

SEAHAWKS

2020 *WEEKLY*
MEDIA GUIDE



VS





GAME RELEASE

October 27, 2020

SEAHAWKS CONTINUE NFC WEST PLAY AS SAN FRANCISCO VISITS CENTURYLINK FIELD

2020 SCHEDULE

Regular Season (5-1)

Day	Date	Opponent	W/L	Score
Sun.	9/13	at Atlanta	W	38-25
Sun.	9/20	New England	W	35-30
Sun.	9/27	Dallas	W	38-31
Sun.	10/4	at Miami	W	31-23
Sun.	10/11	Minnesota	W	27-26
Sun.	10/18	Bye Week		
Sun.	10/25	at Arizona	L (ot)	37-34
Sun.	11/1	San Francisco	1:25 p.m.	FOX
Sun.	11/8	at Buffalo	10:00 a.m.	FOX
Sun.	11/15	at L.A. Rams	1:25 p.m.	FOX
Thu.	11/19	Arizona	5:20 p.m.	FOX
Mon.	11/30	at Philadelphia	5:15 p.m.	ESPN
Sun.	12/6	N.Y. Giants*	1:05 p.m.	FOX
Sun.	12/13	N.Y. Jets*	1:05 p.m.	CBS
Sun.	12/20	at Washington*	10:00 a.m.	FOX
Sun.	12/27	L.A. Rams*	1:05 p.m.	CBS
Sun.	1/3	at San Francisco*	1:25 p.m.	FOX

* Game time subject to NFL Flexible Scheduling

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The Seahawks play their second-consecutive NFC West opponent in as many games, this week hosting the San Francisco 49ers at CenturyLink Field. Kickoff is set for 1:25 p.m. (PT).

Seattle is looking for its second 6-1 start under Pete Carroll since 2010 and suffered its first defeat of the season last week at Arizona. Russell Wilson's 31-8 record following an in-season loss is the best record by a quarterback since the 1970 merger.

This will be the 43rd meeting between the two teams and following a nine-game winning streak for Seattle from 2014-18, the 49ers have won two of the last three meetings, including last year's season finale in Seattle.

BROADCAST INFORMATION

TV Network	FOX (channel 13 in Seattle)	Adam Amin (play-by-play) Mark Schlereth (analyst) Lindsay Czarniak (sidelines)
Seahawks Radio Network	710 ESPN Seattle KIRO Radio 97.3	Steve Raible (play-by-play) Dave Wyman (analyst) John Clayton (sidelines) Jessamyn McIntyre (sidelines)
National Radio	Compass Media	Bill Rosinski (play-by-play) Chad Brown (analyst)

THIS WEEK'S SCHEDULE

Wednesday, October 28

- 12:40 p.m. 49ers Head Coach Kyle Shanahan conference call
- 1:35 p.m. Head Coach Pete Carroll video press conference
- 1:50 p.m. Bobby Wagner & selected players video press conf.
- 3:00 p.m. Practice*
- 4:20 p.m. Ken Norton Jr., coaches available via video press conf.

Thursday, October 29

- 1:35 p.m. QB Russell Wilson video press conference
- 1:45 p.m. Selected players video press conferences
- 3:00 p.m. Practice*
- 4:30 p.m. Brian Schottenheimer, coaches available via video press conf.

Friday, October 30

- 12:30 p.m. Practice*
- 1:50 p.m. Coach Carroll video press conference

Saturday, October 31

No media availability

Sunday, November 1

- 1:25 p.m. Seahawks vs. 49ers

Monday, November 2

- 3:00 p.m. Coach Carroll video press conference

* Local media may videoshoot the first 5-10 minutes of practice



WHAT TO LOOK FOR

TEAM

- * Since 2012, including playoffs, Seattle is 59-1 when leading by four or more points at halftime.
- * The last time the Seahawks had the no. 1-ranked offense in the NFL entering Week 8 of a season was in 2005 (390.0 ypg).

PETE CARROLL

- * Needs four wins to tie Steve Owen for 21st place on the NFL's all-time coaches wins list with 153.

ALL-TIME SEAHAWKS COACHING RECORDS

	Regular Season	Postseason	Combined
Pete Carroll	105-60-1	10-7	115-67-1
Mike Holmgren	86-74	4-6	90-80
Chuck Knox	80-63	3-4	83-67

TYLER LOCKETT

- * Became the eighth player in franchise history, second wide receiver, with two three-plus touchdown games in a season.
- * Needs 78 yards to pass Joey Galloway for sixth-place on Seattle's all-time receiving yards list with 4,458.
- * Needs two touchdowns to tie Daryl Turner for fifth-place on Seattle's all-time receiving touchdowns list with 36, and three to tie Joey Galloway for fourth-place with 37.

JASON MYERS

- * Has made 15 field goals in a row. Needs four-consecutive made field goals to tie Steven Hauschka for third-place on Seattle's all-time consecutive made field goals list with 19.

BOBBY WAGNER

- * Needs 37 tackles to become the third player since 2000 to record nine-consecutive 100-tackle seasons.

MOST CONSECUTIVE SEASONS WITH 100 TACKLES SINCE 2000

London Fletcher	14
Keith Brooking	9
Bobby Wagner, Sea	8
Derrick Brooks	8

- * Needs one touchdown to tie Dave Brown for first-place on Seattle's all-time return touchdowns list with 5 (touchdowns scored via interception, fumble, blocked punt, blocked field goal, punt or kickoff). Wagner has three fumble-return touchdowns and one interception-return touchdown in his career.

RUSSELL WILSON

- * Needs one more win to tie Peyton Manning for first-place as the NFL's all-time winningest quarterback in a player's first nine seasons with 92.
- * Needs five touchdowns to tie Tom Brady for the most passing touchdowns to open a season in NFL history with 27.
- * Needs one more 300-yard passing game to pass Matt Hasselbeck for most 300-yard games in a season (5) and career (20) in franchise history.
- * His 31-8 record following an in-season loss is the best record by a quarterback since the 1970 merger.
- * Sunday would mark his 135th consecutive game played, tying Chris Gray for second place in franchise history.
- * Needs 1,016 yards to pass Joe Flacco for fifth-place on the NFL's most passing yards in a quarterback's first nine seasons list with 32,640.
- * Became the fourth-fastest quarterback to 100 combined wins (regular & postseason) after Week 5's win vs. Minnesota.
- * Needs two more home wins to tie Brett Favre and Joe Flacco for first-place as the NFL's all-time winningest quarterback at home in a player's first nine seasons with 53.
- * Became the first quarterback in NFL history to throw four-plus touchdowns in each of his first three games to open a season.
- * Needs 18 touchdowns to pass Dan Marino for second-place for the most passing touchdowns in a player's first nine seasons in NFL history with 267.
- * Since 2012, leads the NFL with 24 games with at least a 130.0 passer rating.
- * Is the first quarterback in NFL history with a winning record in each of his first eight seasons.
- * Ranks in 10th place on Seattle's all-time games started list with 134.
- * Needs three touchdowns to tie Ricky Watters for sixth-place on Seattle's all-time rushing touchdowns list with 22.
- * Needs 255 attempts to pass Matt Hasselbeck for first-place on Seattle's all-time pass attempts list with 4,251.
- * Is Seattle's all-time winningest quarterback with 100 combined victories (regular season & postseason).
- * Has started every game played with 149 straight (134 regular season, 15 postseason). His regular season starts are the second-longest active streak in the NFL.



SERIES VS. SAN FRANCISCO

REGULAR SEASON: SEATTLE LEADS 25-17

September 26, 1976	L		37-21	59,108
October 7, 1979	W	@	35-24	44,592
November 25, 1985	L	@	19-6	57,482
September 25, 1988	L		38-7	63,382
December 8, 1991	L		24-22	56,711
December 21, 1997	W		38-9	66,253
October 14, 2002	L		28-21	66,420
December 1, 2002	L	@	31-24	67,594
October 12, 2003	W		20-19	66,437
December 27, 2003	W	@	24-17	67,840
September 26, 2004	W		34-0	66,709
November 7, 2004	W	@	42-27	64,423
November 20, 2005	W	@	27-25	63,590
December 11, 2005	W		41-3	66,690
November 19, 2006	L	@	20-14	68,367
December 14, 2006	L		24-14	67,650
September 30, 2007	W	@	23-3	67,651
November 12, 2007	W		24-0	68,331
September 14, 2008	L		33-30 ot	67,951
October 26, 2008	W	@	34-13	67,504
September 20, 2009	L	@	23-10	69,732
December 6, 2009	W		20-17	67,761
September 12, 2010	W		31-6	67,044
December 12, 2010	L	@	40-21	69,732
September 11, 2011	L	@	33-17	69,732
December 24, 2011	L		19-17	66,697
October 18, 2012	L	@	13-6	69,732
December 23, 2012	W		42-13	68,161
September 15, 2013	W		29-3	68,338
December 8, 2013	L	@	19-17	69,732
November 27, 2014	W	@	19-3	70,799
December 14, 2014	W		17-7	68,526
October 22, 2015	W	@	20-3	70,799
November 22, 2015	W		29-13	68,993
September 25, 2016	W		37-18	69,010
January 1, 2017	W	@	25-23	70,178
September 17, 2017	W		12-9	68,729
November 26, 2017	W	@	24-13	70,134
December 2, 2018	W		43-16	69,009
December 16, 2018	L	@	26-23 ot	68,836
November 11, 2019	W	@	27-24 ot	71,404
December 29, 2019	L		26-21	69,162

HEAD-TO-HEAD COMPARISON

2020 REGULAR SEASON	SEAHAWKS	49ERS
Record	5-1	4-3
Total Yards Gained	2,551	2,678
Total Offense (NFL Rank)	425.2 (1)	382.6 (12)
Rush Offense	129.5 (12)	137.7 (8)
Pass Offense	295.7 (2)	244.9 (21)
Points Per Game	33.8 (1)	25.9 (16)
Total Yards Allowed	2,875	2,167
Total Defense	479.2 (32)	309.6 (5)
Rush Defense	110.5 (13)	106.3 (9)
Pass Defense	368.7 (32)	203.3 (3)
Points Allowed/Game	28.7 (23)	19.4 (5)
Possession Avg.	29:26	32:55
Sacked/Yds. Lost	17/116	19/144
Sacks Made/Yds. Lost	9/31	12/68
Interceptions By	8	8
Penalties/Yds.	31/247	42/402
Punts/Avg.	25/49.8	22/44.0
Turnover Differential	+5 (T4)	+1 (T15)

2020 STAT LEADERS

	SEAHAWKS	49ERS
Rushing	Chris Carson 323 (66-4.9-3)	Jerick McKinnon 210 (44-4.8-3)
Passing	Russell Wilson 1,890 (219-156-22-6-119.5)	Jimmy Garoppolo 1,012 (124-83-7-4-97.2)
Receptions	Tyler Lockett 45 (542-12.0-7)	George Kittle 35 (435-12.4-2)
Scoring (Non kicker)	Tyler Lockett 42	Jeff Wilson 30
Sacks	Adams & Mayowa 2.0	Kerry Hyder 3.5
Int.	three tied 2	Taylor & Warner 2
Punting	Michael Dickson 49.8/44.6 net (15 In 20)	Mitch Wishnowsky 46.0/40.6 net (11 In 20)
Kicking	Jason Myers 37 (4/4 FG, 25/25 PAT)	Robbie Gould 49 (10/11 FG, 19/20 PAT)

TOP SINGLE-GAME PERFORMANCES

	SEAHAWKS	49ERS
Rushing	Thomas Rawls	Frank Gore
Yards	30-209-7.0-1 11/22/15	24-212-8.8-0 11/19/06
Passing	Matt Hasselbeck	Nick Mullens
Yards	55-30-427-3-2 12/1/02	48-30-414-2-1 12/2/18
Receiving	Doug Baldwin	Jerry Rice
Yards	8-164-20.5-1 9/25/16	6-163-27.2-3 9/25/88



TEAM NOTES

SERIES VS. SAN FRANCISCO

Record in Seattle	14-8
Kingdome	1-3
CenturyLink Field	13-5
Record at San Francisco	11-9
Current Streaks	San Francisco won the last meeting
Longest Win Streaks	
Seahawks	9, 2014-18
49ers	4, 2010-12
Last Game Played in...	
Seattle	49ers 26, Seahawks 21 (12/29/19)
San Francisco	Seahawks 27, 49ers 24 ot (11/11/19)
Total Points in Series	
Seahawks	1,008 (24.0)
49ers	761 (18.1)
Largest Margin of Victory	
Seahawks	38 points, 41-3 (12/11/05)
49ers	31 points, 38-7 (9/25/88)
Combined Points	
Highest	69 (Seahawks win 42-27 on 11/7/04)
Lowest	19 (49ers win 13-6 on 10/18/12)
Shutouts	
Seahawks	34-0 (9/26/04) & 24-0 (11/12/07)
49ers	None
Pete Carroll vs. 49ers (Regular Season)	14-7
With Seattle	13-7
With New England	1-0
Playoffs	1-0
Kyle Shanahan vs. Seahawks (Regular Season)	2-4
With San Francisco	2-4
Playoffs	0-0

64

COMBINED 1ST DOWNS (T3RD NFL HISTORY)

The Seahawks have been a part of the most prolific offensive games in NFL history in terms of combined first downs by both teams, placing themselves in two of the top five spots in that category.

MOST COMBINED 1ST DOWNS, SINGLE-GAME, NFL HISTORY

No.	Game (1st Downs)	Date
68	Cleveland (33) at Dallas (35)	10/4/20
65	Washington (30) at Cincinnati (35) ot	10/30/16
64	Seattle (33) at Arizona (31) ot	10/25/20
	Kansas City (32) at Seattle (32)	11/24/02
63	Tampa Bay (27) at L.A. Rams (36)	9/29/19
	N.Y. Giants (28) at New Orleans (35)	11/1/15

572

THIRD-MOST YARDS IN FRANCHISE HISTORY

The Seahawks at Cardinals game was a back and forth affair and offensive numbers were high on both sides. Seattle's offense put up the third-most yards in franchise history, with the top output also coming in a game in the desert.

MOST NET YARDS, SINGLE-GAME, CLUB HISTORY

Yards	Opponent	Date
596	at Arizona Cardinals	12/21/14
591	at San Diego Chargers (ot)	12/29/02
572	at Arizona Cardinals (ot)	10/25/20
559	vs. Buffalo Bills	10/30/77

33

THIRD-MOST 1ST DOWNS IN A GAME

In addition to the yardage output at Arizona, Seattle put up the third-most first downs in a single-game in club history.

MOST FIRST DOWNS, SINGLE-GAME, CLUB HISTORY

No.	Opponent	Date
34	at San Diego Chargers (ot)	12/29/02
	vs. San Diego Chargers	11/22/87
33	at Arizona Cardinals (ot)	10/25/20
	vs. Kansas City Chiefs (ot)	11/27/83
32	vs. Kansas City Chiefs	11/24/02

4

NUMBERS OF NOTE AT ARIZONA

3 - Interceptions thrown by Russell Wilson, just his fifth game, playoffs included, with three or more. Seattle is 1-4 when Wilson throws three or more interceptions, with the only win coming in the NFC Championship Game victory over Green Bay.

114.8 - Yards covered by DK Metcalf when he ran down Budda Baker to save a touchdown, according to NFL Next Gen Stats, which also recorded Metcalf's top speed at 22.64 miles per hour.

200 - Receiving yards by Tyler Lockett, the second highest single-game total in franchise history behind Steve Largent (261 vs. Detroit in 1987). Lockett's 15 catches tied a franchise record set by Largent in that same game.

472 - Combined passing and rushing yards for Russell Wilson, who threw for 388 yards and rushed for 84, his most rushing yards since Week 10 of the 2018 season. That's the second highest combined-yardage total of Wilson's career, trailing only the 2017 shootout win over Houston in which Wilson threw for a career-high 452 yards while rushing for 30.



TEAM NOTES

7

DOUBLE-DIGIT LOSSES IN LAST 157 GAMES

LARGEST DEFEATS SINCE WEEK 9 OF 2011 (INCLUDING PLAYOFFS)

Deficit	Score	Opponent	Date
35	42-7	vs. L.A. Rams	12/17/17
28	38-10	at Green Bay	12/11/16
16	28-12	at L.A. Rams	12/8/19
16	36-20	at Atlanta*	1/14/17
14	27-13	vs. Arizona	12/22/19
14	30-16	vs. Baltimore	10/20/19
10	27-17	at Green Bay	9/20/15
9	14-5	at Tampa Bay	11/27/16
9	30-21	at San Diego	9/14/14
8	25-17	vs. San Diego	11/4/18
8	17-9	at Green Bay	9/10/17
7	six times	last: at Chicago	9/17/18

* NFC Divisional Playoff

2,513

ROSTER TRANSACTIONS SINCE 2010

Since forming their relationship in 2010, General Manager John Schneider and Pete Carroll have put together the NFL's most competitive, deep and talented roster over the last 11 seasons.

Of the 53 players on Seattle's 2020 active roster, 26 are Seattle draft choices, five have been acquired via trade, 20 have been signed as free agents, two via waivers, and 14 of the 53 originally entered the league as undrafted rookie free agents.

102-45

HOME RECORD SINCE 2002

MOST HOME WINS SINCE 2002, NFC

Team	Record	Pct.
Green Bay	103-41-2	.712
Seattle	102-45	.694
Minnesota	94-53	.639
New Orleans	90-58	.608
Philadelphia	89-58-1	.605

96-45-1

RECORD SINCE THE FINAL HALF OF 2011

In those 45 losses, the average margin of victory for the opponent has been 6.8 points (305 points).

37-21-1

ROAD RECORD SINCE 2013

BEST ROAD RECORDS SINCE 2013

Kansas City	40-20	.667
New England	38-20	.655
Seattle	37-21-1	.636
Pittsburgh	33-24-1	.578
Dallas	32-27	.542

7-1

BEST ROAD RECORD IN CLUB HISTORY

The Seahawks posted a franchise-best 7-1 road record last season and had their best road start in franchise history (6-0).

