Starts
WR	Doug Baldwin 15
	Jermaine Kearse 15
	Tyler Lockett 9
LT	George Fant* 10
	Bradley Sowell 6
LG	Mark Glowinski 16
C	Justin Britt 15
RG	Germain Ifedi* 13
RT	Garry Gilliam 13
TE	Jimmy Graham 15
QB	Russell Wilson 16
RB	Thomas Rawls 7
	Christine Michael 7
FB	Will Tukuafu 1

DEFENSE

LE	Michael Bennett 11
	Frank Clark 5
LT	Ahtyba Rubin 16
RT	Tony McDaniel 10
	Jarran Reed* 6
RE	Cliff Avril 16
OLB	K.J. Wright 16
MLB	Bobby Wagner 16
OLB	M. Morgan/B. Coyle 3 each
LCB	Richard Sherman 16
RCB	DeShawn Shead 15
SS	Kam Chancellor 12
FS	Earl Thomas 11
	Steven Terrell 5

SPECIAL TEAMS

P	Jon Ryan 16
K	Steven Hauschka 16
LS	Nolan Frese* 16

*Rookie or first-year player

2016 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	10	5	1	.656	354	292
Arizona	7	8	1	.469	418	362
L.A. Rams	4	12	0	.250	224	394
San Francisco	2	14	0	.125	309	480

2017 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
9/10	L	17-9	at Green Bay	78,381
9/17	W	12-9	San Francisco	68,729
9/24	L	33-27	at Tennessee	69,127
10/1	W	46-18	Indianapolis	68,872
10/8	W	16-10	at L.A. Rams	60,745
10/15			BYE	
10/22	W	24-7	at N.Y. Giants	78,527
10/29	W	41-38	Houston	69,025
11/5	L	17-14	Washington	68,927
11/9	W	22-16	at Arizona	64,639
11/20	L	34-31	Atlanta	69,026
11/26	W	24-13	at San Francisco	70,134
12/3	W	24-10	Philadelphia	69,075
12/10	L	30-24	at Jacksonville	64,431
12/17	L	42-7	L.A. Rams	69,077
12/24	W	21-12	at Dallas	92,150
12/31	L	26-24	Arizona	69,078

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	299	316
Rushing	85	90
Passing	183	181
Penalty	31	45
3rd Down: Made/Att	79/212	85/222
3rd Down Pct.	37.3	38.3
4th Down: Made/Att	5/9	7/15
4th Down Pct.	55.6	46.7
POSSESSION AVG.	29:19	30:41
TOTAL NET YARDS	5286	5171
Avg. Per Game	330.4	323.2
Total Plays	1007	1045
Avg. Per Play	5.2	4.9
NET YARDS RUSHING	1629	1824
Avg. Per Game	101.8	114.0
Total Rushes	409	452
NET YARDS PASSING	3657	3347
Avg. Per Game	228.6	209.2
Sacked/Yards Lost	43/322	39/269
Gross Yards	3979	3616
Att./Completions	555/340	554/325
Completion Pct.	61.3	58.7
Had Intercepted	12	14
PUNTS/AVERAGE	92/45.0	85/44.5
NET PUNTING AVG.	92/38.8	85/40.7
PENALTIES/YARDS	148/1342	102/878
FUMBLES/BALL LOST	18/5	22/11
TOUCHDOWNS	43	34
Rushing	4	14
Passing	34	19
Returns	5	1
FIELD GOALS	21/29	31/35
TOTAL POINTS	366	332

By Quarters	1	2	3	4	OT	Tot
SEA	56	69	99	142	0	366
OPP	56	122	90	64	0	332

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	553	339	3983	61.3	7.20	34	6.1	11	2.0	74t	43/322	95.4
TEAM	555	340	3979	61.3	7.17	34	6.1	12	2.2	74t	43/322	94.4
OPP	554	325	3616	58.7	6.53	19	3.4	14	2.5	75t	39/269	79.1

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Walsh	0	0	0	0	37/38	21/29	0	100
Graham	10	0	10	0			0	62
Baldwin	8	0	8	0			0	50
Richardson	6	0	6	0			0	36
Willson	4	0	4	0			0	24
Lockett	3	0	2	1			0	18
TEAM	43	4	34	5	37/38	21/29	2	366
OPP	34	14	19	1	31/33	31/35	2	332

2-Point Conversions: SEA 2-5, OPP 0-1.

Rushing	Att	Yds	Avg	LG	TD
Wilson	95	586	6.2	31	3
M. Davis	68	240	3.5	33	0
Carson	49	208	4.2	30	0
TEAM	409	1629	4.0	33	4
OPP	452	1824	4.0	75t	14

Receiving	No	Yds	Avg	LG	TD
Baldwin	75	991	13.2	54	8
Graham	57	520	9.1	33	10
Lockett	45	555	12.3	74t	2
P. Richardson	44	703	16.0	61t	6
McKissic	34	266	7.8	27t	2
TEAM	340	3979	11.7	74t	34
OPP	325	3616	11.1	75t	19

Interceptions	No	Yds	Avg	LG	TD
Thomas	2	97	48.5	78t	1
J. Coleman	2	58	29.0	30t	2
Sherman	2	20	10.0	19	0
Wagner	2	7	3.5	7	0
TEAM	14	212	15.1	78t	3
OPP	12	145	12.1	69	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	92	4141	45.0	38.8	6	29	74	0
TEAM	92	4141	45.0	38.8	6	29	74	0
OPP	85	3779	44.5	40.7	4	27	66	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Lockett	36	21	237	6.6	27	0
TEAM	36	21	237	6.6	27	0
OPP	45	19	452	10.0	72	0

Kickoff Returns	No	Yds	Avg	LG	TD
Lockett	37	949	25.6	99t	1
TEAM	43	1004	23.3	99t	1
OPP	39	790	20.3	55	0

Field Goals	1-19	20-29	30-39	40-49	50+
Walsh	0/0	6/6	7/10	8/12	0/1
TEAM	0/0	6/6	7/10	8/12	0/1
OPP	1/1	3/3	13/15	10/12	4/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	133	97	36	1.5	2	6	0	1
Wright	108	71	37	0	1	6	0	1
Thomas	88	56	32	0	2	7	1	0
McDougald	67	45	22	0	0	4	0	0
Griffin	58	50	8	1.0	1	15	0	0

Record (finish): 9-7 (2nd, NFC West)

Head Coach: Pete Carroll (79-48-1, .629)

Assistants: Darrell Bevell (Off. Coord.), Kris Richard (Def. Coord.), Michael Barrow (Asst. Head Coach/Def./LBs), Dwaine Board (Asst. DL), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Wide Receivers), Chris Carlisle (Head Strength & Cond.), Brennan Carroll (Asst. OL), Nate Carroll (Asst. WRs), Andre Curtis (DBs), Tom Donatell (QC/Def.), Heath Farwell (Asst. Special Teams), Mondray Gee (Asst. Strength & Cond.), John Glenn (Asst. LBs), Will Harriger (Asst. QBs), Clint Hurtt (DL), Lemuel Jeanpierre (Offensive Asst.), Travis Jones (Sr. Def. Asst.), Pat McPherson (Tight Ends), Ricky Manning, Jr. (Asst. DBs), Chad Morton (RBs), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams Coord.), Carl Smith (Quarterbacks), Nick Sorensen (Secondary), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, S Kam Chancellor, LB Bobby Wagner, P/ST Jon Ryan

Largest Award: LB Bobby Wagner

Pro Bowl: WR Doug Baldwin, DE Michael Bennett, T Duane Brown, TE Jimmy Graham, S Earl Thomas, LB Bobby Wagner, QB Russell Wilson

All-Pro: KR Tyler Lockett, S Earl Thomas, LB Bobby Wagner

OFFENSE

Pos.		Starts
WR	Doug Baldwin	16
	Paul Richardson	13
	Tyler Lockett	7
LT	Duane Brown	9
	Rees Odhiambo	7
LG	Luke Joeckel	11
	Ethan Pocic*	5
C	Justin Britt	16
RG	Oday Aboushi	8
	Ethan Pocic*	6
RT	Germain Ifedi	16
TE	Jimmy Graham	13
QB	Russell Wilson	16
RB	Mike Davis	6
	Chris Carson*	3

DEFENSE

LE	Michael Bennett	16
LT	Jarran Reed	15
RT	Sheldon Richardson	15
RE	Frank Clark	12
	Cliff Avril	4
OLB	K.J. Wright	15
MLB	Bobby Wagner	16
OLB	Michael Wilhoite	9
LCB	Richard Sherman	9
	Byron Maxwell	5
RCB	Shaquill Griffin*	11
SS	Kam Chancellor	9
	Bradley McDougald	7
FS	Earl Thomas	14

SPECIAL TEAMS

P	Jon Ryan	16
K	Blair Walsh	16
LS	Tyler Ott	16

*Rookie or first-year player

2017 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Rams	11	5	0	.688	478	329
Seattle	9	7	0	.563	366	332
Arizona	8	8	0	.500	295	361
San Francisco	6	10	0	.375	331	383

2018 REVIEW (10-6; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/9	L	27-24	at Denver	76,761
9/17	L	24-7	at Chicago	57,960
9/23	W	24-13	Dallas	69,047
9/30	W	20-17	at Arizona	61,845
10/7	L	33-31	L.A. Rams	68,893
10/14	W	27-3	at Oakland	84,922
10/21			BYE	
10/28	W	28-14	at Detroit	65,237
11/4	L	25-17	L.A. Chargers	68,989
11/11	L	36-31	at L.A. Rams	72,755
11/15	W	27-24	Green Bay	69,007
11/25	W	30-27	at Carolina	74,002
12/2	W	43-16	San Francisco	69,009
12/10	W	21-7	Minnesota	69,007
12/16	L	26-23	at San Francisco (OT)	68,836
12/23	W	38-31	Kansas City	69,067
12/30	W	27-24	Arizona	68,990

POSTSEASON

1/5	L	24-22	at Dallas (NFC Wild Card Game)	94,327
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Team Statistics

	Sea	Opp
TOTAL FIRST DOWNS	329	323
Rushing	133	91
Passing	156	201
Penalty	40	31
3rd Down: Made/Att	81/208	64/183
3rd Down Pct.	38.9	35.0
4th Down: Made/Att	11/14	6/13
4th Down Pct.	78.6	46.2
POSSESSION AVG.	31:15	28:45
TOTAL NET YARDS	5653	5653
Avg. Per Game	353.3	353.3
Total Plays	1012	955
Avg. Per Play	5.6	5.9
NET YARDS RUSHING	2560	1811
Avg. Per Game	160.0	113.2
Total Rushes	534	366
NET YARDS PASSING	3093	3842
Avg. Per Game	193.3	240.1
Sacked/Yards Lost	51/355	43/261
Gross Yards	3448	4103
Att./Completions	427/280	546/355
Completion Pct.	65.6	65.0
Had Intercepted	7	12
PUNTS/AVERAGE	79/47.6	66/44.9
NET PUNTING AVG.	79/42.5	66/41.5
PENALTIES/YARDS	111/959	108/981
FUMBLES/BALL LOST	18/4	26/14
TOUCHDOWNS	52	39
Rushing	15	9
Passing	35	26
Returns	2	4

By Quarters	1	2	3	4	OT	Tot
SEA	78	129	72	149	0	428
OPP	71	106	48	119	3	347

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	427	280	3448	65.6	8.07	35	8.2	7	1.6	66	51/355	110.9
TEAM	427	280	3448	65.6	8.07	35	8.2	7	1.6	66	51/355	110.9
OPP	546	355	4103	65.0	7.51	26	4.8	12	2.2	75t	43/261	94.3

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Janikowski	0	0	0	0	48/51	22/27	0	114
Lockett	10	0	10	0			0	62
Carson	9	9	0	0			0	54
Baldwin	5	0	5	0			0	30
J. Brown	5	0	5	0			0	30
TEAM	52	15	35	2	48/51	22/27	0	428
OPP	39	9	26	4	31/34	26/33	0	347

2-Point Conversions: SEA 1-1, OPP 2-5.

Rushing	Att	Yds	Avg	LG	TD
Carson	247	1151	4.7	61	9
M. Davis	112	514	4.6	37	4
Penny	85	419	4.9	38	2
Wilson	67	376	5.6	40	0
TEAM	534	2560	4.8	61	15
OPP	366	1811	4.9	59	9

Receiving	No	Yds	Avg	LG	TD
Lockett	57	965	16.9	52t	10
Baldwin	50	618	12.4	42	5
M. Davis	34	214	6.3	18	1
Vannett	29	269	9.3	32	3
Moore	26	445	17.1	54	5
Carson	20	163	8.2	27	0
TEAM	280	3448	12.3	66	35
OPP	355	4103	11.6	75t	26

Interceptions	No	Yds	Avg	LG	TD
McDougald	3	39	13.0	39	0
E. Thomas	3	25	8.3	25	0
Shaqui. Griffin	2	8	4.0	8	0
TEAM	12	196	16.3	98t	1
OPP	7	135	19.3	49t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
M. Dickson	78	3759	48.2	42.5	5	28	69	1
TEAM	79	3759	47.6	42.5	5	28	69	1
OPP	66	2961	44.9	41.5	4	23	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Lockett	25	20	143	5.7	19	0
TEAM	25	20	143	5.7	19	0
OPP	36	10	304	8.4	45	0

Kickoff Returns	No	Yds	Avg	LG	TD
Lockett	19	493	25.9	84	0
TEAM	29	669	23.1	84	0
OPP	37	919	24.8	97t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Janikowski	0/0	2/2	9/11	8/9	3/5
TEAM	0/0	2/2	9/11	8/9	3/5
OPP	1/1	7/7	9/9	3/8	6/8

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	138	84	54	1.0	1	11	2	1
McDougald	78	66	12	0	3	9	3	1
Flowers	67	55	12	0	0	6	3	1
Griffin, Shaqui.	62	55	7	0	2	8	0	0
Thompson	52	38	14	0	1	3	0	0
Reed, J.	50	34	6	10.5	0	0	0	2

Record (finish): 10-6 (2nd, NFC West)

Head Coach: Pete Carroll (89-54-1, .622)

Assistants: Brian Schottenheimer (Off. Coord.), Ken Norton Jr. (Def. Coord.), Dave Canales (Quarterbacks), Chris Carlisle (Head Strength & Cond.), Brennan Carroll (Asst. OL), Nate Carroll (WRs), Andre Curtis (Passing Game Coord.), Tom Donatell (QC/Def.), Jethro Franklin (Asst. DL), Mondray Gee (Asst. Strength & Cond.), John Glenn (LBs), Will Harriger (Asst. QBs), Clint Hurtt (Asst. Head Coach/Defense), Larry Izzo (Asst. Special Teams), Pat McPherson (Tight Ends), Chad Morton (RBs), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams Coord.), Steve Shimko (Offensive Asst.), Carl Smith (Associate Head Coach), Mike Solari (Offensive Line), Nick Sorensen (Secondary), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, LB Bobby Wagner, K/ST Sebastian Janikowski, CB/ST Neiko Thorpe

Largent Award: QB Russell Wilson

Pro Bowl: P Michael Dickson, LB Bobby Wagner, QB Russell Wilson

All-Pro: T Duane Brown, P Michael Dickson, LB Bobby Wagner

OFFENSE

Pos.	Player	Starts
WR	Doug Baldwin	13
	Tyler Lockett	13
LT	Duane Brown	16
LG	J.R. Sweezy	13
C	Justin Britt	15
RG	D.J. Fluker	9
	Jordan Simmons*	3
RT	Germain Ifedi	14
TE	Nick Vannett	9
QB	Russell Wilson	16
RB	Chris Carson	14

DEFENSE

LE	Quinton Jefferson	12
LT	Jarran Reed	16
RT	Shamar Stephen	14
RE	Frank Clark	16
OLB	Barkevious Mingo	14
MLB	Bobby Wagner	15
OLB	Austin Calitro	4
	Mychal Kendricks	3
LCB	Shaquill Griffin	16
RCB	Tre Flowers*	15
SS	Bradley McDougald	14
FS	Tedric Thompson	10
	Earl Thomas	4

SPECIAL TEAMS

P	Michael Dickson*	16
K	Sebastian Janikowski	16
LS	Tyler Ott	16

*Rookie or first-year player

2018 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Rams	13	3	0	.813	527	384
Seattle*	10	6	0	.625	428	347
San Francisco	4	12	0	.250	342	435
Arizona	3	13	0	.188	225	425

2019 REVIEW (11-5; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/8	W	21-20	Cincinnati	68,710
9/15	W	28-26	at Pittsburgh	65,063
9/22	L	27-33	New Orleans	69,005
9/29	W	27-10	at Arizona	60,500
10/3	W	30-29	L.A. Rams	68,988
10/13	W	32-28	at Cleveland	67,431
10/20	L	16-30	Baltimore	69,012
10/27	W	27-20	at Atlanta	71,483
11/3	W	40-34	Tampa Bay (OT)	68,948
11/11	W	27-24	at San Francisco (OT)	71,404
11/24	W	17-9	at Philadelphia	69,796
12/2	W	37-30	Minnesota	69,080
12/8	L	12-28	at L.A. Rams	71,501
12/15	W	30-24	at Carolina	72,544
12/22	L	13-27	Arizona	69,022
12/29	L	21-2	San Francisco	69,162

POSTSEASON

1/5	W	17-9	at Philadelphia (NFC Wild Card Game)	69,796
1/12	L	28-23	at Green Bay (NFC Divisional Playoff)	78,998

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	341	346
Rushing	121	97
Passing	190	224
Penalty	30	25
3rd Down: Made/Att	79/200	71/185
3rd Down Pct.	39.5	38.4
4th Down: Made/Att	7/14	7/12
4th Down Pct.	50.0	58.3
POSSESSION AVG.	30:59	29:01
TOTAL NET YARDS	5991	6106
Avg. Per Game	374.4	381.6
Total Plays	1046	1014
Avg. Per Play	5.7	6.0
NET YARDS RUSHING	2200	1883
Avg. Per Game	137.5	117.7
Total Rushes	481	388
NET YARDS PASSING	3791	4223
Avg. Per Game	236.9	263.9
Sacked/Yards Lost	48/319	28/184
Gross Yards	4110	4407
Att./Completions	517/341	598/383
Completion Pct.	66.0	64.0
Had Intercepted	6	16
PUNTS/AVERAGE	74/45.1	59/45.1
NET PUNTING AVG.	74/40.9	59/42.0
PENALTIES/YARDS	109/882	96/798
FUMBLES/BALL LOST	26/14	25/16
TOUCHDOWNS	49	47
Rushing	15	22
Passing	31	19
Returns	3	6

By Quarters	1	2	3	4	OT	Tot
SEA	77	110	83	126	9	405
OPP	91	114	56	137	0	398

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	516	341	4110	66.1	7.97	31	6.0	5	1.0	60t	48/319	106.3
Gordon	1	0	0	0.0	0.00	0	0.0	1	100.0	---	0/0	0.0
TEAM	517	341	4110	66.0	7.95	31	6.0	6	1.2	60t	48/319	105.3
OPP	598	383	4407	64.0	7.37	19	3.2	16	2.7	58t	28/184	85.6

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Myers	0	0	0	0	40/44	23/28	0	109
Carson	9	7	2	0			0	54
Lockett	8	0	8	0			0	48
Metcalf	7	0	7	0			0	44
Dissly	4	0	4	0			0	24
Penny	4	3	1	0			0	24
TEAM	49	15	31	3	40/44	23/28	0	405
OPP	47	22	19	6	35/38	25/35	0	398

2-Point Conversions: SEA 1-3, OPP 3-9.

Rushing	Att	Yds	Avg	LG	TD
Carson	278	1230	4.4	59	7
Penny	65	370	5.7	58t	3
Wilson	75	342	4.6	21	3
Homer	18	114	6.3	29	0
TEAM	481	2200	4.6	59	15
OPP	388	1883	4.9	80t	22

Receiving	No	Yds	Avg	LG	TD
Lockett	82	1057	12.9	44t	8
Metcalf	58	900	15.5	54	7
Hollister	41	349	8.5	22	3
Carson	37	266	7.2	21	2
Dissly	23	262	11.4	38	4
Moore	17	301	17.7	60t	2
TEAM	341	4110	12.1	60t	31
OPP	383	4407	11.5	58t	19

Interceptions	No	Yds	Avg	LG	TD
Diggs	3	99	33.0	55t	1
K. Wright	3	10	3.3	11	0
Flowers	3	0	0.0	0	0
TEAM	16	161	10.1	55t	2
OPP	6	149	24.8	67t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
M. Dickson	74	3341	45.1	40.9	5	34	63	0
TEAM	74	3341	45.1	40.9	5	34	63	0
OPP	59	2661	45.1	42.0	2	18	65	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Lockett	13	10	66	5.1	20	0
Moore	10	10	75	7.5	18	0
TEAM	23	20	141	6.1	20	0
OPP	34	18	213	6.3	53t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Lockett	14	279	19.9	33	0
TEAM	22	432	19.6	33	0
OPP	24	532	22.2	74	0

Field Goals	1-19	20-29	30-39	40-49	50+
Myers	0/0	6/6	11/11	4/7	2/4
TEAM	0/0	6/6	11/11	4/7	2/4
OPP	0/0	6/6	8/9	10/16	1/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	159	86	73	3.0	1	6	1	1
Wright	132	67	65	0	3	11	0	0
Flowers	82	65	17	2.0	3	8	1	1
Kendricks	71	47	24	3.0	1	4	1	0
McDougald	70	52	18	0.5	2	6	1	1

Record (finish): 11-5 (2nd, NFC West)

Head Coach: Pete Carroll (100-59-1, .628)

Assistants: Brian Schottenheimer (Off. Coord.), Ken Norton, Jr. (Def. Coord.), Dave Canales (Quarterbacks), Brennan Carroll (Off. Scheme Specialist/Asst. OL), Nate Carroll (WRs), Aaron Curry (Coaching Asst.), Andre Curtis (Def. Passing Game Coord.), Austin Davis (Off. Asst.), Tom Donatell (QC/Def.), Jethro Franklin (Asst. DL), Thomas Garcia (Strength & Cond. Asst.), John Glenn (LBs), Clint Hurtt (Asst. Head Coach/Defense), Brad Idzik (Asst. WRs), Larry Izzo (Asst. Special Teams), Ivan Lewis (Head Strength & Cond.), Pat McPherson (TEs), Chad Morton (RBs), Mark Philipp (Strength & Cond. Asst.), Pat Ruel (Asst. OL), Brian Schneider (Special Teams Coord.), Steve Shimko (Asst. QBs), Mike Solari (Offensive Line), Nick Sorensen (Secondary), Grant Steen (Strength & Cond. Asst.), Danny van Dijk (Strength & Cond. Asst.), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, LB Bobby Wagner, CB/ST Neiko Thorpe

Largest Award: QB Russell Wilson

Pro Bowl: CB Shaquill Griffin, LB Bobby Wagner, QB Russell Wilson

All-Pro: LB Bobby Wagner, QB Russell Wilson

OFFENSE

Pos.		Starts
WR	Tyler Lockett	16
	DK Metcalf*	15
LT	Duane Brown	12
	George Fant	3
LG	Mike Iupati	15
C	Justin Britt	8
	Joey Hunt	8
RG	D.J. Fluker	14
RT	Germain Ifedi	16
TE	Luke Willson	7
	Will Dissly	6
QB	Russell Wilson	16
RB	Chris Carson	15

DEFENSE

DE	Jadeveon Clowney	11
	Rasheem Green	8
DT	Jarran Reed	10
NT	Poona Ford	14
DE	Quinton Jefferson	9
OLB	K.J. Wright	16
MLB	Bobby Wagner	16
OLB	Mychal Kendricks	14
LCB	Shaquill Griffin	14
RCB	Tre Flowers	15
SS	Bradley McDougald	14
FS	Tedric Thompson	6
	Quandre Diggs	5
	Lano Hill	4

SPECIAL TEAMS

P	Michael Dickson	16
K	Jason Myers	16
LS	Tyler Ott	16

*Rookie or first-year player

2019 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	3	0	.813	479	310
Seattle*	11	5	0	.688	405	398
L.A. Rams	9	7	0	.563	394	364
Arizona	5	10	1	.344	361	442

SERIES BREAKDOWN

Due to the 2002 new alignment plan, division records were reset. Division records from 1976-2001 may be found at the end of this section.

NFC WEST (62-39-1)

ARIZONA CARDINALS (20-19-1)

9/12/76	—	L		24-30	58,441
11/13/83	—	L	@	28-33	33,280
9/17/89	—	L		24-34	60,444
12/19/93	—	*L		27-30	45,737
10/29/95	—	*L	@	14-20	39,600
9/13/98	—	W		33-14	57,678
9/15/02	—	L		13-24	63,104
11/10/02	—	W	@	27-6	29,252
9/14/03	—	W	@	38-0	23,127
12/21/03	—	W		28-10	64,899
10/24/04	—	L	@	17-25	35,695
12/26/04	—	W		24-21	65,825
9/25/05	—	W		37-12	64,843
11/6/05	—	W	@	33-19	43,542
9/17/06	—	W		21-10	67,470
12/10/06	—	L	@	21-27	63,603
9/16/07	—	L	@	20-23	64,542
12/9/07	—	W		42-21	68,193
11/16/08	—	L		20-26	67,616
12/28/08	—	L	@	21-34	63,874
10/18/09	—	L		3-27	67,588
11/15/09	—	L	@	20-31	62,278
10/24/10	—	W		22-10	67,132
11/14/10	—	W	@	36-18	61,904
9/25/11	—	W		13-10	66,199
1/1/12	—	*L	@	20-23	61,798
9/9/12	—	L	@	16-20	60,032
12/9/12	—	W		58-0	67,685
10/17/13	—	W	@	34-22	61,200
12/22/13	—	L		10-17	68,266
11/23/14	—	W		19-3	68,327
12/21/14	—	W	@	35-6	63,806
11/15/15	—	L		32-39	69,005
1/3/16	—	W	@	36-6	74,287
10/23/16	—	*T	@	6-6	65,089
12/24/16	—	L		31-34	69,050
11/9/17	—	W	@	22-16	64,639
12/31/17	—	L		24-26	69,078
9/30/18	—	W	@	20-17	61,845
12/30/18	—	W		27-24	68,990

Franchise moved from St. Louis in 1988.

Points: Arizona 774 (19.4), Seattle 996 (24.9)

LOS ANGELES RAMS (23-18)

10/31/76	—	L	@	6-45	52,035
11/4/79	—	L		0-24	62,048
9/23/85	—	L		24-35	63,292
10/23/88	—	L	@	10-31	57,033
12/22/91	—	W		23-9	51,100
10/19/97	—	W	@	17-9	64,819
9/10/00	—	L	+	34-37	64,869
10/20/02	—	L	@	20-37	65,931
12/22/02	—	W		30-10	63,953
9/21/03	—	W		24-23	65,841
12/14/03	—	L	@	22-27	66,152
10/10/04	—	*L		27-33	66,940
11/14/04	—	L	@	12-23	66,044
10/9/05	—	W	@	37-31	65,707
11/13/05	—	W		31-16	67,192
10/15/06	—	W	@	30-28	65,592
11/12/06	—	W		24-22	68,175
10/21/07	—	W		33-6	68,164
11/25/07	—	W	@	24-19	65,423
9/21/08	—	W		37-13	68,012
12/14/08	—	W	@	23-20	56,123
9/13/09	—	W		28-0	67,610
11/29/09	—	W	@	27-17	47,475
10/3/10	—	L	@	3-20	52,326

1/2/11	—	W		16-6	67,325
11/20/11	—	W	@	24-7	56,400
12/12/11	—	W		30-13	66,577
9/30/12	—	L	@	13-19	53,193
12/30/12	—	W		20-13	67,936
10/28/13	—	W	@	14-9	55,966
12/29/13	—	W		27-9	68,264
10/19/14	—	L	@	26-28	57,855
12/28/14	—	W		20-6	68,453
9/13/15	—	*L	@	31-34	51,792
12/27/15	—	L		17-23	69,080
9/18/16	—	L	@	3-9	91,046
12/15/16	—	W		24-3	69,067
10/08/17	—	W	@	16-10	60,745
12/17/17	—	L		7-42	69,077
10/7/18	—	L		31-33	68,893
11/11/18	—	L	@	31-36	72,755

Moved from L.A. Coliseum to Anaheim Stadium in 1980. Moved from Anaheim to St. Louis in 1995. Moved from St. Louis to L.A. Coliseum in 2016.

Points: L.A. 835 (20.4), Seattle 896 (21.9)

SAN FRANCISCO 49ERS (24-16)

9/26/76	—	L		21-37	59,108
10/7/79	—	W	@	35-24	44,592
11/25/85	—	L	@	6-19	57,482
9/25/88	—	L		7-38	63,382
12/8/91	—	L		22-24	56,711
12/21/97	—	W		38-9	66,253
10/14/02	—	L		21-28	66,420
12/01/02	—	L	@	24-31	67,594
10/12/03	—	W		20-19	66,437
12/27/03	—	W	@	24-17	67,840
9/26/04	—	W		34-0	66,709
11/7/04	—	W	@	42-27	64,423
11/20/05	—	W	@	27-25	63,590
12/11/05	—	W		41-3	66,690
11/19/06	—	L	@	14-20	68,367
12/14/06	—	L		14-24	67,650
9/30/07	—	W	@	23-3	67,651
11/12/07	—	W		24-0	68,331
9/14/08	—	*L		30-33	67,951
10/26/08	—	W	@	34-13	67,504
10/23/09	—	L	@	10-23	69,732
12/6/09	—	W		20-17	67,761
9/12/10	—	W		31-6	67,044
12/12/10	—	L	@	21-40	69,732
9/11/11	—	L	@	17-33	69,732
12/24/11	—	L		17-19	66,697
10/18/12	—	L	@	6-13	69,732
12/23/12	—	W		42-13	68,161
9/15/13	—	W		29-3	68,338
12/8/13	—	L	@	17-19	69,732
11/27/14	—	W	@	19-3	69,732
70,799					
12/14/14	—	W		17-7	68,526
10/22/15	—	W	@	20-3	70,799
11/22/15	—	W		29-13	68,993
9/25/16	—	W		37-18	69,010
1/11/17	—	W	@	25-23	70,178
9/17/17	—	W		12-9	68,729
11/26/17	—	W	@	24-13	70,134
12/2/18	—	W		43-16	69,009
12/16/18	—	*L	@	23-26	68,836

Points: San Francisco 711 (17.8), Seattle 960 (24.0)

NFC EAST (19-16)

DALLAS COWBOYS (8-10)

10/3/76	—	L		13-28	62,027
11/27/80	—	L	@	7-51	57,540
12/4/83	—	L		10-35	63,352
11/27/86	—	W	@	31-14	58,020
10/11/92	—	L	@	0-27	62,311
11/22/98	—	L	@	22-30	64,142
12/16/01	—	W	+	29-3	63,366

10/27/02	—	W	@	17-14	63,854
12/6/04	—	L		39-43	68,093
10/23/05	—	W		13-10	67,046
11/27/08	—	L	@	9-34	63,253
11/1/09	—	L	@	17-38	80,886
11/6/11	—	L	@	13-23	81,510
9/16/12	—	W		27-7	68,008
10/12/14	—	L		30-23	68,432
11/1/15	—	W	@	13-12	91,486
12/24/17	—	W	@	21-12	92,150
9/23/18	—	W		24-13	69,047

Points: Dallas 424 (23.6), Seattle 328 (18.2)

NEW YORK GIANTS (9-9)

11/28/76	—	L	@	16-28	65,111
12/7/80	—	L		21-27	51,617
10/18/81	—	L		0-32	56,134
12/11/83	—	W	@	17-12	48,942
10/19/86	—	W		17-12	62,282
11/19/89	—	L	@	3-15	75,014
10/25/92	—	L	@	10-23	67,399
11/5/95	—	W		30-28	42,100
12/23/01	—	L	@	24-27	78,119
9/22/02	—	L	@	6-9	78,551
11/27/05	—	*W		24-21	67,102
9/24/06	—	W		42-30	68,161
10/5/08	—	L	@	6-44	79,529
11/7/10	—	L		7-41	67,287
10/9/11	—	W	@	36-25	78,650
12/15/13	—	W	@	23-0	79,691
11/9/14	—	W		38-17	68,352
10/22/17	—	W	@	24-7	78,527

Points: N.Y. Giants 398 (22.1), Seattle 344 (19.1)

PHILADELPHIA EAGLES (9-7)

12/12/76	—	L	@	10-27	37,949
11/2/80	—	L		20-27	61,047
11/23/86	—	W		24-20	55,786
9/10/89	—	L	@	7-31	64,287
12/13/92	—	*L		17-20	47,492
12/3/95	—	W		26-14	39,893
9/6/98	—	W	@	38-0	66,418
9/23/01	—	L	+	3-27	62,826
12/8/02	—	L		20-27	59,862
12/5/05	—	W	@	42-0	67,637
12/2/07	—	W	@	28-24	68,445
11/2/08	—	L		7-26	68,055
12/1/11	—	W		31-14	67,039
12/7/14	—	W	@	24-14	69,596
11/20/16	—	W		26-15	69,190
12/3/17	—	W		24-10	69,075

Points: Philadelphia 296 (18.5), Seattle 337 (21.1)

WASHINGTON REDSKINS (5-12)

9/19/76	—	L	@	7-31	53,174
9/28/80	—	W	@	14-0	53,263
9/25/83	—	L		17-27	60,718
9/28/86	—	L	@	14-19	54,157
12/23/89	—	L		0-29	60,294
11/8/92	—	L		3-16	53,616
9/4/94	—	W	@	28-7	52,930
11/19/95	—	W	@	27-20	51,298
9/20/98	—	W		24-14	63,336
11/04/01	—	L	@	14-27	82,352
11/3/02	—	L		3-14	64,325
11/9/03	—	L	@	20-27	80,728
10/2/05	—	*L	@	17-20	90,215
11/23/08	—	L		17-20	67,771
11/27/11	—	L		17-23	66,007
10/6/14	—	W	@	27-17	79,522
11/5/17	—	L		14-17	68,927

Points: Washington 328 (19.3), Seattle 263 (15.5)

SERIES BREAKDOWN, continued

NFC NORTH (20-13)

CHICAGO BEARS (11-5)

12/5/76	—	L	7-34	60,510
11/5/78	—	W	@ 31-29	50,697
12/12/82	—	W	20-14	52,826
9/23/84	—	W	38-9	61,520
12/20/87	—	W	@ 34-21	62,518
9/9/90	—	L	@ 0-17	64,400
9/19/99	—	W	@ 14-13	66,944
10/19/03	—	W	24-17	65,671
10/1/06	—	L	@ 6-37	62,225
11/18/07	—	W	30-23	68,249
9/27/09	—	L	19-25	67,938
10/17/10	—	W	@ 23-20	62,137
12/18/11	—	W	@ 38-14	61,542
12/2/12	—	*W	@ 23-17	62,264
9/27/15	—	W	26-0	69,002
9/17/18	—	L	@ 17-24	57,960

Points: Chicago 314 (19.6), Seattle 350 (21.9)

DETROIT LIONS (9-5)

10/24/76	—	L	14-41	61,280
9/24/78	—	W	28-16	56,781
12/2/84	—	W	38-17	62,441
10/18/87	—	W	@ 37-14	8,310
12/30/90	—	W	30-10	50,681
10/17/93	—	L	@ 10-30	60,801
10/17/96	—	L	@ 16-17	51,194
9/12/99	—	L	20-28	66,238
11/16/03	—	W	35-14	65,865
9/10/06	—	W	@ 9-6	60,535
11/8/09	—	W	32-20	67,003
10/28/12	—	L	@ 24-28	63,497
10/5/15	—	W	13-10	69,005
10/28/18	—	W	@ 28-14	65,237

Points: Detroit 265 (18.9), Seattle 334 (23.9)

GREEN BAY PACKERS (8-11)

10/10/76	—	L	@ 20-27	54,983
10/15/78	—	L	@ 28-45	52,712
11/1/81	—	L	@ 24-34	49,467
10/21/84	—	W	@ 30-24	52,286
11/15/87	—	W	24-13	60,963
12/9/90	—	W	@ 20-14	52,015
9/29/96	—	L	10-31	59,973
11/1/99	—	W	@ 27-7	59,869
10/5/03	—	L	@ 13-35	70,365
1/1/06	—	L	@ 17-23	69,928
11/27/06	—	W	34-24	68,256
10/12/08	—	L	17-27	68,302
12/27/09	—	L	@ 10-48	70,429
9/24/12	—	W	14-12	68,218
9/4/14	—	W	36-16	68,424
9/20/15	—	L	@ 17-27	78,433
12/11/16	—	L	@ 38-10	78,057
9/10/17	—	L	@ 9-17	78,381
11/15/18	—	W	27-24	69,007

1981 & 1999 games played at Green Bay. 1976, 1978 & 1990 played in Milwaukee.

Points: Green Bay 486 (25.6), Seattle 387 (20.4)

MINNESOTA VIKINGS (10-5)

11/14/76	—	L	@ 21-27	45,087
10/8/78	—	W	29-28	62,031
9/30/84	—	W	@ 20-12	57,171
11/1/87	—	W	28-17	61,134
11/18/90	—	L	21-24	59,735
11/10/96	—	W	42-23	50,794
9/29/02	—	W	48-23	65,212
12/7/03	—	L	@ 7-34	63,968
12/12/04	—	W	@ 27-23	64,110
10/22/06	—	L	13-31	68,118
11/22/09	—	L	@ 9-35	63,854
11/4/12	—	W	30-20	67,584

11/17/13	—	W	41-20	68,235
12/6/15	—	W	@ 38-7	52,430
12/10/18	—	W	21-7	69,007

Played in Metropolitan Stadium from 1961-81. Moved into the Metrodome in 1982. Played at the University of Minnesota's TCF Bank Stadium in 2015.

Points: Minnesota 331 (22.1), Seattle 395 (26.3)

NFC SOUTH (16-12)

ATLANTA FALCONS (10-6)

11/7/76	—	W	30-13	57,985
10/29/79	—	W	@ 31-28	52,566
10/13/85	—	W	30-26	60,430
10/2/88	—	W	@ 31-20	28,619
12/15/91	—	L	@ 13-26	53,834
11/30/97	—	L	17-24	52,584
12/03/00	—	W	@ 30-10	44,680
12/15/02	—	*W	@ 30-24	69,551
1/2/05	—	W	28-26	66,740
9/18/05	—	W	21-18	66,030
12/30/07	—	L	@ 41-44	64,925
12/19/10	—	L	18-34	67,101
10/2/11	—	L	28-30	66,266
11/10/13	—	W	@ 33-10	70,309
10/16/16	—	W	26-24	69,071
11/20/17	—	L	31-34	69,026

Played at Atlanta-Fulton County Stadium from 1966-91. Moved into Georgia Dome in 1992.

Points: Atlanta 391 (24.4), Seattle 438 (27.4)

CAROLINA PANTHERS (7-3)

10/08/00	—	L	@ 3-26	72,192
10/31/04	—	W	23-17	66,214
12/16/07	—	L	@ 10-13	73,421
12/5/10	—	W	31-14	66,577
10/7/12	—	W	@ 16-12	72,676
9/8/13	—	W	@ 12-7	73,294
10/26/14	—	W	@ 13-9	74,042
10/18/15	—	L	23-27	69,020
12/4/16	—	W	40-7	69,104
11/25/18	—	W	@ 30-27	74,002

Points: Carolina 159 (15.9), Seattle 201 (20.1)

NEW ORLEANS SAINTS (6-7)

11/21/76	—	L	27-51	61,865
11/18/79	—	W	38-24	60,055
11/10/85	—	W	@ 27-3	47,365
10/16/88	—	L	19-20	63,569
9/1/91	—	L	@ 24-27	68,492
11/16/97	—	*L	@ 17-20	50,493
9/17/00	—	W	+ 20-10	59,513
9/7/03	—	W	27-10	52,250
9/12/04	—	W	@ 21-7	64,900
10/14/07	—	L	17-28	68,296
11/21/10	—	L	@ 19-34	70,015
12/2/13	—	W	34-7	68,387
10/30/16	—	L	@ 20-25	73,188

Points: New Orleans 266 (20.5), Seattle 310 (23.8)

TAMPA BAY BUCCANEERS (8-5)

10/17/76	—	W	@ 13-10	43,812
10/16/77	—	W	30-23	54,783
11/20/94	—	W	22-21	37,466
9/22/96	—	W	@ 17-13	30,212
11/28/99	—	L	3-16	66,314
9/19/04	—	W	@ 10-6	65,089
12/31/06	—	W	@ 23-7	65,660
9/9/07	—	W	20-6	68,044
10/19/08	—	L	@ 10-20	64,811
12/20/09	—	L	7-24	67,011
12/26/10	—	L	@ 15-38	46,576
11/3/13	—	*W	27-24	67,873
11/27/16	—	L	@ 5-14	63,674

Points: Tampa Bay 222 (17.1), Seattle 202 (15.5)

AFC WEST (9-11)

DENVER BRONCOS (19-35)

10/2/77	—	L	13-24	53,108
10/7/78	—	L	@ 7-28	74,989
10/29/78	—	*L	@ 17-20	62,948
9/23/79	—	L	@ 34-37	74,879
12/8/79	—	W	28-23	60,038
11/23/80	—	L	@ 20-36	73,274
12/21/80	—	L	17-25	51,853
9/13/81	—	W	13-10	58,513
12/13/81	—	L	@ 13-23	74,527
11/21/82	—	W	@ 17-10	73,916
1/2/83	—	W	13-11	43,145
11/6/83	—	W	27-19	61,189
11/20/83	—	L	@ 27-38	74,710
11/25/84	—	W	@ 27-24	74,922
12/15/84	—	L	14-31	64,411
10/20/85	—	*L	@ 10-13	74,899
12/20/85	—	L	24-27	56,283
10/26/86	—	L	@ 13-20	76,089
12/20/86	—	W	41-16	63,697
9/13/87	—	L	@ 17-40	75,999
12/13/87	—	W	28-21	61,759
9/4/88	—	W	@ 21-14	75,986
12/11/88	—	W	42-14	62,839
10/22/89	—	*L	21-24	62,353
11/26/89	—	L	@ 14-41	75,117
9/23/90	—	*L	@ 31-34	75,290
12/23/90	—	W	17-12	55,845
9/15/91	—	L	@ 10-16	74,152
11/24/91	—	W	13-10	60,430
11/30/92	—	*W	16-13	51,612
12/20/92	—	L	@ 6-10	72,570
10/31/93	—	L	@ 17-28	73,644
11/28/93	—	L	9-17	57,812
10/9/94	—	L	+ 9-16	63,872
11/13/94	—	L	@ 10-17	71,290
10/1/95	—	W	27-10	49,914
12/10/95	—	W	@ 31-27	71,488
9/8/96	—	L	20-30	43,671
12/1/96	—	L	@ 7-34	74,982
9/7/97	—	L	14-35	55,859
11/2/97	—	L	@ 27-30	74,212
10/11/98	—	L	16-21	66,258
12/27/98	—	L	@ 21-28	74,057
11/14/99	—	W	20-17	66,314
12/19/99	—	*L	@ 30-36	65,987
11/26/00	—	L	+ 31-38	68,661
12/10/00	—	L	@ 24-31	75,218
10/14/01	—	W	+ 34-21	61,837
12/09/01	—	L	@ 7-20	74,524
11/17/02	—	L	9-31	65,495
12/03/06	—	W	@ 23-20	76,146
9/19/10	—	L	@ 14-31	75,130
9/21/14	—	*W	26-20	68,447
9/9/18	—	L	@ 24-27	76,761

Points: Denver 1269 (23.5), Seattle 1061 (19.6)

KANSAS CITY CHIEFS (19-33)

12/11/77	—	W	@ 34-31	22,562
11/19/78	—	W	@ 13-10	32,252
12/17/78	—	W	23-19	58,490
9/30/79	—	L	6-24	61,169
12/2/79	—	L	@ 21-37	42,160
9/14/80	—	W	@ 17-16	42,403
11/9/80	—	L	30-31	58,976
9/27/81	—	L	14-20	59,255
11/22/81	—	L	@ 13-40	49,002
9/4/83	—	L	@ 13-17	42,531
11/27/83	—	*W	51-48	56,795
11/4/84	—	W	45-0	61,396
12/9/84	—	L	@ 7-34	34,855
9/29/85	—	L	@ 7-28	50,485
12/1/85	—	W	26-6	52,655
9/14/86	—	W	23-17	61,068
11/9/86	—	L	@ 7-27	53,268
9/20/87	—	W	43-14	61,667
12/27/87	—	L	@ 20-41	20,370
9/11/88	—	W	31-10	61,512
11/20/88	—	L	@ 24-27	33,152

SERIES BREAKDOWN, continued

KANSAS CITY CHIEFS, CONTINUED

10/8/89	—	L	16-20	60,715
11/5/89	—	L	@ 10-20	54,489
10/21/90	—	W	19-7	60,358
11/11/90	—	W	@ 17-16	71,285
9/22/91	—	L	@ 13-20	71,789
12/1/91	—	L	6-19	57,248
9/13/92	—	L	@ 7-26	75,125
11/22/92	—	L	14-24	49,867
12/5/93	—	L	16-31	58,551
1/2/94	—	L	@ 24-34	72,136
10/23/94	—	L	@ 23-38	78,847
11/27/94	—	W	10-9	54,120
9/3/95	—	L	10-34	47,564
12/24/95	—	L	@ 3-26	75,784
9/15/96	—	L	17-35	39,970
10/17/96	—	L	@ 16-34	76,057
9/28/97	—	*L	@ 17-20	77,877
11/23/97	—	L	14-19	66,264
10/4/98	—	L	@ 6-17	66,418
11/8/98	—	W	24-12	66,251
11/21/99	—	W	@ 31-19	78,714
12/26/99	—	W	23-14	66,332
10/02/00	—	L	@ 17-24	82,893
10/29/00	—	L	+ 19-24	62,141
11/25/01	—	L	@ 7-19	77,357
1/06/02	—	W	+ 21-18	58,460
11/24/02	—	W	39-22	56,250
10/29/06	—	L	@ 28-35	77,645
11/28/10	—	L	24-42	66,370
11/16/14	—	L	@ 24-20	76,463
12/23/18	—	W	38-31	69,067

Points: Kansas City 1230 (23.7), Seattle 1017 (19.6)

OAKLAND RAIDERS (25-28)

11/6/77	—	L	@ 7-44	50,929
10/22/78	—	W	27-7	62,529
11/26/78	—	W	@ 17-16	52,978
9/16/79	—	W	27-10	61,602
12/16/79	—	W	@ 29-24	53,177
10/26/80	—	L	@ 14-33	50,185
11/17/80	—	L	17-19	60,480
9/20/81	—	L	@ 10-20	45,725
11/29/81	—	L	31-32	57,147
12/5/82	—	L	@ 23-28	42,170
10/16/83	—	W	38-36	60,697
10/30/83	—	W	@ 34-21	49,708
10/7/84	—	L	@ 14-28	77,904
11/12/84	—	W	17-14	64,011
11/3/85	—	W	33-3	64,060
12/15/85	—	L	@ 3-13	77,425
10/12/86	—	L	@ 10-14	70,635
12/8/86	—	W	37-0	62,923
10/25/87	—	W	@ 35-13	52,735
11/30/87	—	L	14-37	62,802
11/28/88	—	W	35-27	62,641
12/18/88	—	W	@ 43-37	61,127
10/1/89	—	W	@ 24-20	44,319
12/17/89	—	W	23-17	61,076
9/16/90	—	L	13-17	61,889
10/14/90	—	L	@ 17-24	50,624
10/13/91	—	*L	20-23	61,974
11/17/91	—	L	@ 7-31	49,317
10/18/92	—	L	0-19	56,904
11/15/92	—	L	@ 3-20	46,862
9/12/93	—	L	13-17	58,836
12/12/93	—	L	@ 23-27	38,161
9/11/94	—	W	@ 38-9	47,319
12/11/94	—	L	16-17	53,301
10/8/95	—	L	@ 14-34	50,213
12/17/95	—	W	44-10	58,428
11/24/96	—	L	21-27	47,506

12/22/96	—	W	@ 28-21	33,455
10/26/97	—	W	45-34	66,264
12/14/97	—	W	@ 22-21	40,124
11/1/98	—	L	18-31	66,246
11/15/98	—	L	@ 17-20	51,527
10/3/99	—	W	22-21	66,400
12/5/99	—	L	@ 21-30	44,716
10/22/00	—	L	@ 3-31	57,490
12/16/00	—	W	+ 27-24	68,681
9/30/01	—	L	@ 14-38	54,629
11/11/01	—	W	+ 34-27	67,231
9/8/02	—	L	@ 17-31	53,260
11/6/06	—	W	16-0	67,816
10/31/10	—	L	@ 3-33	35,721
11/2/14	—	W	30-24	68,337
10/14/18	—	W	@# 27-3	84,922

Franchise moved from Oakland to Los Angeles in 1982. Moved back to Oakland in 1995. 2018 game was played in London's Wembley Stadium.

Points: Oakland 1177 (22.2), Seattle 1135 (21.4)

L.A. CHARGERS (26-25)

11/27/77	—	L	28-30	55,338
9/3/78	—	L	20-24	55,778
12/10/78	—	L	@ 10-37	49,975
9/2/79	—	L	16-33	62,287
10/14/79	—	L	@ 10-20	50,077
9/7/80	—	L	13-34	62,042
12/13/80	—	L	@ 14-21	49,980
10/4/81	—	L	@ 10-24	51,463
11/16/81	—	W	44-23	58,628
9/18/83	—	W	34-31	61,714
10/9/83	—	L	@ 21-28	49,132
9/9/84	—	W	31-17	61,314
10/29/84	—	W	@ 24-0	53,974
9/15/85	—	W	@ 49-35	54,420
10/6/85	—	W	26-21	61,300
10/6/86	—	W	33-7	63,207
12/14/86	—	W	@ 34-24	47,096
11/22/87	—	W	34-3	62,444
9/18/88	—	L	@ 6-17	44,449
10/30/88	—	W	17-14	59,641
10/15/89	—	W	@ 17-16	50,079
10/29/89	—	W	10-7	59,961
11/4/90	—	L	14-31	59,646
11/25/90	—	*W	@ 13-10	50,097
10/27/91	—	W	20-9	58,025
11/10/91	—	L	@ 14-17	43,597
10/4/92	—	L	@ 6-17	36,783
12/27/92	—	L	14-31	49,324
9/5/93	—	L	@ 12-18	58,039
10/3/93	—	W	31-14	54,778
9/18/94	—	L	+ 10-24	65,536
10/30/94	—	L	@ 15-35	59,001
9/10/95	—	L	@ 10-14	54,420
10/22/95	—	L	25-35	45,821
9/1/96	—	L	@ 7-29	58,780
10/27/96	—	W	32-13	38,143
9/21/97	—	W	26-22	51,110
11/9/97	—	W	@ 37-31	64,616
10/25/98	—	W	@ 27-20	58,512
12/13/98	—	W	38-17	62,690
10/17/99	—	L	@ 10-13	59,432
12/12/99	—	L	16-19	66,318
9/24/00	—	W	@ 20-12	47,233
11/05/00	—	W	+ 17-15	59,884
12/2/01	—	*W	+ 13-10	55,466
12/30/01	—	W	@ 25-22	51,412
12/29/02	—	*W	@ 31-28	52,159
12/24/06	—	L	17-20	68,174
9/26/10	—	W	27-20	67,106
9/14/14	—	L	@ 21-30	67,916
11/4/18	—	L	17-25	68,989

Points: L.A. 1067 (20.9), Seattle 1066 (20.9)

Franchise moved from San Diego to Los Angeles in 2017.

AFC EAST (9-7)

BUFFALO BILLS (8-5)

10/30/77	—	W	56-17	61,180
10/14/84	—	W	31-28	59,034
11/6/88	—	L	3-13	61,074
12/4/89	—	W	17-16	57,682
10/15/95	—	L	@ 21-27	74,362
12/1/96	—	W	26-18	41,373
10/24/99	—	W	26-16	66,301
12/23/00	—	L	+ 23-42	61,025
11/18/01	—	W	@ 23-20	60,836
11/28/04	—	L	9-38	66,271
9/7/08	—	L	@ 10-34	71,194
12/16/12	—	W	%@ 50-17	40,770
11/7/16	—	W	31-25	69,084

Points: Buffalo 311 (23.9), Seattle 326 (25.1)

MIAMI DOLPHINS (4-8)

10/23/77	—	L	@ 13-31	29,855
9/9/79	—	L	@ 10-19	56,233
10/4/87	—	W	24-20	19,448
12/16/90	—	L	@ 17-24	57,851
9/27/92	—	L	17-19	59,374
10/6/96	—	W	@ 22-15	59,539
9/3/00	—	L	@ 0-23	72,949
10/28/01	—	L	+ 20-24	59,108
11/21/04	—	W	24-17	66,644
11/9/08	—	L	@ 19-21	64,862
11/25/12	—	L	@ 21-24	51,295
9/11/16	—	W	12-10	69,012

Moved from the Orange Bowl into Joe Robbie Stadium in 1987.

Points: Miami 247 (20.6), Seattle 199 (16.6)

NEW ENGLAND PATRIOTS (9-8)

10/9/77	—	L	@ 0-31	45,929
9/21/80	—	L	31-37	61,035
12/19/82	—	L	0-16	53,457
12/18/83	—	W	24-6	59,688
9/16/84	—	L	@ 23-38	43,140
11/17/85	—	L	13-20	60,345
9/21/86	—	W	@ 38-31	58,977
12/4/88	—	L	@ 7-13	59,068
9/24/89	—	W	@ 24-3	48,025
10/7/90	—	W	@ 33-20	39,735
9/20/92	—	W	@ 10-6	42,327
9/19/93	—	W	@ 17-14	50,392
10/24/93	—	W	10-9	56,526
10/17/04	—	L	@ 20-30	68,756
12/7/08	—	L	21-24	68,077
10/14/12	—	W	24-23	68,137
11/13/16	—	W	@ 31-24	66,829

Points: New England 345 (20.3), Seattle 326 (19.2)

NEW YORK JETS (11-8)

11/13/77	—	W	@ 17-0	43,973
9/17/78	—	W	@ 24-17	46,911
11/26/79	—	W	30-7	59,977
10/19/80	—	W	@ 27-17	52,496
10/25/81	—	W	@ 19-3	49,678
12/6/81	—	W	27-23	53,105
9/11/83	—	W	@ 17-10	50,066
10/27/85	—	L	@ 14-17	69,320
11/28/86	—	L	7-38	62,497
11/9/87	—	L	@ 14-30	60,452
9/8/91	—	W	20-13	56,770
11/26/95	—	L	10-16	41,160
8/31/97	—	L	3-41	53,893
12/6/98	—	L	@ 31-32	72,200
1/2/00	—	L	@ 9-19	78,154
12/19/04	—	L	@ 14-37	77,894
12/21/08	—	W	13-3	68,181
11/11/12	—	W	28-7	67,841
10/2/16	—	W	@ 27-17	78,160

Moved from Shea Stadium into Giants Stadium in 1984.

Points: N.Y. Jets 347 (18.3), Seattle 351 (18.5)

SERIES BREAKDOWN, continued

AFC NORTH (8-8)

BALTIMORE RAVENS (3-2)

12/27/97	—	L	@	24-31	54,395
11/23/03	—	*L	@	41-44	69,477
12/23/07	—	W		27-6	68,164
11/13/11	—	W		22-17	66,522
12/13/15	—	W	@	35-6	71,179

Points: Baltimore 104 (20.8), Seattle 149 (29.8)

CINCINNATI BENGALS (9-10)

9/25/77	—	L	@	20-42	45,579
9/6/81	—	L	@	21-27	41,177
12/26/82	—	L	@	10-24	55,330
11/18/84	—	W	@	26-6	50,280
9/8/85	—	W	@	28-24	51,625
11/16/86	—	L	@	7-34	54,410
10/11/87	—	L		10-17	31,739
12/10/89	—	W	@	24-17	54,744
10/1/90	—	W		31-16	60,135
10/6/91	—	W	@	13-7	60,010
9/6/92	—	L		3-21	57,350
9/26/93	—	W	@	19-10	46,880
11/06/94	—	*L		17-20	46,630
9/17/95	—	W		24-21	39,492
11/7/99	—	W		37-20	66,303
10/26/03	—	L	@	24-27	52,131
9/23/07	—	W		24-21	68,110
10/30/11	—	L		12-34	66,004
10/11/15	—	*L	@	24-27	65,004

Points: Cincinnati 415 (21.8), Seattle 374 (19.7)

CLEVELAND BROWNS (12-6)

12/18/77	—	W		20-19	61,583
12/3/78	—	W		47-24	62,262
11/11/79	—	W	@	29-24	72,440
10/12/80	—	L		3-27	61,366
12/20/81	—	W		42-21	51,435
9/12/82	—	L		7-21	55,907
10/2/83	—	W	@	24-9	75,446
9/3/84	—	W		33-0	59,540
12/8/85	—	W		31-13	58,477
10/9/88	—	W	@	16-10	78,605
11/12/89	—	L		7-17	58,978
11/14/93	—	W		22-5	54,622
12/24/94	—	L	@	9-35	54,180
9/9/01	—	L	@	9-6	72,318
11/30/03	—	W		34-7	64,680
11/4/07	—	*L	@	30-33	72,927
10/23/11	—	L	@	3-6	66,350
12/20/15	—	W		30-13	69,002

Franchise suspended in 1996 and reactivated in 1999.

Points: Cleveland 290 (16.1), Seattle 396 (22.0)

PITTSBURGH STEELERS (9-8)

12/4/77	—	L	@	20-30	45,429
9/10/78	—	L	@	10-21	48,277
11/8/81	—	W		24-21	59,058
11/28/82	—	W		16-0	55,553
10/23/83	—	L		21-27	61,615
9/7/86	—	W		30-0	61,146
12/6/87	—	L	@	9-13	48,881
10/20/91	—	W	@	27-7	54,678
12/6/92	—	L	@	14-20	47,015
12/26/93	—	W		16-6	51,814
9/25/94	—	W	+	30-13	59,637
9/27/98	—	L	@	10-13	58,413
9/26/99	—	W	@	29-10	57,881
11/02/03	—	W		23-16	66,507
10/7/07	—	L	@	0-21	64,478
9/18/11	—	L	@	0-24	63,663
11/29/15	—	W		39-30	69,055

Points: Pittsburgh 272 (16.0), Seattle 318 (18.7)

AFC SOUTH (9-7)

HOUSTON TEXANS (3-1)

10/16/05	—	W		42-10	66,196
12/13/09	—	L	@	7-34	70,380
9/29/13	—	*W	@	23-20	71,756
10/29/17	—	W		41-38	69,025

Points: Houston 102 (25.5), Seattle 113 (28.3)

INDIANAPOLIS COLTS (5-7)

9/18/77	—	L		14-29	58,991
11/12/78	—	L		14-17	61,905
9/29/91	—	W		31-3	56,656
10/2/94	—	L	@	15-17	49,876
12/4/94	—	L		19-31	39,574
9/14/97	—	W	@	31-3	49,194
12/20/98	—	W		27-23	58,703
10/15/00	—	L	+	24-37	63,593
12/24/05	—	W		28-13	67,855
10/4/09	—	L	@	17-34	66,112
10/6/13	—	L	@	28-34	66,608
10/1/17	—	W		46-18	68,872

Franchise transferred from Baltimore in 1984.

Points: Indianapolis 259 (21.6), Seattle 294 (24.5)

JACKSONVILLE JAGUARS (5-3)

11/12/95	—	W	@	47-30	71,290
12/15/96	—	L	@	13-20	66,134
11/12/00	—	W	@	28-21	68,063
10/07/01	—	W	+	24-15	54,524
9/11/05	—	L	@	14-26	65,204
10/11/09	—	W		41-0	67,228
9/22/13	—	W		45-17	68,087
12/10/17	—	L	@	24-30	64,431

Points: Jacksonville 159 (19.9), Seattle 236 (29.5)

TENNESSEE TITANS (10-6)

11/20/77	—	L		10-22	61,519
10/21/79	—	W		34-14	60,705
10/5/80	—	W	@	26-7	46,860
10/11/81	—	L	@	17-35	42,671
9/19/82	—	L	@	21-23	43,117
11/13/88	—	W		27-24	60,446
12/2/90	—	*W		13-10	57,592
11/7/93	—	L	@	14-24	50,447
12/11/94	—	W	@	16-14	31,453
11/3/96	—	W		23-16	36,320
10/5/97	—	W		16-13	49,897
11/29/98	—	W		20-18	59,048
12/18/05	—	W	@	28-24	69,149
1/3/10	—	L		13-17	67,002
10/13/13	—	W		20-13	68,127
9/24/17	—	L	@	27-33	69,127

Franchise transferred from Houston in 1997 and changed name from Oilers to Titans in 1999.

Points: Tennessee 307 (19.2), Seattle 325 (20.3)

RECORD VS. DIVISION (1976-2001)

AFC EAST (26-27)

Buffalo (6-3)
Indianapolis (3-5)
Miami (2-6)
New England (7-6)
New York Jets (8-7)

AFC CENTRAL (29-17)

Baltimore (0-1)
Cleveland (10-4)
Cincinnati (8-7)
Jacksonville (3-1)
Tennessee (8-4)

AFC WEST (80-110)

Denver (17-32)
Kansas City (17-30)
Oakland (22-26)
San Diego (24-22)

NFC EAST (13-27)

Arizona (1-5)
Dallas (2-5)
New York Giants (3-6)
Philadelphia (3-5)
Washington (4-6)

NFC CENTRAL (21-13)

Chicago (5-2)
Detroit (4-4)
Green Bay (4-4)
Minnesota (4-2)
Tampa Bay (4-1)

NFC WEST (12-16)

Atlanta (5-2)
Carolina (0-1)
New Orleans (3-4)
St. Louis (2-5)
San Francisco (2-4)

YEARLY RESULTS

Year	W	L	T	Pct.	Pts.	Opp.	Finish	Home	Road	Div.	AFC	NFC	Post.
1976	2	12	0	.143	229	429	*5th	1-6-0	1-6-0	0-4-0	1-0-0	1-12-0	---
1977	5	9	0	.357	282	373	*4th	3-4-0	2-5-0	1-3-0	4-9-0	1-0-0	---
1978	9	7	0	.563	345	358	3rd	5-3-0	4-4-0	4-4-0	6-6-0	3-1-0	---
1979	9	7	0	.563	378	372	3rd	5-3-0	4-4-0	3-5-0	6-6-0	3-1-0	---
1980	4	12	0	.250	291	408	5th	0-8-0	4-4-0	1-7-0	3-9-0	1-3-0	---
1981	6	10	0	.375	322	388	5th	5-3-0	1-7-0	2-6-0	6-8-0	0-2-0	---
1982	4	5	0	.444	127	147	+10th	3-2-0	1-3-0	2-1-0	3-5-0	1-0-0	---
1983	9	7	0	.563	403	397	2nd	5-3-0	4-4-0	5-3-0	8-4-0	1-3-0	2-1
1984	12	4	0	.750	418	282	2nd	7-1-0	5-3-0	6-2-0	8-4-0	4-0-0	1-1
1985	8	8	0	.500	349	303	3rd	5-3-0	3-5-0	4-4-0	6-6-0	2-2-0	---
1986	10	6	0	.625	366	293	3rd	7-1-0	3-5-0	5-3-0	7-5-0	3-1-0	---
1987	9	6	0	.600	371	314	^2nd	6-2-0	3-4-0	4-3-0	5-6-0	4-0-0	0-1
1988	9	7	0	.563	339	329	1st	5-3-0	4-4-0	6-2-0	8-4-0	1-3-0	0-1
1989	7	9	0	.438	241	327	4th	3-5-0	4-4-0	4-4-0	7-5-0	0-4-0	---
1990	9	7	0	.563	306	286	3rd	5-3-0	4-4-0	4-4-0	7-5-0	2-2-0	---
1991	7	9	0	.438	276	261	4th	5-3-0	2-6-0	2-6-0	6-6-0	1-3-0	---
1992	2	14	0	.125	140	312	5th	1-7-0	1-7-0	1-7-0	2-10-0	0-4-0	---
1993	6	10	0	.375	280	314	5th	4-4-0	2-6-0	1-7-0	6-8-0	0-2-0	---
1994	6	10	0	.375	287	323	5th	3-5-0	3-5-0	2-6-0	4-10-0	2-0-0	---
1995	8	8	0	.500	363	366	3rd	5-3-0	3-5-0	3-5-0	5-7-0	3-1-0	---
1996	7	9	0	.438	317	376	5th	4-4-0	3-5-0	2-6-0	5-7-0	2-2-0	---
1997	8	8	0	.500	365	362	3rd	4-4-0	4-4-0	4-4-0	6-6-0	2-2-0	---
1998	8	8	0	.500	372	310	3rd	6-2-0	2-6-0	3-5-0	5-7-0	3-1-0	---
1999	9	7	0	.563	338	298	1st	5-3-0	4-4-0	4-4-0	7-5-0	2-2-0	0-1
2000	6	10	0	.375	320	405	4th	3-5-0	3-5-0	3-5-0	4-8-0	2-2-0	---
2001	9	7	0	.563	301	324	2nd	6-2-0	3-5-0	5-3-0	8-4-0	1-3-0	---
2002	7	9	0	.438	355	369	3rd	3-5-0	4-4-0	2-4-0	2-2-0	5-7-0	---
2003	10	6	0	.625	404	327	2nd	8-0-0	2-6-0	5-1-0	2-2-0	8-4-0	0-1
2004	9	7	0	.563	371	373	1st	5-3-0	4-4-0	3-3-0	1-3-0	8-4-0	0-1
2005	13	3	0	.813	452	271	1st	8-0-0	5-3-0	6-0-0	3-1-0	10-2-0	2-1
2006	9	7	0	.563	335	341	1st	5-3-0	4-4-0	3-3-0	2-2-0	7-5-0	1-1
2007	10	6	0	.625	393	291	1st	7-1-0	3-5-0	5-1-0	2-2-0	8-4-0	1-1
2008	4	12	0	.250	294	392	3rd	2-6-0	2-6-0	3-3-0	1-3-0	3-9-0	---
2009	5	11	0	.313	280	390	3rd	4-4-0	1-7-0	3-3-0	1-3-0	4-8-0	---
2010	7	9	0	.438	310	407	1st	5-3-0	2-6-0	4-2-0	1-3-0	6-6-0	1-1
2011	7	9	0	.438	321	315	3rd	4-4-0	3-5-0	3-3-0	1-3-0	6-6-0	---
2012	11	5	0	.688	412	245	2nd	8-0-0	3-5-0	3-3-0	3-1-0	8-4-0	1-1
2013	13	3	0	.813	417	231	1st	7-1-0	6-2-0	4-2-0	3-1-0	10-2-0	3-0
2014	12	4	0	.750	394	254	1st	7-1-0	5-3-0	5-1-0	2-2-0	10-2-0	2-1
2015	10	6	0	.625	423	277	2nd	5-3-0	5-3-0	3-3-0	3-1-0	7-5-0	1-1
2016	10	5	1	.656	354	292	1st	7-1-0	3-4-1	3-2-1	4-0-0	6-5-1	1-1
2017	9	7	0	.563	366	332	2nd	4-4-0	5-3-0	4-2-0	2-2-0	7-5-0	---
2018	10	6	0	.625	428	347	2nd	6-2-0	4-4-0	3-3-0	2-2-0	8-4-0	0-1
2019	11	5	0	.688	405	398	2nd	4-4-0	7-1-0	3-3-0	3-1-0	8-4-0	1-1
	355	336	1	.514	14,840	14,509		210-137-0	145-199-1	146-155-1	181-194-0	174-142-1	17-17

*Seahawks were placed in the NFC West for scheduling purposes in 1976 and played every NFC team and the Tampa Bay Buccaneers. In 1977, Seattle was placed in the AFC West and played every AFC team and Tampa Bay. Seattle switched back to the NFC West in 2002.

+Conference finish. Schedule shortened to 9 games because of players' strike.

^Schedule shortened to 15 games because of players' strike. Game 2 (at San Diego) was cancelled and games 3-5 were played with replacement players.

ATTENDANCE TOP 10

HOME ATTENDANCE

Att.	Opponent	Stadium	Date	W/L	Score
1	69,190	Philadelphia	CenturyLink Field	Nov. 20, 2016	W 26-15
2	269,162	San Francisco	CenturyLink Field	Dec. 29, 2019	L 26-21
3	69,104	Carolina	CenturyLink Field	Dec. 4, 2016	W 40-7
4	69,084	Buffalo	CenturyLink Field	Nov. 7, 2016	W 31-25
5	69,080	St. Louis	CenturyLink Field	Dec. 27, 2015	L 23-17
	69,080	Minnesota	CenturyLink Field	Dec. 2, 2019	W 37-30
7	69,078	Arizona	CenturyLink Field	Dec. 31, 2017	L 26-24
8	69,077	L.A. Rams	CenturyLink Field	Dec. 17, 2017	L 42-7
9	69,075	Philadelphia	CenturyLink Field	Dec. 3, 2017	W 24-10
10	69,071	Atlanta	CenturyLink Field	Oct. 16, 2016	W 26-24

ROAD ATTENDANCE

Att.	Opponent	Stadium	Date	W/L	Score
1	94,327*	Dallas	AT&T Stadium	Jan. 5, 2019	L 24-22
2	92,150	Dallas	AT&T Stadium	Dec. 24, 2017	W 21-12
3	91,486	Dallas	AT&T Stadium	Nov. 1, 2015	W 13-12
4	91,046	L.A. Rams	L.A. Memorial Coliseum	Sept. 18, 2016	L 9-3
5	90,215	Washington	FedEx Field	Oct. 2, 2005	L 20-17**
6	88,734*	L.A. Raiders	L.A. Memorial Coliseum	Jan. 8, 1983	L 30-14
7	84,325*	Washington	FedEx Field	Jan. 6, 2013	W 24-14
8	82,893	Kansas City	Arrowhead Stadium	Oct. 2, 2000	L 24-17
9	82,352	Washington	FedEx Field	Nov. 4, 2001	L 27-14
10	81,510	Dallas	Cowboys Stadium	Nov. 6, 2011	L 23-13

* Playoff game **Overtime

NEUTRAL SITE ATTENDANCE

Att.	Opponent	Stadium	Date	W/L	Score
1	84,922*	Oakland	Wembley Stadium	Oct. 14, 2018	W 27-3
2	82,529^	Denver	MetLife Stadium	Feb. 2, 2014	W 43-8
2	70,288!	New England	Univ. of Phoenix Stadium	Feb. 1, 2015	L 28-24
3	68,206#	Pittsburgh	Ford Field	Feb. 5, 2006	L 23-10

* NFL London Series, ^ Super Bowl XLVIII, ! Super Bowl XLIX, # Super Bowl XL

RECORD BY MONTH

REGULAR SEASON

Year	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Record
1976		0-3	1-4	1-3	0-2		2-12
1977		0-2	2-3	1-3	2-1		5-9
1978		2-2	2-3	3-1	2-1		9-7
1979		1-4	3-1	3-1	2-1		9-7
1980		2-2	2-2	0-5	0-3		4-12
1981		1-3	1-3	2-3	2-1		6-10
1982		0-2		2-0	1-3	1-0	4-5
1983		2-2	3-2	2-2	2-1		9-7
1984		4-1	3-1	4-0	1-2		12-4
1985		2-2	2-2	2-2	2-2		8-8
1986		3-1	2-2	2-3	3-0		10-6
1987		1-1	3-1	3-2	2-2		9-6
1988		2-2	3-2	2-2	2-1		9-7
1989		1-2	3-2	0-4	3-1		7-9
1990		0-3	3-1	2-2	4-1		9-7
1991		2-3	3-1	1-2	1-3		7-9
1992		1-3	0-4	1-3	0-4		2-14
1993		2-2	2-2	1-2	1-3	0-1	6-10
1994		3-1	0-4	2-2	1-3		6-10
1995		1-2	1-4	3-1	3-1		8-8
1996		1-4	2-1	2-2	2-2		7-9
1997	0-1	2-2	3-0	1-4	2-1		8-8
1998		3-1	1-2	2-3	2-2		8-8
1999		2-1	2-1	4-1	1-3	0-1	9-7
2000		2-2	0-5	2-1	2-2		6-10
2001		1-2	2-1	2-2	3-2	1-0	9-7
2002		1-3	1-2	2-2	3-2		7-9
2003		3-0	2-2	3-2	2-2		10-6
2004		3-0	1-3	2-2	2-2	1-0	9-7
2005		2-1	3-1	4-0	4-0	0-1	13-3
2006		3-0	1-3	3-1	2-3		9-7
2007		3-1	1-2	3-1	3-2		10-6
2008		1-2	1-3	0-5	2-2		4-12
2009		1-2	1-2	2-3	1-3	0-1	5-11
2010		2-1	2-2	1-3	1-3	1-0	7-9
2011		1-2	1-3	2-2	3-1	0-1	7-9
2012		2-2	2-2	2-1	5-0		11-5
2013		4-0	3-1	3-0	3-2		13-3
2014		2-1	2-2	4-1	4-0		12-4
2015		1-2	2-2	3-1	3-1	1-0	10-6
2016		2-1	2-1-1	3-1	2-2	1-0	10-5-1
2017		1-2	4-0	2-2	2-3		9-7
2018		2-2	2-1	2-2	4-1		10-6
2019		3-1	3-1	3-0	2-3		11-5
Total	0-1	78-78	83-87-1	94-85	94-80	6-5	355-336-1

INCLUDING PLAYOFFS

Year	Aug.	Sept.	Oct.	Nov.	Dec.	Jan./Feb.	Record	Playoffs
1976		0-3	1-4	1-3	0-2		2-12	
1977		0-2	2-3	1-3	2-1		5-9	
1978		2-2	2-3	3-1	2-1		9-7	
1979		1-4	3-1	3-1	2-1		9-7	
1980		2-2	2-2	0-5	0-3		4-12	
1981		1-3	1-3	2-3	2-1		6-10	
1982		0-2		2-0	1-3	1-0	4-5	
1983		2-2	3-2	2-2	4-1*	0-1*	11-8*	2-1
1984		4-1	3-1	4-0	2-3*		13-5*	1-1
1985		2-2	2-2	2-2	2-2		8-8	
1986		3-1	2-2	2-3	3-0		10-6	
1987		1-1	3-1	3-2	2-2	0-1*	9-7*	0-1
1988		2-2	3-2	2-2	2-2*		9-8*	0-1
1989		1-2	3-2	0-4	3-1		7-9	
1990		0-3	3-1	2-2	4-1		9-7	
1991		2-3	3-1	1-2	1-3		7-9	
1992		1-3	0-4	1-3	0-4		2-14	
1993		2-2	2-2	1-2	1-3	0-1	6-10	
1994		3-1	0-4	2-2	1-3		6-10	
1995		1-2	1-4	3-1	3-1		8-8	
1996		1-4	2-1	2-2	2-2		7-9	
1997	0-1	2-2	3-0	1-4	2-1		8-8	
1998		3-1	1-2	2-3	2-2		8-8	
1999		2-1	2-1	4-1	1-3	0-2*	9-8*	0-1
2000		2-2	0-5	2-1	2-2		6-10	
2001		1-2	2-1	2-2	3-2	1-0	9-7	
2002		1-3	1-2	2-2	3-2		7-9	
2003		3-0	2-2	3-2	2-2	0-1*	10-7*	0-1
2004		3-0	1-3	2-2	2-2	1-1*	9-8*	0-1
2005		2-1	3-1	4-0	4-0	2-2*	15-4*	2-1
2006		3-0	1-3	3-1	2-3	1-1*	10-8*	1-1
2007		3-1	1-2	3-1	3-2	1-1*	11-7*	1-1
2008		1-2	1-3	0-5	2-2		4-12	
2009		1-2	1-2	2-3	1-3	0-1	5-11	
2010		2-1	2-2	1-3	1-3	2-1*	8-10*	1-1
2011		1-2	1-3	2-2	3-1	0-1	7-9	
2012		2-2	2-2	2-1	5-0	1-1	12-6*	1-1
2013		4-0	3-1	3-0	3-2	3-0*	16-3*	3-0
2014		2-1	2-2	4-1	4-0	2-1*	14-5*	2-1
2015		1-2	2-2	3-1	3-1	2-1*	11-7*	1-1
2016		2-1	2-1-1	3-1	2-2	2-1*	11-6-1*	1-1
2017		1-2	4-0	2-2	2-3		9-7	
2018		2-2	2-1	2-2	4-1	0-1*	10-7*	0-1
2019		3-1	3-1	3-0	2-3	1-0	11-5	1-1
Total	0-1	78-78	83-87-1	94-85	97-82*	20-19*	371-352-1*	17-17

* includes playoffs

WEATHER TOP 10

COLDEST GAMES

Temp.	Opponent	Date	W/L	Score
1	-6**%	at Minnesota	January 10, 2016	W 10-9
2	16	at Denver	December 3, 2006	W 23-20
3	18	at Green Bay	December 27, 2009	L 48-10
4	20*	at Green Bay	January 4, 2004	L 33-27**
5	21	at Kansas City	November 16, 2014	L 24-20
6	22	at Denver	December 10, 2000	L 31-24
7	24*	at Chicago	January 16, 2011	L 35-24
8	26	at Green Bay	December 11, 2016	L 38-10
	26	at Pittsburgh	December 6, 1992	L 20-14
10	27	at Denver	December 19, 1999	L 36-30**

* Playoff game; % Third-coldest game in NFL history

WARMEST GAMES

Temp.	Opponent	Date	W/L	Score
1	98	at Arizona	September 14, 2003	W 38-0
2	95	at N.Y. Jets	September 11, 1983	W 17-10
3	94	at Kansas City	September 4, 1987	L 17-13
	94	at San Diego	September 14, 2014	L 30-21
5	93	at Philadelphia	September 10, 1989	L 31-7
6	91	at Denver	September 19, 2010	L 31-14
7	89	at Miami	September 3, 2000	L 23-0
8	88	at L.A. Rams	September 18, 2016	L 9-3
	88	at Cincinnati	September 8, 1985	W 28-24
	88	at Tampa Bay	September 19, 2004	W 10-6
	88	at Tennessee	September 24, 2017	L 33-27

PRIMETIME RECORD (61-32-1)

MONDAY NIGHT FOOTBALL (26-10)

Date	W/L	Score	Opponent
October 29, 1979	W	31-28	at Atlanta
November 26, 1979	W	30-7	vs. N.Y. Jets
November 17, 1980	L	19-17	vs. Oakland
November 16, 1981	W	44-23	vs. San Diego
October 29, 1984	W	24-0	at San Diego
November 12, 1984	W	17-14	at L.A. Raiders
September 23, 1985	L	35-24	vs. L.A. Rams
November 25, 1985	L	19-6	at San Francisco
October 6, 1986	W	33-7	vs. San Diego
December 8, 1986	W	37-0	vs. L.A. Raiders
November 9, 1987	L	30-14	at N.Y. Jets
November 30, 1987	L	37-14	vs. L.A. Raiders
November 28, 1988	W	35-27	vs. L.A. Raiders
December 4, 1989	W	17-16	vs. Buffalo
October 1, 1990	W	31-16	vs. Cincinnati
November 30, 1992	W	16-13 (OT)	vs. Denver
November 1, 1999	W	27-7	at Green Bay
October 2, 2000	L	24-17	at Kansas City
October 14, 2002	L	28-21	vs. San Francisco
December 6, 2004	L	43-39	vs. Dallas
December 5, 2005	W	42-0	at Philadelphia
November 6, 2006	W	16-0	vs. Oakland
November 27, 2006	W	34-24	vs. Green Bay
November 12, 2007	W	24-0	vs. San Francisco
December 12, 2011	W	30-13	vs. St. Louis
September 24, 2012	W	14-12	vs. Green Bay
October 28, 2013	W	14-9	at St. Louis
December 2, 2013	W	34-7	vs. New Orleans
October 6, 2014	W	27-17	at Washington
October 5, 2015	W	13-10	vs. Detroit
November 7, 2016	W	31-25	vs. Buffalo
November 20, 2017	L	34-31	vs. Atlanta
September 17, 2018	L	24-17	at Chicago
December 10, 2018	W	21-7	vs. Minnesota
November 11, 2019	W	27-24 (OT)	at San Francisco
December 2, 2019	W	37-30	vs. Minnesota

THURSDAY-SUNDAY NIGHT (35-21-1)

Date	Network	W/L	Score	Opponent
Thursday, November 27, 1980*	NBC	L	51-7	at Dallas
Friday, December 20, 1985	ABC	L	27-24	vs. Denver
Thursday, November 27, 1986*	NBC	W	31-14	at Dallas
Sunday, December 13, 1987	ESPN	W	28-21	vs. Denver
Sunday, December 11, 1988	ESPN	W	42-14	vs. Denver
Sunday, December 17, 1989	ESPN	W	23-17	vs. L.A. Raiders
Sunday, November 25, 1990	ESPN	W	13-10	at San Diego
Sunday, December 23, 1990	ESPN	W	17-12	vs. Denver
Sunday, October 13, 1991	ESPN	L	23-20	vs. L.A. Raiders
Sunday, December 22, 1991	ESPN	W	23-9	vs. L.A. Rams
Sunday, November 22, 1992	ESPN	L	24-14	vs. Kansas City