BEST ROAD RECORDS IN FRANCHISE HISTORY

Record	Year
7-1	2019
6-2	2013
5-3	2017
5-3	2015
5-3	2014
5-3	2005
5-3	1984
4-4	13 times (last: 2018)

18-6

RECORD IN 10 A.M. PT KICKOFFS

Seattle has an 18-6 record in its last twenty-four 10 a.m. (PT) kickoff starts, including a 5-0 record last season and 2-0 this season. It has also **won its last 10 early kickoffs since 2018.**

C-HAWKS

2020 TEAM CAPTAINS

In a vote by teammates, Russell Wilson will be the offensive captain for the eighth time in his nine seasons, Bobby Wagner will be the defensive captain for the fifth time, while Neiko Thorpe is a three-time special teams captain.



TEAM NOTES

26-10

RECORD ON MONDAY NIGHT FOOTBALL

The Seahawks are 19-6 at home and have outscored opponents 412-236 in their last 16 appearances, including three shutouts.

BEST ALL-TIME WINNING %, MONDAY NIGHT FOOTBALL

Seattle	26-10	.722
Pittsburgh	49-24	.671
San Francisco	49-28	.636
Kansas City	29-19	.604
Carolina	10-7	.588

Nov. 30, 1992	W	16-13 (ot)	Denver
Nov. 1, 1999	W	27-7	at Green Bay
Oct. 2, 2000	L	24-17	at Kansas City
Oct. 14, 2002	L	28-21	San Francisco
Dec. 6, 2004	L	43-39	Dallas
Dec. 5, 2005	W	42-0	at Philadelphia
Nov. 6, 2006	W	16-0	Oakland
Nov. 27, 2006	W	34-24	Green Bay
Nov. 12, 2007	W	24-0	San Francisco
Dec. 12, 2011	W	30-13	St. Louis
Sept. 24, 2012	W	14-12	Green Bay
Oct. 28, 2013	W	14-9	at St. Louis
Dec. 2, 2013	W	34-7	New Orleans
Oct. 6, 2014	W	27-17	at Washington
Oct. 5, 2015	W	13-10	Detroit
Nov. 7, 2016	W	31-25	Buffalo
Nov. 20, 2017	L	34-31	Atlanta
Sept. 17, 2018	L	24-17	at Chicago
Dec. 10, 2018	W	21-7	Minnesota
Nov. 11, 2019	W	27-24 (ot)	at San Francisco
Dec. 2, 2019	W	37-30	Minnesota

SEAHAWKS ON MONDAY NIGHT FOOTBALL (26-10)

Oct. 29, 1979	W	31-28	at Atlanta
Nov. 26, 1979	W	30-7	N.Y. Jets
Nov. 17, 1980	L	19-17	Oakland
Nov. 16, 1981	W	44-23	San Diego
Oct. 29, 1984	W	24-0	at San Diego
Nov. 12, 1984	W	17-14	L.A. Raiders
Sept. 23, 1985	L	35-24	L.A. Rams
Nov. 25, 1985	L	19-6	at San Francisco
Oct. 6, 1986	W	33-7	San Diego
Dec. 8, 1986	W	37-0	L.A. Raiders
Nov. 9, 1987	L	30-14	at N.Y. Jets
Nov. 30, 1987	L	37-14	L.A. Raiders
Nov. 28, 1988	W	35-27	L.A. Raiders
Dec. 4, 1989	W	17-16	Buffalo
Oct. 1, 1990	W	31-16	Cincinnati

31-8-1

RECORD IN PRIME-TIME GAMES SINCE 2010

Seattle has outscored opponents 1,060-692, are 12-5-1 on Sunday nights, 10-2 on Mondays and 9-1 on Thursdays, and are 21-3 at home in prime-time games dating back to 2010.

SEATTLE'S PRIME-TIME GAMES UNDER PETE CARROLL (31-8-1)

Sun, Jan. 2, 2011	vs. St. Louis	W	16-6
Thu, Dec. 1, 2011	vs. Philadelphia	W	31-14
Mon, Dec. 12, 2011	vs. St. Louis	W	30-13
Mon, Sept. 24, 2012	vs. Green Bay	W	14-12
Thu, Oct. 18, 2012	at San Francisco	L	13-6
Sun, Dec. 23, 2012	vs. San Francisco	W	42-13
Sun, Sept. 15, 2013	vs. San Francisco	W	29-3
Thu, Oct. 17, 2013	at Arizona	W	34-22
Mon, Oct. 28, 2013	at St. Louis	W	14-9
Mon, Dec. 2, 2013	vs. New Orleans	W	34-7
Thu, Sept. 4, 2014	vs. Green Bay	W	36-16
Mon, Oct. 6, 2014	at Washington	W	27-17
Thu, Nov. 27, 2014	at San Francisco	W	19-3
Sun, Dec. 21, 2014	at Arizona	W	35-6
Sun, Sept. 20, 2015	at Green Bay	L	27-17
Mon, Oct. 5, 2015	vs. Detroit	W	13-10
Thu, Oct. 22, 2015	at San Francisco	W	20-3
Sun, Nov. 15, 2015	vs. Arizona	L	39-32

Sun, Oct. 23, 2016	at Arizona	T	6-6 (ot)
Mon, Nov. 7, 2016	vs. Buffalo	W	31-25
Sun, Nov. 13, 2016	at New England	W	31-24
Sun, Dec. 4, 2016	vs. Carolina	W	40-7
Thu, Dec. 15, 2016	vs. L.A. Rams	W	24-3
Sun, Oct. 1, 2017	vs. Indianapolis	W	46-18
Thu, Nov. 9, 2017	at Arizona	W	22-16
Mon, Nov. 20, 2017	vs. Atlanta	L	34-31
Sun, Dec. 3, 2017	vs. Philadelphia	W	24-10
Mon, Sept. 17, 2018	at Chicago	L	24-17
Sun, Oct. 14, 2018	at Oakland (in London)	W	27-3
Thu, Nov. 15, 2018	vs. Green Bay	W	27-24
Mon, Dec. 10, 2018	vs. Minnesota	W	21-7
Sun, Dec. 23, 2018	vs. Kansas City	W	38-31
Thu, Oct. 3, 2019	vs. L.A. Rams	W	30-29
Mon, Nov. 11, 2019	at San Francisco	W	27-24 (ot)
Mon, Dec. 2, 2019	vs. Minnesota	W	37-30
Sun, Dec. 8, 2019	at L.A. Rams	L	28-12
Sun, Dec. 29, 2019	vs. San Francisco	L	26-21
Sun, Sept. 20, 2020	vs. New England	W	35-30
Sun, Oct. 11, 2020	vs. Minnesota	W	27-26
Sun, Oct. 25, 2020	at Arizona	L	37-34 (ot)



TEAM NOTES

.788

WINNING PERCENTAGE IN PRIME-TIME

BEST RECORD IN PRIME-TIME GAMES SINCE 2010

Team	W	L	T	Pct.
Seattle Seahawks	31	8	1	.788
New England Patriots	35	13	0	.729
Baltimore Ravens	23	11	0	.676
New Orleans Saints	28	14	0	.667
Pittsburgh Steelers	30	19	0	.612
Green Bay Packers	28	18	0	.609

35

POINTS SCORED IN 3-STRAIGHT GAMES

With 35-plus points and wins to open the season, the Seahawks became the fifth team since the 1970 merger to start a season 3-0 and score 35-plus points in each game.

The previous four teams all produced the NFL MVP that season (2018 Chiefs, Patrick Mahomes; 2013 Broncos, Peyton Manning; 2007 Patriots, Tom Brady; 2000 Rams, Marshall Faulk).

85.7%

REDZONE OFFENSE

The Seahawks top-ranked offense and first-ranked scoring offense leads the league with a 85.7% touchdown scoring rate inside the 20.

BEST REDZONE OFFENSE, NFL

Team	Poss.	TD	%
Seattle	21	18	85.7
Tennessee	25	20	80.0
Cleveland	24	19	79.2
Tampa Bay	28	22	78.6
Arizona	25	19	76.0

8 & 12

INTERCEPTIONS & TAKEAWAYS

Seattle's defense ranks fifth in the NFL with eight interceptions and third with 12 total takeaways this season, helping it rank tied for fourth in the league with a +5 turnover differential.

21

POINTS OVERCOME IN LARGEST COMEBACK

Seattle's overtime record is 14-22-1 and 6-5-1 under Carroll.

LARGEST COMEBACKS IN FRANCHISE HISTORY

Points	Opponent	Score	Result
21	vs. Tampa Bay (11/3/13)	Trail 21-0	Won 27-24 (ot)
20	at Denver (12/10/95)	Trail 20-0	Won 31-27
18	at Oakland (12/14/97)	Trail 21-3	Won 22-21
18	vs. Pittsburgh (11/8/81)	Trail 21-3	Won 24-21
17	at Houston (9/29/13)	Trail 20-3	Won 23-20 (ot)
17	vs. Detroit (11/8/09)	Trail 17-0	Won 32-20

+5

TURNOVER DIFFERENTIAL (T4TH NFL)

Seattle has been one of the best teams in the NFL in taking care of the football and forcing takeaways, and the case is the same this season, as they rank fourth in the league in turnover differential.

TURNOVER DIFFERENTIAL, NFL

Team	Takeaways			Giveaways			Diff
	Int	Fum	Total	Int	Fum	Total	
Tennessee	9	3	12	2	1	3	+9
Kansas City	9	4	13	1	4	5	+8
Baltimore	3	8	11	3	2	5	+6
Seattle	8	4	12	6	1	7	+5
Tampa Bay	9	3	12	4	3	7	+5

4

NFC HONORS IN SEPTEMBER

Russell Wilson took home NFC Player of the Week honors twice in September on way to earning NFC Player of the Month for September. He threw a league-high 14 touchdown passes, the most ever in the first three games of a season. His three-straight games with four or more touchdown passes to start a season are a first in NFL history, and he is one of just five quarterbacks to throw five or more touchdown passes in consecutive games.

P Michael Dickson earned Player of the Week honors in Week 2, giving the Seahawks a clean sweep for awards in games played in the opening month.



TEAM NOTES

70-14

RECORD WHEN WINNING TURNOVER BATTLE

SEATTLE RECORD WHEN WINNING THE TURNOVER BATTLE

Year	Record	Year	Record
2010	4-0	2016	7-0
2011	6-2	2017	6-1
2012	7-1	2018	8-2
2013	10-1	2019	8-1
2014	6-2	2020	4-0
2015	4-4	Totals	70-14

33.8

POINTS SCORED PER GAME

Seattle's 33.8 points per game rank first in the NFL (203 points) and the team's 30-plus point output in four consecutive games to open the season marked the first time the Seahawks scored 30 or more in consecutive games since they did it in four-straight games late in the 2015 season.

MOST POINTS PER GAME, NFL

Team	Points	Avg.
Seattle	203	33.8
Green Bay	197	32.8
Tampa Bay	222	31.7
Tennessee	188	31.3
Kansas City	218	31.1
Pittsburgh	183	30.5
New Orleans	180	30.0

20,310

RUSHING YARDS SINCE 2011

Thanks to the production of Marshawn Lynch, Thomas Rawls and Chris Carson, the Seahawks have led the NFL with the most potent rushing attack for almost a decade.

MOST TEAM RUSHING YARDS SINCE 2011, NFL

Team	Yards
Seattle	20,310
Buffalo	19,722
Carolina	19,449
San Francisco	19,308
Philadelphia	18,718

105-60-1

FOURTH-BEST RECORD SINCE 2010

Under John Schneider and Pete Carroll, the Seahawks are one of five teams to win 100 games since 2010 and have the fourth-best record in the NFL over that span.

BEST REGULAR SEASON RECORD SINCE 2010

Team	Record
New England	127-39-0
Pittsburgh	108-57-1
Green Bay	107-57-2
Seattle	105-60-1
New Orleans	104-62-0

28,878

AIR MILES TRAVELED IN 2020

Delta Airlines will carry the Seahawks "around the world" (a trip around the world is 25,000 miles) as they travel the most miles in the NFL this season.

2020 FLIGHT TIMES

Seattle to Atlanta - 4:07
 Atlanta to Seattle - 4:43
 Seattle to Miami - 5:04
 Miami to Seattle - 5:31
 Seattle to Arizona - 2:13
 Arizona to Seattle - 2:46
 Seattle to Buffalo -
 Buffalo to Seattle -

Seattle to L.A. Rams -
 L.A. Rams to Seattle -
 Seattle to Philadelphia -
 Philadelphia to Seattle -
 Seattle to Washington -
 Washington to Seattle -
 Seattle to San Francisco -
 San Francisco to Seattle -

2020 TOTAL MILES TRAVELED

1. Seattle	28,878
2. San Francisco	25,485
3. L.A. Chargers	25,387
4. New England	24,560
5. Miami	24,528



#3 RUSSELL WILSON

27

NFL RECORD FOR TDS THRU FIRST 7 GAMES

Russell Wilson remains on par for reaching the most touchdowns thrown to begin a season.

MOST TD PASSES IN FIRST 7 GAMES OF SEASON, NFL HISTORY

Tom Brady	27	2007
Peyton Manning	25	2013
Russell Wilson	22*	2020
Patrick Mahomes	22	2018
Peyton Manning	22	2014

* through six games

130.0+

PASSER RATING TO BEGIN SEASON

Russell Wilson recorded a 130-plus passer rating to open the season in three-straight games, one game short of his career-high of four-consecutive games set in 2015 and tying his streak of three set in 2013.

CONSECUTIVE GAMES WITH A 130-PLUS PASSER RATING TO OPEN SEASON (MIN. 100 ATT.), NFL HISTORY

Player	Games	Rating	Year
Peyton Manning	4	138.0	2014
Kurt Warner	4	136.0	1999
Tom Brady	4	134.7	2007
Russell Wilson	3	139.0	2020

2

CONSECUTIVE GAMES WITH 5 PASSING TDS

Wilson became the fifth quarterback in league history to record at least five touchdown passes in consecutive games

FIVE PASSING TOUCHDOWNS IN CONSECUTIVE GAMES NFL HISTORY

Russell Wilson	Weeks 2-3, 2020
Ben Roethlisberger	Weeks 8-9, 2014
Tom Brady	Weeks 6-7, 2007
Daunte Culpepper	Weeks 5-6, 2004
Tom Flores	Weeks 15-16, 1963

22

MOST TOUCHDOWNS THRU FIRST 6 GAMES

Wilson's 22 passing touchdowns in the first six games of the season are the most in NFL history.

MOST TD PASSES IN FIRST 6 GAMES OF SEASON, NFL HISTORY

Russell Wilson	22	2020
Peyton Manning	22	2013
Tom Brady	21	2007
Brett Favre	20	1996
Peyton Manning	19	2014

100

FOURTH-FASTEST TO 100 COMBINED WINS

Wilson became the fourth-fastest quarterback to 100 combined victories, accomplishing the feat in his first 148 starts.

FEWEST STARTS TO REACH 100 COMBINED WINS (REGULAR & POSTSEASON), NFL HISTORY

Player	Starts
Tom Brady	126
Terry Bradshaw	141
Joe Montana	142
Russell Wilson	148
Ben Roethlisberger	149
Ken Stabler	150

5

GAMES WITH 5 PASSING TDS SINCE 2015

Wilson has five games with five-plus passing touchdowns since 2015, tops in the NFL.

MOST GAMES WITH FIVE-PLUS PASSING TDS SINCE 2015

Russell Wilson, Sea	5
Lamar Jackson, Bal	3
Cam Newton, NE	3
Deshaun Watson, Hou	3
Patrick Mahomes, KC	2



#3 Russell Wilson

7 & 1

SEVEN-TIME PRO BOWLER & ONE TIME ALL-PRO



Associated Press AP All-Pro Team: 2019 (second-team)

91

WINS TO BEGIN A CAREER

After six games in 2020, Wilson already has a chance to tie Peyton Manning for the most wins to begin his career.

MOST REGULAR SEASON WINS IN A QB'S FIRST NINE SEASONS NFL HISTORY

Peyton Manning	92
Russell Wilson	91
Ben Roethlisberger	87
Tom Brady	87
Matt Ryan	85
Jim Kelly	83
Joe Flacco	83
Dan Marino	82
Brett Favre	82
John Elway	81

51

HOME WINS TO BEGIN A CAREER

After three home games in 2020, Wilson already ranks third for the most home wins in a quarterback's first nine seasons.

MOST HOME WINS IN A QB'S FIRST NINE SEASONS, NFL HISTORY

Brett Favre	53
Joe Flacco	53
Russell Wilson	51
John Elway	51
Peyton Manning	51
Ben Roethlisberger	49
Matt Ryan	48
Jim Kelly	47

249

FRANCHISE-RECORD TD PASSES

It took Dave Krieg 129 games to set the record and Wilson 112 games to break it.

MOST PASSING TOUCHDOWNS, CLUB HISTORY

1.	249	Russell Wilson	2012-
2.	195	Dave Krieg	1980-91
3.	174	Matt Hasselbeck	2001-10
4.	107	Jim Zorn	1976-84
5.	49	Jon Kitna	1997-00

23

MAJOR FRANCHISE RECORDS HELD

* Career (102.2), single-season (110.9 in 2018) and single-game (158.3) passer rating.

* Career (31,624), single-season (4,219 in 2016) and single-game (452) most passing yards.

* Career (249), single-season (35 in 2018) and single-game (5) most touchdown passes.

* Career (2,592) and single-season completions (353 in 2016).

* Career (64.86), single-season (68.12 in 2015) and single-game (88.57) completion percentage.

* Most consecutive passes without an interception (220 from 2018-19).

* Career (749), single-season (118 in 2014) and single-game (14) rushing attempts by a quarterback.

* Career (4,230), single-season (849 in 2014) and single-game (122) rushing yards by a quarterback.

* Owns the top-16 rushing yard games by a quarterback.

* 11 NFC Player of the Week awards are the most in club history, including two this season after Weeks 1 and 3.



#3 Russell Wilson

249 & 74

CAREER TD PASSES & INTERCEPTIONS

Through 134 games, Russell Wilson's 249 touchdown passes are already the third-most in NFL history in a quarterback's first nine seasons, **but even more impressive are only the 74 interceptions thrown.**

MOST PASSING TDS BY QB, 1ST NINE SEASONS, NFL HISTORY

Player	TD	Int.
1. Peyton Manning	275	139
2. Dan Marino	266	149
3. Russell Wilson	249	74
4. Matt Ryan	240	114
5. Brett Favre	235	141

54

GAMES WITH 2+ TDS & 0 INTERCEPTIONS

Wilson has held this record entering the last three seasons.

MOST GAMES WITH 2+ TD PASSES & 0 INTERCEPTIONS IN FIRST NINE SEASONS, NFL HISTORY

Player	Games
Russell Wilson	54
Andy Dalton	38
Matt Ryan	35
Tom Brady	34
Drew Brees	32
Peyton Manning	31

78

GAMES WITH TWO TOUCHDOWN PASSES

GAMES WITH 2+ TDS IN FIRST NINE SEASONS, NFL HISTORY

Player	Games
Peyton Manning	83
Dan Marino	80
Russell Wilson	78
Matt Ryan	75
Brett Favre	73
Matthew Stafford	66

88.6%

FRANCHISE RECORD COMPLETION %

Wilson's franchise-record completion percentage of 88.57 is tied for the **third-highest single-game completion percentage (min. 35 att.)** in NFL history.

HIGHEST COMPLETION PERCENTAGE, FRANCHISE HISTORY

Player	Att.	Comp.	Pct.	Date
Russell Wilson at Atlanta	35	31	88.57	9/13/20
Dave Krieg vs. Denver	22	19	86.36	12/11/88
Matt Hasselbeck vs. SF	25	21	84.00	12/22/05

31,624

CAREER PASSING YARDS

Another consistent season would place Wilson in the top-5 for the second consecutive year.

MOST PASSING YARDS IN A QB'S FIRST NINE SEASONS, NFL HISTORY

1. Matt Ryan	37,701
2. Peyton Manning	37,586
3. Dan Marino	35,386
4. Matthew Stafford	34,749
5. Joe Flacco	32,639
6. Russell Wilson	31,624
7. Andy Dalton	31,594
8. Eli Manning	31,527
9. Brett Favre	30,894
10. Drew Brees	30,646

13

GAMES WITH 4+ TDS & 1 OR FEWER INTS

Russell Wilson ranks first in NFL history with 13 games with at least four touchdown passes and one or fewer interceptions.

The Seahawks are 11-2 in those games and his last came vs. Dallas (9/27), a 38-31 victory.

MOST GAMES WITH 4+ TD PASSES & 1 OR FEWER INTERCEPTIONS IN FIRST NINE SEASONS, NFL HISTORY

Player	Games
Russell Wilson	13
Peyton Manning	13
Aaron Rodgers	12
Tom Brady	10
Brett Favre	10
Dan Marino	10
Drew Brees	10



#3 Russell Wilson

34

FOURTH-QUARTER/OVERTIME COMEBACKS IN 149 GAMES (REGULAR & POSTSEASON)

Wilson had five game-winning drives last season, four game-winning drives in 2018, and directed come-from-behind victories in the 2013 and 2014 NFC Championship Games to advance Seattle to the Super Bowl.

His **34 fourth-quarter comebacks rank first in the NFL** since the beginning of 2012.

RUSSELL WILSON 4TH QUARTER/OT COMEBACKS

Game	Score	Final	Play
vs. Green Bay (9/24/12)	trail 12-7	Won 14-12	24-yd. pass to Golden Tate at 0:00
vs. New England (10/14/12)	trail 23-17	Won 24-23	46-yd. pass to Sidney Rice at 1:18
at Chicago (12/2/12)	tied 17-17	Won 23-17 (ot)	13-yd. pass to Sidney Rice with 7:33 left in overtime
vs. St. Louis (12/30/12)	tied 13-13	Won 20-13	1-yd. touchdown run at 1:39
at Washington (1/6/13)*	trail 14-13	Won 24-14	touchdown drive at 7:08
at Carolina (9/8/13)	trail 7-6	Won 12-7	43-yd. pass to Jermaine Kearse at 10:13
at Houston (9/29/13)	trail 20-6	Won 23-20 (ot)	45-yd. field goal with 3:19 left in overtime
vs. Tennessee (10/13/13)	tied 10-10	Won 20-13	29-yd. field goal at 11:23
vs. Tampa Bay (11/3/13)	trail 24-14	Won 27-24 (ot)	27-yd. field goal with 8:11 left in overtime
vs. San Francisco (1/19/14)^	trail 17-13	Won 23-17	35-yd. pass to Jermaine Kearse at 13:44
vs. Denver (9/21/14)	tied 20-20	Won 26-20 (ot)	touchdown drive with 9:14 left in overtime
at Carolina (10/26/14)	trail 9-6	Won 13-9	23-yd. pass to Luke Willson at 0:47
vs. N.Y. Giants (11/9/14)	tied 17-17	Won 38-17	touchdown drive at 12:47
vs. St. Louis (12/28/14)	tied 6-6	Won 20-6	touchdown drive at 12:07
vs. Green Bay (1/18/15)^	tied 22-22	Won 28-22 (ot)	35-yd. pass to Jermaine Kearse with 11:41 left in OT
at Dallas (11/1/15)	trail 12-10	Won 13-12	24-yd. field goal at 1:04
vs. Pittsburgh (11/29/15)	trail 27-26	Won 39-30	30-yd. pass to Doug Baldwin at 8:12
at Minnesota (1/10/16)*	trail 9-0	Won 10-9	46-yd. field goal at 8:04
vs. Miami (9/11/16)	trail 10-6	Won 12-10	2-yd. pass to Doug Baldwin at 0:31
vs. Atlanta (10/16/16)	trail 24-23	Won 26-24	44-yd. field goal at 1:57
at New England (11/13/16)	trail 24-22	Won 31-24	23-yd. field goal at 8:56
vs. San Francisco (9/17/17)	trail 9-6	Won 12-9	9-yd. pass to Paul Richardson at 7:06
vs. Houston (10/29/17)	trail 38-34	Won 41-38	18-yd. pass to Jimmy Graham at 0:21
at Arizona (9/30/18)	tied 17-17	Won 20-17	52-yd. field goal at 0:00
vs. Green Bay (11/15/18)	trail 24-20	Won 27-24	15-yd. pass to Ed Dickson at 5:08
at Carolina (11/25/18)	tied 27-27	Won 30-27	31-yd. field goal at 0:00
vs. Arizona (12/30/18)	tied 24-24	Won 27-24	33-yd. field goal at 0:00
vs. Cincinnati (9/8/19)	trail 17-14	Won 21-20	44-yd. pass to Tyler Lockett at 14:53
vs. L.A. Rams (10/3/19)	trail 29-24	Won 30-29	5-yd. pass to Chris Carson at 2:28
at Cleveland (10/13/19)	trail 28-25	Won 32-28	touchdown drive at 3:30
vs. Tampa Bay (11/3/19)	tied 34-34	Won 40-34 (ot)	10-yd. pass to Jacob Hollister with 6:22 left in OT
at San Francisco (11/11/19)	tied 24-24	Won 27-24 (ot)	42-yd. field goal with 0:00 left in overtime
vs. Dallas (9/27/20)	trail 31-30	Won 38-31	29-yd. pass to DK Metcalf at 1:47
vs. Minnesota (10/11/20)	trail 26-21	Won 27-26	6-yd. pass to DK Metcalf at 0:15

* NFC Wild Card Game ^ NFC Championship Game

MOST GAME-WINNING DRIVES IN 4TH QTR./OT SINCE 2012 (REGULAR SEASON & POSTSEASON)

Russell Wilson, Sea	34
Matthew Stafford, Det	30
Drew Brees, NO	26
Matt Ryan, Atl	23
Andy Dalton, Dal	21



#3 Russell Wilson

70

100+ PASSER RATING GAMES IN CAREER

In Russell Wilson's 134 games, he has thrown for a passer rating of over 100 in over half of those games.

RUSSELL WILSON CAREER PASSING RATING BREAKDOWN

Rating	Games	Record
100s	70	60-10
90s	18	10-8
80s	18	10-7-1
70s	11	5-6
60s	8	3-5
50s	1	1-0
40s	5	1-4
30s	3	1-2
Totals	134	91-42-1

102.2

2ND-HIGHEST RATING IN NFL HISTORY

Through his first nine seasons, Russell Wilson is one of the best quarterbacks in NFL history in wins (2nd, 91), passing touchdowns (3rd, 249) and career, home and road passer ratings.

HIGHEST PASSER RATING, NFL HISTORY

Player	Rating
Aaron Rodgers, GB	102.8
Russell Wilson, Sea	102.2
Drew Brees, NO	98.5
Dak Prescott, Dal	97.3
Tom Brady, TB	97.1

HIGHEST HOME PASSER RATING, NFL HISTORY

Player	Rating
Aaron Rodgers, GB	107.8
Russell Wilson, Sea	104.5
Drew Brees, NO	104.0
Steve Young	100.3
Kirk Cousins, Min	99.9

HIGHEST ROAD PASSER RATING, NFL HISTORY

Player	Rating
Russell Wilson, Sea	99.9
Aaron Rodgers, GB	98.1
Tony Romo	97.1
Tom Brady, TB	95.8
Joe Montana	95.2

177

TOUCHDOWNS SINCE 2015

MOST TOUCHDOWNS SINCE 2015, NFL

Player	Touchdowns
Russell Wilson, Sea	177
Tom Brady, TB	167
Drew Brees, NO	162
Philip Rivers, Ind	152
Matt Ryan, Atl	152

.683

CAREER WINNING PERCENTAGE

Russell Wilson ranks fifth among active quarterbacks (min. 16 starts) with a .683 winning percentage.

HIGHEST WINNING % OF ACTIVE STARTING QUARTERBACKS

Player	Record	Winning Pct.
Lamar Jackson, Bal	24-4	.857
Patrick Mahomes, KC	30-8	.789
Jimmy Garoppolo, SF	24-7	.774
Tom Brady, TB	224-66	.772
Russell Wilson, Sea	91-42-1	.683

102.2

SECOND-HIGHEST RATING SINCE 2012

He has 70-career 100-plus passer rating games in 134 starts, with the last coming vs. Minnesota (10/11) with a 100.7 rating.

RUSSELL WILSON CAREER PASSING

Year	Att	Comp	Pct	Yards	TD	Int	Rtg
2012	393	252	64.1	3,118	26	10	100.0
2013	407	257	63.1	3,357	26	9	101.2
2014	452	285	63.1	3,475	20	7	95.0
2015	483	329	68.1	4,024	34	8	110.1
2016	546	353	64.7	4,219	21	11	92.6
2017	553	339	61.3	3,983	34	11	95.4
2018	427	280	65.6	3,448	35	7	110.9
2019	516	341	66.1	4,110	31	5	106.3
2020	219	156	71.2	1,890	22	6	119.5
TOTAL	3,996	2,592	64.9	31,624	249	74	102.2

HIGHEST PASSER RATING SINCE 2012, NFL (MIN. 1,500 ATT.)

Player	Rating
Drew Brees, NO	103.6
Russell Wilson, Sea	102.2
Aaron Rodgers, GB	102.1
Tom Brady, TB	97.9



#3 Russell Wilson

4,230
CAREER RUSHING YARDS

Russell Wilson owns the top-16 rushing yard games by a quarterback in franchise history and has four 100-yard games to his name, including a Monday Night Football record and career-high 122 yards in 2014.

In Week 1, he became the second quarterback in NFL history with 30,000 career passing yards and 4,000 rushing yards.

MOST RUSHING YARDS BY A QUARTERBACK, NFL HISTORY

Player	Yards
Michael Vick	6,109
Cam Newton, NE	5,050
Randall Cunningham	4,928
Steve Young	4,239
Russell Wilson, Sea	4,230

0
VOTES FOR MVP

Despite numerous NFL and franchise records, team wins, two Super Bowl appearances, a Super Bowl title and the most consistent numbers for the last decade, Russell Wilson has yet to receive one vote for the league's most valuable player.

134
CONSECUTIVE GAMES STARTED

Wilson established the club-record for consecutive regular season games started and he has not missed a game in his career, playing in all 149 (134 regular season, 15 postseason).

CONSECUTIVE GAMES STARTED, FRANCHISE HISTORY

QB Russell Wilson, 2012-	134
G Chris Gray, 1999-06	121
S Earl Thomas, 2010-16	106

MOST CONSECUTIVE GAMES STARTED BY A QB, ACTIVE STREAK

Philip Rivers, Ind	230
Russell Wilson, Sea	134
Tom Brady, TB	67
Derek Carr, Las	49
Jared Goff, LAR	39

2ND
PLACE IN CLUB HISTORY IN ATTEMPTS

PASSING ATTEMPTS

Player	Att.
Matt Hasselbeck	4,250
Russell Wilson	3,996
Dave Krieg	3,576
Jim Zorn	2,992

PASSING COMPLETIONS

Player	Comp.
Russell Wilson	2,592
Matt Hasselbeck	2,559
Dave Krieg	2,096
Jim Zorn	1,593

PASSING YARDS

Player	Yards
Russell Wilson	31,624
Matt Hasselbeck	29,434
Dave Krieg	26,132
Jim Zorn	20,122

PASSING TOUCHDOWNS,

Player	TDs
Russell Wilson	249
Dave Krieg	195
Matt Hasselbeck	174
Jim Zorn	107

MOST GAMES STARTED, FRANCHISE HISTORY

1. WR Steve Largent	197
2. T Walter Jones	180
3. DE Jacob Green	176
4. DT Joe Nash	169
5. DL Jeff Bryant	167
6. DB Dave Brown	159
7. DT Cortez Kennedy	153
8. S Eugene Robinson	152
9. G Chris Gray	145
10. QB Russell Wilson	134

MOST CONSECUTIVE GAMES PLAYED, FRANCHISE HISTORY

P Jon Ryan	159
G Chris Gray	135
QB Russell Wilson	134
DT Joe Nash	125



#14 DK Metcalf

#16 Tyler Lockett

#16 TYLER LOCKETT

15 & 200
STEVE LARGENT-TYPE PRODUCTION

With his play at Arizona, Lockett tied Largent for the most catches in a game in franchise history and became the second player in Seahawks history with 200 receiving yards, also trailing Largent.

MOST RECEPTIONS, SINGLE-GAME, CLUB HISTORY

Player	Rec.	Yards	TD
Steve Largent at Det (10/18/87)	15	261	3
Tyler Lockett at Ari (10/25/20)	15	200	3
Bobby Engram at Cle (11/4/07)	14	139	1

2
GAMES WITH 3 TOUCHDOWN RECEPTIONS

Lockett is the eighth player in franchise history, second wide receiver, with two three-plus touchdown games in a season.

MOST RECEIVING TDS, SINGLE-GAME, CLUB HISTORY

Player	TD	Rec.	Yards	Date
Daryl Turner vs. SD	4	7	121	9/15/85
Tyler Lockett at Ari	3	15	200	10/25/20
Tyler Lockett vs. Dal	3	9	100	9/27/20
seven others tied	3			

MOST 3+ TD GAMES IN SINGLE-SEASON, CLUB HISTORY

Player	Games	Year
RB Shaun Alexander	4	2005
RB Shaun Alexander	3	2004
WR Tyler Lockett	2	2020
WR Doug Baldwin	2	2015
four tied	2	

25
RECEIVING TOUCHDOWNS SINCE 2018

Tyler Lockett set his career-high with 10 touchdowns in 2018, added eight more last season, and has seven this year, giving him 25 since 2018 to rank first in the NFL.

MOST RECEIVING TOUCHDOWNS SINCE 2018, NFL

Player	Touchdowns
WR Tyler Lockett, Sea	25
WR Tyreek Hill, KC	24
WR Calvin Ridley, Atl	23

#14 DK METCALF

22.64
MPH CHASING DOWN BAKER

According to Next Gen Stats, DK Metcalf reached 22.64 MPH and traveled 114.8 yards to chase down Budda Baker on his 90-yard interception return at Arizona (Baker's top speed: 21.27 MPH).

This was the 2nd-fastest speed reached on a tackle this season. Shaquill Griffin reached the fastest speed on a tackle this season when he hit a top speed of 22.75 MPH in Week 3 against the Cowboys.

21.6
NFL-LEADING RECEIVING AVERAGE

DK Metcalf is the only receiver in the NFL averaging more than 20 yards per catch (min. 24 rec.).

HIGHEST RECEIVING AVERAGE (MIN. 24 REC.), NFL

Player	Avg.	Rec.	Yards
DK Metcalf, Sea	21.6	24	519
Justin Jefferson, Min	19.2	28	537
D.J. Moore, Car	18.3	31	567
Darius Slayton, NYG	15.9	27	429
Will Fuller V, Hou	15.8	31	490

2
WRS WITH 5+ TOUCHDOWNS EACH

The Seahawks are the only team in the NFL with two wide receivers with five or more touchdowns each this season.

MOST RECEIVING TOUCHDOWNS BY WIDE RECEIVERS, NFL

Player	TD
Tyler Lockett, Sea	7
Adam Thielen, Min	7
Mike Evans, TB	6
Calvin Ridley, Atl	6
DK Metcalf, Sea	5
Will Fuller V, Hou	5
Tyreek Hill, KC	5
Christian Kirk, Ari	5



#54 Bobby Wagner

SIX-TIME PRO BOWLER & SIX-TIME AP ALL-PRO



2014



2015



2016



2017



2018



2019

Associated Press All-Pro Team

First-team: 2014, 2016-19

Second-team: 2015

1,136

MOST TACKLES IN NFL SINCE 2012

* Became the club's all-time leading tackler with his six-tackle performance at Atlanta (10/27/19).

* The first player in franchise history to record eight-consecutive 100-tackle seasons, including recording an NFL-leading and franchise-record 167 in 2016. Also led the league in tackles in 2019 with 159.

* One of two linebackers (Lavonte David) with 1,000-plus tackles since 2012.

19

FRANCHISE-RECORD 19 TACKLES

Wagner has produced 54 double-digit tackle performances in his 125 games played, and set his career-high with a franchise-record 19 tackles (four solo) vs. New Orleans (9/22/19), surpassing his old mark of 16 tackles in 2016.

MOST TACKLES IN A SINGLE-GAME, FRANCHISE HISTORY

Player/Game	Tackles	Date
Bobby Wagner vs. New Orleans	19	9/22/19
Sammy Green vs. Minnesota	18	10/8/78
Terry Beeson vs. Houston	18	11/20/77
Kam Chancellor vs. Arizona	17	11/15/15

2020 NFL LEADING TACKLERS

Player	Total	Solo	Ast.
LB Jaylon Smith, Dal	75	39	36
LB Blake Martinez, NYG	73	45	28
LB Zach Cunningham, Hou	71	44	27
LB Eric Kendricks, Min	67	49	18
LB Bobby Wagner, Sea	63	33	30

34

DOUBLE-DIGIT TACKLE GAMES SINCE 2016

Wagner has 54 double-digit tackle games in his career and ranks first in the league in that category since 2016 with 34 such games.