THURSDAY-SUNDAY NIGHT, CONTINUED

Date	Network	W/L	Score	Opponent
Sunday, September 12, 1993	TNT	L	17-13	vs. L.A. Raiders
Sunday, December 18, 1994	ESPN	L	17-16	vs. L.A. Raiders
Sunday, December 17, 1995	ESPN	W	44-10	vs. L.A. Raiders
Thursday, October 17, 1996	TNT	L	34-16	at Kansas City
Sunday, December 15, 1996	ESPN	L	20-13	at Jacksonville
Sunday, December 21, 1997	ESPN	W	38-9	vs. San Francisco
Sunday, October 4, 1998	ESPN	L	17-6	at Kansas City
Sunday, November 1, 1998	ESPN	L	31-18	vs. Oakland
Sunday, October 2, 1999	ESPN	W	22-21	vs. Oakland
Sunday, November 14, 1999	ESPN	W	20-17	vs. Denver
Saturday, December 23, 2000	ESPN	L	42-23	vs. Buffalo
Sunday, November 11, 2001	ESPN	W	34-27	vs. Oakland
Sunday, December 9, 2001	ESPN	L	20-7	at Denver
Sunday, September 29, 2002	ESPN	W	48-23	vs. Minnesota
Sunday, October 12, 2003	ESPN	W	20-19	vs. San Francisco
Sunday, October 16, 2005	ESPN	W	42-10	vs. Houston
Sunday, October 1, 2006	NBC	L	37-6	at Chicago
Sunday, December 3, 2006	NBC	W	23-20	at Denver
Thursday, December 14, 2006	NFLN	L	24-14	vs. San Francisco
Sunday, October 14, 2007	NBC	L	28-17	vs. New Orleans
Sunday, October 19, 2008	NBC	L	20-10	at Tampa Bay
Thursday, November 27, 2008*	FOX	L	34-9	at Dallas
Sunday, January 2, 2011	NBC	W	16-6	vs. St. Louis
Thursday, December 1, 2011	NFLN	W	31-14	vs. Philadelphia
Thursday, October 18, 2012	NFLN	L	13-6	at San Francisco
Sunday, December 23, 2012	NBC	W	42-13	vs. San Francisco
Sunday, September 15, 2013	NBC	W	29-3	vs. San Francisco
Thursday, October 17, 2013	NFLN	W	34-22	at Arizona
Thursday, September 4, 2014	NBC	W	36-16	vs. Green Bay
Thursday, November 27, 2014*	NBC	W	19-3	at San Francisco
Sunday, December 21, 2014	NBC	W	35-6	at Arizona
Sunday, September 20, 2015	NBC	L	27-17	at Green Bay
Thursday, October 22, 2015	NFLN	W	20-3	at San Francisco
Sunday, November 15, 2015	NBC	L	39-32	vs. Arizona
Sunday, October 23, 2016	NBC	T	6-6 (OT)	at Arizona
Sunday, November 13, 2016	NBC	W	31-24	at New England
Sunday, December 4, 2016	NBC	W	40-7	vs. Carolina
Thursday, December 15, 2016	NBC/NFLN/ Twitter	W	24-3	vs. L.A. Rams
Sunday, October 1, 2017	NBC	W	46-18	vs. Indianapolis
Thursday, November 9, 2017	NBC/NFLN/ Amazon	W	22-16	at Arizona
Sunday, December 3, 2017	NBC	W	24-10	vs. Philadelphia
Sunday, October 14, 2018^	FOX	W	27-3	at Oakland
Thursday, November 15, 2018	FOX/NFLN/ Amazon	W	27-24	vs. Green Bay
Sunday, December 23, 2018	NBC	W	38-31	vs. Kansas City
Thursday, October 3, 2019	FOX/NFLN/ Amazon	W	30-29	vs. L.A. Rams
Sunday, December 8, 2019	NBC	L	28-12	at L.A. Rams
Sunday, December 29, 2019	NBC	L	26-21	vs. San Francisco

*Thanksgiving Day Game, ^ NFL London Series

RECORD BY STARTING QUARTERBACK

BY YEAR

Year	Quarterback	Record	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	
1976	Jim Zorn	2-12	Dave Krieg	4-5	Jeff Kemp	2-3	Dan McGwire	1-0	Kelly Stouffer	0-1	Stan Gelbaugh	0-8	Kelly Stouffer	2-5
1977	Jim Zorn	4-6	Dave Krieg	4-3	Dave Krieg	0-2	Jim Zorn	4-4	Dave Krieg	5-3	Dave Krieg	12-4	Dave Krieg	8-8
1978	Jim Zorn	9-7	Dave Krieg	4-3	Dave Krieg	0-2	Jim Zorn	4-4	Dave Krieg	5-3	Dave Krieg	12-4	Dave Krieg	8-8
1979	Jim Zorn	9-7	Dave Krieg	4-3	Dave Krieg	0-2	Jim Zorn	4-4	Dave Krieg	5-3	Dave Krieg	12-4	Dave Krieg	8-8
1980	Jim Zorn	4-12	Dave Krieg	4-3	Dave Krieg	0-2	Jim Zorn	4-4	Dave Krieg	5-3	Dave Krieg	12-4	Dave Krieg	8-8
1981	Jim Zorn	4-9	Dave Krieg	4-3	Dave Krieg	0-2	Jim Zorn	4-4	Dave Krieg	5-3	Dave Krieg	12-4	Dave Krieg	8-8
1982	Dave Krieg	2-1	Dave Krieg	4-3	Dave Krieg	0-2	Jim Zorn	4-4	Dave Krieg	5-3	Dave Krieg	12-4	Dave Krieg	8-8
1983	Jim Zorn	4-4	Dave Krieg	4-3	Dave Krieg	0-2	Jim Zorn	4-4	Dave Krieg	5-3	Dave Krieg	12-4	Dave Krieg	8-8
1984	Dave Krieg	12-4	Dave Krieg	4-3	Dave Krieg	0-2	Jim Zorn	4-4	Dave Krieg	5-3	Dave Krieg	12-4	Dave Krieg	8-8
1985	Dave Krieg	8-8	Dave Krieg	4-3	Dave Krieg	0-2	Jim Zorn	4-4	Dave Krieg	5-3	Dave Krieg	12-4	Dave Krieg	8-8
1986	Dave Krieg	10-4	Dave Krieg	4-3	Dave Krieg	0-2	Jim Zorn	4-4	Dave Krieg	5-3	Dave Krieg	12-4	Dave Krieg	8-8
1987	Dave Krieg	7-5	Dave Krieg	4-3	Dave Krieg	0-2	Jim Zorn	4-4	Dave Krieg	5-3	Dave Krieg	12-4	Dave Krieg	8-8
1988	Jeff Kemp	1-0	Dave Krieg	4-3	Dave Krieg	0-2	Jim Zorn	4-4	Dave Krieg	5-3	Dave Krieg	12-4	Dave Krieg	8-8
1989	Dave Krieg	7-7	Dave Krieg	4-3	Dave Krieg	0-2	Jim Zorn	4-4	Dave Krieg	5-3	Dave Krieg	12-4	Dave Krieg	8-8

BY COMBINED WINS

Year	Quarterback	Combined Record	Regular Season	Post-season
2001	Matt Hasselbeck	5-7	5-7	0-0
2002	Trent Dilfer	4-0	4-0	0-0
2003	Matt Hasselbeck	5-5	5-5	0-0
2004	Trent Dilfer	2-4	2-4	0-0
2005	Matt Hasselbeck	10-6	10-6	0-0
2006	Matt Hasselbeck	7-7	7-7	0-0
2007	Trent Dilfer	2-0	2-0	0-0
2008	Matt Hasselbeck	13-3	13-3	0-0
2009	Matt Hasselbeck	7-5	7-5	0-0
2010	Seneca Wallace	2-2	2-2	0-0
2011	Matt Hasselbeck	10-6	10-6	0-0
2012	Seneca Wallace	3-5	3-5	0-0
2013	Matt Hasselbeck	1-6	1-6	0-0
2014	Charlie Frye	0-1	0-1	0-0
2015	Matt Hasselbeck	5-9	5-9	0-0
2016	Seneca Wallace	0-2	0-2	0-0
2017	Matt Hasselbeck	6-8	6-8	0-0
2018	Charlie Whitehurst	1-1	1-1	0-0
2019	Tarvaris Jackson	7-7	7-7	0-0
2020	Charlie Whitehurst	0-2	0-2	0-0
2021	Russell Wilson	11-5	11-5	0-0
2022	Russell Wilson	13-3	13-3	0-0
2023	Russell Wilson	12-4	12-4	0-0
2024	Russell Wilson	10-6	10-6	0-0
2025	Russell Wilson	10-5-1	10-5-1	0-0
2026	Russell Wilson	9-7	9-7	0-0
2027	Russell Wilson	10-6	10-6	0-0
2028	Russell Wilson	11-5	11-5	0-0

VS. THE NFL

	Total	-- Regular Season --			OT	Post-season	Pre-season
		Home	Road				
* Arizona	20-19-1	11-10	9-9-1	0-3-1	0-0	9-5	
Arizona	20-17-1	11-9	9-8-1	0-3-1	0-0	7-2	
St. Louis	0-2	0-1	0-1	0-0	0-0	2-2	
Atlanta	10-6	5-4	5-2	1-0	0-2	2-0	
^ Baltimore	3-2	2-0	1-2	0-1	0-0	0-0	
Buffalo	8-5	6-3	2-2	0-0	0-0	2-0	
Carolina	7-3	3-1	4-2	0-0	2-1	0-0	
Chicago	11-5	5-2	6-3	1-0	0-2	3-1	
Cincinnati	9-10	4-4	5-6	0-2	0-1	1-0	
Cleveland	12-6	8-3	4-3	0-1	0-0	0-0	
Dallas	8-10	4-4	4-6	0-0	1-1	4-2	
Denver	19-35	14-13	5-22	2-5	2-0	3-10	
Detroit	9-5	6-2	3-3	0-0	1-0	5-2	
+ Green Bay	8-11	5-2	3-9	0-0	1-2	3-2	
Houston	3-1	2-0	1-1	1-0	0-0	5-2	
# Indianapolis	5-7	4-4	1-3	0-0	0-0	8-10	
Indianapolis	5-5	4-2	1-3	0-0	0-0	7-10	
Baltimore	0-2	0-2	0-0	0-0	0-0	1-0	
Jacksonville	5-3	3-0	2-3	0-0	0-0	0-0	
Kansas City	19-33	14-12	5-21	1-1	0-0	7-1	
§ L.A. Chargers	26-25	16-11	10-14	3-0	0-0	10-5	
Los Angeles	0-1	0-1	0-0	0-0	0-0	1-1	
San Diego	26-24	16-10	10-14	3-0	0-0	9-4	
% L.A. Rams	23-18	14-7	9-11	0-2	0-1	2-6	
Los Angeles	3-8	2-4	1-4	0-0	0-0	2-6	
St. Louis	20-10	12-3	8-7	0-2	0-1	0-0	
Miami	4-8	3-2	1-6	0-0	1-2	0-1	
Minnesota	10-5	7-2	3-3	0-0	1-0	8-8	
New England	9-8	3-4	6-4	0-0	0-1	1-1	
New Orleans	6-7	4-3	2-4	0-1	2-0	3-0	
N.Y. Giants	9-9	5-3	4-6	1-0	0-0	0-0	
N.Y. Jets	11-8	5-3	6-5	0-0	0-0	0-0	
@ Oakland	25-28	15-10	10-18	0-1	1-1	12-5	
Oakland	14-14	9-4	5-11	0-0	0-0	12-5	
Los Angeles	11-14	6-6	5-7	0-1	1-1	0-0	
Philadelphia	9-7	5-5	4-2	0-1	0-0	0-0	
Pittsburgh	9-8	7-1	2-7	0-0	0-1	0-0	
San Francisco	24-16	14-7	10-9	0-2	1-0	13-15	
Tampa Bay	8-5	4-2	4-3	0-0	0-0	3-0	
= Tennessee	10-6	7-2	3-4	1-0	0-1	3-0	
Tennessee	4-2	3-1	1-1	0-0	0-0	2-0	
Houston	6-4	4-1	2-3	1-0	0-1	1-0	
Washington	5-12	1-7	4-5	0-1	3-0	0-0	
TOTALS	344-331-1	206-133	138-198-1	12-21-1	16-16	104-74	

- * Includes 2 games while franchise was located in St. Louis (0-2)
- ^ Relocated from Cleveland in 1996. All records remain in Cleveland.
- + Includes 5 games at Milwaukee's County Stadium (3-2)
- # Includes 2 games while franchise was located in Baltimore (0-2)
- @ Includes 25 games while franchise was located in Los Angeles (11-14)
- % Includes 15 games while franchise was located in St. Louis (8-7)
- = Includes 10 games while franchise was located in Houston (6-4)
- § Includes 50 games while franchise was located in San Diego (26-24)

PRESEASON RESULTS

1976 • PRESEASON (1-5)

Sun.	8/1	L	27-20	San Francisco 49ers	60,825
Sat.	8/7	L	27-16	Chicago Bears (Spokane, Washington)	14,484
Sat.	8/14	L	16-13	Los Angeles Rams	62,532
Sat.	8/21	L	52-7	at Denver Broncos	22,887
Sun.	8/29	W	17-16	San Diego Chargers	59,092
Sat.	9/4	L	45-28	at Oakland Raiders	51,487

1977 • PRESEASON (3-3)

Sun.	8/7	W	34-24	at San Francisco 49ers	38,024
Sat.	8/13	W	23-17 (OT)	Dallas Cowboys	58,789
Thurs.	8/18	W	12-10	Oakland Raiders	62,187
Sat.	8/27	L	16-14	Detroit Lions	56,345
Fri.	9/2	L	27-10	Denver Broncos	54,916
Sun.	9/11	L	38-20	at San Diego Chargers	27,505

1978 • PRESEASON (3-1)

Fri.	8/4	W	17-9	San Diego Chargers	58,853
Sat.	8/12	W	20-6	at San Francisco 49ers	36,069
Thurs.	8/17	L	26-7	Los Angeles Rams	63,235
Thurs.	8/24	W	16-7	Chicago Bears	54,844

1979 • PRESEASON (3-1)

Thurs.	8/2	W	12-9 (OT)	Minnesota Vikings	60,881
Sun.	8/12	W	27-17	Dallas Cowboys	59,960
Sat.	8/18	L	21-17	at Los Angeles Rams	46,083
Fri.	8/24	W	55-20	San Francisco 49ers	59,941

1980 • PRESEASON (3-1)

Thurs.	8/7	W	14-10	Atlanta Falcons	59,555
Mon.	8/18	L	24-7	Miami Dolphins	59,550
Sat.	8/23	W	10-7	at San Francisco 49ers	41,841
Fri.	8/29	W	30-23	New England Patriots	56,947

1981 • PRESEASON (1-3)

Wed.	8/5	L	27-24 (OT)	San Francisco 49ers	56,958
Fri.	8/14	L	30-21	St. Louis Cardinals	55,520
Sat.	8/22	L	24-17	at San Francisco 49ers	37,563
Fri.	8/28	W	31-17	Baltimore Colts	55,794

1982 • PRESEASON (1-3)

Fri.	8/13	W	14-0	St. Louis Cardinals	55,575
Sat.	8/21	L	7-3	at Minnesota Vikings	57,880
Sat.	8/28	L	23-13	at Los Angeles Rams	54,537
Fri.	9/3	L	17-13	San Francisco 49ers	57,839

1983 • PRESEASON (2-2)

Fri.	8/5	L	10-7	at Denver Broncos	53,887
Fri.	8/12	W	38-21	Green Bay Packers	54,443
Fri.	8/19	L	19-17	Minnesota Vikings	54,402
Sat.	8/27	W	20-6	at San Francisco 49ers	47,074

1984 • PRESEASON (4-1)

Sat.	7/28	W	38-0	Tampa Bay Buccaneers (Hall of Fame Game, Canton, Ohio)	22,250
Sat.	8/4	W	7-3	Buffalo Bills	53,360
Sat.	8/11	W	28-24	at Detroit Lions	41,414
Fri.	8/17	W	17-7	St. Louis Cardinals	53,772
Fri.	8/24	L	17-7	at San Francisco 49ers	49,219

1985 • PRESEASON (2-2)

Sat.	8/10	L	19-7	at Indianapolis Colts	60,014
Fri.	8/16	W	28-3	Detroit Lions	57,751
Sat.	8/24	W	27-10	at Minnesota Vikings	56,562
Fri.	8/30	L	23-21	San Francisco 49ers	60,403

1986 • PRESEASON (2-2)

Fri.	8/8	W	21-14	Indianapolis Colts	55,443
Fri.	8/15	L	30-27 (OT)	at Detroit Lions	37,875
Fri.	8/22	W	27-17	Minnesota Vikings	57,730
Fri.	8/29	L	21-10	at San Francisco 49ers	52,419

1987 • PRESEASON (2-2)

Thurs.	8/13	L	23-14	at Los Angeles Rams	57,772
Sat.	8/22	L	28-21	at St. Louis Cardinals	25,309
Fri.	8/28	W	38-10	Detroit Lions	59,695
Fri.	9/4	W	34-10	San Francisco 49ers	59,653

1988 • PRESEASON (3-1)

Thurs.	8/4	W	21-14	Phoenix Cardinals	54,778
Thurs.	8/11	W	16-13 (OT)	at Detroit Lions	37,993
Fri.	8/19	W	30-13	Buffalo Bills	57,000
Fri.	8/26	L	27-21	at San Francisco 49ers	53,357

1989 • PRESEASON (3-1)

Fri.	8/11	W	16-10 (OT)	at Phoenix Cardinals	37,158
Sat.	8/19	L	17-12	New England Patriots (at St. Louis, Missouri)	48,746
Fri.	8/25	W	13-7	Detroit Lions	55,829
Fri.	9/1	W	28-17	San Francisco 49ers	58,641

1990 • PRESEASON (4-1)

Sat.	8/4	L	10-7	Denver Broncos (American Bowl, Tokyo, Japan)	48,827
Sat.	8/11	W	34-9	at Phoenix Cardinals	31,316
Fri.	8/17	W	13-10	Indianapolis Colts	52,475
Fri.	8/24	W	10-3	Tampa Bay Buccaneers	52,301
Fri.	8/31	W	30-10	at San Francisco 49ers	55,269

1991 • PRESEASON (2-2)

Sat.	8/3	L	31-13	Phoenix Cardinals	49,448
Sat.	8/10	W	17-7	at Indianapolis Colts	47,943
Sat.	8/17	W	23-7	at Los Angeles Rams	47,834
Fri.	8/23	L	28-16	San Francisco 49ers	54,111

1992 • PRESEASON (2-2)

Thurs.	8/6	L	21-7	Los Angeles Rams	52,360
Sat.	8/15	W	27-10	at Indianapolis Colts	43,272
Sat.	8/22	W	17-10	Phoenix Cardinals	51,007
Fri.	8/29	L	24-17	at San Francisco 49ers	52,822

1993 • PRESEASON (2-2)

Sat.	8/7	L	16-13 (OT)	Indianapolis Colts	45,055
Sat.	8/14	L	23-10	at Minnesota Vikings	42,240
Sat.	8/21	W	30-0	San Francisco 49ers	51,086
Sat.	8/28	W	20-10	at Houston Oilers	43,678

1994 • PRESEASON (2-2)

Fri.	8/5	L	13-9	at Indianapolis Colts	40,469
Sat.	8/13	W	29-6	Tampa Bay Buccaneers*	43,633
Sat.	8/20	W	30-19	Minnesota Vikings*	45,497
Fri.	8/26	L	13-9	at San Francisco 49ers	54,004

1995 • PRESEASON (2-2)

Sat.	8/5	W	34-20	St. Louis Rams	35,607
Sat.	8/12	L	20-17	Indianapolis Colts	38,006
Sun.	8/20	W	24-19	at New Orleans Saints	38,228
Fri.	8/26	L	17-7	at San Francisco 49ers	53,280

1996 • PRESEASON (3-1)

Sat.	8/3	W	19-17	Atlanta Falcons	30,284
Thurs.	8/8	W	24-19	at Oakland Raiders	38,219
Sat.	8/17	L	15-13	at Indianapolis Colts	38,930
Fri.	8/23	W	20-3	San Francisco 49ers	38,144

PRESEASON RESULTS, continued

1997 • PRESEASON (3-2)

Sat.	7/26	L	28-26	Minnesota Vikings (Hall of Fame Game, Canton, Ohio)	23,846
Sat.	8/2	W	34-6	Arizona Cardinals	49,445
Sat.	8/9	L	21-17	at San Francisco	50,153
Sat.	8/16	W	45-3	Indianapolis Colts	52,844
Fri.	8/22	W	31-28	at Cincinnati Bengals	43,637

1998 • PRESEASON (4-1)

Sat.	7/31	W	20-19	at Dallas Cowboys	59,357
Sat.	8/8	W	24-21	Indianapolis Colts	52,645
Sat.	8/15	L	24-21	San Francisco 49ers (American Bowl, Vancouver, B.C.)	45,202
Sat.	8/22	W	31-24	at Arizona Cardinals	32,683
Fri.	8/28	W	21-20	San Francisco 49ers	57,014

1999 • PRESEASON (1-3)

Sat.	8/14	L	24-10	Buffalo Bills	66,285
Thurs.	8/19	L	24-23	at San Francisco 49ers	66,193
Sat.	8/28	W	41-7	Arizona Cardinals	66,277
Thurs.	9/2	L	31-28	at Indianapolis Colts	41,074

2000 • PRESEASON (2-2)

Sat.	8/5	W	28-16	Indianapolis Colts*	68,578
Sat.	8/12	L	21-3	at Arizona Cardinals	34,774
Sat.	8/19	W	25-21	San Francisco 49ers*	68,579
Thurs.	8/24	L	20-0	at Oakland Raiders	32,012

2001 • PRESEASON (2-2)

Sat.	8/11	L	28-21	at Indianapolis Colts	45,089
Sat.	8/18	L	16-13 (OT)	Arizona Cardinals*	47,553
Sat.	8/25	W	28-18	at San Francisco 49ers	63,887
Sat.	9/1	W	28-14	New Orleans Saints*	68,665

2002 • PRESEASON (1-3)

Sat.	8/10	L	28-10	Indianapolis Colts	52,902
Fri.	8/16	L	24-14	at San Diego Chargers	N/A
Sat.	8/24	W	17-14	Kansas City Chiefs	49,036
Thurs.	8/29	L	31-0	at Denver Broncos	71,755

2003 • PRESEASON (2-2)

Sat.	8/9	W	20-7	San Diego Chargers	37,763
Fri.	8/15	L	21-7	at Indianapolis Colts	37,469
Sat.	8/23	W	42-31	Kansas City Chiefs	39,833
Fri.	8/29	L	20-3	at Denver Broncos	73,038

2004 • PRESEASON (3-1)

Mon.	8/16	W	21-3	at Green Bay Packers	69,718
Sat.	8/21	L	19-3	Denver Broncos	48,090
Fri.	8/27	W	26-20	at San Diego Chargers	35,536
Thurs.	9/2	W	23-21	Minnesota Vikings	50,198

2005 • PRESEASON (2-2)

Sat.	8/12	W	34-15	at New Orleans Saints	38,529
Mon.	8/22	L	18-10	Dallas Cowboys	47,641
Fri.	8/26	W	23-17	at Kansas City Chiefs	74,158
Fri.	9/2	L	23-21	Minnesota Vikings	63,746

2006 • PRESEASON (2-2)

Fri.	8/12	L	13-3	Dallas Cowboys	66,304
Sun.	8/20	W	30-17	at Indianapolis Colts	56,596
Sat.	8/26	L	31-20	at San Diego Chargers	51,878
Thurs.	8/31	W	30-7	Oakland Raiders	67,158

2007 • PRESEASON (3-1)

Sun.	8/12	W	24-16	at San Diego Chargers	57,500
Sat.	8/18	L	48-13	at Green Bay Packers	69,761
Sat.	8/25	W	30-13	Minnesota Vikings	66,723
Thurs.	8/30	W	19-14	Oakland Raiders	66,700

2008 • PRESEASON (3-1)

Fri.	8/8	W	34-17	at Minnesota Vikings	62,545
Sat.	8/18	W	29-26	Chicago Bears	67,360
Mon.	8/25	L	18-17	at San Diego Chargers	52,763
Fri.	8/29	W	23-16	Oakland Raiders	67,163

2009 • PRESEASON (4-0)

Sat.	8/15	W	20-14	at San Diego Chargers	58,373
Sat.	8/22	W	27-13	Denver Broncos	67,052
Sat.	8/29	W	14-10	at Kansas City Chiefs	66,553
Thurs.	9/3	W	31-21	Oakland Raiders	66,697

2010 • PRESEASON (1-3)

Sat.	8/14	W	20-18	Tennessee Titans	65,352
Sat.	8/21	L	27-24	Green Bay Packers	65,586
Sat.	8/28	L	24-13	at Minnesota Vikings	63,550
Thurs.	9/2	L	27-24	at Oakland Raiders	23,957

2011 • PRESEASON (2-2)

Thurs.	8/11	W	24-17	at San Diego Chargers	55,318
Sat.	8/20	L	7-20	Minnesota Vikings	65,599
Sat.	8/27	L	20-23	at Denver Broncos	72,347
Fri.	9/2	W	20-3	Oakland Raiders	65,418

2012 • PRESEASON (4-0)

Sat.	8/11	W	27-17	Tennessee Titans	65,589
Sat.	8/18	W	30-10	at Denver Broncos	74,012
Fri.	8/24	W	44-14	at Kansas City Chiefs	63,870
Thurs.	8/30	W	21-3	Oakland Raiders	66,157

2013 • PRESEASON (4-0)

Thurs.	8/8	W	31-10	at San Diego Chargers	54,709
Sat.	8/17	W	40-10	Denver Broncos	67,635
Fri.	8/23	W	17-10	at Green Bay	74,030
Thurs.	8/29	W	22-6	Oakland Raiders	67,341

2014 • PRESEASON (2-2)

Thurs.	8/7	L	16-21	at Denver Broncos	75,583
Fri.	8/15	W	41-14	San Diego Chargers	67,615
Fri.	8/22	W	34-6	Chicago Bears	67,608
Thurs.	8/28	L	31-41	at Oakland Raiders	50,831

2015 • PRESEASON (2-2)

Fri.	8/14	L	20-22	Denver Broncos	68,677
Fri.	8/21	L	13-14	at Kansas City Chiefs	71,915
Sat.	8/29	W	16-15	at San Diego Chargers	58,556
Thurs.	9/3	W	31-21	Oakland Raiders	68,032

2016 • PRESEASON (3-1)

Sat.	8/13	W	17-16	at Kansas City Chiefs	69,816
Thurs.	8/18	L	11-18	Minnesota Vikings	68,469
Thurs.	8/25	W	27-17	Dallas Cowboys	68,505
Thurs.	9/1	W	23-21	at Oakland Raiders	53,473

2017 • PRESEASON (4-0)

Sun.	8/13	W	48-17	at L.A. Chargers	21,054
Fri.	8/18	W	20-13	Minnesota Vikings	68,550
Fri.	8/25	W	26-13	Kansas City	68,541
Thurs.	8/31	W	17-13	at Oakland Raiders	53,812

2018 • PRESEASON (0-4)

Thurs.	8/9	L	17-19	Indianapolis Colts	68,418
Sat.	8/18	L	14-24	at L.A. Chargers	23,211
Fri.	8/24	L	20-21	at Minnesota Vikings	66,676
Thurs.	8/30	L	19-30	Oakland Raiders	68,554

2019 • PRESEASON (3-1)

Thurs.	8/8	W	22-14	Denver Broncos	68,295
Sun.	8/18	L	25-19	at Minnesota Vikings	66,636
Sat.	8/24	W	23-15	at L.A. Chargers	23,377
Thurs.	8/29	W	17-15	Oakland Raiders	68,461

1972

06/15 Seattle Professional Football, a group of business and community leaders, announces their intention to attempt to secure a National Football League franchise for the City of Seattle. Herman Sarkowsky serves as spokesman for the group.

11/02 Construction begins on The Kingdome.

1974

06/04 The National Football League announces that Seattle will have a franchise for the 1976 season.

12/05 The National Football League announces that it has voted membership to Seattle Professional Football, Inc., headed by Lloyd W. Nordstrom with partners Herman Sarkowsky, D.E. "Ned" Skinner, Howard S. Wright, M. Lamont Bean, and Lynn P. Himmelman.

1975

03/06 John Thompson, Executive Director of the NFL Management Council, named General Manager.

06/17 Nickname "Seahawks" selected from 20,365 entries and 1,741 different names. One hundred fifty-one suggest "Seahawks."

07/25 Season ticket applications mailed.

07/28 Season ticket applications accepted — 24,168 received the first day.

08/23 Season ticket sales closed after target of 59,000 reached.

12/18 Seahawks agree to a 20-year lease agreement to play all games in the Kingdome.

1976

01/03 Jack Patera, defensive line coach of the Minnesota Vikings, named head coach.

01/20 Lloyd W. Nordstrom, spokesman for the Nordstrom family, the Seahawks' majority owner, dies of a heart attack while vacationing in Mexico.

03/30 Veteran Allocation held in New York City. Seahawks select 39 NFL veterans.

04/8-9 Seahawks select 25 collegians in their first college draft. Notre Dame's Steve Niehaus is the first choice and he flies to Seattle for evening news conference on April 8.

Seahawks open training camp at Eastern Washington State College in Cheney.

08/01 Seahawks play first game before 60,825 fans in the Kingdome. San Francisco holds on to defeat Seattle, 27-20, as Jim Zorn is tackled on the 49ers' 2-yard line when the gun sounds.

08/29 Seahawks capture first victory, a 17-16 preseason win over San Diego, as Ron Howard catches a 3-yard Jim Zorn pass for the winning touchdown with only 13 seconds remaining in the contest.

09/12 Seattle opens regular season play with a near miss against St. Louis, 30-24. The game ends with the Cardinals intercepting a pass in the end zone.

10/17 Seahawks win Expansion Bowl with 13-10 victory over host Tampa Bay. Linebacker Mike Curtis blocks a Tampa Bay field goal attempt with 42 seconds remaining to preserve the victory.

11/07 Seahawks capture their first regular season victory at home with a 30-13 win over Atlanta. Sherman Smith becomes the first Seattle back to rush for over 100 yards with 124 yards on 14 carries.

1977

01/17 Seahawks host the Pro Bowl and it is the first sellout in the 27-year history of the game and is the largest crowd under the AFC vs. NFC format. AFC scores a 24-14 win before 63,214 fans.

05/03 Seattle trades its first-round draft choice, the second player in the draft, to Dallas for the Cowboys' first-round selection and three second-round picks. The Seahawks select Steve August, offensive guard from Tulsa, in the first round.

10/30 After missing four games with an injury, Jim Zorn returns to lead Seattle to a 56-17 triumph over Buffalo. The Seahawks set 15 club records and equal six, including Zorn's four TD passes.

11/13 Seattle defense blanks the New York Jets, 17-0, in Shea Stadium, the first time an established team is shutout by a second-year team.

12/18 Seahawks win their fifth game of the year, a 20-19 decision over Cleveland before 61,583 fans in the Kingdome, to establish a record for most wins ever by a second-year expansion team.

1978

05/03 Keith Simpson, cornerback from Memphis State, is selected as Seattle's first-round draft choice followed by his college teammate Keith Butler, a linebacker, in the second round.

10/08 Efen Herrera kicks a 19-yard field goal on the final play of the game to give Seattle a 29-28 win over the Minnesota Vikings.

11/26 Seattle becomes the first team since 1965 to beat Oakland twice during the regular season with a 17-16 win on Efen Herrera's 46-yard field goal with just three seconds remaining.

12/17 Seahawks end their third season with a 9-7 record and finish one game behind Denver in the AFC West standings following a 23-19 win over Kansas City. Al Hunter rushes for 133 yards on 27 carries as Seahawks perform before sixth-straight home sellout crowd.

1979

01/29 Steve Largent catches a record-equaling five passes as Seattle's first representative to the Pro Bowl. National Football Conference defeats Largent and his AFC teammates, 13-7, in the Los Angeles Memorial Coliseum.

05/03 Manu Tuiasosopo, defensive tackle from UCLA, becomes Seattle's first-round draft choice.

10/29 After trailing 14-0, the Seahawks rebound for a 31-28 win over Atlanta in Seattle's first appearance on ABC's Monday Night Football. Dan Doornink rushes for 122 yards on 21 carries and scores twice.

12/16 The Seahawks close out their second straight 9-7 season with a 29-24 win over Oakland. Sam McCullum sets a club record with 173 yards receiving on eight catches.

1980

04/29 Seattle trades its first-round draft choice (#16) and a third-round pick to Buffalo for the Bills' first-round choice, the tenth player in the draft. The Seahawks then select defensive end Jacob Green of Texas A&M in the first round.

09/28 Seahawks score second shutout in the club's history with a 14-0 win over Washington Redskins in Robert F. Kennedy Memorial Stadium.

10/05 Sam McCullum catches two touchdown passes and Efen Herrera kicks four field goals in 26-7 win over Houston at the Astrodome. The win would prove to be Seattle's last of the season.

1981

04/28 Seahawks select UCLA safety Kenny Easley in the first round of the NFL draft.

11/08 Seattle holds the Pittsburgh Steelers scoreless in the second half and rallies for a pair of fourth quarter touchdowns to capture a 24-21 victory at the Kingdome.

11/16 The Seahawks score on their last eight possessions to defeat the San Diego Chargers, 44-23, on Monday Night Football. It is the Seahawks' first regular season victory over the Chargers after eight straight losses.

1982

03/11 Mike McCormack, former head coach with the Philadelphia Eagles and Baltimore Colts, is named Director of Football Operations.

04/27 Seahawks select Clemson defensive end Jeff Bryant in the first round of the college draft.

09/21 Players go on strike for 57 days.

10/13 Mike McCormack named interim head coach after the firing of head coach Jack Patera and general manager John Thompson.

FRANCHISE HISTORY

- 11/21** Seahawks capture 17-10 victory over the host Denver Broncos in Mike McCormack's first game as head coach following the players' strike. Steve Largent catches a 34-yard touchdown pass from Jim Zorn with 49 seconds left for the victory.
- 11/28** Seahawks shutout the Pittsburgh Steelers, 16-0, for the club's third shutout in history and first at the Kingdome.

1983

- 01/02** Seahawks conclude nine-game season with a 13-11 win over the Denver Broncos as Dave Krieg throws a 19-yard touchdown pass to Roger Carr with 47 seconds left. The Seahawks drive 87 yards in 10 plays with no timeouts to score the winning touchdown. Seattle finishes the season 4-5 but were 4-3 under Mike McCormack.
- 01/03** Mike McCormack named President and General Manager after previously serving as Director of Football Operations since March 11, 1982, and interim head coach since October 13, 1982.
- 01/26** Chuck Knox named head coach. Knox previously had served as head coach of the Los Angeles Rams (1973-77) and the Buffalo Bills (1978-82). He guided seven-of-his-ten teams to the playoffs, while winning six division championships.
- 03/15** Chuck Allen, who joined the Seahawks staff in June of 1975 as Director of Pro Scouting, named Assistant General Manager.
- 04/26** Seattle selects Penn State running back Curt Warner in the NFL Draft. Warner is the third player taken in the first round. To be able to get Warner, the Seahawks trade their first, second and third-round selections to the Houston Oilers for the Oilers first-round pick.
- 09/11** Seahawks win first game under Chuck Knox, 17-10, over the New York Jets, as the club sets a team record with 57 rushing attempts and Curt Warner gains 128 yards on 24 carries.
- 10/16** Seahawks force eight turnovers and register eight sacks in 38-36 victory over the Los Angeles Raiders.
- 10/30** Seahawks make it two straight over Raiders with 34-21 win.
- 12/18** Seahawks clinch first playoff berth with 24-6 win over New England.
- 12/24** Dave Krieg throws three touchdown passes and Curt Warner rushes for 99 yards in 31-7 win over Denver in the AFC Wild Card Game before 60,752 fans in Kingdome.
- 12/31** Seahawks drive 66 yards in five plays late in the fourth quarter to capture divisional playoff win over Miami, 27-20, before 71,032 fans at the Orange Bowl.

1984

- 01/08** Los Angeles Raiders defeat the Seahawks, 30-14, in the AFC Championship Game at the Los Angeles Memorial Coliseum before 88,734 fans.
- 05/01** Seahawks select cornerback Terry Taylor of Southern Illinois as their first-round choice in the annual NFL Draft.
- 09/03** Seahawks win regular season opener for the first time in franchise history, 33-0, over the Cleveland Browns. The enthusiasm is dampened by a knee injury to Curt Warner which will keep him out for the rest of the season.
- 10/29** Seahawks post their second shutout of the season with a 24-0 victory over the San Diego Chargers on Monday Night Football. Kenny Easley intercepts a club record three passes and Steve Largent catches three touchdown passes.
- 11/04** Seahawks set an NFL record by returning four interceptions for touchdowns, including two by Dave Brown, in a 45-0 win over the Kansas City Chiefs. Kenny Easley and Keith Simpson had the other two interception returns for touchdowns.
- 11/25** Dave Krieg throws for 406 yards and three touchdowns, including an 80-yarder to Daryl Turner on the first play of the game, to lead the Seahawks past Denver, 27-24. Steve Largent catches 12 passes for 191 yards and one score.
- 12/02** Seahawks clinch playoff berth with a 38-17 win over Detroit as Dave Krieg throws a team record five touchdown passes.
- 12/15** Seahawks officially retire jersey #12 in honor of their fans, the 12th Man. Seattle becomes the first professional sports franchise to retire a jersey in honor of their fans.

- 12/22** Seattle eliminates the defending Super Bowl Champion Los Angeles Raiders, 13-7, from the playoffs in the AFC Wild Card Game at the Kingdome. Seahawks rush for 205 yards and force three turnovers, along with registering six sacks, in the victory.
- 12/29** Miami defeats the Seahawks, 31-10, in an AFC Divisional Playoff Game at the Orange Bowl.

1985

- 06/18** Seahawks and Northwest College agree to a long-term lease for a new practice and office complex for the club in Kirkland. The facility will be built on 12 acres adjacent to Northwest College. A 36,000-square foot building will house the club's administrative offices, locker room and training facilities.
- 07/20** Seahawks open their tenth and final training camp at Eastern Washington University in Cheney.
- 09/08** Curt Warner returns to the Seattle lineup after missing all but the 1984 opener as the Seahawks defeat Cincinnati, 28-24, at Riverfront Stadium. Warner gains 66 yards on 17 carries and scores the game-winning touchdown on an 11-yard run with 7:07 remaining.
- 09/15** Daryl Turner sets a club record with four touchdown catches and Dave Krieg equals another with five touchdown passes in Seattle's 49-35 victory over the San Diego Chargers at Jack Murphy Stadium.
- 10/13** Dave Krieg passes for 405 yards and four touchdowns, including a 12-yarder to Paul Skansi for the winning touchdown with 35 seconds remaining, as Seahawks defeat Atlanta, 30-26. Krieg directs the Seahawks 86 yards in 16 plays on the winning drive.
- 10/21** Ceremonial ground-breaking is held for team's new headquarters.
- 11/03** Terry Taylor returns an interception 75 yards for a touchdown and blocks a field goal attempt that is recovered by Byron Walker and returned 56 yards for a touchdown in Seattle's 33-3 win over the Los Angeles Raiders at the Kingdome.

1986

- 04/29** Seahawks select Florida fullback John L. Williams as their first-round draft choice. Williams is the 15th player picked overall.
- 06/18** Seahawks move into new headquarters on a 12-acre site adjacent to Northwest College in Kirkland.
- 07/16** Seahawks open their 11th training camp and first in Kirkland.
- 09/07** Seahawks kickoff their 1986 regular season schedule with a 30-0 victory over the Pittsburgh Steelers at the Kingdome.
- 10/06** Seahawks defeat San Diego Chargers, 33-7, on Monday Night Football as Steve Largent breaks NFL record for most consecutive games with a pass reception. Largent catches a pass in the 128th straight game in which he participated.
- 10/19** Jacob Green registers four sacks and Dave Brown intercepts two passes in leading Seattle to a 17-12 win over the eventual Super Bowl champion New York Giants.
- 11/27** Seahawks defeat the Dallas Cowboys, 31-14, on Thanksgiving Day as Curt Warner runs for 122 yards and Dave Krieg completes 16-of-24 passes for 214 yards and two touchdowns.
- 12/08** Seattle hands the Los Angeles Raiders their biggest defeat since 1962, 37-0, as Curt Warner gains 116 yards and Dave Krieg passes for 243 yards and two touchdowns. Seattle gains 407 yards in total offense, while the defense holds the Raiders to 138 yards.
- 12/20** Seahawks close out five-game winning streak and a 10-6 season by defeating eventual AFC Champion Denver, 41-16. The Seahawks gain a season high 536 yards, including a club record 298 yards rushing, led by Curt Warner's 192 yards and three touchdowns on 24 carries.

1987

- 04/28** Seahawks select University of Pittsburgh linebacker Tony Woods in the first round of the NFL Draft. Woods is the 18th player picked. 6/12 Seahawks win lottery for first choice in supplemental draft and select University of Oklahoma linebacker Brian Bosworth.
- 09/13** After first two regular season games, NFL Players Association calls a strike that will last four weeks. Games for Sunday, September 18, are cancelled.

FRANCHISE HISTORY

- 10/25** Seahawks defeat the Los Angeles Raiders, 35-13, in first game with regulars following the strike. Seattle builds up a 28-0 halftime lead and wins in Los Angeles for the first time since 1983.
- 12/13** Dave Krieg completes 23-of-33 passes for 238 yards and Ray Butler catches six passes for 107 yards and two touchdowns in leading Seattle past Denver, 28-21, at the Kingdome.
- 12/20** Seahawks clinch playoff berth with a 34-21 win over the Chicago Bears at Soldier Field. John L. Williams sparks the offense with a 75-yard touchdown on a screen pass from Dave Krieg and the defense contributes five takeaways.
- 12/27** Steve Largent catches six passes in a 41-20 loss at Kansas City and becomes the NFL's all-time leading receiver with 751. Largent breaks the previous record of 750 by Charlie Joiner.

1988

- 01/03** Seahawks close out the 1987 season with a 23-20 overtime loss to the Houston Oilers at the Astrodome in the AFC First-Round Playoff Game.
- 04/24** Seahawks use their second-round choice in the draft to select University of Miami wide receiver Brian Blades. The Seahawks first-round pick had been exercised in the June 1987 supplemental draft.
- 08/30** Ken Behring and Ken Hofmann complete their purchase of the Seahawks from the Nordstrom family.
- 09/04** Seahawks open 13th season with a 21-14 win at Denver over the two-time defending AFC Champion Broncos. Curt Warner scores twice and John L. Williams accounts for 161 yards from scrimmage. It is Seattle's first win in Denver since 1984.
- 09/18** Steve Largent becomes the NFL's all-time leader in pass receiving yards with 12,167 at San Diego, but the Seahawks lose to the Chargers, 17-6. Largent breaks Charlie Joiner's record of 12,146 yards.
- 10/02** Rookie quarterback Kelly Stouffer makes his first NFL start for an injured Dave Krieg and leads the Seahawks to a 31-20 win over the Atlanta Falcons in Atlanta. John L. Williams ties a team record with three rushing touchdowns.
- 11/13** Seahawks defeat the Houston Oilers, 27-24, as Dave Krieg returns after missing seven games with a shoulder separation. Krieg engineers a 10-play drive to set up Norm Johnson's game-winning field goal with less than one second left.
- 11/28** Dave Krieg equals his own team record with five touchdown passes as Seahawks defeat the Los Angeles Raiders, 35-27, on Monday night in the Kingdome. Curt Warner (130) and John L. Williams (105) become the first pair of Seahawks to each gain over 100 yards rushing in the same game.
- 12/11** Seahawks score touchdowns on their first six possessions in a 42-17 win over Denver. Curt Warner establishes a team record with four rushing touchdowns. Warner (126) and John L. Williams (109) each top 100 yards rushing.
- 12/18** John L. Williams accounts for 239 yards of offense, including 180 receiving, and Dave Krieg throws for 410 yards and four scores, as the Seahawks defeat the Los Angeles Raiders, 43-37, in Los Angeles to clinch the first AFC Western Division title in franchise history.
- 12/31** Seahawks are eliminated from the playoffs by the eventual AFC Champion Cincinnati Bengals, 21-13, in Riverfront Stadium.

1989

- 02/22** Tom Flores named President/General Manager, replacing Mike McCormack. Flores guided the Los Angeles Raiders to an 83-53 regular season record and two Super Bowl titles in nine seasons, 1979-87, as their head coach.
- 04/23** Seahawks select Notre Dame tackle Andy Heck with the fifteenth pick of the first round of the draft.
- 09/10** Seahawks lose regular season opener in Philadelphia, 31-7, and also lose wide receiver Steve Largent for six weeks with a broken elbow. Largent, however, scores Seattle's only touchdown.
- 10/29** Dave Krieg and Brian Blades combine on a 21-yard touchdown pass with 40 seconds left in a 10-7 win over the San Diego Chargers. The win is the 100th in regular season play for the Seahawks. Blades catches a career high 10 passes for 117 yards.
- 11/26** Steve Largent ties Don Hutson's NFL record of 99 career receiving touchdowns in the Seahawks 41-14 loss at Denver.

- 12/04** Dave Krieg ignites a three-game winning streak with 298 yards passing and the game-winning touchdown pass in a 17-16 Monday night win over Buffalo.
- 12/10** Seahawks win 24-17 at Cincinnati as Dave Krieg throws three touchdown passes. One goes to Steve Largent, the NFL record 100th of his career.
- 12/17** John L. Williams catches a career high 12 passes for 129 yards as the Seahawks defeat the Los Angeles Raiders, 23-17.
- 12/23** Seahawks close out the season with a 29-0 loss to the Washington Redskins. In pregame ceremonies, retiring wide receiver Steve Largent is honored and his is the first name inducted in the Seahawks Ring of Honor.

1990

- 04/22** Seahawks trade four draft choices to the New England Patriots, including two first-round choices, to move up and select University of Miami defensive tackle Cortez Kennedy with the third overall choice. Seahawks also receive a second-round choice from the Patriots which they use to select Syracuse University linebacker Terry Wooden.
- 08/04** Seahawks play their first-ever international game as they drop a 10-7 preseason decision to the Denver Broncos in Tokyo, Japan.
- 10/01** Seahawks defeat the Cincinnati Bengals, 31-16, for their first win after opening the season with three consecutive losses. Derrick Fenner scores three touchdowns for the second straight week.
- 11/11** Seahawks score their first win in Kansas City's Arrowhead Stadium since 1980 as Dave Krieg throws a 25-yard touchdown pass to Paul Skansi as time expires. The PAT gives Seattle a 17-16 win and starts a four-game streak of games decided on the last play. The win is the 159th of Chuck Knox's career, moving him into seventh place all-time.
- 11/25** Norm Johnson's 40-yard field goal 3:01 into overtime gives the Seahawks a 13-10 win at San Diego. Seattle forces and recovers a pair of fumbles, the first with 48 seconds left in regulation and the second with 1:34 gone in overtime.
- 12/02** In almost a replay from the week before, Seattle defeats the Houston Oilers 13-10 in overtime after recovering a fumble. Norm Johnson connects from 42 yards out after David Wyman recovers a Tony Woods-forced fumble. Seahawks become only the third team in NFL history to win back-to-back overtime games.
- 12/09** The Seahawks defense sets single-game records for fewest rushing first downs (0) and rushing yards allowed (13) in a game in a 20-14 win over the Green Bay Packers in Milwaukee.
- 12/23** Seattle moves over the .500 mark with a 17-12 win over the Denver Broncos. The Broncos are penalized on the game's last play, negating what would have been a game-winning touchdown pass.
- 12/30** Derrick Fenner scores two touchdowns for the fourth time as Seattle defeats the Detroit Lions, 30-10, in the Kingdome, to finish at 9-7 after an 0-3 start. Fenner ends the season equalling team records for total touchdowns (15) and rushing touchdowns (14), totals that lead the AFC.

1991

- 04/21** Seahawks select San Diego State quarterback Dan McGwire with the 16th pick in the first round of the 1991 NFL Draft. The 6-8, 243-pound McGwire is the first quarterback ever selected in the first round by Seattle.
- 04/25** Head Coach Chuck Knox agrees to a two-year contract extension.
- 08/03** Quarterback Jim Zorn (1976-84) becomes the second person inducted into the Seahawks Ring of Honor. 9/1 Seahawks drop season opener, 27-24, at New Orleans and lose starting quarterback Dave Krieg for six weeks with a broken thumb in the process. Wide receiver Brian Blades sets career highs with 12 receptions, 160 yards, and two touchdowns.
- 09/08** Jeff Kemp makes his first start since September 25, 1988, and throws two touchdown passes in a 20-13 win over the New York Jets. One goes to Travis McNeal, the first of his career.
- 09/29** Chris Warren's 59-yard punt return touchdown, the first by a Seahawks player since 1986, sparks a 31-3 win over the visiting Indianapolis Colts. The defense limits the Colts to 137 yards and records five sacks. Rookie first-round draft choice Dan McGwire starts and plays the first half, engineering a 50-yard touchdown drive on his first possession.

FRANCHISE HISTORY

- 10/6** The Seahawks defense stops the Cincinnati Bengals on a 4th-and-four inches short with 29 seconds left to preserve a 13-7 win at Riverfront Stadium. Dwayne Harper and Nesby Glasgow combine for the tackle, which comes at the Seattle 22.
- 10/20** Dave Krieg returns from missing six games on injured reserve to lead Seattle to a 27-7 win at Pittsburgh. Krieg throws for 266 yards, completing 25-of-31 passes, and two scores.
- 10/27** John Kasay equals an NFL record with two field goals of 50-or-more yards in a 20-9 win over the San Diego Chargers. Kasay connects from 54 and 51 yards. The 54-yarder equals the team record.
- 11/24** The defense forces four turnovers and has five sacks, three by Rufus Porter, in a 13-10 win over the eventual AFC West Champion Denver Broncos in the Kingdome. Additionally, the defense twice holds on downs inside Seahawks territory in the game's last 4:49.
- 12/22** Seattle finishes their 16th season with a 7-9 record after defeating the Los Angeles Rams, 23-9, in the Kingdome. It was the first win by the Seahawks over the Rams in five regular season games. James Jones rushes for a pair of scores, while the defense keeps their third 1991 opponent out of the end zone.
- 12/27** The Seahawks and Head Coach Chuck Knox agree to mutually end Knox's nine-year tenure as head coach. Knox leaves having compiled an 80-63-0 (55.9%) regular season record. He guided the Seahawks to four playoff appearances, including an AFC West title in 1988 and a berth in the AFC Championship Game in 1983.

1992

- 01/06** Seahawks President/General Manager Tom Flores is named President/Head Coach. Flores coached nine seasons, 1979-87, with the Oakland/Los Angeles Raiders and compiled an 83-53-0 (61.0%) regular season record. He led the Raiders to two Super Bowl Championships, XV and XVIII, the only Super Bowls won by the AFC in the decade of the 1980s.
- 01/08** Larry Kennan, Coach of the Year in the World League of American Football in 1991, is named Offensive Coordinator/ Quarterbacks Coach. Kennan guided the London Monarchs to an 11-1 record and WLAF Championship in the league's first season. Kennan served as an NFL assistant with the Los Angeles Raiders (1982-87), Denver Broncos (1988) and Indianapolis Colts (1989-90).
- 01/09** Seahawks defensive assistants George Dyer (line), Rod Perry (secondary), and Joe Vitt (special assignments), along with John Becker (offensive coordinator/wide receivers) and Chick Harris (running backs) leave the Seahawks to join Chuck Knox with the Los Angeles Rams.
- 01/11** Seahawks Assistant Head Coach Tom Catlin announces he will stay with the Seahawks as assistant head coach/defense. In addition, Rusty Tillman is promoted from special teams coach to defensive coordinator, Russ Purnell from tight ends and assistant special teams to special teams and tight ends coach, and Paul Moyer from staff assistant to defensive backfield coach.
- 01/21** Offensive Line Coach Hudson Houck and Running Backs Coach Clarence Shelton are added to Tom Flores' staff. Both coaches come to the Seahawks from the Los Angeles Rams.
- 01/22** Bob Bratkowski, offensive coordinator at the University of Miami for the past three seasons, is named wide receivers coach. Bratkowski's father Zeke, is a former NFL quarterback and current NFL assistant coach.
- 01/23** Tommy Brasher is named defensive line coach. Brasher has coached nine seasons in the NFL and 12 in college.
- 01/24** Former Seahawks cornerback Dave Brown (1976-86) returns to the club as a defensive assistant. An original member of the Seahawks, Brown still holds career records with 50 interceptions and four interception return touchdowns.
- 08/22** Dave Brown becomes the third inductee into the Seahawks Ring of Honor.
- 09/06** Cincinnati Bengals spoil Tom Flores' Seahawks coaching debut with a 21-3 Kingdome win.
- 09/20** Flores gains first win as Seahawks head coach, 10-6, at New England. Cortez Kennedy has four-and-a-half tackles for loss, including three sacks, to lead the defense while Chris Warren rushes for 122 yards and one score on 24 carries to lead the offense. It's Warren's first career 100-yard game.
- 11/08** Chris Warren's 103 yards aren't enough as the Washington Redskins post a 16-3 Kingdome win.
- 11/22** Chris Warren rushes for a career-high 154 yards, including a touchdown, but the Kansas City Chiefs take a 24-14 win.
- 11/30** In pregame ceremonies, play-by-play broadcaster Pete Gross is inducted into the Seahawks Ring of Honor. The Seahawks then defeat the Denver Broncos 16-13 in overtime, snapping an eight-game losing streak. Brian Blades makes his first appearance since injuring his shoulder on opening day and catches the game-tying touchdown pass on the game's last play. John Kasay's 32-yard field goal 11:10 into overtime is the winner. The game also is the team record third straight that the Seahawks defense held the opposition to under 200 total yards.
- 12/02** KIRO Newsradio 710's Pete Gross, the only play-by-play broadcaster in the Seahawks 17-year history, dies after a four-year battle with cancer.
- 12/06** The Pittsburgh Steelers take a 20-14 comeback win in Pittsburgh, despite Eugene Robinson's record-equalling three interceptions.
- 12/13** Roger Ruzek's 44-yard field goal as time expires in overtime gives the visiting Philadelphia Eagles a 16-13 win. The game is the longest in Seattle's history (75:00).
- 12/27** Seattle closes out the regular season with a 31-14 Kingdome loss to the AFC West Champion San Diego Chargers. Chris Warren becomes only the second player in franchise history to rush for 1,000 yards, finishing the season with 1,017.

1993

- 01/19** David Behring, son of majority owner Ken Behring, is named team President. Tom Flores is named General Manager/Head Coach, while Player Personnel Director Mike Allman is placed in charge of both professional and college personnel.
- 01/28** Howard Mudd is named offensive line coach replacing Hudson Houck, who joined the Dallas Cowboys. Mudd is an eight-year NFL veteran guard and a 19-year NFL assistant, including a stint with the Seahawks from 1978-82.
- 02/05** Phil Neri, a Seahawks scout since 1985, is named College Scouting Director.
- 03/12** Ferrell Edmunds, two-time Pro Bowl tight end with the Miami Dolphins, signs as an unrestricted free agent. Edmunds, a five-year veteran, is the first free agent to sign with the Seahawks under the NFL new free agency system.
- 04/01** Wide receiver Kelvin Martin of the Super Bowl champion Dallas Cowboys is signed as an unrestricted free agent.
- 04/14** Linebacker Kevin Murphy signs with Seattle.
- 04/20** Four-time Pro Bowl center Ray Donaldson signs with the Seahawks as a free agent.
- 04/22** Buffalo guard Mitch Frerotte signs with the Seahawks as an unrestricted free agent.
- 04/25** University of Notre Dame quarterback Rick Mirer is selected by the Seahawks in the first round of the NFL draft. Mirer is the second player chosen overall.
- 09/19** Chris Warren rushes a club record 36 times for a personal best 174 yards in a 17-14 win over the Patriots in New England, Seattle's first win after two losses.
- 09/26** Rod Stephens' fumble recovery in the end zone provides the winning touchdown in a 19-10 win at Cincinnati.
- 10/03** Seattle makes it three straight with a 31-14 win over the San Diego Chargers in the Kingdome. Rookie Rick Mirer passes for 282 yards and a score and also rushes for a touchdown. The three-game winning streak is the Seahawks longest since 1990.
- 10/24** Rick Mirer throws the game-winning touchdown pass to Brian Blades with 25 seconds left in a 10-9 win over New England in the Kingdome.
- 11/14** Eugene Robinson records 11 tackles, two interceptions, two forced fumble, and one fumble recovery to spark a 22-5 win over the visiting Cleveland Browns. In all, the Seahawks defense forces seven turnovers and accounts for a touchdown and a safety.
- 12/26** Chris Warren rushes for 168 yards to become the second Seattle player to have back-to-back 1,000-yard seasons, but the Phoenix Cardinals tie the game on the last play of regulation and go on to a 30-27 overtime win in the Kingdome.

FRANCHISE HISTORY

12/26 Jon Vaughn, who learned during warmups that he would start for an injured Chris Warren (abdominal muscle), rushes for a career-high 131 yards in a 16-6 win over the Pittsburgh Steelers. Seattle gains 267 yards rushing, giving them back-to-back 200-yard rushing games for the first time in franchise history.

1994

- 01/02** The Seahawks finish the season 6-10 after dropping a 34-24 decision to the AFC West Champion Kansas City Chiefs in Arrowhead Stadium. John L. Williams rushes for 102 yards, to give the Seahawks three straight games with an individual over 100 yards, a franchise first. Rick Mirer becomes the first rookie quarterback since 1973 to start all his team's games and only the third since the 1970 merger. Mirer ends the season with NFL rookie passing records for attempts (486), completions (274), and yards (2,833), while helping to improve Seattle's win total by four games.
- 02/24** Nate Odomes, two-time Pro Bowl cornerback of the Buffalo Bills signs as a free agent.
- 02/28** Odomes' Buffalo teammate and fellow two-time Pro Bowler, tackle Howard Ballard signs as a free agent.
- 04/24** Texas A&M University defensive tackle Sam Adams is the Seahawks first-round draft choice. Adams is the eighth player picked in the first round.
- 07/19** Kingdome ceiling tiles fall from roof forcing closure of the building until November 5. Seahawks play both preseason games and first three regular season games in the University of Washington's 72,500 seat Husky Stadium.
- 08/13** Seahawks play first-ever outdoor game in Seattle defeating Tampa Bay Buccaneers, 29-6, in Husky Stadium.
- 09/04** Seahawks capture season opener for first time since 1988 with a 28-7 win at the Washington Redskins, as Chris Warren rushes for 100 yards and two touchdowns. The win is the 100th in the career of Head Coach Tom Flores.
- 09/11** Chris Warren scores two touchdowns for the second straight week as Seahawks go 2-0 with a 38-9 win over the Raiders in Los Angeles. Rick Mirer tosses three touchdown passes.
- 09/18** San Diego Chargers stop Seahawks two-game winning streak, 24-10, before Seahawks record crowd of 65,536 in Husky Stadium.
- 09/25** Chris Warren earns AFC Offensive Player of the Week honors in a 30-13 win over the visiting Pittsburgh Steelers. Warren rushes for 125 yards and a touchdown, while the Seahawks defense intercepts four passes.
- 11/06** Cincinnati Bengals spoil Seahawks return to Kingdome with a 20-17 overtime win. Doug Pelfrey kicks six field goals, including a 26-yarder 8:14 into overtime for the win.
- 11/20** Mack Strong's seven-yard touchdown run with 42 seconds left gives Seahawks a 22-21 win over the visiting Tampa Bay Buccaneers, breaking a six-game losing streak.
- 11/27** Seahawks defeat Kansas City 10-9 behind John Kasay's 32-yard field goal with 1:42 left. The back-to-back one-point wins are a franchise first. Chris Warren surpasses the 1,000-yard mark in the 12th game, the earliest in team history. Curt Warner inducted into Ring of Honor.
- 12/11** Chris Warren rushes for a personal best 185 yards on 30 carries, including a touchdown in a 16-14 win at Houston. Warren, playing with cracked ribs, had 183 of his yards in the first three quarters.
- 12/18** Chris Warren tops 100 yards for the seventh time with 122, but the Los Angeles Raiders escape with a 17-16 Kingdome win.
- 12/24** Cleveland Browns defeat the Seahawks 35-9 in Cleveland Stadium, closing out a 6-10 season. Chris Warren finishes the season with a franchise record 1,545 rushing yards, a total that leads the AFC.
- 12/29** Tom Flores, Seahawks general manager/head coach from 1992-94, is relieved of his duties. Flores, who joined the organization in 1989 as president/general manager, compiled a 14-34 regular season record. All 12 of Flores' assistants were also fired.

1995

- 01/12** Dennis Erickson, head coach at the University of Miami, is named head coach. In six seasons at Miami, Erickson compiled a 63-9-0 record and won national championships in 1989 and 1991. A native of Everett, Washington, Erickson posted a 113-40-1 record in 13 seasons as a college head coach at the University of Idaho, University of Wyoming, Washington State University, and Miami. Erickson brings six coaches with him from Miami, Gregg Smith (assistant head coach/tight ends), Greg McMackin (defensive coordinator), Dave Arnold (special teams), Dana LeDuc (strength and conditioning), Rich Olson (quarterbacks), and Willy Robinson (defensive backs). In addition he retains Bob Bratkowski (offensive coordinator/wide receivers), Tommy Brasher (defensive line), Tom Catlin (quality control), Dave Brown (defensive coach), Arnie Matsumoto (staff assistant), Howard Mudd (offensive line), and Clarence Shelton (running backs) from the previous staff.
- 01/28** Wide Receiver Steve Largent becomes the first Seahawks player to be elected into the Pro Football Hall of Fame. Largent was elected in his first year of eligibility. He played his entire NFL career with Seattle from 1976-89, and retired in possession of six NFL receiving marks, including most receptions (819), yards (13,089), touchdowns (100), and consecutive games with a reception (177). Largent's presenter for induction is Seahawks' Vice President Gary Wright.
- 02/09** Mike Murphy, a nine-season NFL coaching veteran, is named linebackers coach. Murphy coached with the Detroit Lions and Arizona Cardinals prior to serving one year in the Pro Personnel Department of the Carolina Panthers.
- 04/22** Seahawks select Ohio State University wide receiver Joey Galloway with the eighth pick in the first round of the NFL draft. Galloway is the second wide receiver chosen overall and the first ever picked by the Seahawks in the first round of the draft.
- 07/29** Steve Largent is formally inducted into the Pro Football Hall of Fame.
- 08/12** Seahawks officially retire Largent's #80 jersey.
- 09/03** Seahawks lose NFL debut of Head Coach Dennis Erickson, 34-10, to the Kansas City Chiefs in the Kingdome. Jacob Green was inducted into the Ring of Honor.
- 09/17** Erickson gains first career win, 24-21, over the Cincinnati Bengals in the Kingdome. Chris Warren rushes for 109 yards.
- 11/05** Rookie Joey Galloway returns a punt a club record 89 yards for a touchdown to spark a 30-28 win over the visiting New York Giants. Brian Blades has two first quarter touchdown receptions. The win snaps a four-game losing streak and ignites a streak of six wins in seven games.
- 11/12** Galloway strikes again, this time on an 86-yard run from scrimmage in a 47-30 win over the Jaguars in Jacksonville. His run is a club record and is an NFL-long for 1995, as was his punt return. Galloway accounts for 237 all-purpose yards and three touchdowns, including five receptions for 114 yards and two scores receiving.
- 11/19** Seattle posts a 27-20 win over the Redskins in Washington, D.C., completing a two-game, 10-day road trip. Chris Warren rushes for a season-high 136 yards and one score, quarterback Rick Mirer throws two touchdown passes and Robert Blackmon has two interceptions. The Seahawks stayed in Jacksonville between games.
- 12/03** Todd Peterson kicks four field goals in a 26-14 win over the Philadelphia Eagles.
- 12/10** Quarterback John Friesz engineers three fourth quarter touchdown drives in a 31-27 win over the Broncos in Denver. Seattle rallies from a 20-0 second quarter deficit for the win, the greatest comeback in franchise history. Friesz throws for two touchdowns, including the game-winner to Chris Warren with 49 seconds left. Antonio Edwards' club record 83-yard return of a Robert Blackmon-forced fumble in the third quarter, ignites the rally.
- 12/17** Chris Warren scores three touchdowns in a 44-10 win over the Oakland Raiders. The win is Seattle's eighth of the year, their most since 1990.
- 12/24** AFC Western Division champion Kansas City Chiefs end the Seahawks postseason bid with a 26-3 win in Arrowhead Stadium.

FRANCHISE HISTORY

1996

- 02/02** Team owner Ken Behring announces that he is moving the franchise.
- 04/20** Ken Behring and Seattle native Paul Allen enter into an exclusive 14-month option for Allen to purchase the Seahawks. Allen can exercise the option at anytime until July 1, 1997. Allen is named Chairman of Football Northwest, Inc., with Bert Kolde serving as Vice Chairman and Bob Whitsitt as President. Seahawks select Boston College tackle Pete Kendall in the first round with the 21st overall pick. Seattle had traded down twice in the first round, acquiring defensive tackle Glenn Montgomery from the Houston Oilers in the first deal and adding an extra third-round pick from the Detroit Lions in the second.
- 09/01** Seahawks start 21st season with 29-7 loss at San Diego.
- 09/22** Lamar Smith's 14-yard run with 31 seconds left gives Seahawks a 17-13 win at Tampa Bay, their first win after three losses.
- 10/06** John Friesz throws touchdown passes of 51, 65 and 80 yards, the latter with 2:03 left to Brian Blades, for a 22-15 win at Miami.
- 11/03** Michael McCrary blocks Houston's game-winning field goal with 16 seconds left, recovers it, and laterals to Robert Blackmon to complete a 68-yard touchdown return to give Seattle a 23-16 win. John Friesz throws for 323 yards, Seattle's first 300-yard passing game since 1990.
- 11/10** Seattle completes three wins in three home games by defeating the Minnesota Vikings, 42-23.
- 11/17** Seattle misses a last play field goal in 17-16 loss at the Detroit Lions. Lamar Smith rushes for a career high 148 yards in his first career start. Seahawks also lose quarterback John Friesz for remainder of the season with a broken leg.
- 12/08** Seahawks snap three-game losing streak with 26-18 win over visiting Buffalo Bills. Chris Warren rushes for 116 yards, his franchise record 24th career 100-yard game.
- 12/22** Seahawks close season with 28-21 win at Oakland. Seattle forces seven turnovers and wins with backup quarterbacks Stan Gelbaugh and Gino Torretta playing for John Friesz (broken leg) and Rick Mirer (quadriceps). Torretta passes 32 yards to Joey Galloway for his first career touchdown. Lamar Smith rushes for two touchdowns.

1997

- 02/14** Seahawks make first strike in free agency signing Steelers Pro Bowl linebacker Chad Brown. Brown's signing is followed two days later with that of Pittsburgh teammate cornerback Willie Williams.
- 02/18** Quarterback Rick Mirer is traded to the Chicago Bears for a first-round draft choice. Seattle now has the 11th and 12th picks overall in the April 19-20 NFL Draft.
- 03/05** Seahawks announce a return of their training camp to Eastern Washington University in Cheney, Washington. Seattle trained at Eastern from 1976-85, before training year-around at their Kirkland Headquarters.
- 03/06** Detroit Lions safety Bennie Blades is signed as a free agent reuniting him with his brother, Brian.
- 03/07** Former University of Washington quarterback Warren Moon signs as a free agent after 13 seasons with the Houston Oilers (1984-93) and Minnesota Vikings (1994-96). Moon ranks fourth in league history in attempts (6,000), completions (3,514), and yards (43,787), and is tied for seventh in touchdowns (254).
- 03/28** Seattle trades their first-round pick obtained from the Bears, to Atlanta for the Falcons first-round pick, the third overall. Seattle also sends second and fourth rounders to Atlanta and the Falcons flip-flop their third round choices.
- 04/19** After selecting Ohio State cornerback Shawn Springs with the third overall choice, Seattle sends the 12th overall choice and a third-round pick to the Tampa Bay Buccaneers for the sixth overall choice. That pick is used on Florida State University tackle Walter Jones. It is the first time in their history that the Seahawks have utilized two first-round draft choices.
- 04/25** Washington State Legislature passes Seahawks Stadium Funding Plan, Referendum 48. The bill sets a statewide vote for June 17.
- 06/17** Washington state voters approve Referendum 48 by a 51.1 percent to 48.9 percent margin (820,354 yes, 783,584 no), including a 56.4 percent margin (275,358 yes, 213,092 no) in King County.
- 06/23** Metropolitan King County Council votes 9-3 to approve a new football stadium for the Seahawks.

- 06/30** Bob Whitsitt, President of Football Northwest, signs paperwork to purchase Seahawks from Ken Behring.
- 07/15** Seahawks open training camp at Eastern Washington University in Cheney, returning after an 11-year absence.
- 08/19** Football Northwest is approved as the Seahawks owners by the member clubs of the NFL.
- 08/31** Seattle loses season opener to New York Jets, 41-3, in the Kingdome and quarterback John Friesz for nine weeks with a broken right thumb.
- 09/14** Seahawks hold Indianapolis Colts to a franchise low 118 yards for their first win, 31-3, in Indianapolis. The 28-point margin of victory is the largest for Seattle on the road.
- 10/05** Seattle embarks on three-game winning streak by beating the Tennessee Oilers, 16-13, in the Kingdome. Steve Broussard scores on 77 and 43 yard runs within three second half carries overcoming a 10-0 deficit. Broussard rushes for 138 yards on just six carries.
- 10/26** Warren Moon throws a team record-equalling five touchdown passes, including three to Joey Galloway, in a 45-34 win over the Oakland Raiders. His 409 yards is third in team history for a single game and is an NFL high for 1997.
- 11/09** Moon connects with Galloway on a game-winning 40-yard touchdown pass at San Diego with 2:20 left. The 37-31 win is marred by a season-ending broken ankle suffered by six-time Pro Bowl defensive tackle Cortez Kennedy.
- 11/28** Seahawks open their first retail store, the Seahawks EndZone Store, in Seattle's Pioneer Square area, two blocks from the Kingdome.
- 12/14** Quarterback Jon Kitna makes his first career start and guides Seattle to a 22-21 win at Oakland, overcoming a 21-3 halftime deficit. Kitna throws for 283 yards and one score in becoming the sixth first-time quarterback starter in team history to win his debut. Todd Peterson's 49-yard field goal with 2:20 left is the winner. Seattle's win was their fifth of the season after overcoming a 10-point deficit, equalling the most in the NFL since 1970.
- 12/21** Seattle closes out season with a 38-9 win over the San Francisco 49ers. Warren Moon throws four touchdown passes and sets single season records for completions (313) and yards (3,378). Pro Bowl free safety Darryl Williams co-leads the AFC in interceptions with eight, while Pro Bowl defensive end Michael Sinclair has 12 sacks.

1998

- 01/16** Seahawks announce ticket restructure, increasing the number of \$10 tickets, the lowest ticket price in the NFL, to slightly more than 10,000.
- 01/16** Offensive Line Coach Howard Mudd leaves the Seahawks for Indianapolis Colts.
- 01/17** Linebackers Coach Mike Murphy also joins the Colts staff.
- 01/30** Coaches Clarence Shelmon (running backs) joins Dallas and Ned James (defensive assistant) joins the New Orleans Saints.
- 02/01** Warren Moon named MVP of Pro Bowl while leading AFC to 29-24 win.
- 02/02** Offensive assistant Jim Zorn leaves for the Detroit Lions.
- 02/04** Seattle names Jim Johnson linebackers coach.
- 02/06** Hired Bill Meyers as assistant offensive line coach and announced the club had agreed to terms with Washington Redskins' special teams coach Pete Rodriguez.
- 02/10** Named Milt Jackson receivers coach.
- 02/24** Seattle signs three-time Pro Bowl center, Kevin Glover.
- 02/26** Seahawks name Tim Lappano running backs coach and Eric Yarber to the position of offensive quality control.
- 03/04** Seahawks make one of the biggest off-season splashes in free agency when the club signs Philadelphia Eagles running back Ricky Watters to a contract.
- 03/06** The club agrees to terms with unrestricted free agent guard Brian Habib of the Super Bowl Champion Denver Broncos.
- 04/18** Linebacker Anthony Simmons from Clemson is the team's first-round pick, 15th overall, in the draft.
- 09/06** The Seahawks open the 1998 season with a 36-0 shutout over the Philadelphia Eagles at Veterans Stadium. The Seahawks would go on to one of the team's best starts ever, with three straight victories to open the year.
- 12/28** A day after completing its second consecutive 8-8 season, the club relieves Dennis Erickson of his coaching duties.

1999

- 01/08** Team President Bob Whitsitt appoints Mike Holmgren to the position of Executive Vice President of Football Operations/General Manager & Head Coach. The Seahawks surrender a second-round choice in the 1999 draft to the Green Bay Packers as compensation.
- 01/14** Holmgren hires Mike Sherman (Offensive Coordinator/Tight Ends), Fritz Shurmur (Defensive Coordinator), Tom Lovat (Offensive Line), Larry Brooks (Defensive Line), Nolan Cromwell (Wide Receivers), Jim Lind (Linebackers), Ken Flajole (Defensive Backs), Kent Johnston (Strength & Conditioning), and the retainment of Pete Rodriguez (Special Teams).
- 01/19** Mike Sheppard named Quarterbacks coach.
- 01/26** Mike Reinfeldt named Senior Vice President.
- 01/28** Stump Mitchell named Running Backs coach.
- 01/29** Rod Springer named Assistant Strength & Conditioning coach.
- 02/05** Jerry Colquitt (Offensive Quality Control) and Clayton Lopez (Defensive Quality Control) named to coaching staff.
- 02/14** Sign unrestricted free agent WR Sean Dawkins.
- 04/17** Select DE Lamar King (Saginaw Valley State) with the 22nd pick in the first round of the 1999 NFL Draft.
- 05/26** Defensive Coordinator Fritz Shurmur takes a leave of absence for health reasons.
- 06/07** Holmgren hires former Buffalo Bills' Assistant Coach Dick Roach to the position of defensive assistant. Linebackers coach Jim Lind is given the added responsibility of coordinating the defense.
- 08/30** Seahawks defensive coordinator Fritz Shurmur succumbs to liver cancer.
- 11/28** The Seahawks defeat the Kansas City Chiefs in Arrowhead Stadium to cap a five-game winning streak and take the season record to 8-2.

2000

- 01/02** The Seahawks finish the 1999 season with a 19-9 loss at the New York Jets, but reach the playoffs for the first time since 1988 with the team's second AFC West Championship. The team's 9-7 record is the best mark since 1990. DT Cortez Kennedy is voted to a team-record eighth Pro Bowl along with teammates LB Chad Brown and T Walter Jones.
- 01/09** Seahawks lose their first playoff game in 11 years when they fall to the Miami Dolphins, 20-17, in the final game played at Seattle's Kingdome.
- 01/12** Mike Holmgren names Steve Sidwell defensive coordinator. Defensive Assistant Bob Zeman announces his retirement from coaching.
- 01/20** Holmgren names Gil Haskell offensive coordinator.
- 01/21** Holmgren names Johnny Holland assistant special teams/assistant strength and conditioning coach.
- 01/28** Holmgren names Ted Thompson vice president/football operations.
- 02/12** WR Joey Galloway is traded to the Dallas Cowboys for first-round draft choices in 2000 and 2001.
- 03/26** Seattle's Kingdome is imploded, to make space for the new football/soccer stadium and exhibition hall, which will be located on the same site.
- 04/15** Seahawks select Alabama running back Shaun Alexander and Wisconsin tackle Chris McIntosh in the first round of the NFL Draft.
- 04/28** Seattle names John Schneider director of player personnel.
- 05/10** Scot McCloughan appointed as director of college scouting.
- 05/15** Bucky Brooks and Mike Murphy named area scouts.
- 06/01** Former Seahawks safety Eric Stokes and Matt Malaspina named area scouts.
- 07/05** Seahawks hire Brian Davis for radio play-by-play.
- 09/03** Seattle loses to Miami in season opener, 23-0, marking the first time the Seahawks were shut out in seven years.
- 09/10** Seattle opens a two-year stint at Husky Stadium with a loss to the defending Super Bowl Champion St. Louis Rams in a 37-34 shootout.
- 10/15** Seahawks return man Charlie Rogers sets team single-game record with 198 kickoff return yards and 215 combined return yards versus Indianapolis.
- 11/12** QB Jon Kitna earns AFC Offensive Player of the Week for 22 of 33, 231-yard, three-touchdown performance at Jacksonville.
- 12/23** Charlie Rogers returns four kickoffs for 171 yards, which includes an 81-yard touchdown, versus Buffalo to establish an AFC single-season record with 2,094 combined return yards (punt and kickoff).

2001

- 1/2** Mike Holmgren names Mark Michaels assistant special teams coach.
- 2/16** Former Seahawks QB Jim Zorn is named quarterbacks coach.
- 02/28** A 6.8 magnitude earthquake hit the Seattle area damaging the Seahawks marketing headquarters at Palmer Court, forcing them to move out of the building. The new stadium was not damaged and workers resumed construction less than one week later.
- 03/02** Seattle trades a third-round draft choice and switches first-round picks with Green Bay for QB Matt Hasselbeck.
- 03/03** Seattle signs free agent DT John Randle.
- 03/08** DT Cortez Kennedy is released.
- 03/09** Seattle signs free agent DT Chad Eaton.
- 03/16** Seattle names Lance Lopes to serve as General Counsel.
- 04/09** Seattle signs free agent LB Levon Kirkland.
- 04/12** Seahawks sign a three-year extension with Eastern Washington University to continue its training camp in Cheney.
- 04/21** Seattle takes North Carolina State wide receiver Koren Robinson with its first overall selection (No. 9) and Steve Hutchinson (No. 17). Selects 12 college players, the most since drafting 11 in 1992, during the two-day draft.
- 05/22** NFL announced the Seahawks would switch conferences from the AFC West to the NFC West beginning in 2002, joining the Arizona Cardinals, San Francisco 49ers and the St. Louis Rams following realignment. The Seahawks were a member of the NFC West in their inaugural season in 1976 before moving to the AFC West in 1977.
- 06/28** Named Scott Fitterer area scout and named former Kansas City wide receiver Lake Dawson and former Seahawks safety Eric Stokes pro personnel assistants.
- 08/03** Signed Trent Dilfer to one-year contract to back up Matt Hasselbeck.
- 09/16** Home game versus Kansas City is postponed due to the terrorist attacks on Tuesday, September 11.
- 11/11** Shaun Alexander rushed for 266 yards and three touchdowns versus Oakland, including a team-record 88-yard touchdown.

2002

- 01/02** Seahawks DT John Randle and T Walter Jones selected to represent Seahawks in the Pro Bowl.
- 01/06** The Seahawks played their final game at Husky Stadium before moving into their new downtown stadium. Trent Dilfer finished the season 4-0, extending his consecutive unbeaten record as a starter to 15-0.
- 02/22** Released defensive end Michael Sinclair following 11 years of service.
- 03/01** The Seahawks announced a new logo and colors; Seahawks blue, Seahawks navy and Seahawks bright green.
- 03/05** Re-signed Trent Dilfer to be the starting quarterback for the 2002 season.
- 03/27** The Seahawks unveiled new uniforms at the team's new stadium, the first significant uniform change in the team's 26-year history. In a weeklong contest, a total of 64,513 fans voted with an overwhelming 49,447 (76.6%) voting for the new Seahawks blue helmet. The traditional silver helmet received 15,066 (23.4%) votes. (Marked the first time in NFL history that a team allowed fans to choose any part of the teams' uniform ensemble.)
- 04/02** Bill Laveroni named assistant offensive line coach.
- 04/19** Traded quarterback Brock Huard to Indianapolis for the Colts fifth-round draft choice in the 2002 draft.
- 04/20** Seahawks selected Washington Husky tight end Jerramy Stevens in the first round of the NFL Draft, the first tight end selected by the team in the opening round.
- 05/04** Fieldturf installation completed in Seahawks Stadium.
- 05/15** Seahawks Stadium and Exhibition Center announced as interim name until a permanent naming rights sponsor is found; FGI announces the project will come in on budget, a month earlier than anticipated.
- 06/21** Traded CB Ike Charlton to Jacksonville Jaguars for an undisclosed draft choice.
- 07/20** Seahawks Stadium Grand Opening begins with Public Fanfare Days, followed by three weeks of public open houses.