MOST DOUBLE-DIGIT TACKLE GAMES SINCE 2016, NFL

Player	Games
Bobby Wagner, Sea	34
Blake Martinez, NYG	27
Sean Lee, Dal	17
Joe Schobert, Jac	17
Tahir Whitehead, Car	15

98

LONGEST INT RETURN TD IN CLUB HISTORY

LONGEST RETURNS, FRANCHISE HISTORY

Player	Return	Date
Tyler Lockett	105t KOR vs. Chicago	9/27/15
Leon Washington	101t KOR vs. San Diego	9/26/10
Leon Washington	99t KOR vs. San Diego	9/26/10
Tyler Lockett	99t KOR vs. Arizona	12/31/17
Bobby Wagner	98t INT vs. San Francisco	12/2/18

1,136

FRANCHISE-LEADER IN TACKLES

MOST CAREER TACKLES, CLUB HISTORY

Player, Seasons	No.
Bobby Wagner, 2012-	1,136
Eugene Robinson, 1985-95	984
K.J. Wright, 2011-	884
Keith Butler, 1978-87	813
Joe Nash, 1982-96	779

MOST SINGLE-SEASON TACKLES, CLUB HISTORY

Player	Year	Total	Solo	Ast.
1. Bobby Wagner	2016	167	85	82
2. Bobby Wagner	2019	159	86	73
3. Terry Beeson	1978	153	n/a	n/a
4. Chad Brown	1998	150	119	31



Player Notes

#32 CHRIS CARSON

12

100-YARD GAMES SINCE 2018

Carson is the only running back in the NFL to record at least 1,100 rushing yards and seven rushing touchdowns in each of the past two seasons (2018-19).

MOST 100-YARD RUSH GAMES SINCE 2018

Player	100-Yard Games
Ezekiel Elliott, Dal	14
Nick Chubb, Cle	13
Chris Carson, Sea	12
Derrick Henry, Ten	11

#33 JAMAL ADAMS

14.0

SACKS SINCE 2017

Seattle traded for Jamal Adams in July and his play immediately paid dividends in Week 1 at Atlanta, tying his career-high with 12 tackles, and adding one sack and two tackles for loss.

Since 2017, his 14.0 sacks are the most by a defensive back in the NFL.

MOST SACKS BY A DEFENSIVE BACK SINCE 2017, NFL

S Jamal Adams, Sea	14.0
CB Mike Hilton, Pit	9.5
CB Logan Ryan, NYG	9.5
CB Desmond King, LAC	7.5
S Vonn Bell, Cin	7.0

6.5

SACKS IN 2019

His 6.5 sacks in 2019 tied for the fourth-most by a defensive back in single season since 1982.

MOST SACKS BY A DEFENSIVE BACK, SINGLE-SEASON, NFL HISTORY

Player	Sacks	Year
S Adrian Wilson	8.0	2005
S Roman Harper	7.5	2011
S Dave Duerson	7.0	1986
S Jamal Adams	6.5	2019
S LeRoy Butler	6.5	1996

#88 GREG OLSEN



2014

2015

2016

AP

All-Pro Team

Second-team:

2015-16

8,602

FIFTH-MOST YARDS BY A TIGHT END

Greg Olsen's 8,602 yards are the fifth-most in NFL history and rank second among active tight ends.

MOST RECEIVING YARDS BY A TIGHT END, NFL HISTORY

Tony Gonzalez	15,127
Jason Witten, Las	13,012
Antonio Gates	11,841
Shannon Sharpe	10,060
Greg Olsen, Sea	8,602
Rob Gronkowski, TB	8,141

735

FIFTH-MOST RECEPTIONS BY A TIGHT END

Greg Olsen's 735 receptions are the fifth-most in NFL history and rank second among active tight ends.

MOST RECEPTIONS BY A TIGHT END, NFL HISTORY

Tony Gonzalez	1,325
Jason Witten, Las	1,222
Antonio Gates	955
Shannon Sharpe	815
Greg Olsen, Sea	735
Jimmy Graham, Chi	676

6

MAJOR RECORDS HELD IN CAROLINA HISTORY

* Owns Panthers franchise-records by a tight end in receptions (524, 3rd in club history), receiving yards (6,463, 3rd in club history) and touchdowns (39, 4th in club history).

* Franchise record for most receiving yards in a single season by a tight end (1,104), set in 2015.

* Franchise record for most receptions in a single season by a tight end (84), set in 2014.

* Franchise record for single-game receiving yards by a tight end with 181, set vs. Tampa Bay (10/10/16).



Pete Carroll

THIRD-WINNINGEST ACTIVE HEAD COACH (BILL BELICHICK, ANDY REID)

Pete Carroll ranks 22nd in NFL history with 149 combined wins and he was the 39th coach in NFL history to reach 100 wins in the regular season.

MOST COMBINED WINS IN NFL HISTORY

Coach	Regular Season				Postseason			Combined			
	W	L	T	Pct.	W	L	Pct.	W	L	T	Pct.
18. Bud Grant	158	96	5	.621	10	12	.455	168	108	5	.608
19. Bill Cowher	149	90	1	.623	12	9	.571	161	99	1	.619
20. Marv Levy	143	112	0	.561	11	8	.579	154	120	0	.562
21. Steve Owen	151	100	17	.602	2	8	.200	153	108	17	.586
22. Pete Carroll, Sea	138	91	1	.602	11	9	.550	149	100	1	.598
23. Tony Dungy	139	69	0	.668	9	10	.474	148	79	0	.652
24. Mike Tomlin, Pit	139	74	1	.652	8	7	.533	147	81	1	.644
25. Sean Payton, NO	135	79	0	.631	8	7	.533	143	86	0	.624

149 CAREER WINS FOR PETE CARROLL (REGULAR & POSTSEASON)

Pete Carroll became the 43rd head coach in NFL history with 100 combined wins.

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, 30-28</i>
2013	Seattle	13	3	0	.813	1st, NFC West
						<i>Divisional Playoff victory vs. New Orleans, 23-15</i>
						<i>Championship Game victory vs. San Francisco, 23-17</i>
						<i>Super Bowl XLVIII victory vs. Denver, 43-8</i>
2014	Seattle	12	4	0	.750	
						<i>Divisional Playoff victory vs. Carolina, 31-17</i>
						<i>Championship Game 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>
2020	Seattle	5	1	0	.833	
Reg. Season (15 Yrs.)		138	91	1	.602	
Postseason (10 Yrs.)		11	9	0	.550	
Combined Record		149	100	1	.598	

WON 5, LOST 1										* RUSHING										No.		Yds		Avg		Long		TD	
09/13 W 38-25		at Atlanta								Carson		66		323		4.9		29t		3									
09/20 W 35-30		New England								Wilson		29		237		8.2		34		0									
09/27 W 38-31		Dallas								Hyde		31		125		4.0		24t		2									
10/04 W 31-23		at Miami								12,369 Homer		18		68		3.8		12		0									
10/11 W 27-26		Minnesota								Dav. Moore		2		16		8.0		12		0									
10/25 L 34-37 OT		at Arizona								1,200 Dallas		2		8		4.0		6		0									
11/01		San Francisco								TEAM		148		777		5.3		34		5									
11/08		at Buffalo								OPPONENTS		163		663		4.1		32		7									
11/15		at L.A. Rams								* RECEIVING		No.		Yds		Avg		Long		TD									
11/19		Arizona								Lockett		45		542		12.0		47t		7									
11/30		at Philadelphia								Metcalf		24		519		21.6		62		5									
12/06		N.Y. Giants								Carson		22		147		6.7		19t		3									
12/13		N.Y. Jets								Olsen		17		158		9.3		21		1									
12/20		at Washington								Dav. Moore		13		227		17.5		57		2									
12/27		L.A. Rams								Dissly		10		94		9.4		28		1									
01/03		at San Francisco								Swain		7		97		13.9		23		1									
		Sea.				Opp.				Hyde		6		34		5.7		11		0									
TOTAL FIRST DOWNS		144				171				Hollister		5		32		6.4		17		1									
Rushing		45				45				Dallas		4		33		8.3		10		0									
Passing		91				116				Homer		3		7		2.3		3t		1									
Penalty		8				10				TEAM		156		1890		12.1		62		22									
3rd Down: Made/Att		20/59				39/80				OPPONENTS		194		2243		11.6		52		11									
3rd Down Pct.		33.9				48.8				* INTERCEPTIONS		No.		Yds		Avg		Long		TD									
4th Down: Made/Att		5/6				6/12				Shaqui. Griffin		2		20		10.0		16		0									
4th Down Pct.		83.3				50.0				Neal		2		1		0.5		1		0									
POSSESSION AVG.		29:26				30:34				Diggs		2		0		0.0		0		0									
TOTAL NET YARDS		2551				2875				Wright		1		7		7.0		7		0									
Avg. Per Game		425.2				479.2				Dunbar		1		0		0.0		0		0									
Total Plays		384				459				TEAM		8		28		3.5		16		0									
Avg. Per Play		6.6				6.3				OPPONENTS		6		152		25.3		90		1									
NET YARDS RUSHING		777				663				* PUNTING		No.		Yds		Avg		Net		TB									
Avg. Per Game		129.5				110.5				M. Dickson		25		1245		49.8		44.6		3									
Total Rushes		148				163				TEAM		25		1245		49.8		44.6		3									
NET YARDS PASSING		1774				2212				OPPONENTS		12		594		49.5		43.7		1									
Avg. Per Game		295.7				368.7				* PUNT RETURNS		Ret		FC		Yds		Avg		Long									
Sacked/Yards Lost		17/116				9/31				Dav. Moore		4		5		50		12.5		20									
Gross Yards		1890				2243				TEAM		4		5		50		12.5		20									
Att./Completions		219/156				287/194				OPPONENTS		11		4		69		6.3		19									
Completion Pct.		71.2				67.6				* KICKOFF RETURNS		No.		Yds		Avg		Long		TD									
Had Intercepted		6				8				Homer		9		204		22.7		44		0									
PUNTS/AVERAGE		25/49.8				12/49.5				Lockett		1		9		9.0		9		0									
NET PUNTING AVG.		25/44.6				12/43.7				Dav. Moore																			



Defensive Statistics

	Total	Solo	Assist	Sacks	Yards	TFL	QH	Int	PD	FF	FR
Wagner, B.	63	33	30	0	0	1	3	0	4	0	0
Griffin, Shaquill	34	28	6	0	0	0	0	2	7	0	0
Wright, K.	34	25	9	0	0	3	0	1	5	1	2
Diggs, Q.	25	16	9	0	0	0	0	2	3	0	0
Neal, R.	25	21	4	0	0	3	0	2	4	0	0
Adams, J.	23	14	9	2.0	7.0	3	5	0	1	0	0
Amadi, U.	23	22	1	0	0	1	0	0	4	0	0
Flowers, T.	23	16	7	0	0	0	0	0	1	0	0
Dunbar, Q.	20	18	2	0	0	2	0	1	4	0	0
Barton, C.	17	10	7	0	0	0	0	0	0	0	0
Reed, J.	17	11	6	1.0	7.0	1	2	0	0	1	0
Mayowa, B.	15	11	4	2.0	9.0	2	4	0	3	1	1
Ford, P.	12	7	5	0	0	3	2	0	0	1	0
Hill, L.	10	8	2	0	0	1	0	0	0	0	0
Blair, M.	8	5	3	0	0	0	0	0	0	1	0
Brooks, J.	8	4	4	0	0	1	0	0	0	0	0
Robinson, A.	8	6	2	1.0	4.0	3	1	0	0	0	0
Collier, L.	7	5	2	1.0	1.0	4	2	0	2	0	0
Mone, B.	7	4	3	0.5	1.5	1	1	0	0	0	0
Irvin, B.	5	4	1	0	0	1	3	0	0	0	0
Moore, Dam.	5	3	2	1.0	0.0	0	5	0	0	1	0
Rush, A.	5	1	4	0.5	1.5	1	1	0	0	0	0
Griffin, Shaquem	3	3	0	0	0	0	2	0	1	0	0
Green, R.	2	1	1	0	0	0	0	0	0	0	0
Bullard, J.	2	1	1	0	0	0	1	0	0	0	0

SPECIAL TEAMS TACKLES

	Total	Solo	Assist	FF	FR	Blocks
Bellore, N.	5	4	1	0	0	0
Homer, T.	3	3	0	0	0	0
Amadi, U.	2	2	0	0	0	0
Barton, C.	2	2	0	0	0	0
Dallas, D.	2	1	1	0	0	0
Neal, R.	2	2	0	0	0	0
Burr-Kirven, B.	1	1	0	0	0	0
Flowers, T.	1	0	1	0	0	0
Hart, P.	1	0	1	0	0	0
Hollister, J.	1	0	1	0	0	0
Moore, D.	1	1	0	0	0	0
Stephens, L.	1	1	0	0	0	0
Swain, F.	0	0	0	0	1	0

FUMBLES

	Fum	Lost	Own-Rec	O.B.
Carson, C.	1	0	0	0
Metcalfe, D.	1	1	0	1
Moore, Dav.	1	0	1	1
Wilson, R.	1	0	0	0
Pocic, E.	0	0	1	0



Transactions

Date	Transaction	Player	Date	Transaction	Player
Jan. 1	Released from practice squad	RB Xavier Turner			CB Kemah Siverand
	Signed to practice squad	WR Brendan Langley			DE Marcus Webb
Jan. 8	Placed on injured reserve	LB Mychal Kendricks			TE Dominic Wood-Anderson
	Signed from practice squad	T Chad Wheeler	May 20	Re-signed	QB Geno Smith
	Signed to practice squad	WR Cody Thompson		Released	TE Justin Johnson
Jan. 14	Signed to 2020 future contract	CB Brian Allen	May 28	Released	G Demetrius Knox
		WR Penny Hart		Signed	RB Carlos Hyde
		LB Sutton Smith	July 25	Traded to N.Y. Jets	S Bradley McDougald
		DE Shakir Soto			2021 first-round draft pick
		LB Pita Taumoepeenu			2021 third-round draft pick
		WR Cody Thompson			2022 first-round draft pick
Feb. 24	Signed	TE Greg Olsen		Acquired from N.Y. Jets	S Jamal Adams
Mar. 16	Re-signed	DT Jarran Reed			2022 fourth-round pick
Mar. 23	Signed	C B.J. Finney	July 26	Released	RB Patrick Carr
		T Cedric Ogbuehi			WR Seth Dawkins
Mar. 24	Signed	T Brandon Shell			G Kahlil McKenzie
	Traded to Washington	2020 fifth-round draft pick			S Josh Norwood
	Acquired from Washington	CB Quinton Dunbar			G Jordan Roos
Mar. 30	Signed	WR Phillip Dorsett II			LB Sutton Smith
		G Chance Warmack			TE Dominick Wood-Anderson
Mar. 31	Released	TE Ed Dickson		Terminated contract	C Joey Hunt
		S Tedric Thompson			DE Branden Jackson
Apr. 6	Signed	DE Benson Mayowa	July 28	Signed drafted rookies	LB Jordyn Brooks
Apr. 8	Signed	G Jordan Simmons			RB DeeJay Dallas
Apr. 13	Re-signed	CB Neiko Thorpe			G Damien Lewis
Apr. 20	Signed	G Kahlil McKenzie			TE Colby Parkinson
		CB Ryan Neal			DE Alton Robinson
Apr. 21	Re-signed	G Mike Iupati			TE Stephen Sullivan
		G Jordan Roos			WR Freddie Swain
		TE Luke Willson			DE Darrell Taylor
	Signed tender	TE Jacob Hollister	Aug. 1	Waived/injured	LB Emmanuel Ellerbee
Apr. 22	Signed tender	WR David Moore		Placed on opt-out list	G Chance Warmack
Apr. 23	Signed	LB Bruce Irvin	Aug. 3	Waived/non-football injury	DT Josh Avery
	Re-signed	DT Bryan Mone	Aug. 5	Claimed off waivers	CB D.J. Reed
	Signed tender	C Joey Hunt	Aug. 6	Signed	DE Branden Jackson
		DE Branden Jackson	Aug. 9	Placed on Covid-19 list	WR John Ursua
Apr. 27	Released	C Justin Britt	Aug. 10	Released	CB Brian Allen
		G D.J. Fluker			RB Anthony Jones
Apr. 28	Claimed off waivers	CB Jayson Stanley	Aug. 11	Released	CB Kemah Siverand
May 4	Released	RB Adam Choice	Aug. 12	Activated from Covid-19 list	WR John Ursua
		DT Nazair Jones	Aug. 14	Signed	RB Patrick Carr
		DT Shakir Soto			WR Seth Dawkins
		DE Pita Taumoepeenu	Aug. 16	Waived/non-football injury	DE Marcus Webb
	Signed	DT Josh Avery	Aug. 18	Signed	DT P.J. Johnson
		RB Patrick Carr		Claimed off waivers	QB Danny Etling
		WR Seth Dawkins	Aug. 29	Waived/injured	DE Eli Mencer
		CB Gavin Heslop		Signed	WR Paul Richardson
		RB Anthony Jones	Aug. 30	Placed on injured reserve	DE Branden Jackson
		DT Cedrick Lattimore		Signed	DE Pita Taumoepeenu
		TE Tyler Mabry	Aug. 31	Waived/injured	RB Patrick Carr
		S Chris Miller		Signed	WR Lance Lenior Jr.
		S Josh Norwood			