FRANCHISE HISTORY

- 08/03** Seahawks take the field in Seahawks Stadium for the first time in a preseason scrimmage.
- 08/10** Seahawks play their first game in Seahawks Stadium, a preseason loss to the Indianapolis Colts, 28-10.
- 09/15** Seahawks play their Inaugural Game in Seahawks Stadium versus the Arizona Cardinals, a 24-13 loss.
- 09/29** Shaun Alexander scores an NFL-record five first-half touchdowns versus the Minnesota Vikings on ESPN Sunday Night Football.
- 10/29** Place QB Trent Dilfer on injured reserve and signed veteran QB Jeff George for remainder of season.
- 11/24** Seattle and Kansas City combine for 64 first downs, an NFL record.
- 12/29** Matt Hasselbeck set a franchise record passing for 449 yards in a 31-28 overtime win at San Diego. Seattle also established 20 club records during the season, including most first downs in a season (347), most yards gained in a game (591 at San Diego), most net yards gained in a season (5,818) and most passing yards in a season (4,257). Seattle finished the season 7-9, third place in the NFC West.
- 12/31** Mike Holmgren relinquishes his role as general manager, but remains executive vice president of football operations and head coach. Seattle fires defensive coordinator Steve Sidwell, defensive line coach Larry Brooks, defensive backs coach Ken Flajole, linebackers coach Johnny Holland and offensive quality control coach Jerry Colquitt.

2003

- 01/29** Seahawks hire Dwaine Board as defensive line coach.
- 02/05** Seattle names Ray Rhodes defensive coordinator.
- 02/07** Seattle names Teryl Austin defensive backs coach.
- 02/10** Seattle hires Bob Ferguson as general manager.
- 02/12** Seattle hires John Marshall as linebackers coach.
- 03/04** Seattle re-signed unrestricted free agents LB Anthony Simmons and DE Antonio Cochran.
- 04/26** Seattle selected CB Marcus Trufant from Washington State with the 11th overall pick in the NFL Draft.
- 04/27** Seattle traded a sixth-round selection to the New Orleans Saints for DT Norman Hand.
- 06/16** Hired Charles Fisher as an area scout.
- 06/25** Paul G. Allen names Tod Leiweke chief executive officer in charge of all Seahawks business and administration operations. Bob Whitsitt focuses on football operations.
- 09/07** Seattle opened the season with a compelling 27-10 victory over the Saints, their first season-opening win at home since 1986.
- 09/14** Seattle recorded first shutout since 1998, and 10th shutout in club history at Arizona. Safety Ken Hamlin earned NFC Defensive Player of the Week honors for his performance. In just his second NFL game, Hamlin had a hand in four of Seattle's six takeaways including the Cardinals first three drives.
- 10/05** Josh Brown set club record with 58-yard field goal at Green Bay.
- 10/12** The Seahawks unveiled a flag pole in the south end zone honoring the Seahawks 12th man. Each game, the Seahawks will have an honorary presenter raise the flag embroidered with the number 12. Twelve fans were selected to raise the inaugural flag. Steve Largent and Mike McCormack were among others to raise the flag during the season. The Seahawks held off San Francisco 20-19 on ESPN Sunday Night Football.
- 10/19** Defeated Chicago 24-17 and secured the best start (5-1) in franchise history. Seattle opened two seasons (1984, 1986) with a 4-1 mark.
- 11/23** Put up 41 points on one of the best defenses in the NFL, the Baltimore Ravens, but lost in overtime 44-41 after relinquishing a 17-point, fourth-quarter lead. Hasselbeck passed for 333 yards and club-record tying five touchdowns en route to being voted by fans the NFL/FedEx Air Player of the Week.
- 11/30** For the first time in franchise history, the club had a 300-yard passer (Hasselbeck 328), 100-yard rusher (Alexander 127) and two 100-yard receivers (Robinson 122, Jackson 102) in the same game versus Cleveland. Hasselbeck won the NFL/FedEx Air Player of the Week for the second consecutive week.
- 12/21** With a win over Arizona, the Seahawks finished 8-0 at home for the first time in franchise history.

- 12/27** Won at San Francisco, 24-17, for the first time since 1979 and secured first 10-win season since 1986. During the season, Hasselbeck became franchise's all-time leading passer (84.1 rating) and set single-season record with 3,841 passing yards and tied for most completions 313.

2004

- 01/04** Participated in first postseason since 1999, but lost in overtime to the Packers 33-27 in a back-and-forth affair played in 20 degree temperatures. Al Harris returned a Hasselbeck interception 52 yards for the game-ending score. Alexander set club postseason record with three touchdown runs and Hasselbeck became first passer with at least 300 yards in a playoff game. Seahawks offensive line coach Tom Lovat retires. Bill Laveroni takes over offensive line duties.
- 02/24** Seahawks designate T Walter Jones as franchise player for third consecutive year.
- 02/26** Senior VP Mike Reinfeldt declined contract offer to remain with Seahawks.
- 03/04** Seahawks sign unrestricted free agent Grant Wistrom to a multi-year contract.
- 03/09** WR Darrell Jackson re-signed a multi-year contract with the Seahawks.
- 03/24-31** In cooperation with the Department of Defense Armed Forces Entertainment Office, Seahawks Alex Bannister and Damien Robinson led a Seahawks contingent including former Seahawks receiver Paul Johns and the Sea Gals Show Group on a tour of Southwest Asia, including the countries of United Arab Emirates and Qatar.
- 03/24** The Seattle Seahawks name Steve Raible as the new "Voice of the Seahawks" for radio broadcasts, and will be joined by Warren Moon as color analyst on the broadcast team. Raible served the previous 22 years as color analyst on Seahawks radio.
- 05/19** Jay Nienkark named Director of Player Administration and will oversee the team's salary cap.
- 06/02** Seahawks Stadium is renamed Qwest Field. Introduced Blue Ribbon Partners.
- 06/08** Martha Fuller named CFO.
- 08/07** The Seahawks traveled to Portland's PGE Park for "Seahawks Live," an intrasquad scrimmage.
- 09/26** The Seahawks opened the season 3-0 after shutting out the 49ers 34-0 at Qwest Field. The victory ended the 49ers NFL record of scoring in 420 consecutive games.
- 10/19** The Seahawks traded a conditional draft choice to the Oakland Raiders for WR Jerry Rice.
- 11/21** S Michael Boulware turned in one of the most exciting plays of the season when he, with 56 seconds remaining, returned a Dolphins' pass 63 yards for the game-winning touchdown.
- 12/06** In front of a record crowd at Qwest Field (68,093), the Seahawks hosted a Monday Night Football shootout versus the Cowboys. Matt Hasselbeck passed for 414 yards and three touchdowns, but the Cowboys scored 14 points in just under three minutes to earn a 43-39 victory.

2005

- 01/02** The Seahawks clinched their first NFC West title after fending off the Atlanta Falcons in the season finale. The Seahawks stopped a two-point conversion attempt at the end of regulation to keep the game from going into overtime.
- 01/08** The Seahawks hosted the Rams in a Wild Card Playoff game and lost 27-20. A Seahawks bid to tie the game on a fourth-and-4 play from the Rams' 5-yard line with :27 fell incomplete. Matt Hasselbeck joined Dan Fouts and Marc Bulger as the only quarterbacks in NFL history to throw for 300-plus yards in his first two career postseason starts.
- 01/10** Relieved Mark Michaels from duties as special teams coach.
- 01/14** Bob Whitsitt was relieved of his duties as president of football operations.
- 02/03** Mike Reinfeldt is named consultant.
- 02/10** Bob Casullo is named special teams coach.
- 02/16** T Walter Jones signed a multi-year contract.
- 02/22** Matt Hasselbeck signed a multi-year contract. Bob Ferguson was relieved of his duties as general manager. Shaun Alexander was named franchise player.
- 02/23** Tim Ruskell was introduced as the Seahawks' president of football operations and became the primary decision maker regarding all player and personnel decisions, including oversight of the club's pro and college scouting departments.

FRANCHISE HISTORY

- 03/24** Mike Reinfeldt named Vice President of Football Administration.
- 04/21** Signed LB Jamie Sharper and former University of Washington WR Jerome Pathon. Released veteran LB Chad Brown.
- 04/23** Drafted Mississippi center Chris Spencer in the first round (26th overall) of the NFL Draft.
- 06/08** Mike Phair and Mike Yowarsky hired to the college scouting department.
- 07/27** Shaun Alexander signed one-year contract.
- 08/12** In a preseason matchup, the Seahawks defeated the Saints 34-15 in New Orleans just two weeks before Hurricane Katrina devastated the area.
- 10/02** The Seahawks lost an overtime game at Washington to fall to 2-2 on the season. It was the last game the team would lose before winning a club-record 11 consecutive games.
- 10/16** Seattle set a club record with 320 yards rushing versus the Houston Texans on ESPN Sunday Night Football. Alexander rushed for four scores for the second time of the season.
- 10/17** Seahawks S Ken Hamlin was victimized outside of a Seattle club following the game sustaining head injuries that ended his season.
- 10/23** The Seahawks defeated the Dallas Cowboys 13-10 on a 50-yard Josh Brown field goal as time expired. The winning kick was set up when Jordan Babineaux intercepted Drew Bledsoe and returned it to the Cowboys' 32-yard line with :05 remaining.
- 11/06** Shaun Alexander rushed for 173 yards and two touchdowns, which included an 88-yard touchdown run tying his own franchise record.
- 11/27** The Seahawks defeated the N.Y. Giants 24-21 in overtime after Giants' kicker Jay Feely missed three game-winning field goal attempts. The Giants committed 16 penalties, including 11 false start penalties.
- 11/28** Mike Holmgren presented the Seahawks 12th Man with the game ball following the win over the Giants.
- 12/05** Seattle trounced Philadelphia 42-0 on a snowy Monday Night Football game.
- 12/11** The Seahawks outscored the 49ers 41-3 marking a perfect 6-0 division record, first in team history.
- 12/17** Seattle secured a first-round bye in the playoffs with a 28-24 come-from-behind win at Tennessee.
- 12/24** Seattle clinched home field advantage throughout the playoffs with a 28-13 win over the 13-1 Indianapolis Colts.

2006

- 01/14** The Seahawks ended their 21-year streak without a playoff win by defeating the Washington Redskins 20-10 in a Divisional Playoff Game at Qwest Field.
- 01/22** Hosting their first-ever Championship Game, Seattle routed the Carolina Panthers 34-14 earning their first trip to the Super Bowl in the club's 30-year history.
- 02/05** The Seahawks lost to the Pittsburgh Steelers 21-10 in Super Bowl XL.
- 02/16** The Seahawks named John Marshall defensive coordinator and Ray Rhodes took on the title of special projects/defense. The Seahawks also named Zerick Rollins linebackers coach and promoted Tom Headlee to quality control/defense. Larry Marmie was also hired as a defensive assistant/secondary.
- 02/23** Placed transition tag on G Steve Hutchinson.
- 03/06** Re-signed RB Shaun Alexander to a multi-year contract.
- 03/27** Signed LB Julian Peterson.
- 03/31** Seahawks acquired restricted free agent WR Nate Burleson from the Vikings in exchange for a third-round draft choice.
- 04/30** Drafted Miami cornerback Kelly Jennings with the 31st pick in the NFL Draft.
- 05/09** Seahawks announce plans to move practice facility to Renton waterfront.
- 09/10** Opened the season at Detroit's Ford Field, site of Super Bowl XL, and won 9-6 on Josh Brown's 42-yard game-winning field goal as time expired.
- 09/11** Seattle acquired WR Deion Branch from the New England Patriots in exchange for the Seahawks first-round selection in the 2007 NFL Draft.
- 09/17** Former Seahawks DT Cortez Kennedy was inducted into the Seahawks Ring of Honor.
- 09/24** Seattle led the New York Giants 35-3 at halftime and won the game 42-30 behind Matt Hasselbeck's club-record tying five touchdown passes.
- 10/01** Seahawks Shaun Alexander missed the first of six games (at Chicago) with a broken foot he suffered in the season opener.

- 10/15** Josh Brown connected on his second game-winner of the season, a 54-yard field goal at St. Louis as time expired.
- 10/22** Seattle's Matt Hasselbeck injured his right knee on the first series of the second half versus the Vikings. He would miss the next four ballgames. Seneca Wallace went 2-2 in Hasselbeck's absence.
- 11/06** Seattle recorded nine sacks at Qwest Field versus Oakland on Monday Night Football on the way to a 16-0 shutout of the Raiders.
- 11/12** Josh Brown connected on a 38-yard field goal with :09 remaining versus the Rams for his third game-winner of the season.
- 11/27** Snow covered Qwest Field as Seattle defeated Green Bay 34-24 on Monday Night Football. Shaun Alexander rushed for 201 yards on a franchise-record 40 carries.
- 12/03** Josh Brown tied an NFL record with his fourth game-winning field goal (inside the final minute of overtime) with a 50-yard field goal at Denver with :05 left in the game. The win was the Seahawks first in Denver since December 10, 1995.

2007

- 01/06** The Seahawks won their third consecutive home playoff game upending the Dallas Cowboys 21-20 in an NFC Wild Card thriller.
- 01/14** Seattle's hopes of returning to NFC Championship Game were dashed in an overtime loss at Chicago. Seattle battled into overtime, but a Robbie Gould 49-yard field goal allowed the Bears to prevail.
- 01/21** The Seahawks added Jim Mora to the coaching staff as assistant head coach/defensive backs coach.
- 01/22** Seattle hired former Cowboys special teams coach Bruce DeHaven to the same position.
- 03/20** In partnership with Virginia Mason Medical Center, the Seahawks announced naming rights for their new training facility in Renton: Virginia Mason Athletic Center (VMAC).
- 04/29** Traded WR Darrell Jackson to San Francisco for a fourth-round draft choice.
- 07/28** Training camp began and was held in Kirkland for the first time since 1996. The team trained at Eastern Washington University in Cheney from 1997-2007.
- 10/07** FB Mack Strong suffered a career-ending neck injury at Pittsburgh.
- 11/04** With a 94-yard punt return at Cleveland, Nate Burleson became the first player in NFL history with three punt returns of 90 or more yards in a career.
- 12/02** Lofa Tatupu tied a franchise record with three interceptions at Philadelphia, including one in the final minutes that preserved a Seahawks 28-24 victory.
- 12/09** Seattle sewed up their fourth-consecutive NFC West title with a 42-21 victory over the Arizona Cardinals. Mike Holmgren became the winningest coach in franchise history passing Chuck Knox (83-67). Marcus Trufant also recorded three interceptions in the game to tie a club record.

2008

- 01/05** Seattle hosted a playoff game for the fourth straight season and one in three consecutive years after putting away Washington 35-14 in the Wild Card round of the playoffs.
- 01/12** Seattle's season ended with a 42-20 Divisional Playoff loss at Green Bay in blizzard-like conditions. The game would be Brett Favre's final victory with the Packers.
- 01/25** The Seahawks announced the hiring of new offensive line coach Mike Solari. Coach Keith Gilbertson leaves post as assistant offensive line coach to coach wide receivers.
- 02/01** Hired Chris Beake to serve as Quality Control/Offense.
- 02/06** Seattle announces Jim Mora will take over as head coach following the 2008 season.
- 02/14** Bill Lazor named Seattle's QB coach.
- 02/21** Franchise tag is placed on CB Marcus Trufant.
- 03/04** Former University of Michigan offensive coordinator Mike DeBord is hired as assistant offensive line coach.
- 03/10** Signed free agent RB Julius Jones.
- 03/11** Kasey Dunn named Seattle's RB coach.
- 03/21** Signed LB Lofa Tatupu to a multi-year extension.
- 03/26** Signed CB Marcus Trufant to a multi-year extension.

FRANCHISE HISTORY

- 04/22** Seahawks release RB Shaun Alexander.
- 04/25** Mike Holmgren is announced as the Horrigan Award Winner for the NFL executive who best helped the media do its job. Seahawks communications staff was named the Rozelle Award winner for being the top PR staff in the NFL.
- 04/26** Selected Southern California DE Lawrence Jackson in the first round of the NFL Draft.
- 04/28** Former regional scout Mike Phair hired to assist in coaching linebackers.
- 05/01** Dave Pearson promoted from director to vice president of communications/broadcasting.
- 06/08** Original Seahawks employee Gary Wright/VP Administration retires after 32 years with the club.
- 08/04** The first wave of employees staffed the Virginia Mason Athletic Center.
- 08/18** Seahawks Football Operations and team practices began at VMAC.
- 10/26** With a victory over San Francisco, Mike Holmgren took sole possession of 10th place on the NFL's career wins list with 172.
- 11/22** WR Koren Robinson and QB Seneca Wallace connected for the longest play from scrimmage in team history, a 90-yard pass play versus the Philadelphia Eagles.
- 12/21** Mike Holmgren earned his final victory as head coach of the Seattle Seahawks, a 13-3 win over Brett Favre and the N.Y. Jets on a snow-covered Qwest Field.

2009

- 01/08** Greg Knapp was hired as Seattle's offensive coordinator.
- 01/12** Casey 'Gus' Bradley was hired as Seattle's defensive coordinator. Dan Quinn was hired to coach the defensive line.
- 01/13** Jim Mora formally announced as head coach of the Seahawks. Robert Prince hired to coach wide receivers.
- 01/22** Tim Lewis, brother of Seahawks Director of Pro Personnel Will Lewis, was hired as defensive backs coach.
- 03/03** Signed free agent WR T.J. Houshmandzadeh. On his visit, flew into VMAC on owner Paul Allen's seaplane.
- 03/14** Julian Peterson was traded to the Detroit Lions for Cory Redding and a fifth-round draft choice.
- 04/25** Selected LB Aaron Curry with the fourth overall choice in the NFL Draft. Also traded second-round pick to Denver for the Broncos 2010 first-round selection.
- 05/01** Karen Beckman promoted from director of finance to vice president of finance & chief financial officer.
- 07/31** Training Camp begins and for the first time in Seattle, training camp open to fans at VMAC.
- 09/13** Seahawks open the Jim Mora era with a 28-0 shutout over the Rams.
- 10/11** The Seahawks posted their second shutout of the season with a 41-0 win over the Jacksonville Jaguars at Qwest Field.
- 12/03** Seahawks President of Football Operation Tim Ruskell announces resignation.

2010

- 01/08** Seahawks head coach Jim Mora is relieved of coaching duties.
- 01/11** Seahawks hire Pete Carroll to be executive vice president of football operations and head coach.
- 01/20** Named John Schneider general manager.
- 02/04** New coaching staff is announced: Jeremy Bates (offensive coordinator), Gus Bradley (defensive coordinator), Kippy Brown (WRs), Luke Butkus (Quality control/offensive line), Dave Canales (Quality control/offense), Chris Carlisle (head strength & conditioning), Jedd Fisch (QB), Mondra Gee (assistant strength & conditioning), Alex Gibbs (offensive line), Jerry Gray (DBs), Kris Richard (assistant DBs), Brian Schneider (special teams coordinator), Rocky Seto (Quality control/defense), Sherman Smith (RBs), Jeff Ulbrich (assistant special teams), Art Valero (assistant offensive line), Jamie Yancher (assistant strength & conditioning).
- 02/24** Franchise tag is placed on K Olindo Mare.
- 03/08** Traded QB Seneca Wallace to Cleveland for a 2011 undisclosed draft pick.

- 03/18** Traded 2010 second-round draft pick and 2011 undisclosed draft pick to San Diego for QB Charlie Whitehurst and 2010 second-round draft pick.
- 04/13** DE Patrick Kerney retires. From 2007-09 no other Seahawks defender had more sacks than Kerney's 24.5.
- 04/22** Drafted T Russell Okung (6th overall) and S Earl Thomas (14th overall) in the first round of the NFL Draft.
- 04/24** Traded fourth-round pick (#104) and sixth-round pick (#176) to Tennessee for fourth-round pick (#111), sixth-round pick (#185), DT Kevin Vickerson and RB LenDale White. Traded fifth round pick (#139) to the N.Y. Jets for seventh round pick (#236) and RB Leon Washington.
- 04/29** T Walter Jones retires. He was selected to a club record nine Pro Bowls and his 180 career starts are second to only Steve Largent.
- 05/14** Scott Fitterer promoted to Director of College Scouting. Eric Stokes promoted to Assistant Director of College Scouting. Ruston Webster leaves his post as VP of Player Personnel to join the Tennessee Titans.
- 06/22** Scot McCloughan rejoins the Seahawks front office as Sr. Personnel Executive.
- 07/26** Tod Leiweke resigned from his post to join the NHL's Tampa Bay Lightning as part owner and CEO.
- 07/31** Promoted Will Lewis to vice president of football operations and Tag Ribary to director of pro personnel. Hired Trent Kirchner as assistant director of pro personnel.
- 09/12** Seattle defeated the San Francisco 49ers 31-6 in the season opener at Qwest Field for Pete Carroll's first win as head coach of the Seahawks.
- 09/28** Seahawks kickoff returner Leon Washington set a franchise record with two returns for touchdown versus the San Diego Chargers fueling the 27-20 victory. The returns were 101 and 99 yards earning him NFC Special Teams Player of the Week.
- 09/23** Peter McCloughlin assumes role of President of Seahawks, Sounders FC and First & Goal, Inc. after previously serving as CEO of the NHL's St. Louis Blues.
- 10/05** Seattle acquired Marshawn Lynch from the Buffalo Bills in trade.
- 12/05** Walter Jones' number is retired.

2011

- 01/02** Charlie Whitehurst started the season finale for an injured Matt Hasselbeck. Needing a win versus the Rams to win the division and advance to the postseason, Whitehurst led the team to a 16-6 victory. Seattle became the first team in NFL history to advance to the playoffs with a sub .500 record (7-9).
- 01/08** Seattle captured their fifth consecutive home playoff win with a 41-36 triumph over the defending World Champion New Orleans Saints. Matt Hasselbeck set a postseason club record with four TD passes. Marshawn Lynch electrified the crowd with what many are calling one of the greatest runs in NFL history with a 67-yard TD in which he broke as many as eight tackles. The Pacific Northwest Seismic Network registered activity generated from the stadium during the time of Lynch's run.
- 01/18** Hired former Oakland Raiders head coach Tom Cable as assistant head coach and offensive line coach. Hired Todd Wash to coach the defensive line. Promoted Kris Richard to defensive backs coach. Promoted Rocky Seto to assistant defensive backs coach. Relieved offensive coordinator Jeremy Bates of his duties.
- 01/20** Hired Darrell Bevell as offensive coordinator.
- 03/12** The NFL Owners instituted a lockout of the players.
- 04/28** Selected T James Carpenter 25th overall in the first round of the NFL Draft.
- 06/23** Qwest Field renamed CenturyLink Field.
- 07/25** NFL and the NFL Players Association agree to a 10-year Collective Bargaining Agreement ending the 136-day lockout.
- 07/29** Free Agency opened and the Seahawks signed, among others, G Robert Gallery, WR Sidney Rice, QB Tarvaris Jackson and FB Michael Robinson.
- 10/09** CB Brandon Browner set a club record at the New York Giants with a 94-yard interception return for a TD with 1:08 remaining in the game.
- 10/13** Traded LB Aaron Curry to the Oakland Raiders for draft choices in 2012 and 2013.
- 10/23** Red Bryant blocked two field goal attempts at Cleveland setting a club record for most in a single game.

FRANCHISE HISTORY

- 11/13** Steven Hauschka tied a club record connecting on five field goal attempts in a 22-17 win over the Baltimore Ravens.
- 11/20** Chris Clemons was named NFC Defensive Player of the Week after setting a career high with 3.0 sacks and two forced fumbles at St. Louis.
- 12/01** David Hawthorne was named NFC Defensive Player of the Week for his performance versus the Philadelphia Eagles on NFL Network's Thursday Night Football. He returned an interception 77 yards for a score. It was one of four interceptions in the game by Seattle's defense.
- 12/12** Doug Baldwin was awarded the NFL Special Teams Player of the Week versus the St. Louis Rams at CenturyLink Field. Not only did he lead team with seven catches for 93 yards and TD, he took a reverse handoff on the opening kickoff and returned it 37 yards. He also downed the Seahawks first punt of the game at the Rams' own 6-yard line. After that drive ended in a punt, he blocked the attempt which resulted in a 17-yard return by Michael Robinson for touchdown.
- 12/18** Brandon Browner set a club record at Chicago with at least one interception in four consecutive games, including a second touchdown return of the season from 42 yards which also set a club record for most interception return yards in a season with 220. Red Bryant returned an interception 20 yards for his first career touchdown in a 38-14 Seahawks victory.

2012

- 02/04** Cortez Kennedy was voted into the Pro Football Hall of Fame in his fourth year of eligibility. Kennedy spent his entire 11-year career with Seattle after being selected third overall in the 1990 NFL Draft.
- 02/14** Added Keith Carter (quality control/offense) and former Seahawks safety Marquand Manuel (special teams assistant) to the coaching staff.
- 03/04** Re-signed RB Marshawn Lynch to a multi-year contract.
- 03/13** Reached a contract agreement to re-sign DE Red Bryant - the son-in-law of Seahawks Ring of Honor member Jacob Green.
- 03/20** Signed free agent QB Matt Flynn to a multi-year contract.
- 03/29** The Seahawks and Tribune Television Northwest (KCPQ channel 13 and FOX affiliate in Seattle) reach a multi-year agreement to be the flagship television partner of the Seahawks. Q13 will broadcast all preseason game broadcasts, pre and postgame shows, and other team-related content.
- 04/03** Nike unveils the new NFL uniform design in New York, and Kam Chancellor represents the Seahawks in the fashion show. Along with the new uniform, the Seahawks unveil a new tweaked logo that freshens up the team colors. The new team colors are college navy, action green and wolf grey.
- 04/26** Selected DE Bruce Irvin with the 15th overall selection in the 2012 NFL Draft.
- 04/27** Drafted Russell Wilson in the third round (No.75 overall) of the NFL Draft.
- 08/04** Cortez Kennedy was inducted into the Pro Football Hall of Fame in Canton, Ohio.
- 09/24** Seattle topped Green Bay 14-12 on Monday Night Football with a game-winning Hail Mary as time expired. Russell Wilson connected with Golden Tate on a 24-yard completion. The play was called a touchdown on the field by replacement referees and upheld after a booth review. That was be the final game with replacement officials; regular officiating crews returned the following week.
- 10/14** Cortez Kennedy's number is retired.
- 11/25** Leon Washington tied an NFL record with his eighth-career kickoff return for a touchdown at Miami.
- 12/02** Russell Wilson led Seattle to a go-ahead TD drive at Chicago with :24 remaining only to have the Bears tie the game with a field goal as time expired. Seattle won the toss and Wilson again led Seattle on a game-winning TD drive on the first possession.
- 12/16** Seattle scored 50 or more points for the second consecutive game becoming the first team since 1950 to accomplish the feat (58-0 vs. Arizona on 12/9 and 50-17 at Buffalo on 12/16).
- 12/30** Seattle finished the season with a perfect home record with a 20-13 victory over St. Louis. In that game, Russell Wilson tied Peyton Manning's NFL rookie record with his 26th TD pass.

2013

- 01/06** Seattle won their first road playoff game since 1983 with a 24-14 come-from-behind victory at Washington.

- 01/17** Named Dan Quinn defensive coordinator after Gus Bradley accepted the head coaching position with the Jacksonville Jaguars.
- 02/13** Named Travis Jones defensive line coach. Named Nick Sorenson coaching assistant/special teams.
- 03/12** Traded a 2013 first-round and seventh-round draft choice and a 2014 third-round draft choice to Minnesota for WR Percy Harvin.
- 04/01** Traded QB Matt Flynn to the Oakland Raiders for a conditional draft choice.
- 04/22** Signed SS Kam Chancellor to multi-year extension.
- 06/07** New remodeled and expanded Pro Shop opens at CenturyLink Field.
- 06/20** Tag Ribary promoted to Director of Team Operations and Trent Kirchner promoted to Director of Pro Personnel.
- 06/21** Seahawks General Manager John Schneider signed extension.
- 06/28** Cortez Kennedy named Team Ambassador.
- 09/08** Seahawks won their season opener at Carolina 12-7, the first of a team-record tying 13-win season.
- 11/03** The Seahawks erased a 21-0 first half deficit vs Tampa Bay to come back and win 27-24 in OT, the largest come-from-behind victory in team history.
- 12/14** Chuck Arnold was promoted to Chief Operating Officer for the Seahawks.
- 12/22** The Seahawks club record 14-game home winning streak was snapped versus the Arizona Cardinals in a 17-10 loss. It was QB Russell Wilson's first loss at CenturyLink Field in two seasons as a starter.
- 12/29** The Seahawks tied a franchise record by limiting the St. Louis Rams to just 13 rushing yards in the season finale.

2014

- 01/11** Seattle defeated the New Orleans Saints 23-15 in a Divisional Playoff Game.
- 01/19** The Seahawks advanced to the second Super Bowl in franchise history after defeating division rival San Francisco 23-17 in the NFC Championship Game.
- 01/17** Former tackle Walter Jones was voted into the Pro Football Hall of Fame in his first year of eligibility. Jones spent his entire 12-year career with Seattle and was a nine-time Pro Bowler.
- 02/01** Walter Jones became the third original Seahawks member to be voted into the Pro Football Hall of Fame joining Steve Largent and Cortez Kennedy.
- 02/02** The Seahawks won the franchise's first Super Bowl after defeating the Denver Broncos 43-8 at MetLife Stadium. The Seahawks first score came on a safety 12 seconds into the game becoming the quickest score in Super Bowl history.
- 02/05** The Seahawks victory parade through downtown Seattle culminating at CenturyLink Field was celebrated by an estimated crowd of more than 700,000 fans.
- 03/10** The Seahawks re-signed free agent DE Michael Bennett to a multi-year contract.
- 04/14** Signed Pete Carroll to a multi-year extension.
- 04/24** Former Seahawks CB Marcus Trufant announces his retirement.
- 04/29** Safety Earl Thomas signed a multi-year extension.
- 05/06** Amy Sprangers named VP of Corporate Partnerships and Suites.
- 05/07** Cornerback Richard Sherman signed a multi-year extension.
- 05/21** The Seahawks traveled to Washington D.C. to meet President Obama at the Super Bowl Champions annual White House visit.
- 05/29** Wide receiver Doug Baldwin signed a multi-year extension.
- 06/10** Jeff Dunn named Vice President of Business Strategy & Analytics.
- 06/19** The Seahawks received their Super Bowl Championship rings at a ceremony at Seattle's EMP.
- 08/02** Former Seahawks tackle Walter Jones was officially inducted into the Pro Football Hall of Fame in Canton, Ohio.
- 09/04** Seattle officially kicked off the 2014 NFL season hosting a Thursday night prime time game versus Green Bay. A pregame concert was performed by Pharrell Williams and Soundgarden, with pop star Ariana Grande singing The Star Spangled Banner. Seattle's Super Bowl banner was unveiled at CenturyLink Field as Seattle won the game, 36-16.
- 09/21** In a rematch of Super Bowl XLVIII, the Seahawks defeated the Denver Broncos 26-20 in OT on a Marshawn Lynch 6-yard TD run.
- 10/17** Seattle traded WR Percy Harvin to the N.Y. Jets for an undisclosed draft choice.

FRANCHISE HISTORY

- 10/19** At St. Louis, Russell Wilson became the first player in NFL history to pass for 300 or more yards and rush for 100 or more in the same game.
- 11/02** Walter Jones inducted into the Seahawks Ring of Honor.
- 11/09** Totaled 350 rushing yards versus the N.Y. Giants, a club single-game record. Marshawn Lynch also rushed for a career-best four TDs tying a single-game club record.
- 12/18** Signed LB K.J. Wright to a multi-year extension.
- 12/19** Signed DE Cliff Avril to a multi-year extension.
- 12/21** Seattle set a franchise record versus the Cardinals totaling 596 total yards in a 35-6 win at Arizona.

2015

- 01/10** The Seahawks defeated the Carolina Panthers, 31-17, in a Divisional Playoff Game.
- 01/18** Seattle became the 12th team in NFL history to advance to the Super Bowl after winning it the previous year by defeating the Green Bay Packers in the NFC Championship Game, 28-22, in OT. Seattle overcame a 16-point, second-half deficit to win after Russell Wilson connected with Jermaine Kearse on a 35-yard TD to end the game. It marked Seattle's ninth consecutive postseason win at home, tied for the third-longest streak in NFL history. The game also marked a record for CenturyLink Field attendance record with 68,538 12s on hand.
- 01/19** Construction began on the Toyota Fan Deck on the south deck of CenturyLink Field. The expansion added 1,000 padded seats and an exclusive fan experience.
- 02/01** The Seahawks lost to the New England Patriots in Super Bowl XLIX, 28-24.
- 02/09** Named Kris Richard defensive coordinator following the departure of Dan Quinn to become head coach of the Atlanta Falcons. Also named Michael Barrow LB coach following the departure of Ken Norton, Jr., leaving to become defensive coordinator of the Oakland Raiders. Named Lofa Tatupu assistant LB coach and Brennon Carroll assistant offensive line coach.
- 02/10** Promoted Rocky Seto to assistant head coach/defense.
- 02/19** David Young named VP of Operations/GM of CenturyLink Field.
- 02/23** Announced the expansion of CenturyLink Field by 1,000 seats with the launch of the Toyota Fan Deck on the south end. Also announced the expansion of eight new suites.
- 03/06** Signed Marshawn Lynch to a multi-year extension.
- 03/10** Traded for Saints TE Jimmy Graham and a 2015 fourth-round draft choice in exchange for center Max Unger and the Seahawks first-round draft choice (No. 31 overall).
- 03/25** Named Dwaine Board assistant defensive line coach. Named Chris Cash assistant secondary/CB coach. Named Andre Curtis assistant secondary/safeties coach. Dave Canales promoted to WR coach. Will Harriger named assistant QB coach/quality control offense.
- 07/31** Signed QB Russell Wilson to multi-year contract extension.
- 08/02** Signed LB Bobby Wagner to a multi-year contract extension.
- 09/20** Seattle's 10-point loss at Green Bay was the team's first double-digit loss since November 6, 2011.
- 11/22** RB Thomas Rawls set a Seahawks rookie single-game record with 209 rushing yards versus San Francisco.
- 12/02** CB Richard Sherman named Seahawks Man of the Year.
- 12/22** Club record seven Seahawks voted to the Pro Bowl (DE Michael Bennett, S Kam Chancellor, WR Tyler Lockett, CB Richard Sherman, S Earl Thomas, LB Bobby Wagner, QB Russell Wilson).
- 12/27** Seattle set a CenturyLink Field record with an attendance of 69,080 versus St. Louis. In that game, the Seahawks had an NFL record 62-game streak of holding a lead at some point in the game snapped.

2016

- 01/03** Ended 2015 leading the NFL in defensive scoring for the fourth-straight season. Russell Wilson ended the year leading the NFL in passer rating while setting franchise single-season records for passer rating, completion percentage, yards and TDs.
- 01/10** The Seahawks defeated the Minnesota Vikings 10-9 in a Wild Card Playoff game advancing to their fourth-straight Divisional round. The temperature at kickoff was -6 degrees, the third-coldest game in NFL history.

- 01/31** DE Michael Bennett (defensive) and QB Russell Wilson (offensive) each named MVP of the Pro Bowl.
- 02/19** New FieldTurf Revolution 360 installed at CenturyLink Field.
- 03/11** Jermaine Kearse signed multi-year contract.
- 03/17** Jeff Richards promoted to VP of Marketing.
- 04/28** Selected G Germain Iledi in the first round (31st overall) of the NFL Draft.
- 05/05** Placed RB Marshawn Lynch on the reserve/retired list.
- 05/12** WR Ricardo Lockette announced his retirement.
- 06/29** Doug Baldwin signed multi-year extension with the Seahawks.
- 08/25** Signed a multi-year extension with Q13 as the exclusive media rights holder for Seahawks preseason TV.
- 09/18** Seattle traveled to Los Angeles to play a game for the first time since 1994 when they took on the Rams at the Coliseum.
- 10/13** The Seahawks tied the Arizona Cardinals 6-6. It was the first tie in franchise history after not recording one in the prior 633 games played.
- 11/07** The Seahawks defeated the Buffalo Bills 31-25 on Monday Night Football, the club's 11th-straight win on Monday night dating back to 2005.
- 11/20** Pete Carroll notched his 100th-career NFL victory with a 26-15 victory over the Philadelphia Eagles.

2017

- 01/07** The Seahawks defeated the Detroit Lions 26-6 in a Wild Card game to earn their fifth-straight Divisional playoff appearance.
- 02/01** Travis Jones named senior defensive assistant and Clint Hurtt hired as defensive line coach. Chad Morton named running backs coach and Heath Farwell named special teams assistant. Tom Donatell hired as quality control/defense coach.
- 02/04** Kenny Easley elected into the Pro Football Hall of Fame.
- 02/16** The Seahawks and First & Goal, Inc. announced the formation of First & Goal Hospitality to oversee all food and beverage operations at CenturyLink Field and CenturyLink Field Event Center.
- 04/26** Marshawn Lynch was traded to the Oakland Raiders, along with Seattle's 2018 sixth-round draft pick for Oakland's 2018 fifth-round selection.
- 04/28** The Seahawks selected Michigan State defensive lineman Malik McDowell with their first selection in the NFL draft in the second round (35th overall).
- 05/15** The Seahawks and CenturyLink announced a stadium naming rights extension through 2033.
- 05/23** Former Seahawks defensive tackle and Hall of Famer Cortez Kennedy passed away.
- 08/01** Kam Chancellor signed a multi-year contract extension with the Seahawks.
- 08/05** Kenny Easley enshrined into the Pro Football Hall of Fame in Canton, Ohio.
- 09/17** Seahawks celebrated Paul Allen's 20 years as owner in a ceremony prior to the 49ers game.
- 10/29** Russell Wilson set a franchise record passing for 452 yards versus Houston in a come-from-behind 41-38 victory. Along with his four TD passes, and the game-winner with :21 remaining, he earned NFL Offensive Player of the Week.
- 11/09** Both Kam Chancellor (neck) and CB Richard Sherman (Achilles) were lost for the season to injuries at Arizona.
- 11/20** The Seahawks lost to the Atlanta Falcons 34-31 on Monday Night Football snapping an 11-game winning streak dating to 2004. The 11-game winning streak is the second-longest in Monday Night Football history.
- 12/07** Bennett announced as the team's nominee for the Walter Payton Man of the Year Award.
- 12/24** Jimmy Graham became the Seahawks all-time leader in receptions by a tight end at Dallas.
- 12/31** Russell Wilson tied his own franchise record for most passing TDs in a season (34) versus the Cardinals.

2018

- 01/10** Offensive coordinator Darrell Bevell and assistant head coach/offensive line coach Tom Cable both relieved of their duties.
- 01/11** The NFL announced the Seahawks would play the Oakland Raiders in London in 2018

FRANCHISE HISTORY

- 01/16** Defensive coordinator Kris Richard relieved of his duties. Brian Schottenheimer announced as offensive coordinator and Mike Solari announced as offensive line coach. Ken Norton, Jr. named defensive coordinator.
- 01/28** The Seahawks tied a club record with seven players announced to the NFC Pro Bowl roster: WR Doug Baldwin, DE, Michael Bennett, T Duane Brown, TE, Jimmy Graham, S Earl Thomas, LB, Bobby Wagner, QB, Russell Wilson.
- 02/23** Seahawks announced new coaching hires Jethro Franklin (Assistant Defensive Line), Larry Izzo (Assistant Special Teams), Steve Shimko (Offensive Assistant).
- 03/09** CB Richard Sherman released.
- 03/14** The Seahawks traded DE Michael Bennett and a 2018 seventh-round draft choice to the Philadelphia Eagles for WR, Marcus Johnson and a 2018 fifth-round selection.
- 04/22** CenturyLink Field received SAFETY Act Designation and Certification, the highest level of accreditation awarded by the U.S. Department of Homeland Security. CenturyLink Field is the fifth NFL stadium and second MLS stadium to achieve this certification.
- 04/22** Ken Hofmann, former member of Seahawks ownership from 1988-97, passed away.
- 04/26** RB, Rashaad Penny selected in the first round (27th overall) in the 2018 draft.
- 05/12** Former Seahawks head coach Chuck Knox passed away.
- 05/18** Nolan Teasley promoted to director of pro personnel.
- 06/12** CenturyLink Field received The Stadium Business Sustainability & Community Award for its environmentally-friendly and sustainable practices.
- 06/19** Andre Curtis promoted to defensive passing game coordinator, Clint Hurtt to assistant head coach/defense and John Glenn to linebackers coach.
- 09/24** Chris McGowan named Chief Executive Officer of Vulcan Sports & Entertainment, replacing Peter McLoughlin in that role. Chuck Arnold promoted to President, also replacing McLoughlin.
- 10/14** The Seahawks played their second-ever regular-season international game defeating the Oakland Raiders 27-3 in London's Wembley Stadium.
- 10/15** Seahawks owner Paul Allen dies at the age of 65 due to complications from non-Hodgkin's lymphoma.
- 10/24** Jody Allen, Paul Allen's sister, takes on the role of trustee of the Paul G. Allen Trust, and is the Chair of both the Seahawks and Vulcan Inc. Bert Kolde, Paul Allen's longtime trusted friend, holds the title of Vice Chair for the Seahawks and Trail Blazers, as well as executive vice president of sports strategy and operations for Vulcan Inc.
- 10/28** Russell Wilson posted the first perfect passer rating in team history after completing 14-of-17 attempts for 248 yards and three touchdowns. Seattle won the game 28-14.
- 05/09** WR Doug Baldwin and S Kam Chancellor waived/injured.
- 09/01** Seattle acquired DE Jadeveon Clowney in a trade with the Houston Texans in exchange for a 2020 third-round draft choice, DE Jacob Martin and LB Barkevious Mingo.
- 09/15** Pete Carroll claimed his 100th combined victory for the Seahawks with a 28-26 win at Pittsburgh.
- 09/22** Bobby Wagner set a franchise record with 19 tackles versus the New Orleans Saints.
- 09/25** Seattle traded TE Nick Vannett to the Pittsburgh Steelers in exchange for a 2020 fifth-round draft choice.
- 10/03** Seahawks late owner Paul Allen was the 12th member inducted into the Seahawks Ring of Honor in a pregame ceremony before a Thursday night prime-time game versus the L.A. Rams.
- 10/23** The Seahawks traded their 2020 fifth-round draft choice to the Detroit Lions for S Quandre Diggs and a 2021 seventh rounder.
- 10/27** Bobby Wagner became the franchise's all-time leading tackler in a game at the Atlanta Falcons, surpassing Eugene Robinson (984).
- 11/11** The Seahawks won overtime games in consecutive weeks for the second time in franchise history (1990) after defeating the San Francisco 49ers and the Tampa Bay Buccaneers the prior week (11/3).
- 11/11** Russell Wilson set a franchise record with 122 consecutive starts moving past G Chris Gray.
- 12/15** Pete Carroll reached 100 regular season wins with Seattle with a 30-24 victory at Carolina.
- 12/24** The Seahawks re-signed RB Marshawn Lynch after the team's top three running backs (Chris Carson, Rashaad Penny, C.J. Prosise) were placed on injured reserve.

2020

- 01/03** Bobby Wagner (1st team) and Russell Wilson (2nd team) were both named All-Pro. It marked a franchise-record fourth-straight season for Wagner as a first-teamer.
- 01/05** Rookie WR DK Metcalf set a franchise record with 160 receiving yards in a Wild Card game at Philadelphia. It was the most receiving yards by any rookie in NFL postseason history.
- 02/10** In an effort to boost guest experience through faster lines and more efficient sales processes, CenturyLink Field began a transition to cashless operations for sales transactions at the stadium, the CenturyLink Field Event Center and WAMU Theater.
- 02/22** Dave Canales promoted to Offensive Passing Game Coordinator and Austin Davis promoted to QB coach.
- 03/02** Virginia Mason Athletic Center is closed for operations in accordance with local and state health measures relating to the Covid-19 virus.
- 03/11** Aaron Curry promoted to Defensive Assistant/LBs. Sanjay Lal hired as Senior Offensive Assistant, Keli'i Kekuewa hired as Offensive Assistant and Damione Lewis hired as Defensive Assistant/Defensive Line.
- 04/23** Selected Texas Tech LB Jordyn Brooks with the 27th overall pick in the NFL Draft.

2019

- 04/16** Russell Wilson signed a contract extension making him the highest paid player in NFL history at the time.
- 04/25** DE L.J. Collier selected in the first round (29th overall) in the 2019 NFL Draft.

GAMES PLAYED

Player, Seasons	No.
1 Joe Nash, 1982-96	218
2 Mack Strong, 1994-07	201
3 Steve Largent, 1976-89	200
4 Walter Jones, 1997-2009	180
5 Jacob Green, 1980-91	178
6 Jeff Bryant, 1982-93	175
7 Eugene Robinson, 1985-95	170
8 Cortez Kennedy, 1990-00	167
9 Dave Brown, 1976-86	159
Jon Ryan, 2008-17	159

GAMES STARTED

Player, Seasons	No.
1 Steve Largent, 1976-89	197
2 Walter Jones, 1997-2009	180
3 Jacob Green, 1980-91	176
4 Joe Nash, 1982-96	169
5 Jeff Bryant, 1982-93	167
6 Dave Brown, 1976-86	159
7 Cortez Kennedy, 1990-00	153
8 Eugene Robinson, 1985-95	152
9 Chris Gray, 1998-08	145
10 Keith Butler, 1978-87	132

POINTS SCORED

Player, Seasons	No.
1 Norm Johnson, 1982-90	810
2 Steven Hauschka, 2011-16	759
3 Shaun Alexander, 2000-07	672
4 Steve Largent, 1976-89	608
5 Josh Brown, 2003-07	571
6 Todd Peterson, 1995-99	555
7 Marshawn Lynch, 2010-15	392
8 Curt Warner, 1983-89	372
9 John Kasay, 1991-94	341
10 Efen Herrera, 1978-81	331

TOTAL TOUCHDOWNS

Player, Seasons	No.
1 Shaun Alexander, 2000-07	112
2 Steve Largent, 1976-89	101
3 Marshawn Lynch, 2010-15, 2019-	66
4 Curt Warner, 1983-89	62
5 Doug Baldwin, 2011-18	49
6 Chris Warren, 1990-97	48
7 Darrell Jackson, 2000-06	47
8 Joey Galloway, 1995-99	42
9 Sherman Smith, 1976-82	38
10 Daryl Turner, 1984-87	36

FIELD GOALS

Player, Seasons	No.
1 Steven Hauschka, 2011-16	175
2 Norm Johnson, 1982-90	159
3 Todd Peterson, 1995-99	126
4 Josh Brown, 2003-07	116
5 John Kasay, 1991-94	82
6 Olindo Mare, 2008-10	73
7 Efen Herrera, 1978-81	64
8 Rian Lindell, 2000-02	58
9 Jason Myers, 2019	23
10 Sebastian Janikowski, 2018	22

FIELD GOAL ATTEMPTS

Player, Seasons	No.
1 Norm Johnson, 1982-90	228
2 Steven Hauschka, 2011-16	197
3 Todd Peterson, 1995-99	154
4 Josh Brown, 2003-07	145
5 John Kasay, 1991-94	105
6 Efen Herrera, 1978-81	92

FIELD GOAL ATTEMPTS, CONTINUED

7 Olindo Mare, 2008-10	83
8 Rian Lindell, 2000-02	78
9 John Leypoldt, 1976-77	30
10 Blair Walsh, 2017	29

POINT AFTER TOUCHDOWNS

Player, Seasons	No.
1 Norm Johnson, 1982-90	333
2 Steven Hauschka, 2011-16	234
3 Josh Brown, 2003-07	223
4 Todd Peterson, 1995-99	177
5 Efen Herrera, 1978-81	139
6 Rian Lindell, 2000-02	96
7 John Kasay, 1991-94	95
8 Olindo Mare, 2008-10	89
9 John Leypoldt, 1976-78	52
10 Sebastian Janikowski, 2018	48

PAT ATTEMPTS

Player, Seasons	No.
1 Norm Johnson, 1982-90	338
2 Steven Hauschka, 2011-16	246
3 Josh Brown, 2003-07	224
4 Todd Peterson, 1995-99	177
5 Efen Herrera, 1978-81	148
6 John Kasay, 1991-94	97
7 Rian Lindell, 2000-02	96
8 Olindo Mare, 2008-10	89
9 John Leypoldt, 1976-78	59
10 Sebastian Janikowski, 2018	51

RUSHING ATTEMPTS

Player, Seasons	No.
1 Shaun Alexander, 2000-07	2,176
2 Curt Warner, 1983-89	1,649
3 Chris Warren, 1990-97	1,559
4 Marshawn Lynch, 2010-15, 2019-	1,469
5 John L. Williams, 1986-93	1,148
6 Ricky Watters, 1998-01	994
7 Sherman Smith, 1976-82	810
8 Russell Wilson, 2012-	720
9 Maurice Morris, 2002-08	604
10 Chris Carson, 2017-	574

RUSHING YARDS

Player, Seasons	No.
1 Shaun Alexander, 2000-07	9,429
2 Chris Warren, 1990-97	6,706
3 Curt Warner, 1983-89	6,705
4 Marshawn Lynch, 2010-15, 2019-	6,381
5 John L. Williams, 1986-93	4,579
6 Ricky Watters, 1998-01	4,009
7 Russell Wilson, 2012-	3,993
8 Sherman Smith, 1976-82	3,429
9 Maurice Morris, 2002-08	2,612
10 Chris Carson, 2017-	2,589

RUSHING TOUCHDOWNS

Player, Seasons	No.
1 Shaun Alexander, 2000-07	100
2 Marshawn Lynch, 2010-15, 2019-	58
3 Curt Warner, 1983-89	55
4 Chris Warren, 1990-97	44
5 Sherman Smith, 1976-82	28
6 Ricky Watters, 1998-01	22
7 Derrick Fenner, 1989-91	19
David Sims, 1977-79	19
Russell Wilson, 2012-	19
10 Jim Zorn, 1976-84	17
John L. Williams, 1986-93	17

PASSING ATTEMPTS

Player, Seasons	No.
1 Matt Hasselbeck, 2001-10	4,250
2 Russell Wilson, 2012-	3,777
3 Dave Krieg, 1980-91	3,576
4 Jim Zorn, 1976-84	2,992
5 Rick Mirer, 1993-96	1,523
6 Jon Kitna, 1997-00	1,128
7 Warren Moon, 1997-98	786
8 Seneca Wallace, 2003-09	556
9 Tarvaris Jackson, 2011, 2013-15	470
10 Kelly Stouffer, 1988-92	437

PASSING COMPLETIONS

Player, Seasons	No.
1 Matt Hasselbeck, 2001-10	2,559
2 Russell Wilson, 2012-	2,436
3 Dave Krieg, 1980-91	2,096
4 Jim Zorn, 1976-84	1,593
5 Rick Mirer, 1993-96	814
6 Jon Kitna, 1997-00	658
7 Warren Moon, 1997-98	458
8 Seneca Wallace, 2003-09	333
9 Tarvaris Jackson, 2011, 2013-15	286
10 John Friesz, 1995-98	228

PASSING YARDS

Player, Seasons	No.
1 Russell Wilson, 2012-	29,734
2 Matt Hasselbeck, 2001-10	29,434
3 Dave Krieg, 1980-91	26,132
4 Jim Zorn, 1976-84	20,122
5 Rick Mirer, 1993-96	9,094
6 Jon Kitna, 1997-00	7,552
7 Warren Moon, 1997-98	5,310
8 Seneca Wallace, 2003-09	3,547
9 Tarvaris Jackson, 2011, 2013-15	3,279
10 John Friesz, 1995-98	2,971

TOUCHDOWN PASSES

Player, Seasons	No.
1 Russell Wilson, 2012-	227
2 Dave Krieg, 1980-91	195
3 Matt Hasselbeck, 2001-10	174
4 Jim Zorn, 1976-84	107
5 Jon Kitna, 1997-00	49
6 Rick Mirer, 1993-96	41
7 Warren Moon, 1997-98	36
8 Seneca Wallace, 2003-09	25
9 John Friesz, 1995-98	16
10 Tarvaris Jackson, 2011, 2013-15	15

PASSES HAD INTERCEPTED

Player, Seasons	No.
1 Dave Krieg, 1980-91	148
2 Jim Zorn, 1976-84	133
3 Matt Hasselbeck, 2001-10	128
4 Russell Wilson, 2012-	68
5 Rick Mirer, 1993-96	56
6 Jon Kitna, 1997-00	45
7 Warren Moon, 1997-98	24
8 Kelly Stouffer, 1988-92	19
9 Jeff Kemp, 1987-91	18
10 Trent Dilfer, 2001-04	14
Steve Myer, 1976-79	14
Seneca Wallace, 2003-09	14

TIMES SACKED

Player, Seasons	No.
1 Russell Wilson, 2012-	347
2 Dave Krieg, 1980-91	341
3 Matt Hasselbeck, 2001-10	307
4 Jim Zorn, 1976-84	201
5 Rick Mirer, 1993-96	138
6 Jon Kitna, 1997-00	79
7 Warren Moon, 1997-98	52
8 Kelly Stouffer, 1988-92	50
9 Seneca Wallace, 2003-09	43
Tarvaris Jackson, 2011, 2013-15	43

QUARTERBACK RATING (MINIMUM 100 ATTEMPTS)

Player, Seasons	No.
1 Russell Wilson, 2012-	101.2
2 Seneca Wallace, 2003-09	83.1
3 Dave Krieg, 1980-91	82.3
4 Matt Hasselbeck, 2001-10	82.2
5 Warren Moon, 1997-98	81.3
6 Tarvaris Jackson, 2011, 2013-15	81.0
7 Brock Huard, 1999-01	80.1
8 John Friesz, 1995-98	78.3
9 Jon Kitna, 1997-00	76.3
10 Trent Dilfer, 2001-04	72.5

PASS RECEPTIONS

Player, Seasons	No.
1 Steve Largent, 1976-89	819
2 Brian Blades, 1988-98	581
3 Doug Baldwin, 2011-18	493
4 John L. Williams, 1986-93	471
5 Darrell Jackson, 2000-06	441
6 Bobby Engram, 2001-08	399
7 Joey Galloway, 1995-99	283
8 Tyler Lockett, 2015-	276
9 Koren Robinson, 2001-04, 08	244
10 Sam McCullum, 1976-81	232

RECEIVING YARDS

Player, Seasons	No.
1 Steve Largent, 1976-89	13,089
2 Brian Blades, 1988-98	7,620
3 Doug Baldwin, 2011-18	6,563
4 Darrell Jackson, 2000-06	6,445
5 Bobby Engram, 2001-08	4,859
6 Joey Galloway, 1995-99	4,457
7 John L. Williams, 1986-93	4,151
8 Tyler Lockett, 2015-	3,838
9 Koren Robinson, 2001-04, 08	3,567
10 Sam McCullum, 1976-81	3,409

RECEIVING TOUCHDOWNS

Player, Seasons	No.
1 Steve Largent, 1976-89	100
2 Doug Baldwin, 2010-18	49
3 Darrell Jackson, 2000-06	47
4 Joey Galloway, 1995-99	37
5 Daryl Turner, 1984-87	36
6 Brian Blades, 1988-98	34
7 Tyler Lockett, 2015-	27
8 Sam McCullum, 1976-81	21
9 Bobby Engram, 2001-08	18
Jimmy Graham, 2015-17	18

INTERCEPTIONS

Player, Seasons	No.
1 Dave Brown, 1976-86	50
2 Eugene Robinson, 1985-95	42
3 John Harris, 1978-85	41
4 Kenny Easley, 1981-87	32
Richard Sherman, 2011-17	32
Earl Thomas, 2010-18	28

INTERCEPTIONS, CONTINUED

7 Marcus Trufant, 2003-12	21
8 Darryl Williams, 1996-99	20
Shawn Springs, 1997-03	20
10 Keith Simpson, 1978-85	19

INTERCEPTION RETURN YARDS

Player, Seasons	No.
1 Dave Brown, 1976-86	643
2 Eugene Robinson, 1985-95	586
3 Kenny Easley, 1981-87	538
4 John Harris, 1978-85	425
5 Earl Thomas, 2010-18	417
6 Darryl Williams, 1996-99	402
7 Richard Sherman, 2011-17	395
8 Marcus Trufant, 2003-12	370
9 Keith Simpson, 1978-85	338
10 Brandon Browner, 2011-13	308

INTERCEPTION RETURN FOR TD

Player, Seasons	No.
1 Dave Brown, 1976-86	5
2 Keith Simpson, 1978-85	3
Kenny Easley, 1981-87	3
Willie Williams, 1997-03	3
Josh Wilson, 2007-09	3
6 John Harris, 1978-85	2
Jacob Green, 1980-91	2
Terry Taylor, 1984-88, 1994	2
Darryl Williams, 1996-99	2
Darrin Smith, 1998-99	2
Shawn Springs, 1997-03	2
Reggie Tongue, 2000-03	2
Anthony Simmons, 1998-04	2
Lofa Tatupu, 2005-10	2
Marcus Trufant, 2003-12	2
Brandon Browner, 2011-13	2
Richard Sherman, 2011-17	2
Bruce Irvin, 2012-15	2
Earl Thomas, 2010-18	2
Justin Coleman, 2017-18	2

PUNTS

Player, Seasons	No.
1 Jon Ryan, 2008-17	770
2 Rick Tuten, 1991-97	554
3 Jeff Feagles, 1998-02	385
4 Jeff West, 1981-85	299
5 Herman Weaver, 1977-80	257
6 Ruben Rodriguez, 1987-89	192
7 Ryan Plackemeier, 2006-08	181
8 Tom Rouen, 2003-05	154
9 Michael Dickson, 2018-	152
10 Rick Engles, 1976-77	84

PUNTING YARDS

Player, Seasons	No.
1 Jon Ryan, 2008-17	34,492
2 Rick Tuten, 1991-97	24,266
3 Jeff Feagles, 1998-02	16,225
4 Jeff West, 1981-85	11,518
5 Herman Weaver, 1977-80	10,182
6 Ruben Rodriguez, 1987-89	7,733
7 Ryan Plackemeier, 2006-08	7,664
8 Michael Dickson, 2018-	7,100
9 Tom Rouen, 2003-05	6,394
10 Rick Donnelly, 1990-91	3,227

INSIDE THE 20

Player, Seasons	No.
1 Jon Ryan, 2008-17	276
2 Rick Tuten, 1991-97	147
3 Jeff Feagles, 1998-02	133
4 Jeff West, 1981-85	73
5 Michael Dickson, 2018-	62
6 Tom Rouen, 2003-05	59
7 Ryan Plackemeier, 2006-08	57
8 Herman Weaver, 1977-80	48
Ruben Rodriguez, 1987-89	48
10 Rick Donnelly, 1990-91	19

TOUCHBACKS

Player, Seasons	No.
1 Jon Ryan, 2008-17	60
2 Rick Tuten, 1991-97	45
3 Jeff Feagles, 1998-02	30
4 Jeff West, 1981-85	28
5 Ryan Plackemeier, 2006-08	21
6 Herman Weaver, 1977-80	20
7 Ruben Rodriguez, 1987-89	17
8 Tom Rouen, 2003-05	11
9 Michael Dickson, 2018-	10
10 Rick Donnelly, 1990-91	9

HAD BLOCKED

Player, Seasons	No.
1 Herman Weaver, 1977-80	6
2 Jon Ryan, 2008-17	5
3 Rick Engles, 1976-77	3
4 Kyle Richardson, 1997	2
Rick Tuten, 1991-97	2
Jeff Feagles, 1998-02	2
Tom Rouen, 2003-05	2
8 Ruben Rodriguez, 1987-89	1
Donnie Jones, 2004	1
Ken Walter, 2004	1
Michael Dickson, 2018-	1

PUNT RETURNS

Player, Seasons	No.
1 Tyler Lockett, 2015-	143
2 Nate Burleson, 2006-09	125
3 Leon Washington, 2010-12	104
4 Chris Warren, 1990-97	94
5 Bobby Joe Edmonds, 1986-88	89
6 Joey Galloway, 1995-99	79
7 Paul Johns, 1981-84	74
8 Charlie Rogers, 1999-01	73
9 Bobby Engram, 2001-08	70
10 Golden Tate, 2010-13	68

FAIR CATCHES

Player, Seasons	No.
1 Tyler Lockett, 2015-	94
2 Bobby Engram, 2001-08	70
3 Chris Warren, 1990-97	60
4 Leon Washington, 2010-12	41
5 Charlie Rogers, 1999-01	40
6 Kelvin Martin, 1993-94	35
7 Jimmy Williams, 2005-06	31
8 Bobby Joe Edmonds, 1986-88	26
9 Paul Johns, 1981-84	23
Joey Galloway, 1995-99	23
Bryan Walters, 2012-14	23

PUNT RETURN YARDS

Player, Seasons	No.
1 Nate Burleson, 2006-09	1,288
2 Leon Washington, 2010-12	1,069
3 Tyler Lockett, 2015-	1,068
4 Bobby Joe Edmonds, 1986-88	1,010
5 Charlie Rogers, 1999-01	925
6 Paul Johns, 1981-84	843
7 Joey Galloway, 1995-99	823
8 Chris Warren, 1990-97	819
9 Golden Tate, 2010-13	787
10 Bobby Engram, 2001-08	773

PUNT RETURN TD

Player, Seasons	No.
1 Joey Galloway, 1995-99	4
2 Paul Johns, 1981-84	2
Bobby Engram, 2001-08	2
Nate Burleson, 2006-09	2
5 Will Lewis, 1980-81	1
Bobby Joe Edmonds, 1986-88	1
Chris Warren, 1990-97	1
Charlie Rogers, 1999-01	1
Tyler Lockett, 2015-	1

KICKOFF RETURNS

Player, Seasons	No.
1 Steve Broussard, 1995-98	165
2 Charlie Rogers, 1999-01	134
3 Maurice Morris, 2002-08	129
4 Leon Washington, 2010-12	127
5 Tyler Lockett, 2015-	126
6 Bobby Joe Edmonds, 1986-88	101
7 Josh Wilson, 2007-09	94
8 Chris Warren, 1990-97	86
9 Randall Morris, 1984-88	82
10 Al Hunter, 1977-80	78

KICKOFF RETURN YARDS

Player, Seasons	No.
1 Steve Broussard, 1995-98	3,900
2 Leon Washington, 2010-12	3,329
3 Charlie Rogers, 1999-01	3,214
4 Tyler Lockett, 2015-	3,179
5 Maurice Morris, 2002-08	2,843
6 Josh Wilson, 2007-09	2,350
7 Bobby Joe Edmonds, 1986-88	2,228
8 Chris Warren, 1990-97	1,794
9 Al Hunter, 1977-80	1,717
10 Josh Scobey, 2005-07	1,641

KICKOFF RETURN TD

Player, Seasons	No.
1 Leon Washington, 2010-12	4
2 Tyler Lockett, 2015-	2
3 Zachary Dixon, 1983-84	1
James Jefferson, 1989-93	1
Jon Vaughn, 1993-94	1
Steve Broussard, 1995-98	1
Charlie Rogers, 1999-01	1
Maurice Morris, 2002-08	1
Nate Burleson, 2006-09	1
Josh Wilson, 2007-09	1

FUMBLES

Player, Seasons	No.
1 Dave Krieg, 1980-91	108
2 Russell Wilson, 2012-	73
3 Matt Hasselbeck, 2001-10	55
4 Jim Zorn, 1976-84	48
5 Jon Kitna, 1997-00	38
6 Curt Warner, 1983-89	36
7 Shaun Alexander, 2000-07	31
8 Chris Warren, 1990-97	26
9 Rick Mirer, 1993-96	24
10 Sherman Smith, 1976-82	22

OWN FUMBLE RECOVERIES

Player, Seasons	No.
1 Russell Wilson, 2012-	31
2 Dave Krieg, 1980-91	27
3 Jon Kitna, 1997-00	20
4 Matt Hasselbeck, 2001-10	14
5 Curt Warner, 1983-89	13
Shaun Alexander, 2000-07	13
7 Jim Zorn, 1976-84	12
8 Chris Warren, 1990-97	10
9 John L. Williams, 1986-93	9
10 Sherman Smith, 1976-82	7
Edwin Bailey, 1981-91	7
Rick Mirer, 1993-96	7

FORCED FUMBLES

Player, Seasons	No.
1 Jacob Green, 1980-91	28
2 Michael Sinclair, 1991-01	25
3 Rufus Porter, 1988-94	14
4 Bruce Scholtz, 1982-88	13
Joe Nash, 1982-96	13
Cortez Kennedy, 1990-00	13
Cliff Avril, 2013-17	13

FORCED FUMBLES, CONTINUED

8 Jeff Bryant, 1982-93	12
9 Keith Butler, 1978-87	11
Keith Simpson, 1978-85	11
Chad Brown, 1997-04	11

FUMBLE RECOVERIES

Player, Seasons	No.
1 Jacob Green, 1980-91	17
2 Eugene Robinson, 1985-95	14
3 Chad Brown, 1997-04	13
4 Dave Brown, 1976-86	11
John Harris, 1978-85	11
Jeff Bryant, 1982-93	11
7 Kenny Easley, 1981-87	9
Greg Gaines, 1981, 1983-88	9
Shelton Robinson, 1982-85	9
Terry Wooden, 1990-96	9
Michael Sinclair, 1991-01	9

FUMBLE RETURN YARDS

Player, Seasons	No.
1 Chad Brown, 1997-04	96
2 Michael Sinclair, 1991-01	94
3 Corey Harris, 1995-96	85
Shawn Springs, 1997-03	85
5 Antonio Edwards, 1993-97	83
6 Bobby Wagner, 2012-	82
7 Jacob Green, 1980-91	79
Nick Reed, 2009	79
9 Carlton Gray, 1993-96	62
John Harris, 1978-85	62

FUMBLE RETURN TD

Player, Seasons	No.
1 Chad Brown, 1997-04	3
Bobby Wagner, 2012-	3
3 Jacob Green, 1980-91	2
Shelton Robinson, 1982-85	2
Michael Sinclair, 1991-01	2
6 31 tied with	1
(last: Justin Coleman in 2018)	

TACKLES

Player, Seasons	No.
1 Bobby Wagner, 2012-	1,073
2 Eugene Robinson, 1985-95	984
3 K.J. Wright, 2011-	848
4 Keith Butler, 1978-87	813
5 Joe Nash, 1982-96	779
6 Chad Brown, 1997-04	744
7 Jacob Green, 1980-91	718
8 Jeff Bryant, 1982-93	689
9 Dave Brown, 1976-86	684
10 Cortez Kennedy, 1990-00	668

QUARTERBACK SACKS

Player, Seasons	No.
1 Jacob Green, 1980-91	116.0
2 Michael Sinclair, 1991-01	73.5
3 Jeff Bryant, 1982-93	63.0
4 Cortez Kennedy, 1990-00	58.0
5 Chad Brown, 1997-04	48.0
6 Joe Nash, 1982-96	47.5
7 Michael Bennett, 2009, 2013-17	39.0
8 Chris Clemons, 2010-13	38.0
9 Rufus Porter, 1988-94	37.5
10 Frank Clark, 2015-18	35.0

YARDS LOST ON SACKS

Player, Seasons	No.
1 Jacob Green, 1980-91	753.0
2 Jeff Bryant, 1982-93	469.0
3 Michael Sinclair, 1991-01	417.0
4 Cortez Kennedy, 1990-00	392.0
5 Joe Nash, 1982-96	312.0
Rufus Porter, 1988-94	312.0
7 Chris Clemons, 2010-13	290.0
8 Chad Brown, 1997-04	284.5
9 Michael Bennett, 2009, 2013-17	255.0
10 Cliff Avril, 2013-17	225.5

BLOCKED PUNTS RETURNED FOR TOUCHDOWNS

Player, Seasons	No.
1 Steve Raible, 1976-81	1
Autry Beamon, 1977-79	1
Jessie Green, 1979-80	1
Eric Lane, 1981-87	1
Sam Merriman, 1983-87	1
Paul Moyer, 1983-89	1
Terry Taylor, 1984-88, 1994	1
Eugene Robinson, 1985-95	1
Alex Bannister, 2001-05	1
Earl Thomas, 2010-18	1
Michael Robinson, 2010-13	1
Malcolm Smith, 2011-14	1
Mike Morgan, 2011-16	1

BLOCKED PUNTS

Player, Seasons	No.
1 Kerry Justin, 1978-83, 1986-87	3
2 Don Dufek, 1976-77, 1979	2
Sam Merriman, 1983-87	2
Fredd Young, 1984-87	2
Patrick Hunter, 1986-94	2
Doug Baldwin, 2011-18	2
6 18 tied with	1

BLOCKED PAT'S

Player, Seasons	No.
1 Mike White, 1981-82	3
2 Jeff Bryant, 1982-93	2
Jacob Green, 1980-91	2
Joe Nash, 1982-96	2
5 Dennis Boyd, 1977-79, 1981-82	1
Brian Flones, 1981-82	1
Terry Wooden, 1990-96	1
Red Bryant, 2008-13	1
Jeremy Lane, 2012-17	1

BLOCKED FIELD GOALS

Player, Seasons	No.
1 Joe Nash, 1982-96	8
Craig Terrill, 2004-10	8
3 Red Bryant, 2008-13	4
4 Jeff Bryant, 1982-93	3
5 Dennis Boyd, 1977-79, 1981-82	2
Jacob Green, 1980-91	2
Mike White, 1981-82	2
Bobby Wagner, 2012-	2
Rasheem Green, 2018-	2
9 19 players tied with	1

BLOCKED FIELD GOALS RETURNED FOR TOUCHDOWN

Player, Seasons	No.
1 Byron Walker, 1982-86	1
Vernon Dean, 1988	1
Robert Blackmon, 1990-96	1
Shawn Springs, 1997-03	1
Richard Sherman, 2011-17	1

RETURN TOUCHDOWNS (TDs scored via Interception, Punt, Kickoff, Fumble, Blocked Punt, or Blocked FG)

Player, Seasons	No.
1 Dave Brown, 1976-86	5
2 Jacob Green, 1980-91	4
Joey Galloway, 1995-99	4
Shawn Springs, 1997-03	4
Willie Williams, 1997-03	4
Josh Wilson, 2007-09	4
Leon Washington, 2010-12	4
Earl Thomas, 2010-18	4
Bobby Wagner, 2012-	4
10 Kenny Easley, 1981-87	3
Keith Simpson, 1978-86	3
Terry Taylor, 1984-88, 1994	3
Chad Brown, 1997-04	3
Nate Burleson, 2006-09	3
Richard Sherman, 2011-17	3
Tyler Lockett, 2015-	3
Justin Coleman, 2017-18	3

YEARLY LEADERS

TOUCHDOWNS

		G	Tot.	Rush	Rec.	Ret.	PAT	Pts.
1976	Sherman Smith	12	5	4	1	0	0/0	30
1977	Steve Largent	14	10	0	10	0	0/0	60
1978	David Sims	12	15*	14*	1	0	0/0	90*
1979	Sherman Smith	16	15	11	4	0	0/0	90
1980	Jim Jodat	16	6	5	1	0	0/0	36
1981	Steve Largent	16	10	1	9	0	0/0	60
1982	Steve Largent	8	3	0	3	0	0/0	18
1983	Curt Warner	16	14+	13	1	0	0/0	84
1984	Steve Largent	16	12	0	12	0	0/0	72
1985	Daryl Turner	16	13	0	13*	0	0/0	78
1986	Curt Warner	16	13	13+	0	0	0/0	78
1987	Curt Warner	12	10	8	2	0	0/0	60
1988	Curt Warner	16	12	10	2	0	0/0	72
1989	John L. Williams	15	7	1	6	0	0/0	42
1990	Derrick Fenner	16	15+	14+	1	0	0/0	90
1991	John L. Williams	16	5	4	1	0	0/0	30
1992	Tommy Kane	11	3	0	3	0	0/0	18
	Chris Warren	16	3	3	0	0	0/0	18
	John L. Williams	16	3	1	2	0	0/0	18
1993	Chris Warren	14	7	7	0	0	0/0	42
1994	Chris Warren	16	11	9	2	0	1/1	68
1995	Chris Warren	16	16	15+	1	0	0/1	96
1996	Lamar Smith	16	8	8	0	0	3/3	54
	Joey Galloway	16	8	0	7	1	0/0	48
1997	Joey Galloway	15	12	0	12+	0	0/0	72
1998	Joey Galloway	16	12	0	10+	2	0/0	72
1999	Derrick Mayes	16	10	0	10	0	0/0	60
2000	Ricky Watters	16	9	7	2	0	0/0	54
2001	Shaun Alexander	16	16	14+	2	0	0/0	96+
2002	Shaun Alexander	16	18^	16^	2	0	0/0	108^
2003	Shaun Alexander	16	16	14	2	0	0/0	96
2004	Shaun Alexander	16	20*	16^	4	0	0/0	120*
2005	Shaun Alexander	16	28*	27*	1	0	0/0	168*
2006	Darrell Jackson	13	10	0	10	0	0/0	60
2007	Nate Burleson	16	11	0	9	2	0/0	66
2008	T.J. Duckett	16	8	8	0	0	0/0	48
2009	John Carlson	16	7	0	7	0	0/0	42
2010	Marshawn Lynch	12	6	6	0	0	0/0	36
2011	Marshawn Lynch	15	13	12	1	0	0/0	78
2012	Marshawn Lynch	16	12	11	1	0	0/0	72
2013	Marshawn Lynch	16	14	12*	2	0	0/0	84
2014	Marshawn Lynch	16	17*	13*	4	0	0/0	102*
2015	Doug Baldwin	16	14*	0	14*	0	0/0	84*
2016	Doug Baldwin	16	7	0	7	0	0/0	42
2017	Jimmy Graham	16	10	0	10^	0	0/0	62
2018	Tyler Lockett	16	10	0	10	0	0/0	62
2019	Chris Carson	15	9	7	2	0	0/0	54

* Led NFL; + Led AFC; ^ Led NFC

KICK SCORING

		G	PATs	FGs	Pts.
1976	John Leypoldt	11	19-22	8-12	43
1977	John Leypoldt	14	33-37	9-18	60
1978	Efren Herrera	16	40-44	13-21	79
1979	Efren Herrera	16	43-46	19-23	100
1980	Efren Herrera	16	33-33	20-31	93
1981	Efren Herrera	12	23-25	12-17	59
1982	Norm Johnson	9	13-14	10-14	43
1983	Norm Johnson	16	49-50	18-25	103
1984	Norm Johnson	16	50-51	20-24	110
1985	Norm Johnson	16	40-41	14-25	82
1986	Norm Johnson	16	42-42	22-35*	108
1987	Norm Johnson	13	40-40	15-20	85
1988	Norm Johnson	16	39-39	22-28	105
1989	Norm Johnson	16	27-27	15-25	72
1990	Norm Johnson	16	33-34	23-32	102
1991	John Kasay	16	27-28	25-31	102
1992	John Kasay	16	14-14	14-22	56
1993	John Kasay	16	29-29	23-28	98
1994	John Kasay	16	25-26	20-24	85
1995	Todd Peterson	16	40-40	23-28	109
1996	Todd Peterson	16	27-27	28-34	111
1997	Todd Peterson	16	37-37	22-28	103
1998	Todd Peterson	16	41-41	19-24	98
1999	Todd Peterson	16	32-32	34-40	134
2000	Rian Lindell	12	25-25	15-17	70

KICK SCORING, CONTINUED

		G	PATs	FGs	Pts.
2001	Rian Lindell	16	33-33	20-32	93
2002	Rian Lindell	16	38-38	23-29	107
2003	Josh Brown	16	48-48	22-30	114
2004	Josh Brown	16	40-40	23-25	109
2005	Josh Brown	16	56-57	18-25	110
2006	Josh Brown	16	36-36	25-31	111
2007	Josh Brown	16	43-43	28-34	127
2008	Olindo Mare	16	30-30	24-27	102
2009	Olindo Mare	16	28-28	24-26	100
2010	Olindo Mare	16	31-31	25-30	106
2011	Steven Hauschka	16	34-34	25-30	109
2012	Steven Hauschka	16	46-48	24-27	118
2013	Steven Hauschka	16	44-44	33-35	143^
2014	Steven Hauschka	16	41-41	31-37	134
2015	Steven Hauschka	16	40-44	29-31	127
2016	Steven Hauschka	16	29-35	33-37	128
2017	Blair Walsh	16	37-38	21-29	100
2018	Sebastian Janikowski	16	48-51	22-27	114
2019	Jason Myers	16	40-44	23-28	109

^ Led NFC

RUSHING

		G	Att.	Yds.	Avg.	LG	TD
1976	Sherman Smith	12	119	537	4.5	53t	4
1977	Sherman Smith	14	163	763	4.7	39	4
1978	Sherman Smith	12	165	805	4.9	67t	6
1979	Sherman Smith	16	194	775	4.0	41t	11
1980	Jim Jodat	16	155	632	4.1	26	5
1981	Theotis Brown	10	141	531	3.8	43t	6
1982	Sherman Smith	9	63	202	3.2	19	0
1983	Curt Warner	16	335+	1449+	4.3	60	13
1984	David Hughes	16	94	327	3.3	15	1
1985	Curt Warner	16	291	1094	3.8	38t	8
1986	Curt Warner	16	319+	1481+	4.6	60t	13+
1987	Curt Warner	12	234	985	4.2	57t	8
1988	Curt Warner	16	266	1025	3.9	29t	10
1989	Curt Warner	16	194	631	3.3	34	3
1990	Derrick Fenner	16	215	859	4.0	36t	14*
1991	John L. Williams	16	188	741	3.9	42	4
1992	Chris Warren	16	223	1017	4.6	52	3
1993	Chris Warren	14	273	1072	3.9	45t	7
1994	Chris Warren	16	333	1545+	4.6+	41	9
1995	Chris Warren	16	310	1346	4.3	52	15+
1996	Chris Warren	14	203	885	4.2	51	5
1997	Chris Warren	15	200	847	4.2	36t	4
1998	Ricky Watters	16	319	1239	3.9	39t	9
1999	Ricky Watters	16	325	1210	3.7	45	5
2000	Ricky Watters	16	278	1242	4.5	55t	7
2001	Shaun Alexander	16	309	1318	4.3	88t	14+
2002	Shaun Alexander	16	295	1175	4.0	58	16^
2003	Shaun Alexander	16	326	1435	4.4	55	14
2004	Shaun Alexander	16	353	1696^	4.8^	44	16^
2005	Shaun Alexander	16	370	1880*	5.1	88t	27!*
2006	Shaun Alexander	10	252	896	3.6	33t	7
2007	Shaun Alexander	13	207	716	3.5	25	4
2008	Julius Jones	15	158	698	4.4	33	2
2009	Julius Jones	14	177	633	3.7	62t	2
2010	Marshawn Lynch	12	165	573	3.5	39	6
2011	Marshawn Lynch	15	285	1204	4.2	47	12
2012	Marshawn Lynch	16	315	1590	5.0	77t	11
2013	Marshawn Lynch	16	301	1257	4.2	43	12*
2014	Marshawn Lynch	16	280	1306	4.7	79t	13*
2015	Thomas Rawls	13	147	830	5.6*	69t	4
2016	Christine Michael	9	117	469	4.0	41t	6
2017	Russell Wilson	16	95	586	6.2	31	3
2018	Chris Carson	14	247	1151	4.7	61	9
2019	Chris Carson	15	278	1230	4.4	59	7

! NFL single-season record; * Led NFL; + Led AFC; ^ Led NFC

YEARLY LEADERS

PASSING

		G/S	Att.	Comp.	Yds.	Pct.	TD	Int.	Rate
1976	Jim Zorn	14/14	439*	208	2571	47.3	12	27	49.5
1977	Jim Zorn	10/10	251	104	1683	41.4	16	19	54.3
1978	Jim Zorn	16/16	443+	248+	3283+	56.0	15	20	72.2
1979	Jim Zorn	16/16	505	285	3661	56.4	20	18	77.7
1980	Jim Zorn	16/16	488	276	3346	56.6	17	20	72.3
1981	Jim Zorn	13/13	397	236	2788	59.4	13	9	82.3
1982	Jim Zorn	9/7	245	126	1540	51.4	7	11	62.0
1983	Dave Krieg	9/8	243	147	2139	60.5	18	11	95.0
1984	Dave Krieg	16/16	480	276	3671	57.5	32	24	83.3
1985	Dave Krieg	16/16	532	285	3602	53.6	27	20	76.2
1986	Dave Krieg	15/15	375	225	2921	60.0	21	11	91.0
1987	Dave Krieg	12/12	294	178	2131	60.5	23	15	87.6
1988	Dave Krieg	9/9	228	134	1741	58.8	18	8*	94.6
1989	Dave Krieg	15/14	499	286	3309	57.3	21	20	74.8
1990	Dave Krieg	16/16	448	265	3194	59.2	15	20	73.6
1991	Dave Krieg	10/9	285	187	2080	65.6*	11	12	82.5
1992	Stan Gelbaugh	10/8	255	121	1307	47.5	6	11	52.9
1993	Rick Mirer	16/16	486	274	2833	56.4	12	17	67.0
1994	Rick Mirer	13/13	381	195	2151	51.2	11	7*	70.2
1995	Rick Mirer	15/13	391	209	2564	53.5	13	20+	63.7
1996	John Friesz	8/6	211	120	1629	56.9	8	4	86.4
1997	Warren Moon	15/14	528	313	3678	59.3	25	16	83.7
1998	Warren Moon	10/10	258	145	1632	56.2	11	8	76.6
1999	Jon Kitna	15/15	495	270	3346	54.5	23	16	77.7
2000	Jon Kitna	15/12	418	259	2658	62.0	18	19	75.6
2001	Matt Hasselbeck	13/12	321	176	2023	54.8	7	8	70.9
2002	Matt Hasselbeck	16/10	419	267	3075	63.7^	15	10	87.8
2003	Matt Hasselbeck	16/16	513	313	3841	61.0	26	15	88.8
2004	Matt Hasselbeck	14/14	474	279	3382	58.9	22	15	83.1
2005	Matt Hasselbeck	16/16	449	294	3459	65.5	24^	9	98.2^
2006	Matt Hasselbeck	12/12	371	210	2442	56.6	18	15	76.0
2007	Matt Hasselbeck	16/16	562	352	3966	62.6	28	12	91.4
2008	Seneca Wallace	10/8	242	141	1532	58.3	11	3	87.0
2009	Matt Hasselbeck	14/14	488	293	3029	60.0	17	17	75.1
2010	Matt Hasselbeck	14/14	444	266	3001	59.9	12	17	73.2
2011	Tarvaris Jackson	15/14	450	271	3091	60.2	14	13	79.2
2012	Russell Wilson	16/16	393	252	3118	64.1	26	10	100.0
2013	Russell Wilson	16/16	407	257	3357	63.1	26	9	101.2
2014	Russell Wilson	16/16	452	285	3475	63.1	20	7	95.0
2015	Russell Wilson	16/16	483	329	4024	68.1	34	8	110.1*
2016	Russell Wilson	16/16	546	353	4219	64.7	21	11	92.6
2017	Russell Wilson	16/16	553	339	3983	61.3	34*	11	95.4
2018	Russell Wilson	16/16	427	280	3448	65.6	35	7	110.9
2019	Russell Wilson	16/16	516	341	4110	66.0	31	5	106.3

* Led NFL; ^ Led NFC; + Led AFC

RECEIVING

		G	No.	Yds.	Avg.	LG	TD
1976	Steve Largent	14	54	705	13.0	45	4
1977	Steve Largent	14	33	643	19.4	74t	10
1978	Steve Largent	16	71+	1168	16.5	57t	8
1979	Steve Largent	15	66	1237+	18.7	55t	9
1980	Steve Largent	16	66	1064	16.1	67t	6
1981	Steve Largent	16	75	1224	16.3	57t	9
1982	Steve Largent	8	34	493	14.5	45	3
1983	Steve Largent	15	72	1074	14.9	46t	11
1984	Steve Largent	16	74	1164	15.7	65t	12
1985	Steve Largent	16	79	1287+	16.3	43	6
1986	Steve Largent	16	70	1070	15.3	38t	9
1987	Steve Largent	13	58	912	15.7	55t	8
1988	John L. Williams	16	58	651	11.2	75t	3
1989	Brian Blades	16	77	1063	13.8	60t	5
1990	John L. Williams	16	73	699	9.6	60	0
1991	Brian Blades	16	70	1003	14.3	52	2
1992	John L. Williams	16	74	556	7.5	27t	2
1993	Brian Blades	16	80	945	11.8	41	3
1994	Brian Blades	16	81	1086	13.4	41	4
1995	Brian Blades	16	77	1001	13.0	49	4
1996	Joey Galloway	16	57	987	17.3	65t	7
1997	Joey Galloway	15	72	1049	14.6	53t	12+
1998	Joey Galloway	16	65	1047	16.1	81t	10+
1999	Derrick Mayes	16	62	829	13.4	43t	10
2000	Sean Dawkins	16	63	731	11.6	40	5
	Ricky Watters	16	63	613	9.7	59	2
2001	Darrell Jackson	16	70	1081	15.4	64	8
2002	Koren Robinson	16	78	1240	15.9	83	5
2003	Darrell Jackson	16	68	1137	16.7	80t	9
2004	Darrell Jackson	16	87	1199	13.8	56t	7
2005	Bobby Engram	13	67	778	11.6	56	3
2006	Darrell Jackson	13	63	956	15.2	72t	10
2007	Bobby Engram	16	94	1147	12.2	49	6

RECEIVING, CONTINUED

		G	No.	Yds.	Avg.	LG	TD
2008	John Carlson	16	55	627	11.4	33	5
2009	T.J. Houshmandzadeh	16	79	911	11.5	53	3
2010	Mike Williams	14	65	751	11.6	68	2
2011	Doug Baldwin	16	51	788	15.5	55t	4
2012	Sidney Rice	16	50	748	15.0	46t	7
2013	Golden Tate	16	64	898	14.0	80t	5
2014	Doug Baldwin	16	66	825	12.5	49	3
2015	Doug Baldwin	16	78	1069	13.7	80t	14*
2016	Doug Baldwin	16	94	1128	12.0	59	7
2017	Doug Baldwin	16	75	991	13.2	54	8
2018	Tyler Lockett	16	57	965	16.9	52t	10
2019	Tyler Lockett	16	82	1057	12.9	44t	8

* Led NFL; + Led AFC; ^ Led NFC

RECEIVING YARDS

		G	Yds.	No.	Avg.	LG	TD
1976	Steve Largent	14	705	54	13.0	45	4
1977	Steve Largent	14	643	33	19.4	74t	10
1978	Steve Largent	16	1168	71+	16.5	57t	8
1979	Steve Largent	15	1237+	66	18.7	55t	9
1980	Steve Largent	16	1064	66	16.1	67t	6
1981	Steve Largent	16	1224	75	16.3	57t	9
1982	Steve Largent	8	493	34	14.5	45	3
1983	Steve Largent	15	1074	72	14.9	46t	11
1984	Steve Largent	16	1164	74	15.7	65t	12
1985	Steve Largent	16	1287+	79	16.3	43	6
1986	Steve Largent	16	1070	70	15.3	38t	9
1987	Steve Largent	13	912	58	15.7	55t	8
1988	Brian Blades	16	682	40	17.1	55t	8
1989	Brian Blades	16	1063	77	13.8	60	5
1990	Tommy Kane	16	776	52	14.9	63	4
1991	Brian Blades	16	1003	70	14.3	52	2
1992	John L. Williams	16	556	74	7.5	27t	2
1993	Brian Blades	16	945	80	11.8	41	3
1994	Brian Blades	16	1086	81	13.4	45	4
1995	Joey Galloway	16	1037	67	15.5	59	7
1996	Joey Galloway	16	987	57	17.3	65t	7
1997	Joey Galloway	15	1049	72	14.6	53t	12+
1998	Joey Galloway	16	1047	65	16.1	81t	10+
1999	Sean Dawkins	16	992	58	17.1	45t	7
2000	Sean Dawkins	16	731	63	11.6	40	5
2001	Darrell Jackson	16	1081	70	15.4	64	8
2002	Koren Robinson	16	1240	78	15.9	83	5
2003	Darrell Jackson	16	1137	68	16.7	80t	9
2004	Darrell Jackson	16	1199	87	13.8	56t	7
2005	Bobby Engram	13	778	67	11.6	56	3
2006	Darrell Jackson	13	956	63	15.2	72t	10
2007	Bobby Engram	16	1147	94	12.2	49	6
2008	John Carlson	16	627	55	11.4	33	5
2009	T.J. Houshmandzadeh	16	911	79	11.5	53	3
2010	Mike Williams	14	751	65	11.6	68	2
2011	Doug Baldwin	16	788	51	15.5	55t	4
2012	Sidney Rice	16	748	50	15.0	46t	7
2013	Golden Tate	16	898	64	14.0	80t	5
2014	Doug Baldwin	16	825	66	12.5	49	3
2015	Doug Baldwin	16	1069	78	13.7	80t	14*
2016	Doug Baldwin	16	1128	94	12.0	59	7
2017	Doug Baldwin	16	991	75	13.2	54	8
2018	Tyler Lockett	16	965	57	16.9	52t	10
2019	Tyler Lockett	16	1057	82	12.9	44t	8

* Led NFL; + Led AFC

INTERCEPTIONS

		G	No.	Yds.	Avg.	LG	TD
1976	Dave Brown	14	4	70	17.5	34	0
	Rolly Woolsey	14	4	19	4.7	13	0
1977	Autry Beamon	14	6	36	6.0	16	0
1978	Cornell Webster	15	5	9	1.8	14	0
1979	Dave Brown	16	5	46	9.2	32t	1
1980	Dave Brown	16	6	32	5.3	24	0
	John Harris	16	6	28	4.7	15	0
1981	John Harris	16	10+	155	15.5	42t	2+
1982	Kenny Easley	8	4	48	12.0	44	0
	John Harris	9	4	33	8.3	18	0
1983	Kenny Easley	16	7	96	13.2	38	0
1984	Kenny Easley	16	10+	126	12.6	58t	2*
1985	John Harris	16	7	20	2.9	17	0
1986	Dave Brown	16	5	58	11.6	24	1
1987	Kenny Easley	12	4	47	11.8	22	0
1988	Paul Moyer	16	6	79	13.2	34	0
1989	Eugene Robinson	16	5	24	4.8	20	0
1990	Eugene Robinson	16	3	89	29.7	39	0
	Dwayne Harper	16	3	69	23.0	47	0
1991	Eugene Robinson	16	5	56	11.2	27	0
1992	Eugene Robinson	16	7	126	18.0	49	0
1993	Eugene Robinson	16	9*	80	8.9	28	0
1994	Patrick Hunter	5	3	85	28.3	51	0
	Terry Wooden	16	3	78	26.0	69t	1
	Orlando Watters	16	3	39	13.0	18	1
	Eugene Robinson	13	3	18	6.0	18	0

YEARLY LEADERS

INTERCEPTIONS, CONTINUED

		G	No.	Yds.	Avg.	LG	TD
1995	Robert Blackmon	13	5	46	9.2	21	0
1996	Darryl Williams	16	5	148	29.6	79	1
1997	Darryl Williams	16	8+	172	21.5	44	1
1998	Shawn Springs	16	7	142	20.3	56t	2#
1999	Shawn Springs	16	5	77	15.4	42	0
	Willie Williams	16	5	43	8.6	40t	1
2000	Jay Bellamy	16	4	132	33.0	84t	1
	Willie Williams	16	4	74	18.5	69t	1
2001	Willie Williams	16	4	24	6.0	24	0
2002	Reggie Tongue	16	5	118	23.6	46t	1
2003	Reggie Tongue	14	4	11	2.8	10	0
2004	Ken Lucas	16	6!	46	7.7	25	1
2005	Michael Boulware	16	4	107	26.8	40	0
2006	Ken Hamlin	16	3	63	21.0	37	0
2007	Marcus Trufant	16	7	150	21.4	84t	1
2008	Josh Wilson	16	4	135	33.8	75t	1
2009	David Hawthorne	16	3	9	3.0	5	0
	Deon Grant	16	3	7	2.3	7	0
2010	Earl Thomas	16	5	68	13.6	34	0
2011	Brandon Browner	16	6	220	36.7	94t	2*
2012	Richard Sherman	16	8	57	7.1	29	1
2013	Richard Sherman	16	8*	125	15.6	58t	1
2014	Richard Sherman	16	4	81	20.3	53	0
2015	Earl Thomas	16	5	67	13.4	32	0
2016	Richard Sherman	16	4	37	9.3	31	0
2017	Justin Coleman	16	2	58	29.0	30t	2
	Richard Sherman	9	2	20	10.0	19	0
	Earl Thomas	14	2	97	48.5	78t	1
	Bobby Wagner	16	2	7	3.5	7	0
2018	Bradley McDougald	16	3	39	13.0	39	0
	Earl Thomas	4	3	25	8.3	25	0
2019	Quandre Diggs	6	3	99	33.0	55t	1
	K.J. Wright	16	3	10	3.3	11	0
	Tre Flowers	15	3	0	0.0	0	0

* Led NFL; + Led AFC; # Tied AFC; ! Tied NFC

PUNTING

		G	No.	Yds.	Avg.	Net	LG	TB	I20	Blk.
1976	Rick Engles	14	80	3067	38.3	29.9	55	3	13	2
1977	Herman Weaver	13	58	2293	39.5	31.8	59	4	10	1
1978	Herman Weaver	16	66	2440	37.0	29.5	59	6	13	0
1979	Herman Weaver	16	66	2651	40.2	33.4	60	3	11	3
1980	Herman Weaver	16	67	2798	41.8	31.6	62	7	14	2
1981	Jeff West	15	66	2578	39.1	36.1+	56	2	16	0
1982	Jeff West	9	48	1835	38.2	36.7	52	3	8	0
1983	Jeff West	16	79	3115	39.5	34.6	56	10	25	0
1984	Jeff West	16	95	3567	37.5	33.3	60	10	24	0
1985	Dave Finzer	12	68	2766	40.7	34.6	61	6	12	0
1986	Vince Gamache	16	79	3048	38.6	33.0	55	7	10	0
1987	Ruben Rodriguez	12	47	1880	40.0	34.0	63	5	17	0
1988	Ruben Rodriguez	16	70	2858	40.8	36.8	68	4	14	0
1989	Ruben Rodriguez	16	75	2995	39.9	32.9	59	8	17	1
1990	Rick Donnelly	16	67	2722	40.6	34.4	54	8	18	0
1991	Rick Tuten	10	49	2106	43.0	36.9	60	3	8	0
1992	Rick Tuten	16	108*	4760*	44.1	38.7	65	8	29*	0
1993	Rick Tuten	16	90	4007	44.5	37.3	64	7	21	1
1994	Rick Tuten	16	91	3905	42.9	36.7	64	7	33	0
1995	Rick Tuten	16	83	3735	45.0*	36.5	73*	8	21	0
1996	Rick Tuten	16	85	3746	44.1	34.5	66	7	21	1
1997	Rick Tuten	11	48	2007	41.8	36.4	65	5	15	0
1998	Jeff Feagles	16	81	3570	44.1	36.5	59	12	27	0
1999	Jeff Feagles	16	84	3425	40.8	35.2	59	5	34	0
2000	Jeff Feagles	16	74	2960	40.0	36.9	57	2	24	1
2001	Jeff Feagles	16	85	3730	43.9	36.4	68	7	26	1
2002	Jeff Feagles	16	61	2542	41.7	37.0	58	4	22	0
2003	Tom Rouen	16	67	2762	41.2	37.1	61	3	29	2
2004	Tom Rouen	4	26	1093	42.0	37.8	60	1	10	0
	Donnie Jones	6	26	988	38.0	32.2	51	2	6	1
2005	Tom Rouen	12	61	2539	41.6	35.0	62	7	20	0
2006	Ryan Plackemeier	16	84	3778	45.0	37.3	72	15	25	0
2007	Ryan Plackemeier	16	86	3436	40.0	34.3	62	6	30	0
2008	Jon Ryan	15	78	3557	45.6	37.9	63	12	22	1
2009	Jon Ryan	16	88	4068	46.2	38.7	70	9	28	0
2010	Jon Ryan	16	78	3254	41.7	37.3	63	1	27	0
2011	Jon Ryan	16	95	4431	46.6	39.3	77	8	34*	0
2012	Jon Ryan	16	65	2963	45.6	40.8	73	3	30	0
2013	Jon Ryan	16	74	3159	42.7	39.2	69	5	28	2
2014	Jon Ryan	16	61	2688	44.1	38.3	66	6	28	1
2015	Jon Ryan	16	68	3105	45.7	37.9	73	7	24	0
2016	Jon Ryan	16	71	3126	44.0	39.3	64	3	26	1
2017	Jon Ryan	16	92	4141	45.0	38.8	74	6	29	0
2018	Michael Dickson	16	78	3759	48.2	42.5	69	5	28	1
2019	Michael Dickson	16	74	3341	45.1	40.9	63	5	34^	0

* Led NFL; + Led AFC; # Tied AFC; ! Tied NFC; ^ Led NFC

PUNT RETURNS

		G	No.	FC	Yds.	Avg.	LG	TD
1976	Lyle Blackwood	11	19	2	132	6.9	26	0
1977	Walter Packer	10	20	0	131	6.5	31	0
1978	Rufus Crawford	16	34	4	284	8.4	22	0
1979	Tony Green	11	16	3	121	7.6	30	0
1980	Will Lewis	16	41	9	349	8.5	75t	1
1981	Paul Johns	16	16	4	177	11.1	34	0
1982	Paul Johns	9	19	10	210	11.1	37	0
1983	Paul Johns	11	28	5	316	11.3	75t	1*
1984	Kenny Easley	16	16	5	194	12.1	42	0
1985	Paul Skansi	12	31	7	312	10.1	32	0
1986	Bobby Joe Edmonds	15	34	14	419	12.3*	75t	1+
1987	Bobby Joe Edmonds	11	20	4	251	12.6+	40	0
1988	Bobby Joe Edmonds	16	35	8	340	9.7	41	0
1989	David Hollis	10	18	7	164	9.1	21	0
1990	Chris Warren	16	28	16	269	9.6	39	0
1991	Chris Warren	16	32	19	298	9.3	59t	1*
1992	Chris Warren	16	34	25	252	7.4	16	0
1993	Kelvin Martin	16	32	15	270	8.4	33	0
1994	Kelvin Martin	16	33	20	280	8.5	23	0
1995	Joey Galloway	16	36	12	360	10.0	89t*	1
1996	Joey Galloway	16	15	5	158	10.5	88t+	1+
1997	Ronnie Harris	13	21	12	144	6.9	19	0
1998	Joey Galloway	16	25	5	251	10.0	74t	2@
1999	Charlie Rogers	12	22	18	318	14.5*	94t*	1
2000	Charlie Rogers	15	26	12	363	14.0	43	0
2001	Charlie Rogers	13	25	10	244	9.8	34	0
2002	Bobby Engram	15	21	23	224	10.7	61t	1
2003	Bobby Engram	16	31	22	320	10.3	83t	1
2004	Maurice Morris	15	15	4	75	5.0	22	0
2005	Jimmy Williams	14	24	22	139	5.8	24	0
2006	Nate Burleson	16	34	7	322	9.5	90t	1
2007	Nate Burleson	16	58	8	658	11.3	94t	1
2008	Justin Forsett	11	23	9	227	9.9	29	0
2009	Nate Burleson	13	30	3	254	8.5	29	0
2010	Leon Washington	16	22	8	249	11.3	84	0
2011	Leon Washington	16	41	16	464	11.3	37	0
2012	Leon Washington	16	41	17	356	8.7	52	0
2013	Golden Tate	16	51	14	585	11.5	71	0
2014	Bryan Walters	13	27	23	207	7.7	21	0
2015	Tyler Lockett	16	40	21	379	9.5	66	1
2016	Tyler Lockett	15	29	22	243	8.4	62	0
2017	Tyler Lockett	16	36	21	237	6.6	27	0
2018	Tyler Lockett	16	25	20	143	5.7	19	0
2019	Tyler Lockett	16	13	10	66	5.1	20	0

* Led NFL; @ Tied NFL; + Led AFC; # Tied AFC

KICKOFF RETURNS

		G	No.	Yds.	Avg.	LG	TD
1976	Oliver Ross	10	30	655	21.8	45	0
1977	Al Hunter	12	36	820	22.7	41	0
1978	Al Hunter	16	16	385	24.1	38	0
1979	Tony Green	11	20	437	21.9	31	0
1980	Will Lewis	16	25	585	23.4	54	0
1981	Will Lewis	10	20	378	18.9	36	0
1982	Horace Ivory	6	10	224	22.4	30	0
1983	Zachary Dixon	13	49*	1448*	23.4	94t	1*
1984	David Hughes	16	17	348	20.5	38	0
1985	Randall Morris	16	31	636	20.5	58	0
1986	Bobby Joe Edmonds	15	34	764	22.5	46	0
1987	Bobby Joe Edmonds	11	27	564	20.9	43	0
1988	Bobby Joe Edmonds	16	40	900	22.5	65	0
1989	James Jefferson	16	22	511	23.2	97t+	1*
1990	Chris Warren	16	23	478	20.8	71	0
1991	Chris Warren	16	35	792	22.6	55	0
1992	Chris Warren	16	28	524	18.7	34	0
1993	Michael Bates	16	30	602	20.1	46	0
1994	Michael Bates	15	26	508	19.5	38	0
1995	Steve Broussard	15	43	1062	24.7	70	0
1996	Steve Broussard	12	43	979	22.8	86	0
1997	Steve Broussard	16	50	1076	21.5	43	0
1998	Steve Broussard	15	29	781	26.9	90t	1
1999	Ahman Green	14	36	818	22.7	54	0
2000	Charlie Rogers	15	66	1629	24.7	81t	1
2001	Charlie Rogers	13	50	1120	22.4	64	0
2002	Maurice Morris	11	34	821	24.1	97t	1
2003	Maurice Morris	16	47	1007	21.4	56	0
2004	Maurice Morris	15	47	994	21.1	34	0
2005	Josh Scobey	16	59	1326	22.5	53	0
2006	Nate Burleson	16	26	643	24.7	50	0
2007	Nate Burleson	16	27	590	21.9	91t	1
2008	Josh Wilson	16	69	1753	25.4	61	0
2009	Justin Forsett	16	18	432	24.0		

DEFENSIVE STATISTICS

TACKLES

Includes solo and assists

		G	No.
1976	Dave Brown	14	111
1977	Terry Beeson	14	134
1978	Terry Beeson	16	153
1979	Terry Beeson	16	114
1980	Michael Jackson	15	136
1981	Michael Jackson	16	140
1982	Michael Jackson	8	64
1983	Bruce Scholtz	16	104
1984	Shelton Robinson	16	93
1985	Fredd Young	16	118
1986	Fredd Young	15	121
1987	Fredd Young	13	101
1988	Eugene Robinson	16	114
1989	Eugene Robinson	16	102
1990	Nesby Glasgow	16	83
1991	Terry Wooden	16	100
1992	Eugene Robinson	16	94
1993	Eugene Robinson	16	111
1994	Rod Stephens	16	128
1995	Terry Wooden	16	135
1996	Dean Wells	16	107
1997	Chad Brown	15	104
1998	Chad Brown	16	150
1999	Chad Brown	15	117
2000	Anthony Simmons	16	147
2001	Anthony Simmons	16	123
2002	Reggie Tongue	16	93
2003	Anthony Simmons	13	100
2004	Marcus Trufant	16	93
2005	Lofa Tatupu	16	105
2006	Lofa Tatupu	16	123
2007	Lofa Tatupu	16	109
2008	Lofa Tatupu	15	94
2009	David Hawthorne	16	116
2010	David Hawthorne	16	105
2011	David Hawthorne	15	115
2012	Bobby Wagner	16	140
2013	Bobby Wagner	14	119
2014	K.J. Wright	16	107
2015	K.J. Wright	16	116
2016	Bobby Wagner	16	167*
2017	Bobby Wagner	16	133
2018	Bobby Wagner	15	138
2019	Bobby Wagner	16	159*

*Led NFL

SACKS

		G	No.
1976	Steve Niehaus	14	9.5
1977	Alden Roche	12	3.5
1978	Bill Gregory	16	9.0
1979	Manu Tuiaosopo	16	8.0
1980	Jacob Green	14	6.5
1981	Jacob Green	16	12.0
1982	Jeff Bryant	9	3.0
	Jacob Green	9	3.0
1983	Jacob Green	16	16.0
1984	Jeff Bryant	16	14.5
1985	Jacob Green	16	13.5
1986	Jacob Green	16	12.0
1987	Jacob Green	12	9.5
1988	Jacob Green	16	9.0
1989	Rufus Porter	16	10.5
1990	Jacob Green	16	12.5
1991	Rufus Porter	15	10.0
1992	Cortez Kennedy	16	14.0
1993	Michael Sinclair	9	8.0
1994	Michael Sinclair	12	4.5
1995	Antonio Edwards	13	6.5
	Cortez Kennedy	16	6.5
1996	Michael McCrary	16	13.5+
1997	Michael Sinclair	16	12.0
1998	Michael Sinclair	16	16.5*
1999	Phillip Daniels	16	9.0
2000	Chad Brown	16	6.0
	Lamar King	14	6.0
2001	John Randle	15	11.0
2002	John Randle	12	7.0
2003	Chike Okeafor	16	8.0

SACKS, CONTINUED

		G	No.
2004	Chike Okeafor	16	8.5
2005	Bryce Fisher	16	9.0
2006	Julian Peterson	16	10.0
2007	Patrick Kerney	16	14.5^
2008	Brandon Mebane	16	5.5
	Darryl Tapp	16	5.5
2009	Patrick Kerney	14	5.0
2010	Chris Clemons	16	11.0
2011	Chris Clemons	16	11.0
2012	Chris Clemons	16	11.5
2013	Michael Bennett	16	8.5
2014	Michael Bennett	16	7.0
2015	Michael Bennett	16	10.0
2016	Cliff Avril	16	11.5
2017	Frank Clark	16	9.0
2018	Frank Clark	16	13.0
2019	Rasheem Green	16	4.0

* Led NFL; ^ Led AFC; ^ Led NFC

SPECIAL TEAMS TACKLES

		G	No.
1976	Don Dufek	14	15
1977	Peter Cronan	14	11
	Charles McShane	14	11
1978	Cornell Webster	15	12
1979	Don Dufek	13	18
1980	Don Dufek	8	13
1981	Mike Tice	16	11
1982	Eric Lane	9	6
	Ken McAlister	9	6
1983	Don Dufek	14	18
1984	Sam Merriman	16	21
1985	John Kaiser	16	14
1986	Eric Lane	15	16
1987	David Hollis	11	10
1988	Rufus Porter	16	16

SPECIAL TEAMS TACKLES, CONTINUED

		G	No.
1989	Rufus Porter	16	13
1990	James Jones	16	15
1991	David Daniels	16	12
	Rod Stephens	16	12
	Chris Warren	16	12
1992	Tracy Johnson	16	18
1993	Michael Bates	16	22
1994	Dean Wells	15	16
1995	Mack Strong	16	19
1996	Jay Bellamy	16	34
1997	Tim Hauck	16	22
1998	Kerry Joseph	16	14
1999	James Logan	16	18
2000	Isaiah Kacyvenski	16	15
2001	Isaiah Kacyvenski	16	21
2002	Terreal Bierria	14	16
2003	Alex Bannister	16	18
2004	Niko Koutouvides	16	16
2005	Josh Scobey	16	23
2006	Kevin Bentley	14	14
	Niko Koutouvides	16	14
2007	Niko Koutouvides	15	20
2008	Jordan Babineaux	14	14
	C.J. Wallace	12	14
2009	Lance Laury	16	21
2010	Matt McCoy	14	19
2011	Heath Farwell	11	21
2012	Heath Farwell	16	15
2013	Jeremy Lane	14	13
2014	Jeron Johnson	15	8
2015	Kelcie McCray	16	12
2016	Neiko Thorpe	15	9
2017	Neiko Thorpe	14	10
2018	Justin Coleman	16	12
	Barkevious Mingo	16	12
2019	Ugo Amadi	16	10





RECORDS

INDIVIDUAL RECORDS - REGULAR SEASON

SERVICE

SERVICE

Most Seasons

15	Joe Nash, 1982-96
14	Steve Largent, 1976-89
14	Mack Strong, 1994-07

Most Games Played

218	Joe Nash, 1982-96
201	Mack Strong, 1994-07
200	Steve Largent, 1976-89

Most Consecutive Games Played

159	Jon Ryan, 2008-17
135	Chris Gray, 1998-06
128	Russell Wilson, 2012-

Most Games Started

197	Steve Largent, 1976-89
180	Walter Jones, 1997-08
176	Jacob Green, 1980-91

Most Consecutive Games Started

128	Russell Wilson, 2012-
121	Chris Gray, 1999-06
106	Earl Thomas, 2010-16

SCORING

POINTS

Most Points, Career

810	Norm Johnson, 1982-90 (159 FG, 333 PAT)
759	Steven Hauschka, 2011-16 (175 FG, 234 PAT)
672	Shaun Alexander, 2000-07 (100-R, 12-P)

Most Points, Season

168	Shaun Alexander, 2005 (27-R, 1-P)
143	Steven Hauschka, 2013 (33 FG, 44 PAT)
134	Todd Peterson, 1999 (34 FG, 32 PAT)
	Steven Hauschka, 2014 (31 FG, 41 PAT)

Most Points, Rookie, Season

114	Josh Brown, 2003 (22 FG, 48 PAT)
102	John Kasay, 1991 (25 FG, 27 PAT)
84	Curt Warner, 1983 (14 TDs: 13-R, 1-P)

Most Points, Game

30	Shaun Alexander, vs. Minnesota 9/29/2002 (4-R, 1-P)
24	Daryl Turner, vs. San Diego 9/15/1985 (4-P)
	Curt Warner, vs. Denver 12/11/1988 (4-R)
	Shaun Alexander, vs. Arizona 9/25/2005 (4-R)
	Shaun Alexander, vs. Houston 10/16/2005 (4-R)
	Marshawn Lynch, vs. N.Y. Giants 11/9/2014 (4-R)

Most Consecutive Games Scoring

94	Steven Hauschka, 2011-16
80	Todd Peterson, 1995-99
68	Josh Brown, 2003-07

TOUCHDOWNS

Most Touchdowns, Career

112	Shaun Alexander, 2000-07 (100-R, 12-P)
101	Steve Largent, 1976-89 (1-R, 100-P)
66	Marshawn Lynch, 2010-15, 2019- (58-R, 8-P)

Most Touchdowns, Season

28	Shaun Alexander, 2005 (27-R, 1-P)
20	Shaun Alexander, 2004 (16-R, 4-P)
18	Shaun Alexander, 2002 (16-R, 2-P)

Most Touchdowns, Rookie, Season

14	Curt Warner, 1983 (13-R, 1-P)
10	Daryl Turner, 1984 (10-P)
9	Joey Galloway, 1995 (1-R, 7-P, 1-PR)

Most Touchdowns, Game

5	Shaun Alexander, vs. Minnesota 9/29/2002 (4-R, 1-P)
4	Daryl Turner, vs. San Diego 9/15/1985 (4-P)
	Curt Warner, vs. Denver 12/11/1988 (4-R)
	Shaun Alexander, vs. Arizona 9/25/2005 (4-R)
	Shaun Alexander, vs. Houston 10/16/2005 (4-R)
	Marshawn Lynch, vs. N.Y. Giants 11/9/2014 (4-R)

Most Consecutive Games Scoring Touchdowns (in games played)

11	Marshawn Lynch, 2011
9	Shaun Alexander, 2005
8	David Sims, 1978

OPPONENT INDIVIDUAL RECORDS

Most Points, Game

24	Terdell Middleton, at Green Bay 10/15/1978 (4 TD) (game played in Milwaukee)
	Roy Green, at St. Louis 11/13/1983 (4 TD)
	Marshall Faulk, at St. Louis 10/20/2002 (4 TD)
	Marcus Robinson, at Baltimore 11/23/2003 (4 TD)
	Willis McGahee, vs. Buffalo 11/28/2004 (4 TD)
	Larry Johnson, at Kansas City 10/29/2006 (4 TD)
	Jamal Lewis, at Cleveland 11/4/2007 (4 TD)
	Todd Gurley, vs. L.A. Rams 12/17/2017 (4 TD)

Most Touchdowns, Game

4	Terdell Middleton, at Green Bay 10/15/1978 (4-R) (game played in Milwaukee)
	Roy Green, at St. Louis 11/13/1983 (4-P)
	Marshall Faulk, at St. Louis 10/20/2002 (3-R, 1-P)
	Marcus Robinson, at Baltimore 11/23/2003 (4-P)
	Willis McGahee, vs. Buffalo 11/28/2004 (4-R)
	Larry Johnson, at Kansas City 10/29/2006 (3-R, 1-P)
	Jamal Lewis, at Cleveland 11/4/2007 (4-R)
	Todd Gurley, vs. L.A. Rams 12/17/2017 (4-R)
3	Many Times (Last: Todd Gurley, vs. L.A. Rams 10/7/2018 [3-R])

POINTS AFTER TOUCHDOWN

ATTEMPTS

Most Points After Touchdown Attempted, Career

339	Norm Johnson, 1982-90
246	Steven Hauschka, 2011-16
224	Josh Brown, 2003-07

Most Points After Touchdown Attempted, Season

57	Josh Brown, 2005
51	Norm Johnson, 1984
	Sebastian Janikowski, 2018
50	Norm Johnson, 1983

Most Points After Touchdown Attempted, Game

8	John Leyboldt, vs. Buffalo 10/30/1977
7	Norm Johnson, vs. San Diego 9/15/1985
	Steven Hauschka, vs. Arizona 12/9/2012
6	Many Times (Last: Sebastian Janikowski, vs. San Francisco 12/2/2018)

MADE

Most Points After Touchdown Made, Career

333	Norm Johnson, 1982-90
234	Steven Hauschka, 2011-16
223	Josh Brown, 2003-07

Most Points After Touchdown Made, Season

56	Josh Brown, 2005
50	Norm Johnson, 1984
49	Norm Johnson, 1983

Most Points After Touchdown Made, Game

8	John Leyboldt, vs. Buffalo 10/30/1977
7	Norm Johnson, vs. San Diego 9/15/1985
	Steven Hauschka, vs. Arizona 12/9/2012
6	Many Times (Last: Steven Hauschka, vs. Jacksonville 9/22/2013)

Most Consecutive Points After Touchdown Made

177	Todd Peterson, 1995-99
167	Norm Johnson, 1985-90
113	Josh Brown, 2003-05

PERCENTAGE

Highest PAT %, Career (Min. 100 PATs)

100.0	Todd Peterson, 1995-99 (177-177)
99.55	Josh Brown, 2003-07 (223-224)
98.50	Norm Johnson, 1982-90 (333-338)

Most Points After Touchdown, No Misses, Season

48	Josh Brown, 2003
44	Steven Hauschka, 2013
43	Josh Brown, 2007

Most Points After Touchdown, No Misses, Game

8	John Leyboldt, vs. Buffalo 10/30/1977
7	Norm Johnson, vs. San Diego 9/15/1985
	Steven Hauschka, vs. Arizona 12/9/2012
6	13 Times (Last: Steven Hauschka, vs. Jacksonville 9/22/2013)

OPPONENT INDIVIDUAL RECORDS

Most Points After Touchdown Attempted, Game

7	Rafael Septien, at Dallas 11/27/1980
	Nick Lowery, vs. Kansas City 11/27/1983
6	7 Times (Last: Ryan Succop, vs. Kansas City 11/28/2010)

Most Points After Touchdown, Game

7	Rafael Septien, at Dallas 11/27/1980
6	8 Times (Last: Ryan Succop, vs. Kansas City 11/28/2010 [6 att.])

Most Points After Touchdown, No Misses, Game

7	Rafael Septien, at Dallas 11/27/1980
6	7 Times (Last: Ryan Succop, vs. Kansas City 11/28/2010)

FIELD GOALS

ATTEMPTS

Most Field Goals Attempted, Career

228	Norm Johnson, 1982-90
197	Steven Hauschka, 2011-16
154	Todd Peterson, 1995-99

Most Field Goals Attempted, Season

40	Todd Peterson, 1999
37	Steven Hauschka, 2014
	Steven Hauschka, 2016
35	Norm Johnson, 1986
	Steven Hauschka, 2013

Most Field Goals Attempted, Game

6	Norm Johnson, vs. Kansas City 9/20/1987
	Todd Peterson, vs. San Diego 12/12/1999
	Todd Peterson, at Pittsburgh 9/26/1999
	Olindo Mare, vs. Chicago 9/27/2009
	Olindo Mare, at Arizona 11/14/2010
5	11 Times (Last: Steven Hauschka, vs. Arizona 11/23/2014)

MADE

Most Field Goals Made, Career

175	Steven Hauschka, 2011-16
159	Norm Johnson, 1982-90
126	Todd Peterson, 1995-99

Most Field Goals Made, Season

34	Todd Peterson, 1999
33	Steven Hauschka, 2013
	Steven Hauschka, 2016
31	Steven Hauschka, 2014

Most Field Goals Made, Rookie, Season

25	John Kasay, 1991
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INDIVIDUAL RECORDS - REGULAR SEASON

22 Josh Brown, 2003
15 Rian Lindell, 2000

Most Field Goals Made, Game

5 Norm Johnson, vs. Kansas City 9/20/1987
Norm Johnson, vs. L.A. Raiders 12/18/1988
Todd Peterson, at Pittsburgh 9/26/1999
Olindo Mare, vs. Arizona 10/24/2010
Olindo Mare, at Arizona 11/14/2010
Steven Hauschka, vs. Baltimore 11/13/2011
4 Many Times (Last: Steven Hauschka, at San Francisco 1/1/2017)

Most Field Goals Made, One Quarter

3 10 Times (Last: Steven Hauschka, at Indianapolis 10/6/2013, 3rd)

Most Consecutive Games Scoring Field Goals

19 Steven Hauschka, 2015-16
14 Steven Hauschka, 2011-12
12 Todd Peterson, 1997-98
Steven Hauschka, 2014

Most Consecutive Field Goals Made

30 Olindo Mare, 2009-10
22 Steven Hauschka, 2013
19 Steven Hauschka, 2012-13
Steven Hauschka, 2014-15

Longest Field Goal Made

58 Josh Brown, at Green Bay 10/5/2003
Steven Hauschka, at Carolina 10/26/2014
56 Sebastian Janikowski, at Chicago 9/17/2018
55 John Kasay, at Kansas City 1/2/1994
Josh Brown, vs. Dallas 10/23/2005

Longest Field Goal Attempted

61 Steven Hauschka, vs. Atlanta 10/2/2011
Steven Hauschka, at Detroit 10/28/2012
60 Efen Herrera, vs. Kansas City 11/9/1980

PERCENTAGE

Highest Field Goal %, Career (Min. 25 att.)

88.83 Steven Hauschka, 2011-16 (175-197)
87.95 Olindo Mare, 2008-10 (73-83)
82.14 Jason Myers, 2019- (23-28)

Highest FG %, Season (Min. 1 att. per game)

94.29 Steven Hauschka, 2013 (33-35)
93.55 Steven Hauschka, 2015 (29-31)
92.31 Olindo Mare, 2009 (24-26)

Most Field Goals, No Misses, Game

5 Norm Johnson, vs. L.A. Raiders 12/18/1988
Olindo Mare, vs. Arizona 10/24/2010
Steven Hauschka, vs. Baltimore 11/13/2011
4 Many Times (Last: Steven Hauschka, at San Francisco 1/1/2017)

50-YARD FIELD GOALS

Most Field Goal Attempts, 50+ Yards, Career

26 Norm Johnson, 1982-90
22 Josh Brown, 2003-07
Steven Hauschka, 2011-16

Most Field Goals Made, 50 or More Yards, Career

15 Steven Hauschka, 2011-16
13 Josh Brown, 2003-07
10 Norm Johnson, 1982-90

Most Field Goals Made, 50+ Yards, Season

6 Steven Hauschka, 2015
5 Norm Johnson, 1986
Josh Brown, 2005
John Kasay, 1993
Todd Peterson, 1998
Rian Lindell, 2000, 2001
Josh Brown, 2006, 2007
Olindo Mare, 2008
Steven Hauschka, 2013

Sebastian Janikowski, 2018

Most Field Goals Made, 50 or More Yards, Game

2 Norm Johnson, vs. L.A. Raiders 12/8/1986
John Kasay, vs. San Diego 10/27/1991
Josh Brown, vs. Dallas 10/23/2005
Josh Brown, vs. San Francisco 12/11/2005
Josh Brown, at Atlanta 12/30/2007
Steven Hauschka, vs. Detroit 10/5/2015
Steven Hauschka, at Arizona 1/3/2016

OPPONENT INDIVIDUAL RECORDS

ATTEMPTS

Most Field Goals Attempted, Game

6 Joe Danelo, vs. N.Y. Giants 10/18/1981
John Carney, at San Diego 9/5/1993
Doug Pelfrey, vs. Cincinnati 11/6/1994 (OT)
Dan Bailey, at Dallas 12/24/2017

MADE

Most Field Goals Made, Game

6 Joe Danelo, vs. N.Y. Giants 10/18/1981
John Carney, at San Diego 9/5/1993
Doug Pelfrey, vs. Cincinnati 11/6/1994 (OT)

Most Field Goals Made, One Quarter

3 Rich Karlis, at Denver 11/20/1983 (4th)
Al Del Greco, at Houston 11/7/1993 (2nd)
John Carney, vs. San Diego 9/21/1997 (2nd)
David Akers, at San Francisco 9/1/2011 (2nd)
Ryan Succup, at Tennessee 9/24/2017 (2nd)
Dan Bailey, at Dallas 12/24/2017 (2nd)

Longest Field Goal Made

60 Greg Zuerlein, at St. Louis 9/30/2012
58 Greg Zuerlein, at St. Louis 9/30/2012
57 Nick Lowery, at Kansas City 9/14/1980
Steve Cox, at Washington 9/28/1986

Longest Field Goal Attempted

66 Jason Elam, at Denver 12/10/1995
64 Jason Elam, at Denver 12/19/1999
61 Ali Haji-Sheikh, at N.Y. Giants 12/11/1983
Michael Husted, vs. Oakland 10/3/1999

PERCENTAGE

Most Field Goals Made, No Misses, Game

6 Joe Danelo, vs. N.Y. Giants 10/18/1981
John Carney, at San Diego 9/5/1993
Doug Pelfrey, vs. Cincinnati 11/6/1994 (OT)

50-YARD FIELD GOALS

Most Field Goals Made, 50 or More Yards, Game

3 Neil Rackers, at Arizona 10/24/2004
2 By 11 Players (Last: Zane Gonzalez, vs. Arizona 12/30/18)

RUSHING

ATTEMPTS

Most Attempts, Career

2,176 Shaun Alexander, 2000-07
1,649 Curt Warner, 1983-89
1,559 Chris Warren, 1990-97

Most Attempts, Season

370 Shaun Alexander, 2005
353 Shaun Alexander, 2004
335 Curt Warner, 1983

Most Attempts, Rookie, Season

335 Curt Warner, 1983
147 Thomas Rawls, 2015
129 John L. Williams, 1986

Most Attempts, Game

40 Shaun Alexander, vs. Green Bay 11/27/2006
36 Chris Warren, at New England 9/19/1993
35 Shaun Alexander, vs. Oakland 11/11/2001

YARDS GAINED

Most Yards Gained, Career

9,429 Shaun Alexander, 2000-07
6,706 Chris Warren, 1990-97
6,705 Curt Warner, 1983-89

Most Yards Gained, Season

1,880 Shaun Alexander, 2005
1,696 Shaun Alexander, 2004
1,590 Marshawn Lynch, 2012

Most Yards Gained, Rookie, Season

1,449 Curt Warner, 1983
830 Thomas Rawls, 2015
538 John L. Williams, 1986

Most Yards Gained, Game

266 Shaun Alexander, vs. Oakland 11/11/2001
209 Thomas Rawls, vs. San Francisco 11/22/2015
207 Curt Warner, vs. Kansas City 11/27/1983 (OT)

Most Seasons, 1,000 or More Yards Rushing

5 Shaun Alexander, 2001-05
4 Curt Warner, 1983, 1985, 1986, 1988
Chris Warren, 1992-95
Marshawn Lynch, 2011-14

Most Games, 100 or More Yards Rushing, Career

37 Shaun Alexander, 2000-07
25 Marshawn Lynch, 2010-15, 2019-
24 Chris Warren, 1990-97

Most Games, 100 or More Yards Rushing, Season

11 Shaun Alexander, 2005
10 Marshawn Lynch, 2012
8 Chris Warren, 1995

Most Consecutive Games, 100+ Yards, Rushing

4 Shaun Alexander, 2005
Marshawn Lynch, 2012 (2 Times)
3 Shaun Alexander, 2004, 2005
Marshawn Lynch, 2011
Chris Carson, 2018, 2019
2 Many Players

2 or More with 100+ Yards Rushing, Game

1 Curt Warner 130 and John L. Williams 105 vs. L.A. Raiders 11/28/1988
Curt Warner 126 and John L. Williams 109 vs. Denver 12/11/1988
Shaun Alexander 141 and Maurice Morris 104 vs. Houston 10/16/2005
Marshawn Lynch 128 and Robert Turbin 108 vs. Arizona 12/9/2012
Marshawn Lynch 102 and Russell Wilson 102 at Indianapolis 10/6/2013
Marshawn Lynch 140 and Russell Wilson 107 vs. N.Y. Giants 11/9/2014

Longest Run From Scrimmage

88t Shaun Alexander, vs. Oakland 11/11/2001
Shaun Alexander, at Arizona 11/6/2005
86t Joey Galloway, at Jacksonville 11/12/1995

AVERAGE GAIN

Highest Average Gain, Career (Min. 100 att.)

5.55 Russell Wilson, 2012- (720-3,993)
5.51 Steve Broussard, 1995-98 (136-750)
5.26 Rashaad Penny, 2018- (150-789)

Highest Average Gain, Season (Min. 100 att.)

INDIVIDUAL RECORDS - REGULAR SEASON

7.19	Russell Wilson, 2014 (118-849)
5.65	Thomas Rawls, 2015 (147-830)
5.43	Justin Forsett, 2009 (114-619)

Highest Average Gain, Game (Min. 10 att.)

11.64	Marshawn Lynch, vs. Arizona 12/9/2012 (11-128)
11.30	Marshawn Lynch, at Buffalo 12/16/2012 (10-113) Marshawn Lynch, at Arizona 12/21/2014 (10-113)
11.09	Russell Wilson, at Washington 10/6/2014 (11-122)

TOUCHDOWNS

Most Touchdowns, Career

100	Shaun Alexander, 2000-07
58	Marshawn Lynch, 2010-15, 2019-
55	Curt Warner, 1983-89

Most Touchdowns, Season

27	Shaun Alexander, 2005
16	Shaun Alexander, 2002, 2004
15	Chris Warren, 1995

Most Touchdowns, Rookie, Season

13	Curt Warner, 1983
5	David Sims, 1977
4	Sherman Smith, 1976 Jim Zorn, 1976 Russell Wilson, 2012 Thomas Rawls, 2015

Most Touchdowns, Game

4	Curt Warner, vs. Denver 12/11/1988 Shaun Alexander, vs. Minnesota 9/29/2002 Shaun Alexander, vs. Arizona 9/25/2005 Shuan Alexadner, vs. Houston 10/16/2005 Marshawn Lynch, vs. N.Y. Giants 11/9/2014
3	15 Times (Last: Russell Wilson, at Buffalo 12/16/12)

Most Consecutive Games Rushing for Touchdown

9	Shaun Alexander, 2005
7	Chris Warren, 1993-94 David Sims, 1978
6	Shaun Alexander, 2003-04 Marshawn Lynch, 2011

OPPONENT INDIVIDUAL RECORDS

ATTEMPTS

Most Attempts, Game

39	Earl Campbell, at Houston 10/11/1981 Larry Johnson, at Kansas City 10/29/2006
38	Edgerrin James, vs. Indianapolis 10/15/2000
37	Christian Okoye, at Kansas City 11/5/1989

YARDS GAINED

Most Yards Gained, Game

221	Bo Jackson, vs. L.A. Raiders 11/30/1987
219	Edgerrin James, vs. Indianapolis 10/15/2000
212	Frank Gore, at San Francisco 11/19/2006

Most Games, 2 or More with 100+ Yards Rushing

1	Jim Otis 140 and Terry Metcalf 113 vs. St. Louis 9/12/1976 Tom Sullivan 121 and Mike Hogan 104 at Philadelphia 12/12/1976
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Longest Run From Scrimmage

95t	Chester Taylor, vs. Minnesota 10/22/2006
91t	Bo Jackson, vs. L.A. Raiders 11/30/1987
84t	Ted McKnight, vs. Kansas City 9/30/1979

AVERAGE GAIN

Highest Average Gain, Game (Min. 10 att.)

12.94	Frank Gore, at San Francisco 9/20/2009 (16-207)
12.28	Bo Jackson, vs. L.A. Raiders 11/30/1987 (18-221)
12.25	Ted McKnight, vs. Kansas City 9/30/1979 (12-147)

TOUCHDOWNS

Most Touchdowns, Game

4	Terdell Middleton, at Green Bay (Milwaukee) 10/15/1978 Willis McGahee, vs. Buffalo 11/28/2004 Jamal Lewis, at Cleveland 11/4/2007
3	12 Times (Last: Todd Gurley, vs. L.A. Rams 10/7/2018)

PASSING

PASS RATING

Highest Pass Rating, Career (Min. 500 att.)

101.2	Russell Wilson, 2012-
83.1	Seneca Wallace, 2003-09
82.3	Dave Krieg, 1980-91

Highest Pass Rating, Season (Min. 160 att.)

110.9	Russell Wilson, 2018
110.1	Russell Wilson, 2015
106.3	Russell Wilson, 2019

Highest Pass Rtg., Rookie, Season (Min. 100 att.)

100.0	Russell Wilson, 2012
69.2	Kelly Stouffer, 1988
67.0	Rick Mirer, 1993

Passer Rating, Game (16 Attempts)

158.3	Russell Wilson, at Detroit, 10/28/18
153.3	Dave Krieg, at San Diego, 12/14/86
151.8	Russell Wilson, vs. L.A. Rams, 10/3/19

ATTEMPTS

Most Passes Attempted, Career

4,250	Matt Hasselbeck, 2001-10
3,777	Russell Wilson, 2012-
3,576	Dave Krieg, 1980-91

Most Passes Attempted, Season

562	Matt Hasselbeck, 2007
553	Russell Wilson, 2017
546	Russell Wilson, 2016

Most Passes Attempted, Rookie, Season

486	Rick Mirer, 1993
439	Jim Zorn, 1976
393	Russell Wilson, 2012

Most Passes Attempted, Game

55	Matt Hasselbeck, at San Francisco 12/1/2002
53	Matt Hasselbeck, at San Diego 12/29/2002 (OT)
52	Matt Hasselbeck, at Arizona 11/15/2009

COMPLETIONS

Most Passes Completed, Career

2,559	Matt Hasselbeck, 2001-10
2,436	Russell Wilson, 2012-
2,096	Dave Krieg, 1980-91

Most Passes Completed, Season

353	Russell Wilson, 2016
352	Matt Hasselbeck, 2007
341	Russell Wilson, 2019

Most Passes Completed, Rookie, Season

274	Rick Mirer, 1993
252	Russell Wilson, 2012
208	Jim Zorn, 1976

Most Passes Completed, Game

39	Matt Hasselbeck, vs. Detroit 11/8/2009
36	Matt Hasselbeck, at San Diego 12/29/2002 (OT)
33	Dave Krieg, vs. Atlanta 10/13/1985 Seneca Wallace, vs. Indianapolis 10/4/2009

Most Consecutive Passes Completed, Game

17	Warren Moon, vs. Oakland 11/1/1998
16	Russell Wilson, at Miami 11/25/2012
15	Jim Zorn, vs. Cleveland 10/12/1980 Matt Hasselbeck, vs. Detroit 11/8/2009 Russell Wilson, at Oakland 10/14/2018 Russell Wilson, at Detroit 10/28/2018

COMPLETION PERCENTAGE

Highest Completion %, Career (Min. 500 att.)

64.50	Russell Wilson, 2012- (3,777-2,436)
60.21	Matt Hasselbeck, 2001-10 (4,250-2,559)
59.89	Seneca Wallace, 2003-09 (556-333)

Highest Completion %, Season (Min. 100 att.)

68.12	Russell Wilson, 2015 (483-329)
66.09	Russell Wilson, 2019 (516-341)
65.61	Dave Krieg, 1991 (285-187)

Highest Comp. %, Rookie, Season (Qualifiers)

64.12	Russell Wilson, 2012 (393-252)
56.38	Rick Mirer, 1993 (486-274)
47.38	Jim Zorn, 1976 (439-208)

Highest Completion %, Game (Min. 20 att.)

86.36	Dave Krieg, vs. Denver 12/11/1988 (22-19)
84.00	Matt Hasselbeck, vs. San Francisco 12/11/2005 (25-21)
83.33	Matt Hasselbeck, at Detroit 9/10/2006 (30-25)

YARDS GAINED

Most Yards Gained, Career

29,734	Russell Wilson, 2012-
29,434	Matt Hasselbeck, 2001-10
26,132	Dave Krieg, 1980-91

Most Yards Gained, Season

4,219	Russell Wilson, 2016
4,110	Russell Wilson, 2019
4,024	Russell Wilson, 2015

Most Yards Gained, Rookie, Season

3,118	Russell Wilson, 2012
2,833	Rick Mirer, 1993
2,571	Jim Zorn, 1976

Most Yards Gained, Game

452	Russell Wilson, vs. Houston 10/29/2017
449	Matt Hasselbeck, at San Diego 12/29/2002 (OT)
427	Matt Hasselbeck, at San Francisco 12/1/2002

Most Seasons, 3,000 or More Yards Passing

8	Russell Wilson, 2012-
7	Matt Hasselbeck, 2002-05, 2007, 2009-10
4	Dave Krieg, 1984-85, 1989-90

Most Consecutive Seasons, 3,000+ Yds. Passing

8	Russell Wilson, 2012-
4	Matt Hasselbeck, 2002-05
3	Jim Zorn, 1978-80

Most Games, 400 or More Yards Passing, Career

4	Dave Krieg, 1980-91
3	Matt Hasselbeck, 2001-07
2	Russell Wilson, 2012-

Most Games, 300 or More Yards Passing, Career

19	Matt Hasselbeck, 2001-10
15	Russell Wilson, 2012-
11	Dave Krieg, 1980-91

Most Games, 300 or More Yards Passing, Season

4	Matt Hasselbeck, 2002, 2003
3	Jim Zorn, 1979 Dave Krieg, 1984 Matt Hasselbeck, 2004, 2007 Russell Wilson, 2016, 2017, 2019
2	8 Times (Last: Russell Wilson, 2014)

Most Consecutive Games, 300+ Yards Passing

INDIVIDUAL RECORDS - REGULAR SEASON

2 Matt Hasselbeck, 6 Times
Jim Zorn, 2 Times
Russell Wilson, 2 Times

Longest Pass Completion

90t Seneca Wallace (to Koren Robinson)
vs. Philadelphia 11/2/2008
87t Matt Hasselbeck (to Ben Obomanu)
vs. Kansas City 11/28/2010
83 Trent Dilfer (to Koren Robinson)
at St. Louis 10/20/2002

AVERAGE GAIN

Highest Average Gain, Career (Min. 300 att.)

7.87 Russell Wilson, 2012- (3,777-29,734)
7.31 Dave Krieg, 1980-91 (3,576-26,132)
7.19 Trent Dilfer, 2001-04 (356-2,560)

Highest Average Gain, Season (Min. 100 att.)

8.80 Dave Krieg, 1983 (243-2,139)
8.33 Russell Wilson, 2015 (483, 4,024)
8.31 Trent Dilfer, 2001 (122-1,014)

Highest Average Gain, Rookie, Season (Qualifiers)

7.93 Russell Wilson, 2012 (393-3,118)
5.85 Jim Zorn, 1976 (439-2,571)
5.83 Rick Mirer, 1993 (486-2,833)

Highest Average Gain, Game (Min. 20 att.)

14.52 Dave Krieg, vs. San Diego 12/14/1986 (21-305)
13.30 Dave Krieg, vs. Kansas City 11/11/1990 (23-306)
12.87 Jim Zorn, vs. Buffalo 10/30/1977 (23-296)

TOUCHDOWNS

Most Touchdown Passes, Career

227 Russell Wilson, 2012-
195 Dave Krieg, 1980-91
174 Matt Hasselbeck, 2001-10

Most Touchdown Passes, Season

35 Russell Wilson, 2018
34 Russell Wilson, 2015, 2017
32 Dave Krieg, 1984

Most Touchdown Passes, Game

5 9 Times (Last: Russell Wilson, vs. Tampa Bay 11/3/2019)

Most Games, 5 or More TD Passes, Career

3 Dave Krieg, 1980-91
Russell Wilson, 2012-
2 Matt Hasselbeck, 2001-10
1 Warren Moon, 1997-98

Most Games, 4 or More TD Passes, Career

10 Russell Wilson, 2012-
7 Dave Krieg, 1980-91
5 Matt Hasselbeck, 2001-10

Most Games, 5 or More TD Passes, Season

2 Russell Wilson, 2015
1 7 Times (Last: Russell Wilson, 2019)

Most Games, 4 or More TD Passes, Season

3 Dave Krieg, 1985
2 Jim Zorn, 1977
Dave Krieg, 1988
Warren Moon, 1997
Russell Wilson, 2015, 2017, 2019

Most Consecutive Games, 4 or More TD Passes

1 Many Times (Last: Russell Wilson, 2019)

Most Consecutive Games with a Touchdown Pass

28 Dave Krieg, 1983-85
18 Russell Wilson, 2017-18
17 Russell Wilson, 2015-16

HIGHEST %, TOUCHDOWN-PASSES

Highest %, TD Passes, Career (Min. 500 att.)

6.01 Russell Wilson, 2012- (3,777-227)
5.45 Dave Krieg, 1980-91 (3,576-195)
4.58 Warren Moon, 1997-98 (786-36)

Highest %, TD Passes Season (Min. 100 att.)

8.20 Russell Wilson, 2018 (427-35)
7.89 Dave Krieg, 1988 (228-18)
7.82 Dave Krieg, 1987 (294-23)

Highest %, TD Passes, Rookie, Season (Qual.)

6.62 Russell Wilson, 2012 (393-26)
2.73 Jim Zorn, 1976 (439-12)
2.47 Rick Mirer, 1993 (486-12)

HAD INTERCEPTED

Most Consecutive Passes Att., None Intercepted

220 Russell Wilson, 2018-19
202 Russell Wilson, 2016
197 Russell Wilson, 2016-17

Most Passes Had Intercepted, Career

148 Dave Krieg, 1980-91
133 Jim Zorn, 1976-84
128 Matt Hasselbeck, 2001-10

Most Passes Had Intercepted, Season

27 Jim Zorn, 1976
24 Dave Krieg, 1984
20 By 6 Players (Last: Rick Mirer, 1995)

Most Passes Had Intercepted, Game

6 Jim Zorn, vs. Detroit 10/24/1976
5 Jim Zorn, vs. Kansas City 11/9/1980
Dave Krieg, at Kansas City 12/9/1984
Jon Kitna, vs. Tampa Bay 11/28/1999
Russell Wilson, at Green Bay 12/11/2016

Most Attempts, No Interceptions, Game

50 Russell Wilson, vs. New Orleans 9/22/2019
49 Russell Wilson, at Tennessee 9/24/2017
47 Jim Zorn, vs. Kansas City 9/27/1981
Trent Dilfer, vs. Arizona 9/15/2002

LOWEST %, PASSES INTERCEPTED

Lowest %, Passes Had Int., Career (Min. 400 att.)

1.80 Russell Wilson, 2012- (3,777-68)
2.52 Seneca Wallace, 2003-09 (556-14)
2.77 Tarvaris Jackson, 2011-15 (470-13)

Lowest %, Passes Had Int., Season (Min. 100 att.)

0.97 Russell Wilson, 2019 (516-5)
1.24 Seneca Wallace, 2008 (242-3)
1.55 Russell Wilson, 2014 (452-7)

Lowest %, Passes Had Int., Rookie, Season (Qualifiers)

2.54 Russell Wilson, 2012 (393-10)
3.50 Rick Mirer, 1993 (486-17)
6.15 Jim Zorn, 1976 (439-27)

OPPONENT INDIVIDUAL RECORDS

ATTEMPTS

Most Passes Attempted, Game

63 Vinny Testaverde, at N.Y. Jets 12/6/1998
58 Tom Brady, vs. New England 10/14/2012
55 Warren Moon, at Houston 11/7/1993
Ben Roethlisberger, vs. Pittsburgh 11/29/2015

COMPLETIONS

Most Passes Completed, Game

42 Vinny Testaverde, at N.Y. Jets 12/6/1998
39 Matt Schaub, at Atlanta 10/27/2019
36 Warren Moon, at Houston 11/7/1993

Tom Brady, vs. New England 10/14/2012
Ben Roethlisberger, vs. Pittsburgh 11/29/2015

Highest Completion %, Game (Min. 20 att.)

88.00 Brett Favre, at Minnesota 11/22/2009 (25-22)
85.00 Austin Davis, at St. Louis 10/19/2014 (20-17)
83.87 Fran Tarkenton, at Minnesota 11/14/1976 (31-26)

YARDS GAINED

Most Yards Gained, Game

460 Matt Schaub, at Atlanta 11/27/2019
456 Ben Roethlisberger, vs. Pittsburgh 11/29/2015
455 Philip Rivers, vs. San Diego 9/26/2010

Longest Pass Completion

99t Stan Humphries (to Tony Martin) vs. San Diego
9/18/1994
92 Marc Wilson (to Marcus Allen) at L.A. Raiders 10/7/1984
Eric Zeier (to Derrick Alexander) at Baltimore 12/7/1997

AVERAGE GAIN

Highest Average Gain, Game (Min. 20 att.)

14.64 Doug Flutie, vs. Buffalo 12/23/2000 (25-366)
13.47 Ken O'Brien, vs. N.Y. Jets 11/2/1986 (32-431)
13.40 Deshaun Watson, vs. Houston 10/29/2017 (30-402)

TOUCHDOWNS

Most Touchdown Passes, Game

5 Neil O'Donnell, vs. N.Y. Jets 8/31/1997
Josh Freeman, at Tampa Bay 12/26/2010
4 Many Times (Last: Deshaun Watson, vs. Houston
10/29/2017)

HAD INTERCEPTED

Most Passes Had Intercepted, Game

5 Ken Stabler, at Houston 10/5/1980
Craig Whelihan, vs. San Diego 12/13/1998
Kurt Warner, vs. Arizona 12/9/2007
Matthew Stafford, vs. Detroit 11/8/2009
Eli Manning, at N.Y. Giants 12/15/2013
4 17 Times (Last: Carson Palmer, vs. Arizona 12/22/2013)

Most Attempts, No Interceptions, Game

52 Ryan Leaf, vs. San Diego 10/25/1998
49 Carson Palmer, at Arizona 10/23/2016
47 Kerry Collins, at N.Y. Giants 12/23/2001
Drew Stanton, at Arizona 11/9/2017

RECEIVING

RECEPTIONS

Most Pass Receptions, Career

819 Steve Largent, 1976-89
581 Brian Blades, 1988-98
493 Doug Baldwin, 2011-18

Most Pass Receptions, Season

94 Bobby Engram, 2007
Doug Baldwin, 2016
87 Darrell Jackson, 2004
82 Tyler Lockett, 2019

Most Pass Receptions, Rookie, Season

67 Joey Galloway, 1995
58 DK Metcalf, 2019
55 John Carlson, 2008

Most Pass Receptions, Game

15 Steve Largent, vs. Detroit 10/18/1987
14 Bobby Engram, at Cleveland 11/4/2007
13 Doug Baldwin, vs. Arizona 12/24/2016

Most Seasons, 80 or More Pass Receptions

INDIVIDUAL RECORDS - REGULAR SEASON

2	Brian Blades, 1993-94
1	Darrell Jackson, 2004 Bobby Ingram, 2007 Doug Baldwin, 2016 Tyler Lockett, 2019

Most Seasons, 70 or More Pass Receptions

6	Steve Largent, 1978, 1981, 1983-86
5	Brian Blades, 1989, 1991, 1993-95
3	John L. Williams, 1989-90, 1992 Doug Baldwin, 2015-17

Most Seasons, 50 or More Pass Receptions

10	Steve Largent, 1976, 1978-81, 1983-87
7	Doug Baldwin, 2011, 2013-18
6	John L. Williams, 1988-93 Darrell Jackson, 2000-06

Most Consecutive Games with a Pass Reception

177	Steve Largent, 1977-89
71	Joey Galloway, 1995-99
64	Doug Baldwin, 2014-17

YARDS GAINED

Most Yards Gained, Career

13,089	Steve Largent, 1976-89
7,620	Brian Blades, 1988-98
6,563	Doug Baldwin, 2011-18

Most Yards Gained, Season

1,287	Steve Largent, 1985
1,240	Koren Robinson, 2002
1,237	Steve Largent, 1979

Most Yards, Rookie, Season

1,039	Joey Galloway, 1995
900	DK Metcalf, 2019
788	Doug Baldwin, 2011

Most Yards Gained, Game

261	Steve Largent, vs. Detroit 10/18/1987
191	Steve Largent, vs. Denver 11/25/1984
180	John L. Williams, at L.A. Raiders 12/18/1988

Most Games, 100+ Yards, Receiving, Career

40	Steve Largent, 1976-89
19	Darrell Jackson, 2000-06
17	Brian Blades, 1988-98

Most Games, 100+ Yards, Receiving, Season

6	Steve Largent, 1979
5	Steve Largent, 1984 Brian Blades, 1989 Darrell Jackson, 2001, 2004 Koren Robinson, 2002

Most Consecutive Games, 100+ Yards Receiving

2	16 Times (Last: Tyler Lockett, 2019)
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Longest Pass Reception

90t	Koren Robinson (from Seneca Wallace), vs. Philadelphia 11/2/2008
87t	Ben Obomanu (from Matt Hasselbeck), vs. Kansas City 11/28/2010
83	Koren Robinson (from Trent Dilfer), at St. Louis 10/20/2002

AVERAGE PER RECEPTION

Highest Avg. Per Reception, Career (Min. 100 rec.)

18.53	Daryl Turner, 1984-87 (101-1,872)
15.98	Steve Largent, 1976-89 (819-13,089)
15.75	Joey Galloway, 1995-99 (283-4,457)

Highest Avg. Per Reception, Season (Min. 50 rec.)

18.74	Steve Largent, 1979 (66-1,237)
17.32	Joey Galloway, 1996 (57-987)

17.10	Sean Dawkins, 1999 (58-992)
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Highest Avg. Per Reception, Game (Min. 5 rec.)

31.80	Ben Obomanu, vs. Kansas City 11/28/2010 (5-159)
27.80	Steve Largent, vs. Oakland 9/16/1979 (5-139)
27.40	Joey Galloway, vs. Miami 10/6/1996 (5-137)

TOUCHDOWNS

Most Touchdowns, Career

100	Steve Largent, 1976-89
49	Doug Baldwin, 2011-18
47	Darrell Jackson, 2000-06

Most Touchdowns, Season

14	Doug Baldwin, 2015
13	Daryl Turner, 1985
12	Steve Largent, 1984 Joey Galloway, 1997

Most Touchdowns, Rookie, Season

10	Daryl Turner, 1984
8	Brian Blades, 1988
7	Joey Galloway, 1995 DK Metcalf, 2019

Most Touchdowns, Game

4	Daryl Turner, vs. San Diego 9/15/1985
3	7 Times (Last: Doug Baldwin, at New England 11/13/2016)

Most Consecutive Games with a Touchdown

5	Steve Largent, 1984 Joey Galloway, 1998 Doug Baldwin, 2015
4	8 Times (Last: Jimmy Graham, 2017)

OPPONENT INDIVIDUAL RECORDS

RECEPTIONS

Most Pass Receptions, Game

13	Wes Chandler, at San Diego 9/15/1985 Tony Martin, at San Diego 9/10/1995 Anquan Boldin, vs. Arizona 11/16/2008 Larry Fitzgerald, vs. Arizona 10/18/2009 Dwayne Bowe, vs. Kansas City 11/28/2010
12	Gary Clark, vs. Phoenix 12/19/1993 (OT) T.J. Houshmandzadeh, vs. Cincinnati 9/23/2007 Wes Welker, vs. New England 12/7/2008 Mike Evans, vs. Tampa Bay 11/3/2019 Zach Ertz, at Philadelphia 11/24/2019

YARDS GAINED

Most Yards Gained, Game

243	Wes Chandler, at San Diego 9/15/1985
224	DeAndre Hopkins, vs. Houston 10/29/2017
201	Markus Wheaton, vs. Pittsburgh 11/29/2015

Longest Pass Reception

99t	Tony Martin (from Stan Humphries) vs. San Diego 9/18/1994
92	Marcus Allen (from Marc Wilson) at L.A. Raiders 10/7/1984 Derrick Alexander (from Eric Zeier) at Baltimore 12/7/1997

Games, 2 or More with 100+ Yards Receiving

1	18 Times (Last: Gerald Everett [136], Cooper Kupp [117], vs. L.A. Rams 10/3/2019)
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AVERAGE PER RECEPTION

Highest Avg. Per Reception, Game (Min. 5 rec.)

32.40	James Lofton, at Green Bay (Milwaukee) 10/21/1984 (5-162)
31.40	DeSean Jackson, at Washington 10/6/2014 (5-157)
30.60	Derrick Alexander, vs. Kansas City 10/2/2000 (5-153)

TOUCHDOWNS

Most Touchdowns, Game

4	Roy Green, at St. Louis 11/13/1983
	Marcus Robinson, at Baltimore 11/23/2003
3	8 Times (Last: Antonio Gates, at San Diego 9/14/2014)

INTERCEPTIONS

INTERCEPTIONS

Most Interceptions By, Career

50	Dave Brown, 1976-86
42	Eugene Robinson, 1985-95
41	John Harris, 1978-85

Most Interceptions By, Season

10	John Harris, 1981 Kenny Easley, 1984
9	Eugene Robinson, 1993
8	Dave Brown, 1984 Darryl Williams, 1997 Richard Sherman, 2012, 2013

Most Interceptions By, Rookie, Season

5	Michael Boulware, 2004 Earl Thomas, 2010
4	John Harris, 1978 Richard Sherman, 2011
3	By 6 Players (Last: Bobby Wagner, 2012)

Most Interceptions By, Game

3	Kenny Easley, vs. San Diego 10/29/1984 Eugene Robinson, at Pittsburgh 12/6/1992 Darryl Williams, vs. San Diego 9/21/1997 Lofa Tatupu, at Philadelphia 12/2/2007 Marcus Trufant, vs. Arizona 12/9/2007
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Most Consecutive Games, Passes Intercepted

4	Cornell Webber, 1978-79 John Harris, 1980 Dave Brown, 1983-84 Kenny Easley, 1984 Eugene Robinson, 1991 Brandon Browner, 2011
3	By 9 Players (Last: Darryl Williams, 1997)

YARDS RETURNED

Most Yards Returned, Career

643	Dave Brown, 1976-86
586	Eugene Robinson, 1985-95
538	Kenny Easley, 1981-87

Most Yards Returned, Season

220	Brandon Browner, 2011
179	Dave Brown, 1984
172	Darryl Williams, 1997

Most Yards Returned, Game

148	Dave Brown, vs. Kansas City 11/4/1984
125	Kenny Easley, vs. Cleveland 12/20/1981
100	Lofa Tatupu, at Philadelphia 12/2/2007

Longest Return

98t	Bobby Wagner, vs. San Francisco 12/2/2018
94t	Brandon Browner, at N.Y. Giants 10/9/2011
91t	Sammy Green, vs. San Francisco 10/7/1979

TOUCHDOWNS

Most Touchdowns, Career

5	Dave Brown, 1976-86
3	Keith Simpson, 1978-85 Kenny Easley, 1981-87 Willie Williams, 1997-03 Josh Wilson, 2007-10

Most Touchdowns, Season

2	10 Times (Last: Justin Coleman, 2017)
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Most Touchdowns, Game

INDIVIDUAL RECORDS - REGULAR SEASON

2 Dave Brown, vs. Kansas City 11/4/1984 (NFL record)

OPPONENT INDIVIDUAL RECORDS

INTERCEPTIONS

Most Interceptions By, Game

4 Deron Cherry, at Kansas City 9/29/1985 (NFL record)
3 Tony Greene, vs. Buffalo 10/30/1977
Steve Wilson, at Denver 11/20/1983

YARDS RETURNED

Most Yards Returned, Game

115 Fred Marion, vs. New England 11/17/1985
102 Gary Barbaro, at Kansas City 12/11/1977
93 Levi Johnson, vs. Detroit 10/24/1976

Longest Return

102t Gary Barbaro, at Kansas City 12/11/1977
86t Patrick Willis, vs. San Francisco 9/14/2008
83 Fred Marion, vs. New England 11/17/1985

TOUCHDOWNS

Most Touchdowns, Game

1 Many Times (Last: Marcus Peters, vs. Baltimore 10/20/2019)

PUNTING

PUNTS

Most Punts, Career

770 Jon Ryan, 2008-17
554 Rick Tuten, 1991-97
385 Jeff Feagles, 1998-02

Most Punts, Season

108 Rick Tuten, 1992
95 Jeff West, 1984
Jon Ryan, 2011
92 Jon Ryan, 2017

Most Punts, Rookie, Season

84 Ryan Plackemeier, 2006
80 Rick Engles, 1976
78 Michael Dickson, 2018

Most Punts, Game

12 Rick Tuten, vs. Denver 11/28/1993
11 By 5 Players (Last: Jon Ryan, vs. Philadelphia 11/2/2008)

Longest Punt

77 Jon Ryan, at San Francisco 9/11/2011
74 Jon Ryan, at San Francisco 11/26/2017
73 Rick Tuten, at Buffalo 10/15/1995
Jon Ryan, vs. Green Bay 9/24/2012
Jon Ryan, at St. Louis 9/13/2015

AVERAGE YARDAGE

Highest Average, Career (Min. 100 punts)

46.71 Michael Dickson, 2018- (152-7,100)
44.79 Jon Ryan, 2008-17 (770-34,492)
43.80 Rick Tuten, 1991-97 (554-24,266)

Highest Average, Season

48.19 Michael Dickson, 2018 (78-3,759)
46.64 Jon Ryan, 2011 (95-4,431)
46.23 Jon Ryan, 2009 (88-4,069)

Highest Average, Rookie, Season

48.19 Michael Dickson, 2018 (78-3,759)
44.97 Ryan Plackemeier, 2006 (84-3,778)
40.00 Ruben Rodriguez, 1987 (47-1,880)

Highest Average, Game (Min. 4 punts)

60.00 Jon Ryan, vs. New England 10/14/2012 (4-240)
59.00 Michael Dickson, at Denver 9/9/2018 (6-354)
55.20 Rick Tuten, vs. Denver 12/1/1996 (5-276)

AVERAGE NET YARDAGE

Highest Net Average, Career (Min. 100 punts)

41.7 Michael Dickson, 2018- (152-6,383)
38.7 Jon Ryan, 2008-17 (775-30,018)
36.8 Rick Tuten, 1991-97 (556-20,460)

Highest Net Average, Season

42.5 Michael Dickson, 2018
40.9 Michael Dickson, 2019
40.8 Jon Ryan, 2012

Highest Net Average, Game (Min. 4 punts)

57.50 Michael Dickson, at Denver 9/9/2018 (6-345)
50.00 Michael Dickson, vs. L.A. Chargers 11/4/2018 (6-300)
49.50 Jon Ryan, vs. Green Bay 9/24/2012 (6-297)

INSIDE THE 20

Most Punts Inside the 20, Career

276 Jon Ryan, 2008-17
147 Rick Tuten, 1991-97
133 Jeff Feagles, 1998-02

Most Punts Inside the 20, Season

34 Jeff Feagles, 1999
Jon Ryan, 2011
Michael Dickson, 2019
33 Rick Tuten, 1994
30 Ryan Plackemeier, 2007
Jon Ryan, 2012

Most Punts Inside the 20, Game

6 Rick Tuten, vs. Minnesota 11/10/1996
Jeff Feagles, vs. Kansas City 12/26/1999
Jeff Feagles, at N.Y. Giants 12/23/2001
Jon Ryan, vs. San Francisco 12/6/2009
Jon Ryan, at Chicago 10/17/2010
Jon Ryan, at Miami 11/25/2012
5 10 Times (Last: Michael Dickson, at Philadelphia 11/24/2019)

TOUCHBACKS

Most Touchbacks, Career

60 Jon Ryan, 2008-17
45 Rick Tuten, 1991-97
30 Jeff Feagles, 1998-2002

Most Touchbacks, Season

15 Ryan Plackemeier, 2006
12 Jeff Feagles, 1998
Jon Ryan, 2008
10 Jeff West, 1983
Jeff West, 1984

Most Touchbacks, Game

3 By 6 Players (Last: Jon Ryan, vs. Philadelphia 11/2/2008)

HAD BLOCKED

Most Punts Had Blocked, Career

6 Herman Weaver, 1977-80
5 Jon Ryan, 2008-17
3 Rick Engles, 1976-77

Most Punts Had Blocked, Season

3 Herman Weaver, 1979
2 5 Times (Last: Jon Ryan, 2013)

Most Punts Had Blocked, Game

2 Herman Weaver, vs. Kansas City 9/30/1979
1 Many Times (Last: Michael Dickson, vs. Arizona 12/30/2018)

OPPONENT INDIVIDUAL RECORDS

PUNTS

Most Punts, Game

11 Chris Norman, at Denver 10/20/1985 (OT)
Ruben Rodriguez, vs. Denver 11/30/1992 (OT)
10 7 Times (Last: Pat O'Donnell, vs. Chicago 9/27/2015)

Longest Punt

80 Donnie Jones, vs. St. Louis 10/21/2007
72 Pat O'Donnell, vs. Chicago 9/27/2015
71 Andy Lee, at San Francisco 9/30/2007

AVERAGE YARDAGE

Highest Average Punting, Game (Min. 4 punts)

59.60 Andy Lee, at San Francisco 9/11/2011 (5-298)
56.83 Brett Kern, at Tennessee 9/24/2017 (6-1341)
56.60 Chris Norman, vs. Denver 11/25/1984 (5-283)

INSIDE THE 20

Most Punts Inside the 20, Game

6 Johnny Hekker, at L.A. Rams 9/18/2016
5 Mat McBriar, vs. Dallas 10/23/2005
4 Many Times, (Last: Thomas Morstead vs. New Orleans 9/22/19)

TOUCHBACKS

Most Touchbacks, Game

3 Many Times (Last: Andy Lee, at San Francisco 9/30/2007)

HAD BLOCKED

Most Punts Had Blocked, Game

2 John Kidd, vs. Buffalo 10/14/1984
Rich Camarillo, at New England 9/21/1986
1 Many Times (Last: Ryan Quigley, at Arizona 10/23/2016)

PUNT RETURNS

PUNT RETURNS

Most Punt Returns, Career

143 Tyler Lockett, 2015-
125 Nate Burleson, 2006-09
104 Leon Washington, 2010-12

Most Punt Returns, Season

58 Nate Burleson, 2007
51 Golden Tate, 2013
41 Will Lewis, 1980
Leon Washington, 2011
Leon Washington, 2012

Most Punt Returns, Rookie, Season

41 Will Lewis, 1980
40 Tyler Lockett, 2015
36 Joey Galloway, 1995

Most Punt Returns, Game

7 Walter Packer, vs. N.Y. Jets 11/13/1977
Nate Burleson, San Francisco 12/6/2009
Leon Washington, at St. Louis 11/20/2011
Golden Tate, at N.Y. Giants 12/15/2013
6 6 Times (Last: Leon Washington, at N.Y. Giants 10/9/2011)

FAIR CATCHES

Most Fair Catches, Career

94 Tyler Lockett, 2015-
70 Bobby Engram, 2001-07
60 Chris Warren, 1990-97

Most Fair Catches, Season

25 Chris Warren, 1992

INDIVIDUAL RECORDS - REGULAR SEASON

23 Bobby Engram, 2002
Bryan Walters, 2014
22 Bobby Engram, 2003
Jimmy Williams, 2005
Tyler Lockett, 2016

Most Fair Catches, Game

6 Bryan Walters, at Arizona 12/21/2014
5 James Jefferson, vs. Denver 10/22/1989
Chris Warren, vs. Pittsburgh 10/20/1991
Chris Warren, vs. Denver 11/30/1992 (OT)
Charlie Rogers, vs. Buffalo 10/24/1999
Jimmy Williams, vs. Dallas 10/23/2005
Tyler Lockett, at San Francisco 11/26/2017

YARDS GAINED

Most Yards Gained, Career

1,288 Nate Burleson, 2006-09
1,069 Leon Washington, 2010-12
1,068 Tyler Lockett, 2015-

Most Yards Gained, Season

658 Nate Burleson, 2007
585 Golden Tate, 2013
464 Leon Washington, 2011

Most Yards Gained, Rookie, Season

419 Bobby Joe Edmonds, 1986
379 Tyler Lockett, 2015
360 Joey Galloway, 1995

Most Yards Gained, Game

139 Tyler Lockett, at Arizona 1/3/2016
106 Charlie Rogers, at Pittsburgh 9/26/1999
105 Joey Galloway, vs. N.Y. Giants 11/5/1995

Longest Punt Return

94t Charlie Rogers, at Pittsburgh 9/26/1999
Nate Burleson, at Cleveland 11/4/2007
90t Nate Burleson, vs. St. Louis 11/12/2006
89t Joey Galloway, vs. N.Y. Giants 11/5/1995

AVERAGE YARDAGE

Highest Average, Career (Min. 50 ret.)

12.67 Charlie Rogers, 1999-01 (73-925)
11.57 Golden Tate, 2010-13 (68-787)
11.39 Paul Johns, 1981-84 (74-843)

Highest Average, Season (Min. 1 ret. per game)

14.45 Charlie Rogers, 1999 (22-318)
13.96 Charlie Rogers, 2000 (26-363)
12.63 Golden Tate, 2010 (16-202)

Highest Average, Rookie, Season (Qualifiers)

14.45 Charlie Rogers, 1999 (22-318)
12.63 Golden Tate, 2010 (16-202)
12.32 Bobby Joe Edmonds, 1986 (34-419)

Highest Average, Game (Min. 3 ret.)