Transactions

Sept. 3	Released	WR Seth Dawkins	Sept. 12	Signed from practice squad	T Chad Wheeler
		DE Pita Taumoeopenu	Sept. 14	Reversion from active to practice squad	T Chad Wheeler
	Signed	WR Josh Gordon	Sept. 17	Released from practice squad	WR Lance Lenoir
		DE Damontre Moore		Signed to practice squad	DT Demarcus Christmas
Sept. 5	Placed on PUP	RB Rashaad Penny	Sept. 19	Signed from practice squad	DT Anthony Rush
	Placed on non-football injury	TE Colby Parkinson	Sept. 21	Reversion from active to practice squad	DT Anthony Rush
		CB D.J. Reed	Sept. 22	Placed on injured reserve	WR Phillip Dorsett II
		DE Darrell Taylor	Sept. 23	Placed on injured reserve	S Marquise Blair
	Suspended by league	C Kyle Fuller			LB Bruce Irvin
	Terminated veteran contract	FB Nick Bellore		Signed from practice squad	DT Anthony Rush
		WR Paul Richardson			CB Linden Stephens
	Released	T Tommy Champion	Sept. 24	Signed to practice squad	WR Lance Lenoir Jr.
		DT Demarcus Christmas	Sept. 25	Placed on injured reserve	DE Rasheem Green
		QB Danny Etling	Sept. 26	Signed from practice squad	LB Shaquem Griffin
		WR Aaron Fuller			CB Ryan Neal
		QB Anthony Gordon	Sept. 28	Reversion from active to practice squad	LB Shaquem Griffin
		LB Shaquem Griffin			CB Ryan Neal
		WR Penny Hart	Sept. 29	Released	LB D'Andre Walker
		CB Gavin Heslop	Sept. 30	Signed from practice squad	CB Ryan Neal
		DT P.J. Johnson		Signed to practice squad	S Damarious Randall
		DT Cedrick Lattimore			LB Tim Williams
		WR Lance Lenoir	Oct. 2	Signed from practice squad	LB Shaquem Griffin
		TE Tyler Mabry	Oct. 3	Signed from practice squad	CB Gavin Heslop
		S Chris Miller			S Damarious Randall
		CB Ryan Neal	Oct. 5	Reversion from active to practice squad	CB Gavin Heslop
		CB Debione Renfro			S Damarious Randall
		CB Jayson Stanley	Oct. 7	Placed on injured reserve	CB Neiko Thorpe
		TE Stephen Sullivan		Signed from Arizona's practice squad	DE Jonathan Bullard
		WR Cody Thompson		Released from practice squad	WR Lance Lenoir
		T Chad Wheeler		Signed to practice squad	CB DeMarkus Acy
Sept. 6	Released	CB Linden Stephens			LB Michael Divinity
	Claimed off waivers	LB D'Andre Walker			DT Damon Harrison
	Signed to practice squad	T Tommy Champion	Oct. 10	Signed from practice squad	S Damarious Randall
		QB Danny Etling	Oct. 12	Reversion from active to practice squad	S Damarious Randall
		WR Aaron Fuller	Oct. 13	Released from practice squad	LB Tim Williams
		LB Shaquem Griffin	Oct. 21	Placed on injured reserve	S Lano Hill
		WR Penny Hart		Signed from practice squad	S Damarious Randall
		CB Gavin Heslop		Signed to practice squad	LB Ray-Ray Armstrong
		DT Cedrick Lattimore			LB Mychal Kendricks
		WR Lance Lenoir	Oct. 24	Signed from practice squad	LB Ray-Ray Armstrong
		TE Tyler Mabry	Oct. 26	Reversion from active to practice squad	LB Ray-Ray Armstrong
		CB Ryan Neal		<i>(2,513th transaction since 2010)</i>	
		CB Jayson Stanley			
		TE Stephen Sullivan			
		WR Cody Thompson			
		T Chad Wheeler			
Sept. 7	Placed on injured reserve	G Phil Haynes			
	Signed	FB Nick Bellore			
	Signed to practice squad	CB Linden Stephens			
Sept. 8	Released	WR John Ursua			
	Signed from practice squad	WR Penny Hart			
Sept. 9	Signed to practice squad	DT Anthony Rush			
		WR John Ursua			



Participation Chart

Game Date	1 9/13	2 9/20	3 9/27	4 10/4	5 10/11	6 10/25	7 11/1	8 11/8	9 11/15	10 11/19	11 11/30	12 12/6	13 12/13	14 12/20	15 12/27	16 1/3	G	S	2020 IN	DNP
Game	@Atl	NE	Dal	@Mia	Min	@Ari	SF	@Buf	@LAR	Ari	@Phi	NYG	NYJ	@Was	LAR	SF				
Adams, J.	SS	SS	SS	in	in	in											3	3	3	0
Amadi, U.	sub	cb	CB	cb	cb	cb											6	1	0	0
Armstrong, R.						sub											1	0	0	0
Barton, C.	lb	lb	lb	OLB	OLB	sub											6	2	0	0
Bellore, N.	fb	sub	fb	fb	sub	fb											6	0	0	0
Blair, M.	cb	cb	ir	ir	ir	ir											2	0	0	0
Brooks, J.	lb	lb	lb	in	in	OLB											4	1	2	0
Brown, D.	LT	LT	LT	LT	LT	LT											6	6	0	0
Bullard, J.					de	de											2	0	0	0
Burr-Kirven, B.	sub	sub	sub	sub	sub	sub											6	0	0	0
Carson, C.	RB	RB	RB	RB	RB	RB											6	6	0	0
Collier, L.	DE	DE	DE	DE	DE	DE											6	6	0	0
Dallas, D.	in	in	sub	rb	sub	rb											4	0	2	0
Dickson, M.	p	p	p	p	p	p											6	0	0	0
Diggs, Q.	FS	FS	FS	FS	FS	FS											6	6	0	0
Dissly, W.	te	TE	TE	te	TE	TE											6	4	0	0
Dorsett II, P.	in	in	ir	ir	ir	ir											0	0	2	0
Dunbar, Q.	RCB	RCB	in	in	RCB	RCB											4	4	2	0
Finney, B.	sub	sub	sub	sub	sub	sub											6	0	0	0
Flowers, T.	cb	cb	RCB	RCB	cb	cb											6	2	0	0
Ford, P.	NT	NT	NT	NT	NT	NT											6	6	0	0
Fuller, K.	sus	sus	in	in	in	in											0	0	4	0
Green, R.	de	in	ir	ir	ir	ir											1	0	1	0
Griffin, Shaquem	ps	ps	lb	lb	lb	lb											4	0	0	0
Griffin, Shaquill	LCB	LCB	LCB	LCB	LCB	LCB											6	6	0	0
Hart, P.	wr	dnp	wr	wr	sub	in											4	0	0	2
Heslop, G.	ps	ps	ps	dnp	ps	ps											0	0	0	1
Hill, L.	s	s	in	in	in	ir											2	0	3	0
Hollister, J.	te	te	te	te	te	te											6	0	0	0
Homer, T.	rb	rb	rb	rb	rb	rb											6	0	0	0
Hyde, C.	rb	rb	rb	in	in	rb											4	0	2	0
Irvin, B.	OLB	OLB	ir	ir	ir	ir											2	2	0	0
Iupati, M.	LG	LG	LG	LG	in	in											4	4	2	0
Jones, J.	in	t	g	g	sub	g											5	0	1	0
Lewis, D.	RG	RG	RG	RG	RG	RG											6	6	0	0
Lockett, T.	WR	WR	WR	WR	WR	WR											6	6	0	0
Mayowa, B.	LEO	LEO	LEO	LEO	LEO	LEO											6	6	0	0
Metcalfe, D.	WR	WR	WR	WR	WR	WR											6	6	0	0
Mone, B.	dt	dt	dt	dt	dt	dt											6	0	0	0
Moore, Dam.	de	de	de	de	de	de											6	0	0	0
Moore, Dav.	WR	wr	WR	WR	wr	wr											6	3	0	0
Myers, J.	k	k	k	k	k	k											6	0	0	0
Neal, R.	ps	ps	s	SS	SS	SS											4	3	0	0
Ogbuehi, C.	in	in	in	t	dnp	dnp											1	0	3	2
Olsen, G.	TE	TE	te	TE	TE	TE											6	5	0	0
Ott, T.	ls	ls	ls	ls	ls	ls											6	0	0	0
Pocic, E.	C	C	C	C	C	C											6	6	0	0
Randall, D.				s	s	s											3	0	0	0
Reed, J.	DT	DT	DT	DT	DT	DT											6	6	0	0
Robinson, A.	in	in	dt	dt	dt	dt											4	0	2	0
Rush, A.	ps	dt	dt	dt	dt	in											4	0	1	0
Shell, B.	RT	RT	RT	RT	RT	RT											6	6	0	0
Simmons, J.	g	g	g	g	LG	LG											6	2	0	0
Smith, G.	dnp	dnp	dnp	dnp	dnp	dnp											0	0	0	6
Stephens, L.	ps	ps	sub	cb	sub	cb											4	0	0	0
Swain, F.	wr	wr	wr	wr	wr	wr											6	0	0	0
Thorpe, N.	sub	cb	in	in	ir	ir											2	0	2	0
Wagner, B.	MLB	MLB	MLB	MLB	MLB	MLB											6	6	0	0
Walker, D.	in	in	lb														1	0	2	0
Wheeler, C.	dnp	ps	ps	ps	ps	ps											0	0	0	1
Willson, L.	te	sub	in	te	sub	in											4	0	2	0
Wilson, R.	QB	QB	QB	QB	QB	QB											6	6	0	0
Wright, K.	OLB	OLB	OLB	OLB	OLB	OLB											6	6	0	0

CAPS - starter; lower case - substitute at position; sub - special teams only; dnp - did not play; in - inactive; ps - practice squad; ir - injured reserve; nfi - non-football injury; sus - suspended, pup - physically unable to perform, exp - exempt



How Built

Year	By Draft	Trade/Waivers/Practice Squad	Free Agents	By Experience	
2020	LB Jordyn Brooks (1)	S Jamal Adams (T)	DE Jonathan Bullard	TE	Greg Olsen 14
	G Damien Lewis (3)	CB Quinton Dunbar (T)	C B.J. Finney (UFA)	T	Duane Brown 13
	RB DeeJay Dallas (4b)		RB Carlos Hyde	G	Mike Iupati 11
	DE Alton Robinson (5)		DE Benson Mayowa (UFA)	FB	Nick Bellore 10
	WR Freddie Swain (6)		DE Damontre Moore	LB	K.J. Wright 10
			T Cedric Ogbuehi (UFA)	LB	Bobby Wagner 9
			TE Greg Olsen	QB	Russell Wilson 9
			S Damarious Randall	DE	Benson Mayowa 8
			DT Anthony Rush	DE	Damontre Moore 8
			T Brandon Shell	QB	Geno Smith 8
				TE	Luke Willson 8
				RB	Carlos Hyde 7
				S	Quandre Diggs 6
				CB	Quinton Dunbar 6
				WR	Tyler Lockett 6
				K	Jason Myers 6
				T	Cedric Ogbuehi 6
				LS	Tyler Ott 6
				S	Damarious Randall 6
				DE	Jonathan Bullard 5
				C	B.J. Finney 5
				DT	Jarran Reed 5
				T	Brandon Shell 5
				S	Jamal Adams 4
				RB	Chris Carson 4
				C/G	Kyle Fuller 4
				CB	Shaquill Griffin 4
				TE	Jacob Hollister 4
				WR	David Moore 4
				C	Ethan Pocic 4
				G	Jordan Simmons 4
				P	Michael Dickson 3
				TE	Will Dissly 3
				CB	Tre Flowers 3
				DT	Poona Ford 3
				LB	Shaquem Griffin 3
				T	Jamarco Jones 3
				CB	Linden Stephens 3
				S	Ugo Amadi 2
				LB	Cody Barton 2
				LB	Ben Burr-Kirven 2
				DE	L.J. Collier 2
				WR	Penny Hart 2
				RB	Travis Homer 2
				WR	DK Metcalf 2
				DT	Bryan Mone 2
				CB	Ryan Neal 2
				DT	Anthony Rush 2
				LB	Jordyn Brooks R
				RB	DeeJay Dallas R
				G	Damien Lewis R
				DE	Alton Robinson R
				WR	Freddie Swain R

2020 Seattle Seahawks Alphabetical Roster (Updated 10/21/20)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
33	Adams, Jamal	SS	6-1	213	10/17/1995	25	4	Louisiana State	Lewisville, Texas	T(NYJ)-'20
28	Amadi, Ugo	FS	5-9	201	5/16/1997	23	2	Oregon	Nashville, Tenn.	D4(c)-'19
57	Barton, Cody	LB	6-2	237	11/13/1996	23	2	Utah	Salt Lake City, Utah	D3-'19
44	Bellore, Nick	FB	6-1	250	5/12/1989	31	10	Central Michigan	St. Paul, Minn.	FA-'19
56	Brooks, Jordyn	LB	6-0	240	10/21/1997	23	R	Texas Tech	Houston, Texas	D1-'20
76	Brown, Duane	T	6-4	315	8/30/1985	35	13	Virginia Tech	Richmond, Va.	T(Hou)-'17
93	Bullard, Jonathan	DE	6-3	296	10/22/1993	26	5	Florida	Shelby, N.C.	PS(Ari)'20
55	Burr-Kirven, Ben	LB	6-0	230	9/8/1997	23	2	Washington	Menlo Park, Calif.	D5-'19
32	Carson, Chris	RB	5-11	222	9/16/1994	26	4	Oklahoma State	Lilburn, Ga.	D7(b)-'17
91	Collier, L.J.	DE	6-3	291	9/12/1995	25	2	TCU	Munday, Texas	D1-'19
31	Dallas, DeeJay	RB	5-10	214	9/16/1998	22	R	Miami	Brunswick, Ga.	D4(b)-'20
4	Dickson, Michael	P	6-2	208	1/4/1996	24	3	Texas	Sydney, Australia	D5(c)-'18
37	Diggs, Quandre	FS	5-9	197	1/22/1993	27	6	Texas	Houston, Texas	T(Det)-'19
89	Dissly, Will	TE	6-4	265	7/8/1996	24	3	Washington	Bozeman, Mont.	D4-'18
22	Dunbar, Quinton	CB	6-2	202	7/22/1992	28	6	Florida	Miami, Fla.	T(Was)-'20
67	Finney, B.J.	C/G	6-4	318	10/26/1991	28	5	Kansas State	Wichita, Kan.	UFA(Pit)-'20
21	Flowers, Tre	CB	6-3	203	6/2/1995	25	3	Oklahoma State	Converse, Texas	D5(b)-'18
97	Ford, Poona	DT	5-11	310	11/19/1995	24	3	Texas	Hilton Head, S.C.	FA-'18
61	Fuller, Kyle	C/G	6-5	320	3/4/1994	26	4	Baylor	Duncanville, Texas	FA-'19
49	Griffin, Shaquem	LB	6-0	227	7/20/1995	25	3	Central Florida	St. Petersburg, Fla.	D5(a)-'18
26	Griffin, Shaquill	CB	6-0	198	7/20/1995	25	4	Central Florida	St. Petersburg, Fla.	D3(a)-'17
19	Hart, Penny	WR	5-8	180	7/5/1996	24	2	Georgia State	Roswell, Ga.	FA-'19
86	Hollister, Jacob	TE	6-4	245	11/18/1993	26	4	Wyoming	Beaverton, Ore.	T(NE)-'19
25	Homer, Travis	RB	5-10	202	8/7/1998	22	2	Miami	West Palm Beach, Fla.	D6(a)-'19
30	Hyde, Carlos	RB	6-0	229	9/20/1990	30	7	Ohio State	Cincinnati, Ohio	FA-'20
70	Iupati, Mike	G	6-5	331	5/12/1987	33	11	Idaho	Vaitogi, American Samoa	UFA (Ari)-'19
73	Jones, Jamarco	T	6-4	293	6/4/1996	24	3	Ohio State	Chicago, Ill.	D5(d)-'18
68	Lewis, Damien	G	6-2	327	3/21/1997	23	R	Louisiana State	Canton, Miss.	D3-'20
16	Lockett, Tyler	WR	5-10	182	9/28/1992	28	6	Kansas State	Tulsa, Okla.	D3-'15
95	Mayowa, Benson	DE	6-3	252	8/3/1991	29	8	Idaho	Los Angeles, Calif.	UFA(Las)-'20
14	Metcalfe, DK	WR	6-4	229	12/14/1997	22	2	Mississippi	Oxford, Miss.	D2(b)-'19
92	Mone, Bryan	DT	6-3	345	10/20/1995	25	2	Michigan	Salt Lake City, Utah	FA-'19
99	Moore, Damontre	DE	6-4	260	9/11/1992	28	8	Texas A&M	DeSoto, Texas	FA-'20
83	Moore, David	WR	6-0	215	1/15/1995	25	4	East Central (Okla.)	Gainesville, Texas	D7(a)-'17
5	Myers, Jason	K	5-10	190	5/12/1991	29	6	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
35	Neal, Ryan	CB	6-3	200	12/24/1995	24	3	Southern Illinois	Hammond, Ind.	FA-'19
74	Ogbuehi, Cedric	T	6-5	308	4/25/1992	28	6	Texas A&M	Allen, Texas	UFA(Jac)-'20
88	Olsen, Greg	TE	6-5	255	3/11/1985	35	14	Miami	Wayne, N.J.	FA-'20
69	Ott, Tyler	LS	6-3	253	2/28/1992	28	6	Harvard	Tulsa, Okla.	FA-'16
77	Pocic, Ethan	C/G	6-6	320	8/5/1995	25	4	Louisiana State	Lemont, Ill.	D2(b)-'17
36	Randall, Damarious	FS	5-11	196	8/29/1992	28	6	Arizona State	Pensacola, Fla.	FA-'20
90	Reed, Jarran	DT	6-3	306	12/16/1992	27	5	Alabama	Goldsboro, N.C.	D2-'16
98	Robinson, Alton	DE	6-3	259	6/2/1998	22	R	Syracuse	Converse, Texas	D5-'20
63	Rush, Anthony	DT	6-5	350	9/1/1996	24	2	Alabama-Birmingham	Raleigh, N.C.	FA-'20
72	Shell, Brandon	T	6-5	324	2/6/1992	28	5	South Carolina	Goose Creek, S.C.	UFA(NYJ)-'20
66	Simmons, Jordan	G	6-4	339	7/15/1994	25	4	USC	Inglewood, Calif.	W(Las)-'18
7	Smith, Geno	QB	6-3	221	10/10/1990	29	8	West Virginia	Miramar, Fla.	FA-'19
34	Stephens, Linden	CB	6-0	193	3/21/1995	25	3	Cincinnati	Euclid, Ohio	W(Mia)-'20
18	Swain, Freddie	WR	6-0	199	8/4/1998	22	R	Florida	Ocala, Fla.	D6-'20
54	Wagner, Bobby	LB	6-0	242	6/27/1990	30	9	Utah State	Ontario, Calif.	D2-'12
82	Willson, Luke	TE	6-5	254	1/15/1990	30	8	Rice	LaSalle, Ontario	D5(c)-'13
3	Wilson, Russell	QB	5-11	215	11/29/1988	31	9	Wisconsin	Richmond, Va.	D3-'12
50	Wright, K.J.	LB	6-4	246	7/23/1989	31	10	Mississippi State	Olive Branch, Miss.	D4(a)-'11

Head Coach: Pete Carroll, Ken Norton, Jr. (Defensive Coordinator), Brian Schottenheimer (Offensive Coordinator), Dave Canales (Offensive Passing Game Coordinator), Brennan Carroll (Run Game Coordinator), Nate Carroll (WRs), Aaron Curry (Defensive Asst./LBs), Andre Curtis (Defensive Passing Game Coordinator), Austin Davis (QB), Tom Donatell (Quality Control/Def.), Thomas Garcia (Strength & Cond. Asst.), John Glenn (LBs), Clint Hurtt (Asst. Head Coach/DL), Brad Idzik (Asst. WRs), Larry Izzo (Asst. Special Teams), Kerry Joseph (Offensive Asst./RBs), Keli'i Kekuwa (Offensive Asst.), Sanjay Lal (Sr. Offensive Asst.), Damione Lewis (Defensive Asst./DL), Ivan Lewis (Head Strength & Conditioning), Pat McPherson (TEs), Chad Morton (Running Backs), Mark Philipp (Strength & Cond. Asst.), Mike Solari (Offensive Line), Nick Sorensen (Secondary & Nickel Specialist), Grant Steen (Strength & Conditioning Asst.), Danny van Dijk (Strength & Conditioning Asst.), Jamie Yancher (Strength & Cond. Asst.).

2020 Seattle Seahawks Numerical Roster (updated 10/21/20)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
3	Russell Wilson	QB	5-11	215	11/29/1988	31	9	Wisconsin	Richmond, Va.	D3-'12
4	Michael Dickson	P	6-2	208	1/4/1996	24	3	Texas	Sydney, Australia	D5(c)-'18
5	Jason Myers	K	5-10	190	5/12/1991	29	6	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
7	Geno Smith	QB	6-3	221	10/10/1990	29	8	West Virginia	Miramar, Fla.	FA-'19
14	DK Metcalf	WR	6-4	229	12/14/1997	22	2	Mississippi	Oxford, Miss.	D2(b)-'19
16	Tyler Lockett	WR	5-10	182	9/28/1992	28	6	Kansas State	Tulsa, Okla.	D3-'15
18	Freddie Swain	WR	6-0	199	8/4/1998	22	R	Florida	Ocala, Fla.	D6-'20
19	Penny Hart	WR	5-8	180	7/5/1996	24	2	Georgia State	Roswell, Ga.	FA-'19
21	Tre Flowers	CB	6-3	203	6/2/1995	25	3	Oklahoma State	Converse, Texas	D5(b)-'18
22	Quinton Dunbar	CB	6-2	202	7/22/1992	28	6	Florida	Miami, Fla.	T(Was)-'20
25	Travis Homer	RB	5-10	202	8/7/1998	22	2	Miami	West Palm Beach, Fla.	D6(a)-'19
26	Shaquill Griffin	CB	6-0	198	7/20/1995	25	4	Central Florida	St. Petersburg, Fla.	D3(a)-'17
28	Ugo Amadi	FS	5-9	201	5/16/1997	23	2	Oregon	Nashville, Tenn.	D4(c)-'19
30	Carlos Hyde	RB	6-0	229	9/20/1990	30	7	Ohio State	Cincinnati, Ohio	FA-'20
31	DeeJay Dallas	RB	5-10	214	9/16/1998	22	R	Miami	Brunswick, Ga.	D4(b)-'20
32	Chris Carson	RB	5-11	222	9/16/1994	26	4	Oklahoma State	Lilburn, Ga.	D7(b)-'17
33	Jamal Adams	SS	6-1	213	10/17/1995	25	4	Louisiana State	Lewisville, Texas	T(NYJ)-'20
34	Linden Stephens	CB	6-0	193	3/21/1995	25	3	Cincinnati	Euclid, Ohio	W(Mia)-'20
35	Ryan Neal	CB	6-3	200	12/24/1995	24	3	Southern Illinois	Hammond, Ind.	FA-'19
36	Damarious Randall	FS	5-11	196	8/29/1992	28	6	Arizona State	Pensacola, Fla.	FA-'20
37	Quandre Diggs	FS	5-9	197	1/22/1993	27	6	Texas	Houston, Texas	T(Det)-'19
44	Nick Bellore	FB	6-1	250	5/12/1989	31	10	Central Michigan	St. Paul, Minn.	FA-'19
49	Shaquem Griffin	LB	6-0	227	7/20/1995	25	3	Central Florida	St. Petersburg, Fla.	D5(a)-'18
50	K.J. Wright	LB	6-4	246	7/23/1989	31	10	Mississippi State	Olive Branch, Miss.	D4(a)-'11
54	Bobby Wagner	LB	6-0	242	6/27/1990	30	9	Utah State	Ontario, Calif.	D2-'12
55	Ben Burr-Kirven	LB	6-0	230	9/8/1997	23	2	Washington	Menlo Park, Calif.	D5-'19
56	Jordyn Brooks	LB	6-0	240	10/21/1997	23	R	Texas Tech	Houston, Texas	D1-'20
57	Cody Barton	LB	6-2	237	11/13/1996	23	2	Utah	Salt Lake City, Utah	D3-'19
61	Kyle Fuller	C/G	6-5	320	3/4/1994	26	4	Baylor	Duncanville, Texas	FA-'19
63	Anthony Rush	DT	6-5	350	9/1/1996	24	2	Alabama-Birmingham	Raleigh, N.C.	FA-'20
66	Jordan Simmons	G	6-4	339	7/15/1994	25	4	USC	Inglewood, Calif.	W(Las)-'18
67	B.J. Finney	C/G	6-4	318	10/26/1991	28	5	Kansas State	Wichita, Kan.	UFA(Pit)-'20
68	Damien Lewis	G	6-2	327	3/21/1997	23	R	Louisiana State	Canton, Miss.	D3-'20
69	Tyler Ott	LS	6-3	253	2/28/1992	28	6	Harvard	Tulsa, Okla.	FA-'16
70	Mike Iupati	G	6-5	331	5/12/1987	33	11	Idaho	Vaitogi, American Samoa	UFA (Ari)-'19
72	Brandon Shell	T	6-5	324	2/6/1992	28	5	South Carolina	Goose Creek, S.C.	UFA(NYJ)-'20
73	Jamarco Jones	T	6-4	293	6/4/1996	24	3	Ohio State	Chicago, Ill.	D5(d)-'18
74	Cedric Ogbuehi	T	6-5	308	4/25/1992	28	6	Texas A&M	Allen, Texas	UFA(Jac)-'20
76	Duane Brown	T	6-4	315	8/30/1985	35	13	Virginia Tech	Richmond, Va.	T(Hou)-'17
77	Ethan Pocic	C/G	6-6	320	8/5/1995	25	4	Louisiana State	Lemont, Ill.	D2(b)-'17
82	Luke Willson	TE	6-5	254	1/15/1990	30	8	Rice	LaSalle, Ontario	D5(c)-'13
83	David Moore	WR	6-0	215	1/15/1995	25	4	East Central (Okla.)	Gainesville, Texas	D7(a)-'17
86	Jacob Hollister	TE	6-4	245	11/18/1993	26	4	Wyoming	Beaverton, Ore.	T(NE)-'19
88	Greg Olsen	TE	6-5	255	3/11/1985	35	14	Miami	Wayne, N.J.	FA-'20
89	Will Dissly	TE	6-4	265	7/8/1996	24	3	Washington	Bozeman, Mont.	D4-'18
90	Jarran Reed	DT	6-3	306	12/16/1992	27	5	Alabama	Goldsboro, N.C.	D2-'16
91	L.J. Collier	DE	6-3	291	9/12/1995	25	2	TCU	Munday, Texas	D1-'19
92	Bryan Mone	DT	6-3	345	10/20/1995	25	2	Michigan	Salt Lake City, Utah	FA-'19
93	Jonathan Bullard	DE	6-3	296	10/22/1993	26	5	Florida	Shelby, N.C.	PS(Ari)-'20
95	Benson Mayowa	DE	6-3	252	8/3/1991	29	8	Idaho	Los Angeles, Calif.	UFA(Las)-'20
97	Poona Ford	DT	5-11	310	11/19/1995	24	3	Texas	Hilton Head, S.C.	FA-'18
98	Alton Robinson	DE	6-3	259	6/2/1998	22	R	Syracuse	Converse, Texas	D5-'20
99	Damontre Moore	DE	6-4	260	9/11/1992	28	8	Texas A&M	DeSoto, Texas	FA-'20
Injured Reserve										
11	Phillip Dorsett II	WR	5-10	192	1/5/1993	27	6	Miami	Ft. Lauderdale, Fla.	UFA(NE)-'20
23	Neiko Thorpe	CB	6-2	210	2/11/1990	30	8	Auburn	Tucker, Ga.	FA-'16
27	Marquise Blair	FS	6-1	196	7/18/1997	23	2	Utah	Wooster, Ohio	D2(a)-'19
42	Lano Hill	SS	6-1	216	11/26/1995	24	4	Michigan	Detroit, Mich.	D3(b)-'17
51	Bruce Irvin	LB	6-3	258	11/1/1987	32	9	West Virginia	Atlanta, Ga.	D1-'12
60	Phil Haynes	G	6-4	322	10/19/1995	25	2	Wake Forest	Raleigh, N.C.	D4(b)-'19
94	Rasheem Green	DE	6-4	279	5/15/1997	23	3	USC	Los Angeles, Calif.	D3-'18
	Patrick Carr	RB	5-8	207	9/22/1995	24	R	Houston	The Woodlands, Texas	FA-'20
	Branden Jackson	DE	6-4	295	11/11/1992	27	5	Texas Tech	McKeesport, Pa.	FA-'17
Reserve/Opt-Out										
65	Chance Warmack	G	6-2	323	9/14/1991	29	7	Alabama	Atlanta, Ga.	FA-'20
Reserve/Physically Unable to Perform										
20	Rashaad Penny	RB	5-11	220	2/2/1996	24	3	San Diego State	Norwalk, Calif.	D1-'18
Reserve/Suspended										
10	Josh Gordon	WR	6-3	225	4/13/1991	29	7	Baylor	Houston, Texas	W(NE)-'19
Reserve/Non-Football Injury										
29	D.J. Reed	CB	5-9	193	11/11/1996	23	3	Kansas State	Bakersfield, Calif.	W(SF)-'20
58	Darrell Taylor	DE	6-4	267	3/24/1997	23	R	Tennessee	Hopewell, Va.	D2-'20
84	Colby Parkinson	TE	6-7	251	1/7/1999	21	R	Stanford	Simi Valley, Calif.	D4(a)-'20
Practice Squad										
2	Danny Eting	QB	6-3	220	7/22/1994	26	3	Louisiana State	Terre Haute, Ind.	W(Atl)-'20
15	John Ursua	WR	5-9	182	1/17/1994	26	2	Hawaii	Kailua-Kona, Hawaii	D7-'19
17	Aaron Fuller	WR	5-11	188	9/30/1997	23	R	Washington	McKinney, Texas	FA-'20
38	Gavin Heslop	CB	6-0	197	11/13/1997	22	R	Stony Brook	Yonkers, N.Y.	FA-'20
39	Jayson Stanley	CB	6-2	209	4/24/1997	23	2	Georgia	Fairburn, Ga.	W(Jac)-'20
40	DeMarkus Acy	CB	6-0	191	4/29/1998	22	R	Missouri	Dallas, Texas	FA-'20
46	Michael Divinity	LB	6-2	238	5/13/1997	23	R	Louisiana State	Marrero, La.	FA-'20
48	Stephen Sullivan	TE/DE	6-5	245	11/28/1996	23	R	Louisiana State	Donaldsonville, La.	D7-'20
52	Ray-Ray Armstrong	LB	6-3	227	3/5/1991	29	8	Miami	Sanford, Fla.	FA-'20
53	Mychal Kendricks	LB	5-11	240	9/28/1990	30	9	California	Fresno, Calif.	FA-'18
59	Damon Harrison	DT	6-3	350	11/29/1988	31	9	William Penn	Westlake, La.	FA-'20
75	Cedrick Lattimore	DT	6-3	300	2/6/1998	22	R	Iowa	Redford, Mich.	FA-'20
75	Chad Wheeler	T	6-7	318	1/19/1994	26	4	USC	Santa Monica, Calif.	FA-'19
79	Tommy Champion	T	6-5	320	3/4/1997	23	R	Mississippi State	Jackson, Miss.	FA-'20
81	Cody Thompson	WR	6-2	205	1/11/1996	24	2	Toledo	Huron, Ohio	FA-'19
85	Tyler Mabry	TE	6-3	247	11/21/1996	23	R	Maryland	Ypsilanti, Mich.	FA-'20

2020 Seattle Seahawks Positional Roster (updated 10/21/20)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
21	Tre Flowers	CB	6-3	203	6/2/1995	25	3	Oklahoma State	Converse, Texas	D5(b)-'18
22	Quinton Dunbar	CB	6-2	202	7/22/1992	28	6	Florida	Miami, Fla.	T(Was)-'20
26	Shaquill Griffin	CB	6-0	198	7/20/1995	25	4	Central Florida	St. Petersburg, Fla.	D3(a)-'17
34	Linden Stephens	CB	6-0	193	3/21/1995	25	3	Cincinnati	Euclid, Ohio	W(Mia)-'20
35	Ryan Neal	CB	6-3	200	12/24/1995	24	3	Southern Illinois	Hammond, Ind.	FA-'19
28	Ugo Amadi	FS	5-9	201	5/16/1997	23	2	Oregon	Nashville, Tenn.	D4(c)-'19
33	Jamal Adams	SS	6-1	213	10/17/1995	25	4	Louisiana State	Lewisville, Texas	T(NYJ)-'20
36	Damarious Randall	FS	5-11	196	8/29/1992	28	6	Arizona State	Pensacola, Fla.	FA-'20
37	Quandre Diggs	FS	5-9	197	1/22/1993	27	6	Texas	Houston, Texas	T(Det)-'19
91	L.J. Collier	DE	6-3	291	9/12/1995	25	2	TCU	Munday, Texas	D1-'19
93	Jonathan Bullard	DE	6-3	296	10/22/1993	26	5	Florida	Shelby, N.C.	PS(Ari)'20
95	Benson Mayowa	DE	6-3	252	8/3/1991	29	8	Idaho	Los Angeles, Calif.	UFA(Las)-'20
98	Alton Robinson	DE	6-3	259	6/2/1998	22	R	Syracuse	Converse, Texas	D5-'20
99	Damontre Moore	DE	6-4	260	9/11/1992	28	8	Texas A&M	DeSoto, Texas	FA-'20
63	Anthony Rush	DT	6-5	350	9/1/1996	24	2	Alabama-Birmingham	Raleigh, N.C.	FA-'20
90	Jarran Reed	DT	6-3	306	12/16/1992	27	5	Alabama	Goldsboro, N.C.	D2-'16
92	Bryan Mone	DT	6-3	345	10/20/1995	25	2	Michigan	Salt Lake City, Utah	FA-'19
97	Poona Ford	DT	5-11	310	11/19/1995	24	3	Texas	Hilton Head, S.C.	FA-'18
49	Shaquem Griffin	LB	6-0	227	7/20/1995	25	3	Central Florida	St. Petersburg, Fla.	D5(a)-'18
50	K.J. Wright	LB	6-4	246	7/23/1989	31	10	Mississippi State	Olive Branch, Miss.	D4(a)-'11
54	Bobby Wagner	LB	6-0	242	6/27/1990	30	9	Utah State	Ontario, Calif.	D2-'12
55	Ben Burr-Kirven	LB	6-0	230	9/8/1997	23	2	Washington	Menlo Park, Calif.	D5-'19
56	Jordyn Brooks	LB	6-0	240	10/21/1997	23	R	Texas Tech	Houston, Texas	D1-'20
57	Cody Barton	LB	6-2	237	11/13/1996	23	2	Utah	Salt Lake City, Utah	D3-'19
25	Travis Homer	RB	5-10	202	8/7/1998	22	2	Miami	West Palm Beach, Fla.	D6(a)-'19
30	Carlos Hyde	RB	6-0	229	9/20/1990	30	7	Ohio State	Cincinnati, Ohio	FA-'20
31	DeeJay Dallas	RB	5-10	214	9/16/1998	22	R	Miami	Brunswick, Ga.	D4(b)-'20
32	Chris Carson	RB	5-11	222	9/16/1994	26	4	Oklahoma State	Lilburn, Ga.	D7(b)-'17
44	Nick Bellore	FB	6-1	250	5/12/1989	31	10	Central Michigan	St. Paul, Minn.	FA-'19
3	Russell Wilson	QB	5-11	215	11/29/1988	31	9	Wisconsin	Richmond, Va.	D3-'12
7	Geno Smith	QB	6-3	221	10/10/1990	29	8	West Virginia	Miramar, Fla.	FA-'19
61	Kyle Fuller	C/G	6-5	320	3/4/1994	26	4	Baylor	Duncanville, Texas	FA-'19
66	Jordan Simmons	G	6-4	339	7/15/1994	25	4	USC	Inglewood, Calif.	W(Las)-'18
67	B.J. Finney	C/G	6-4	318	10/26/1991	28	5	Kansas State	Wichita, Kan.	UFA(Pit)-'20
68	Damien Lewis	G	6-2	327	3/21/1997	23	R	Louisiana State	Canton, Miss.	D3-'20
70	Mike Iupati	G	6-5	331	5/12/1987	33	11	Idaho	Vaitogi, American Samoa	UFA (Ari)-'19
77	Ethan Pocic	C/G	6-6	320	8/5/1995	25	4	Louisiana State	Lemont, Ill.	D2(b)-'17
72	Brandon Shell	T	6-5	324	2/6/1992	28	5	South Carolina	Goose Creek, S.C.	UFA(NYJ)-'20
73	Jamarco Jones	T	6-4	293	6/4/1996	24	3	Ohio State	Chicago, Ill.	D5(d)-'18
74	Cedric Ogbuehi	T	6-5	308	4/25/1992	28	6	Texas A&M	Allen, Texas	UFA(Jac)-'20
76	Duane Brown	T	6-4	315	8/30/1985	35	13	Virginia Tech	Richmond, Va.	T(Hou)-'17
82	Luke Willson	TE	6-5	254	1/15/1990	29	8	Rice	LaSalle, Ontario	D5(c)-'13
86	Jacob Hollister	TE	6-4	245	11/18/1993	26	4	Wyoming	Beaverton, Ore.	T(NE)-'19
88	Greg Olsen	TE	6-5	255	3/11/1985	35	14	Miami	Wayne, N.J.	FA-'20
89	Will Dissly	TE	6-4	265	7/8/1996	24	3	Washington	Bozeman, Mont.	D4-'18
14	DK Metcalf	WR	6-4	229	12/14/1997	22	2	Mississippi	Oxford, Miss.	D2(b)-'19
16	Tyler Lockett	WR	5-10	182	9/28/1992	28	6	Kansas State	Tulsa, Okla.	D3-'15
18	Freddie Swain	WR	6-0	199	8/4/1998	22	R	Florida	Ocala, Fla.	D6-'20
19	Penny Hart	WR	5-8	180	7/5/1996	24	2	Georgia State	Roswell, Ga.	FA-'19
83	David Moore	WR	6-0	215	1/15/1995	25	4	East Central (Okla.)	Gainesville, Texas	D7(a)-'17
4	Michael Dickson	P	6-2	208	1/4/1996	24	3	Texas	Sydney, Australia	D5(c)-'18
5	Jason Myers	K	5-10	190	5/12/1991	29	6	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
69	Tyler Ott	LS	6-3	253	2/28/1992	28	6	Harvard	Tulsa, Okla.	FA-'16