34.75 Tyler Lockett, at Arizona 1/3/2016 (4-139)
32.00 Paul Johns, vs. L.A. Raiders 10/16/1983 (3-96)
31.67 Nate Burleson, vs. St. Louis 11/12/2006 (3-95)

TOUCHDOWNS

Most Touchdowns, Career

4 Joey Galloway, 1995-98
2 Paul Johns, 1981-84
Bobby Engram, 2001-07
Nate Burleson, 2006-07

Most Touchdowns, Season

2 Joey Galloway, 1998
1 13 Times (Last: Tyler Lockett, 2015)

Most Touchdowns, Rookie, Season

1 Will Lewis, 1980

Bobby Joe Edmonds, 1986
Joey Galloway, 1995
Charlie Rogers, 1999
Tyler Lockett, 2015

Most Touchdowns, Game

1 By 15 Times (Last: Tyler Lockett, at St. Louis 9/13/2015)

OPPONENT INDIVIDUAL RECORDS

PUNT RETURNS

Most Punt Returns, Game

8 Vai Sikaheima, vs. Philadelphia 12/13/1992
7 Rolland Lawrence, vs. Atlanta 11/7/1976
Pete Shaw, at N.Y. Giants 12/11/1983
Brian Mitchell, vs. Philadelphia 9/23/2001
Reno Mahe, at Philadelphia 12/5/2005
Pharoh Cooper, vs. L.A. Rams 12/17/2017

FAIR CATCHES

Most Fair Catches, Game

6 Greg Pruitt, at L.A. Raiders 10/7/1984
Patrick Peterson, vs. Arizona 12/22/2013
5 Greg Pruitt, vs. L.A. Raiders 11/12/1984
Emile Harry, at Kansas City 11/9/1986

YARDS GAINED

Most Yards Gained, Game

184 Jermaine Lewis, at Baltimore 12/7/1997
133 Desmond Howard, at Oakland 11/15/1998
128 Pharoh Cooper, vs. L.A. Rams 12/17/2017

Longest Punt Return

91t JoJo Townsell, vs. N.Y. Jets 11/9/1987
90t Stedman Bailey, at St. Louis 10/19/2014
89t Jermaine Lewis, at Baltimore 12/7/1997
Jimmy Williams, at San Francisco 12/1/2002
Devin Hester, at Chicago 10/17/2010

AVERAGE YARDAGE

Highest Average, Game (Min. 3 ret.)

36.80 Jermaine Lewis, at Baltimore 12/7/1997 (5-184)
32.67 David Meggett, at N.Y. Giants 11/19/1989 (3-98)
31.67 JoJo Townsell, at N.Y. Jets 11/9/1987 (3-95)

Most Touchdowns, Game

2 Jermaine Lewis, at Baltimore 12/7/1997
1 20 Times (Last: Deonte Harris, vs. New Orleans 9/22/19)

KICKOFF RETURNS

KICKOFF RETURNS

Most Kickoff Returns, Career

165 Steve Broussard, 1995-98
134 Charlie Rogers, 1999-2001
129 Maurice Morris, 2002-07

Most Kickoff Returns, Season

69 Josh Wilson, 2008
66 Charlie Rogers, 2000
59 Josh Scobey, 2005

Most Kickoff Returns, Game

8 Bobby Joe Edmonds, vs. L.A. Raiders 11/30/1987
Josh Wilson, at N.Y. Giants 10/5/2008
7 By 15 Players (Last: Leon Washington, at Tampa Bay 12/26/2010)

YARDS GAINED

Most Yards Gained, Career

3,900 Steve Broussard, 1995-98
3,329 Leon Washington, 2010-12
3,214 Charlie Rogers, 1999-2001

Most Yards Gained, Season

1,753 Josh Wilson, 2008
1,629 Charlie Rogers, 2000
1,461 Leon Washington, 2010

Most Yards Gained, Rookie, Season

852 Tyler Lockett, 2015
829 Rufus Crawford, 1978
821 Maurice Morris, 2002

Most Yards Gained, Game

253 Leon Washington, vs. San Diego 9/26/2010
231 Maurice Morris, at St. Louis 10/20/2002
222 Leon Washington, at San Francisco 12/12/2010

Longest Kickoff Return

105t Tyler Lockett, vs. Chicago 9/27/2015
101t Leon Washington, vs. San Diego 9/26/2010
99t Leon Washington, vs. San Diego 9/26/2010
Tyler Lockett, vs. Arizona 12/31/2017

HIGHEST AVERAGE

Highest Average, Career (Min. 50 ret.)

26.21 Leon Washington, 2010-12 (127-3,329)
25.23 Tyler Lockett, 2015- (126-3,179)
25.00 Josh Wilson, 2007-08 (94-2,350)

Highest Average, Season (Min. 1 ret. per game)

29.04 Leon Washington, 2012 (27-784)
26.93 Steve Broussard, 1998 (29-781)
26.35 Tyler Lockett, 2016 (23-606)

Highest Average, Game (Min. 3 ret.)

63.25 Leon Washington, vs. San Diego 9/26/2010 (4-253)
44.33 Leon Washington, at Arizona 9/9/2012 (3-133)
42.75 Charlie Rogers, vs. Buffalo 12/23/2000 (4-171)

TOUCHDOWNS

Most Touchdowns, Career

4 Leon Washington, 2010-12
2 Tyler Lockett, 2015-
1 By 8 players

Most Touchdowns, Season

3 Leon Washington, 2010
1 Zachary Dixon, 1983
James Jefferson, 1989
Jon Vaughn, 1994
Steve Broussard, 1998
Charlie Rogers, 2000
Maurice Morris, 2002
Nate Burleson, 2007
Josh Wilson, 2007
Leon Washington, 2012
Tyler Lockett, 2015, 2017

Most Touchdowns, Rookie, Season

1 Maurice Morris, 2002
Josh Wilson, 2007
Tyler Lockett, 2015

Most Touchdowns, Game

2 Leon Washington, vs. San Diego 9/26/2010
1 By 10 Players (Last: Tyler Lockett, vs. Arizona 12/31/2017)

COMBINED KICK RETURNS

Most Combined Kick Returns, Career

269 Tyler Lockett, 2015- (143-P, 126-K)
231 Leon Washington, 2010-12 (104-P, 127-K)
207 Charlie Rogers, 1999-01 (73-P, 134-K)

Most Combined Kick Returns, Season

92 Charlie Rogers, 2000 (26-P, 66-K)
85 Nate Burleson, 2007 (58-P, 27-K)

INDIVIDUAL RECORDS - REGULAR SEASON

84 Leon Washington, 2011 (41-P, 43-K)

Most Combined Kick Returns, Game

- 11 Bobby Joe Edmonds, at New England 9/21/1986 (5-P, 6-K)
10 By 4 Players (Last: Nate Burleson, vs. San Diego 12/24/2006 [5-P, 5-K])

COMBINED YARDS GAINED

Most Yards Returned, Career

- 4,398 Leon Washington, 2010-12 (1,069-P, 3,329-K)
4,247 Tyler Lockett, 2015- (1,068-P, 3,179-K)
4,139 Charlie Rogers, 1999-01 (925-P, 3,214-K)

Most Yards Gained, Season

- 1,992 Charlie Rogers, 2000 (363-P, 1,629-K)
1,753 Josh Wilson, 2008 (0-P, 1,753-K)
1,710 Leon Washington, 2010 (249-P, 1,461-K)

Most Yards Returned, Game

- 253 Leon Washington, vs. San Diego 9/26/2010 (253-K)
231 Maurice Morris, vs. St. Louis 10/20/2002 (231-K)
230 Leon Washington, at San Francisco 12/12/2010 (222-K, 8-P)

COMBINED TOUCHDOWNS

Most Touchdowns, Career

- 4 Joey Galloway, 1995-98 (4-P)
Leon Washington, 2010-12 (4-K)
3 Nate Burleson, 2006-09 (2-P, 1-K)
Tyler Lockett, 2015- (1-P, 2-K)
2 Paul Johns, 1981-84 (2-P)
Charlie Rogers, 1999-01 (1-P, 1-K)
Bobby Ingram, 2001-07 (2-P)

Most Touchdowns, Season

- 3 Leon Washington, 2010 (3-K)
2 Joey Galloway, 1998 (2-P)
Nate Burleson, 2007 (1-P, 1-K)
Tyler Lockett, 2015 (1-P, 1-K)

Most Touchdowns, Game

- 2 Leon Washington, vs. San Diego 9/26/2010
1 27 Times (Last: Tyler Lockett, vs. Arizona 12/31/2017)

OPPONENT INDIVIDUAL RECORDS

KICKOFF RETURNS

Most Kickoff Returns, Game

- 10 Desmond Howard, vs. Oakland 10/26/1997
9 Paul Palmer, at Kansas City 9/20/1987
8 By 4 Players (Last: Derrick Williams, vs. Detroit 11/8/2009)

YARDS GAINED

Most Yards Gained, Game

- 223 Desmond Howard, vs. Oakland 10/26/1997
221 Paul Palmer, at Kansas City 9/20/1987
220 Terry Kirby, vs. Oakland 11/11/2001

Longest Kickoff Return

- 102t Ted Ginn, at San Francisco 9/11/2011
101t Cordarrelle Patterson, at Minnesota 12/6/2015
99t Chris Johnson, at St. Louis 10/9/2005
Tamarick Vanover, vs. Kansas City 9/3/1995

HIGHEST YARDAGE

Highest Average, Game (Min. 3 ret.)

- 48.33 Byron Hanspard, vs. Atlanta 11/30/1997 (3-145)
44.33 Paul Palmer, at Kansas City 12/27/1987 (3-133)
44.00 Ted Ginn, at San Francisco 9/11/2011 (4-176)

TOUCHDOWNS

Most Touchdowns, Game

- 1 By 13 Players (Last: Richie James, at San Francisco 12/16/2018 [OT])

OPPONENT COMBINED KICK RETURNS

Most Combined Kick Returns, Game

- 11 Vai Sikahema, vs. Philadelphia 12/13/1992 (OT)(8-P, 3-K)
Johnny Bailey, vs. Phoenix 12/19/1993 (OT)(4-P, 7-K)
Desmond Howard, vs. Oakland 10/26/1997(1-P, 10-K)
Tamarick Vanover, vs. Kansas City 12/26/1999 (5-P, 6-K)

COMBINED YARDS GAINED

Most Yards Returned, Game

- 275 Jermaine Lewis, vs. Baltimore 12/7/1997 (184-P, 91-K)
268 Ted Ginn, at San Francisco 9/11/2011 (92-P, 176-K)
228 Glyn Milburn, at Denver 12/10/1995 (95-P, 133-K)

TOUCHDOWNS

Most Touchdowns, Game

- 2 Jermaine Lewis, at Baltimore 12/7/1997
Ted Ginn, at San Francisco 9/11/2011
1 30 Times (Last: Richie James, at San Francisco 12/16/2018 [OT])

FUMBLES

FUMBLES

Most Fumbles, Career

- 108 Dave Krieg, 1980-91
73 Russell Wilson, 2012-
55 Matt Hasselbeck, 2001-10

Most Fumbles, Season

- 18 Dave Krieg, 1989
17 Jon Kitna, 2000
16 Dave Krieg, 1990

Most Fumbles, Game

- 6 Dave Krieg, vs. Kansas City 11/5/1989
5 Dave Krieg, vs. San Diego 11/25/1990 (OT)
4 By 3 Players (Last: Jon Kitna, vs. Buffalo 12/23/2000)

FUMBLES RECOVERED

Most Fumbles Recovered, Career, Own and Opp.

- 31 Russell Wilson, 2012- (30-own, 1-opp)
27 Dave Krieg, 1980-91 (27-own)
20 Jon Kitna, 1997-2000 (20-own)

Most Fumbles Recovered, Season, Own and Opp.

- 9 Dave Krieg, 1989 (9-own)
Jon Kitna, 2000 (9-own)
6 Jon Kitna, 1999 (6-own)
Russell Wilson, 2014 (6-own)
Russell Wilson, 2017 (6-own)

Most Fumbles Recovered, Game, Own and Opp.

- 3 Dave Krieg, vs. Chicago 12/20/1987 (3-own)
Dave Krieg, vs. Kansas City 11/5/1989 (3-own)
Darryl Williams, vs. Kansas City 10/4/1998 (3-opp)
Jon Kitna, vs. Jacksonville 11/12/2000 (3-own)
Matt Hasselbeck, vs. Houston 12/13/2009 (3-own)
Russell Wilson, at Tennessee 9/24/2017 (3-own)

OWN FUMBLES RECOVERED

Most Own Fumbles Recovered, Career

- 29 Russell Wilson, 2012-
27 Dave Krieg, 1980-91
20 John Kitna, 1997-2000

Most Own Fumbles Recovered, Season

- 9 Dave Krieg, 1989
Jon Kitna, 2000
6 Jon Kitna, 1999
Russell Wilson, 2014
Russell Wilson, 2017

Most Own Fumbles Recovered, Game

- 3 Dave Krieg, vs. Chicago 12/20/1987
Dave Krieg, vs. Kansas City 11/5/1989
Jon Kitna, vs. Jacksonville 11/12/2000
Matt Hasselbeck, vs. Houston 12/13/2009
Russell Wilson, at Tennessee 9/24/2017

DEFENSE - FORCED FUMBLES

Most Forced Fumbles, Career

- 28 Jacob Green, 1980-91
25 Michael Sinclair, 1991-2001
14 Rufus Porter, 1988-94
13 Joe Nash, 1982-96
Bruce Scholtz, 1982-88
Cortez Kennedy, 1990-00
Cliff Avril, 2013-17

Most Forced Fumbles, Season

- 7 Jacob Green, 1985
Michael Sinclair, 1998
6 By 3 Players (Last: Michael Sinclair, 1997)

DEFENSE - FUMBLES RECOVERED

Most Fumbles Recovered, Career

- 17 Jacob Green, 1980-91
14 Eugene Robinson, 1985-95
13 Chad Brown, 1997-2004

Most Fumbles Recovered, Season

- 5 Nesby Glasgow, 1989
4 Many Times (Last: Michael Sinclair, 2000)

Most Fumbles Recovered, Game

- 3 Darryl Williams, at Kansas City 10/4/1998
2 18 Times (Last: Red Bryant, vs. San Diego 9/26/2010)

DEFENSE - FUMBLE RETURN YARDS

Longest Fumble Return

- 83t Antonio Edwards, at Denver 12/10/1995
79t Jacob Green, vs. N.Y. Jets 10/27/1985
Nick Reed, vs. Jacksonville 10/11/2009
71 Shawn Springs, at Oakland 9/8/2002

TOUCHDOWNS

Most Touchdowns, Career (Total)

- 3 Chad Brown, 1997 (3-opp)
Bobby Wagner, 2012- (3-opp)
2 Jacob Green, 1980-91 (2-opp)
Shelton Robinson, 1982-85 (2-opp)
Michael Sinclair, 1991-01 (2-opp)

Most Touchdowns, Season (Total)

- 2 Shelton Robinson, 1983 (2-opp)
Chad Brown, 1997 (2-opp)
Bobby Wagner, 2015 (2-opp)

Most Touchdowns, Game (Total)

- 1 Many Times (Last: Jadeveon Clowney, at San Francisco 11/11/2019)

OPPONENT INDIVIDUAL RECORDS

FUMBLES

Most Fumbles, Game

- 5 Dave Walter, vs. Cincinnati 10/11/1987
4 4 Times (Last: Kurt Warner, vs. Arizona 9/17/2006)

FORCED FUMBLES

Most Forced Fumbles, Game

- 2 Many Times (Last: K'Waun Williams, at San Francisco 11/11/2019)

FUMBLES RECOVERED

Most Fumbles Recovered, Game

- 2 Many Times (Last: DeForest Buckner, at San Francisco 11/11/2019)

INDIVIDUAL RECORDS - REGULAR SEASON

Most Own Fumbles Recovered, Game

- 3 Craig Erickson, at Miami 10/6/1996
Kurt Warner, vs. Arizona 9/17/2006
2 Many Times

FUMBLE RETURN YARDS

Longest Fumble Return

- 89t Victor Adeyanju, vs. St. Louis 11/12/2006
86t Derrick Thomas, vs. Kansas City 12/5/1993
77t Jason McCourty, vs. Tennessee 10/13/2013

TOUCHDOWNS

Most Touchdowns, Game

- 1 Many Times (Last: DeForest Buckner, at San Francisco 11/11/2019)

COMBINED NET YARDS

Yards Gained via Rushing, Receiving, Interception Returns, Punt Returns, Kickoff Returns, and Fumble Returns

ATTEMPTS

Most Attempts, Career

- 2,403 Shaun Alexander, 2000-07
1,943 Chris Warren, 1990-97
1,855 Curt Warner, 1983-89

Most Attempts, Season

- 385 Shaun Alexander, 2005
379 Curt Warner, 1983
378 Shaun Alexander, 2004

Most Attempts, Rookie, Season

- 379 Curt Warner, 1983
162 John L. Williams, 1986
161 Sherman Smith, 1976

Most Attempts, Game

- 40 Shaun Alexander, vs. Green Bay 11/27/2006
37 Shaun Alexander, vs. Oakland 11/11/2001
Marshawn Lynch, vs. Baltimore 11/13/2011
36 Chris Warren, at New England 9/19/1993
Shaun Alexander, vs. Oakland 11/11/2001

YARDS GAINED

Most Yards Gained, Career

- 13,396 Steve Largent, 1976-89
10,948 Shaun Alexander, 2000-07
10,665 Chris Warren, 1990-97

Most Yards Gained, Season

- 1,992 Charlie Rogers, 2000
1,958 Shaun Alexander, 2005
1,946 Nate Burleson, 2007

Most Yards Gained, Rookie, Season

- 1,915 Tyler Lockett, 2015
1,774 Curt Warner, 1983
1,583 Joey Galloway, 1995

Most Yards Gained, Game

- 281 Shaun Alexander, vs. Oakland 11/11/2001
264 Maurice Morris, vs. St. Louis 10/20/2002
261 Steve Largent, vs. Detroit 10/18/1987

OPPONENT INDIVIDUAL RECORDS

ATTEMPTS

Most Attempts, Game

- 42 Earl Campbell, at Houston 10/11/1981
41 Larry Johnson, at Kansas City 10/29/2006
David Jonson, at Arizona 10/23/2016 (OT)
39 Barry Foster, at Pittsburgh 12/6/1992
Edgerrin James, vs. Indianapolis 10/15/2000
Marshall Faulk, at St. Louis 10/20/2002

Chris Johnson, vs. Tennessee 1/3/2010

YARDS GAINED

Most Yards Gained, Game

- 404 Glyn Milburn, at Denver 12/10/1995 (NFL record)
308 Jermaine Lewis, vs. Baltimore 12/7/1997
307 Priest Holmes, vs. Kansas City 11/24/2002

TACKLES

TACKLES

Most Tackles, Career

- 1,073 Bobby Wagner, 2012-
984 Eugene Robinson, 1985-95
848 K.J. Wright, 2011-

Most Tackles, Season

- 167 Bobby Wagner, 2016
159 Bobby Wagner, 2019
153 Terry Beeson, 1978

Most Tackles, Game

- 19 Bobby Wagner, vs. New Orleans 9/22/19
18 Terry Beeson, vs. Houston 11/20/1977
Sammy Green, vs. Minnesota 10/8/1978
17 Kam Chancellor, vs. Arizona 11/15/2015

OPPONENT INDIVIDUAL RECORDS

TACKLES

Most Tackles, Game

- 19 Randy Gradishar, vs. Denver 10/29/1978
19 Paul Worrlow, at Atlanta 11/10/2013
16 7 Times (Last: Novorro Bowman, vs. San Francisco 12/23/2012)

SACKS

SACKS

Most Sacks, Career

- *97.5 Jacob Green, 1980-91
73.5 Michael Sinclair, 1991-2001
63.0 Jeff Bryant, 1982-93
*Unofficially 116.0. Sacks did not become official until 1982.

Most Sacks, Season

- 16.5 Michael Sinclair, 1998
16.0 Jacob Green, 1983
14.5 Jeff Bryant, 1984
Patrick Kerney, 2007

Most Sacks, Game

- 4.0 Jacob Green, vs. N.Y. Giants 10/19/1986
Michael Sinclair, vs. Denver 9/8/1996
Michael McCrary, at Oakland 12/22/1996
Darryl Tapp, vs. St. Louis 10/21/2007
Chris Clemons, vs. Green Bay 9/24/2012

OPPONENT INDIVIDUAL RECORDS

SACKS

Most Sacks, Game

- 7.0 Derrick Thomas, at Kansas City 11/11/1990 (NFL record)
4.0 By 3 Players (Last: Leslie O'Neal, vs. San Diego 10/22/1995)

BLOCKED KICKS

BLOCKED PUNTS

Most Blocked Punts, Career

- 3 Kerry Justin, 1978-83, 1986-87

2 By 5 Players

Most Blocked Punts, Season

- 2 By 4 Players (Last: Kerry Justin, 1986)

Most Blocked Punts, Game

- 1 32 Times (Last: David Moore, at Cleveland 11/13/2019)

BLOCKED FIELD GOALS

Most Blocked Field Goals, Career

- 8 Joe Nash, 1982-96
Craig Terrill, 2004-10
4 Red Bryant, 2008-12
2 By 5 Players (Last: Rasheem Green, 2018-)

Most Blocked Field Goals, Season

- 3 Joe Nash, 1989
Craig Terrill, 2010
Red Bryant, 2011
2 Mike White, 1982
Joe Nash, 1984
Craig Terrill, 2006
Rasheem Green, 2019

Most Blocked Field Goals, Game

- 2 Red Bryant, at Cleveland 10/23/2011
1 Many Times (Last: Rasheem Green, vs. Arizona 12/22/2019)

BLOCKED PATS

Most Blocked PATs, Career

- 3 Mike White, 1981-82
2 By 3 Players

Most Blocked PATs, Season

- 2 Mike White, 1981
1 By 12 Players (Last: Jeremy Lane, 2017)

Most Blocked PATs, Game

- 1 12 Times (Last: Jeremy Lane, at Arizona 11/9/2017)

BLOCKED KICKS (FIELD GOALS AND PATS)

Most Blocked Kicks, Career

- 10 Joe Nash, 1982-96 (8 FG, 2 PAT)
8 Craig Terrill, 2004-10 (8 FG)
5 Mike White, 1981-82 (2 FG, 3 PAT)
Jeff Bryant, 1982-93 (3 FG, 2 PAT)
Red Bryant, 2008-12 (4 FG, 1 PAT)

Most Blocked Kicks, Season

- 4 Red Bryant, 2011 (3 FG, 1 PAT)
3 Mike White, 1982 (2 FG, 1 PAT)
Joe Nash, 1989 (3 FG)
Craig Terrill, 2010 (3 FG)
2 By 5 Players (Last: Rasheem Green, 2019)

Most Blocked Kicks, Game

- 2 Red Bryant, at Cleveland 10/23/2011
Red Bryant, vs. Washington 11/27/2011
1 Many Times (Last: Rasheem Green, vs. Arizona 12/22/2019)

BLOCKED KICK RETURNS

Longest Return of Blocked Punt

- 32 Jessie Green, vs. N.Y. Jets 10/19/1980
26 Steve Raible, vs. Green Bay 10/10/1976
25t Mike Morgan, vs. Dallas 10/12/2014

Longest Return of Blocked Field Goal

- 90t Richard Sherman, vs. San Francisco 12/23/2012
62 Paul Moyer, vs. Cleveland 10/9/1988
62t Vernon Dean, vs. L.A. Rams 10/23/1988
61t Robert Blackmon, vs. Houston 11/3/1996
Shawn Springs, at Green Bay 11/1/1999

OPPONENT INDIVIDUAL RECORDS

INDIVIDUAL RECORDS - REGULAR SEASON

Dennis Gardeck, vs. Arizona 12/30/2018 (punt, 0 yds)

BLOCKED PUNTS

Most Blocked Punts, Game

1 Many Times (Last: Cameron Malveaux, vs. Arizona 12/30/2018)

BLOCKED FIELD GOALS

Most Blocked Field Goals, Game

1 Many Times (Last: Rodney Gunter, vs. Arizona 12/24/2016)

BLOCKED PATS

Most Blocked PATs, Game

1 Many Times (Last: Chris Jones, at San Francisco 1/1/2017)

BLOCKED KICKS (FIELD GOALS AND PATS)

Most Blocked Kicks, Game

1 Many Times (Last: Cameron Malveaux, vs. Arizona 12/30/2018)

BLOCKED KICK RETURNS

Longest Return of Blocked Punt

28t Andre King, vs. Cleveland 11/30/2003
23 Frank Duncan, vs. San Diego 9/7/1980
16t Ed Reed, at Baltimore 11/23/2003

Longest Return of Blocked Field Goal

61t Delano Howell, at Indianapolis 10/6/2013
58t Dave Waymer, vs. New Orleans 10/16/1988

Touchdowns with Blocked Kick Recovery

1 Dave Waymer, vs. New Orleans 10/16/1988 (FG, 58 yds)
Albert Lewis, at Kansas City 1/2/1994 (punt, 0 yds)
Ed Reed, at Baltimore 11/23/2003 (punt, 16 yds)
Andre King, vs. Cleveland 11/30/2003 (punt, 28 yds)
Delano Howell, at Indianapolis 10/6/2013 (FG, 61 yds)
Brice Butler, vs. Oakland 11/2/2014 (punt, 0 yds)

SAFETIES

SAFETIES

Most Safeties, Career

2 Rod Stephens, 1989-94
1 Many Times

Most Safeties, Season

2 Rod Stephens, 1993 (NFL record)
1 By Many Players (Last: Kam Chancellor and Bobby Wagner, 2017)

Most Safeties, Game

1 By Many Players (Last: Kam Chancellor, at Arizona 11/9/2017)

OPPONENT INDIVIDUAL RECORDS

SAFETIES

Most Safeties, Game

1 Many Times (Last: Nate Hairston, vs. Indianapolis 10/1/2017)

TEAM RECORDS - REGULAR SEASON

ATTENDANCE

ATTENDANCE

Largest Single-Season Regular-Season Home Totals

552,588	2016 (69,074)
552,162	2015 (69,020)
552,009	2018 (69,001)

Largest Single-Game Regular-Season – CenturyLink Field (2002-)

69,190	vs. Philadelphia 11/20/2016
69,162	vs. San Francisco 12/29/2019
69,104	vs. Carolina 12/4/2016

Largest Single-Game Regular-Season – Kingdome (1976-99)

66,400	vs. Oakland 10/3/1999
66,332	vs. Kansas City 12/26/1999
66,318	vs. San Diego 12/12/1999

Largest Single-Game Regular-Season – Husky Stadium (2000-01)

68,681	vs. Oakland 12/16/2000
68,661	vs. Denver 11/26/2000
67,231	vs. Oakland 11/11/2001

Largest Single-Game Regular – Season Road Attendance

92,150	at Dallas 12/24/2017
91,486	at Dallas 11/1/2015
91,046	at L.A. Rams 9/18/2016

GAMES WON-LOST

GAMES WON

Most Consecutive Games Won

11	2005
9	2012-13
8	1984

Most Consecutive Games Without Defeat

11	2005
9	2012-13
8	1984

Most Games Won, Season

13	2005, 2013
12	1984, 2014
11	2012, 2019

Most Consecutive Games Won, One Season

11	2005
8	1984
7	2013

Most Consecutive Games Won, Start of Season

4	2013
3	1986, 1998, 2003, 2004, 2006
2	1984, 1985, 1988, 1994, 2019

Most Consecutive Games Won, End of Season

6	2014
5	1986, 2012
3	2002

Most Consecutive Home Games Won

14	2012-13
12	2004-06
10	2002-04

Most Consecutive Road Games Won

6	2019
5	1979-80, 2005, 2015
4	1984, 2012-13, 2017

Most Shutout Games Won or Tied, Season

3	1984
2	1986, 2009
1	12 Times (Last: 2015)

Most Consecutive Shutout Games Won or Tied, Season

2	1984
1	17 Times (Last: 2015)

Most Consecutive Overtime Games Won, Season

2	1990, 2019 (Ties NFL record)
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GAMES LOST

Most Consecutive Games Lost

10	1980-81
9	1976-77
8	1992

Most Games Lost, Season

14	1992
12	1976, 1980, 2008
11	2009

Most Consecutive Games Lost, One Season

9	1980
8	1992
6	1994, 2008

Most Consecutive Games Lost, Start of Season

5	1976
4	1977
3	1990, 1996, 2002

Most Consecutive Games Lost, End of Season

9	1980
5	1976
4	1992, 2009

Most Consecutive Home Games Lost

8	1980
5	1992, 2008
4	1976, 1976-77

Most Consecutive Road Games Lost

8	1976-77, 1980-81
7	1992-93
6	2003, 2008-09

Most Shutout Games Lost or Tied, Season

2	1992
1	9 Times (Last: 2011)

Most Consecutive Shutout Games, Lost or Tied, Season

2	1992
1	9 Times (Last: 2011)

Most Consecutive Overtime Games Lost, Season

1	21 Times (Last: 2018)
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SCORING

POINTS

Most Points, Season

452	2005
428	2018
423	2015

Fewest Points, Season

127	1982 (9 games)
140	1992 (NFL record for 16-game season)
229	1976 (14 games)

Most Points, Game

58	vs. Arizona 12/9/2012
56	vs. Buffalo 10/30/1977
51	vs. Kansas City 11/27/1983 (OT)

Fewest Points, Game

0	11 Times (Last: at Pittsburgh 9/18/2011)
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Most Points, Both Teams, Game

99	Seattle (51) vs. Kansas City (48) 11/27/1983 (OT)
85	Seattle (41) at Baltimore (44) 11/23/2003 (OT)
	Seattle (41) at Atlanta (44) 12/30/2007
84	Seattle (49) vs. San Diego (35) 9/15/1985

Fewest Points, Both Teams, Game

9	Seattle (3) at Cleveland (6) 10/23/2011
12	Seattle (3) at L.A. Rams (9) 9/18/2016
	Seattle (6) at Arizona (6) 10/23/2016
14	Seattle (14) vs. Washington (0) 9/28/1980

Most Points, Shutout Victory, Game

58	vs. Arizona 12/9/2012
45	vs. Kansas City 11/4/1984
42	at Philadelphia 12/5/2005

Fewest Points, Shutout Victory, Game

14	vs. Washington 9/28/1980
16	vs. Pittsburgh 11/28/1982
	vs. Oakland 11/6/2006
17	vs. N.Y. Jets 11/13/1977

Most Points Overcome to Win Game

21	vs. Tampa Bay 11/3/2013 (Trailed 21-0, Won 27-24 in OT)
20	at Denver 12/10/1995 (Trailed 20-0, Won 31-27)
18	vs. Pittsburgh 11/8/1981 (Trailed 21-3, Won 24-21)
	at Oakland 12/14/1997 (Trailed 21-3, Won 22-21)

Most Points, Each Half

1st:	45, vs. Minnesota 9/29/2002
	42, vs. Buffalo 10/30/1977
	38, vs. Arizona 12/9/2012
2nd:	36, vs. Indianapolis 10/1/2017
	35, vs. San Diego 9/15/1985
	34, vs. Kansas City 11/27/1983

Most Points, One Quarter

31	vs. Minnesota, 9/29/2002 (2nd)
28	5 Times (Last: vs. Arizona 12/9/2012 [2nd])

Most Points, Each Quarter

1st:	21, vs. Cincinnati 9/6/1981
	vs. Detroit 10/18/1987
	vs. N.Y. Giants 11/5/1995
	vs. N.Y. Giants 9/24/2006
2nd:	31, vs. Minnesota 9/29/2002
	28, vs. Buffalo 10/30/1977
	vs. Kansas City 11/4/1984
	vs. Kansas City 9/11/1988
	vs. Arizona 12/9/2012
3rd:	28, vs. San Diego 9/15/1985
	22, vs. Indianapolis 10/1/2017
	21, vs. Chicago 9/23/1984
	vs. Carolina 12/5/2010
4th:	24, vs. New England 9/21/1986
	22, vs. Dallas 12/6/2004
	21, vs. Detroit 9/24/1978
	at Denver 12/10/1995
	at San Diego 12/29/2002
	vs. N.Y. Giants 11/9/2014
	at Arizona 12/21/2014
	vs. Arizona 12/24/2016
OT:	6, at Atlanta 12/15/2002
	at Chicago 12/2/2012
	vs. Denver 9/21/2014
	vs. Tampa Bay 11/3/2019
	3, 10 Times (Last: at Arizona 10/23/2016)

GAMES

Most Consecutive Games Scoring

142	2011-present
121	1992-99
115	2000-07

TEAM RECORDS - REGULAR SEASON

TOUCHDOWNS

Most Touchdowns, Season

57 2005
52 2018
51 1984

Fewest Touchdowns, Season

14 1982 (9 games)
1992
28 1989

Most Touchdowns, Game

8 vs. Buffalo 10/30/1977
7 vs. San Diego 9/15/1985
vs. Arizona 12/9/2012
6 17 Times (Last: vs. San Francisco 12/2/2018)

Most Touchdowns, Both Teams, Game

13 Seattle (6) vs. Kansas City (7) 11/27/1983 (OT)
12 Seattle (7) vs. San Diego (5) 9/15/1985
10 8 Times (Last: Seattle [5] vs. Houston [5] 10/29/2017)

Most Consecutive Games Scoring Touchdowns

58 2012-16
48 1982-85
47 2017-present

POINTS AFTER TOUCHDOWN

Most Points After Touchdown, Season

56 2005
50 1984
49 1983

Fewest Points After Touchdown, Season

13 1982 (9 games)
14 1992
25 1994

Most Points After Touchdown, Game

8 vs. Buffalo 10/30/1977
7 vs. San Diego 9/15/1985
vs. Arizona 12/9/2012
6 13 Times (Last: vs. Jacksonville 9/22/2013)

Most Points After Touchdown, Both Teams, Game

12 Seattle (6) vs. Kansas City (6) 11/27/1983 (OT)
10 5 Times (Last: Seattle [5] vs. Houston [5] 10/29/2017)

TWO-POINT CONVERSIONS (ADOPTED IN 1994)

Most Two-Point Conversion Attempts, Season

6 1994, 1996, 1997
5 2015, 2017
4 1998, 2000

Most Two-Point Conversion Attempts, Game

2 at Kansas City 10/23/1994
vs. San Diego 10/22/1995
vs. Oakland 10/26/1997
vs. Oakland 12/16/2000
vs. Arizona 11/15/2015
vs. Pittsburgh 11/29/2015
vs. Washington 11/5/2017

Most Two-Point Conversions Made, Season

4 1994, 1996
2 1998, 2004, 2010, 2017

Most Two-Point Conversions Made, Game

2 at Kansas City 10/23/1994
1 Many Times

FIELD GOALS

Most Field Goals Attempted, Season

40 1999
37 2014, 2016

35 1986, 2013

Fewest Field Goals Attempted, Season

14 1982 (9 games)
16 1976
18 1977

Most Field Goals Attempted, Game

6 vs. Kansas City 9/20/1987
vs. Pittsburgh 9/26/1999
vs. San Diego 12/12/1999
vs. Chicago 9/27/2009
at Arizona 11/14/2010
5 11 Times (Last: vs. Arizona 11/23/2014)

Most Field Goals Attempted, Both Teams, Game

10 Seattle (6) vs. San Diego (4) 12/12/1999
9 at Seattle (5) vs. Houston (4) 11/3/1996

Most Field Goals, Season

34 1999
33 2013, 2016
31 2014

Fewest Field Goals, Season

9 1976, 1977
10 1982 (9 games)

Most Field Goals, Game

5 vs. Kansas City 9/20/1987
vs. L.A. Raiders 12/18/1988
vs. Pittsburgh 9/26/1999
vs. Arizona 10/24/2010
at Arizona 11/14/2010
vs. Baltimore 11/13/2011
4 Many Times

Most Field Goals, Both Teams, Game

8 Seattle (5) vs. L.A. Raiders (3) 12/18/1988
7 9 Times (Last: Seattle [3] vs. San Francisco [4] 9/14/2008)

Most Consecutive Games Scoring Field Goals

21 2015-17
19 2002-03, 2015-16
15 1990-91

SAFETIES

Most Safeties, Season

4 1993 (Ties NFL record)
2 2013, 2017
1 16 Times (Last: 2016)

Most Safeties, Game

1 24 Times (Last: at Arizona 11/9/2017)

Most Safeties, Both Teams, Game

2 Seattle (0) vs. Denver (2) 1/2/1983
Seattle (1) vs. Cleveland (1) 11/14/1993
1 Many Times (Last: Seattle [0] vs. L.A. Rams [1] 12/17/2017)

POINTS ALLOWED

Most Points Allowed, Season

429 1976
408 1980
407 2010

Fewest Points Allowed, Season

147 1982 (9 games)
231 2013 (Led NFL)
245 2012 (Led NFL)
254 2014 (Led NFL)

Most Points Allowed, Game

51 vs. New Orleans 11/21/1976
at Dallas 11/27/1980
48 vs. Kansas City 11/27/1983 (OT)
at Green Bay 12/27/2009

Fewest Points Allowed, Game

0 19 Times (Last: vs. Chicago 9/27/2015)

TOUCHDOWNS ALLOWED

Fewest Touchdowns Allowed, Season

18 1982 (9 games)
22 2013
24 2005
25 1991, 2012

Most Touchdowns Allowed, Season

53 1976
48 1983
47 1980, 2010, 2019

Fewest Touchdowns Allowed, Game

0 Many Times

Most Touchdowns Allowed, Game

7 at Dallas 11/27/1980
vs. Kansas City 11/27/1983 (OT)
6 7 Times (Last: vs. Kansas City 11/28/2010)

FIRST DOWNS

FIRST DOWNS MADE

Most Seasons Leading League

1 1978

Most First Downs, Season

361 2005
347 2002
345 1978

Fewest First Downs, Season

159 1982 (9 games)
208 1992
238 1976

Most First Downs, Game

34 vs. San Diego 11/22/1987
at San Diego 12/29/2002 (OT)
33 vs. Kansas City 11/27/1983 (OT)
32 vs. Kansas City 11/24/2002

Fewest First Downs, Game

1 vs. L.A. Rams 11/4/1979
2 vs. New England 12/4/1988
6 3 Times (Last: at Dallas 10/11/1992)

Most First Downs, Both Teams, Game

64 vs. Kansas City 11/24/2002 (Sea-32, KC-32)
62 vs. San Diego 9/15/1985 (Sea-30, SD-32)

BY RUSHING

Most First Downs, Rushing, Season

150 1978
144 2014
142 2005

Fewest First Downs, Rushing, Season

51 1982 (9 games)
65 1999
75 1976

Most First Downs, Rushing, Game

19 vs. San Diego 11/22/1987
vs. Houston 10/16/2005
vs. N.Y. Giants 11/9/2014
18 vs. Kansas City 11/27/1983 (OT)

Fewest First Downs, Rushing, Game

0 at L.A. Rams 10/31/1976
vs. L.A. Rams 11/4/1979
vs. New England 12/4/1988
vs. L.A. Raiders 10/18/1992
vs. Arizona 10/18/2009

TEAM RECORDS - REGULAR SEASON

BY PASSING

Most First Downs, Passing, Season

211 2007
208 2002
207 1997

Fewest First Downs, Passing, Season

89 1982 (9 games)
114 1992
116 1977

Most First Downs, Passing, Game

23 vs. Tampa Bay 11/3/2019
22 at Cleveland 11/4/2007
21 vs. Denver 11/20/1983
vs. Kansas City 11/24/2002
vs. New Orleans 10/14/2007

Fewest First Downs, Passing, Game

1 vs. L.A. Rams 11/4/1979
vs. Oakland 12/22/1996
2 6 Times (Last: vs. Philadelphia 11/2/2008)

BY PENALTY

Most First Downs, Penalty, Season

40 2018
39 1978
35 2002

Fewest First Downs, Penalty, Season

10 1986
14 1991
15 2000

Most First Downs, Penalty, Game

6 vs. N.Y. Jets 9/17/1978
vs. San Diego 11/16/1981
vs. San Diego 9/18/1994
vs. San Francisco 12/2/2018

FIRST DOWNS ALLOWED

Most First Downs Allowed, Season

371 1981
356 2002
351 1983

Fewest First Downs Allowed, Season

167 1982(9 games)
247 1992
262 1991

Most First Downs Allowed, Game

32 at San Diego 9/15/1985
vs. Kansas City 11/24/2002
31 at Chicago 12/20/1987
at Denver 12/1/1996
at N.Y. Jets 12/6/1998
at Denver 12/27/1998

Fewest First Downs Allowed, Game

6 vs. San Diego 11/22/1987
vs. San Francisco 11/12/2007
7 vs. Chicago 9/27/2015
8 at N.Y. Jets 11/13/1977
vs. San Francisco 12/11/2005
at San Francisco 10/22/2015

BY RUSHING

Most First Downs Allowed, Rushing, Season

175 1981
166 1976
153 1978

Fewest First Downs Allowed, Rushing, Season

70 2014
71 2015
78 2005, 2007

Most First Downs Allowed, Rushing, Game

19 vs. New Orleans 11/21/1976
18 3 Times (Last: at Kansas City 11/22/1981)

Fewest First Downs Allowed, Rushing, Game

0 at Green Bay 12/9/1990
at Baltimore 12/13/2015
at Arizona 1/3/2016
at N.Y. Giants 10/22/2017
1 Many Times (Last: Cincinnati 9/8/2019)

BY PASSING

Most First Downs Allowed, Passing, Season

224 2019
207 2008
206 2010

Fewest First Downs Allowed, Passing, Season

68 1982 (9 games)
125 1977
129 1992

Most First Downs Allowed, Passing, Game

27 at San Diego 9/15/1985
24 at Atlanta 10/27/2019
23 at Detroit 10/28/2012

Fewest First Downs Allowed, Passing, Game

2 4 Times (Last: vs. Chicago 9/27/2015)

BY PENALTY

Most First Downs Allowed, Penalty, Season

45 2017
43 2013
40 2011

Fewest First Downs Allowed, Penalty, Season

12 1991
13 1982 (9 games)
15 2006

Most First Downs Allowed, Penalty, Game

7 at Kansas City 10/17/1996
6 vs. Arizona 12/22/2013
at Tennessee 9/24/2017
at N.Y. Giants 10/22/2017
at Arizona 11/9/2017
5 11 Times (Last: at San Francisco 12/16/2018 (OT))

NET YARDS GAINED RUSH/PASS

PLAYS

Most Plays, Season

1,090 1985
1,072 1978
1,056 2007

Fewest Plays, Season

589 1982 (9 games)
869 1977
882 1976

Most Plays, Game

90 at San Diego 12/29/2002 (OT)
85 vs. Kansas City 11/27/1983 (OT)
vs. Green Bay 11/27/2006
vs. Philadelphia 12/7/2014
84 vs. Kansas City 9/29/1985
vs. San Diego 11/22/1987

Fewest Plays, Game

35 vs. L.A. Rams 11/4/1979
37 vs. N.Y. Giants 11/7/2010
39 at Tampa Bay 10/19/2008

YARDS

Most Net Yards Gained, Season

6,058 2015
6,012 2014
5,991 2019

Fewest Net Yards Gained, Season

2,594 1982 (9 games)
3,374 1992
4,065 1976

Most Net Yards Gained, Game

596 at Arizona 12/21/2014
591 at San Diego 12/29/2002 (OT)
559 vs. Buffalo 10/30/1977

Fewest Net Yards Gained, Game

-7 vs. L.A. Rams 11/4/1979(NFL record)
62 at Dallas 10/11/1992
65 vs. New England 12/4/1988

Most Consecutive Games, 500 or More Yards Gained

2 2002

Most Consecutive Games, 400 or More Yards Gained

5 2015
4 1986
3 2012, 2017

Most Consecutive Games, 300 or More Yards Gained

23 2014-16
13 2019
10 2012-13

Most Games 500 Yards or More, Season

3 2002
2 1986, 2014
1 1977, 1979, 1983, 1997, 2004, 2007, 2015, 2016, 2019

Highest Average Gain, Season

5.89 2014 (1,021-6,012)
5.85 2015 (1,035-6,058)
5.80 2005 (1,020-5,915)

Lowest Average Gain, Season

3.57 1992 (945-3,374)
4.40 1982 (589-2,594 [9 games])
4.55 1989 (1,010-4,596)

OPPONENTS YARDS

Fewest Yards Allowed, Season

2,794 1982 (9 games)
4,274 2014
4,378 2013

Most Yards Allowed, Season

6,391 2000
6,106 2019
6,048 2008

Fewest Yards Allowed, Game

113 vs. San Francisco 12/11/2005
118 at Indianapolis 9/14/1997
120 vs. Cleveland 9/3/1984

Most Net Yards Allowed, Game

580 vs. San Francisco 9/25/1988
579 vs. Buffalo 12/23/2000
557 at San Diego 9/15/1985

OPPONENTS PLAYS

Fewest Opponents Plays Allowed, Season

600 1982 (9 games)
924 2014
947 2015

TEAM RECORDS - REGULAR SEASON

950 1990

Most Opponents Plays Allowed, Season

1,137 1998
1,126 1981
1,104 1999

Fewest Opponents Plays Allowed, Game

39 vs. San Diego 11/22/1987
41 at Pittsburgh 10/20/1991
43 vs. L.A. Raiders 9/16/1990

Most Opponents Plays Allowed, Game

95 vs. L.A. Rams 11/4/1979
vs. Philadelphia 12/13/1992
90 at Arizona 10/23/2016
89 vs. Minnesota 9/29/2002

Fewest Opp. Plays Allowed, Rushing, Season

337 1982 (9 games)
362 2015
366 2018

Most Opponents Plays Allowed, Rushing, Season

614 1976
596 1977
588 1981

Fewest Opponents Plays Allowed, Rushing, Game

10 at Green Bay 12/9/1990
12 vs. San Diego 11/22/1987
vs. Minnesota 11/10/1996
vs. San Francisco 12/6/2006
vs. Baltimore 11/13/2011

Most Opponents Plays Allowed, Rushing, Game

63 vs. L.A. Rams 11/4/1979
61 vs. Cincinnati 10/11/1987
60 2 Times (Last: vs. Pittsburgh 10/23/1983)

Fewest Opponents Plays Allowed, Passing, Season

263 1982 (9 games)
367 1977
394 1976

Most Opponents Plays Allowed, Passing, Season

650 1998
633 1993
622 2010

Fewest Opponents Attempts Allowed, Passing, Game

9 at N.Y. Giants 10/25/1992
10 at New England 12/4/1988
11 vs. Cincinnati 10/11/1987

Most Opponents Attempts Allowed, Passing, Game

63 at N.Y. Jets 12/6/1998
59 vs. Pittsburgh 11/29/2015
58 vs. New England 10/14/2012

RUSHING

ATTEMPTS

Most Rushing Attempts, Season

561 1978
546 1983
536 2012

Fewest Rushing Attempts, Season

227 1982 (9 games)
374 1976
385 2010

Most Rushing Attempts, Game

57 vs. N.Y. Jets 9/11/1983

56 vs. San Diego 9/18/1983
54 vs. San Diego 11/22/1987

Fewest Rushing Attempts, Game

7 vs. L.A. Raiders 11/17/1991
9 vs. Washington 12/23/1989
11 at Carolina 10/8/2000
vs. Arizona 10/18/2009

YARDS GAINED

Most Yards Gained Rushing, Season

2,762 2014
2,579 2012
2,560 2018

Fewest Yards Gained Rushing, Season

795 1982(9 games)
1,392 1989
1,408 1999

Most Yards Gained Rushing, Game

350 vs. N.Y. Giants 11/9/2014
320 vs. Houston 10/16/2005
319 vs. Oakland 11/11/2001

Fewest Yards Gained Rushing, Game

4 at Minnesota 11/22/2009
14 vs. Arizona 10/18/2009
20 vs. New England 12/4/1988
vs. Kansas City 11/28/2010

AVERAGE GAIN

Highest Average Gain, Rushing, Season

5.26 2014(525-2,762)
4.81 2012(536-2,579)
4.79 2018(534-2,560)

Lowest Average Gain, Rushing, Season

3.32 1984 (495-1,645)
3.44 1989 (405-1,392)
3.45 1999 (408-1,408)

TOUCHDOWNS

Most Touchdowns, Rushing, Season

29 2005
28 1978
24 1979

Fewest Touchdowns, Rushing, Season

4 1982 (9 games),
1992, 2017
5 1989, 1999

Most Touchdowns, Rushing, Game

5 2005 vs. Houston 10/16/2005
2014 vs. N.Y. Giants 11/9/2014
4 11 Times (Last: at Buffalo 12/16/2012)

OPPONENT RUSHING

Most Yards Allowed Rushing, Season

2,876 1976
2,806 1981
2,513 1978

Fewest Yards Allowed, Rushing, Season

1,304 2014, 2015
1,461 1982 (9 games)
1,487 2016

Most Yards Allowed, Rushing, Game

356 vs. L.A. Raiders 11/30/1987
303 vs. L.A. Rams 11/4/1979
301 vs. Denver 11/26/2000

Fewest Yards Allowed, Rushing, Game

13 at Green Bay 12/9/1990
vs. St. Louis 12/29/2013
15 vs. Minnesota 11/10/1996

17 vs. San Diego 11/22/1987
vs. St. Louis 12/22/2002

Most Touchdowns Allowed, Rushing, Season

23 1979
22 2019
21 1977

Fewest Touchdowns Allowed, Rushing, Season

4 1991, 2013
5 2005
7 1990

Most Touchdowns Allowed, Rushing, Game

5 at Green Bay 12/27/2009
4 5 Times (Last: at Cleveland 11/4/2007)

PASSING

ATTEMPTS

Most Passes Attempted, Season

609 1997, 2009
590 2007
587 2002

Fewest Passes Attempted, Season

326 1982(9 games)
387 1977
405 1987, 2012

Most Passes Attempted, Game

61 vs. Kansas City 9/29/1985
55 at San Francisco 12/1/2002
53 at San Diego 12/29/2002 (OT)
at Arizona 11/15/2009

Fewest Passes Attempted, Game

14 vs. Kansas City 12/11/1977
15 vs. N.Y. Jets 9/11/1983
vs. Green Bay 11/15/1987
vs. Pittsburgh 12/6/1987
16 4 Times (Last: vs. Philadelphia 12/1/2011)

Most Passes Attempted, Both Teams, Game

103 Seattle (53) at San Diego (50) 12/29/2002 (OT)
95 Seattle (47) at Cleveland (48) 11/4/2007
94 Seattle (52) Detroit (42) 11/8/2009

Fewest Passes Attempted, Both Teams, Game

30 Seattle (20) vs. New England (10) 12/4/1988
33 Seattle (15) vs. Pittsburgh (18) 12/6/1987
38 Seattle (23) vs. New England (15) 10/9/1977

COMPLETIONS

Most Passes Completed, Season

372 2009
371 2007
368 2016

Fewest Passes Completed, Season

175 1977
176 1982(9 games)
229 1976

Most Passes Completed, Game

40 vs. Detroit 11/8/2009
36 at San Diego 12/29/2002 (OT)
33 vs. Atlanta 10/13/1985
at Indianapolis 10/4/2009

Fewest Passes Completed, Game

2 vs. L.A. Rams 11/4/1979
4 vs. L.A. Raiders 10/16/1983
5 vs. New England 10/9/1977
vs. Houston 11/20/1977
at Oakland 12/22/1996

Most Passes Completed, Both Teams, Game

64 Seattle (36) at San Diego (28) 12/29/2002 (OT)

TEAM RECORDS - REGULAR SEASON

Seattle (33) at Indianapolis (31)10/4/2009
62 Seattle (40) vs. Detroit (22)11/8/2009
61 Seattle (32) at New Orleans (29)11/21/2010

Fewest Passes Completed, Both Teams, Game

14 Seattle (5) vs. New England (9) 10/9/1977
Seattle (9) vs. New England (5) 12/4/1988
17 Seattle (10) vs. Cleveland (7) 12/18/1977

YARDS GAINED

Most Net Yards Gained, Passing, Season

4,124 2016
4,078 2002
3,964 2007

Fewest Net Yards Gained, Passing, Season

1,778 1992
1,799 1982(9 games)
2,328 1977

Most Net Yards Gained, Passing, Game

446 vs. Houston 10/29/2017
428 at San Diego 12/29/2002
427 at San Francisco 12/1/2002

Fewest Net Yards, Gained Passing, Game

-30 vs. L.A. Rams 11/4/1979
2 vs. L.A. Raiders 10/16/1983
13 at Oakland 12/22/1996

TIMES SACKED

Most Times Sacked, Season

67 1992
53 1985
51 1980, 2018

Fewest Times Sacked, Season

21 1977
23 1979
27 2005

Most Times Sacked, Game

9 vs. Kansas City 11/11/1990
8 vs. Cleveland 9/12/1982
vs. Dallas 12/4/1983
vs. Denver 11/26/1989
at Denver 12/20/1992
at Oakland 10/31/2010

COMPLETION PERCENTAGE

Highest Completion Percentage, Season

68.10 2015 (489-333)
65.95 2019 (517-341)
65.57 2018 (427-280)

Lowest Completion Percentage, Season

45.22 1977 (387-175)
47.71 1976 (480-229)
48.32 1992 (476-230)

TOUCHDOWNS

Most Touchdowns, Passing, Season

35 2018
34 2015, 2017
32 1984

Fewest Touchdowns, Passing, Season

9 1982 (9 games)
1992
13 1976, 1993, 1994

Most Touchdowns, Passing, Game

5 vs. Detroit 12/2/1984
vs. San Diego 9/15/1985
vs. L.A. Raiders 11/28/1988

vs. Oakland 10/26/1997
at Baltimore 11/23/2003 (OT)
vs. N.Y. Giants 9/24/2006
vs. Jacksonville 9/22/2013
vs. Pittsburgh 11/29/2015
at Baltimore 12/13/2015
vs. Tampa Bay 11/3/2019

Most Touchdowns, Passing, Both Teams, Game

10 Seattle (5) at San Diego (5) 9/15/1985
9 Seattle (5) at Baltimore (4) 11/23/2003 (OT)
8 Seattle (5) vs. N.Y. Giants (3) 9/24/2006
Seattle (4) vs. Houston (4) 10/29/2017

PASSES HAD INTERCEPTED

Most Passes Had Intercepted, Season

32 1977
30 1976
26 1984, 1991

Fewest Passes Had Intercepted, Season

6 2019
7 2014, 2018
8 2015

Most Passes Had Intercepted, Game

6 vs. Detroit 10/24/76
at Kansas City 12/9/84
5 4 Times (Last: at Green Bay 11/12/2016)

OPPONENT PASSING

Most Net Yards Allowed, Passing, Season

4,223 2019
4,149 2008
3,994 2010

Fewest Net Yards Allowed, Passing, Season

1,333 1982 (9 games)
2,333 1977
2,524 1976

Most Net Yards Allowed, Passing, Game

494 at San Diego 9/15/1985
480 vs. Pittsburgh 11/29/2015
443 at Atlanta 10/27/2019

Fewest Net Yards Allowed, Passing, Game

12 at Philadelphia 9/6/1998
15 vs. Kansas City 9/30/1979
23 at Indianapolis 9/14/1997

Most Touchdowns Allowed, Passing, Season

33 1983
31 2010
28 1980

Fewest Touchdowns Allowed, Passing, Season

4 1982
11 1992
14 2015

Most Touchdowns Allowed, Passing, Game

5 at San Diego 9/15/1985
vs. San Francisco 9/25/1988
vs. N.Y. Jets 8/31/1997
at Minnesota 11/22/2009
at Tampa Bay 12/26/2010
4 Many Times (Last: vs. Houston 10/29/2017)

PUNTING

PUNTS

Most Punts, Season

108 1992
95 1984, 2011
92 2017

Fewest Punts, Season

49 1982 (9 games)
61 1987, 2002
62 2014

Most Punts, Game

12 vs. Denver 11/28/1993
11 5 Times (Last: vs. Philadelphia 11/2/2008)

Fewest Punts, Game

1 19 Times (Last: vs. Atlanta 11/20/2017)

AVERAGE YARDAGE

Highest Average Distance, Punting, Season

47.58 2018 (79-3,759)
46.64 2011 (95-4,431)
46.07 2009 (89-4,100)

Lowest Average Distance, Punting, Season

36.42 1978 (69-2,513)
37.40 1976 (82-3,067)
37.55 1984 (95-3,567)

HAD BLOCKED

Most Punts Had Blocked, Season

3 1979
2 1976, 1977, 1980, 1997, 2003, 2004, 2013

Most Punts Had Blocked, Game

2 vs. Kansas City 9/30/1979
1 Many Times (Last: vs. Arizona 12/30/2018)

Most Consecutive Punts Without A Block

612 1980-88
413 1989-93
408 2008-13

INSIDE THE 20

Most Punts Inside Opponents' 20-Yard Line, Season

34 1999, 2011, 2019
33 1994
30 2007, 2012

Fewest Punts Inside Opponents' 20-Yard Line, Season

9 1982 (9 games)
10 1977, 1986
11 1979, 1991

Most Punts Inside Opponents' 20-Yard Line, Game

7 vs. San Francisco 12/6/2009
6 vs. Minnesota 11/10/1996
vs. Kansas City 12/26/1999
at N.Y. Giants 12/23/2001
at Chicago 10/17/2010
at Miami 11/25/2012

OPPONENTS PUNTING

Fewest Opponent Punts, Season

50 1982 (9 games)
54 1977
55 1981

Most Opponent Punts, Season

97 1985
96 1992
93 2007

Fewest Opponent Punts, Game

0 at Oakland 12/16/1979
vs. Oakland 12/5/1999
at N.Y. Jets 12/19/2004
1 Many Times (Last: at New Orleans 11/21/2010)

Most Opponent Punts, Game

11 at Denver 10/25/1985 (OT)

TEAM RECORDS - REGULAR SEASON

10 vs. Denver 11/30/1992 (OT)
7 Times (Last: vs. Chicago 9/27/2015)

AVERAGE YARDAGE

Highest Opponent Average, Punting, Season

47.22 2009 (82-3,872)
46.47 2007 (93-4,322)
46.09 2013 (82-3,779)

Lowest Opponent Average, Punting, Season

35 1976 (65-2,275)
35.96 1977 (54-1,942)
37.37 1979 (70-2,616)

Highest Opponent Average, Punting, Game (Min. 3)

59.6 at San Francisco 9/11/2011 (5-298)
58.3 at Pittsburgh 9/18/2011 (3-175)
56.8 at Tennessee 9/24/2017 (6-341)

Lowest Opponent Average, Punting, Game (Min. 3)

17.3 vs. Buffalo 10/14/1984 (4-69)
21.7 vs. Dallas 10/12/2014 (3-65)
22.8 vs. N.Y. Jets 11/26/1979(4-91)

HAD BLOCKED

Most Opponent Punts Blocked, Season

4 1984, 1986
2 1976, 1979, 1980, 1985, 2011, 2014

Most Opponent Punts Blocked, Game

2 vs. Buffalo 10/14/1984
at New England 9/21/1986
1 Many Times (Last: at Cleveland 10/13/2019)

Most Consecutive Opponent Punts Without A Block

574 2003-10
537 1994-01
279 1987-91

INSIDE THE 20

Most Opponent Punts Inside the Opponents' 20, Season

34 2016
31 2004
30 2010, 2012

Fewest Opponent Punts Inside Opponents' 20, Season

10 1976, 1977, 1982 (9 games)
13 1987

Most Opponent Punts Inside Opponents' 20, Game

6 at L.A. Rams 9/18/2016
5 vs. Dallas 10/23/2005
4 Many Times (Last: vs. New Orleans 9/22/2019)

PUNT RETURNS

PUNT RETURNS

Most Punt Returns, Season

58 2007
53 1985
52 2013

Fewest Punt Returns, Season

21 1982 (9 games)
23 2019
25 2002, 2018

Most Punt Returns, Game

7 vs. Tampa Bay 10/17/1976

at N.Y. Jets 11/13/1977
vs. San Francisco 12/6/2009
at St. Louis 11/20/2011
at N.Y. Giants 12/15/2013
6 Many Times (Last: at N.Y. Giants 10/9/2011)

Fewest Punt Returns, Game

0 Many Times

FAIR CATCHES

Most Fair Catches, Season

28 2014, 2016
27 1992
26 2004

Fewest Fair Catches, Season

4 1977
5 1978
6 3 Times (Last: 1983)

Most Fair Catches, Game

6 at Arizona 12/21/2014
at L.A. Rams 9/18/2016
5 7 Times (Last: at San Francisco 11/26/2017)

YARDS GAINED

Most Yards, Punt Returns, Season

658 2007
579 2013
484 1984

Fewest Yards, Punt Returns, Season

141 2019
143 2018
177 2005

Most Yards, Punt Returns, Game

139 at Arizona 1/3/2016
106 at Pittsburgh 9/26/1999
105 vs. N.Y. Giants 11/5/1995

Fewest Yards, Punt Returns, Game

-4 vs. San Francisco 12/2/2018
-3 at Washington 10/2/2005 (OT)
vs. San Diego 9/21/1997
vs. L.A. Rams 10/7/2018

AVERAGE YARDS RETURNING PUNTS

Highest Average, Punt Returns, Season

13.97 1999 (30-419)
12.80 2000 (30-384)
11.72 1986 (39-457)

Lowest Average, Punt Returns, Season

5.71 2005 (31-177)
5.72 2018 (25-143)
6.13 2019 (23-141)

TOUCHDOWNS RETURNING PUNTS

Most Touchdowns, Punt Returns, Season

2 1998
1 13 Times (Last: 2015)

Most Touchdowns, Punt Returns, Game

1 15 Times (Last: at St. Louis 9/13/2015)

OPPONENT PUNT RETURNS

Fewest Opponent Punt Returns, Season

17 2002, 2014
19 1982 (9 games)
21 2013

Most Opponent Punt Returns, Season

56 1976, 1992
52 1996

Fewest Yards Allowed, Punt Returns, Season

69 1982 (9 games)
82 2013
140 2003

Most Yards Allowed, Punt Returns, Season

640 1996
549 1995
541 2011

Fewest Yards Allowed, Punt Returns, Game

-12 at L.A. Rams 10/23/1988
-5 at Green Bay 1/1/2006
-4 vs. Denver 11/30/1992 (OT)

Most Yards Allowed, Punt Returns, Game

184 at Baltimore 12/7/1997
136 vs. Cincinnati 10/30/2011
133 at Oakland 11/15/1998

Seasons Leading League, Lowest Average Allowed, Punt Returns

1981, 1983, 1988, 2003

Lowest Average Allowed, Punt Returns, Season

3.63 1982 (19-69) (9 games)
3.90 2013 (21-82)
4.64 1981 (33-153) (Led NFL)

Highest Average Allowed, Punt Returns, Season

13.31 2015 (29-386)
12.31 1996 (52-640)
12.18 1997 (38-463)

Longest Return Allowed, Game

91 at N.Y. Jets 11/9/1987 (TD)
90 at St. Louis 10/19/2014 (TD)
89 at Baltimore 12/7/1997 (TD)
at San Francisco 12/1/2002 (TD)
at Chicago 10/17/2010 (TD)

Most Touchdowns Allowed, Punt Returns, Season

2 1990, 1997, 2011
1 16 Times (Last: 2019)

Most Touchdowns Allowed, Punt Returns, Game

2 at Baltimore 12/7/1997
1 20 Times (Last: vs. New Orleans 9/22/2019)

KICKOFF RETURNS

KICKOFF RETURNS

Most Kickoff Returns, Season

80 2000
79 1976
77 2008

Fewest Kickoff Returns, Season

22 2019
29 1982 (9 games)
2012, 2018
33 2013

Most Kickoff Returns, Game

9 vs. New Orleans 11/21/1976
vs. Kansas City 11/27/1983 (OT)
8 Many Times (Last: vs. N.Y. Giants 11/7/2010)

Fewest Kickoff Returns, Game

0 Many Times

YARDS GAINED

Most Yards, Kickoff Returns, Season

1,948 2008

TEAM RECORDS - REGULAR SEASON

1,932 2000
1,620 1995

Fewest Yards, Kickoff Returns, Season

432 2019
544 1982 (9 games)
669 2018

Most Yards, Kickoff Returns, Game

268 vs. Indianapolis 10/15/2000
253 vs. San Diego 9/26/2010
251 vs. New Orleans 11/21/1976

Fewest Yards, Kickoff Returns, Game

0 Many Times

AVERAGE YARDAGE

Highest Average, Kickoff Returns, Season

27.14 2012 (29-787)
25.53 2015 (34-868)
25.30 2008 (77-1,948)

Lowest Average, Kickoff Returns, Season

17.70 1992 (50-885)
18.52 1981 (69-1,278)
18.62 1993 (50-931)

TOUCHDOWNS

Most Touchdowns, Kickoff Returns, Season

3 2010
2 2007
1 9 Times (Last: 2017)

Most Touchdowns, Kickoff Returns, Game

2 vs. San Diego 9/26/2010
1 at St. Louis 11/13/1983
vs. Kansas City 10/8/1989
at San Diego 10/30/1994
vs. Washington 9/20/1998
vs. Buffalo 12/23/2000
at St. Louis 10/20/2002
vs. St. Louis 10/21/2007
at St. Louis 11/25/2007
at San Francisco 12/12/2010
at Miami 11/25/2012
vs. Chicago 9/27/2015
vs. Arizona 12/31/2017

OPPONENT KICKOFF RETURNS

Fewest Opponent Kickoff Returns, Season

24 1982 (9 games), 2019
32 2016
36 1992

Most Opponent Kickoff Returns, Season

82 2005
81 1999
79 2003

Fewest Opponent Kickoff Returns, Game

0 Many Times (Last: at Oakland 10/14/2018)

Most Opponent Kickoff Returns, Game

10 vs. Kansas City 9/20/1987
vs. Oakland 10/26/1997
9 5 Times (Last: vs. Arizona 12/9/2012)

YARDS GAINED

Fewest Yards Allowed, Kickoff Returns, Season

361 1982 (9 games)
532 2019
654 2016

Most Yards Allowed, Kickoff Returns, Season

1,802 2005
1,790 2007
1,779 1997

Fewest Yards Allowed, Kickoff Returns, Game

0 Many Times

Most Yards Allowed, Kickoff Returns, Game

237 at Atlanta 12/30/2007
230 vs. Kansas City 9/20/1987
223 vs. Oakland 10/26/1997

Longest Return Allowed, Game

102 at San Francisco 9/11/2011 (TD)
101 at Minnesota 12/6/2015 (TD)
99 vs. Kansas City 9/3/1995 (TD)
at St. Louis 10/9/2005 (TD)

AVERAGE YARDAGE

Seasons Leading League, Lowest Average Allowed, Kickoff Returns

1982, 1983

Lowest Average Allowed, Kickoff Returns, Season

15.04 1982 (24-361) (Led NFL) (9 games)
16.14 1983 (59-952) (Led NFL)
16.66 1984 (67-1,116)

Highest Average Allowed, Kickoff Returns, Season

26.02 2011 (48-1,249)
25.64 2008 (47-1,205)
25.55 2015 (42-1,073)

TOUCHDOWNS

Most TDs Allowed, Kickoff Returns, Season

2 1995, 2002
1 1978, 1987, 1993, 1997, 2001, 2005, 2011, 2015, 2018

Most TDs Allowed, Kickoff Returns, Game

1 13 Times (Last: at San Francisco 12/16/2018)

FUMBLES

FUMBLES

Most Fumbles, Season

43 1989
41 1981
38 1980

Fewest Fumbles, Season

16 2012
18 2005, 2010, 2015, 2017, 2018
19 2004

Most Fumbles, Game

8 at Kansas City 11/5/1989
at Arizona 10/29/1995 (OT)
7 at Denver 11/20/1983

FUMBLES LOST

Most Fumbles Lost, Season

23 1981
20 1983
19 1978, 1994

Fewest Fumbles Lost, Season

4 2018
5 2017
6 2016

Most Fumbles Lost, Game

5 at Green Bay 10/15/1978
at Denver 12/13/1981
4 6 Times (Last: vs. Oakland 11/1/1998)

FUMBLES RECOVERED

Most Fumbles Recovered, Season, Own and Opponents

44 1983 (16 own, 28 opp)
41 1981 (14 own, 27 opp)
37 1987, 1989

Fewest Fumbles Recovered, Season, Own & Opponents

14 2015
15 2008
16 2010

Most Fumbles Recovered, Game, Own & Opponents

8 vs. Cleveland 12/20/1981 (1 own, 7 opp)
7 vs. Chicago 12/20/1987 (4 own, 3 opp)
vs. San Diego 11/25/1990 (4 own, 3 opp)

Most Own Fumbles Recovered, Season

24 1989
22 1980
19 2009

Fewest Own Fumbles Recovered, Season

4 2008
6 2010, 2015
7 2012

Most Opponents Fumbles Recovered, Season

28 1983
27 1981
25 1984

Fewest Opponents Fumbles Recovered, Season

6 1999
8 1982, 2015, 2016
9 1995, 2011, 2017

Most Opponents Fumbles Recovered, Game

7 vs. Cleveland 12/20/1981
6 at Oakland 12/22/1996
5 vs. L.A. Raiders 10/16/1983
vs. Cleveland 11/14/1993
vs. Kansas City 10/4/1998

TOUCHDOWNS

Most TDs, Opponent Fumbles Recovered, Season

3 1997, 2015
2 7 Times (Last: 2003)

Most TDs, Fumbles Recovered, Game, Own and Opponents

2 at San Francisco 11/11/2019 (1 each)
vs. Denver 11/26/2000 (2-opp)
1 Many Times

OPPONENT FUMBLES

Fewest Opponent Fumbles, Season

17 1995, 1999
18 1982 (9 games)
2011
19 2016

Most Opponent Fumbles, Season

47 1984
44 1983
43 1981

Most Opponent Fumbles, Game

9 vs. Cleveland 12/20/1981
at Oakland 12/22/1996
7 4 Times (Last: vs. Miami 10/6/1996)

TURNOVERS

TURNOVERS (NUMBER OF TIMES LOSING BALL ON INTS AND FUMS)

Most Turnovers, Season

48 1976 (30 ints, 18 fums)

TEAM RECORDS - REGULAR SEASON

46 1977 (32 ints, 14 fums)
43 1991 (26 ints, 17 fums)

Fewest Turnovers, Season

11 2018 (7 ints, 4 fums)
14 2014 (7 ints, 7 fums)
16 2015 (8 ints, 8 fums)

Most Turnovers, Game

8 vs. Detroit 10/24/1976 (6 ints, 2 fums)
at Denver 11/20/1983 (4 ints, 4 fums)
7 4 Times (Last: at Arizona 10/29/1995 [OT], 4 ints, 3 fums)

Most Turnovers, Both Teams, Game

14 Seattle (4) vs. Cleveland (10) 12/20/1981
11 Seattle (7) at Kansas City (4) 9/29/1985
Seattle (7) at Arizona (4) 10/29/1995 (OT)
Seattle (3) vs. San Diego (8) 12/13/1998

Fewest Turnovers, Both Teams, Game

0 Many Times

TAKEAWAYS (NO. OF TIMES TAKING BALL FROM OPPT. ON INTS AND FUMBL)

Seasons Leading League in Most Takeaways

1984, 2013

Fewest Opponent Turnovers, Season

19 2016 (11 ints, 8 fums)
20 2008 (9 ints, 11 fums)
21 1982 (13 ints, 8 fums) (9 games)

Most Opponent Turnovers, Season

63 1984 (38 ints, 25 fums) (2nd in NFL history)
54 1983 (26 ints, 28 fums)
48 1981 (21 ints, 27 fums)

Most Opponent Turnovers, Game

10 vs. Cleveland 12/20/1981 (3 ints, 7 fums)
8 4 Times (Last: vs. Arizona 12/9/2012 [7 int, 1 fum])

PENALTIES

PENALTIES

Fewest Penalties, Season

59 1982 (9 games)
2007
66 2001
76 1977

Most Penalties, Season

148 2017
138 2011
130 2014

Fewest Penalties, Game

0 at Pittsburgh 12/6/1987
vs. Dallas 12/16/2001
vs. Baltimore 12/23/2007
1 13 Times (Last: vs. Minnesota 12/2/2019)

Most Penalties, Game

17 at Green Bay 10/21/1984
16 vs. Washington 11/5/2017
15 at Tampa Bay 10/17/1976
at San Diego 10/9/1983
at N.Y. Giants 10/22/2017

Fewest Penalties, Both Teams, Game

2 Seattle (1) at Oakland (1) 12/5/1999
Seattle (2) at Philadelphia (0) 12/2/2007
4 Seattle (2) at N.Y. Jets (2) 12/19/2004
Seattle (1) vs. Tampa Bay (3) 12/26/2010
Seattle (1) vs. Arizona (3) 12/30/2018
Seattle (1) vs. Minnesota (3) 12/2/2019

Most Penalties, Both Teams, Game

35 Seattle (15) vs. Tampa Bay (20) 10/17/1976
30 Seattle (13) at Kansas City (17) 11/8/1998
28 Seattle (17) at Green Bay (11) 10/21/1984

YARDS PENALIZED

Fewest Yards Penalized, Season

428 2007
523 1982 (9 games)
579 2001

Most Yards Penalized, Season

1,342 2017
1,183 2013
1,179 1984

Fewest Yards Penalized, Game

0 at Pittsburgh 12/6/1987
vs. Dallas 12/16/2001
vs. Baltimore 12/23/2007
5 at Pittsburgh 9/27/1998
at Cleveland 9/9/2001
vs. Atlanta 1/2/2005

Most Yards Penalized, Game

148 at San Francisco 12/16/2018 (OT)
145 vs. Denver 12/8/1979
142 at Dallas 12/24/2017

Fewest Yards Penalized, Both Teams, Game

19 Seattle (14) at Oakland (5) 12/5/1999
25 Seattle (25) at Philadelphia (0) 12/2/2007
26 Seattle (10) vs. St. Louis (16) 9/10/2000

Most Yards Penalized, Both Teams, Game

310 Seattle (120) vs. Tampa Bay (190) 10/17/1976
273 Seattle (145) at Denver (128) 12/8/1979
249 Seattle (113) at Arizona (136) 11/15/2009

TIME OF POSSESSION

TIME OF POSSESSION

Highest Average Time of Possession, Season

32:11 2014
31:40 2015
31:36 2012

Lowest Average Time of Possession, Season

26:30 2008
26:59 1981
27:05 1998

Highest Time of Possession, Game

41:56 at Philadelphia 12/7/2014
41:35 vs. San Diego 11/22/1987
40:21 vs. Denver 10/22/1989 (OT)

Lowest Time of Possession, Game

14:28 vs. L.A. Rams 11/4/1979
17:04 at Cleveland 10/23/2011
17:10 vs. San Francisco 9/25/1988
vs. Arizona 10/18/2009

TIME OF POSSESSION ALLOWED

Lowest Average Time of Possession Allowed, Season

27:49 2014
28:20 2015
28:24 2012

Highest Average Time of Possession Allowed, Season

33:30 2008
33:01 1981
32:55 1998

Lowest Time of Possession Allowed, Game

18:04 at Philadelphia 12/7/2014
18:25 vs. San Diego 11/22/1987
20:05 at Pittsburgh 10/20/1991

Highest Time of Possession Allowed, Game

46:47 vs. Philadelphia 12/13/1992 (OT)
46:21 at Arizona 10/23/2016 (OT)
45:32 vs. L.A. Rams 11/4/1979

INTERCEPTIONS

INTERCEPTIONS

Seasons Leading League

1984 (38), 1999 (30), 2013 (28)

Most Passes Intercepted By, Season

38 1984
30 1999
28 2013

Fewest Passes Intercepted By, Season

9 1989, 2008
11 2016
12 1990, 2006, 2010, 2018

Most Passes Intercepted By, Game

7 vs. San Diego 12/13/1998
6 vs. Kansas City 11/4/1984
5 at Houston 10/5/1980
at Pittsburgh 12/6/1992
at Pittsburgh 9/26/1999
vs. Arizona 12/9/2007
vs. Detroit 11/8/2009
at N.Y. Giants 12/15/2013

Most Consecutive Games, One or More Interceptions By

17 1983-84
12 2002-03
11 1993

YARDS RETURNED

Most Yards, Returning Interceptions, Season

697 1984 (4th in NFL history)
462 2011
455 1998

Fewest Yards Returning Interceptions, Season

57 1989
72 2016
95 1980

Most Yards Returning Interceptions, Game

325 vs. Kansas City 11/4/1984 (NFL record)
148 at Philadelphia 12/5/2005
146 vs. Philadelphia 12/1/2011

TOUCHDOWNS

Most TDs Returning Interceptions, Season

8 1998 (2nd in NFL history)
7 1984 (3rd in NFL history)
4 2011

Most Touchdowns Returning Interceptions, Game

4 vs. Kansas City 11/4/1984 (NFL record)
2 vs. Chicago 9/23/1984
vs. Arizona 9/13/1998
at Philadelphia 12/5/2005
at Chicago 12/18/2011

Most TDs Returning Interceptions, Both Teams, Game

4 Seattle (4) vs. Kansas City (0) 11/4/1984 (NFL record)
2 9 Times (Last: Seattle [2] at Chicago [0] 12/18/2011)

SACKS

SACKS

Most Sacks, Season

61 1985

TEAM RECORDS - REGULAR SEASON

55 1984

53 1998

Fewest Sacks, Season

17 1982 (9 games)

18 1977

25 1978

Most Sacks, Game

11 vs. L.A. Raiders 12/8/1986

10 vs. Philadelphia 12/13/1992 (OT)

9 4 Times (Last: vs. Oakland 11/6/2006)

Most Opponent's Yards Lost Attempting to Pass, Season

464 1985

398 1984

351 1983

Fewest Opponent's Yards Lost Attempting to Pass, Season

131 1977

135 1982 (9 games)

152 2000

Most Opponent's Yards Lost Attempting to Pass, Game

89 vs. Philadelphia 12/13/1992 (OT)

68 vs. L.A. Raiders 12/8/1986

65 vs. L.A. Raiders 10/16/1983

INDIVIDUAL RECORDS - POSTSEASON

SERVICE

SERVICE

Most Games, Career

15	Bobby Wagner, 2012-16, 2018-19 Russell Wilson, 2012-16, 2018-19
14	Kam Chancellor, 2010, 2012-16 Jon Ryan, 2010, 2012-16 K.J. Wright, 2012-16, 2018-19
13	Doug Baldwin, 2012-16, 2018 Marshawn Lynch, 2010, 2012-15, 2019

Most Starts, Career

15	Bobby Wagner, 2012-16, 2018-19 Russell Wilson, 2012-16, 2018-19
13	K.J. Wright, 2012-16, 2018-19
12	Russell Okung, 2010, 2012-15 Richard Sherman, 2012-16 Earl Thomas, 2010, 2012-15

SCORING

POINTS

Most Points, Career

84	Steven Hauschka, 2012-16 (19 FG, 27 PAT) 11 games
72	Marshawn Lynch, 2010, 2012-15, 2019 (12 TD) 13 games
69	Josh Brown, 2003-07 (16 FG, 21 PAT) 9 games

Most Points, Game

18	Shaun Alexander, at Green Bay 1/4/2004 (3-R) (OT)
12	10 Times (Last: Marshawn Lynch, at Green Bay 1/12/2020 [2-R])

TOUCHDOWNS

Most Touchdowns, Career

12	Marshawn Lynch, 2010, 2012-14, 2019 (12-R)
8	Shaun Alexander, 2003-07 (8-R)
6	Jermaine Kearse, 2012-16 (6-P) Doug Baldwin, 2012-16 (6-P)

Most Touchdowns, Game

3	Shaun Alexander, at Green Bay 1/4/2004 (3-R) (OT)
2	10 Times (Last: Marshawn Lynch, at Green Bay 1/12/2020 [2-R])

Most Consecutive Games Scoring Touchdown

5	Marshawn Lynch, 2012-2013
4	Jermaine Kearse, 2013-14
3	Darrell Jackson, 2004-05 Jerramy Stevens, 2005-06

POINTS AFTER TOUCHDOWN

Most Points After Touchdown, Career

27	Steven Hauschka, 2012-16 (28 att) 11 games
21	Josh Brown, 2003-07 (21 att) 9 games
14	Norm Johnson, 1983-84, 1987-88 (15 att) 7 games

Most Points After Touchdown, Game

5	Olindo Mare, vs. New Orleans 1/8/2011 (5 att) Steven Hauschka, vs. Denver 2/2/2014 (5 att)
4	Norm Johnson, vs. Denver 12/24/1983 (4 att) Josh Brown, vs. Carolina 1/22/2006 (4 att) Ryan Longwell, at Atlanta 1/13/2013 (4 att) Steven Hauschka, vs. Carolina 1/10/2015 (4 att)

FIELD GOALS

Most Field Goals Attempted, Career

20	Steven Hauschka, 2012-16 (11 games)
19	Josh Brown, 2003-07 (9 games)

Most Field Goals Attempted, Game

3	7 Times (Last: Sebastian Janikowski, at Dallas 1/5/2019)
2	16 Times (Last: Jason Myers, at Green Bay 1/13/2020)

Most Field Goals Made, Career

19	Steven Hauschka, 2012-16 (20 att) 11 games
16	Josh Brown, 2003-07 (19 att) 9 games
8	Norm Johnson, 1983-84, 1987-88 (10 att) 7 games

Most Field Goals Made, Game

3	Steven Hauschka, at Washington 1/6/2013 (3 att) Steven Hauschka, vs. New Orleans 1/11/2014 (3 att) Steven Hauschka, vs. San Francisco 1/19/2014 (3 att)
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Longest Field Goal Made

50	Josh Brown, vs. Washington 1/5/2008
50	Todd Peterson, vs. Miami 1/9/2000
49	Steven Hauschka, vs. New Orleans 1/11/2014 Jason Myers, at Philadelphia 1/5/2020

Longest Field Goal Attempted

57	Sebastian Janikowski at Dallas 1/5/2019 (wr)
55	Steven Hauschka, at Carolina 1/17/2016 (sh)
54	Josh Brown, vs. Pittsburgh 2/5/2006 (wr)

Most Consecutive Field Goals Made

14	Steven Hauschka, 2012-15
8	Josh Brown, 2003-2005
7	Josh Brown, 2006

Highest Field Goal %, Career (Min. 5 att.)

95.0	Steven Hauschka, 2012-16 (19-20) 11 games
84.2	Josh Brown, 2003-06 (16-19) 9 games
80.0	Norm Johnson, 1983-84, 1987-88 (8-10) 7 games

SAFETIES

Most Safeties, Career

1	Cliff Avril, 2013-16 (9 games)
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Most Safeties, Game

1	Cliff Avril, vs. Denver 2/2/2014 (tackle in endzone)
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RUSHING

ATTEMPTS

Most Attempts, Career

211	Marshawn Lynch, 2010, 2012-15, 2019 (13 games)
169	Shaun Alexander, 2003-07 (9 games)
79	Russell Wilson, 2012-16, 2018-19 (15 games)

Most Attempts, Game

34	Shaun Alexander, vs. Carolina 1/22/2006
29	Curt Warner, at Miami 12/31/1983 Dan Doornink, vs. L.A. Raiders 12/22/1984

YARDS GAINED

Most Yards Gained, Career

970	Marshawn Lynch, 2010, 2012-15, 2019 (13 games)
564	Shaun Alexander, 2003-07 (9 games)
477	Russell Wilson, 2012-16, 2018-19 (15 games)

Most Yards Gained, Game

161	Thomas Rawls, vs. Detroit 1/7/2017
157	Marshawn Lynch, vs. Green Bay 1/18/2015
140	Marshawn Lynch, vs. New Orleans 1/11/2014

Most Games, 100 or More Yards Rushing, Career

6	Marshawn Lynch, 2010, 2012-15
2	Shaun Alexander, 2003-07
1	Dan Doornink, 1983-84 Thomas Rawls, 2016 Curt Warner, 1983

Most Consecutive Games, 100+ Yards Rushing

2	Marshawn Lynch, 2013 Marshawn Lynch, 2014 Curt Warner, 1983 Dan Doornink, 1984 Shaun Alexander, 2005, 2006 Marshawn Lynch, 2010, 2012 Thomas Rawls, 2016
1	

Longest Run From Scrimmage

67t	Marshawn Lynch, vs. New Orleans 1/8/2011
40t	Marshawn Lynch, vs. San Francisco 1/19/2014
32	Thomas Rawls, vs. Detroit 1/7/2017 Mack Strong, vs. Washington 1/14/2006

AVERAGE GAIN

Highest Average Gain, Career (Min. 30 att.)

6.04	Russell Wilson, 2012-16, 2018-19 (79-477) 15 games
5.13	Thomas Rawls, 2016 (38-195) 2 games
4.60	Marshawn Lynch, 2010, 2012-15, 2019 (211-970) 13 games

Highest Average Gain, Game (Min. 15 att.)

6.89	Marshawn Lynch, vs. New Orleans 1/8/2011 (19-131)
6.60	Marshawn Lynch, at Washington 1/6/2013 (20-132)
6.28	Marshawn Lynch, vs. Green Bay 1/18/2015 (25-157)

TOUCHDOWN

Most Touchdowns, Career

12	Marshawn Lynch, 2010, 2012-15, 2019 (13 games)
8	Shaun Alexander, 2003-07 (9 games)
3	Russell Wilson, 2012-16, 2018-19 (14 games)

Most Touchdowns, Game

3	Shaun Alexander, at Green Bay 1/4/2004 (OT)
2	Curt Warner, at Miami 12/31/1983 Shaun Alexander, vs. Carolina 1/22/2006 Shaun Alexander, at Chicago 1/14/2007 (OT) Marshawn Lynch, vs. New Orleans 1/11/2014 Marshawn Lynch, at Green Bay 1/20/2020

Most Consecutive Games with Rushing TD

5	Marshawn Lynch, 2012-13
2	Marshawn Lynch, 2014, 2019

PASSING

PASSER RATING

Highest Pass Rating, Career (Min. 50 att.)

96.7	Russell Wilson, 2012-16, 2018-19 (15 games)
84.4	Matt Hasselbeck, 2003-07, 2010 (11 games)
75.9	Dave Krieg, 1983-84, 1987-88 (7 games)

ATTEMPTS

Most Passes Attempted, Career

424	Russell Wilson, 2012-16, 2018-19 (15 games)
406	Matt Hasselbeck, 2003-07, 2010 (11 games)
183	Dave Krieg, 1983-84, 1987-88 (7 games)

Most Passes Attempted, Game

50	Dave Krieg, at Cincinnati 12/31/1988
49	Matt Hasselbeck, vs. Pittsburgh 2/5/2006
48	Russell Wilson, at Carolina 1/17/2016

COMPLETIONS

Most Passes Completed, Career

264	Russell Wilson, 2012-16, 2018-19 (15 games)
237	Matt Hasselbeck, 2003-07, 2010 (11 games)
94	Dave Krieg, 1983-84, 1987-88 (7 games)

Most Passes Completed, Game

31	Russell Wilson, at Carolina 1/17/2016
27	Matt Hasselbeck, vs. St. Louis 1/8/2005
26	Matt Hasselbeck, vs. Pittsburgh 2/5/2006 Matt Hasselbeck, at Chicago 1/16/2011

COMPLETION PERCENTAGE

Highest Completion %, Career (Min. 100 att.)

62.26	Russell Wilson, 2012-16, 2018-19 (424-264) 15 games
58.37	Matt Hasselbeck, 2003-07, 2010 (406-237) 11 games
51.37	Dave Krieg, 1983-84, 1987-88 (183-94) 7 games

INDIVIDUAL RECORDS - POSTSEASON

Highest Completion %, Game (Min. 15 comp.)

76.66	Russell Wilson, vs. Detroit 1/7/2017 (30-23)
72.00	Russell Wilson, vs. Denver 2/2/2014(25-18)
71.42	Matt Hasselbeck, vs. Carolina 1/22/2006 (28-20)

YARDS GAINED

Most Yards Gained, Career

3,777	Russell Wilson, 2012-16, 2018-19 (15 games)
2,741	Matt Hasselbeck, 2003-07, 2010 (11 games)
1,242	Dave Krieg, 1983-84, 1987-88 (7 games)

Most Yards Gained, Game

385	Russell Wilson, at Atlanta 1/13/2013
366	Russell Wilson, at Carolina 1/17/2016
341	Matt Hasselbeck, vs. St. Louis 1/8/2005

Most Games, 300 or More Yards Passing, Career

3	Russell Wilson
2	Matt Hasselbeck

Most Consec. Games, 300+ Yds. Passing, Career

2	Matt Hasselbeck, 2003-04
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Longest Pass Completion

63t	Russell Wilson (to Jermaine Kearse), vs. Carolina 1/10/2015
56t	Dave Krieg (to Steve Largent) at Miami 12/29/1984
53	Russell Wilson (to Tyler Lockett) at Dallas 1/5/2019
53t	Russell Wilson (to DK Metcalf) at Philadelphia 1/5/2020

AVERAGE GAIN

Highest Average Gain, Career (Min. 50 att.)

8.91	Russell Wilson, 2012-16, 2018-19 (424-3,777) 15 games
6.79	Dave Krieg 1983-84, 1987-88 (183-1,242) 7 games
6.75	Matt Hasselbeck, 2003-07, 2010 (406-2,741) 11 games

Highest Average Gain, Game (Min. 20 att.)

12.18	Russell Wilson, vs. Carolina 1/10/2015 (22-268)
11.76	Russell Wilson, vs. New England 2/1/2015 (21-247)
10.83	Russell Wilson, at Philadelphia 1/5/2020 (30-325)

TOUCHDOWNS

Most Touchdown Passes, Career

23	Russell Wilson, 2012-16, 2018-19 (15 games)
18	Matt Hasselbeck, 2003-07, 2010 (11 games)
9	Dave Krieg, 1983-84, 1987-88 (7 games)

Most Touchdown Passes, Game

4	Matt Hasselbeck, vs. New Orleans 1/8/2011
3	Dave Krieg, vs. Denver 12/24/1983
	Matt Hasselbeck, at Chicago 1/16/2011
	Russell Wilson, vs. Carolina 1/10/2015
	Russell Wilson, at Carolina 1/17/2016

Most Consecutive Games, Touchdown Pass

12	Russell Wilson, 2013-16, 2018-19
10	Matt Hasselbeck, 2004-2010
4	Dave Krieg, 1984, 1987-88

HAD INTERCEPTED

Lowest %, Passes Had Int., Career (Min. 50 att.)

2.22	Matt Hasselbeck, 2003-07, 2010 (9-406) 11 games
2.59	Russell Wilson, 2012-16, 2018-19 (11-424) 15 games
3.28	Dave Krieg, 1987-88 (6-183) 7 games

Most Attempts Without Interception, Game

46	Matt Hasselbeck, at Chicago 1/16/2011
38	Dave Krieg, at Houston 1/3/1988 (OT)
35	Dave Krieg at Miami 12/29/1984

Most Passes Had Intercepted, Career

11	Russell Wilson, 2012-16, 2018-19 (15 games)
9	Matt Hasselbeck, 2003-07, 2010 (11 games)
6	Dave Krieg, 1983-84, 1987-88 (7 games)

Most Passes Had Intercepted, Game

4	Russell Wilson, vs. Green Bay 1/18/2015
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3	Dave Krieg, at L.A. Raiders 1/8/1984
2	7 Times (Last: Russell Wilson, at Atlanta 1/14/2017)

Most Consecutive Passes Without Interception

131	Matt Hasselbeck, 2004-05
98	Russell Wilson, 2015-16
91	Russell Wilson, 2013-14

RECEIVING

RECEPTIONS

Most Receptions, Career

58	Doug Baldwin, 2012-16, 2018 (13 games)
41	Darrell Jackson, 2003-06 (7 games)
35	Bobby Engram, 2003-07 (9 games)

Most Receptions, Game

12	Darrell Jackson, vs. St. Louis 1/8/2005
11	John L. Williams, at Cincinnati 12/31/1988
	Jermaine Kearse, at Carolina 1/17/2016
	Doug Baldwin, vs. Detroit 1/7/2017

Most Consecutive Games, Pass Reception

13	Doug Baldwin, 2012-16, 2018
10	Jermaine Kearse, 2013-16
9	Bobby Engram, 2003-07

YARDS GAINED

Most Yards Gained, Career

734	Doug Baldwin, 2012-16, 2018 (13 games)
503	Darrell Jackson, 2003-06 (7 games)
493	Jermaine Kearse, 2012-16 (12 games)

Most Yards Gained, Game

160	DK Metcalf, at Philadelphia 1/5/2020
143	Darrell Jackson, vs. Washington 1/14/2006
142	Zach Miller, at Atlanta 1/13/2013

Most Games, 100+ Yards Receiving, Career

3	Doug Baldwin, 2012-16, 2018 (13 games)
2	Steve Largent, 1983-84, 1987-88 (7 games)
	Darrell Jackson, 2003-06 (7 games)
	Jermaine Kearse, 2012-16 (12 games)
	Tyler Lockett, 2015, 2018-19 (5 games)

Most Consec. Games, 100+ Yards Rec., Career

2	Steve Largent, 1984, 1987
	Darrell Jackson, 2004-05
1	John L. Williams, 1988
	D.J. Hackett, 2007
	Zach Miller, 2012
	Golden Tate, 2012
	Doug Baldwin, 2013, 2014, 2016
	Jermaine Kearse, 2014, 2015
	Chris Matthews, 2014
	Tyler Lockett, 2018, 2019
	DK Metcalf, 2019

Longest Reception

63t	Jermaine Kearse (from Russell Wilson), vs. Carolina 1/10/2015
56t	Steve Largent (from Dave Krieg), at Miami 12/29/1984
53	Tyler Lockett (from Russell Wilson), at Dallas 1/5/2019
53t	DK Metcalf (from Russell Wilson), at Philadelphia 1/5/2020

AVERAGE GAIN

Highest Average Gain, Career (Min. 20 rec.)

20.38	Tyler Lockett, 2015, 2018-19 (21-428) 5 games
18.87	Steve Largent, 1983-84, 1987-88 (23-434) 7 games
15.90	Jermaine Kearse, 2012-16 (31-493) 12 games

Highest Average Gain, Game (Min. 3 rec.)

43.00	Jermaine Kearse, vs. Carolina 1/10/2015 (3-129)
30.00	Tyler Lockett, at Dallas 1/5/2019 (4-120)
27.25	Chris Matthews, vs. New England 2/1/2015 (4-109)

TOUCHDOWNS

Most Touchdowns, Career

6	Jermaine Kearse, 2012-16 (12 games)
	Doug Baldwin, 2012-16, 2018 (13 games)
4	Steve Largent, 1983-84, 1987-88 (7 games)
	Jerramy Stevens, 2003-06 (6 games)

Most Touchdowns, Game

2	Steve Largent, at Houston 1/3/1988 (OT)
	Jerramy Stevens, vs. Dallas 1/6/2007
	John Carlson, vs. New Orleans 1/8/2011
	Mike Williams, at Chicago 1/16/2011
	Jermaine Kearse, at Carolina 1/17/2016

Most Consecutive Games, TD Pass Caught

4	Jermaine Kearse, 2013-14
3	Darrell Jackson, 2004-05
	Jerramy Stevens, 2005-06

INTERCEPTIONS

INTERCEPTIONS

Most Interceptions, Career

4	John Harris, 1983-84 (5 games)
3	Kam Chancellor, 2010, 2012-16 (14 games)
2	Greggory Johnson, 1983 (3 games)
	Kerry Justin, 1983 (3 games)
	Michael Boulware, 2004-06 (6 games)
	Earl Thomas, 2010, 2012-15 (12 games)
	Malcolm Smith, 2012-14 (8 games)
	Richard Sherman, 2012-16 (12 games)
	Bobby Wagner, 2012-16, 2018 (13 games)

Most Interceptions, Game

2	John Harris, at Miami 12/29/1984
1	33 Times (Last: K.J. Wright, at Dallas 1/5/2019)

YARDS GAINED

Most Yards Gained, Career

92	Kam Chancellor, 2010, 2012-16 (14 games)
78	Marcus Trufant, 2003-05, 2007, 2010 (9 games)
76	Kelly Herndon, 2005 (3 games)

Most Yards Gained, Game

90	Kam Chancellor, vs. Carolina 1/10/2015
78	Marcus Trufant, vs. Washington 1/5/2008
76	Kelly Herndon, vs. Pittsburgh 2/5/2006

Longest Return

90t	Kam Chancellor, vs. Carolina 1/10/2015
78t	Marcus Trufant, vs. Washington 1/5/2008
76	Kelly Herndon, vs. Pittsburgh 2/5/2006

TOUCHDOWNS

Most Touchdowns, Career

1	Marcus Trufant, 2003-05, 2006, 2010 (9 games)
	Jordan Babineaux, 2004-07, 2010 (10 games)
	Malcolm Smith, 2012-14 (8 games)
	Kam Chancellor, 2010, 2012-16 (14 games)

Most Touchdowns, Game

1	Marcus Trufant, vs. Washington 1/5/2008
	Jordan Babineaux, vs. Washington 1/5/2008
	Malcolm Smith, vs. Denver 2/2/2014
	Kam Chancellor, vs. Carolina 1/10/2015

PUNTING

PUNTS

Most Punts, Career

INDIVIDUAL RECORDS - POSTSEASON

56	Jon Ryan, 2010, 2012-16 (14 games)
27	Jeff West, 1983-84 (5 games)
22	Ryan Plackemeier, 2006-07 (4 games)

Most Punts, Game

9	Jon Ryan, at Chicago 1/16/2011
8	Jeff West, vs. L.A. Raiders 12/22/1984
7	5 Times (Last: Michael Dickson, at Dallas 1/5/2019)

Longest Punt

64	Michael Dickson, Green Bay 1/12/20
61	Jon Ryan, vs. New England 2/1/2015
60	Jon Ryan, at Atlanta 1/14/2017
	Michael Dickson, at Dallas 1/5/2019

AVERAGE YARDAGE

Highest Average, Career (Min. 20 punts)

43.19	Tom Rouen 2003, 2005 (21-907) 4 games
39.16	Jon Ryan, 2010, 2012-16 (56-2,193) 14 games
38.41	Ryan Plackemeier, 2006-07 (22-845) 4 games

Highest Average, Game (Min. 4 punts)

51.43	Michael Dickson, at Dallas 1/5/2019 (7-360)
50.17	Tom Rouen, vs. Pittsburgh 2/5/2006 (6-301)
47.86	Jeff Feagles, vs. Miami 1/9/2000 (7-335)

PUNT RETURNS

PUNT RETURNS

Most Punt Returns, Career

12	Nate Burleson, 2006-07 (4 games)
7	Bobby Joe Edmonds, 1987-88 (2 games)
	Tyler Lockett, 2015, 2018-19 (5 games)

Most Punt Returns, Game

6	Nate Burleson, vs. Washington 1/5/2008
5	Kenny Easley, vs. L.A. Raiders 12/22/1984
	Bobby Joe Edmonds, at Cincinnati 12/31/1988

YARDS GAINED

Most Yards Gained, Career

99	Nate Burleson, 2006-07 (4 games)
96	Bobby Joe Edmonds, 1987-88 (2 games)
58	Paul Johns, 1983 (3 games)

Most Yards Gained, Game

84	Nate Burleson, vs. Washington 1/5/2008
66	Bobby Joe Edmonds, at Houston 1/3/1988 (OT)
58	Paul Johns, vs. Denver 12/24/1983

Longest Return

54	Bobby Joe Edmonds, at Houston 1/3/1988 (OT)
20	Nate Burleson, vs. Washington 1/5/2008
19	Paul Johns, vs. Denver 12/24/1983

AVERAGE YARDAGE

Highest Average, Career (Min. 4 ret.)

14.50	Paul Johns, 1983 (4-58) 3 games
13.71	Bobby Joe Edmonds, 1987-88 (7-96) 2 games
11.00	Leon Washington, 2010, 2012 (11-55) 4 games

Highest Avg. Gain, Game (Min. 3 ret.)

14.50	Paul Johns, vs. Denver 12/24/1983 (4-58)
14.00	Nate Burleson, vs. Washington 1/5/2008 (6-84)
10.40	Kenny Easley, vs. L.A. Raiders 12/22/1984 (5-52)

TOUCHDOWNS

Most Touchdowns, Career

None

Most Touchdowns, Game

None

KICKOFF RETURNS

KICKOFF RETURNS

Most Kickoff Returns, Career

19	Nate Burleson, 2006-07 (4 games)
12	Leon Washington, 2010, 2012 (4 games)
11	Maurice Morris, 2003-07 (7 games)

Most Kickoff Returns, Game

6	Maurice Morris, vs. St. Louis 1/8/2005
	Nate Burleson, at Chicago 1/14/2007 (OT)
	Nate Burleson, at Green Bay 1/12/2008

YARDS GAINED

Most Yards Gained, Career

402	Nate Burleson, 2006-07 (4 games)
305	Leon Washington, 2010, 2012 (4 games)
216	Tyler Lockett, 2015, 2018-19 (5 games)

Most Yards Gained, Game

194	Devin Hester, at Atlanta 1/14/2017
166	Nate Burleson, at Chicago 1/14/2007 (OT)
159	Charlie Rogers, vs. Miami 1/9/2000

Longest Return

87t	Percy Harvin, vs. Denver 2/2/2014
85t	Charlie Rogers, vs. Miami 1/9/2000
78	Devin Hester, at Atlanta 1/14/2017

AVERAGE YARDAGE

Highest Average, Career (Min. 5 ret.)

35.67	Devin Hester, 2016 (6-214) 2 games
27.90	Tyler Lockett, 2015, 2018-19 (8-216) 5 games
26.86	Doug Baldwin, 2012-16, 2018 (7-188) 13 games

Highest Average, Game (Min. 3 ret.)

39.75	Charlie Rogers, vs. Miami 1/9/2000 (4-159)
38.80	Devin Hester, at Atlanta 1/14/2017 (5-194)
36.33	Doug Baldwin, vs. San Francisco 1/19/2014 (3-109)

TOUCHDOWNS

Most Touchdowns, Career

1	Charlie Rogers, 1999 (1 game)
	Percy Harvin, 2013 (2 games)

Most Touchdowns, Game

1	Charlie Rogers, vs. Miami 1/9/2000
	Percy Harvin, vs. Denver 2/2/2014

FUMBLES

FUMBLES

Most Fumbles, Career

7	Russell Wilson, 2012-16, 2018-19 (15 games)
4	Matt Hasselbeck, 2003-07, 2010 (11 games)
3	Marshawn Lynch, 2010, 2012-15, 2019 (13 games)

Most Fumbles, Game

2	Koren Robinson, vs. St. Louis 1/8/2005
	Jimmy Williams, vs. Washington 1/14/2006
	Russell Wilson, vs. San Francisco 1/19/2014

RECOVERIES

Most Own Fumbles Recovered, Career

5	Russell Wilson, 2012-16, 2018-19 (15 games)
2	Marshawn Lynch, 2010, 2012-15, 2019 (13 games)
1	Many Times

Most Opponents Fumbles Recovered, Career

2	Jeff Bryant, 1983-84, 1987-88 (7 games)
	Michael Bennett, 2013-16 (10 games)
	Clinton McDonald, 2012-13 (5 games)

Most Fumbles Recovered, Game, Own and Opp.

2	Jeff Bryant, at L.A. Raiders 1/8/1984 (2-Opp)
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	Russell Wilson, vs. Carolina 1/10/2015 (2-Own)
1	Many Times

YARDS GAINED

Longest Return

19	Marshawn Lynch, at Washington 1/6/2013
17	Michael Bennett, vs. San Francisco 1/19/2014
12	Lofa Tatupu, at Green Bay 1/12/2008

TOUCHDOWNS

Most Touchdowns

None

TACKLES

TACKLES

Most Tackles, Career

137	Bobby Wagner, 2012-16, 2018-19 (15 games)
104	K.J. Wright, 2012-16, 2018-19 (14 games)
91	Kam Chancellor, 2010, 2012-16 (14 games)

Most Tackles, Game

17	Brian Bosworth, at Houston 1/3/1988 (OT)
15	Eugene Robinson, at Houston 1/3/1988 (OT)
	Bobby Wagner, vs. San Francisco 1/19/2014

SACKS

SACKS

Most Sacks, Career

6.5	Cliff Avril, 2013-16 (10 games)
4.0	Rocky Bernard, 2003-07 (7 games)
3.5	Jacob Green, 1983-84, 1987-88 (7 games)
	Bruce Irvin, 2012-15 (10 games)
	Michael Bennett, 2013-16 (10 games)

Most Sacks, Game

2.5	Jacob Green, vs. L.A. Raiders 12/22/1984
2.0	Chike Okeafor, vs. St. Louis 1/8/2005
	Rocky Bernard, vs. Carolina 1/22/2006
	Bryce Fisher, vs. Dallas 1/6/2007
	Cliff Avril, vs. Detroit 1/7/2017
	Quinton Jefferson, at Philadelphia 1/5/2020

FORCED FUMBLES

Most Forced Fumbles, Career

3	Michael Bennett, 2013-16 (10 games)
2	Jacob Green, 1983-84, 1987-88 (7 games)
	Bruce Scholtz, 1983-84, 1987-88 (7 games)
	Bryce Fisher, 2005-06 (5 games)
	Raheem Brock, 2010 (2 games)
	Cliff Avril, 2013-16 (10 games)
	Chris Clemons, 2010, 2012-13 (7 games)

Most Forced Fumbles, Game

2	Chris Clemons, vs. Denver 2/2/2014
1	Many Times (Last: Frank Clark, at Atlanta 1/14/2017)

BLOCKED KICKS

BLOCKED PUNTS

Most Blocked Punts, Career

None

Most Blocked Punts, Game

INDIVIDUAL RECORDS - POSTSEASON

None

BLOCKED FIELD GOALS

Most Blocked Field Goals, Career

None

Most Blocked Field Goals, Game

None

BLOCKED PATS

Most Blocked PATs, Career

None

Most Blocked PATs, Game

None

BLOCKED KICKS (FIELD GOALS AND PATS)

Most Blocked Kicks, Career

None

Most Blocked Kicks, Game

None

TEAM RECORDS - POSTSEASON

GAMES

GAMES

Most Consec. Years Participating in Postseason

5	2003-07 2012-16
2	1983-84, 1987-88, 2018-19

Most Games

3	1983, 2005, 2013, 2014
2	1984, 2006, 2007, 2010, 2012, 2015, 2016, 2019
1	1987, 1988, 1999, 2003, 2004, 2018

Most Games Won

3	2013
2	1983, 2005, 2014
1	1984, 2006, 2007, 2010, 2012, 2015, 2016, 2019

Most Consecutive Games Won

5	2013-14
2	1983, 2005
1	1984, 2006, 2007, 2010, 2012, 2015, 2016, 2019

Most Consecutive Games Lost

6	1984-04
2	2016-18

SCORING

POINTS

Most Points, Game

43	vs. Denver, 2/2/2014
41	vs. New Orleans, 1/8/2011
35	vs. Washington, 1/5/2008

Fewest Points, Game

10	at Miami, 12/29/1984 vs. Pittsburgh, 2/5/2006 at Minnesota, 1/10/2016
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Most Points, Both Teams, Game

77	Seattle (41) vs. New Orleans (36) 1/8/2011
62	Seattle (20) at Green Bay (42) 1/12/2008
60	Seattle (27) at Green Bay (33) 1/4/2004 (OT)

Fewest Points, Both Teams, Game

19	Seattle (10) at Minnesota (9) 1/10/2016
20	Seattle (13) vs. L.A. Raiders (7) 12/22/1984
26	Seattle (17) at Philadelphia (9) 1/5/2020

Largest Margin of Victory, Game

35	Seattle (43) vs. Denver (8) 2/2/2014
24	Seattle (31) vs. Denver (7) 12/24/1983
21	Seattle (35) vs. Washington (14) 1/5/2008

Most Points, Shutout Victory, Game

None

Most Points Overcome to Win Game

16	vs. Green Bay 1/18/2015 (OT) (Trailed 16-0, Won 28-22)
14	at Washington 1/6/2013 (Trailed 14-0, Won 24-14)
10	vs. New Orleans 1/8/2011 (Trailed 10-0 and 17-7, Won 41-36) vs. San Francisco 1/19/2014 (Trailed 10-0, Won 23-17)

Most Points, Each Half

1st:	24, vs. New Orleans 1/8/2011 22, vs. Denver 2/2/2014 20, vs. Carolina 1/22/2006
2nd:	28, at Atlanta 1/13/2013 25, vs. Washington 1/5/2008 24, at Chicago 1/16/2011 24, at Carolina 1/17/2016

Most Points, Each Quarter

1st:	14, at Green Bay 1/12/2008 10, vs. Carolina 1/22/2006 8, vs. Denver 2/2/2014
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2nd:	17, vs. New Orleans 1/8/2011 14, at Chicago 1/14/2007 (OT) 14, vs. Denver 2/2/2014 14, vs. New England 2/1/2015
3rd:	14, at Green Bay 1/4/2004 14, vs. Denver 2/2/2014 14, at Carolina 1/17/2016 14, at Green Bay 1/12/20
4th:	22, vs. Washington 1/5/2008 21, at Chicago 1/16/2011 21, at Atlanta 1/13/2013
OT:	6, vs. Green Bay 1/18/2015 0, at Houston 1/3/1988 0, at Green Bay 1/4/2004 0, at Chicago 1/14/2007

TOUCHDOWNS

Most Touchdowns, Game

5	vs. New Orleans 1/8/2011 vs. Denver 2/2/2014
4	vs. Denver 12/24/1983 vs. Carolina 1/22/2006 vs. Washington 1/5/2008 at Atlanta 1/13/2013 vs. Carolina 1/10/2015 vs. Green Bay 1/18/2015 (OT)

Fewest Touchdowns, Game

1	vs. L.A. Raiders 12/22/1984 at Miami 12/29/1984 vs. Pittsburgh 2/5/2006 at Minnesota 1/10/2016
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Most Touchdowns, Both Teams, Game

9	Seattle (5) vs. New Orleans (4) 1/8/2011
8	Seattle (2) at Green Bay (6) 1/12/2008 Seattle (3) at Chicago (5) 1/16/2011

Fewest Touchdowns Both Teams, Game

1	Seattle (1) at Minnesota (0) 1/10/2016
2	Seattle (1) vs. L.A. Raiders (1) 12/22/1984 Seattle (2) at Philadelphia (0) 1/5/2020
3	Seattle (2) vs. Washington (1) 1/14/2006 Seattle (3) vs. Detroit (0) 1/7/2017

POINTS AFTER TOUCHDOWN

Most PAT, Game

5	vs. New Orleans 1/8/2011 vs. Denver 2/2/2014
4	vs. Denver 12/24/1983 vs. Carolina 1/22/2006 at Atlanta 1/13/2013 vs. Carolina 1/10/2015

Fewest PAT, Game

0	at Dallas 1/15/2019
1	7 Times (Last: at Minnesota 1/10/2016)

Most PAT, Both Teams, Game

8	Seattle (2) at Green Bay (6) 1/12/2008 Seattle (5) vs. New Orleans (3) 1/8/2011 Seattle (3) at Chicago (5) 1/16/2011
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Fewest PAT, Both Teams, Game

1	Seattle (1) at Minnesota (0) 1/10/2016
2	Seattle (1) at L.A. Raiders (1) 12/22/1984 Seattle (2) vs. Detroit (0) 1/7/2017 Seattle (2) at Philadelphia (0) 1/5/20

FIELD GOALS

Most Field Goals, Game

3	at Washington 1/6/2013 vs. New Orleans 1/11/2014 vs. San Francisco 1/19/2014
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Most Field Goals, Both Teams, Game

5	Seattle (2) at Houston (3) 1/3/1988 (OT) Seattle (2) vs. New Orleans (3) 1/8/2011 Seattle (0) vs. Green Bay (5) 1/18/2015 (OT)
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Most Field Goals Attempted, Game

3	7 Times (Last: at Dallas 1/5/2019)
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Most Field Goals Attempted, Both Teams, Game

7	Seattle (2) at Houston (5) 1/3/1988 (OT)
5	7 Times (Last: Seattle (3) at Dallas (2) 1/5/2019)

FIRST DOWNS

FIRST DOWNS

Most First Downs, Game

28	at Atlanta 1/13/2013
27	vs. Carolina 1/22/2006
24	vs. St. Louis 1/8/2005 vs. Detroit 1/7/2017

Fewest First Downs, Game

8	at Miami 12/29/1984
11	at Houston 1/3/1988 (OT) at Dallas 1/5/2019

Most First Downs, Both Teams, Game

52	Seattle (28) at Atlanta (24) 1/13/2013
51	Seattle (19) vs. New Orleans (32) 1/8/2011
46	Seattle (24) vs. St. Louis (22) 1/8/2005

Fewest First Downs, Both Teams, Game

26	Seattle (15) vs. Washington (11) 1/14/2006
27	Seattle (13) at Minnesota (14) 1/10/2016
30	Seattle (8) at Miami (22) 12/29/1984 Seattle (12) vs. Miami (18) 1/9/2000 Seattle (14) vs. San Francisco (16) 1/19/2014

BY RUSHING

Most First Downs, Rushing, Game

13	vs. Carolina 1/22/2006
12	at Miami 12/31/1983 vs. L.A. Raiders 12/22/1984 at Chicago 1/14/2007 (OT) at Washington 1/6/2013

Fewest First Downs, Rushing, Game

0	vs. Miami 1/9/2000
1	at Houston 1/3/1988 (OT) at Cincinnati 12/31/1988 at Chicago 1/16/2011

Most First Downs, Rushing, Both Teams, Game

21	Seattle (12) at Miami (9) 12/31/1983
20	Seattle (12) at Chicago (8) 1/14/2007 (OT)
18	Seattle (1) at Cincinnati (17) 12/31/1988

Fewest First Downs Rushing, Both Teams, Game

6	Seattle (2) at Minnesota (4) 1/10/2016
7	Seattle (0) vs. Miami (7) 1/9/2000 Seattle (3) vs. Washington (4) 1/5/2008

BY PASSING

Most First Downs, Passing, Game

19	at Atlanta 1/13/2013
18	at Carolina 1/17/2016
16	at Cincinnati 12/31/1988 at Green Bay 1/4/2004 (OT)

Fewest First Downs, Passing, Game

4	vs. L.A. Raiders 12/22/1984
5	vs. New Orleans 1/11/2014
6	at Miami 12/29/1984 at Chicago 1/14/2007 (OT) at Dallas 1/5/2019

Most First Downs, Passing, Both Teams, Game

35	Seattle (13) vs. New Orleans (22) 1/8/2011
35	Seattle (19) at Atlanta (16) 1/13/2013
31	Seattle (10) vs. New England (21) 2/1/2015

Fewest First Downs Passing, Both Teams, Game

TEAM RECORDS - POSTSEASON

12 Seattle (4) vs. L.A. Raiders (8) 12/22/1984
15 Seattle (9) at Minnesota (6) 1/10/2016
Seattle (8) vs. Washington (7) 1/14/2006

BY PENALTY

Most First Downs, Penalty, Game

4 vs. Dallas 1/6/2007
3 vs. Carolina 1/22/2006
at Green Bay 1/12/2008
at Chicago 1/16/2011

Most First Downs, Penalty, Both Teams, Game

6 Seattle (2) vs. St. Louis (4) 1/8/2005
Seattle (2) at Minnesota (4) 1/10/2016
Seattle (2) at Philadelphia (4) 1/5/2020
5 Seattle (3) vs. Carolina (2) 1/22/2006
Seattle (4) vs. Dallas (1) 1/6/2007
Seattle (2) vs. New Orleans (3) 1/8/2011
Seattle (2) vs. New Orleans (3) 1/11/2014
Seattle (2) vs. New England (3) 2/1/2015

TOTAL NET YARDS

NET YARDS

Most Net Yards Gained, Game

491 at Atlanta, 1/13/2013
415 vs. New Orleans, 1/8/2011
413 vs. St. Louis, 1/8/2005

Fewest Net Yards Gained, Game

167 at L.A. Raiders 1/8/1984
171 vs. Miami 1/9/2000
200 at Green Bay 1/12/2008

Most Yards Gained, Both Teams, Game

908 Seattle (491) at Atlanta (417) 1/13/2013
889 Seattle (415) vs. New Orleans (474) 1/8/2011
809 Seattle (413) vs. St. Louis (396) 1/8/2005

Fewest Yards Gained, Both Teams, Game

409 Seattle (226) at Minnesota (183) 1/10/2016
470 Seattle (171) vs. Miami (299) 1/9/2000
491 Seattle (251) vs. L.A. Raiders (240) 12/22/1984

RUSHING

ATTEMPTS

Most Attempts, Game

51 vs. L.A. Raiders 12/22/1984
vs. Carolina 1/22/2006
42 at Miami 12/31/1983

Fewest Attempts, Game

11 at Houston 1/3/1988 (OT)
12 at Chicago 1/16/2011
at Carolina 1/17/2016

Most Attempts, Both Teams, Game

76 Seattle (51) vs. L.A. Raiders (25) 12/22/1984
72 Seattle (42) at Miami (30) 12/31/1983
71 Seattle (38) vs. Denver (33) 12/24/1983

Fewest Attempts, Both Teams, Game

43 Seattle (29) vs. Denver (14) 2/2/2014
46 Seattle (24) vs. New Orleans (22) 1/8/2011
47 Seattle (20) vs. St. Louis (27) 1/8/2005

YARDS GAINED

Most Yards Gained, Game

224 at Washington 1/6/2013
205 vs. L.A. Raiders 12/22/1984
194 vs. Green Bay 1/18/2015 (OT)

Fewest Yards Gained, Game

22 at Cincinnati 12/31/1988

28 at Green Bay 1/12/2008
29 at Houston 1/3/1988 (OT)

Most Yards Gained, Both Teams, Game

329 Seattle (194) vs. Green Bay (135) 1/18/2015 (OT)
328 Seattle (224) at Washington (104) 1/6/2013
318 Seattle (137) vs. Pittsburgh (181) 2/5/2006

Fewest Yards Gained, Both Teams, Game

127 Seattle (49) at Green Bay (78) 1/4/2004 (OT)
149 Seattle (41) vs. Miami (108) 1/9/2000
152 Seattle (77) vs. Washington (75) 1/5/2008

AVERAGE GAIN

Highest Average Gain, Game

6.50 at Carolina 1/17/2016 (12-78)
6.25 vs. New Orleans 1/8/2011 (24-150)
6.05 at Washington 1/6/2013 (37-224)

Lowest Average Gain, Game

1.38 at Cincinnati 12/31/1988 (16-22)
1.56 at Green Bay 1/12/2008 (18-28)
2.05 vs. Miami 1/9/2000 (20-41)

TOUCHDOWN

Most Touchdowns, Game

3 at Green Bay 1/4/2004 (OT)
2 at Miami 12/31/1983
vs. Carolina 1/22/2006
at Chicago 1/14/2007 (OT)
at Atlanta 1/13/2013
vs. New Orleans 1/11/2014
vs. Green Bay 1/18/2015 (OT)
at Green Bay 1/12/2020

Fewest Touchdowns, Game

0 13 Times (Last: at Atlanta 1/14/2017)

Most Touchdowns, Both Teams, Game

5 Seattle (3) at Green Bay (2) 1/4/2004 (OT)
4 Seattle (1) at Cincinnati (3) 12/31/1988
Seattle (2) at Chicago (2) 1/14/2007 (OT)
Seattle (1) at Green Bay (3) 1/12/2008
Seattle (2) at Green Bay (2) 1/12/2020

Fewest Touchdowns, Both Teams, Game

0 Seattle (0) vs. L.A. Raiders (0) 12/22/1984
Seattle (0) vs. Dallas (0) 1/6/2007
Seattle (0) vs. Carolina (0) 1/10/2015
Seattle (0) at Minnesota (0) 1/10/2016

PASSING

ATTEMPTS

Most Attempts, Game

50 at Cincinnati 12/31/1988
49 vs. Pittsburgh 2/5/2006
48 at Carolina 1/17/2016

Fewest Attempts, Game

10 vs. L.A. Raiders 12/22/1984
13 vs. Denver 12/24/1983
18 vs. New Orleans 1/11/2014

Most Attempts, Both Teams, Game

95 Seattle (35) vs. New Orleans (60) 1/8/2011
83 Seattle (45) at Green Bay (38) 1/4/2004 (OT)
82 Seattle (32) vs. Washington (50) 1/5/2008

Fewest Attempts, Both Teams, Game

37 Seattle (10) at L.A. Raiders (27) 12/22/1984
47 Seattle (13) vs. Denver (34) 12/24/1983
49 Seattle (25) vs. San Francisco (24) 1/19/2014

COMPLETIONS

Most Completions, Game

31 at Carolina 1/17/2016
27 vs. St. Louis 1/8/2005
26 vs. Pittsburgh 2/5/2006
at Chicago 1/16/2011

Fewest Completions, Game

4 vs. L.A. Raiders 12/22/1984
9 vs. New Orleans 1/11/2014
12 vs. Denver 12/24/1983
vs. New England 2/1/2015

Most Completions, Both Teams, Game

61 Seattle (22) vs. New Orleans (39) 1/8/2011
52 Seattle (18) vs. Denver (34) 2/2/2014
51 Seattle (25) at Green Bay (26) 1/4/2004

Fewest Completions, Both Teams, Game

18 Seattle (4) vs. L.A. Raiders (14) 12/22/1984
28 Seattle (15) at Washington (13) 1/6/2013
30 Seattle (15) at Miami (15) 12/31/1983
Seattle (16) vs. San Francisco (14) 1/19/2014
Seattle (13) at Minnesota (17) 1/10/2016

Highest Completion %, Game (Min. 20 att.)

76.67 vs. Detroit 1/7/2017 (30-23)
71.43 vs. Carolina 1/22/2006 (20-28)
69.23 vs. Denver 2/2/2014 (26-18)

Lowest Completion %, Game (Min. 20 att.)

41.03 at Houston 1/3/1988 (16-39) (OT)
46.67 vs. Miami 1/9/2000 (14-30)
47.22 at L.A. Raiders 1/8/1984 (17-36)

YARDS GAINED

Most Yards Gained, Game

368 at Atlanta 1/13/2013
332 vs. St. Louis 1/8/2005
325 at Carolina 1/17/2016

Fewest Yards Gained, Game

46 vs. L.A. Raiders 12/22/1984
102 at L.A. Raiders 1/8/1984
103 vs. New Orleans 1/11/2014

Most Yards Gained, Both Teams, Game

662 Seattle (265) vs. New Orleans (397) 1/8/2011
626 Seattle (332) vs. St. Louis (294) 1/8/2005
618 Seattle (368) at Atlanta (250) 1/13/2013

Fewest Yards Gained, Both Teams, Game

181 Seattle (46) vs. L.A. Raiders (135) 12/22/1984
254 Seattle (129) at Minnesota (125) 1/10/2016
255 Seattle (156) at Washington (99) 1/6/2013

TOUCHDOWNS

Most Touchdowns, Game

4 vs. New Orleans 1/8/2011
3 vs. Denver 12/24/1983
at Chicago 1/16/2011
vs. Carolina 1/10/2015
at Carolina 1/17/2016

Most Touchdowns, Both Teams, Game

6 Seattle (4) vs. New Orleans (2) 1/8/2011
Seattle (2) vs. New England (4) 2/1/2015
5 Seattle (3) at Chicago (2) 1/16/2011
Seattle (2) at Atlanta (3) 1/13/2013
Seattle (3) vs. Carolina (2) 1/10/2015
Seattle (2) at Atlanta (3) 1/14/2017

TIMES SACKED

Most Times Sacked, Game

6 vs. Miami 1/9/2000
5 at Washington 1/6/2013
vs. Green Bay 1/18/2015 (OT)
at Carolina 1/17/2016
at Green Bay 1/12/2020

TEAM RECORDS - POSTSEASON

Fewest Times Sacked, Game

0 vs. Washington 1/14/2006
vs. Dallas 1/6/2007
vs. Denver 2/2/2014

Most Times Sacked, Both Teams, Game

8 Seattle (2) vs. L.A. Raiders (6) 12/22/1984
Seattle (3) vs. St. Louis (5) 1/8/2005
Seattle (1) at Philadelphia (7) 1/5/2020
7 Seattle (6) vs. Miami (1) 1/9/2000
Seattle (5) at Washington (2) 1/6/2013
Seattle (5) at Green Bay (2) 1/12/2020

Fewest Times Sacked, Both Teams, Game

1 Seattle (1) at Miami (0) 12/31/1983
Seattle (0) vs. Denver (1) 2/2/2014
2 6 Times (Last: Seattle [1] at Dallas [1] 1/5/2019)

INTERCEPTIONS

INTERCEPTIONS

Most Interceptions By, Game

3 vs. Carolina 1/22/2006
2 13 Times (Last: vs. New England 2/1/2015)

Most Interceptions By, Both Teams, Game

7 Seattle (2) at L.A. Raiders (5) 1/8/1984
Seattle (2) vs. Green Bay (4) 1/18/2015 (OT)
4 Seattle (2) vs. Washington (2) 1/5/2008

YARDS RETURNED

Most Yards Returned, Game

135 vs. Washington 1/5/2008
90 vs. Carolina 1/10/2015
76 vs. Pittsburgh 2/5/2006

Most Yards Returned, Both Teams, Game

137 Seattle (135) vs. Washington (2) 1/5/2008
100 Seattle (76) vs. Pittsburgh (24) 2/5/2006
90 Seattle (90) vs. Carolina (0) 1/10/2015

TOUCHDOWNS

Most Touchdowns, Game

2 vs. Washington 1/5/2008
1 vs. Denver 2/2/2014
vs. Carolina 1/10/2015

PUNTING

PUNTS

Most Punts, Game

9 at Chicago 1/16/2011
8 vs. L.A. Raiders 12/22/1984
7 at Miami 12/29/1984
at Houston 1/3/1988 (OT)
vs. Miami 1/9/2000
vs. Washington 1/5/2008
at Dallas 1/5/2019

Fewest Punts, Game

1 vs. Denver 2/2/2014
2 vs. San Francisco 1/19/2014
at Atlanta 1/14/2017

Most Punts, Both Teams, Game

16 Seattle (8) vs. L.A. Raiders (8) 12/22/1984
15 Seattle (7) vs. Miami (8) 1/9/2000
Seattle (7) vs. Washington (8) 1/5/2008

Fewest Punts, Both Teams, Game

3 Seattle (1) vs. Denver (2) 2/2/2014
5 Seattle (3) at Atlanta (2) 1/13/2013

Seattle (2) at Atlanta (3) 1/14/2017

AVERAGE YARDAGE

Highest Average, Punting, Game (Min. 4 punts)

51.43 at Dallas 1/5/2019 (7-360)
50.20 vs. Pittsburgh 2/5/2006 (6-301)
47.86 vs. Miami 1/9/2000 (7-335)

Lowest Average, Punting, Game (Min. 4 punts)

32.00 at L.A. Raiders 1/8/1984 (5-160)
35.00 vs. Dallas 1/6/2007 (5-175)
at Chicago 1/16/2011 (9-315)

PUNT RETURNS

PUNT RETURNS

Most Punt Returns, Game

6 vs. Washington 1/5/2008
5 vs. L.A. Raiders 12/22/1984
at Cincinnati 12/31/1988

Fewest Punt Returns, Game

0 at L.A. Raiders 1/8/1984
at Miami 12/31/1983
at Green Bay 1/12/2008
vs. Denver 2/2/2014

Most Punt Returns, Both Teams, Game

9 Seattle (3) vs. Miami (6) 1/9/2000
Seattle (3) at Dallas (6) 1/5/2019
8 Seattle (5) vs. L.A. Raiders (3) 12/22/1984
Seattle (5) at Cincinnati (3) 12/31/1988

Fewest Punt Returns, Both Teams, Game

1 Seattle (0) at L.A. Raiders (1) 1/8/1984
Seattle (0) at Green Bay (1) 1/12/2008
Seattle (1) vs. New Orleans (0) 1/11/2014
Seattle (0) vs. Denver (1) 2/2/2014
Seattle (1) vs. Carolina (0) 1/10/2015
Seattle (1) at Philadelphia (0) 1/5/2020

YARDAGE GAINED

Most Yards Gained, Game

84 vs. Washington 1/5/2008
66 at Houston 1/3/1988 (OT)
58 vs. Denver 12/24/1983

Fewest Yards Gained, Game

-1 vs. Washington 1/14/2006
0 at Miami 12/31/1983
at L.A. Raiders 1/8/1984
at Green Bay 1/12/2008
vs. Denver 2/2/2014
at Atlanta 1/14/2017

Most Yards Gained, Both Teams, Game

102 Seattle (22) at Dallas (80) 1/5/2019
93 Seattle (66) at Houston (27) 1/3/1988 (OT)
87 Seattle (24) vs. Miami (63) 1/9/2000

Fewest Yards, Gained, Both Teams, Game

1 Seattle (0) at L.A. Raiders (1) 1/8/1984
2 Seattle (-1) vs. Washington (3) 1/14/2006
Seattle (0) at Green Bay (2) 1/12/2008

TOUCHDOWNS

Most Touchdowns, Game

None

KICKOFF RETURNS

KICKOFF RETURNS

Most Kickoff Returns, Game

7 at L.A. Raiders 1/8/1984

at Green Bay 1/4/2004 (OT)
at Green Bay 1/12/2008
at Green Bay 1/12/2020

Fewest Kickoff Returns, Game

0 vs. New England 2/1/2015
1 at Atlanta 1/13/2013
vs. New Orleans 1/11/2014
vs. Carolina 1/10/2015
at Minnesota 1/10/2016
vs. Detroit 1/7/2017
at Dallas 1/5/2019

Most Kickoff Returns, Both Teams, Game

13 Seattle (7) at Green Bay (6) 1/4/2004 (OT)
12 Seattle (7) at Green Bay (5) 1/12/2008
Seattle (5) vs. New Orleans (7) 1/8/2011

Fewest Kickoff Returns, Both Teams, Game

2 Seattle (1) at Dallas (1) 1/5/2019
3 Seattle (1) vs. New Orleans (2) 1/11/2014
Seattle (0) vs. New England (3) 2/1/2015

YARDS GAINED

Most Yards Gained, Game

194 at Atlanta 1/14/2017
166 at Chicago 1/14/2007 (OT)
159 vs. Miami 1/9/2000

Fewest Yards Gained, Game

0 vs. New England 2/1/2015
12 at Minnesota 1/10/2016
19 vs. Washington 1/5/2008

Most Yards Gained, Both Teams, Game

271 Seattle (111) vs. Dallas (160) 1/6/2007
247 Seattle (159) vs. Miami (88) 1/9/2000
239 Seattle (166) at Chicago (73) 1/14/2007 (OT)

Fewest Yards Gained, Both Teams, Game

49 Seattle (0) vs. New England (49) 2/1/2015
64 Seattle (21) vs. New Orleans (43) 1/11/2014
66 Seattle (38) vs. L.A. Raiders (28) 12/22/1984

TOUCHDOWNS

Most Touchdowns, Game

1 vs. Miami 1/9/2000
vs. Denver 2/2/2014

PENALTIES

PENALTIES

Most Penalties, Game

11 at Philadelphia 1/5/2020
10 vs. Denver 2/2/2014
9 vs. St. Louis 1/8/2005

Fewest Penalties, Game

2 5 Times (Last: vs. Washington 1/14/2006)
3 6 Times (Last: at Carolina 1/17/2016)

Most Penalties, Both Teams, Game

18 Seattle (11) at Philadelphia (7) 1/5/2020
15 Seattle (7) vs. L.A. Raiders (8) 12/22/1984
Seattle (8) vs. San Francisco (7) 1/19/2014
Seattle (10) vs. Denver (5) 2/2/2014

Fewest Penalties, Both Teams, Game

5 Seattle (4) at Miami (1) 12/29/1984
6 Seattle (3) at Carolina (3) 1/17/2016
7 5 Times (Last: Seattle [4] at Washington [3] 1/6/2013)

YARDS PENALIZED

TEAM RECORDS - POSTSEASON

Most Yards Penalized, Game

114 at Philadelphia 1/5/2020
104 vs. Denver 2/2/2014
70 vs. Pittsburgh 2/5/2006
vs. New England 2/1/2015

Fewest Yards Penalized, Game

10 vs. Miami 1/9/2000
Vs. Washington 1/14/2006
15 at Miami 12/31/1983
at Green Bay 1/4/2004(OT)
vs. Dallas 1/6/2007

Most Yards Penalized, Both Teams, Game

159 Seattle (114) at Philadelphia (45) 1/5/2020
148 Seattle (104) vs. Denver (44) 2/2/2014
131 Seattle (66) vs. San Francisco (65) 1/19/2014

Fewest Yards Penalized, Both Teams, Game

25 Seattle (20) at Miami (5) 12/29/1984
45 5 Times (Last: Seattle [20] at Carolina [25] 1/17/2016)

FUMBLES

FUMBLES

Most Fumbles, Game

5 vs. Washington 1/14/2006
3 vs. San Francisco 1/19/2014
2 6 Times (Last: at Minnesota 1/10/2016)

Fewest Fumbles, Game

0 Many Times (Last: at Green Bay 1/12/2020)

Most Fumbles, Both Teams, Game

6 Seattle (5) vs. Washington (1) 1/14/2006
Seattle (3) vs. San Francisco (3) 1/19/2014
5 Seattle (1) vs. Dallas (4) 1/6/2007
Seattle (2) vs. Carolina (3) 1/10/2015
Seattle (2) at Philadelphia (3) 1/5/2020

Fewest Fumbles, Both Teams, Game

0 Seattle (0) vs. Miami (0) 1/9/2000
Seattle (0) vs. Pittsburgh (0) 2/5/2006
Seattle (0) vs. New England (0) 2/1/2015
Seattle (0) at Dallas (0) 1/5/2019
Seattle (0) at Green Bay (0) 1/12/2020

Most Fumbles Lost, Game

3 vs. Washington 1/14/2006
1 8 Times (Last: vs. Green Bay 1/18/2015 [OT])

Fewest Fumbles Lost, Game

0 ManyTimes (Last: at Green Bay 1/12/2020)

FUMBLES RECOVERED

Most Total Fumbles Recovered, Game

3 at Miami 12/31/1983 (3-opp)
at L.A. Raiders 1/8/1984 (2-opp, 1-own)
vs. Washington 1/14/2006 (1-opp, 2-own)
at Green Bay 1/12/2008 (2-opp, 1-own)
vs. San Francisco 1/19/2014 (1-opp, 2-own)
vs. Carolina 1/10/2015 (1-opp, 2-own)
at Minnesota 1/10/2016 (1-opp, 2-own)

Most Own Fumbles Recovered, Game

2 vs. Washington 1/14/2006
vs. San Francisco 1/19/2014
vs. Carolina 1/10/2015
at Minnesota 1/10/2016
at Philadelphia 1/5/2020

TURNOVERS

Most Turnovers, Game

5 at L.A. Raiders 1/8/1984 (5-Ints)
vs. Green Bay 1/18/2015 (OT) (4-Ints, 1-Fum)
3 at Cincinnati 12/31/1988 (2-Ints, 1-Fum)
vs. Washington 1/14/2006 (3-Fum)

Fewest Turnovers, Game

0 Many Times (Last: at Green Bay 1/12/2020)

Most Turnovers, Both Teams, Game

9 Seattle (5) at L.A. Raiders (4) 1/8/1984 (7-Ints, 2-Fums)
7 Seattle (5) vs. Green Bay (2) 1/18/2015 (OT) (6-Ints, 1-Fum)
6 Seattle (1) at Miami (5) 12/31/1983

Fewest Turnovers, Both Teams, Game

0 Seattle (0) vs. Detroit (0) 1/7/2017
Seattle (0) at Philadelphia (0) 1/5/2020
Seattle (0) at Green Bay (0) 1/12/2020
1 Seattle (1) at Green Bay (0) 1/4/2004 (OT) (1-Int)
Seattle (0) at Chicago (1) 1/16/2011 (1-Int)
Seattle (0) vs. New Orleans (1) 1/11/2014 (1-Fum)
Seattle (0) at Dallas (1) 1/5/2019 (1-Int)

DEFENSIVE SCORING

POINTS ALLOWED

Most Points Allowed, Game

42 at Green Bay 1/12/2008
36 vs. New Orleans 1/8/2011
at Atlanta 1/14/2017

Fewest Points Allowed, Game

6 vs. Detroit 1/7/2017
7 vs. Denver 12/24/1983
vs. L.A. Raiders 12/22/1984

TOUCHDOWNS ALLOWED

Most Touchdowns Allowed, Game

6 at Green Bay 1/12/2008
5 at Chicago 1/16/2011
4 7 Times (Last: at Green Bay 1/12/2020)

Fewest Touchdowns Allowed, Game

0 at Minnesota 1/10/2016
vs. Detroit 1/7/2017
at Philadelphia 1/5/2020
1 vs. Denver 12/24/1983
vs. L.A. Raiders 12/22/1984
vs. Washington 1/14/2006
vs. Denver 2/2/2014
vs. Green Bay 1/18/2005

DEFENSIVE FIRST DOWNS

FIRST DOWNS ALLOWED

Most First Downs Allowed, Game

32 vs. New Orleans 1/8/2011
28 at Atlanta 1/14/2017
27 at Houston 1/3/1988

Fewest First Downs Allowed, Game

11 vs. Washington 1/14/2006
vs. Carolina 1/22/2006
13 vs. Detroit 1/7/2017

BY RUSHING

Most First Downs Allowed, Rushing, Game

17 at Cincinnati 12/31/1988
11 at Green Bay 1/12/2008
at Chicago 1/16/2011

Fewest First Downs Allowed, Rushing, Game

1 vs. New England 2/1/2015
2 vs. Carolina 1/22/2006
vs. Denver 2/2/2014
vs. Detroit 1/7/2017

BY PASSING

Most First Downs Allowed, Passing, Game

22 vs. New Orleans 1/8/2011
21 vs. New England 2/1/2015
19 at Atlanta 1/14/2017

Fewest First Downs Allowed, Passing, Game

5 at Cincinnati 12/31/1988
6 at Minnesota 1/10/2016
7 vs. Washington 1/14/2006
Vs. Carolina 1/22/2006

BY PENALTY

Most First Downs Allowed, Penalty, Game

4 vs. St. Louis 1/8/2005
at Minnesota 1/10/2016
at Philadelphia 1/5/2020
3 6 Times (Last: at Dallas 1/5/2019)

OPPONENTS PLAYS

PLAYS ALLOWED

Most Opponent Plays Allowed, Game

84 at Houston 1/3/1988 (OT)
83 vs. New Orleans 1/8/2011
82 vs. Washington 1/5/2008

Fewest Opponent Plays Allowed, Game

49 vs. Carolina 1/22/2006
50 vs. Detroit 1/7/2017
54 at Washington 1/6/2013
vs. San Francisco 1/19/2014

BY RUSHING

Most Opponent Plays Allowed, Rushing, Game

50 at Houston 1/3/1988 (OT)
47 at Cincinnati 12/31/1988
46 at L.A. Raiders 1/8/1984

Fewest Opponent Plays Allowed, Rushing, Game

12 vs. Carolina 1/22/2006
14 vs. Denver 2/2/2014
15 vs. Detroit 1/7/2017

BY PASSING

Most Opponent Plays Allowed, Passing, Game

61 vs. New Orleans 1/8/2011
53 vs. Washington 1/5/2008
51 vs. New England 2/1/2015

Fewest Opponent Plays Allowed, Passing, Game

21 at Cincinnati 12/31/1988
23 vs. Pittsburgh 2/5/2006
at Carolina 1/17/2016

NET YARDS ALLOWED

NET YARDS

Most Net Yards Allowed, Game

474 vs. New Orleans 1/8/2011
437 at Houston 1/3/1988 (OT)
at Chicago 1/16/2011

Fewest Net Yards Allowed, Game

183 at Minnesota 1/10/2016
203 at Washington 1/6/2013
212 vs. Carolina 1/22/2006

TEAM RECORDS - POSTSEASON

OPPONENTS RUSHING

YARDS GAINED

Most Yards Allowed, Rushing, Game

254 at Cincinnati 12/31/1988
235 at Green Bay 1/12/2008
205 at L.A. Raiders 1/8/1984

Fewest Yards Allowed, Rushing, Game

27 vs. Denver 2/2/2014
36 vs. Carolina 1/22/2006
49 vs. Detroit 1/7/2017

TOUCHDOWNS

Most Touchdowns Allowed, Rushing, Game

3 at Cincinnati 12/31/1988
at Green Bay 1/12/2008
at Chicago 1/16/2011

Fewest Touchdowns Allowed, Rushing, Game

0 Many Times (Last: at Philadelphia 1/5/2020)

OPPONENTS PASSING

YARDS GAINED

Most Yards Allowed, Passing, Game

397 vs. New Orleans 1/8/2011
323 at Atlanta 1/14/2017
320 vs. New England 2/1/2015

Fewest Yards Allowed, Passing, Game

91 at Cincinnati 12/31/1988
99 at Washington 1/6/2013
125 at Minnesota 1/10/2016

TOUCHDOWNS

Most Touchdowns Allowed, Passing, Game

4 vs. New England 2/1/2015
3 at Miami 12/29/1984
at Green Bay 1/12/2008
at Atlanta 1/13/2013
at Atlanta 1/14/2017

Fewest Touchdowns Allowed, Passing, Game

0 at Cincinnati 12/31/1988
at Minnesota 1/10/2016
vs. Detroit 1/7/2017
at Philadelphia 1/5/2020

SACKS

Most Sacks, Game

7 at Philadelphia 1/5/2020
6 vs. L.A. Raiders 12/22/1984
5 vs. St. Louis 1/8/2005

Fewest Sacks, Game

0 at Miami 12/31/1983
at Miami 12/29/1984
at Green Bay 1/4/2004 (OT)
at Atlanta 1/13/2013

Most Opp. Yards Lost Attempting to Pass, Game

49 vs. L.A. Raiders 12/22/1984
31 at Chicago 1/14/2007 (OT)
23 vs. Detroit 1/7/2017

Fewest Opp. Yds. Lost Attempting to Pass, Game

0 at Miami 12/31/1983
at Miami 12/29/1984
at Green Bay 1/4/2004 (OT)
at Green Bay 1/12/2008
at Atlanta 1/13/2013

OPPONENTS INTERCEPTIONS

INTERCEPTIONS

Most Passes Intercepted By, Game

3 vs. Carolina 1/22/2006
2 13 Times (Last: vs. New England 2/1/15)

Fewest Passes Intercepted By, Game

0 Many Times (Last: at Green Bay 1/12/2020)

Most Consecutive Games, One or More Int. By

6 1983-84, 1987

Most Yards Returning Interceptions, Game

135 vs. Washington 1/5/2008
90 vs. Carolina 1/10/2015
76 vs. Pittsburgh 2/5/2006

Fewest Yards Returning Interceptions, Game

0 Many Times (Last: at Philadelphia 1/5/2020)

Most Touchdowns Returning Interceptions, Game

2 vs. Washington 1/5/2008
1 vs. Denver 2/2/2014
vs. Carolina 1/10/2015

PUNT RETURNS ALLOWED

PUNT RETURNS

Most Opponent Punt Returns, Game

6 vs. Miami 1/9/2000
at Dallas 1/5/2019
4 at Houston 1/3/1988 (OT)

Fewest Opponent Punt Returns, Game

0 vs. Washington 1/5/2008
at Atlanta 1/13/2013
vs. New Orleans 1/11/2014
vs. Carolina 1/10/2015
at Philadelphia 1/5/2020

YARDS GAINED

Most Yards Allowed, Punt Returns, Game

80 at Dallas 1/5/2019
63 vs. Miami 1/9/2000
59 vs. Carolina 1/22/2006

Fewest Yards Allowed, Punt Returns, Game

0 8 Times (Last: at Philadelphia 1/5/2020)

Longest Return, Allowed, Game

59t vs. Carolina 1/22/2006
51 at Dallas 1/5/2019
29 vs. Green Bay 1/18/2015

TOUCHDOWNS

Most Touchdowns Allowed, Punt Return, Game

1 vs. Carolina (by Steve Smith) 1/22/2006

KICKOFF RETURNS ALLOWED

KICKOFF RETURNS

Most Opponent Kickoff Returns, Game

7 vs. Carolina 1/22/2006
vs. Washington 1/5/2008
vs. New Orleans 1/8/2011

Fewest Opponent Kickoff Returns, Game

1 vs. Green Bay 1/18/2015
at Atlanta 1/14/2017
at Dallas 1/5/2019
at Philadelphia 1/5/2020

YARDS GAINED

Most Yards Allowed, Kickoff Returns, Game

189 vs. Washington 1/5/2008
160 vs. Dallas 1/6/2007
143 vs. Carolina 1/22/2006

Fewest Yards Allowed, Kickoff Returns, Game

15 at Dallas 1/5/2019
18 vs. Green Bay 1/18/2015 (OT)
at Atlanta 1/14/2017

Longest Return Allowed, Game

93t vs. Dallas 1/6/2007
55 vs. Washington 1/5/2008
47 vs. Miami 1/9/2000

TOUCHDOWNS

Most TDs Allowed, Kickoff Returns, Game

1 vs. Dallas (by Miles Austin) 1/6/2007

TAKEAWAYS

NO. OF TIMES LOSING BALL (INT, FUM)

Most Opponents' Turnovers, Game

5 at Miami 12/31/1983
4 at L.A. Raiders 1/8/1984
vs. Carolina 1/22/2006
vs. Denver 2/2/2014

Fewest Opponents' Turnovers, Game

0 vs. Miami 1/9/2000
at Green Bay 1/4/2004
at Carolina 1/17/2016
vs. Detroit 1/7/2017
at Atlanta 1/14/2017
at Philadelphia 1/5/2020
at Green Bay 1/12/2020

TIME OF POSSESSION

TIME OF POSSESSION

Highest Time of Possession Allowed, Game

47:44 at Houston 1/3/1988 (OT)
37:10 at Chicago 1/16/2011
37:06 at L.A. Raiders 1/8/1984

Lowest Time of Possession Allowed, Game

18:09 vs. Carolina 1/22/2006
23:21 vs. Detroit 1/7/2017
25:02 at Miami 12/31/1983



ALL-TIME
HONORS



ALL-TIME HONORS

CAPTAINS

Offense		Defense		Special Teams	
1976	Norm Evans, T	Mike Curtis, LB		Ed Bradley, LB	
1977	Norm Evans, T	Eddie McMillan, S		Steve Preece, S	
1978	Norm Evans, T	Dennis Boyd, DT		Autry Beamon, S	
1979	Steve Largent, WR	Dennis Boyd, DE		Autry Beamon, S	
1980	Steve Largent, WR	Keith Simpson, S			
1981	Steve Largent, WR	Keith Simpson, CB	Don Dufek, S		
1982	Steve Largent, WR	Keith Simpson, CB	Don Dufek, S		
1983	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB		
1984	Charle Young, TE	Dave Brown, CB	Eric Lane, RB		
1985	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB		
1986	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB		
1987	Steve Largent, WR	Kenny Easley, S	Paul Moyer, S		
1988	Steve Largent, WR	Jacob Green, DE	Game-to-Game		
		Eugene Robinson, S			
1989	Steve Largent, WR	Jacob Green, DE	Game-to-Game		
1990	Dave Krieg, QB	Jacob Green, DE	Game-to-Game		
1991	Dave Krieg, QB	Jacob Green, DE	Game-to-Game		
1992	John L. Williams, FB	Eugene Robinson, S	James Jones, TE		
1993	John L. Williams, FB	Eugene Robinson, S	Tracy Johnson, FB		
			Trey Junkin, TE		
1994	Ray Donaldson, C	Eugene Robinson, S	Tracy Johnson, FB		
			Trey Junkin, TE		
1995	Rick Mirer, QB	Eugene Robinson, S	Trey Junkin, TE		
1996	Rick Mirer, QB	Winston Moss, LB	Rick Tuten, P		
	Chris Warren, RB	Terry Wooden, LB			
1997	John Friesz, QB	Winston Moss, LB	Jay Bellamy, S		
1998	Warren Moon, QB	Darryl Williams, S	Jay Bellamy, S		
	Kevin Glover, C	Michael Sinclair, DE			
1999*	Jon Kitna, QB	Chad Brown, LB	Fabien Bownes, WR		
	Ricky Watters, RB	Cortez Kennedy, DT	James Logan, LB		
Season captains discontinued in 1999 and 2000					
2001	Matt Hasselbeck, QB	Chad Brown, LB			
	Robbie Tobeck, C	Levon Kirkland, LB			
	Ricky Watters, RB	Marcus Robertson, S			
2002	Trent Dilfer, QB	Chad Brown, LB			
	Robbie Tobeck, C	Chad Eaton, DT			
	Mack Strong, FB	Marcus Robertson, S			
2003	Matt Hasselbeck, QB	John Randle, DT	Alex Bannister, WR		
2004	Matt Hasselbeck, QB	Anthony Simmons, LB	Alex Bannister, WR		
2005	Matt Hasselbeck, QB	Grant Wistrom, DE	Alex Bannister, WR		
	Shaun Alexander, RB*	Lofa Tatupu, LB*	Josh Scobey, KR*		
2006	Matt Hasselbeck, QB	Lofa Tatupu, LB	J.P. Darche, LS		
	Walter Jones, T	Ken Hamlin, FS	Jimmy Williams, CB		
2007	Matt Hasselbeck, QB	Lofa Tatupu, LB	Josh Brown, K		
	Mack Strong, FB	Deon Grant, SS	Niko Koutouvides, LB		
2008	Matt Hasselbeck, QB	Lofa Tatupu, LB	Lance Laury, LB		
	Walter Jones, T	Deon Grant, SS	D.D. Lewis, LB		
2009	Matt Hasselbeck, QB	Lofa Tatupu, LB	Lance Laury, LB		
	Walter Jones, T	Deon Grant, SS	Olindo Mare, K		
2010	Matt Hasselbeck, QB	Lofa Tatupu, LB	Roy Lewis, CB		
2011	Tarvaris Jackson, QB	Marcus Trufant, CB	M. Robinson, FB/ Leon Washington, RB		
			Heath Farwell, LB		
2012	Max Unger, C	Red Bryant, DE	M. Robinson, CB		
			Heath Farwell, LB		
2013	Russell Wilson, QB	Red Bryant, DE	Steve Hauschka, K		
2014	Russell Wilson, QB	Kam Chancellor, S	Jon Ryan, P		
			Jon Ryan, P		
2015	Russell Wilson, QB	Bobby Wagner, LB	Jon Ryan, P		
2016	Russell Wilson, QB	Kam Chancellor, S	DeShawn Shead, CB		
			Jon Ryan, P		
2017	Russell Wilson, QB	K. Chancellor, S			
		B. Wagner, LB			
2018	Russell Wilson, QB	Bobby Wagner, LB	Sebastian Janikowski, K		
			Neiko Thorpe, CB		
2019	Russell Wilson, QB	Bobby Wagner, LB	Neiko Thorpe, CB		

* Playoff Captains

RING OF HONOR

1989	Steve Largent	WR	2002	Kenny Easley	S
1991	Jim Zorn	QB	2004	Dave Krieg	QB
1992	Dave Brown	CB	2005	Chuck Knox	Head Coach
1992	Pete Gross	Broadcaster	2006	Cortez Kennedy	DT
1994	Curt Warner	RB	2014	Walter Jones	T
1995	Jacob Green	DE	2019	Paul G. Allen	Chairman

STEVE LARGENT AWARD

(Presented to the player, or coach, who best exemplifies the spirit, dedication, and integrity of the Seahawks)

1989	Steve Largent	WR	2004	Mack Strong	FB
1990	Jacob Green	DE	2005	Mack Strong	FB
1991	Rufus Porter	LB	2006	Mack Strong	FB
1992	Jeff Bryant	DE	2007	Bobby Engram	WR
	Joe Nash	DT	2008	Mike Holmgren	Coach
1993	Eugene Robinson	S	2009	Matt Hasselbeck	QB
1994	Brian Blades	WR	2010	Roy Lewis	CB
1995	Terry Wooden	LB	2011	Red Bryant	DE
1996	Cortez Kennedy	DT	2012	Russell Wilson	QB
1997	Winston Moss	LB	2013	Earl Thomas	S
1998	Michael Sinclair	DE	2014	Kam Chancellor	S
1999	Chad Brown	LB	2015	Richard Sherman	CB
2000	Ricky Watters	RB	2016	Kam Chancellor	S
2001	Mack Strong	FB	2017	Bobby Wagner	LB
2002	Mack Strong	FB	2018	Russell Wilson	QB
2003	Trent Dilfer	QB	2019	Russell Wilson	QB

MAN OF THE YEAR

1976	Norm Evans	T	2000	Jon Kitna	QB
1980	Jim Zorn	QB	2001	Brock Huard	QB
1981	Manu Tuiaosopo	DT	2002	Trent Dilfer	QB
1982	Dave Brown	CB	2003	Matt Hasselbeck	QB
1983	Paul Johns	WR	2004	Mack Strong	FB
1984	Jeff West	P	2005	Shaun Alexander	RB
1985	Mike Tice	TE	2006	Marcus Trufant	CB
1986	Mike Tice	TE	2007	Bobby Engram	WR
1987	Mike Tice	TE	2008	Patrick Kerney	DE
1988	Steve Largent	WR	2009	Josh Wilson	CB
1989	Norm Johnson	K	2010	Roy Lewis	CB
1990	Jacob Green	DE	2011	John Carlson	TE
1991	Eugene Robinson	S	2012	Russell Okung	T
1992	Eugene Robinson	S	2013	Doug Baldwin	WR
1993	Eugene Robinson	S	2014	Russell Wilson	QB
1994	Brian Blades	WR	2015	Richard Sherman	CB
1995	Eugene Robinson	S	2016	Cliff Avril	DE
1996	Todd Peterson	K	2017	Michael Bennett	DE
1997	Rick Tuten	P	2018	K.J. Wright	LB
1998	Sam Adams	DT	2019	Bobby Wagner	LB
1999	Jon Kitna	QB			

RETIRED JERSEYS

#12	Seattle's fans, the 12s (1984)	#96	DT Cortez Kennedy (2012)
#80	WR Steve Largent (1995)	#45	S Kenny Easley (2017)
#71	T Walter Jones (2010)		

MARCUS NALLEY TROPHY

(Most Valuable Player as voted by teammates)

1976	Jim Zorn	QB	1988	John L. Williams	FB
1977	Steve Largent	WR	1989	Brian Blades	WR
1978	Jim Zorn	QB	1990	John L. Williams	FB
1979	Steve Largent	WR	1991	Eugene Robinson	S
1980	Sam McCullum	WR	1992	Cortez Kennedy	DT
1981	Steve Largent	WR	1993	Eugene Robinson	S
1982	Kenny Easley	S	1994	Chris Warren	RB
1983	Curt Warner	RB	1995	Chris Warren	RB
1984	Kenny Easley	S	1996	Cortez Kennedy	DT
1985	Steve Largent	WR	1997	Darryl Williams	S
1986	Curt Warner	RB	1998	Chad Brown	LB
1987	Steve Largent	WR		<i>Discontinued in 1999</i>	

ALL-TIME HONORS

AP ALL-PRO

Year	1st Team	2nd Team
1978		Steve Largent Jim Zorn
1979	Kenny Easley	Steve Largent
1983	Norm Johnson	Curt Warner
1984	Joe Nash	Steve Largent Dave Brown
1985	Kenny Easley Steve Largent	
1986	Bobby Joe Edmonds	Curt Warner
1987	Fredd Young	Steve Largent Curt Warner
1992	Cortez Kennedy	
1993	Cortez Kennedy	Eugene Robinson
1994	Cortez Kennedy	Chris Warren Rick Tuten
1995		Chris Warren
1996		Cortez Kennedy
1998		Chad Brown
2001	Walter Jones	
2003	Steve Hutchinson	
2004	Walter Jones	Shaun Alexander Steve Hutchinson
2005	Shaun Alexander Steve Hutchinson Walter Jones Mack Strong	
2006		Walter Jones
2007	Walter Jones Patrick Kerney Lofa Tatupu	
2008		Walter Jones
2010		Leon Washington
2011		Earl Thomas
2012	Marshawn Lynch Richard Sherman Earl Thomas Max Unger	
2013	Richard Sherman Earl Thomas	Kam Chancellor
2014	Richard Sherman Earl Thomas Bobby Wagner	Kam Chancellor Marshawn Lynch
2015	Tyler Lockett	Richard Sherman Bobby Wagner
2016	Bobby Wagner	Tyler Lockett
2017	Bobby Wagner	Tyler Lockett Earl Thomas
2018	Michael Dickson Bobby Wagner	Duane Brown
2019	Bobby Wagner	Russell Wilson

PRO BOWL

Year	Player	Nominations
1978	Steve Largent, WR	1
1979	Steve Largent, WR	2
1981	Steve Largent, WR	3
1982	Kenny Easley, S	1
1983	Kenny Easley, S, starter	2
	Curt Warner, RB, starter	1
1984	Dave Brown, CB	1
	Kenny Easley, S, unanimous	3
	Norm Johnson, K	1
	Dave Krieg, QB	1
	Steve Largent, WR	4
	Joe Nash, DT, starter	1
	Fredd Young, special teams	1
1985	Kenny Easley, S, starter	4
	Steve Largent, WR, starter	5
	Fredd Young, special teams	2
1986	Bobby Joe Edmonds, KR	1
	Jacob Green, DE	1
	Steve Largent, WR, starter	6
	Curt Warner, RB, starter	2
	Fredd Young, LB, starter	3
1987	Kenny Easley, S, starter	5
	Jacob Green, DE	2
	Steve Largent, WR, starter	7
	Curt Warner, RB, starter	3
	Fredd Young, LB, starter	4

PRO BOWL, CONTINUED

Year	Player	Nominations
1988	Dave Krieg, QB	2
	Rufus Porter, special teams	1
1989	Brian Blades, WR	1
	Dave Krieg, QB	3
	Rufus Porter, special teams	2
1990	John L. Williams, FB	1
1991	Cortez Kennedy, DT	1
	John L. Williams, FB	2
1992	Cortez Kennedy, DT, starter	2
	Eugene Robinson, S	1
1993	Cortez Kennedy, DT, starter	3
	Eugene Robinson, S	2
	Chris Warren, RB	1
1994	Cortez Kennedy, DT, starter	4
	Rick Tuten, P	1
	Chris Warren, RB	2
1995	Cortez Kennedy, DT	5
	Chris Warren, RB, starter	3
1996	Cortez Kennedy, DT, starter	6
	Michael Sinclair, DE	1
1997	Warren Moon, QB	1, 9 total
	Michael Sinclair, DE	2
	Darryl Williams, S, starter	1
1998	Chad Brown, LB, starter	1, 2 total
	Cortez Kennedy, DT	7
	Michael Sinclair, DE	3
	Shawn Springs, CB	1
1999	Chad Brown, LB	2, 3 total
	Walter Jones, T	1
	Cortez Kennedy, DT	8
2001	Walter Jones, T	2
	John Randle, DT, starter	1, 7 total
2002	Walter Jones, T, starter	3
2003	Shaun Alexander, RB	1
	Alex Bannister, ST	1
	Matt Hasselbeck, QB	1
	Steve Hutchinson, G	1
	Walter Jones, T	4
2004	Shaun Alexander, RB	2
	Steve Hutchinson, G	2
	Walter Jones, T	5
2005	Shaun Alexander, RB, starter	3
	Matt Hasselbeck, QB, starter	2
	Steve Hutchinson, G, starter	3
	Walter Jones, T, starter	6
	Mack Strong, FB, starter	1
	Lofa Tatupu, LB	1
	Robbie Tobeck, C	1
2006	Walter Jones, T	1, 3 total
	Julian Peterson, LB	7
	Mack Strong, FB	2
	Lofa Tatupu, LB	2
2007	Matt Hasselbeck, QB	3
	Walter Jones, T	8
	Patrick Kerney, DE	1, 2 total
	Julian Peterson, LB	2, 4 total
	Lofa Tatupu, LB	3
	Marcus Trufant, CB	1
2008	Walter Jones, T	9
	Julian Peterson, LB	3, 5 total
2011	Brandon Browner, CB	1
	Kam Chancellor, S	1
	Marshawn Lynch, RB	1, 2 total
	Michael Robinson, FB	1
	Earl Thomas, S, starter	1
2012	Marshawn Lynch, RB	2, 3 total
	Russell Okung, T, starter	1
	Earl Thomas, S, starter	2
	Max Unger, C, starter	1
	Leon Washington, RS/KR	1, 2 total
	Russell Wilson, QB	1
2013	Kam Chancellor, S	2
	Marshawn Lynch, RB	3, 4 total
	Richard Sherman, CB	1
	Earl Thomas, S	3
	Max Unger, C	2
	Russell Wilson, QB	2
2014	Kam Chancellor, S	3
	Marshawn Lynch, RB	4, 5 total
	Russell Okung, T	2
	Richard Sherman, CB	2
	Earl Thomas, S	4
	Bobby Wagner, LB	1
	Russell Wilson, QB	3
2015	Michael Bennett, DE	1
	Kam Chancellor, S	4
	Tyler Lockett, RS	1
	Richard Sherman, CB	3
	Earl Thomas, S	5

PRO BOWL, CONTINUED

Year	Player	Nominations
2015	Bobby Wagner, LB	2
	Russell Wilson, QB	4
2016	Cliff Avril, DE	1
	Doug Baldwin, WR	1
	Michael Bennett, DE	2
	Jimmy Graham, TE	1, 4 total
	Richard Sherman, CB	4
	Bobby Wagner, LB	3
	K.J. Wright, LB	1
2017	Doug Baldwin, WR	2
	Michael Bennett, DE	3
	Duane Brown, T	1, 4 total
	Jimmy Graham, TE	2, 5 total
	Earl Thomas, S	6
	Bobby Wagner, LB	4
	Russell Wilson, QB	5
2018	Michael Dickson, P	1
	Bobby Wagner, LB	5
	Russell Wilson, QB	6
2019	Bobby Wagner, LB	6
	Russell Wilson, QB	7
	Shaquill Griffin, CB	1