Unofficial Depth Chart & Pronunciation Guide

OFFENSE

WR	14	DK Metcalf	83	David Moore	19	Penny Hart
LT	76	Duane Brown	74	Cedric Ogbuehi	73	Jamarco Jones
LG	70	Mike Iupati	66	Jordan Simmons		
C	77	Ethan Pocic	67	B.J. Finney	61	Kyle Fuller
RG	68	<u>Damien Lewis</u>	73	Jamarco Jones		
RT	72	Brandon Shell	74	Cedric Ogbuehi		
TE	88	Greg Olsen	89	Will Dissly	86	Jacob Hollister
					82	Luke Willson
WR	16	Tyler Lockett	18	<u>Freddie Swain</u>		
QB	3	Russell Wilson	7	Geno Smith		
FB	44	Nick Bellore				
RB	32	Chris Carson	30	Carlos Hyde	25	Travis Homer
					31	<u>DeeJay Dallas</u>

DEFENSE

DE	91	L.J. Collier	93	Jonathan Bullard		
DT	90	Jarran Reed	92	Bryan Mone		
NT	97	Poona Ford	63	Anthony Rush		
LEO	95	Benson Mayowa	98	<u>Alton Robinson</u>	99	Damontre Moore
OLB	56	<u>Jordyn Brooks</u>	57	Cody Barton	49	Shaquem Griffin
MLB	54	Bobby Wagner	57	Cody Barton		
OLB	50	K.J. Wright	56	<u>Jordyn Brooks</u>	55	Ben Burr-Kirven
LCB	26	Shaquill Griffin	35	Ryan Neal		
RCB	22	Quinton Dunbar	21	Tre Flowers	34	Linden Stephens
SS	33	Jamal Adams	35	Ryan Neal	36	Damarius Randall
FS	37	Quandre Diggs	28	Ugo Amadi		

SPECIALISTS

K	5	Jason Myers				
P	4	Michael Dickson				
H	4	Michael Dickson				
PR	83	David Moore	16	Tyler Lockett	28	Ugo Amadi
KR	25	Travis Homer	16	Tyler Lockett		
LS	69	Tyler Ott				

() injured; Underline Rookie

PRONUNCIATION GUIDE

Ugo Amadi... ooh-go uh-MAH-dee	Cedric Ogbuehi... ah-BWAY-hee
Phillip Dorsett II... dor-SET	Ethan Pocic... POE-sick
Shaquem Griffin... shuh-KEEM	Jarran Reed... JARE-in
Mike Iupati... yoo-PAH-tee	
Benson Mayowa... may-OH-wuh	
Bryan Mone... mo-NAY	

GAME SUMMARIES



38

WEEK 1

Seattle Seahawks 38, Atlanta Falcons 25

0 Mercedes-Benz Stadium Sep 13, 2020



25

Seattle Seahawks	14	0	14	10	—	38
Atlanta Falcons	3	9	0	13	—	25

Scoring Drives

TEAM	QTR	TIME	SCORING PLAY	SEA	ATL
Falcons	1	11:11	Y.Koo 49 yd. Field Goal (9-44, 3:54)	0	3
Seahawks	1	04:43	C.Carson 3 yd. pass from R.Wilson (J.Myers kick) (11-77, 6:23)	7	3
Seahawks	1	00:53	C.Carson 19 yd. pass from R.Wilson (J.Myers kick) (3-60, 1:17)	14	3
Falcons	2	11:25	T.Gurley 1 yd. run (kick failed, wr) (9-75, 4:28)	14	9
Falcons	2	00:00	Y.Koo 49 yd. Field Goal (11-60, 1:37)	14	12
Seahawks	3	09:42	D.Metcalf 38 yd. pass from R.Wilson (J.Myers kick) (10-75, 5:19)	21	12
Seahawks	3	05:05	G.Olsen 7 yd. pass from R.Wilson (J.Myers kick) (5-36, 2:48)	28	12
Seahawks	4	11:19	J.Myers 42 yd. Field Goal (8-57, 4:50)	31	12
Falcons	4	09:35	C.Ridley 18 yd. pass from M.Ryan (pass failed) (5-75, 1:44)	31	18
Seahawks	4	03:45	C.Hyde 1 yd. run (J.Myers kick) (7-65, 2:30)	38	18
Falcons	4	00:33	C.Ridley 7 yd. pass from M.Ryan (Y.Koo kick) (12-75, 3:12)	38	25

Seattle Seahawks

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Russell Wilson	35	31	322	3/23	4	38	0	143.1
Total	35	31	322	3/23	4	38	0	143.1

RUSHING	ATT	YDS	AVG	LG	TD
Russell Wilson	3	29	9.7	28	0
Carlos Hyde	7	23	3.3	9	1
Chris Carson	6	21	3.5	11	0
David Moore	1	12	12.0	12	0
Travis Homer	3	-1	-0.3	1	0
Total	20	84	4.2	28	1

RECEIVING	NO	YDS	AVG	LG	TD
Tyler Lockett	8	92	11.5	20	0
Chris Carson	6	45	7.5	19t	2
DK Metcalf	4	95	23.8	38t	1
Greg Olsen	4	24	6.0	9	1
David Moore	3	28	9.3	18	0
Will Dissly	2	8	4.0	5	0
Travis Homer	2	4	2.0	3	0
Freddie Swain	1	17	17.0	17	0
Jacob Hollister	1	9	9.0	9	0
Total	31	322	10.4	38t	4

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Jamal Adams	12	8	4	1.0	7.0	0
Bobby Wagner	7	2	5	0.0	0.0	0
Marquise Blair	7	4	3	0.0	0.0	0

FIELD GOALS	FGA/FGM	PERCENT	RESULTS
Jason Myers	1-1	100.0	(42)
Total	1-1	100.0	

Atlanta Falcons

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Matt Ryan	54	37	450	2/16	2	44	1	98.5
Total	54	37	450	2/16	2	44	1	98.5

RUSHING	ATT	YDS	AVG	LG	TD
Todd Gurley II	14	56	4.0	15	1
Brian Hill	3	12	4.0	10	0
Ito Smith	1	4	4.0	4	0
Sharrod Neasman	1	2	2.0	2	0
Calvin Ridley	1	-1	-1.0	-1	0
Matt Ryan	1	-1	-1.0	-1	0
Total	21	72	3.4	15	1

RECEIVING	NO	YDS	AVG	LG	TD
Julio Jones	9	157	17.4	44	0
Calvin Ridley	9	130	14.4	22	2
Russell Gage	9	114	12.7	24	0
Hayden Hurst	3	38	12.7	27	0
Ito Smith	3	2	0.7	2	0
Brian Hill	2	8	4.0	4	0
Todd Gurley II	2	1	0.5	1	0
Total	37	450	12.2	44	2

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Deion Jones	9	6	3	0.0	0.0	0
Isaiah Oliver	7	2	5	0.0	0.0	0
A.J. Terrell	6	5	1	0.0	0.0	0

FIELD GOALS	FGA/FGM	PERCENT	RESULTS
Younghoe Koo	2-2	100.0	(49, 49)
Total	2-2	100.0	

The Seattle Seahawks opened up the season with a road victory over the Atlanta Falcons by a score of 38-25. The Seahawks' first score of the game came on a 3-yard TD pass from Russell Wilson to Chris Carson, following a 49-yd field goal by Falcons' K Younghoe Koo on the opening drive of the game. Russell Wilson found Chris Carson yet again on a 19-yard TD pass on the Seahawks very next possession. The quick score capped off a quick three-play, 40-yard drive, bringing the score to 14-3 at the end of the first quarter. It took Atlanta just nine plays to find the end zone after a 1-yard TD run by Todd Gurley. After the missed PAT, the score sat at 14-9. Both teams went on to trade multiple three-and-outs heading late into the second quarter. Atlanta capitalized on two Seahawks defensive penalties to get into field goal range and scored on another field goal by Koo from 49 yards out. Russell Wilson would go on to pass for two more touchdowns to TE Greg Olsen and WR DK Metcalf to extend the lead in the third quarter. The Seahawks opened the fourth quarter with a 42-yard field goal by Jason Myers. The Seahawks and Falcons traded TDs later in the fourth for a 38-25 final. Wilson finished the game 31 of 35 for 322 yards and four TDs. His 88.6 completion percentage was the third-highest in NFL history (minimum 35 attempts).

Team Statistics

	Seahawks	Falcons
First Downs	22	28
3rd Down Eff. (Made/Att/Pct)	3/9/33%	7/14/50%
4th Down Eff. (Made/Att/Pct)	1/1/100%	0/4/0%
Total Net Yards	383	506
Total Plays	58	77
Yards Per Play	6.6	6.6
Rushes/Net Yards	20/84	21/72
Net Passing	299	434
Pass Attempts/Completions	35/31	54/37
Had Intercepted	0	1
Sacked/Yards Lost	3/23	2/16
Punts/Average	4/47.8	2/50.0
Penalties/Yards	6/46	6/72
Fumbles/Lost	1/0	1/1
Possession Time	30:36	29:24

GAME SUMMARIES



WEEK 2

New England Patriots 30, Seattle Seahawks 35
0 CenturyLink Field Sep 20, 2020



New England Patriots	7	7	3	13	—	30
Seattle Seahawks	7	7	14	7	—	35

Scoring Drives

TEAM	QTR	TIME	SCORING PLAY	NE	SEA
Patriots	1	13:39	D.McCourty 43 yd. interception return (N.Folk kick)	7	0
Seahawks	1	05:27	T.Lockett 4 yd. pass from R.Wilson (J.Myers kick) (13-75, 8:12)	7	7
Patriots	2	13:59	C.Newton 1 yd. run (N.Folk kick) (12-72, 6:28)	14	7
Seahawks	2	06:57	D.Metcalf 54 yd. pass from R.Wilson (J.Myers kick) (4-75, 1:51)	14	14
Patriots	3	10:12	N.Folk 25 yd. Field Goal (13-68, 4:48)	17	14
Seahawks	3	07:04	D.Moore 38 yd. pass from R.Wilson (J.Myers kick) (6-75, 3:08)	17	21
Seahawks	3	02:00	F.Swain 21 yd. pass from R.Wilson (J.Myers kick) (5-52, 2:30)	17	28
Patriots	4	14:14	J.Johnson 1 yd. pass from C.Newton (run failed) (6-77, 2:46)	23	28
Seahawks	4	04:32	C.Carson 18 yd. pass from R.Wilson (J.Myers kick) (9-65, 4:24)	23	35
Patriots	4	02:16	C.Newton 1 yd. run (N.Folk kick) (7-75, 2:16)	30	35

New England Patriots

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Cam Newton	44	30	397	1/0	1	49	1	94.6
Total	44	30	397	1/0	1	49	1	94.6

RUSHING	ATT	YDS	AVG	LG	TD
Cam Newton	11	47	4.3	13	2
Sony Michel	7	19	2.7	5	0
Rex Burkhead	6	2	0.3	3	0
J.J. Taylor	1	-1	-1.0	-1	0
Total	25	67	2.7	13	2

RECEIVING	NO	YDS	AVG	LG	TD
Julian Edelman	8	179	22.4	49	0
N'Keal Harry	8	72	9.0	17	0
Damiere Byrd	6	72	12.0	20	0
Rex Burkhead	4	47	11.8	19	0
Ryan Izzo	2	19	9.5	16	0
Jakobi Meyers	1	7	7.0	7	0
Jakob Johnson	1	1	1.0	1t	1
Total	30	397	13.2	49	1

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
John Simon	8	5	3	0.0	0.0	0
Jonathan Jones	7	7	0	0.0	0.0	0
Adrian Phillips	6	3	3	0.0	0.0	0

FIELD GOALS	FGA/FGM	PERCENT	RESULTS
Nick Folk	2-1	50.0	51WL (25)
Total	2-1	50.0	

Seattle Seahawks

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Russell Wilson	28	21	288	2/13	5	54	1	132.1
Total	28	21	288	2/13	5	54	1	132.1

RUSHING	ATT	YDS	AVG	LG	TD
Chris Carson	17	72	4.2	13	0
Russell Wilson	5	39	7.8	21	0
Carlos Hyde	5	22	4.4	9	0
Travis Homer	3	21	7.0	10	0
Total	30	154	5.1	21	0

RECEIVING	NO	YDS	AVG	LG	TD
Tyler Lockett	7	67	9.6	16	1
DK Metcalf	4	92	23.0	54t	1
David Moore	3	48	16.0	38t	1
Chris Carson	3	36	12.0	18t	1
Carlos Hyde	2	15	7.5	9	0
Freddie Swain	1	21	21.0	21t	1
Will Dissly	1	9	9.0	9	0
Total	21	288	13.7	54t	5

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Bobby Wagner	10	5	5	0.0	0.0	0
Jamal Adams	9	6	3	1.0	0.0	0
Ugo Amadi	8	8	0	0.0	0.0	0

FIELD GOALS	FGA/FGM	PERCENT	RESULTS
No Field Goals			

The 2020 season home opener resulted in a 35-30 victory over the New England Patriots in an empty stadium with no fans present. The win was Seattle's 12th-consecutive home opener victory. Russell Wilson finished the game with five passing TDs to five different receivers. New England managed to take an early 7-0 lead after a 43-yard pick-six by Devin McCourty, on what would be Wilson's first interception of the season. Seattle responded with a 13-play, 75-yard TD drive with Wilson finding Tyler Lockett on a 4-yard scoring pass. Patriots QB Cam Newton ran for a 1-yard TD on the ensuing possession. After exchanging three-and-outs, Wilson threw his second TD pass of the game to DK Metcalf on a 54-yard connection midway through the second quarter, leading to a halftime tie at 14-14. Following a New England field goal by Nick Folk, Wilson went on to throw his third and fourth TD passes of the game; one to David Moore from 38 yards and the other to rookie Freddie Swain from 21 yards. After exchanging TDs yet again, New England climbed back to within 35-30 with just 1:42 remaining in regulation. New England made their way down to the goal line with just :03 remaining. Newton was stuffed on a potential game-winning 1-yard rush attempt by L.J. Collier, sealing the game for Seattle.