PRO FOOTBALL HALL OF FAME

1984	Mike McCormack, Coach/President/GM, 1982-88
1990	Franco Harris, RB, 1984 (elected in first year of eligibility)
1995	Steve Largent, WR, 1976-89 (elected in first year of eligibility)
2004	Carl Eller, DE, 1979
2006	Warren Moon, QB, 1997-98 (elected in first year of eligibility)
2010	John Randle, DT, 2001-03 (elected in first year of eligibility)
2010	Jerry Rice, WR, 2004 (elected in first year of eligibility)
2012	Cortez Kennedy, DT, 1990-00
2014	Walter Jones, T, 1997-09 (elected in first year of eligibility)
2017	Kenny Easley, S, 1981-87
2018	Kevin Mawae, C, 1994-97
2019	Steve Hutchinson, G, 2001-05 Edgerrin James, RB, 2009

NFL COACH OF THE YEAR

1978	Jack Patera (AP, The Sporting News, Washington DC Touchdown Club, Seattle Gold Helmet Committee)
1983	Chuck Knox (Vince Lombardi Committee, Seattle Gold Helmet Committee, Football News)
1984	Chuck Knox (AP, The Sporting News, Seattle Gold Helmet Committee)
1992	Tom Catlin, Assistant Head Coach/Defense (Sports Illustrated)

NFL/NATIONAL HONORS

1976	Steve Niehaus, DT (NFC Defensive Rookie of the Year) Jim Zorn, QB (NFC Offensive Rookie of the Year)
1978	John Thompson, General Manager (The Sporting News NFL Executive of the Year)
1981	Kenny Easley, S (AFC Defensive Rookie of the Year)
1983	Kenny Easley, S (Football News AFC Defensive Player of the Year) Chuck Knox, Head Coach (UPI AFC Coach of the Year, Football News NFL Coach of the Year) Curt Warner, RB (UPI AFC Offensive Player of the Year, UPI AFC Rookie of the Year)
1984	Kenny Easley, S (AP, Pro Football Weekly and Kansas City 101 Club NFL Defensive Player of the Year, NFL Alumni Association Defensive Back of the Year) Chuck Knox, Head Coach (Football Digest NFL Coach of the Year, UPI & PFWA AFC Coach of the Year) Fredd Young, LB (AFC Special Teams Player of the Year)

ALL-TIME HONORS

NFL/NATIONAL HONORS, CONTINUED

- 1985 Steve Largent, WR (NFL Alumni Association Wide Receiver of the Year)
Fredd Young, LB (NFL Alumni Association Special Teams Player of the Year)
Curt Warner, RB (Sports Illustrated Comeback Player of the Year)
- 1986 Bobby Joe Edmonds, KR (AFC Special Teams Player of the Year)
Curt Warner, RB (UPI AFC Offensive Player of the Year)
- 1987 Curt Warner, RB (NFL Alumni Association Running Back of the Year)
- 1988 Steve Largent, WR (NFL Man of the Year)
- 1992 Cortez Kennedy, DT (AP, Pro Football Writers, NEA, College & Pro Football Newsweekly NFL Defensive Player of the Year)
- 1993 Rick Mirer, QB (NFL Offensive Rookie of the Year, UPI AFC Offensive Rookie of the Year)
- 1995 Eugene Robinson, S (Henry P. Iba Citizenship Award from the Tulsa Oklahoma Rotary Club)
- 2005 Shaun Alexander, RB (AP and Pro Football Weekly/PFWA Most Valuable Player, AP Offensive Player of the Year, The Sporting News, Maxwell Club and FedEx Ground Player of the Year)
- 2006 Josh Brown, K (Pro Football Weekly Golden Toe Award)
- 2012 Pete Carroll, Head Coach of the Year (Kansas City NFL 101 Club)
Bruce Irvin, DE (Pro Football Weekly All-Rookie Team)
Marshawn Lynch, RB (Pro Football Weekly All-NFL Team)
Michael Robinson, FB (Sports Illustrated All-Pro)
John Schneider, General Manager (Sports Illustrated Executive of the Year)
Richard Sherman, CB (Pro Football Weekly All-NFL Team, Sporting News All-Pro, Sports Illustrated All-Pro)
Earl Thomas, S (Pro Football Weekly All-NFL Team, Sporting News All-Pro)
Bobby Wagner, LB (Pro Football Weekly All-Rookie Team, Sports Illustrated Defensive Rookie of the Year)
Russell Wilson, QB (Pepsi Max NFL Rookie of the Year, Sports Illustrated Offensive Rookie of the Year)
- 2013 Brandon Mebane, DT (Sports Illustrated All-Pro)
Richard Sherman, CB (Pro Football Weekly All-NFL Team, Sporting News All-Pro, Sports Illustrated All-Pro)
Malcolm Smith, LB (Pete Rozelle Trophy - Super Bowl MVP)
Earl Thomas, S (Pro Football Weekly All-NFL Team, Sporting News All-Pro, Sports Illustrated All-Pro)
- 2014 Richard Sherman, CB (Kansas City 101 Club NFC Defensive Player of the Year, Sporting News All-Pro, PFWA All-NFL Team, Sports Illustrated MMQB All-Pro)
Earl Thomas, S (Sporting News All-Pro, PFWA All-NFL Team)
- 2015 Michael Bennett, DE (Defensive Pro Bowl MVP)
Tyler Lockett, WR/RS (PFWA All-Rookie Team)
Thomas Rawls, RB (PFWA All-Rookie Team)
Earl Thomas, S (Sporting News All-Pro)
Russell Wilson, QB (Offensive Pro Bowl MVP)
- 2016 Cliff Avril, DE (PFWA All-NFC Team)
Bobby Wagner, LB (Sporting News All-Pro, PFWA All-NFL Team, PFWA All-NFC Team)

NFL/NATIONAL HONORS, CONTINUED

- 2017 Ethan Pocic, G (PFWA All-Rookie Team)
Earl Thomas, S (Sporting News All-Pro)
Bobby Wagner, LB (Sporting News All-Pro, PFWA All-NFL Team)
- 2018 Michael Dickson, P (Sporting News All-Pro, PFWA All-NFL Team, PFWA All-Rookie Team)
Shaquem Griffin, LB (Game Changer presented by Gillette)
Bobby Wagner, LB (PFWA All-NFL Team)
Seattle Seahawks (Celebration of the Year)
- 2019 Bobby Wagner, LB (Sporting News All-Pro, PFWA All-NFL Team)
Seattle Seahawks (Celebration of the Year)

NFL ROOKIE OF THE MONTH

- 1997 Walter Jones, T (October)
2002 Rocky Bernard, DT (September)
2005 Lofa Tatupu, LB (December/January)
2012 Russell Wilson, QB (December)

NFL PLAYER OF THE MONTH

- 1986 Curt Warner, RB (October)
Dave Krieg, QB (December)
- 1989 John L. Williams, FB (December)
- 1996 Michael McCrary, DE (December)
- 1998 Chad Brown, LB (November)
- 1999 Jon Kitna, QB (October)
Jeff Feagles, P (December)
- 2004 Matt Hasselbeck, QB (December)
- 2005 Shaun Alexander, RB (November)
- 2006 Ken Hamlin, FB (September)
Nate Burleson ST/WR (November)
- 2007 Patrick Kerney, DE (November)
- 2013 Richard Sherman, CB (September)
- 2014 Jon Ryan, P (September)
Bobby Wagner, LB (December)
- 2015 Tyler Lockett, RS (Sept. & December)
- 2016 Cliff Avril, DE (October)
- 2018 Michael Dickson, P (November)
Chris Carson, RB (December)

NFL PLAYER OF THE WEEK

- 1984 Joe Nash, NT (Week 4), Kenny Easley, S (Week 9), Dave Brown, CB (Week 10),
Dave Krieg, QB (Week 13)
- 1985 Dave Krieg, QB & Darryl Turner, WR (Week 2),
Terry Taylor, CB (Week 9)
- 1986 Steve Largent, WR (Week 5), Jacob Green, DE (Week 12)
- 1987 Fredd Young, LB (Week 2), Steve Largent, WR (Week 6), Brian Bosworth, LB (Week 15)
- 1988 Jacob Green, DE (Week 2), Dave Krieg, QB (Week 16)
- 1989 Steve Largent, WR (Week 14)
- 1990 Dave Krieg, QB (Week 10), Nesby Glasgow, S (Week 12), DE Jacob Green (Week 17)
- 1991 Rufus Porter, LB (Week 13)
- 1992 Cortez Kennedy, DT (Week 3)
- 1993 Chris Warren, RB (Week 3), *Rick Mirer, QB and P Rick Tuten (Week 5),
Eugene Robinson (Week 11)
- 1994 Chris Warren, RB (Week 5), Robert Blackmon, S (Week 13)
- 1995 Joey Galloway,* WR (Week 11), Robert Blackmon, S (Week 12),
Todd Peterson, K (Week 14), Robert Blackmon, S (Week 15), Rick Tuten, P (Week 16)
- 1996 Cortez Kennedy, DT (Week 6), Darryl Williams, S (Week 9), Michael McCrary, Special Teams (Week 10), Rick Tuten, P (Week 15), Michael McCrary, DE (Week 17)
- 1997 Chad Brown, LB (Week 3), Darryl Williams, S (Week 4),
Warren Moon, QB (Weeks 9 and 11)

NFL PLAYER OF THE WEEK, CONTINUED

- 1998 Jon Kitna, QB (Week 13)
- 1999 Charlie Rogers,* PR, Special Teams (Week 3),
Shawn Springs, CB (Week 8)
- 2000 Jon Kitna, QB (Week 11)
- 2001 Shaun Alexander, RB (Weeks 4 and 9), Charlie Rogers, KR, Special Teams (Week 16)
- 2002 Shaun Alexander, RB (Week 4), Matt Hasselbeck QB (Week 12),
Ken Lucas CB (Week 15)
- 2003 Ken Hamlin,* S (Week 2), Bobby Engram, WR, Special Teams (Week 11),
Chad Brown, LB (Week 17)
- 2004 Tom Rouen, P (Week 2), Ken Lucas, CB (Week 3), Michael Boulware,* S (Week 11), Darrell Jackson, WR (Week 14), Shaun Alexander, RB (Week 16)
- 2005 Shaun Alexander, RB (Weeks 3, 6, 9), Josh Brown, K (Week 7), Andre Dyson, CB (Week 13),
Matt Hasselbeck, QB (Week 5)
- 2006 Josh Brown, K (Weeks 6 and 12)
- 2007 Lance Laury, LB/ST (Week 3), Nate Burleson, WR/ST (Week 7), Lofa Tatupu, LB (Week 13),
Marcus Trufant, CB (Week 14)
- 2008 Josh Wilson; CB (Week 16)
- 2010 Leon Washington, KR (Week 3), Olindo Mare, K (Week 7), Jon Ryan, P (Week 17)
- 2011 Chris Clemons, DE (Week 11), David Hawthorne, LB (Week 13), Doug Baldwin*, WR/ST (Week 14)
- 2012 Chris Clemons, DE (Week 3), Richard Sherman, CB (Week 10), Leon Washington, RB/ST (Week 12), Russell Wilson*, QB (Week 13), Red Bryant, DE/ST (Week 16)
- 2013 Richard Sherman, CB (Week 2), Steven Hauschka, K (Week 4), Golden Tate, ST/WR (Week 9), Russell Wilson, QB (Week 13), Richard Sherman, CB (Week 15)
- 2014 Kam Chancellor, S (Week 3), Russell Wilson, QB (Week 5), Kam Chancellor, S (Week 12), Richard Sherman, CB (Week 13), Russell Wilson, QB (Week 16).
- 2015 Michael Bennett, DE (Week 7), Russell Wilson, QB (Week 12), Tyler Lockett,* RS (Week 17).
- 2016 Jon Ryan, P (Week 4), Kam Chancellor, S (Week 10).
- 2017 Earl Thomas, S (Week 5), Russell Wilson, QB (Week 8), Tyler Lockett, KR (Week 11), Russell Wilson, QB (Week 13).
- 2018 Frank Clark, DE (Week 6), Michael Dickson*, P (Week 8), Sebastian Janikowski, K (Week 12), Bobby Wagner, LB (Week 13).
- 2019 Russell Wilson, QB (Week 2), Russell Wilson, QB (Week 9), Jadeveon Clowney, DE (Week 10)

*Rookie



STEVE LARGENT, WR 1976-89

Pro Football Hall of Fame: Steve Largent became the first Seahawks player to be elected to the Pro Football Hall of Fame on Saturday, January 28, 1995. Largent was formally inducted in Canton, Ohio, on Saturday, July 29, along with Jim Finks, Henry Jordan, Lee Roy Selmon, and Kellen Winslow. He was presented into the Hall of Fame by Seahawks' Vice President Gary Wright. Largent was the 23rd player to be elected in his first year of eligibility.

NFL Records: Concluded his 14 National Football League seasons with league career records for receptions, 819; yards, 13,089; touchdowns, 100; consecutive games with a reception, 177; 50-catch seasons, 10; and 1,000-yard seasons, 8. Became only the second player in NFL history to be the career leader in receptions, yards and touchdowns at the same time joining Green Bay's Don Hutson (1945). Ranked third all-time at the time of his retirement with 40-career 100-yard games, trailing Don Maynard (50) and Lance Alworth (41).

Pro Career: Finished in the AFC's (NFC in 1976) top 10 in receptions 10 times in his first 12 seasons, failing only in 1977 and 1982, and in the top-five seven times. Led the AFC in receptions in 1978 with 71 and finished second in 1981 (75) and 1987 (58), and was third in the NFC in 1976 (54). The only NFC wide receiver to catch more passes than Largent in 1976 was Dallas' Drew Pearson (58). Largent's total did lead all rookie wide receivers. Finished in the NFL's top 10 in receiving yards seven times, including a first-place finish in 1985, and a second in 1978, missing the lead by one yard. Missed only 10 games in his career due to injury, including six in 1989 with a broken elbow. Selected to play in the AFC-NFC Pro Bowl game seven times, after the 1978, 1979, 1981, 1984, 1985, 1986, and 1987 seasons. Unable to play in the 1979 game because

of a wrist injury. Set the Pro Bowl career yardage record with 236 and had 17 Pro Bowl receptions. Originally drafted in the fourth round in 1976 by the Houston Oilers. Was waived by the Oilers on August 24, recalled, and traded to the Seahawks for an eighth-round 1977 draft choice on August 26. The Oilers used that choice to select wide receiver Steve Davis from the University of Georgia.

Seahawks Career: Led the team in both receptions and yards in each of the team's first 12 seasons. Voted by his teammates as the Seahawks' Most Valuable Player after the 1977, 1979, 1981, 1985, and 1987 seasons. Was also elected Offensive Captain from 1979-83 and 1985-89. Third in games played (200) but has more starts (197) than any other player in team history. He was the first player voted into the team's Ring of Honor on December 23, 1989.

Personal: Represented the 1st District of the State of Oklahoma for four terms. Was elected to the United States House of Representatives on November 8, 1994, and sworn in on November 29. Re-elected to a second two-year term in 1996, and resigned following the first year of his fourth term and sought election as the governor of Oklahoma in November, 2002. Attended Putnam City High School in Oklahoma City, Okla., where he lettered in football and baseball. Steve and his wife, Terry, have three sons, Kyle, Kelly, and Kramer, and a daughter, Casie.



MIKE McCORMACK 1982-88

Pro Football Hall of Fame: Mike McCormack was inducted into the Pro Football Hall of Fame on July 28, 1984. He was one of four players honored in 1984 along with Arnie Weinmeister, Willie Brown and Charley Taylor. McCormack played with the Cleveland Browns from 1954-1962 and served as head coach of the Philadelphia Eagles (1973-75), Baltimore Colts (1980-81) and Seattle

Seahawks (1982). He also served as president and general manager of the Seahawks. In 1993, he was hired by the newly formed Carolina Panthers as their team president and general manager. He retired from the Panthers' organization in 1997.

Pro Career: One of the game's greatest offensive tackles, he began his pro football career with the NFL's 1951 New York Yanks where as a rookie he earned the starting right tackle spot. That year he earned the first of six trips to the Pro Bowl, before being called into military service. The Baltimore Colts, who acquired his rights before the start of the 1953 season, traded him to the Cleveland Browns in a massive 15-player deal. Even though the Browns knew McCormack would not be available for a full year, he was the key man in the trade. Coach Paul Brown always considered it one of his wisest personnel moves. In his first season in Cleveland, McCormack, a former University of Kansas star and Chicago native, was asked to fill the middle guard position that had been vacated by the retiring Bill Willis on the defensive unit. It was a tall order, considering Willis would himself be elected to the Hall of Fame. McCormack, not surprisingly, was up to the challenge. He quickly became an important factor on an excellent Cleveland defensive team. McCormack enjoyed perhaps his most memorable individual moment on the defensive team when, in the 1954 NFL Championship Game, he stole the ball from Detroit Lions quarterback Bobby Layne to set up one of the early touchdowns in a 56-10 Cleveland rout. But it was as an offensive tackle that McCormack made his lasting mark in pro football. Mike was the Browns' offensive right tackle for eight years from 1955 through 1962. During that period, the Browns' forward wall played a major role in assuring a balanced offensive approach and McCormack, equally adept as a blocker on rushing plays and as a quarterback protector, was a stabilizing factor throughout the period.

Seahawks Career: In 1982, McCormack joined the Seattle Seahawks as director of football operations, eventually becoming president and general manager the following season. He also served as the Seahawks' interim head coach for the remainder of the 1982 season when Jack Patera was fired after the first two games. McCormack took over during the 57-day players strike and led the team to a 4-3 record. He then returned to his management position when the Seahawks hired Chuck Knox as their new head coach in 1983. Under McCormack's leadership, the Seahawks enjoyed the franchise's finest years until the mid 2000's. During his seven seasons with the team, Seattle reached the postseason four times, including the AFC Championship Game in 1983.

Personal: McCormack passed away on November 15, 2013. He was survived by his wife, Ann, and four children; Michael, Tim, Molly and Colleen. He was a member of the University of Kansas' all-time team and served as co-captain of the 1950 Jayhawks team.



FRANCO HARRIS, RB 1984

Pro Football Hall of Fame: Franco Harris was inducted into the Pro Football Hall of Fame on Saturday, August 4, 1990, along with Buck Buchanan, Bob Griese, Ted Hendricks, Jack Lambert, Tom Landry and Bob St. Clair.

Pro Career: Harris began his pro football career as the Pittsburgh Steelers No. 1 pick and the 13th player selected in the 1972 NFL Draft. For 12 seasons, the 6-2, 230-pounder from Penn State was a big-yardage running back, a key man in the powerful Pittsburgh offensive machine. Harris established himself as a future superstar when he became only the fourth rookie in NFL annals to rush for 1,000 yards. He gained additional attention by being on the receiving end of the famous "Immaculate Reception" pass from Terry Bradshaw that gave the Steelers their first-ever playoff win, a 13-7 victory over the Oakland Raiders. In his 13 seasons, the last of which was spent with the Seattle Seahawks in 1984, Harris rushed 2,949 times for 12,120 yards and 91 touchdowns. He rushed for 1,000 yards or more eight seasons and for more than 100 yards in 47 games. His career rushing total and his combined net yardage figure of 14,622 both ranked as the third highest marks in pro football history at the time of his retirement. Was an All-AFC choice in 1972, 1975, 1976, and 1977 and first- or second-team All-Pro six times. He was selected to nine Pro Bowls. Harris played in five AFC championships – missing a sixth because of injury – and four Super Bowls. In Super Bowl IX, when the Steelers won their first-ever league title with a 16-6 victory over Minnesota, Harris rushed for 158 yards, compared to just 17 yards rushing for the entire Vikings team. He was named the game's Most Valuable Player. Harris held numerous Super Bowl and postseason game records by the end of his career. The most notable include 24 points and 354 yards rushing in four Super Bowls and 17 touchdowns and 1,556 yards rushing in 19 playoff games.

Seahawks Career: Harris played his final NFL season in Seattle in 1984. He played in eight games with six starts and rushed 68 times for 170 yards with one catch for 3 yards.

Personal: Born in Fort Dix, N.J., on March 7, 1950.



CARL ELLER, DE 1979

Pro Football Hall of Fame: Carl Eller was inducted into the Pro Football Hall of Fame on Sunday, August 8, 2004, along with Bob Brown, John Elway and Barry Sanders. He was presented into the Hall of Fame by his son, Regis.

Pro Career: Selected in the 1st round of NFL Draft by Minnesota and AFL Draft by Buffalo in 1964. Eller quickly established himself at left defensive end on the Vikings "Purple People Eaters" defensive line. He amassed 44 sacks from 1975-1977 and named first- or second-team All-NFL each season from 1967-1973, playing in six Pro Bowls. He also was effective in blocking kicks and, during his career he recovered 23 opponents' fumbles, the third best mark in NFL annals at the time of his retirement. It was Eller who caused the now infamous fumble that led to teammate Jim Marshall's wrong-way run for a safety in 1964 in a game against the San Francisco 49ers. The Vikings won the 1969 NFL championship and NFC crowns in 1973, 1974, and 1976 and played in four Super Bowls.

Seahawks Career: The 16-year NFL veteran of 225 games played his final NFL season in Seattle, playing in all 16 games with 26 tackles and 3.0 sacks.

Personal: Born January 25, 1942, in Winston-Salem, N.C.



WARREN MOON, QB 1997-98

Pro Football Hall of Fame: Warren Moon was elected to the Pro Football Hall of Fame on Saturday, February 4, 2006, the day before the Seahawks played the Pittsburgh Steelers in Super Bowl XL. Moon was formally inducted in Canton, Ohio, on Sunday, August 6, along with Troy Aikman, Harry Carson, John Madden, Reggie White and Rayfield Wright. He was presented into the Hall of Fame by friend, agent and business associate Leigh Steinberg. Moon was the first African-American quarterback to be inducted.

Pro Career: Prior to the 1978 NFL Draft, some NFL scouts suggested that since University of Washington quarterback Warren Moon had played in a rollout rather than a drop-back passing offense, he would be a mid-round pick. Others speculated that since only one African American quarterback, James Harris, had achieved any measurable success in the NFL, Moon would have to play some other position. Regardless of which misguided reason motivated NFL scouts, Moon remained confident of his abilities and opted to sign with the Edmonton Eskimos of the Canadian Football League. He went on to lead the Eskimos to an unprecedented five consecutive Grey Cup victories. Eventually, Moon returned to the United States to play for the Houston Oilers in 1984. He racked up nearly 50,000 passing yards in 17 NFL seasons. Moon set a new club record with 3,338 yards passing in his first year with Houston, a mark he would break four more times. In 1986, when the Oilers installed the run-and-shoot offense, Moon's quarterback skills finally became apparent to all. The wide-open offense showcased Moon's strong arm, running skills, and big-play ability. In 1990, Moon led the league with 4,689 passing yards. He also led the league in attempts (584), completions (362), and touchdowns (33), and tied Dan Marino's NFL record with nine 300-yard games in a season. The following year, he again led the league in passing yards 4,690. At the

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same time, he joined Hall of Fame quarterbacks Marino and Dan Fouts as the only quarterbacks to post back-to-back 4,000-yard seasons. Moon also established new NFL records that season with 655 attempts and 404 completions. Moon was traded to the Minnesota Vikings before the 1994 season. In his debut season, he passed for 4,264 yards and led the team to the playoffs. In his second season in Minnesota, he again passed for more than 4,200 yards. Moon moved on to the Seattle Seahawks as a free agent in 1997 where the veteran star set franchise records for completions (313) and yards passing (3,678) and earned his ninth Pro Bowl selection. Injuries limited his play in 1998. In 1999, Moon joined the Kansas City Chiefs and spent two seasons as a backup there before retiring. Despite spending his first six professional seasons in the CFL, Moon ranked third all-time in NFL passing yardage and fourth in touchdown passes thrown at the time of his retirement.

Seahawks Career: The 17-year NFL veteran played for the Seahawks from 1997-98, setting the franchise record for passing yards in one season with 3,678 in 1997, since surpassed by Matt Hasselbeck and Russell Wilson. His franchise-record 313 completions in 1997 were also surpassed by Hasselbeck and Wilson. He holds the club record for most consecutive completions (17).

Personal: Named the NFL's Man of the Year in 1989 for his work in the community, Moon established the Crescent Moon Foundation in 1989 to raise money for college academic scholarships in Seattle, Los Angeles, Houston, and Minneapolis/St. Paul and also has worked as an ambassador for the NFL promoting the game of football both nationally and internationally to young people.



JOHN RANDLE, DT 2001-03

Pro Football Hall of Fame: John Randle was elected into the Pro Football Hall of Fame on Saturday, February 6, 2010, along with Russ Grimm, Rickey Jackson, Dick LeBeau, Floyd Little, Jerry Rice and Emmitt Smith. He was inducted on Saturday, August 7, 2010.

Pro Career: John Randle, a Little All-America from Texas A&I, signed as an undrafted free agent with the Minnesota Vikings in 1990. He embarked on an impressive streak from 1992-01 of 183 games played and 140 starts before a knee injury forced him out of a game. In the 1993 season, Randle registered 12.5 sacks, amassed 59 tackles and forced three fumbles to earn All-Pro honors and a Pro Bowl invitation for the first time. It began a string of six straight All-Pro and Pro Bowl seasons for Randle. He improved his sack total again in 1994 with a NFC-high 13.5 sacks. Randle recorded perhaps his finest season in 1997 when he led the NFL with 15.5 sacks and also had a career-high 71 tackles. In all, Randle amassed 137.5 sacks during his 14-season career. He led the Vikings in sacks nine times and the Seahawks twice. Thirty-five times he recorded multi-sack games including eight games with three or more sacks. Randle was elected to seven Pro Bowls (1994-99, 2002) and named to the NFL's All-Decade Team of the 1990s.

Seahawks Career: Randle played his final three seasons in Seattle, leading the club in sacks twice and making one Pro Bowl. In 43 games with 35 starts, he collected 23.5 sacks.

Personal: Born on December 12, 1967, in Hearne, Texas.



JERRY RICE, WR 2004

Pro Football Hall of Fame: Jerry Rice was elected into the Pro Football Hall of Fame on Saturday, February 6, 2010, along with Russ Grimm, Rickey Jackson, Dick LeBeau, Floyd Little, John Randle and Emmitt Smith. He was inducted on Saturday, August 7, 2010.

Pro Career: The San Francisco 49ers used their first round draft pick (16th overall) in 1985 on Jerry Rice from little known Mississippi Valley State. In 1986, Rice recorded a season that began perhaps the finest stretch by any receiver in NFL history. That year, he caught 86 passes for a league-leading 1,570 yards. He also led the NFL in touchdown catches with 15. It marked the first of 11 straight 1,000-yard seasons for Rice who also recorded double-digit receiving touchdown totals in nine of the next 10 seasons. The following year, Rice set the NFL record for touchdown receptions in a season with 22. His first of four seasons with 100 catches came in 1990 when he had an even 100 receptions to lead the NFL in that category. He led the NFL in receiving yards six times including an NFL record 1,848 yards in 1995. Rice also led the NFL in touchdown receptions six times. No wide receiver in NFL history played more than Rice's 20 seasons. By the time he retired after finishing his career with Oakland and Seattle, he was the most prolific wide receiver in NFL history with staggering career totals. He owns virtually every significant receiving mark. Some of the more notable career records include receptions (1,549); receiving yards (22,895 yards); most 1,000-yard receiving seasons (14); total touchdowns (208); and combined net yards (23,546). Rice has a hold on multiple NFL playoff and Super Bowl records. He played in eight conference championships and four Super Bowls. He earned three Super Bowl rings with the 49ers and was named the Most Valuable Player of San Francisco's Super Bowl XXIII win over the Cincinnati Bengals. Rice, who was named first-team All-Pro 11 consecutive seasons and voted

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to 13 Pro Bowls, is also a member of the NFL's All-Decade Teams of the 1980s and 1990s and NFL's 75th Anniversary Team.

Seahawks Career: Rice finished his career in Seattle, playing in 11 games with nine starts in 2004. He caught 24 passes for 362 yards with a long of 56 and three touchdowns.

Personal: Born on October 13, 1962, in Starkville, Miss.



CORTEZ KENNEDY, DT 1990-2000

Pro Football Hall of Fame: Cortez Kennedy was elected to the Pro Football Hall of Fame on Saturday, February 4, 2012, the day before Super Bowl XLVI. Kennedy was formally inducted in Canton, Ohio, on Saturday, August 4, along with Jack Butler, Dermontti Dawson, Chris Doleman, Curtis Martin and Willie Roaf. Kennedy follows only Steve Largent to enter the Hall of Fame representing the Seahawks. He was presented into the Hall of Fame by Dixie Fraley Keller, the widow of long-time agent, financial advisor and friend, Robert Fraley.

Pro Career: The Seattle Seahawks used the third overall selection of the 1990 NFL Draft on All-America defensive tackle Cortez Kennedy from the University of Miami. The move proved to be wise as Kennedy became a fixture on the Seahawks defensive line for 11 seasons. Extremely durable, he did not miss a single game until his eighth season. In his rookie season, Kennedy played in all 16 games, two of which were starts. He produced impressive numbers including a season-high 10 tackles and a sack against the Miami Dolphins. For his efforts, he was named to the NFL's All-Rookie team. The following season Kennedy moved into a full-time starting role at right defensive tackle for the Seahawks and responded by earning his first Pro Bowl berth. In 1992, despite the Seahawks finishing with a disappointing 2-14 record, Kennedy was named the NFL's Defensive Player of the Year. It marked just the third time in league histo-

ry that a player from a losing team won the Associated Press Defensive Player of the Year Award. He led Seattle that season with a career-high 14 sacks, the most of any interior lineman, and also recorded a career-best 92 tackles, recovered one fumble and batted down two passes. Although he was often double- or even triple-teamed Kennedy managed to lead or rank near the top in tackles each season. In 1996, he was voted to a team record sixth consecutive Pro Bowl and also was named the team's MVP and the winner of the Steve Largent Award given to the player that best exemplified the spirit, dedication and integrity of the Seahawks. He added two more Pro Bowls following the 1998 and 1999 seasons. Kennedy recorded one of his finest seasons in 1999. A 10-year veteran, he started all 16 games, recorded 73 tackles, 6.5 sacks and intercepted two passes to help the Seahawks reach the playoffs for the first time since 1988. In all, he registered 58 sacks, intercepted three passes and scored one touchdown on a fumble recovery during his 167-game career. He twice led the team in sacks (1992 and 1995). Aside from his eight Pro Bowls, Kennedy was named first-team All-NFL in 1992, 1993 and 1994, selected second-team All-Pro twice, All-AFC four times and was named to the NFL's All-Decade Team of the 1990s. On September 17, 2006, Kennedy became the 10th member inducted into the Seahawks Ring of Honor.

Seahawks Career: Kennedy ranks among the top-10 in many Seahawks categories, including: eighth in games played (167), seventh in games started (153), fourth in forced fumbles (13), tenth in tackles (668), fourth in sacks (58.0), fourth in sack yardage (392.0) and second in Pro Bowl nominations (8).

Personal: Born on August 23, 1968, Kennedy attended Northwest Mississippi Community College before transferring to Miami. Prepped at Rivercrest High School in Wilson, Ark. Kennedy passed away on May 23, 2017. He was survived by his parents, Joe and Ruby Harris, and daughter, Courtney.



WALTER JONES, T 1997-2009

Pro Football Hall of Fame: Walter Jones was elected to the Pro Football Hall of Fame on Saturday, February 1, 2014, the day before Seattle defeated Denver in Super Bowl XLVIII in New York/New Jersey. Jones was formally inducted in Canton, Ohio, on Saturday, August 2, along with Derrick Brooks, Ray Guy, Claude Humphrey, Andre Reed, Michael Strahan and Aeneas Williams. Jones joins Steve Largent and Cortez Kennedy to enter the Hall of Fame representing the Seahawks for their entire careers.

Pro Career: Jones retired from the NFL on April 29, 2010. In his honor, the team immediately retired his number 71 jersey and Governor Christine Gregoire declared the following day, Walter Jones Day, urging all citizens to join her in saluting his remarkable career. Since coming to Seattle as a first-round pick in 1997, Jones started all 180 games played while becoming the most dominant left tackle of his time. In 13 seasons, he was called for holding nine times and in 5,703 pass attempts, surrendered just 23 sacks according to coaches statistics. He was selected to nine Pro Bowls (1999, 2001-08), passing Cortez Kennedy for most in team history, and was also a six-time AP All-Pro (1st Team in 2001, 2004, 2005, 2007 and 2nd Team in 2006 and 2008). Seattle selected Jones with the sixth overall pick in the 1997 NFL Draft, which was acquired in a draft-day trade with the Tampa Bay Buccaneers in exchange for Seattle's first-round pick (#12, RB Warrick Dunn) and third-round pick (#66, CB Ronde Barber). He was named to his first Pro Bowl following the 1999 season, becoming the first Seattle offensive lineman to accomplish that feat. Jones was part of the offensive line that helped Shaun Alexander to the fourth-best rushing game in NFL history with 266 yards vs. Oakland (11/11/01) and helped Alexander to an NFL-record five first-half touchdowns vs. Minnesota (9/29/02). In 2005, he paved the way for Alexander's MVP year with a Seattle-record

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1,880 rushing yards and then-NFL-record 28 total touchdowns.

Seahawks Career: Jones ranks fourth in Seattle history in games played (180) and second in games started (180). He became the first Seahawks player to reach double-digits in post-season appearances and was inducted into the team's Ring of Honor on November 2, 2014.

Personal: A second-team All-ACC selection as a junior, he transferred to Florida State after two seasons at Holmes (Miss.) Community College, where he was named Mississippi Junior College Player of the Year in 1994. Jones prepped at Aliceville (Ala.) High where he lettered in basketball and football.



KENNY EASLEY, S 1981-87

Pro Football Hall of Fame: Kenny Easley was elected to the Pro Football Hall of Fame on Saturday, February 4, 2017, the day before Super Bowl LI. Easley was formally inducted in Canton, Ohio, on Saturday, August 5, along with Morten Andersen, Terrell Davis, Jerry Jones, Jason Taylor, LaDainian Tomlinson and Kurt Warner. Easley joins Steve Largent, Cortez Kennedy and Walter Jones to enter the Hall of Fame representing the Seahawks for their entire careers. He was presented into the Hall of Fame by his high school football coach, Tommy Rhodes.

Pro Career: Easley was selected in the first round, fourth overall, out of UCLA by the Seattle Seahawks in the 1981 NFL Draft. The Seahawks safety was an intimidating defensive force during his seven-year tenure in Seattle. Easley made an immediate impact on the Seahawks defense earning AFC Defensive Rookie of the Year honors in 1981 after returning three interceptions for 115 yards, including one for an 82-yard touchdown. He also made a career-high four fumble recoveries. Easley rightfully earned his nickname as "The

Enforcer" for this style of play on the field. An all-around great athlete, he continued to earn recognition for his abilities including AFC Defensive Player of the Year in 1983. That season, he recorded seven interceptions which he returned for 106 yards and posted a career-high three sacks. The safety was named the NFL's Defensive Player of the Year in 1984 by the Associated Press when he registered a league-leading and career-best 10 interceptions and two pick-sixes. Easley earned first-team All-Pro honors in four straight seasons from 1982-85 and second-team All-Pro honors in 1987. During his career, Easley amassed 32 interceptions which he returned for 538 yards and three touchdowns in 89 games. He was also a dominating tackler before the stat was readily tracked and had eight career sacks. In all, Easley was named to five Pro Bowls and was a member of the NFL's All-Decade Team of the 1980s in addition to his many other honors he earned along his highly impactful career.

Seahawks Career: Started all but two games in his seven seasons, Easley led the team in interceptions on four occasions (1982-84, 1987) and ranks fourth in franchise history with 32 interceptions. Ranks first in Seahawks history in interceptions in a single-season (10) and most interceptions in a single-game (3). He was inducted into the team's Ring of Honor on October 14, 2002 and finished his career with 498 tackles, 8.0 sacks, 32 interceptions, 10 forced fumbles and 11 fumble recoveries.

Personal: Was the first player in Pac-10 history to be named all-conference for four consecutive years and was a three-time All-American for UCLA. Born in Chesapeake, Va., on January 15, 1959.



KEVIN MAWAE, C 1994-97

Pro Football Hall of Fame: Kevin Mawae was elected to the Pro Football Hall of Fame on Saturday, February 2, 2019. Mawae was formally inducted in Canton, Ohio, on Saturday, August 3, along with Champ Bailey, Pat Bowlen, Gil Brandt, Tony Gonzalez, Ty Law, Ed Reed and Johnny Robinson.

Pro Career: Played 16 seasons in the NFL, starting 238 of 241 games played for Seattle (1994-97), the N.Y. Jets (1998-2005) and Tennessee Titans (2006-09). Mawae was named All-Pro six times (1999-2002, 2004, 2008), voted to eight Pro Bowls including his final two seasons and selected to the NFL's All-Decade Team for the 2000s. He helped the Jets to a division title and championship game appearance in first season in New York in 1998 and anchored a steady Jets offensive line that led the way for 44 100-yard games and seven 1,000-yard seasons by Hall of Fame running back Curtis Martin. He blocked for a 1,000-yard rusher in 13 of his 16 seasons for five different running backs (Chris Warren, 2; Martin, 7; Travis Henry, 1; LenDale White, 1; Chris Johnson, 2). Finished career in Tennessee with a Pro Bowl season by paving way for a 2,000-yard performance by Johnson.

Seahawks Career: Selected by Seattle in the second-round (36th overall) of the 1994 NFL Draft. Spent majority of college career at tackle before moving to center during senior year at LSU. Played in 14 games, starting 11, during his rookie season and named to the NFL's All-Rookie Team. Played right guard his first two seasons and moved permanently to center in 1996. Started 59 of 62 games played for the Seahawks at both guard and center.

Personal: Born on January 23, 1971 in Savannah, Ga.



STEVE HUTCHINSON, G 2001-05

Pro Football Hall of Fame: Steve Hutchinson was elected to the Pro Football Hall of Fame on Saturday, February 1, 2020, the day before Super Bowl LIV. Hutchinson was formally inducted along with Steve Atwater, Isaac Bruce, Edgerrin James, and Troy Polamalu. He was presented into the Hall of Fame by his teammate, Robbie Tobeck.

Pro Career: Steve Hutchinson was drafted in the first round (17th player overall) of the 2001 NFL Draft by the Seattle Seahawks out of the University of Michigan. He started all 16 games at left guard during his rookie season and cleared the path for running back Shaun Alexander to rush for 1,318 yards and 14 touchdowns. Hutchinson's efforts earned him All-Rookie honors. After missing the final 12 games of the 2002 season with a broken leg, Hutchinson returned in 2003 and embarked on a streak of 123 consecutive starts. That season he also earned the first of five first-team All-Pro selections. Hutchinson continued to lead the way for Seattle's high-powered offense that resulted in back-to-back NFC West Division titles in 2004 and 2005. He paved the way for Alexander to earn the Associated Press' NFL MVP honors in 2005 after rushing for a team-record 1,880 yards and setting an NFL record with 28 touchdowns (27 rushing). The Seahawks total offense that season ranked second in the NFL and the team made its first-ever Super Bowl appearance. The Minnesota Vikings signed the All-Pro guard as a transition-tag free agent in 2006. He made an immediate impact in his new surroundings and was named the NFL Alumni Offensive Lineman of the Year in his first season with the Vikings. In 2008, he led the way for Adrian Peterson to set a then-franchise record for rushing yards in a season (1,760) and become the first Vikings player to win a league rushing title.

The next season, with Hutchinson again winning NFL Alumni Offensive Lineman of the Year honors, the Vikings claimed a second-straight division title and advanced to the NFC championship game. In all, Hutchinson earned seven straight Pro Bowl berths (2004-2010) and was a first-team All-Pro selection five times (2003, 2005, 2007-09). He was named All-NFC six times (2003-07, 2009) and is a member of the NFL's All-Decade Team of the 2000s.

Seahawks Career: Started all 68 games played for Seattle over his five-year Seahawks career. Earned three All-Pro honors (1st team 2003 and 2005) and three Pro Bowl selections. Hutchinson continued to lead the way for Seattle's high-powered offense that resulted in back-to-back NFC West Division titles in 2004 and 2005. He paved the way for Alexander to earn the Associated Press' NFL MVP honors in 2005 after rushing for a team-record 1,880 yards and setting an NFL record with 28 touchdowns (27 rushing). The Seahawks total offense that season ranked second in the NFL and the team made its first-ever Super Bowl appearance.

Personal: Was a four-year letterman at Michigan and two-time captain. Became the second player in Michigan history to garner first team All-Big Ten Conference honors four times. Named first-team All-American following his junior and senior seasons, and earned freshman All-American accolades in 1997. Born on November 1, 1977, in Fort Lauderdale, Fla.



EDGERRIN JAMES, RB 2009

Pro Football Hall of Fame: Edgerrin James was elected to the Pro Football Hall of Fame on Saturday, February 1, 2020, the day before Super Bowl LIV. He was formally inducted along with Steve Atwater, Isaac Bruce, Steve Hutchinson, and Troy Polamalu.

Pro Career: University of Miami running back Edgerrin James was selected in the first round, 4th overall, of the 1999 NFL Draft by the Indianapolis Colts. The team had great expectations for James as he was picked to replace the recently traded and future Hall of Famer Marshall Faulk. James did not disappoint. His powerful running style and versatility led to a spectacular start to his career. James was tabbed as the NFL's Rookie of the Year in 1999, captured NFL rushing titles in his first two seasons (1,553 yards in 1999 and career-best 1,709 yards in 2000) and scored 13 rushing TDs in each of his first two campaigns. He also caught 62 passes and 4 TDs as a rookie and a career-high 63 receptions and five TDs in his second season. James led the team in rushing in six of his seven seasons in Indianapolis and was a key to the potent Colts offense that helped them win four division titles and post six seasons with 10 or more wins. Prior to the 2006 season, James signed with the Arizona Cardinals as an unrestricted free agent and continued his all-star play. He rushed for 1,000 yards twice in three seasons with the Cardinals and helped them win the NFC West title in 2008 (the team's first division championship in 33 years) and a berth in Super Bowl XLIII. James eclipsed 1,000 yards in a season seven times during his career and topped 1,500 yards four times. A four-time Pro Bowl choice, James rushed for 12,246 yards on 3,028 carries and 80 TDs during his 11-year career which ended with a final season with the Seattle Seahawks in 2009. A three-time All-Pro choice (1999-2000 and 2004) and All-AFC selection four times (1999-2000, 2004-05), James was named to the NFL's All-Decade Team of the 2000s.

Seahawks Career: James signed with Seattle August 25, 2009, and played in the first seven games of the season before being released on November 3. He rushed 46 times for 125 yards and had three receptions for 19 yards.

Personal: James ranks third all-time for most rushing yards at the University of Miami and became the first player to rush for back-to-back 1,000-yard seasons. Was inducted into the University of Miami Sports Hall of Fame in 2009. Born August 1, 1978.

RING OF HONOR



80 | WIDE RECEIVER STEVE LARGENT

Height: 5-11 **Weight:** 191
Seasons: 14 Seahawks Seasons
How Acq'd: Trade (Houston) 1976
Career G/S: 200/197
Born: September 28, 1954
College: Tulsa
Hometown: Tulsa, Oklahoma
Ring of Honor: December 23, 1989



The inaugural inductee into the Ring of Honor in 1989, Steve Largent concluded his 14 National Football League seasons with league career records for receptions, 819; yards, 13,089; touchdowns, 100; consecutive games with a reception, 177; 50-catch seasons, 10; and 1000-yard seasons, 8. Largent became the first Seahawks player to be elected to the Pro Football Hall of Fame on July 29, 1995, and only the 23rd player to be elected in first year of eligibility. He finished in the AFC's (NFC in 1976) top 10 in receptions 10 times in his first 12 seasons. Led the AFC in receptions in 1978 with 71 and finished second in 1981 and 1987. Largent finished in the top 10 in receiving yards seven times, including a first-place finish in 1985, and sec-

ond in 1978, missing the lead by one yard. Selected to play in the Pro Bowl seven times (1978, 1979, 1981, 1984, 1985, 1986, and 1987) and was first-team All-NFL (AP) in both 1979 and 1985. Largent led the team in both receptions and yards in each of the team's first 12 seasons. Third in games played (200) but has more starts (197) than any other player in Seahawks history. After retiring from the game in 1989, Largent would gain political aspirations and represented the 1st District of the State of Oklahoma for four terms. He would then serve and be re-elected for his home state in the United States House of Representatives before resigning in his first-year of his fourth term to pursue the governorship of Oklahoma.

LARGENT'S SINGLE-GAME HIGHS

- **Receptions:** *15 vs. Detroit (10/18/87)
- **Yards:** *261 vs. Detroit (10/18/87)
- **Longest:** 74 vs. San Diego (11/27/77)
- **Most TDs:** 3, 3 times, last vs. Detroit (10/18/87)

ADDITIONAL STATS

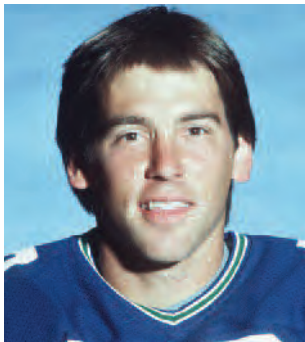
- **Passing:** 7 attempts, 2 complete for 29 yards.
 - **Punt Returns:** 8 for 68 yards, 8.5 average, 12 long, 1 fair catch.
 - **Kickoff Returns:** 8 for 156 yards, 19.5 average, 30 long.
 - **Scoring:** 1 TD rushing (1981), 1 PAT (1985).
- *Team Record

LARGENT'S NFL RECORD

Year	Club	G/S	No.	Receiving				Rushing			
				Yds.	Avg.	LG	TD	Att.	Yds.	Avg.	TD
1976	Seattle	14/13	54	705	13.0	45	4	4	-14	-3.5	0
1977	Seattle	14/14	33	643	19.4	74	10	0	0	0.0	0
1978	Seattle	16/16	71	1,168	16.5	57	8	0	0	0.0	0
1979	Seattle	15/15	66	1,237	*18.7	55	9	0	0	0.0	0
1980	Seattle	16/16	66	1,064	16.1	67	6	1	2	2.0	0
1981	Seattle	16/16	75	1,224	16.3	57	9	6	47	7.8	1
1982	Seattle	8/8	34	493	14.5	45	3	1	8	8.0	0
1983	Seattle	15/14	72	1,074	14.9	46	11	0	0	0.0	0
1984	Seattle	16/16	74	1,164	15.7	65	12	2	10	5.0	0
1985	Seattle	16/16	79	*1,287	16.3	43	6	0	0	0.0	0
1986	Seattle	16/16	70	1,070	15.3	38	9	0	0	0.0	0
1987	Seattle	13/13	58	912	15.7	58	8	2	33	16.5	0
1988	Seattle	15/15	39	645	16.5	46	2	1	-3	-3.0	0
1989	Seattle	10/9	28	403	14.4	33	3	0	0	0.0	0
Career Totals		200/197	*819	*13,089	16.0	74	*100	17	81	4.9	1
Seahawks Totals		200/197	819	13,089	16.0	74	100	17	81	4.9	1
Playoff Games Played/Started: 1983: 3/3, 1984: 2/2, 1987: 1/1, 1988: 1/1, Career: 7/7											



RING OF HONOR



10 | QUARTERBACK JIM ZORN

Height: 6-2
Weight: 200
Seasons 9 Seahawks Seasons
Seattle G/S 126/100
Career G/S 140/106
Born May 10, 1953
College Cal Poly-Pomona
Hometown Whittier, California
Ring of Honor August 3, 1991

AP
2ND TEAM

'78

Inducted into the Ring of Honor in 1991, Jim Zorn was the starting quarterback for the Seahawks during their inaugural season in 1976 and would remain at the helm for the next seven years. Named the NFC Offensive Rookie of the Year in 1976 as he led the NFL in attempts with 439 and set a then-record 2,571 passing yards, which was also a record for an expansion team. By the end of the 1979 season, Zorn became only the third

player to throw for 10,000 yards in his first four seasons. In 1978, he earned numerous accolades, which included being named AFC Player of the Year by the Washington D.C. Touchdown Club and first-team All-NFL by the NEA. Zorn, along with former Seahawks QB Matt Hasselbeck, are the only two Seahawks quarterbacks to throw for 300 yards in back-to-back games which he accomplished twice, once in 1979 and again in 1981. Zorn finished his career leading the Seahawks in every passing category amassing 20,122 passing yards and 107 touchdown passes.

ZORN'S SINGLE-GAME HIGHS

- **Attempts:** 49 vs. Philadelphia (12/12/76)
- **Completions:** 31 vs. Kansas City (9/27/81)
- **Yards:** 384 vs. New Orleans (11/18/79)
- **Longest:** 82 vs. Cincinnati (9/25/77) to David Sims
- **Most TDs:** 4, 4 times, last vs. New England (9/21/80)
- **Interceptions:** 6 vs. Detroit (10/24/76)



ZORN'S NFL RECORD

PASSING

Year	Club	G	Att.	Comp.	Yds.	Pct.	TD	Int.	LG	Sacked	Rate
1976	Seattle	14	439	208	2,571	.473	12	27	80	25/196	49.5
1977	Seattle	10	251	104	1,687	.414	16	19	82	12/51	54.3
1978	Seattle	16	443	248	3,283	.560	15	20	64	44/284	72.1
1979	Seattle	16	505	285	3,661	.564	20	18	65	23/201	77.7
1980	Seattle	16	488	276	3,346	.566	17	20	67	44/341	72.3
1981	Seattle	13	397	236	2,788	.594	13	9	80	24/201	82.4
1982	Seattle	9	245	126	1,540	.514	7	11	50	20/152	61.9
1983	Seattle	16	205	103	1,166	.502	7	7	43	9/64	64.8
1984	Seattle	16	17	7	80	.412	0	2	21	1/8	16.4
1985	Green Bay	13	123	56	794	.455	4	6	56	11/89	57.4
1987	Tampa Bay	1	36	20	199	.556	0	2	26	7/43	48.3
Career Totals		140	3,149	1,669	21,115	.530	111	141	82	220/1,630	67.3
Seahawks Totals		126	2,990	1,593	20,122	.533	107	133	82	202/1,498	67.9

RUSHING

Year	Club	G	Att.	Yds.	Avg.	LG	TD
1976	Seattle	14	52	246	4.7	19	4
1977	Seattle	10	25	141	5.6	15	1
1978	Seattle	16	59	290	4.9	23	6
1979	Seattle	16	46	279	6.1	41	2
1980	Seattle	16	44	214	4.9	25	1
1981	Seattle	13	30	140	4.7	20	1
1982	Seattle	9	15	113	7.5	35	1
1983	Seattle	16	30	71	2.4	18	1
1984	Seattle	16	7	-3	-0.4	7	0
1985	Green Bay	13	10	9	0.9	8	0
1987	Tampa Bay	1	4	4	1.0	5	0
Career Totals		140	322	1,504	4.7	41	17
Seahawks Totals		126	308	1,491	4.8	41	17

RING OF HONOR



22 | CORNERBACK
DAVE BROWN

Height: 6-1
Weight: 197
Seasons: 11 Seahawks Seasons
How Acq'd: Veteran Allocation (Pit)
Career G/S: 172/159
Born: January 16, 1953
College: Michigan
Hometown: Akron, Ohio
Ring of Honor: August 22, 1992



Inducted into the Ring of Honor in 1992, Dave Brown was an 11-year starter in the Seahawks' secondary from 1976-86. Coming over from the Pittsburgh Steelers in the Veteran Allocation Draft in 1976, Brown played at the free safety position leading the team with four interceptions. The following season No. 22 would shift over to the right-side cornerback position where he would be the "cornerstone" of the Seahawks' defense

for the next 10 years, picking off another 46 passes, retiring as the all-time Seahawks leader in the category with 50. In 1984, Brown picked off eight passes and was named to the AFC Pro Bowl squad and first-team All-NFL by NFL Films. Two of those interceptions were part of a NFL-record four interception returns for touchdowns on November 4, 1984, against the Kansas City Chiefs. Brown had returns of 90 and 58 yards. Brown retired as the Seahawks' leader in interception return yards (643), interception returns for touchdowns (5), and the aforementioned interceptions (50).

BROWN'S SINGLE-GAME HIGHS

- **Interceptions:** 2, 5 times, last vs. Kansas City (11/4/84)
- **Longest Interception Return:** 90 vs. Kansas City (11/4/84)
- **Most Yards Returned:** *148 vs. Kansas City (11/4/84)
- **Most Touchdowns:** *2 vs. Kansas City (11/4/84)

*Team Record



BROWN'S NFL RECORD

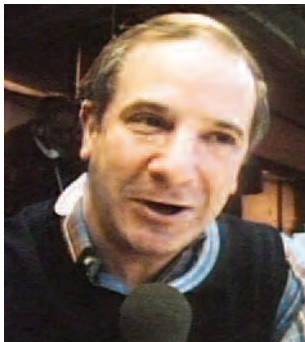
Club	G/S	Tkl.	QB	Int.	Yds.	Avg.	LG	TD	FF	FR
1975 Pittsburgh	13/0	6	0.0	0	0	0.0	0	0	0	0
1976 Seattle	14/14	111	0.0	4	70	17.5	33	0	2	0
1977 Seattle	14/14	64	0.0	4	68	17.0	29	1	0	0
1978 Seattle	16/16	41	0.0	3	44	14.7	44	0	0	3
1979 Seattle	16/16	65	0.0	5	46	9.2	23	0	0	0
1980 Seattle	16/16	63	1.0	6	32	5.2	24	0	0	0
1981 Seattle	10/10	48	0.0	2	2	1.0	2	0	1	1
1982 Seattle	9/9	50	1.0	1	3	3.0	3	0	0	2
1983 Seattle	16/16	54	0.0	6	83	11.2	37	0	6	2
1984 Seattle	16/16	54	0.0	8	*179	22.4	90	2	0	1
1985 Seattle	16/16	61	0.0	6	58	9.7	28	1	0	1
1986 Seattle	16/16	73	0.0	5	58	11.6	24	1	1	1
Career Totals	172/159	690	2.0	50	643	12.9	90	5	10	11
Seahawks Totals	159/159	684	2.0	*50	*643	12.9	90	*5	10	11

PUNT RETURNS

Club	No.	Yds.	Avg.	LG	TD
1975 Pittsburgh	22	217	9.9	48	0
1976 Seattle	11	74	6.7	19	0
Career Totals	33	291	8.8	48	0

Playoff Games Played/Started: 1975: 3/0, 1983: 3/3, 1984: 2/2. **Career:** 8/5

RING OF HONOR



RADIO PLAY-BY-PLAY PETE GROSS

Seasons	17 Seahawks Seasons (1976-92)
Born	December 28, 1936
Hometown	Whittier, California
Ring of Honor	November 30, 1992

Inducted into the Seahawks' Ring of Honor in 1992, Pete Gross served as the radio play-by-play for 17 seasons from the Seahawks' inaugural 1976 season through 1992. One of the most beloved people to have ever been associated with the Seahawks' franchise, fans will never forget his numerous "touch-down Seahawks" calls. Over his 17 seasons, Gross called all but the five games he missed in 1992 while battling cancer. His career included eight playoff games and in the 1983 season Gross came within one game of the Super Bowl when Seattle faced the Los Angeles Raiders in the AFC Championship

Game. The Seahawks lost that game 30-14. Gross was diagnosed with cancer in 1989. He succumbed to the disease in 1992, just two days after his induction into the Ring. He was inducted into the Ring during a Monday night game versus the Denver Broncos, a game the 2-14 Seahawks won in overtime. Prior to moving to the Seahawks, he was the play-by-play voice of the University of Washington in both football and basketball. He came to Seattle after calling play-by-play for the University of the Pacific. Gross' legacy remains; the Seahawks are actively involved with the Pete Gross House. The

Pete Gross House, which opened in November of 1999, is a 69-unit apartment complex that provides housing for families undergoing treatment at the Fred Hutchinson Cancer Research Center. The Pete Gross House is also the location of the Hutch School, a fully accredited K through 12 school for cancer patients and their siblings. The Seahawks took an active roll in seeing the project through to completion and participate in an annual fundraiser for the continued upkeep of the facility.



Gross was inducted into the Seahawks' Ring of Honor during the Seahawks Monday night game versus the Denver Broncos. The Seahawks won the game and presented Gross with the game ball. Gross passed away three days later.

RING OF HONOR



28 | **RUNNING BACK**
CURT WARNER

Height: 5-11 **Weight:** 205
Seasons 7 Seahawks Seasons
How Acq'd 1st Round 1983
Career G/S 100/94
Born March 18, 1961
College Penn State
Hometown Wyoming, West Virginia
Ring of Honor November 27, 1994



Curt Warner was inducted into the Ring of Honor on November 27, 1994, after a career that spanned seven years from 1983-89 and saw him hold every Seahawks rushing record when he was done. Immediately thrust into the Seahawks' lineup his rookie season, Warner would rush for 1,449 yards and 13 touchdowns highlighted by a then-Seahawks record 207-yard effort against Kansas City. The season was capped off by being named a starter in the Pro Bowl, 1983 AFC Player of the Year by the Washington D.C. Touchdown Club and NFLPA, AFC Offensive Player of the Year by the NFLPA and UPI, second-team All-NFL by the AP and Football Digest and first-team All-Rookie by Pro Football Digest and Pro Football Weekly. After suffering a season-ending injury in the first game of 1984, Curt would

bounce back in 1985 rushing for 1,094 yards and being named the NFL's Comeback Player of the Year by Sports Illustrated. Warner would not look back his final three seasons leading the team in rushing each year, averaging 1,164 a season and 10 touchdowns, including a then-Seahawks record four touchdowns vs. Denver in 1988. Warner would be named to two more Pro Bowls (1986-87) bringing his career total to three, and was named AFC Offensive Player of the Year by the UPI in 1986, and first-team All-NFL by Sports Illustrated in 1987. He finished his career with 6,705 yards rushing on 1,649 carries with 62 touchdowns. He is currently second all-time in Seahawks history in attempts (1,649), third in rushing yards (6,705) and touchdowns (55) and fourth in total touchdowns (62).

WARNER'S SINGLE-GAME HIGHS

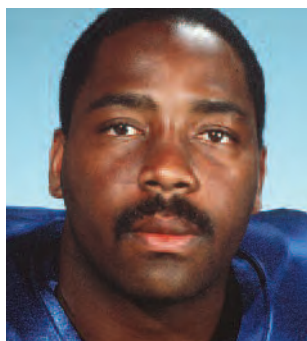
- **Rushes:** 32 vs. KC (11/27/83) OT
- **Yards:** 207 vs. KC (11/27/83) OT
- **Longest, no TD:** 60 vs. Kansas City (9/4/83)
- **Longest, TD:** 60 vs. Denver (12/20/86)
- **TDs:** 4 vs. Denver (12/11/88)
- **Receptions:** 6, 4 times, last vs. KC (11/9/86)
- **Yards:** 72 vs. Kansas City (9/4/83)
- **TDs:** 1, 6 times, last vs. L.A. Raiders (11/28/88)



WARNER'S NFL RECORD

	Club	G/S	Att.	Receiving				No.	Rushing			
				Yds.	Avg.	LG	TD		Yds.	Avg.	LG	TD
1983	Seattle	16/16	335	1,449	4.3	60	13	42	325	7.7	28	1
1984	Seattle	1/1	10	40	4.0	9	0	1	19	19.0	19	0
1985	Seattle	16/16	291	1,094	3.8	38	8	47	307	6.5	27	1
1986	Seattle	16/16	319	1,481	4.6	60	13	41	342	8.3	26	0
1987	Seattle	12/12	234	985	4.2	57	8	17	167	9.8	30	2
1988	Seattle	16/16	266	1,025	3.9	29	10	22	154	7.0	17	2
1989	Seattle	16/15	194	631	3.3	34	3	23	153	6.7	24	1
1990	LA Rams	7/2	49	139	2.8	9	1	0	0	0.0	0	0
Career Totals		100/94	1,698	6,844	4.0	60	56	193	1,467	7.6	30	7
Seahawks Totals		93/92	1,649	6,705	4.1	60	55	193	1,467	7.6	30	7

RING OF HONOR



79 | DEFENSIVE END
JACOB GREEN

Height: 6-3
Weight: 252
Seasons: 12 Seahawks Seasons
How Acq'd: 1st Round 1980
Career G/S: 180/176
Born: January 21, 1957
College: Texas A&M
Hometown: Pasadena, Texas
Ring of Honor: September 3, 1995



playoff record 2.5 sacks in a Wild Card game against the Los Angeles Raiders. Green's career was highlighted by two Pro Bowl selections in 1986 and 1987. In 1986, he set a Seattle record with 4.0 sacks vs. the Giants. Green can be found scattered all over the Seahawks' record book having played in the fifth-most games (178), third-most starts (176), most fumble recoveries (17), fifth-most tackles (718), and most career sacks (116.0).



GREEN'S SINGLE-GAME HIGHS

- **Scoring:** 2 TDs on interception returns (1983, 1985); 2 TDs on fumble returns (1985, 1988)
- **Blocked Kicks:** PAT (1986, 1989); FG (1985, 1988)

Jacob Green became the second Seahawks defensive player to be inducted into the Ring of Honor on September 3, 1995. Green was a fixture at the left defensive end position for 11 years (1980-91). From the time the NFL made it an official statistic in 1982 until his retirement, Jacob was the third-most productive sack artist in the game, trailing only the likes of Lawrence Taylor and Reggie White. In 1983, Green registered a single-game Seahawks record 3.5 sacks against the Los Angeles Raiders, and the NFL's longest interception return for the season, a 73-yard touchdown at Cleveland. The following year, Green equaled a team-record four fumble recoveries and registered a then-

GREEN'S NFL RECORD

	Club	G/S	Tkl.	QB	Int.	FF	FR
1980	Seattle	14/13	58	6.5	0	0	0
1981	Seattle	16/16	74	12.0	0	6	1
1982	Seattle	9/9	36	3.0	0	1	0
1983	Seattle	16/16	61	16.0	1	1	2
1984	Seattle	16/16	69	13.0	0	4	4
1985	Seattle	16/16	92	13.5	1	*7	2
1986	Seattle	16/16	64	12.0	0	1	1
1987	Seattle	12/12	48	9.5	0	3	1
1988	Seattle	16/16	54	9.0	0	1	2
1989	Seattle	15/14	47	3.0	0	1	1
1990	Seattle	16/16	60	12.5	0	3	1
1991	Seattle	16/16	56	6.0	1	0	0
1992	San Francisco	2/0	1	0.0	0	0	0
Career Totals		180/176	720	116.0	3	28	15
Seahawks Totals		178/176	719	*116.0	3	*28	15

*Team Record

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2, 1987: 1/1, 1988: 1/1. **Career:** 7/7



RING OF HONOR



45 | SAFETY
KENNY EASLEY

Height: 6-3
Weight: 198
Seasons 7 Seahawks Seasons
How Acq'd 1st Round 1981
Career G/S 89/87
Born January 15, 1959
College UCLA
Hometown Chesapeake, Virginia
Ring of Honor October 14, 2002



Kenny Easley was inducted into the Ring of Honor on October 14, 2002, with a sellout crowd and millions watching the Monday Night Football halftime ceremony at home and elected to the Pro Football Hall of Fame on February 4, 2017. Easley redefined the strong safety position in seven years from 1981-87. Voted by the Associated Press as the NFL Defensive Player of the Year in 1984, Easley had 32 interceptions in his storied career. This fierce hitter registered 107 tackles, three interceptions and returned an interception 82 yards vs. Cleveland in his rookie campaign, earning him AFC Rookie of the Year by the NFL Players' Association. The following season, Easley would earn the first of five Pro Bowl appearances, including

being named a starter from 1983-85, and again in 1987. The crowning jewel of Easley's career came in 1984 where he spearheaded the NFL's sixth-rated defense that culminated into a Seahawks record 12 wins in the regular season and a Wild Card victory over the rival Los Angeles Raiders. He tied a Seahawks team record by intercepting 10 passes, including three against San Diego on October 29. Easley would be named first-team All-NFL by the Associated Press for the second year in a row and was bestowed that honor again in 1985. Easley finished his career with 498 tackles, eight sacks, 10 forced fumbles, 11 fumble recoveries, and 32 interceptions.

EASLEY'S SINGLE-GAME HIGHS

- **Interceptions:** *3 vs. San Diego (10/29/84)
- **Longest Interception Return:** 82 vs. Cleveland (12/20/81)
- **Most Yards Returned:** 125 vs. Cleveland (12/20/81)
- **Most Touchdowns:** 1, 3 times, last vs. Kansas City (11/4/84)

*Team Record



EASLEY'S NFL RECORD

	Club	G/S	Tkl.	QB	Int.	Yds.	Avg.	LG	TD	FF	FR
1981	Seattle	14/14	107	0.0	3	155	51.7	82	1	0	4
1982	Seattle	8/8	55	2.0	4	48	12.0	44	0	1	1
1983	Seattle	16/15	82	3.0	7	106	13.2	38	0	1	3
1984	Seattle	16/16	75	0.0	*10	126	12.6	58	2	3	1
1985	Seattle	13/13	79	2.0	2	22	11.0	16	0	3	1
1986	Seattle	10/10	59	1.0	2	34	17.0	24	0	2	0
1987	Seattle	12/11	41	0.0	4	47	11.8	22	0	0	1
Career Totals		89/87	498	8.0	32	538	15.8	82	3	10	11
Seahawks Totals		89/87	498	8.0	32	538	15.8	82	3	10	11

PUNT RETURNS

	Club	No.	Yds.	Avg.	LG	TD
1982	Seattle	1	15	15.0	15	0
1983	Seattle	1	6	6.0	6	0
1984	Seattle	16	194	12.1	42	0
1985	Seattle	8	87	10.9	25	0
Career Totals		26	302	11.6	42	0

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2. **Career:** 5/5

RING OF HONOR



17 | QUARTERBACK DAVE KRIEG

Height: 6-1
Weight: 196
Seasons: 12 Seahawks Seasons
How Acq'd: Free Agent 1980
Career G/S: 213/175
Born: October 20, 1958
College: Milton
Hometown: Schofield, Wisconsin
Ring of Honor: September 26, 2004



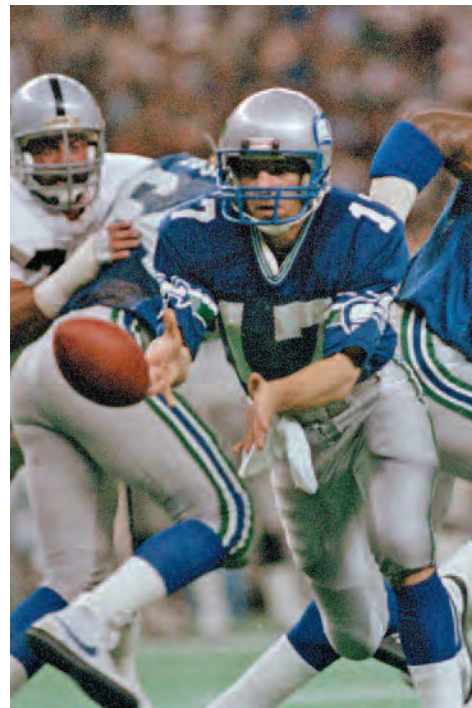
'84 '88 '89

Dave Krieg became the eighth member of the Seahawks' Ring of Honor on September 26, 2004. Krieg spent the first 12 years (1980-91) of his 19-year NFL playing career with the Seahawks while becoming the club's all-time leader in 31 career, season and single-game passing categories at the time of his departure. Krieg originally joined the Seahawks as an undrafted free agent from Milton College in 1980, and became the regular starter nine games into the 1983 season. The three-time Pro Bowler (1984, 1988 and 1989) was the only Seattle quarterback

with a playoff victory and led the Seahawks to their only conference championship game in 1983, a club-record 12 wins and the playoffs in 1984, and back-to-back playoff appearances again in 1987 and 1988, since matched and surpassed by Matt Hasselbeck and Russell Wilson.

KRIEG'S SINGLE-GAME HIGHS

- **Attempts:** 51 vs. Atlanta (10/13/85)
- **Completions:** 33 vs. Atlanta (10/13/85)
- **Yards:** 418 vs. Denver (11/20/83)
- **Longest:** 80t vs. Denver (11/25/84)
- **Most TDs:** 5*, 3 times, last vs. L.A. Raiders (11/28/88)
- **Interceptions:** 5 vs. Kansas City (12/9/84)



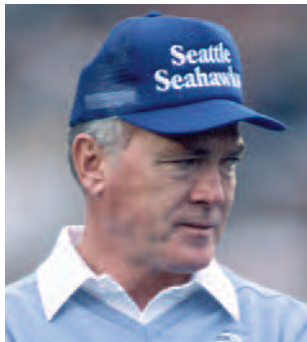
KRIEG'S NFL RECORD

PASSING

Year	Club	G	Att.	Comp.	Yds.	Pct.	TD	Int.	LG	Sacked	Rate
1980	Seattle	1	2	0	0	0.0	0	0	0	1/6	2.1
1981	Seattle	7	112	64	843	57.1	7	5	57	11/85	83.3
1982	Seattle	3	78	49	501	62.8	2	2	44	16/117	79.1
1983	Seattle	9	243	147	2,139	60.5	18	11	50	38/279	95.0
1984	Seattle	16	480	276	3,671	57.5	32	24	80t	40/314	83.3
1985	Seattle	16	532	285	3,602	53.6	27	20	54	52/448	76.2
1986	Seattle	15	375	225	2,921	60.0	21	11	72	35/281	91.0
1987	Seattle	12	294	178	2,131	60.5	23	15	75	27/247	87.6
1988	Seattle	9	228	134	1,741	58.8	18	8	75	12/92	94.6
1989	Seattle	15	499	286	3,309	57.3	21	20	60	37/289	74.8
1990	Seattle	16	448	265	3,194	59.2	15	20	63	40/360	73.6
1991	Seattle	10	285	187	2,080	65.6	11	12	60	32/216	82.5
1992	Kansas City	16	413	230	3,115	55.7	15	12	77	48/323	79.9
1993	Kansas City	12	189	105	1,238	55.6	7	3	66	22/138	81.4
1994	Detroit	14	212	131	1,629	61.8	14	3	51	14/100	101.7
1995	Arizona	16	521	304	3,554	58.3	16	21	48	53/380	72.6
1996	Chicago	13	377	226	2,278	59.9	14	12	53	14/104	76.3
1997	Tennessee	8	2	1	2	50.0	0	0	2	0/0	47.9
1998	Tennessee	5	21	12	199	57.1	0	0	55	2/15	89.2
Career Totals		213	5,311	3,105	38,147	58.5	261	199	80t	494/3,794	81.5
Seahawks Totals		129	3,576	2,096	26,132	58.6	^195	^148	80t	341^/2,734	82.3

^Seahawks Career Record

RING OF HONOR



HEAD COACH CHUCK KNOX

Seasons 12 Seahawks Seasons (1983-91)
Born April 27, 1932
College Juniata College
Hometown Sewickley, Pennsylvania
Ring of Honor September 25, 2005

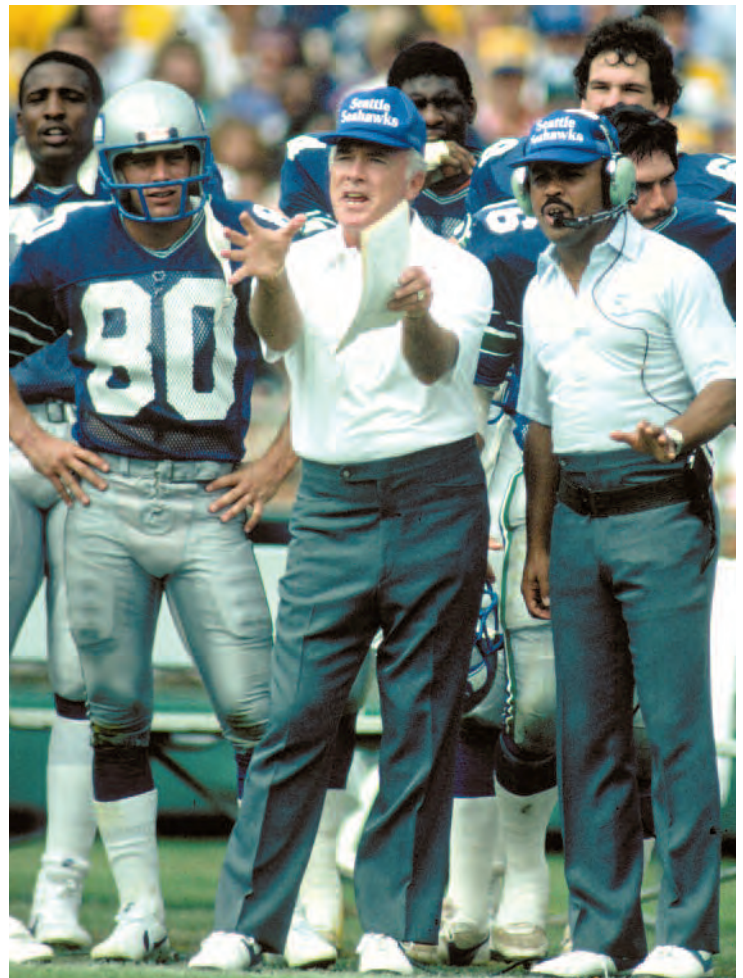
Chuck Knox was the ninth member inducted to the Ring. He spent nine of his 22 illustrious seasons at the helm of the Seahawks from 1983-91, during which time he led Seattle to 80 wins en route to becoming the winningest coach in club history, since surpassed by Mike Holmgren and Pete Carroll. Compared to 63 losses, his winning percentage of .559 is third among Seattle coaches with at least eight games coached. Knox posted six winning seasons with Seattle and led the Seahawks into postseason play four times. The Seahawks' three playoff wins under Knox were the only postseason wins in club history until 2005. Knox was named NFL

Coach of the Year following both the 1983 and 1984 seasons, where Seattle posted a 21-11 record, advanced to the 1983 AFC Championship Game and in 1984 posted the best record in franchise history at the time with a 12-4 mark. One of the NFL's all-time winningest coaches, Knox ranks 10th in league history with 193 career victories (193-158), including playoffs. He was the first coach in NFL history to lead three different franchises to the playoffs and was named NFL Coach of the Year four times while coaching three different teams (L.A. Rams-1973, Bills-1980, Seahawks-1983-84).

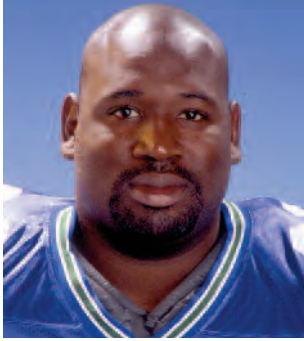


KNOX'S NFL RECORD

Club	Regular Season			Postseason	
	Won	Lost	Tied	Won	Lost
1973 L.A. Rams	12	2	0	0	1
1974 L.A. Rams	10	4	0	1	1
1975 L.A. Rams	12	2	0	1	1
1976 L.A. Rams	10	3	1	1	1
1977 L.A. Rams	10	4	0	0	1
1978 Buffalo	5	11	0	0	0
1979 Buffalo	7	9	0	0	0
1980 Buffalo	11	5	0	0	1
1981 Buffalo	10	6	0	1	1
1982 Buffalo	4	5	0	0	0
1983 Seattle	9	7	0	2	1
1984 Seattle	12	4	0	1	1
1985 Seattle	8	8	0	0	0
1986 Seattle	10	6	0	0	0
1987 Seattle	9	6	0	0	1
1988 Seattle	9	7	0	0	1
1989 Seattle	7	9	0	0	0
1990 Seattle	9	7	0	0	0
1991 Seattle	7	9	0	0	0
1992 L.A. Rams	6	10	0	0	0
1993 L.A. Rams	5	11	0	0	0
1994 L.A. Rams	4	12	0	0	0
Career Totals	186	147	1	7	11
Seahawks Totals	80	63	0	3	4



RING OF HONOR



96 | DEFENSIVE TACKLE
CORTEZ KENNEDY

Height: 6-3
Weight: 306
Seasons: 11 Seahawks Seasons
How Acq'd: 1st Round 1990
Career G/S: 167/153
Born: August 23, 1968
College: Miami
Hometown: Wilson, Arkansas
Ring of Honor: September 17, 2006



Cortez Kennedy became the 10th member inducted into the Seahawks Ring of Honor on September 17, 2006 and was elected to the Pro Football Hall of Fame on February 4, 2012. Kennedy established himself as one of the premier interior defensive linemen in the game while playing 11 NFL seasons (1990-2000), all with the Seahawks. He appeared in eight Pro Bowls, and a franchise-record six consecutive Pro Bowls (1991-96), including four as a starter. The three-time All-Pro is found throughout the Seahawks' record books, ranking eighth on the club's all-time

list in games played (167), seventh in games started (153) and 10th in tackles (668). Kennedy ranks fourth in sacks (58), yards lost on sacks (392.0), and forced fumbles (13). His finest season came in 1992 when he became the second Seahawks player to win the Associated Press NFL Defensive Player of the Year Award (Kenny Easley, 1984) after recording 93 tackles (76 solo), 14.0 sacks, five forced fumbles, and four fumble recoveries. The 1999 Co-Defensive Captain, Kennedy helped lead Seattle back to the postseason for the first time since 1988.



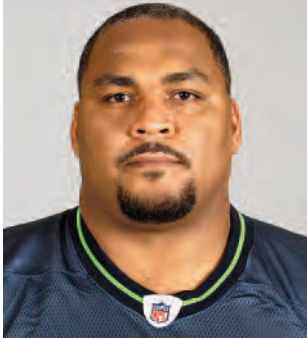
KENNEDY'S NFL RECORD

	Club	G/S	Tkl.	QB	Int.	FF	FR
1990	Seattle	16/2	48	1.0	0	1	1
1991	Seattle	16/16	73	6.5	0	1	0
1992	Seattle	16/16	93	14.0	0	4	1
1993	Seattle	16/16	77	6.5	0	1	1
1994	Seattle	16/16	70	4.0	0	1	1
1995	Seattle	16/16	54	6.5	0	1	0
1996	Seattle	16/16	69	8.0	0	2	0
1997	Seattle	8/8	18	2.0	0	0	0
1998	Seattle	15/15	43	2.0	0	0	1
1999	Seattle	16/16	73	6.5	2	2	0
2000	Seattle	16/16	50	1.0	1	0	0
Career Totals		167/153	668	58.0	3	13	5
Seahawks Totals		167/153	668	58.0	3	13	5

Playoff Games Played/Started: 1999: 1/1. Career: 1/1



RING OF HONOR



71 | TACKLE
WALTER JONES

Height: 6-5
Weight: 325
Seasons: 13 Seahawks Seasons
How Acq'd: 1st Round 1997
Career G/S: 180/180
Born: January 19, 1974
College: Florida State
Hometown: Aliceville, Alabama
Ring of Honor: November 2, 2014



Walter Jones was the 11th member inducted into the Ring of Honor, and the 10th player chosen. Since coming to Seattle as a first-round pick in 1997, Jones started all 180 games played while becoming the most dominant left tackle of his time. In 13 seasons, he was called for holding nine times and in 5,703 pass attempts, surrendered just 23 sacks according to coaches statistics. He

was selected to nine Pro Bowls (1999, 2001-08), passing Cortez Kennedy for most in team history, and was also a six-time AP All-Pro (1st Team in 2001, 2004, 2005, 2007 and 2nd Team in 2006 and 2008). Seattle selected Jones with the sixth overall pick in the 1997 NFL Draft, which was acquired in a draft-day trade with the Tampa Bay Buccaneers in exchange for Seattle's first-

round pick (#12, RB Warrick Dunn) and third-round pick (#66, CB Ronde Barber). Jones ranks fourth in Seattle history in games played (180) and second in games started (180). He became the first Seahawks player to reach double-digits in postseason appearances and was inducted into the Pro Football Hall of Fame on August 2, 2014.

JONES' NFL RECORD

Year	Team	GP/GS	Postseason	Year	Team	GP/GS	Postseason
1997	Seattle	12/12		2004	Seattle	16/16	1/1
1998	Seattle	16/16		2005	Seattle	15/15	3/3
1999	Seattle	16/16	1/1	2006	Seattle	16/16	2/2
2000	Seattle	16/16		2007	Seattle	15/15	2/2
2001	Seattle	16/16		2008	Seattle	12/12	
2002	Seattle	14/14		2009	Seattle	Injured Reserve	
2003	Seattle	16/16	1/1	NFL TOTALS		180/180	10/10



RING OF HONOR



CHAIRMAN PAUL G. ALLEN

Seasons 22 Seahawks Seasons (1997-18)
Born January 21, 1953
College Washington State
Hometown Seattle, Washington
Ring of Honor October 3, 2019

Paul G. Allen was inducted to the Seahawks Ring of Honor on October 3, 2019. Allen, who passed away in October 2018 due to complications of non-Hodgkin's lymphoma, was the 12th member of the Ring of Honor. Under Allen's guidance, the Seahawks achieved new levels of success over two decades, first under head coach Mike Holmgren, who was one of Allen's most important early hires, and then under Pete Carroll and John Schneider, who Allen brought together in 2010. Prior to Allen purchasing the team, the Seahawks had eight winning seasons, won 10 or more games

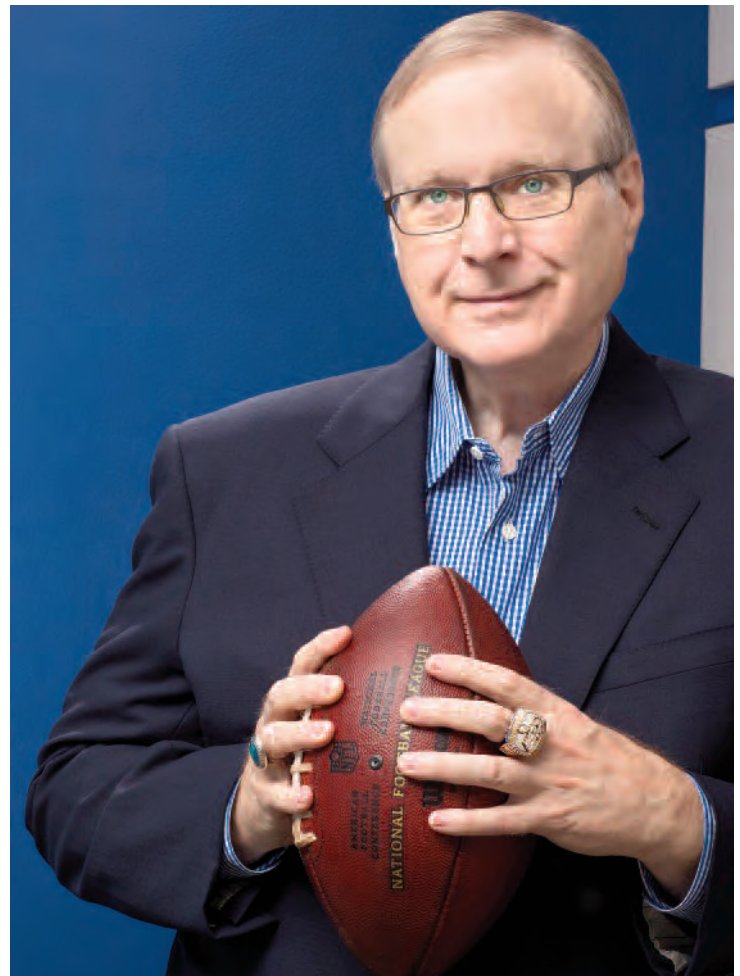
twice, earned four playoff berths, won their division once and advanced to one AFC championship game. During Allen's ownership from 1997-2018, the Seahawks reached the postseason 13 times, won nine division titles, enjoyed nine seasons with 10 or more wins, and played in three Super Bowls, winning Super Bowl XLVIII to bring the Lombardi Trophy to Seattle for the first time. In addition to owning the Seahawks and the Portland Trail Blazers, Allen was a technology pioneer who co-founded Microsoft, then later launched Vulcan, Inc., Stratolaunch Systems, the Allen Institute and the Allen

Institute for Artificial Intelligence. He was a philanthropist and conservationist who used his considerable wealth and influence to make a difference in so many ways around the world, giving more than \$2.5 billion to causes near and dear to his heart; he enriched Seattle's art and music scene while also playing a mean guitar himself; he made amazing discoveries at the bottoms of oceans; he rebuilt Seattle's South Lake Union neighborhood, and did so much more to make the Seattle area and the world a better and more interesting place.

SEAHAWKS RECORD UNDER ALLEN

	Regular Season			Postseason		Div. Finish
	Won	Lost	Tied	Won	Lost	
1997	8	8	0	0	0	3rd
1998	8	8	0	0	0	3rd
1999	9	7	0	0	1	1st
2000	6	10	0	0	0	4th
2001	9	7	0	0	0	2nd
2002	7	9	0	0	0	3rd
2003	10	6	0	0	1	2nd
2004	9	7	0	0	1	1st
2005*	13	3	0	2	1	1st
2006	9	7	0	1	1	1st
2007	10	6	0	1	1	1st
2008	4	12	0	0	0	3rd
2009	5	11	0	0	0	3rd
2010	7	9	0	1	1	1st
2011	7	9	0	0	0	3rd
2012	11	5	0	1	1	2nd
2013#	13	3	0	3	0	1st
2014*	12	4	0	2	1	1st
2015	10	6	0	1	1	2nd
2016	10	5	1	1	1	1st
2017	9	7	0	0	0	2nd
2018	10	6	0	0	1	2nd
Totals	196	155	1	13	12	

*NFC Champs #Super Bowl Champs





WU



FAN INFORMATION

A TRADITION CONTINUES

In 2003, the 12s were honored once again, this time with a flag. The tradition of the 12 Flag began October 12, 2003, when 12 original season ticket holders hoisted the flag versus the San Francisco 49ers. Now, at every home game just before kickoff, the flag is raised in honor of the 12s. From former Seahawks greats, to local celebrities and sports personalities, being called upon to raise the flag has become an honor within itself. The flag has become a symbol of Seahawks supporters all over the Northwest and the spirit of community that the organization and fans share.

2019 SEASON

08/08	Denver	1979 Seattle Sonics championship team
08/29	Oakland	Katelyn Ohashi (UCLA Gymnast)
09/08	Cincinnati	Zach Miller (Former Seahawks TE)
09/22	New Orleans	Jeff Bryant, Jacob Green, Joe Nash (Former Seahawks DL)
10/03	L.A. Rams	Jody Allen (Seahawks Chair)
10/20	Baltimore	Mike McCready (Musician)
11/03	Tampa Bay	Ryan Hendrickson (Veteran)
12/02	Minnesota	Dave Matthews (Musician)
12/22	Arizona	State Championship High School Coaches
12/29	San Francisco	Brian Bosworth (Former Seahawks LB)



9/22/2019 • JACOB GREEN, JOE NASH, JEFF BRYANT

ALL-TIME 12 FLAG RAISERS

2018 SEASON

08/09	Indianapolis	Federal Way Thunder (Special Olympics Unified Flag Football)
08/30	Oakland	T.J. Oshie (Mt. Vernon native and NHL RW)
09/23	Dallas	Kam Chancellor
10/07	L.A. Rams	Red Bryant (Former Seahawks DE)
11/04	L.A. Chargers	In Memory of Paul Allen
11/15	Green Bay	Art Unruh (Veteran)
12/02	San Francisco	Jeffrey Dean Morgan (Actor)
12/10	Minnesota	Matt Hasselbeck (Former Seahawks QB)
12/23	Kansas City	Cliff Avril (Former Seahawks DE)
12/01	Arizona	State Championship High School Coaches

2017 SEASON

08/18	Minnesota	Mike McCaughy (Police Officer)
08/25	Kansas City	Sue Bird (Seattle Storm G)
09/17	San Francisco	Lofa Tatupe (Former Seahawks LB)
10/01	Indianapolis	Walter Jones, Steve Largent, Courtney Kennedy (Seahawks Hall of Famers)
10/29	Houston	Dan Wilson (Former Mariners C)
11/05	Washington	Sidney Rice (Former Seahawks WR)
11/20	Atlanta	Barbara Nichols (Veteran)
12/03	Philadelphia	Chris Pratt (Actor)
12/17	L.A. Rams	State Championship High School Coaches
12/31	Arizona	Sam Perkins (Former Sonics Forward)

2016 SEASON

08/18	Minnesota	Daniel Lyon (Fire Fighter)
08/25	Dallas	Miesha Tate (UFC Fighter)
09/11	Miami	Jack Patera (Former Seahawks Head Coach)
09/25	San Francisco	Jamal Crawford (NBA Guard)
10/16	Atlanta	Duff McKagan (Musician)
11/07	Buffalo	Nate Boyer (Veteran)
11/20	Philadelphia	Robinson Cano (Mariners 2B)
12/04	Carolina	Ricardo Lockette (Former Seahawks WR)
12/15	L.A. Rams	Chris Petersen (UW Head Football Coach)

12/24	Arizona	Nate Burleson (Former Seahawks WR)
01/07	Detroit	Steve Hutchinson (Former Seahawks G)

2015 SEASON

08/14	Denver	Steve Niehaus (Former Seahawks DL)
09/03	Oakland	Norm Evans (Former Seahawks T)
09/27	Chicago	Darrell Jackson (Former Seahawks WR)
10/05	Detroit	Nelson Cruz (Mariners OF)
10/18	Carolina	Sir Mix-a-Lot (Hip Hop artist)
11/15	Arizona	Clayton Pitre (Veteran)
11/22	San Francisco	Randy Johnson (MLB HOF)
11/29	Pittsburgh	Spencer Haywood (NBA HOF)
12/20	Cleveland	Michael Sinclair (Former Seahawks DE)
12/27	St. Louis	Joel McHale (Comedian & Former UW TE)

2014 SEASON

08/15	San Diego	Oso Mudslide First Responders
08/22	Chicago	DeAndre Yedlin (Sounders FC Defender)
09/04	Green Bay	Walter Jones, Cortez Kennedy, Steve Largent
09/21	Denver	Nate Robinson (NBA Guard and UW Alum)
10/12	Dallas	Jordan Babineaux (Former Seahawks S)
11/02	Oakland	C. Gray, S. Hutchinson, S. Locklear, R. Tobeck
11/09	N.Y. Giants	Scott Smiley (Veteran)
11/23	Arizona	Lawyer Milloy (Former Seahawks S)
12/14	San Francisco	John Olerud (Former Mariners 1B)
12/28	St. Louis	George Karl (Former Sonics Head Coach)
01/10	Carolina	Kenny Easley (Former Seahawks S)
01/18	Green Bay	Paul Allen (Seahawks Chairman)

2013 SEASON

08/17	Denver	Blair Bush (Former Seahawks C)
08/29	Oakland	Derrick Jensen (Former Seahawks scout)
09/15	San Francisco	Shaun Alexander (Former Seahawks RB)
09/22	Jacksonville	Jack Sikma (Former Sonics F/C)
10/13	Tennessee	Sammamish Little League
11/03	Tampa Bay	1983 Seahawks playoff team

ALL-TIME 12 FLAG RAISERS

11/17 Minnesota Bruce Crandall (Vietnam veteran)
 12/02 New Orleans Fred Couples (Seattle native, pro golfer)
 12/22 Arizona Nathan Adrian (Olympic swimmer)
 12/29 St. Louis Jay Buhner (Former Mariners OF)
 01/11 New Orleans Jim Zorn (Former Seahawks QB)
 01/19 San Francisco Paul Allen (Seahawks Chairman)

2012 SEASON

08/11 Tennessee Steve August (Former Seahawks T)
 08/30 Oakland 2012 USA Olympians
 09/16 Dallas Shawn Springs (Former Seahawks CB)
 09/24 Green Bay Trent Dilfer (Former Seahawks QB)
 10/14 New England Walter Jones (Former Seahawks T)
 11/04 Minnesota Detlef Shempf (Former NBA and Sonics All-Star)
 11/11 N.Y. Jets Joe Moser (WWII Veteran - Buchenwald survivor)
 12/09 Arizona Jon Kitna (Former Seahawks QB)
 12/23 San Francisco Sam Adams (Former Seahawks DT)
 12/30 St. Louis Sigi Schmid (Sounders FC Head Coach)

2011 SEASON

08/20 Minnesota Chip Hanauer (Hydroplane driver)
 09/02 Oakland Greg Haugen (Former lightweight boxing champion)
 09/25 Arizona Chris Warren (Former Seahawks RB)
 10/02 Atlanta Jason Terry (Former Franklin H.S. and NBA guard)
 10/30 Cincinnati Felix Hernandez (Seattle Mariners pitcher)
 11/13 Baltimore George Hickman (Former Tuskegee airman)
 11/27 Washington Rufus Porter (Former Seahawks LB)
 12/01 Philadelphia Bill Russell (NBA Hall of Fame center)
 12/12 St. Louis Cortez Kennedy (Former Seahawks and Hall of Fame DT)
 12/24 San Francisco Shawn Kemp (Former NBA and Sonics All-Star)

2010 SEASON

08/14 Tennessee Frank Beede (Former Seahawks G; National Teacher of the Year)
 08/21 Green Bay J.R. Celski (Olympic speedskater)
 09/12 San Francisco Chad Brown (Former Seahawks LB)
 09/26 San Diego Nate McMillan (Former Sonic and Blazers Head Coach)
 10/24 Arizona Isaiah Kacyvenski (Former Seahawks LB)
 11/07 N.Y. Giants Buck Compton (War Veteran)
 11/28 Kansas City Tom Skerritt (Actor)
 12/05 Carolina Howard Mudd (Former Seahawks OL coach)
 12/19 Atlanta Tim Lincecum (Former UW and SF Giants pitcher)
 01/02 St. Louis Brian Blades (Former Seahawks WR)
 01/08 New Orleans Walter Jones (Former Seahawks T)

2009 SEASON

08/22 Denver Central Washington softball players
 09/03 Oakland Jon Fine (United Way CEO)
 09/13 St. Louis Jacob Green (Former Seahawks DE)
 09/27 Chicago Jim Whittaker (Mountaineer)
 10/11 Jacksonville Edwin Bailey (Former Seahawks G)
 10/18 Arizona Rusty Tillman (Former Seahawks Special Teams Coach)
 11/8 Detroit Huston Riley (Veteran)
 12/6 San Francisco Fred Brown, John Johnson and Gus Williams (Former Sonics players)
 12/20 Tampa Bay Kasey Keller (Sounders FC Goalkeeper)
 01/02 Tennessee Ken Griffey Jr. (Former Mariners CF)

2008 SEASON

08/16 Chicago Paul Moyer (Former Seahawks DB)
 08/29 Oakland J.P. Patches (Children's TV Personality)
 09/14 San Francisco Chris Gray (Former Seahawks G)
 09/21 St. Louis Kenny Mayne (ESPN Reporter)
 10/12 Green Bay Gary Payton (Former NBA and Sonics All-Star)
 11/02 Philadelphia John L. Williams (Former Seahawks FB)
 11/16 Arizona Ricky Watters (Former Seahawks RB)

11/23 Washington Hope Solo (Olympian Goalkeeper)
 12/07 New England Sam Adkins (Former Seahawks QB)
 12/21 N.Y. Jets Kathy Holmgren (Coach Holmgren's wife)

2007 SEASON

08/25 Minnesota Dan Doornink (Former Seahawks FB)
 08/30 Oakland Jeff Bryant (Former Seahawks DT)
 09/09 Tampa Bay Mama Blue (Longtime Seahawks Fan)
 09/23 Cincinnati Apolo Ohno (Olympian)
 10/14 New Orleans Mack Strong (Former Seahawks FB)
 10/21 St. Louis Ichiro Suzuki (Mariners CF)
 11/12 San Francisco Drew Carey (Sounders FC Minority Owner, Actor)
 11/18 Chicago Matt Cameron (Pearl Jam) & Jerry Cantrell (Alice in Chains)
 12/9 Arizona Sig Hansen (Deadliest Catch)
 12/23 Baltimore Robbie Tobeck (Former Seahawks C)
 01/05 Washington Jamie Moyer (Former Mariners Pitcher)

2006 SEASON

08/12 Dallas Hugh McElhenny (Pro Football Hall of Fame)
 08/31 Oakland Norm Johnson (Former Seahawks K)
 09/17 Arizona Cortez Kennedy (Hall of Fame Seahawks DT)
 09/24 N.Y. Giants Pike Place Market Fish Mongers
 10/22 Minnesota Dave Niehaus (Mariners Broadcaster)
 11/06 Oakland Warren Moon (Pro Football Hall of Fame)
 11/12 St. Louis Lenny Wilkens (Former Seattle Sonics Coach)
 11/27 Green Bay Kasey Kahne (NASCAR Driver)
 12/14 San Francisco Bill (The Beerman) Scott
 12/24 San Diego Josh Lucas (Actor)
 01/06 Dallas Marcus Trufant (Former Seahawks CB)

2005 SEASON

08/22 Dallas David Eger (Inaugural BGSC Champion)
 09/02 Minnesota Sam McCullum (Former Seahawks WR)
 09/18 Atlanta Joe Nash (Former Seahawks NT)
 09/25 Arizona Chuck Knox (Former Seahawks Head Coach)
 10/16 Houston Ed Viesturs (World Renowned Mountain Climber)
 10/23 Dallas Efren Herrera (Former Seahawks K)
 11/13 St. Louis Manu Tuiasosopo (Former Seahawks DT)
 11/27 N.Y. Giants Lorenzo Romar (Former UW Men's Basketball Coach)
 12/11 San Francisco Kenny Easley (Former Seahawks S)
 12/24 Indianapolis Jack Patera (Original Seahawks Head Coach)
 01/14 Washington Ken Hamlin (Former Seahawks S)
 01/22 Carolina Paul Allen (Seahawks Chairman)

2004 SEASON

08/21 Denver Steve Raible & Warren Moon (Seahawks Broadcast Team)
 09/02 Minnesota Bret McClure, Tara & Dana Kirk (Local Olympians)
 09/26 San Francisco Dave Krieg (Former Seahawks QB)
 10/10 St. Louis Don James (Former UW Head Football Coach)
 10/31 Carolina Eugene Robinson (Former Seahawks S)
 11/21 Miami Chuck Nelson & Jack Thompson (Former UW Kicker, WSU QB Representing Apple Cup Week)
 11/28 Buffalo John Nordstrom (Representing Original Ownership)
 12/06 Dallas Edgar Martinez (Former Mariners Great)
 12/24 Arizona Rangers from Ft. Lewis (In Honor of Pat Tillman)
 01/02 Atlanta Mothers of Seahawks Players
 01/08 St. Louis Ring of Honor Members

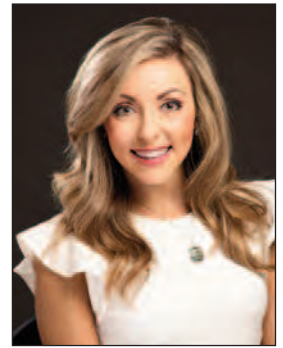
2003 SEASON

10/12 San Francisco 12 Original Season Ticket Holders
 10/19 Chicago Cortez Kennedy (Hall of Fame Seahawks DT)
 11/02 Pittsburgh Curt Warner (Former Seahawks RB)
 11/16 Detroit Steve Largent (Former Seahawks WR)
 11/30 Cleveland Mike McCormack (Former Seahawks GM)
 12/21 Arizona Frosty Westering (Former PLU Head Coach)

SEAHAWKS DANCERS



THE 2019 SEAHAWKS DANCERS



Seahawks Dancers Director
Courtney Moore



The Seahawks Dancers are the official dance group of the Seahawks, balancing a busy schedule of practicing, performing and making public appearances in the community throughout the year. Formerly known as the Sea Gals, the group was re-named the Seahawks Dancers in 2019 to reflect an overall evolution of the group as it focuses on greater diversity in performances and performers. The team is made up of a mix of female and male dancers specializing in NFL jazz/pom style dance, as well as NFL hip hop.

Courtney Moore was named Director of the Seahawks Dancers in 2018 and has been involved with the dance team since 2008 as a squad member (2008-15) and choreographer (2015-18). The 2020 season will be her third as director. Former dancers Lauren Mack and Carli Brockman continue as assistants to the program in management and choreography.

In addition to numerous practices and gameday performances, the Seahawks Dancers are heavily involved in the community and spend many hours supporting numerous local charities and organizations as part of the Seahawks' community engagement program. For the past 30 years, the Seahawks Dancers have held an annual fundraising event to provide Christmas gifts for the women and children living at a local women's shelter. The squad raised nearly \$30,000 at their annual auction in 2019, which was donated to Broadview Women and Children's Shelter, and New Beginnings, another organization that supports victims of domestic violence.

The Junior Seahawks Dancers group has become a popular program for kids ages seven to 14 and sold out in 2019 for the sixth-consecutive season. The current team's dancers work directly with these young girls and boys to develop character, team building and dance skills.

The Seahawks Dancers "Show Group" performs a variety show that includes colorful costume changes, character dance routines, singing and crowd participation. The group has performed across the United States, Middle East, Africa, the South Pacific, and European military bases.

Fans can learn more about the squad at seahawks.com/dancers.

BLITZ & BOOM



As the Seahawks mascot, Blitz does his part to make sure CenturyLink Field is the loudest stadium in the NFL. When Blitz isn't entertaining fans at CenturyLink Field, he can be found at local schools supporting the PLAY 60 program, visiting communities or attending private events, more than 600 appearances last year. Blitz is available to attend birthday parties, company events, weddings, etc. Send invitations to Blitz@Seahawks.com.

Born: September 13, 1998

Birthplace: Kingdome

Home: CenturyLink Field

Height: 6' 1" (a touchdown & extra point)

Weight: Featherweight

Hobbies: Reading, Fitness and Birdwatching

Learn more about Blitz:

- Seahawks.com/gameday/Blitz
- [Facebook.com/BlitztheSeahawk](https://www.facebook.com/BlitztheSeahawk)
- Twitter at [@BlitztheSeahawk](https://twitter.com/BlitztheSeahawk)
- Instagram at [@BlitztheSeahawk](https://www.instagram.com/BlitztheSeahawk)



Boom arrived in Seattle on September 21, 2014. Boom is a sidekick to Blitz and can be found attending many of the Seahawks family friendly events. Fans can meet Boom in Touchdown City before Seahawks games and roaming the concourses throughout the game. Follow Boom on twitter [@BoomtheSeahawk](https://twitter.com/BoomtheSeahawk).

BLUE THUNDER



Seahawks Blue Thunder is the heartbeat of the fans. This high-energy entertainment drumline was established in 2004 at CenturyLink Field, performing throughout the stadium before, during and after games.

Not your typical drumline, Blue Thunder uses a variety of rhythms and visuals, incorporating rock and roll drumming alongside drum corps style, endearing them to Seahawks fans of all ages. Blue Thunder is also available for parades, parties and corporate event appearances. Amplify your next event at:

www.Seahawks.com/Drumline/Blue-Thunder



TAIMA



This living symbol of the team is a male augur hawk, who's Native American name means "Thunder." Taima has been with the Seahawks since birth and can be seen leading the team out of the tunnel before each game at CenturyLink Field. He can also be found on the sidelines and in Touchdown City before home games.

SEA HAWKERS



Sea Hawks Booster Club is the official fan organization of the Seattle Seahawks. They are a volunteer organization run for and by 12s! Today, more than 10,000 members participate in 50 chapters throughout the world with the primary goal to support the team and charities in their communities.

In 2019, Sea Hawker members helped raise over \$250,000 for community causes and donated their time to causes for more than 9,000 volunteer hours. Beyond supporting the team and their local communities, benefits of a Sea Hawks membership include: access to Sea Hawks "tailgate zone" in Touchdown City prior to all home games, monthly chapter meetings, exclusive Sea Hawks merchandise, opportunity to attend the annual banquet which includes appearances by Seahawks players and Legends, plus exclusive offers not available to the general public. Visit SeaHawkers.org to learn more about joining or starting a chapter near you!

JUNIOR 12S KIDS CLUB



Junior 12s Kids Club is a free fan club for kids ages 5-12. Members get access to an incredible mix of benefits including a year-round Pro Shop discount, exclusive access to activities and contests, and a special newsletter packed with exclusive content. Join in on the fun today at www.Seahawks.com/KidsClub!



SEAHAWKS LEGENDS



KEEPING THE SEAHAWKS LEGACY ALIVE

Launched in 2013, the NFL Legends program connects former players with each other, their former teams and the NFL. The program includes outreach to NFL alumni for team and league initiatives such as homecoming festivities and community events. More than 1,000 former players are active in the Seahawks Legends community. For more information, visit SeahawksLegends.com.



SEAHAWKS PRO SHOP



The Pro Shop is your premier destination for the best selection of authentic Seahawks merchandise. Conveniently located at three Puget Sound locations, The Pro Shop features a wide range of products from Nike, New Era, '47 Brand and more. Find everything from jerseys to sweatshirts, caps to 12 flags; The Pro Shop has everything you need for game day.

Visit us at CenturyLink Field, Downtown Seattle at 4th and Pike, or Renton Landing.. For the best selection of Seahawks merchandise online, shop at Proshop.Seahawks.com.

For more information on in-store promotions, player appearances and location hours, visit Seahawks.com/ProShop or call 206-682-2900.

AMERICAN FAMILY INSURANCE TOUCHDOWN CITY

American Family Insurance Touchdown City is a high energy, interactive pregame gathering place where fans meet and prepare for each Seahawks home game.

Touchdown City features a live music stage, with performances by Seahawks Dancers and Blue Thunder and appearances by Blitz and BOOM. Families can find interactive games and contests, photo opportunities, a Seahawks Pro Shop Kiosk, and even value-priced food & beverage options. 710 ESPN's pregame broadcast is recorded live in Touchdown City, sharing reports and pregame analysis. The End Zone pregame show provides a spirited atmosphere with live interviews and fan-friendly competitions. Admission is free and open to all Seahawks fans with a game ticket three hours before each home game. Touchdown City is located inside the CenturyLink Field Event Center which is connected to the south end of CenturyLink Field



MUCKLESHOOT PLAZA

Located at the north end of CenturyLink Field, Muckleshoot Plaza has a variety of options for fans to experience prior to kickoff, including curated designs and artifacts that reflect Muckleshoot's tribal history and tradition.

This pregame destination has great food and beverage options with food trucks, beer, wine and non-alcoholic beverages. Local bands, DJs and traditional tribal entertainment will perform throughout the season on The Stage at Muckleshoot Plaza. This high-energy stage will showcase musicians, dancers and other talented artists from the Pacific Northwest.



SEAHAWKS BROADCASTING

TELEVISION

Seahawks Broadcasting is the Emmy® Award winning in-house production and syndication unit of the Seattle Seahawks. Now in its 23rd season, Seahawks Broadcasting produces some of the most-watched and critically acclaimed sports broadcasts in the Pacific Northwest including the first NFL Team broadcast of a game in High Definition (1999).

SEAHAWKS TELEVISION NETWORK

Kick off the 2020 season with the Seahawks preseason telecasts on the Seahawks Television Network.

PRESEASON FOOTBALL

Thursday, August 13	Las Vegas Raiders	7:00 p.m. PDT	Q13 FOX
Saturday, August 22	at Houston	5:00 p.m. PDT	Q13 FOX
Thursday, August 27	Los Angeles Chargers	7:00 p.m. PDT	Q13 FOX
Thursday, September 3	at Minnesota Vikings	5:00 p.m. PDT	Q13 FOX

CURT MENEFFEE - PLAY-BY-PLAY

Curt Menefee begins his 12th season with the Seahawks broadcasting team as the play-by-play announcer for preseason telecasts. Menefee currently hosts FOX's award-winning NFL pre-game show, FOX NFL Sunday. Prior to taking over as full-time host in 2007, he called play-by-play for NFL and NFL Europe League games on FOX Sports and FSN.

BROCK HUARD - ANALYST

Former Seahawks QB and local sports radio personality, Brock Huard, begins his eighth season in the Seahawks broadcast booth as the preseason television analyst. The former University of Washington star and Puyallup High School All-American joined College Football on FOX in 2019 after 11 seasons working as a college football analyst for ESPN and ABC's Saturday games. The Brock and Salk Show moved to a weekly podcast format in 2019 where Huard continues to offer his take on all things sports, following 11 seasons hosting the morning show on 710 ESPN Seattle. After a standout high school career at Puyallup and a record-setting stint at the UW, Huard went on to play six years in the NFL, including four spent with the Seahawks, from 1999-2001 and 2004.

"SEAHAWKS SATURDAY NIGHT"

"Seahawks Saturday Night" returns at the start of the regular season for its eighth season in primetime at 10:30pm on Q13 FOX and 9:30pm on JOEtv. The half-hour program features a player "mic'd up" every week to get a real feel for what's happening on the field and an exclusive one-on-one with Coach Carroll.

"SEAHAWKS PRESS PASS"

"Seahawks Press Pass" continues with three nights per week during the 2020 season, beginning with the start of the regular season. Get 30-minutes of Seahawks news from Pete Carroll every Monday and Wednesday evening and a bonus 30-minutes features Seahawks Players every Thursday night. Get your Press Pass three times a week on Root Sports.

SEAHAWKS RADIO NETWORK

Seahawks Radio can be found on 710 ESPN Seattle and 97.3 KIRO FM, the flagship stations for the 2020 season. Wall to wall coverage begins each game day with the "Pre-game Huddle" hosted by Dori Monson and joined by former Seahawks Paul Moyer, Dave Wyman, Jordan Babineaux, Ray Roberts and Michael Bumpus. Steve Raible and Dave Wyman follow with the call in the booth with Jen Mueller and John Clayton providing sideline reports, and broadcast day concludes the with a post-game show featuring exclusive interviews with Seahawks players from the locker room.

STEVE RAIBLE - PLAY-BY-PLAY

Steve Raible returns for his 39th season in the radio booth, his 17th as the play-by-play announcer and "Voice of the Seahawks" after 22 seasons as the Seahawks analyst. An original member of the Seahawks, Raible played wide receiver from 1976-81 and missed only four games in the franchise's history, either as a player or broadcaster after suffering a collapsed lung vs. Oakland in 1981. Steve recently retired from KIRO-TV after nearly 40 years with the station and over 30 years as their lead anchor. During his time with KIRO, Raible won five local Emmy Awards including two for "Best Anchor". Steve was also a 2019 inductee of the State of Washington Sports Hall of Fame.



Seahawks broadcast team of Dave Wyman (left) and Steve Raible (right)

DAVE WYMAN - ANALYST

Dave Wyman returns for his 3rd season as the Seahawks radio analyst. Drafted by the Seahawks in the second round of the 1987 draft, Wyman went on to play six seasons with the Seahawks totaling 364 tackles, 3.5 sacks and two interceptions. He finished his nine-year career playing his final three seasons with the Denver Broncos. Wyman has been a part of the Seahawks broadcast team since 2004, serving as an analyst for pregame and postgame shows on both radio and TV. He currently hosts the afternoon drive talk show "Bob, Dave and Moore" on 710 ESPN Seattle.



JEN MUELLER - REPORTER

Jen Mueller returns for her 12th season as a sideline radio reporter. A 20-year sports broadcasting veteran, Jen is a member of the Seattle Mariners television broadcast team and an Emmy award winning producer. In addition to her work on the field, Jen is a keynote speaker, the author of three books on how to leverage sports fandom as a business communication tool and a former high school football official.



JOHN CLAYTON - REPORTER

Dick McCann Award winning reporter, John Clayton, returns for his 4th season as a sideline reporter. John spent 23 years covering the Steelers, Seahawks and NFL as a beat reporter for The Pittsburgh Press and Tacoma News Tribune and in 1995 was hired by ESPN as an NFL Insider. He is currently the host of The John Clayton Show on 710 ESPN Seattle. In 2007, John won the prestigious Dick McCann Award, bestowed annually by the Professional Football Writers of America (PFWA) "for long and distinguished reporting on professional football."

"SEAHAWKS HUDDLE"

"Seahawks Huddle," the club's weekly radio show, can be heard on 710 ESPN Seattle every Thursday from 12:00-2:00 p.m. Beginning during Week 1 of the regular season, the "Huddle" offers an inside look at the Seahawks and the NFL and features Seahawks players, coaches and guests from around the League.

"HAWKS LIVE"

"Hawks Live" hosted by Dave Wyman, Paul Moyer and Michael Bumpus, offers a unique fan experience featuring a Seahawks player. "Hawks Live" can be heard on 710 ESPN Seattle every Thursday from 7-9 p.m. with a special appearance from John Clayton.

SEAHAWKS BROADCASTING

TELEVISION NETWORK PRESEASON TELECASTS

WASHINGTON		
Station	Network	
Seattle	KCPQ - 13	FOX
Spokane	KAYU - 28	FOX
Tri-Cities	KFFX - 11	FOX
Yakima	KCYU - 41	FOX
IDAHO		
Boise/KIVI - 6	ABC	
Twin Falls	KSAW - 52	ABC
Sun Valley	KSAW - 52	ABC
OREGON		
Bend/KFXO - 39	FOX	
Eugene	KLSR - 34	FOX
Medford	KMVU - 26	FOX
Portland	KPTV - 12	FOX
HAWAII		
Station	Network	
Honolulu	KHNL - 13	NBC
ALASKA		
Anchorage	KYUR - 13	ABC
Fairbanks	KATN - 2	ABC
Juneau	KJUD - 8	ABC
SEAHAWKS PRESS PASS		
Northwest Region	ROOT Sports	Cable
SEAHAWKS SATURDAY NIGHT		
Seattle	KCPQ - 13	FOX

WASHINGTON	
Station	Frequency
Aberdeen	KDUX 104.7 FM
Bellingham	KPUG 117.0 AM
Bellingham	KPUG 97.9 FM
Centralia	KMNT 104.3 FM
Chelan	KOZI 93.5 FM
Chelan	KOZI 103.1 FM
Chelan	KOZI 100.9 FM
Colfax	KMAX 84.0 AM
Colville	KCRK 92.1 FM
Ellensburg	KXLE 124.0 AM
Forks	KBDB 96.7 FM
Grand Coulee	KEYG 98.5 FM
Longview	KEDO 1400 AM
Moses Lake	KBSN 1470 AM
Mt. Vernon	KAPS 660 AM
Mt. Vernon	KAPS 102.1 FM
Olympia	KAYO 96.9 FM
Omak	KNCW 92.7 FM
Port Angeles	KONP 101.3 FM
Port Angeles	KONP 101.7 FM
Seattle	ESPN 710 AM
Seattle	KIRO 97.3 FM
Shelton	KMAS 1030 AM
Shelton	KMAS 103.3 FM
Spokane	KHTQ 94.5 FM
Tri-Cities	KONA 610 AM
Walla Walla	KUJ 1420 AM
Walla Walla	K233CJ 94.5 FM
Wenatchee	KPQ 560 AM
Yakima	KIT 1280 AM
Yakima	KIT 94.5 FM

ALASKA	
Station	Frequency
Anchorage	KBYR 700 AM
Anchorage	KTMB 102.1 FM
Cordova	KLAM 1450 AM
Juneau	KINY 800 AM
Juneau	KINY 103.5 FM
Kenai	KSRM 920 AM

RADIO NETWORK

ALASKA, CONTINUED		
Station	Network	Frequency
Ketchikan	KTKN	930 AM
Ketchikan	KTKN	97.5 FM
Kodiak Island	KVOK	560 AM
Kodiak Island	KVOK	98.7 FM
Sitka	KIFW	1230 AM
BRITISH COLUMBIA		
Kelowna	CKFR	1150 AM
Vancouver	TSN	1040 AM
Victoria	CFAX	1070 AM
IDAHO		
Boise		670 AM
Lewiston	KCLK	1430 AM
Lewiston	KCLK	107.3 FM
St. Maries	KOFE	1240 AM
MONTANA		
Great Falls	KMON	HD-4 FM
Great Falls	K260AU	99.9 FM
Great Falls	K280GG	103.9 FM
Kalispell	KHNK	95.9 FM
Missoula	KKVU-HD3	102.9 FM
OREGON		
Astoria	KCRX	102.3 FM
Baker City	KBBC	95.3 FM
Bend	KLTV	95.7 FM
Eugene	KUJZ	95.3 FM
La Grande	KRJT	105.9 FM
Lebanon	KGAL	1580 AM
Medford	KTMT	580 AM
Pendleton	KTIX	1240 AM
Pendleton	KTIX	103.1 FM
Portland	KFXX	1080 AM
Portland	KGON	92.3 FM
The Dalles	KODL	1440 AM
The Dalles	KODL	99.1 FM
The Dalles	KODL	100.5 FM
HAWAII		
Honolulu	KIKI	990 AM

CENTURYLINK FIELD



In 1996, Paul G. Allen obtained an option to purchase the Seattle Seahawks and launched a campaign to win public support for a new world-class football/soccer stadium and exhibition center. Six years later, the dream became reality as the Seahawks opened the 2002 preseason against the Indianapolis Colts in Seahawks Stadium, renamed Qwest Field on June 2, 2004. After seven seasons, the stadium was renamed CenturyLink Field on June 23, 2011.

The CenturyLink Field stadium complex includes CenturyLink Field and the 325,000 sq. ft. CenturyLink Field Event Center. The versatile Event Center is often converted into an intimate music theater to host a wide array of musical acts from Paul Simon to Snoop Dogg.

The CenturyLink Field event complex, which includes CenturyLink Field, CenturyLink Field Event Center and WAMU Theater, manages more than 300 event days that attract more than 2.4 million attendees annually. In 2011, the stadium served as host to U2 with more than 70,000 fans in attendance, the largest attended event since the stadium opened in 2002.

In 2018, CenturyLink Field received SAFETY Act Designation and Certification, the highest level of accreditation awarded by the U.S. Department of Homeland Security. CenturyLink Field is the fifth NFL stadium and second MLS stadium to achieve this certification.

CENTURYLINK FIELD FACTS AND FIGURES

- The CenturyLink Field event complex, which includes CenturyLink Field, CenturyLink Field Event Center and WAMU Theater, manages more than 300 event days that attract more than 2.4 million attendees annually
- FGI employs over 800 staff for Seahawks game days and over 400 staff for Sounders FC matches each season
- 68,000 fixed seats
- 1,400 seats for people with disabilities and their companions – compared to 70 at the Kingdome
- 63 restrooms – twice as many as the Kingdome
- 100% of urinals are retrofitted with low-flow fixtures, saving more 1.3 million gallons of water every year.
- 12 elevators – compared to three at the Kingdome
- 50 concession stands and 47 beer concessions – twice as many per person as the Kingdome
- 97% of the concrete from the Kingdome was processed and recycled (35% built into CenturyLink Field)
- 2,000 car garage
- 14 electric vehicle chargers – 12 in north lot and two in the garage
- Events hosted in the CenturyLink Field Event Center have generated more than \$4.3M for Common School Fund

RECENT UPGRADES

- Since 2011, the Seahawks have committed more than \$90 million in stadium upgrades
- In 2012, two Mitsubishi Electric Diamond Vision video displays were installed. The new video displays introduced fans to a new and enhanced viewing experience.
- In 2013, capital improvements to the stadium included an expanded and re-designed retail store with an increased footprint from 3,000 to 7,400 square feet and 30 new mobile points-of-sale in addition to a new Beer Hall featuring 14 different selections. FGI installed 47 new digital menu boards and HD TVs to provide flexibility in pricing and menu.
- In 2014, the Seahawks and Verizon made significant enhancements to the wireless network at CenturyLink Field to provide fans with free open access to Wi-Fi. Super Bowl XLVIII Roman Numerals were installed in the Northwest Plaza.
- In 2015, the Seahawks constructed the Toyota Fan Deck (pictured below), which adds 1,000 padded seats in two new seating sections in the south end upper level.
- In 2016, the Seahawks added a high definition LED board below the upper bowl, renovated the working press box and added four new Press Box suites.

- In 2017, the Seahawks enhanced the food and beverage experience by adding even more local cuisines at the Stadium Street Market, Night Market, and the Elysian Zone.
- In 2020, in an effort to boost guest experience through faster lines and more efficient sales processes, CenturyLink Field transitioned to cashless operations for sales transactions at the stadium, the CenturyLink Field Event Center and WAMU Theater.

CENTURYLINK FIELD SUSTAINABILITY

CenturyLink Field continues to be a leader in environmentally friendly and sustainable sports and entertainment facilities around the world. In January 2018, CenturyLink Field received a “Waste Wise” award from the Environmental Protection Agency for its waste prevention and reduction activities and an international “Sustainability and Community” award at the Stadium Business Summit in London. In 2019, CenturyLink Field received the “Community Impact Gold Award for Sustainability” from Seattle Business Magazine and “Environment Protection Agency Very Large Business Partner of the Year Award” in April 2020.

CenturyLink Field sustainability accomplishments:

- An average of 95% of all facility waste was recycled or composted the last four years with more than 1,500 tons of material diverted from the landfill. Waste tracking began in 2006 when the facility recorded a diversion rate of 4.66%
- Stadium diverts approximately 16.4 tons of food waste from landfills per home game. That material goes to Cedar Grove Composting to be produced into compost
- In 2019, the stadium installed a bio-digester which has broken down nearly four tons of pre-consumer food waste
- Average of seven tons of donated food to Pacific Northwest organizations including FareStart, Food Lifeline and Salvation Army each year
- CenturyLink Field was the first NFL stadium to be Smart Catch certified. 93% of seafood served by FGI is certified as sustainably harvested
- CenturyLink Field’s local partners include more than 50 farmers, ranchers, fishing companies, bakers, and other food purveyors whose practices are ethical and sustainable – supporting economic development within our vibrant, local farming and culinary communities
- In 2011, FGI implemented an energy conservation project that included the installation of a vast rooftop solar array. At the time of installation, CenturyLink Field Event Center featured the largest array of solar panels in the state of Washington. On days with low energy usage within the complex, the solar panel system actually provides electricity to Seattle City Light’s power grid. The panels provide an annual carbon offset equivalent to the automobile emissions of 15 vehicles

- In 2017, First and Goal Hospitality began a partnership with Sound Sustainable Farms to purchase produce that are grown on land fertilized by compost created from the stadium’s diversion program. The partnership is highlighted at a sustainability game each season

FIRST & GOAL INC.

In June of 1997, Washington State voters approved a funding package to build a new football/soccer stadium and exhibition center. With that, Paul G. Allen and Football Northwest created First & Goal Inc., to manage the stadium and event center on a daily basis.

FIRST & GOAL HOSPITALITY

On March 1, 2017, the Seattle Seahawks and First & Goal, Inc. introduced First & Goal Hospitality (FGH) as part of a continual effort to enhance the guest experience at CenturyLink Field, CenturyLink Field Event Center, and the WaMu Theater. FGH manages and operates all general concessions and premium dining at Seahawks games, Sounders FC matches, stadium concerts, as well as provide catering services for corporate events.

CENTURYLINK FIELD FUNDING

The \$430 million facility is owned by the public and was funded by a private-public partnership. Private contributions totaled at least \$130 million, while the public contributed up to \$300 million through a lottery and a variety of taxes generated by events in the stadium/exhibition center.

A breakdown of the funding package:

- \$130 million private investment led by Paul G. Allen
- \$127 million from new, sports related lottery games, similar to the Mariners’ baseball-themed scratch games
- \$101 million in sales taxes collected in King County attributable to events in the stadium/event center
- \$56 million from facility admission and parking taxes
- \$15 million from extending King County’s share of the existing hotel-motel tax
- Paul G. Allen agreed to pay for any construction cost overruns
- \$1 million per year of in-kind advertising for the new lottery games will be provided by Paul G. Allen
- All excess stadium revenues will fund youth athletic facilities throughout Washington State in addition to a \$10 million contribution from Paul G. Allen
- \$14 million of the public contribution will come from interest earned on the \$50 million private contribution from Paul Allen
- As an added measure, the debt on the Kingdome was retired, freeing property taxes for other purposes

VIRGINIA MASON ATHLETIC CENTER



The Seahawks moved into the 200,000 square foot waterfront facility in August 2008. The property is bounded by Interstate 405 to the east, Lake Washington to the west, residential property to the north and 44th Street to the south.

The privately funded practice facility is situated on 19 acres of industrial property. It houses a permanent indoor practice facility, and the team's entire front office. In addition, there are three outdoor practice fields, 50,000 square feet of training

facility space, 15,000 square feet of player meeting space and 48,000 square feet of administrative office space. VMAC allows fans to watch practice during training camp.

Purchased by Vulcan Real Estate in 2000, the land was formerly home to a coal tar refinery & creosote plant, since remediated by Vulcan in concert

with the City of Renton and the Washington State Department of Ecology. The project will improve the environmental climate of Renton and its wetlands by improving and redeveloping the site. Since the team's inaugural season in 1976, the Seahawks were housed at Carillon Point for 10.5 years from 1976-86.

Official Name	Virginia Mason Athletic Center The facility name is part of a broad Seattle Seahawks and Virginia Mason partnership to support the health and well-being of our community	meeting rooms and media production studios. Seahawks football administration. Approximately 48,000 gross square feet of coaching and football personnel offices, draft room, cafeteria and weight room mezzanine.
Location	The site is bounded by Interstate 405 to the east, Lake Washington to the west, residential properties to the north and open land area to the south. Its southern boundary is located approximately 1/4 of mile north of 44th Street.	Seahawks administrative offices. The new facility will host Seahawks training camp. The VMAC will serve as a location for health and community programming. Approximately 275 cars
Site Size	Approximately 19.0 acres of buildable land area.	18 months
Project Size	Approximately 200,000 gross square feet of enclosed space including the indoor practice field.	January 2007
Building Size	Approximately 124,000 gross square feet of administration and training facilities.	Summer 2008
Outdoor Fields Area	Three regulation size grass fields	Crawford Architects
Indoor Practice Area	One regulation size artificial field with clear height of 95' allowing for kicking and punting.	Private
First Floor	Team area and auditorium, including locker room, lounge, training room, weight room, team	Port Quendall Company
Second Floor		
Third Floor		
VMAC Programming		
On Site Parking		
Construction Schedule		
Ground Breaking		
Completion Date		
Architects		
Funding		
Property Owner		

KINGDOME



The Kingdome was originally located on 35.9 acres. Due to construction of the new parking garage and event center the acreage is now 23.9 acres.

The Kingdome had the largest concrete roof in the world - 7.85 acres. A new roof and ceiling was completed in 1994. The new ceiling had improved acoustics through the use of a spray on cellulose material.

The building itself, contained 52,800 cubic yards of concrete and 443 tons of structural steel.

It was 250 feet high and 660 feet across to the inside walls making it wider than the Space Needle is tall.

The Kingdome hosted football, soccer, baseball, basketball, tennis, volleyball, rodeos, motor sports, concerts, meetings and trade & consumer shows of all types.

The Kingdome boasted the 43rd largest facility exhibition space in North America.

More than 72 million people entered the Kingdome through a variety of entertainment over 23 years.

Over 3,250 major events were held and many hundreds of smaller special events.

The largest event attendance at the Kingdome was 74,000, set on May 14, 1976 during a Billy Graham Crusade.

Original cost, including property, was \$67 million; another \$47 million in capital improvements was added over the years. The remaining debt on both the original cost and capital improvements is \$57 million.

The roof and ceiling renovation was \$70 million.

The total debt on the Kingdome is \$127 million with the majority of it due to be retired in the year 2016.

Annual payments of \$6.3 million are received from a 2 percent hotel/motel room tax and a 1 percent rental car tax. This pays for the original construction, the roof and ceiling repair and millions of dollars in improvements.

The stadium employed 70 full-time staff and up to 1,200 part-time event personnel.

At one point, the Kingdome was home to four professional sports- baseball, football, basketball and soccer (Seattle Sounders).

The Kingdome was imploded on March 26, 2000.

TOP 10 MOMENTS*

November 7, 1976 <i>First home win versus the Atlanta Falcons</i>	October 6, 1986 <i>Steve Largent breaks the NFL record for consecutive games with a pass reception against San Diego on Monday Night Football</i>
November 16, 1981 <i>First regular season victory over San Diego on Monday Night Football after eight straight previous defeats</i>	December 11, 1988 <i>Seahawks score on their first six possessions in a 42-17 victory over the Denver Broncos/Largent hit on Mike Harden.</i>
December 24, 1983 <i>First home playoff win versus the Denver Broncos</i>	November 30, 1992 <i>Play-by-play announcer Pete Gross is inducted into the Seahawks Ring of Honor</i>
November 4, 1984 <i>NFL record four interceptions returned for touchdowns against the Kansas City Chiefs</i>	November 3, 1996 <i>John Friesz threw for 323 yards, the first 300-yard passing game since 1990 in a 23-16 win over the Houston Oilers</i>
December 2, 1984 <i>Clinched a playoff berth with a 38-17 win over Detroit</i>	December 22, 1984 <i>Eliminated defending Super Bowl Champion Los Angeles Raiders in the AFC Wild Card Game at the Kingdome</i>

*Top 10 Moments as voted on by Seahawks fans via the team's official web site, www.seahawks.com, prior to the final regular season game played on December 26, 1999

HUSKY STADIUM



The Seattle Seahawks played their entire 2000 and 2001 home schedule at Husky Stadium. With the demolition of the Kingdome and creation of the new football stadium, the Seahawks looked to the home of the Washington Huskies for the 2000 and 2001 NFL seasons.

Seating capacity at Husky Stadium for Seahawks games was 68,589, with nearly 70 percent of those seats between the endzones.

The Seahawks played three regular season and two preseason games at the stadium in 1994, when ceiling tiles fell from the Kingdome's roof.

Built in 1902 at a cost of \$600,000, the stadium's initial capacity was 30,000. The stadium offi-

cially opened on November 27, 1920, when Dartmouth defeated the University of Washington, 28-7.

Capacity was increased to 40,000 in 1936 and again to 55,000 in 1950. The second of these upgrades included roof-covered seats in the south stands and cost \$1.7 million. The current press box was originally constructed as part of the 1950 expansion.

An additional 4,000 seats were added in 1968, to take capacity to 59,000.

Husky Stadium became just the second stadium to don AstroTurf, when it replaced the original natural grass in 1968. The University of Washington supplied more than 200 pairs of shoes for opponents, due to the rarity of the surface. The turf was replaced in 1972, 1977, 1987, 1995, and new FieldTurf was laid down in 2000. Seating capacity increased one more time in 1987, in a \$13 million project.

FORMER KIRKLAND HEADQUARTERS

From June 18, 1986, through training camp of 2008, the Seattle Seahawks office and training headquarters was located adjacent to Northwest University in Kirkland, Washington.



The two-story building went through major renovation that was completed in 1999, to create a first-class facility. The lower-level housed meeting rooms, locker rooms for the players and coaches, training and equipment rooms as well as an expanded strength and conditioning area.

Upstairs houses the administrative offices, coaches offices, and conference rooms. The Seahawks were able to practice on three regulation fields, two natural grass and one artificial turf. The original turf field was replaced by a new one in 1997. That field was then covered by an inflatable bubble as the weather worsened.

SEAHAWKS.COM



Online fans all over the world have the opportunity to stay up-to-date with Seahawks news at Seahawks.com or the Seahawks mobile app, the official website and app of the Seattle Seahawks.

Fans are able to read game previews, post-

game summaries, player spotlights, community event articles and all other Seahawks news from Seahawks.com's writer John Boyle. Jackie Montgomery is the online host for video reports each week from practice. The site also includes exclusive game day coverage with in-depth analysis, inside photos and scoring updates.

The Seahawks Dancers also have their own website at SeahawksDancers.com featuring photos, videos, and stories.

Fans may also tune in for live video streaming of coach and player press conferences every week during the season by visiting Seahawks.com/Live.

Fans are encouraged to follow the Seahawks and Coach Carroll on Twitter: @Seahawks and @PeteCarroll, and in other forms of social media listed at right.



Montgomery



Boyle

SOCIAL MEDIA

On Facebook

facebook.com/Seahawks
facebook.com/SeahawksProShop
facebook.com/Seahawks.Dancers
facebook.com/centurylinkfield

On Twitter

@Seahawks @12s
 @PeteCarroll @winSeahawks
 @SeahawksDancers
 @SeahawksProShop
 @CenturyLink_Fld
 @BTDrumline
 @BlitzTheSeahawk
 @TaimatheHawk

On Instagram

@seahawks
 @seahawksproshop
 @seahawksdancers @12s
 @centurylink_field
 @blitztheseahawk

On TikTok

@seahawks
 @blitztheseahawk

On Snapchat

"Seahawks"
 "SeahawksDancers"

2020-21 KEY DATES

2020

September 5 – Roster cut-down to maximum of 53 players

September 6 – Clubs may establish a practice squad of 16 players

September 10, 13-14 – 2020 Kickoff Weekend

2021

January 3 – Regular season ends

Saturday, January 9 – Wild Card Playoffs

Sunday, January 10 – Wild Card Playoffs

Saturday, January 16 – Divisional Playoffs

Sunday, January 17 – Divisional Playoffs

Sunday, January 24 – Championship Games

Sunday, January 31 – Pro Bowl (Las Vegas, Nev.)

Sunday, February 7 – Super Bowl LV (Tampa, Fla.)

2020 REGULAR SEASON SCHEDULE

(Games grouped by start times and listed alphabetically by home team)

WEEK 1

THURSDAY, SEPTEMBER 10, 2020

Houston at Kansas City (Thu) 7:20p (CT)

SUNDAY, SEPTEMBER 13, 2020

Seattle at Atlanta 1:00p (ET)
Cleveland at Baltimore 1:00p (ET)
N.Y. Jets at Buffalo 1:00p (ET)
Las Vegas at Carolina 1:00p (ET)
Chicago at Detroit 1:00p (ET)
Indianapolis at Jacksonville 1:00p (ET)
Green Bay at Minnesota 12:00p (CT)
Miami at New England 1:00p (ET)
Philadelphia at Washington 1:00p (ET)
L.A. Chargers at Cincinnati 4:05p (ET)
Tampa Bay at New Orleans 3:25p (CT)
Arizona at San Francisco 1:25p (PT)
Dallas at L.A. Rams 5:20p (PT)

MONDAY, SEPTEMBER 14, 2020

Pittsburgh at N.Y. Giants (Mon) 7:15p (ET)
Tennessee at Denver (Mon) 8:10p (MT)

WEEK 2

THURSDAY, SEPTEMBER 17, 2020

Cincinnati at Cleveland (Thu) 8:20p (ET)

SUNDAY, SEPTEMBER 20, 2020

N.Y. Giants at Chicago 12:00p (CT)
Atlanta at Dallas 12:00p (CT)
Detroit at Green Bay 12:00p (CT)
Minnesota at Indianapolis 1:00p (ET)
Buffalo at Miami 1:00p (ET)
San Francisco at N.Y. Jets 1:00p (ET)
L.A. Rams at Philadelphia 1:00p (ET)
Denver at Pittsburgh 1:00p (ET)
Carolina at Tampa Bay 1:00p (ET)
Jacksonville at Tennessee 12:00p (CT)
Washington at Arizona 1:05p (MST)
Baltimore at Houston 3:25p (CT)
Kansas City at L.A. Chargers 1:25p (PT)
New England at Seattle 5:20p (PT)

MONDAY, SEPTEMBER 21, 2020

New Orleans at Las Vegas (Mon) 5:15p (PT)

WEEK 3

THURSDAY, SEPTEMBER 24, 2020

Miami at Jacksonville (Thu) 8:20p (ET)

SUNDAY, SEPTEMBER 27, 2020

Chicago at Atlanta 1:00p (ET)
L.A. Rams at Buffalo 1:00p (ET)
Washington at Cleveland 1:00p (ET)
Tennessee at Minnesota 12:00p (CT)
Las Vegas at New England 1:00p (ET)
San Francisco at N.Y. Giants 1:00p (ET)
Cincinnati at Philadelphia 1:00p (ET)
Houston at Pittsburgh 1:00p (ET)
N.Y. Jets at Indianapolis 4:05p (ET)
Carolina at L.A. Chargers 1:05p (PT)
Detroit at Arizona 1:25p (MST)
Tampa Bay at Denver 2:25p (MT)
Dallas at Seattle 1:25p (PT)
Green Bay at New Orleans 7:20p (CT)

MONDAY, SEPTEMBER 28, 2020

Kansas City at Baltimore (Mon) 8:15p (ET)

WEEK 4

THURSDAY, OCTOBER 01, 2020

Denver at N.Y. Jets (Thu) 8:20p (ET)

SUNDAY, OCTOBER 04, 2020

Arizona at Carolina 1:00p (ET)
Indianapolis at Chicago 12:00p (CT)
Jacksonville at Cincinnati 1:00p (ET)
Cleveland at Dallas 12:00p (CT)
New Orleans at Detroit 1:00p (ET)
Minnesota at Houston 12:00p (CT)
Seattle at Miami 1:00p (ET)
L.A. Chargers at Tampa Bay 1:00p (ET)
Pittsburgh at Tennessee 12:00p (CT)
Baltimore at Washington 1:00p (ET)
N.Y. Giants at L.A. Rams 1:05p (PT)
New England at Kansas City 3:25p (CT)
Buffalo at Las Vegas 1:25p (PT)
Philadelphia at San Francisco 5:20p (PT)

MONDAY, OCTOBER 05, 2020

Atlanta at Green Bay (Mon) 7:15p (CT)

WEEK 5

THURSDAY, OCTOBER 08, 2020

Tampa Bay at Chicago (Thu) 7:20p (CT)

SUNDAY, OCTOBER 11, 2020

Carolina at Atlanta 1:00p (ET)
Cincinnati at Baltimore 1:00p (ET)
Jacksonville at Houston 12:00p (CT)
Las Vegas at Kansas City 12:00p (CT)
Denver at New England 1:00p (ET)
Arizona at N.Y. Jets 1:00p (ET)
Philadelphia at Pittsburgh 1:00p (ET)
Buffalo at Tennessee 12:00p (CT)
L.A. Rams at Washington 1:00p (ET)
Miami at San Francisco 1:05p (PT)
Indianapolis at Cleveland 4:25p (ET)
N.Y. Giants at Dallas 3:25p (CT)
Minnesota at Seattle 5:20p (PT)

MONDAY, OCTOBER 12, 2020

L.A. Chargers at New Orleans (Mon) 7:15p (CT)

WEEK 6

THURSDAY, OCTOBER 15, 2020

Kansas City at Buffalo (Thu) 8:20p (ET)

SUNDAY, OCTOBER 18, 2020

Chicago at Carolina 1:00p (ET)
Cincinnati at Indianapolis 1:00p (ET)
Detroit at Jacksonville 1:00p (ET)
Atlanta at Minnesota 12:00p (CT)
Washington at N.Y. Giants 1:00p (ET)
Baltimore at Philadelphia 1:00p (ET)
Cleveland at Pittsburgh 1:00p (ET)
Houston at Tennessee 12:00p (CT)
Miami at Denver 2:05p (MT)
N.Y. Jets at L.A. Chargers 1:05p (PT)
Green Bay at Tampa Bay 4:25p (ET)
L.A. Rams at San Francisco 5:20p (PT)

MONDAY, OCTOBER 19, 2020

Arizona at Dallas (Mon) 7:15p (CT)

WEEK 7

THURSDAY, OCTOBER 22, 2020

N.Y. Giants at Philadelphia (Thu) 8:20p (ET)

SUNDAY, OCTOBER 25, 2020

Detroit at Atlanta 1:00p (ET)
Pittsburgh at Baltimore 1:00p (ET)
Cleveland at Cincinnati 1:00p (ET)
Green Bay at Houston 12:00p (CT)
L.A. Chargers at Miami 1:00p (ET)
Carolina at New Orleans 12:00p (CT)
Buffalo at N.Y. Jets 1:00p (ET)
Dallas at Washington 1:00p (ET)
Seattle at Arizona 1:05p (MST)
Kansas City at Denver 2:25p (MT)
San Francisco at New England 4:25p (ET)
Tampa Bay at Las Vegas 5:20p (PT)

MONDAY, OCTOBER 26, 2020

Chicago at L.A. Rams (Mon) 5:15p (PT)

WEEK 8

THURSDAY, OCTOBER 29, 2020

Atlanta at Carolina (Thu) 8:20p (ET)

SUNDAY, NOVEMBER 01, 2020

New England at Buffalo 1:00p (ET)
Tennessee at Cincinnati 1:00p (ET)
Las Vegas at Cleveland 1:00p (ET)
Indianapolis at Detroit 1:00p (ET)
Minnesota at Green Bay 12:00p (CT)
N.Y. Jets at Kansas City 12:00p (CT)
L.A. Rams at Miami 1:00p (ET)
Jacksonville at L.A. Chargers 1:05p (PT)
New Orleans at Chicago 3:25p (CT)
San Francisco at Seattle 1:25p (PT)
Dallas at Philadelphia 8:20p (ET)

MONDAY, NOVEMBER 02, 2020

Tampa Bay at N.Y. Giants (Mon) 8:15p (ET)

WEEK 9**THURSDAY, NOVEMBER 05, 2020**

Green Bay at San Francisco (Thu) 5:20p (PT)

SUNDAY, NOVEMBER 08, 2020

Denver at Atlanta 1:00p (ET)
 Seattle at Buffalo 1:00p (ET)
 Baltimore at Indianapolis 1:00p (ET)
 Houston at Jacksonville 1:00p (ET)
 Carolina at Kansas City 12:00p (CT)
 Detroit at Minnesota 12:00p (CT)
 Chicago at Tennessee 12:00p (CT)
 N.Y. Giants at Washington 1:00p (ET)
 Las Vegas at L.A. Chargers 1:05p (PT)
 Miami at Arizona 2:25p (MT)
 Pittsburgh at Dallas 3:25p (CT)
 New Orleans at Tampa Bay 8:20p (ET)

MONDAY, NOVEMBER 09, 2020

New England at N.Y. Jets (Mon) 8:15p (ET)

WEEK 10**THURSDAY, NOVEMBER 12, 2020**

Indianapolis at Tennessee (Thu) 7:20p (CT)

SUNDAY, NOVEMBER 15, 2020

Tampa Bay at Carolina 1:00p (ET)
 Houston at Cleveland 1:00p (ET)
 Washington at Detroit 1:00p (ET)
 Jacksonville at Green Bay 12:00p (CT)
 Philadelphia at N.Y. Giants 1:00p (ET)
 Cincinnati at Pittsburgh 1:00p (ET)
 Buffalo at Arizona 2:05p (MT)
 Denver at Las Vegas 1:05p (PT)
 N.Y. Jets at Miami 4:05p (ET)
 Seattle at L.A. Rams 1:25p (PT)
 San Francisco at New Orleans 3:25p (CT)
 Baltimore at New England 8:20p (ET)

MONDAY, NOVEMBER 16, 2020

Minnesota at Chicago (Mon) 7:15p (CT)

WEEK 11**THURSDAY, NOVEMBER 19, 2020**

Arizona at Seattle (Thu) 5:20p (PT)

SUNDAY, NOVEMBER 22, 2020

Tennessee at Baltimore 1:00p (ET)
 Detroit at Carolina 1:00p (ET)
 Philadelphia at Cleveland 1:00p (ET)
 New England at Houston 12:00p (CT)
 Green Bay at Indianapolis 1:00p (ET)
 Pittsburgh at Jacksonville 1:00p (ET)
 Atlanta at New Orleans 12:00p (CT)
 Cincinnati at Washington 1:00p (ET)
 L.A. Chargers at Denver 2:05p (MT)
 Dallas at Minnesota 3:25p (CT)
 Kansas City at Las Vegas 5:20p (PT)

MONDAY, NOVEMBER 23, 2020

L.A. Rams at Tampa Bay (Mon) 8:15p (ET)

WEEK 12**THURSDAY, NOVEMBER 26, 2020****THANKSGIVING**

Houston at Detroit 12:30p (ET)
 Washington at Dallas 3:30p (CT)
 Baltimore at Pittsburgh 8:20p (ET)

SUNDAY, NOVEMBER 29, 2020

Las Vegas at Atlanta 1:00p (ET)
 L.A. Chargers at Buffalo 1:00p (ET)
 N.Y. Giants at Cincinnati 1:00p (ET)
 Tennessee at Indianapolis 1:00p (ET)
 Cleveland at Jacksonville 1:00p (ET)
 Carolina at Minnesota 12:00p (CT)
 Arizona at New England 1:00p (ET)
 Miami at N.Y. Jets 1:00p (ET)
 New Orleans at Denver 2:05p (MT)
 San Francisco at L.A. Rams 1:05p (PT)
 Kansas City at Tampa Bay 4:25p (ET)
 Chicago at Green Bay 7:20p (CT)

MONDAY, NOVEMBER 30, 2020

Seattle at Philadelphia (Mon) 8:15p (ET)

WEEK 13**THURSDAY, DECEMBER 03, 2020**

Dallas at Baltimore (Thu) 8:20p (ET)

SUNDAY, DECEMBER 06, 2020

New Orleans at Atlanta 1:00p (ET)
 Detroit at Chicago 12:00p (CT)
 Indianapolis at Houston 12:00p (CT)
 Cincinnati at Miami 1:00p (ET)
 Jacksonville at Minnesota 12:00p (CT)
 Las Vegas at N.Y. Jets 1:00p (ET)
 Washington at Pittsburgh 1:00p (ET)
 Cleveland at Tennessee 12:00p (CT)
 L.A. Rams at Arizona 2:05p (MT)
 N.Y. Giants at Seattle 1:05p (PT)
 Philadelphia at Green Bay 3:25p (CT)
 New England at L.A. Chargers 1:25p (PT)
 Denver at Kansas City 7:20p (CT)

MONDAY, DECEMBER 07, 2020

Buffalo at San Francisco (Mon) 5:15p (PT)

WEEK 14**THURSDAY, DECEMBER 10, 2020**

New England at L.A. Rams (Thu) 5:20p (PT)

SUNDAY, DECEMBER 13, 2020

Denver at Carolina 1:00p (ET)
 Houston at Chicago 12:00p (CT)
 Dallas at Cincinnati 1:00p (ET)
 Green Bay at Detroit 1:00p (ET)
 Tennessee at Jacksonville 1:00p (ET)
 Kansas City at Miami 1:00p (ET)
 Arizona at N.Y. Giants 1:00p (ET)
 Minnesota at Tampa Bay 1:00p (ET)
 Indianapolis at Las Vegas 1:05p (PT)
 N.Y. Jets at Seattle 1:05p (PT)
 Atlanta at L.A. Chargers 1:25p (PT)
 New Orleans at Philadelphia 4:25p (ET)
 Washington at San Francisco 1:25p (PT)
 Pittsburgh at Buffalo 8:20p (ET)

MONDAY, DECEMBER 14, 2020

Baltimore at Cleveland (Mon) 8:15p (ET)

WEEK 15**THURSDAY, DECEMBER 17, 2020**

L.A. Chargers at Las Vegas (Thu) 5:20p (PT)

SATURDAY, DECEMBER 19, 2020

TBD 4:30p
 TBD 8:15p

SATURDAY, DECEMBER 19/SUNDAY, DECEMBER 20, 2020 - DATE/TIME TBD

Buffalo at Denver TBD
 Carolina at Green Bay TBD
 Houston at Indianapolis TBD
 N.Y. Jets at L.A. Rams TBD
 Detroit at Tennessee TBD

SUNDAY, DECEMBER 20, 2020

Tampa Bay at Atlanta 1:00p (ET)
 Jacksonville at Baltimore 1:00p (ET)
 New England at Miami 1:00p (ET)
 Chicago at Minnesota 12:00p (CT)
 Cleveland at N.Y. Giants 1:00p (ET)
 Seattle at Washington 1:00p (ET)
 Philadelphia at Arizona 2:05p (MT)
 Kansas City at New Orleans 3:25p (CT)
 San Francisco at Dallas 7:20p (CT)

MONDAY, DECEMBER 21, 2020

Pittsburgh at Cincinnati (Mon) 8:15p (ET)

WEEK 16**FRIDAY, DECEMBER 25, 2020**

Minnesota at New Orleans (Fri) 3:30p (CT)

SATURDAY, DECEMBER 26/SUNDAY, DECEMBER 27, 2020 - DATE/TIME/TBD

San Francisco at Arizona TBD
 Tampa Bay at Detroit TBD
 Denver at L.A. Chargers TBD
 Miami at Las Vegas TBD
 Cleveland at N.Y. Jets TBD

SUNDAY, DECEMBER 27, 2020

N.Y. Giants at Baltimore 1:00p (ET)
 Cincinnati at Houston 12:00p (CT)
 Chicago at Jacksonville s 1:00p (ET)
 Atlanta at Kansas City 12:00p (CT)
 Indianapolis at Pittsburgh 1:00p (ET)
 Carolina at Washington 1:00p (ET)
 L.A. Rams at Seattle 1:05p (PT)
 Philadelphia at Dallas 3:25p (CT)
 Tennessee at Green Bay 7:20p (CT)

MONDAY, DECEMBER 28, 2020

Buffalo at New England (Mon) 8:15p (ET)

WEEK 17**SUNDAY, JANUARY 03, 2021**

Miami at Buffalo 1:00p (ET)
 New Orleans at Carolina 1:00p (ET)
 Green Bay at Chicago 12:00p (CT)
 Baltimore at Cincinnati 1:00p (ET)
 Pittsburgh at Cleveland 1:00p (ET)
 Minnesota at Detroit 1:00p (ET)
 Tennessee at Houston 12:00 (CT)
 Jacksonville at Indianapolis 1:00p (ET)
 L.A. Chargers at Kansas City 12:00p (CT)
 N.Y. Jets at New England 1:00p (ET)
 Dallas at N.Y. Giants 1:00p (ET)
 Washington at Philadelphia 1:00p (ET)
 Atlanta at Tampa Bay 1:00p (ET)
 Las Vegas at Denver 2:25p (MT)
 Arizona at L.A. Rams 1:25p (PT)
 Seattle at San Francisco 1:25p (PT)

SEAHAWKS STAFF

ADMINISTRATION

CEO, Vulcan Sports & Entertainment Chris McGowan
President, Seahawks & FGI Chuck Arnold
Executive Vice President of Football Operations
& Head Coach Pete Carroll
Executive Vice President/General Manager John Schneider
Chief Financial Officer Karen Spencer
Senior Vice President/Government Affairs & General Counsel. . . . Ed Goines
Senior Vice President/Human Resources & Administration Cindy Kelley
Senior Vice President/Communications & Broadcasting Dave Pearson
Senior Vice President/Revenue Amy Sprangers
Senior Vice President, Business Operations/General Manager,
CenturyLink Field David Young
Vice President/Business Strategy & Analytics Jeff Dunn
Vice President/Community Engagement Mike Flood
Vice President/Venue Operations & Guest Experience. Zach Hensley
Vice President/Player Engagement Maurice Kelly
Vice President/Ticket Sales & Service Chris Lawrence
Vice President/Marketing & Community Engagement Jeff Richards
Vice President/Technology Chip Suttles
Vice President/Football Administration Matt Thomas
Associate Counsel Alen Cisija
Managing Director of Human Resources Sarita Carter
Director of Human Resources Eric Heuston
Human Resources Manager Claire Penhale
Human Resources Administrative Assistant. Marie Hayman
Security Manager Aaron Miyasato
Lead Security Assistant Keone O'Riordan
Security Assistant Randy Jackson, Trevor Lewis, Anthony Whitehead
Hospitality & Events Manager. Erin Mooney
Corporate Hospitality Manager Katie MacLean
Executive Assistant/President Chelsy West
Legal Coordinator & Executive Assistant Amanda Privatt
Receptionist Jill Quinn
Office Assistant John Martin

FINANCE

Managing Director of Finance Peter Fonfara
Controller Ping Chen
Director of Business Intelligence & Analytics Riley Mullett
Accounting Manager Deepthi Krishnan
Accounting Manager Faruk Punjani
Payroll Manager Ben Draeger
Revenue Accountant Michelle Wright
Accounting Coordinator Tina Godfrey
Purchasing Coordinator/Accounts Payable Heather Stamp
A/P Coordinator - FGI/FGH Jennifer DeArment
Director of Finance/FGI Behren Aydt
Accounting Manager/FGI Tory Bray

FINANCE, CONTINUED

Staff Accountant/FGI Michael Sattler
Senior Business Analyst Peter Bach
Business Intelligence Analyst. Paimon Jaber
Director of Food & Beverage Strategy & Analytics/VSE Duncan Patton
Sales Operations Analyst Desirae Bamba

INFORMATION TECHNOLOGY

Director of IT/Information Security Officer Sterling Monroe
Application Developer Monte Happ, Joseph Nicoletti
Senior Systems Administrator Allen Olson, Steve Steensma
Database Architect/Application Developer Josh Smith
Database Administrator Dan Skutt

COMMUNICATIONS & BROADCASTING

Director of Football Communications Lane Gammel
Director of Business Communications Kaitlin Goodall
Director of Communications. Jeff Garza
Director of Broadcasting Brian O'Connell
Director of Media Service Operations Julie Barber
Communications Manager Rich Gonzales
Communications Coordinator Kory Kemp
Executive Producer Nasser Kyobe
Administrative Assistant Tricia Trageser

PREMIUM SERVICE & SUITE SALES

Managing Director of Suite Sales Eric Engberg
Director of Suite Sales Mike Naehr
Director of Premium Service Melanie Kermin
Premium Service Coordinator Kara Edwards

COMMUNITY ENGAGEMENT

Managing Director of Community Engagement. Becca Stout
Director of Community Engagement Suzanne Lavender
Director of Youth & High School Football Programs Paul Johns
Community Engagement Manager Nino Gray, Keli Imus
Community Engagement Coordinator Midori Hobbs
Administrative Assistant Abbie Bergerson

CORPORATE PARTNERSHIPS

Managing Director of Corporate Partnerships Lisa Young
Director of Sales. Jonathan Bosch, Luke Grothkopp, John Pleas,
. Gina Martinez
Senior Manager of Partnership Activation Shaun Angell
Manager of Partnership Activation Thomas Canedo, Leah Raphael,
. Emily Sikma
Partnership Sales & Activation Coordinator. Ted Zimmerman
Executive Assistant Alicia Nickell

DIGITAL & EMERGING MEDIA

Director of Digital & Emerging Media Kenton Olson
 Digital Media Video Manager Brian Pan
 Assistant Director of Social & Digital Content Nathan Rauschenberg
 Digital Media Reporter John Boyle
 Digital & Social Content Specialist Meredith Ray
 Digital Media Designer Sydney Noland
 Digital Media Producer Jon Ryder
 Digital Platforms Manager Matt Haberkamp

MARKETING & GAME PRESENTATION

Creative Director John Weaver
 Creative Manager Ashley Hjalseth, Glen Iwasaki
 Marketing Manager Luci German, Justin Mitchell
 Direct Marketing Specialist Matthew Beard, Graham Kinsinger
 Seahawks Dancers Director Courtney Moore
 Director of Game Entertainment & Special Events Ryan Madayag
 Assistant Director of Game Entertainment
 & Production Services Madeline Down
 Manager of Game Entertainment & Special Events Dan Hardina
 Fan Engagement Manager Lee Herteg
 Mascot Coordinator Shawn Christopherson
 Video Coordinator Joseph Lipsen

FOOD SERVICES

Executive Chef Mac McNabb
 Cook Nick Burge, Pedro Flores, Rudy McLean, Stu McNabb

FOOTBALL SUPPORT STAFF

Pro Scouting Personnel Assistant Ryan McLean, Armani Perez
 Director of Football Accounting William Sagulla
 Executive Assistant/Head Coach Dawn Beres
 Executive Assistant/General Manager Sarah Ruttkay
 Director of Player Health & Performance Sam Ramsden
 Director of Research & Development Patrick Ward
 Head Athletic Trainer David Stricklin
 Assistant Athletic Trainer Mackenzie Marques, C.J. Neumann
 Assistant Athletic Trainer/Physical Therapist Harrison Grube,
 Michael Tankovich
 Team Performance Dietitian Andrea Vanderwoude
 Senior Director of Video Operations Rob Porteus
 Assistant Director of Video John Mallory
 Video Assistant Taylor Bailey, James Churchill, Jordan Clizer
 Director of Equipment Erik Kennedy
 Assistant Equipment Manager Kinner Blum, Derin Lazuta,
 Chad Sensibaugh
 Director of Team Security George Englebright
 Director of Team Operations Matt Capurro
 Research Analyst Brian Eayrs
 Director of Player & Family Engagement Connie Cate

FOOTBALL SUPPORT STAFF, CONTINUED

Director of Legends & Player Community Engagement Mario Bailey
 Director of Team Travel Jeremy Young
 Head Team Physician Dr. Ed Khalfayan
 Team Physician Dr. Jonathan Drezner, Dr. Ashwin Rao, Dr. Nick Seibert
 Team Physiatrist Dr. Omar Bhatti, Dr. Stan Herring
 Practices: Drezner & Rao, Family Medicine/Sports Medicine Center at
 Husky Stadium (Seattle); Khalfayan & Seibert, Orthopedic Physicians Assoc.
 (Seattle); Herring, UW Medicine Sports Health & Safety Institute (Seattle);
 Bhatti, Rehabilitation Medicine Clinic at Harborview (Seattle)

BOX OFFICE, TICKET SALES & SERVICE

Ticket Operations Manager Erin Johnson
 Ticket Operations Manager - FGI Ryan Coffey
 Assistant Ticket Operations Manager Grace Stevens
 Assistant Ticket Operations Manager - FGI Chad Kennedy
 Ticket Sales & Service Manager Lindsay Walker
 Ticket Sales & Service Representative Alex Branch, Jordan Fishback,
 Steve Lund, Devin Scelsi, Austin Woods

RETAIL OPERATIONS

Managing Director of Consumer Experience Doug Orwiler
 Director of Retail Ryan Olson
 Merchandise Manager Vikki Knopf
 Merchandise Coordinator Cheri Betts
 Retail Buyer - Marketing Manager Sarah Schramm
 Pro Shop Manager Michael Camero, Melanie Hoshino,
 Tara Knight
 Pro Shop Assistant Manager Kasey Jurich, Gemmalyn Rabang,
 Darci Vojir
 Stadium & Retail Events Manager Patrick Herman
 Distribution Center Senior Manager Patrick O'Connor

FIELDS & FACILITIES

Director of Facility Operations Sean Vanos
 VMAC Facility Manager Dan Cramer
 Facilities Assistant Lee Lynch
 Fields & Grounds Manager Sergio Pedroza
 Field Lead Jordan White
 Fields Assistant Marcos del Toro
 Fields & Facilities Assistant Drew Sanders



FIRST & GOAL STAFF

EVENT OPERATIONS/ADMINISTRATION

Director of Event Operations & Guest Services Scott Baebler
Guest Services Manager Amy Swisher
Guest Services Assistant Manager Maryalice Roberts
Director of Employee Experience & Development Chad Scarbrough
Employee Experience & Development Coordinator Amanda Marr
Senior Event Manager Ronny Bush, James Kraman
Event Manager Sarah Syvertsen
Senior Manager of Labor Analytics Lisa Zevenbergen
Hiring & Scheduling Coordinator Mark Lelievre
Executive Assistant Kristen Lopez
Human Resources Administrative Assistant Stacy Baxter
NW VIP Administrator Colleen Thorburn
Human Resources Administrative Assistant Andrea Sawchuk
Payroll Accountant Daphne Spakowsky

SECURITY

Managing Director of Security Mike Morrow
Director of Security Ron Little
Security Manager Ken Hagstrom
Lead Security Officer Lisa Salinas
Full-time Security Officer James McDevitt, Lowen Oliveros-Roldan,
. Ron Pawliuk, Charmus Roberson,
. Robert Schisler, Dan Stone, Michael Turner, Michael Westfall
Parking & Traffic Manager Joe Walden

FACILITY OPERATIONS & CONVERSION

Director of Facility Operations Kathy Brown
Project Manager Dori Lentz
Logistics & Sustainability Manager Christy Briggs
Facility Manager LeFonz Clark
Maintenance Lead Jacob Davis
Building Operations Engineer Billy Gonzalez, James Green,
. Kenneth Mayes, Steven Reynolds
Lead Engineer Mike Apple
Utility Workers Kar Brigham, David Gentry, Ron Lewis,
. William Noble, Francisco Ramirez, Dan Scheeler
Loading Dock Master Mike Foster
Director of Fields & Conversion John Wright
Senior Manager of Fields & Conversion Sam Town
Fields Lead Patrick Burnette
Fields Crew Fritz Short, Raul Villasenor
Conversion Lead Isacc Lima
Conversion Vincent Cooper, Bobby Emerson, Will Gray,
. Thomas Henderson, Joshua Patch

TECHNICAL SERVICES

Director of Technical Operations Mike Tremel
Technical Operations Manager Dave Pinney, Mike Scerra
Digital Designer/Editor Dan Boyer
Audio Visual Technical Specialist Tom Wade

SALES & MARKETING

Director of Bookings & Business Development Sarah Vetting
Senior Bookings Manager Monica Alfieri
Theater & Bookings Manager Emma Ruder
Marketing Coordinator Vicki Taufer
Warehouse Supervisor Jeffrey Francis
Subcontractor & Licensee Coordinator Tim Roberts



CREDITS

The 2020 Seahawks media guide has been produced by the club's communications department, under the direction of Dave Pearson, Sr. VP of Communications and Broadcasting. Information contained herein was compiled by the current and previous communications staffs. Editing by Director of Football Communications Lane Gammel. Writing and editorial assistance provided by Julie Barber, Jeff Garza, Rich Gonzales and Kory Kemp. Special thanks to Don Andersen, Gary Wright, Dave Neubert, former public relations directors, and Steve Wright. Layout and design by Janet Jensen of Jensen Graphics, also Dave Eliasberg and Dean Higginbotham. The 2020 Seahawks Media Guide is powered by Ingeneerium/NFLOMG. Printing by Emerald City Graphics. Thanks to Sandy Gregory (proofing). **Photography:** Photos contributed by Rod Mar and Corky Trewin (team photographers), Sandy Gregory, Paul Johns, Pro Football Hall of Fame, Kathleen King, Maurice LaBrecque, Larry Maurer and AP Images.