Team Statistics

	Patriots	Seahawks
First Downs	29	22
3rd Down Eff. (Made/Att/Pct)	7/12/58%	3/7/43%
4th Down Eff. (Made/Att/Pct)	1/1/100%	0/0/0%
Total Net Yards	464	429
Total Plays	70	60
Yards Per Play	6.6	7.2
Rushes/Net Yards	25/67	30/154
Net Passing	397	275
Pass Attempts/Completions	44/30	28/21
Had Intercepted	1	1
Sacked/Yards Lost	1/0	2/13
Punts/Average	2/56.5	4/50.0
Penalties/Yards	2/12	9/68
Fumbles/Lost	0/0	0/0
Possession Time	28:41	31:19

GAME SUMMARIES



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WEEK 3

Dallas Cowboys 31, Seattle Seahawks 38
0 CenturyLink Field Sep 27, 2020



38

Dallas Cowboys 9 6 7 9 — 31
Seattle Seahawks 9 14 7 8 — 38

Scoring Drives

TEAM	QTR	TIME	SCORING PLAY	DAL	SEA
Cowboys	1	08:10	G.Zuerlein 43 yd. Field Goal (13-55, 5:20)	3	0
Seahawks	1	06:39	T.Lockett 43 yd. pass from R.Wilson (J.Myers kick) (4-75, 1:31)	3	7
Seahawks	1	06:36	E.Elliott tackled in end zone by B.Mone for a Safety	3	9
Cowboys	1	01:40	E.Elliott 1 yd. run (kick failed, hru) (8-65, 3:07)	9	9
Seahawks	2	06:53	T.Lockett 1 yd. pass from R.Wilson (J.Myers kick) (11-71, 4:38)	9	16
Cowboys	2	06:05	C.Wilson 40 yd. pass from D.Prescott (kick blocked) (3-75, 0:48)	15	16
Seahawks	2	00:07	T.Lockett 1 yd. pass from R.Wilson (J.Myers kick) (5-34, 0:29)	15	23
Seahawks	3	14:14	J.Hollister 1 yd. pass from R.Wilson (J.Myers kick) (2-5, 0:38)	15	30
Cowboys	3	05:47	C.Wilson 42 yd. pass from D.Prescott (G.Zuerlein kick) (3-94, 0:39)	22	30
Cowboys	4	13:07	M.Gallup 43 yd. pass from D.Prescott (pass failed) (9-89, 3:22)	28	30
Cowboys	4	03:59	G.Zuerlein 42 yd. Field Goal (16-70, 5:55)	31	30
Seahawks	4	01:47	D.Metcalf 29 yd. pass from R.Wilson (R.Wilson-J.Hollister pass) (8-75, 2:12)	31	36

Dallas Cowboys

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Dak Prescott	57	37	472	2/11	3	52	2	93.6
Total	57	37	472	2/11	3	52	2	93.6

RUSHING	ATT	YDS	AVG	LG	TD
Ezekiel Elliott	14	34	2.4	9	1
Dak Prescott	6	26	4.3	9	0
CeeDee Lamb	1	1	1.0	1	0
Total	21	61	2.9	9	1

RECEIVING	NO	YDS	AVG	LG	TD
Amari Cooper	9	86	9.6	28	0
Michael Gallup	6	138	23.0	52	1
Ezekiel Elliott	6	24	4.0	10	0
Cedrick Wilson	5	107	21.4	42t	2
CeeDee Lamb	5	65	13.0	28	0
Dalton Schultz	4	48	12.0	28	0
Noah Brown	1	9	9.0	9	0
Tony Pollard	1	-5	-5.0	-5	0
Total	37	472	12.8	52	3

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Jaylon Smith	10	5	5	0.0	0.0	0
Joe Thomas	10	6	4	0.0	0.0	0
Trevon Diggs	8	8	0	0.0	0.0	0

FIELD GOALS	FGA/FGM	PERCENT	RESULTS
Greg Zuerlein	2-2	100.0	(43, 42)
Total	2-2	100.0	

Seattle Seahawks

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Russell Wilson	40	27	315	4/20	5	62	0	130.7
Total	40	27	315	4/20	5	62	0	130.7

RUSHING	ATT	YDS	AVG	LG	TD
Chris Carson	14	64	4.6	23	0
Russell Wilson	6	22	3.7	13	0
Travis Homer	2	19	9.5	12	0
Carlos Hyde	4	12	3.0	4	0
Total	26	117	4.5	23	0

RECEIVING	NO	YDS	AVG	LG	TD
Tyler Lockett	9	100	11.1	43t	3
Greg Olsen	5	61	12.2	21	0
DK Metcalf	4	110	27.5	62	1
Chris Carson	3	12	4.0	6	0
Will Dissly	2	5	2.5	6	0
Freddie Swain	1	13	13.0	13	0
Carlos Hyde	1	11	11.0	11	0
David Moore	1	2	2.0	2	0
Jacob Hollister	1	1	1.0	1t	1
Total	27	315	11.7	62	5

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Shaquill Griffin	11	11	0	0.0	0.0	1
Bobby Wagner	9	4	5	0.0	0.0	0
K.J. Wright	9	7	2	0.0	0.0	0

FIELD GOALS	FGA/FGM	PERCENT	RESULTS
	No Field Goals		

In a record-breaking performance by QB Russell Wilson, the Seattle Seahawks defeated the visiting Dallas Cowboys 38-31. In the game, Wilson threw for five TDs and set an NFL record for most TD passes in the first three games of the season with 14. Dallas took an early lead following a 43-yard field goal by Greg Zuerlein on their first possession. Seattle would respond on the following drive when Wilson found Tyler Lockett on a 43-yard TD pass. After pinning the Cowboys deep in their own territory, Seattle was able to force a safety and bring the score to 9-3. After a 1-yard TD plunge by Ezekiel Elliott (missed PAT), Wilson found a wide open Lockett for their second TD connection of the game and a 16-9 lead. Both teams would trade touchdowns before the end of the first half, with Seattle holding a 23-15 lead. Seattle added to their lead following a Jarran Reed sack and FF that gave Seattle possession at the Cowboys 5-yard line. Wilson found Jacob Hollister for a TD to extend Seattle's lead to 30-15. Dallas then went on to score 16 unanswered points to take a 31-30 lead with 4:03 remaining. Seattle regained the lead when Wilson threw his fifth score of the game to DK Metcalf. The game was sealed when safety Ryan Neal intercepted Dak Prescott on a late desperation throw to the end zone. Wilson finished the game 27 of 40 for 315 yards and five TDs. The game marked the first time in franchise history Seattle has scored 30 or more points in the first three games of the season.

Team Statistics

	Cowboys	Seahawks
First Downs	27	23
3rd Down Eff. (Made/Att/Pct)	7/15/47%	5/13/38%
4th Down Eff. (Made/Att/Pct)	2/2/100%	1/1/100%
Total Net Yards	522	412
Total Plays	80	70
Yards Per Play	6.5	5.9
Rushes/Net Yards	21/61	26/117
Net Passing	461	295
Pass Attempts/Completions	57/37	40/27
Had Intercepted	2	0
Sacked/Yards Lost	2/11	4/20
Punts/Average	3/46.3	7/54.7
Penalties/Yards	10/59	5/30
Fumbles/Lost	1/1	2/1
Possession Time	27:26	32:34

GAME SUMMARIES



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WEEK 4

Seattle Seahawks 31, Miami Dolphins 23

12,369 Hard Rock Stadium Oct 4, 2020



23

Seattle Seahawks	10	7	0	14	—	31
Miami Dolphins	3	6	3	11	—	23

Scoring Drives

TEAM	QTR	TIME	SCORING PLAY	SEA	MIA
Seahawks	1	10:00	C. Carson: 1-yard run (J. Myers kick) (6-57, 2:52)	7	0
Dolphins	1	02:33	J.Sanders 41 yd. Field Goal (9-54, 4:02)	7	3
Seahawks	1	00:07	J.Myers 55 yd. Field Goal (7-39, 2:26)	10	3
Dolphins	2	11:24	J.Sanders 29 yd. Field Goal (8-64, 3:43)	10	6
Dolphins	2	00:24	J.Sanders 45 yd. Field Goal (10-48, 4:21)	10	9
Seahawks	2	00:03	T.Homer 3 yd. pass from R.Wilson (J.Myers kick) (4-75, 0:21)	17	9
Dolphins	3	04:07	J.Sanders 43 yd. Field Goal (10-55, 5:49)	17	12
Dolphins	4	08:31	J.Sanders 29 yd. Field Goal (17-73, 7:59)	17	15
Seahawks	4	05:24	D.Moore 17 yd. pass from R.Wilson (J.Myers kick) (6-75, 3:07)	24	15
Seahawks	4	04:00	C.Carson 1 yd. run (J.Myers kick) (2-33, 0:16)	31	15
Dolphins	4	01:50	R.Fitzpatrick 10 yd. run (R.Fitzpatrick-P.Williams pass) (8-75, 2:10)	31	23

Seattle Seahawks

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Russell Wilson	34	24	360	2/17	2	57	1	112.4
Total	34	24	360	2/17	2	57	1	112.4

RUSHING	ATT	YDS	AVG	LG	TD
Chris Carson	16	80	5.0	18	2
DeeJay Dallas	2	8	4.0	6	0
Russell Wilson	4	5	1.3	8	0
Travis Homer	4	5	1.3	8	0
Total	26	98	3.8	18	2

RECEIVING	NO	YDS	AVG	LG	TD
Greg Olsen	5	35	7.0	11	0
DK Metcalf	4	106	26.5	37	0
David Moore	3	95	31.7	57	1
Chris Carson	3	20	6.7	11	0
Tyler Lockett	2	39	19.5	30	0
Freddie Swain	2	32	16.0	23	0
DeeJay Dallas	2	15	7.5	9	0
Will Dissly	2	15	7.5	14	0
Travis Homer	1	3	3.0	3t	1
Total	24	360	15.0	57	2

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Bobby Wagner	12	10	2	0.0	0.0	0
K.J. Wright	8	6	2	0.0	0.0	0
Tre Flowers	7	4	3	0.0	0.0	0

FIELD GOALS	FGA/FGM	PERCENT	RESULTS
Jason Myers	1-1	100.0	(55)
Total	1-1	100.0	

Miami Dolphins

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Ryan Fitzpatrick	45	29	315	1/3	0	26	2	66.4
Total	45	29	315	1/3	0	26	2	66.4

RUSHING	ATT	YDS	AVG	LG	TD
Ryan Fitzpatrick	6	47	7.8	11	1
Myles Gaskin	10	40	4.0	11	0
Matt Breida	3	9	3.0	4	0
Lynn Bowden	1	5	5.0	5	0
Jordan Howard	2	2	1.0	3	0
Total	22	103	4.7	11	1

RECEIVING	NO	YDS	AVG	LG	TD
DeVante Parker	10	110	11.0	21	0
Isaiah Ford	4	48	12.0	17	0
Matt Breida	3	39	13.0	26	0
Jakeem Grant Sr.	3	36	12.0	18	0
Myles Gaskin	3	22	7.3	9	0
Durham Smythe	2	30	15.0	18	0
Mike Gesicki	1	15	15.0	15	0
Preston Williams	1	15	15.0	15	0
Chandler Cox	1	3	3.0	3	0
Jordan Howard	1	-3	-3.0	-3	0
Total	29	315	10.9	26	0

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Elandon Roberts	9	6	3	0.0	0.0	0
Eric Rowe	6	6	0	0.0	0.0	0
Davon Godchaux	5	3	2	0.0	0.0	0

FIELD GOALS	FGA/FGM	PERCENT	RESULTS
Jason Sanders	5-5	100.0	(41, 29, 45, 43, 29)
Total	5-5	100.0	

For the first time since 2013 and second time in franchise history, the Seattle Seahawks started the season 4-0 following a 31-23 road win against the Miami Dolphins. Seattle jumped out to an early 7-0 lead after Miami's Ryan Fitzpatrick was intercepted by Ryan Neal on the third pass attempt of the game. Seattle capitalized when Chris Carson powered his way into the end zone on their first possession of the game. Both teams traded field goals to end the first quarter, with the score sitting in favor of Seattle, 10-3. Miami closed the lead to 10-9 with back-to-back field goals by Jason Sanders. Seattle quickly marched down in 21 seconds with a four play, 75-yard drive, capped off by a 3-yard TD pass from Russell Wilson to Travis Homer just before halftime for a 17-9 lead. Following another pair of field goals from Sanders, Seattle retaliated with a pair of touchdowns. Wilson connected with David Moore from 17 yards out, and Carson again steamrolled his way into the end zone for his second rushing touchdown of the day. Facing a 31-15 deficit, Miami reached the end zone for the first time when Fitzpatrick scrambled for a 10-yard touchdown run. A successful two-point conversion left the score at 31-23. The Seahawks were able to kill the clock after converting on a third-and-3. The Seattle defense recorded their second-straight two-interception game and journeyed back to Seattle atop the NFC West at the quarter mark of the season.

Team Statistics

	Seahawks	Dolphins
First Downs	26	25
3rd Down Eff. (Made/Att/Pct)	4/10/40%	7/13/54%
4th Down Eff. (Made/Att/Pct)	0/1/0%	0/0/0%
Total Net Yards	441	415
Total Plays	62	68
Yards Per Play	7.1	6.1
Rushes/Net Yards	26/98	22/103
Net Passing	343	312
Pass Attempts/Completions	34/24	45/29
Had Intercepted	1	2
Sacked/Yards Lost	2/17	1/3
Punts/Average	2/46.0	1/51.0
Penalties/Yards	0/0	3/20
Fumbles/Lost	1/0	1/0
Possession Time	26:51	33:09

GAME SUMMARIES



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WEEK 5

Minnesota Vikings 26, Seattle Seahawks 27
0 CenturyLink Field Oct 11, 2020



27

Minnesota Vikings	7	6	6	7	—	26
Seattle Seahawks	0	0	21	6	—	27

Scoring Drives

TEAM	QTR	TIME	SCORING PLAY	MIN	SEA
Vikings	1	08:48	D.Cook 8 yd. run (D.Bailey kick) (12-77, 6:12)	7	0
Vikings	2	08:33	D.Bailey 52 yd. Field Goal (17-64, 10:13)	10	0
Vikings	2	00:10	D.Bailey 46 yd. Field Goal (11-57, 1:37)	13	0
Seahawks	3	09:55	W.Dissly 19 yd. pass from R.Wilson (J.Myers kick) (4-58, 1:42)	13	7
Seahawks	3	08:19	D.Metcalf 13 yd. pass from R.Wilson (J.Myers kick) (2-15, 0:39)	13	14
Seahawks	3	08:02	C.Carson 29 yd. run (J.Myers kick) (1-29, 0:07)	13	21
Vikings	3	03:39	A.Thielen 3 yd. pass from K.Cousins (run failed) (11-77, 4:23)	19	21
Vikings	4	07:08	A.Thielen 6 yd. pass from K.Cousins (D.Bailey kick) (15-97, 8:11)	26	21
Seahawks	4	00:15	D.Metcalf 6 yd. pass from R.Wilson (pass failed) (13-94, 1:42)	26	27

Minnesota Vikings

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Kirk Cousins	39	27	249	3/1	2	25	1	92.8
Total	39	27	249	3/1	2	25	1	92.8

RUSHING	ATT	YDS	AVG	LG	TD
Alexander Mattison	20	112	5.6	25	0
Dalvin Cook	17	65	3.8	10	1
Mike Boone	2	19	9.5	12	0
Adam Thielen	1	3	3.0	3	0
Kirk Cousins	1	2	2.0	2	0
Total	41	201	4.9	25	1

RECEIVING	NO	YDS	AVG	LG	TD
Adam Thielen	9	80	8.9	14	2
Dalvin Cook	5	24	4.8	10	0
Irv Smith Jr.	4	64	16.0	25	0
Alexander Mattison	3	24	8.0	14	0
Justin Jefferson	3	23	7.7	11	0
Bisi Johnson	1	13	13.0	13	0
Chad Beebe	1	11	11.0	11	0
Kyle Rudolph	1	10	10.0	10	0
Total	27	249	9.2	25	2

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Eric Kendricks	8	7	1	0.0	0.0	0
Eric Wilson	6	4	2	1.0	9.0	1
Cameron Dantzler	5	4	1	0.0	0.0	0

FIELD GOALS	FGA/FGM	PERCENT	RESULTS
Dan Bailey	2-2	100.0	(52, 46)
Total	2-2	100.0	

Seattle Seahawks

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Russell Wilson	32	20	217	4/27	3	39	1	100.7
Total	32	20	217	4/27	3	39	1	100.7

RUSHING	ATT	YDS	AVG	LG	TD
Russell Wilson	5	58	11.6	19	0
Chris Carson	8	52	6.5	29t	1
Travis Homer	3	14	4.7	6	0
Total	16	124	7.8	29t	1

RECEIVING	NO	YDS	AVG	LG	TD
DK Metcalf	6	93	15.5	39	2
Chris Carson	6	27	4.5	13	0
Tyler Lockett	4	44	11.0	17	0
Freddie Swain	2	14	7.0	12	0
Greg Olsen	1	20	20.0	20	0
Will Dissly	1	19	19.0	19t	1
Total	20	217	10.9	39	3

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Bobby Wagner	14	5	9	0.0	0.0	0
Cody Barton	14	9	5	0.0	0.0	0
Ryan Neal	8	6	2	0.0	0.0	0

FIELD GOALS	FGA/FGM	PERCENT	RESULTS
No Field Goals			

The Seahawks welcomed the Minnesota Vikings for the second-straight season for a prime time showdown. For the first time in franchise history, Seattle started the season with a 5-0 record. Minnesota was able to strike first on their opening possession when Dalvin Cook ran up the middle for an 8-yard TD. Cook finished the game with 17 carries and 65 yards rushing before exiting the game early with a groin injury in the third quarter. Minnesota was able to add to their early momentum by scoring on back-to-back field goals from Dan Bailey, taking a 13-0 lead at halftime. Seattle stormed back scoring 21-straight third-quarter points in the span of 1:53. Seattle's first score came off of a 19-yard TD pass from Russell Wilson to Will Dissly. Seattle's defense was able to come up with two-consecutive turnovers that led to two-consecutive touchdowns by the offense. Wilson connected with DK Metcalf on a 19-yard TD pass, and Chris Carson rumbled his way through the defense for a 29-yard TD run to take a 21-13 advantage. After assembling an 11-play drive that ended in a 3-yard touchdown pass from Kirk Cousins to Adam Thielen, the Vikings found themselves down 21-19 heading into the fourth quarter after a failed two-point attempt. Cousins was able to hook up with Thielen for a second time to regain a 26-21 lead with just 7:08 remaining. After an exchange of turnovers, the Seahawks began their final possession of the game from their own 6-yard line. They were able to drive 94 yards in 1:42, while converting two fourth downs. Metcalf capped off the drive when Wilson found him on a crossing route with just 15 seconds remaining. The game ended on a strip sack by Benson Mayowa.

Team Statistics

	Vikings	Seahawks
First Downs	31	18
3rd Down Eff. (Made/Att/Pct)	6/14/43%	0/7/0%
4th Down Eff. (Made/Att/Pct)	2/3/67%	2/2/100%
Total Net Yards	449	314
Total Plays	83	52
Yards Per Play	5.4	6.0
Rushes/Net Yards	41/201	16/124
Net Passing	248	190
Pass Attempts/Completions	39/27	32/20
Had Intercepted	1	1
Sacked/Yards Lost	3/1	4/27
Punts/Average	2/48.0	5/45.2
Penalties/Yards	6/55	3/25
Fumbles/Lost	3/1	0/0
Possession Time	39:28	20:32

GAME SUMMARIES



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WEEK 7

Seattle Seahawks 34, Arizona Cardinals 37

1,200 State Farm Stadium Oct 25, 2020



37

Seattle Seahawks	10	17	0	7	0	—	34
Arizona Cardinals	7	10	7	10	3	—	37

Scoring Drives

TEAM	QTR	TIME	SCORING PLAY	SEA	ARI
Seahawks	1	11:59	T.Lockett 3 yd. pass from R.Wilson (J.Myers kick) (6-75, 3:01)	7	0
Seahawks	1	06:35	J.Myers 41 yd. Field Goal (9-43, 3:51)	10	0
Cardinals	1	02:39	D.Hopkins 35 yd. pass from K.Murray (Z.Gonzalez kick) (9-75, 3:56)	10	7
Seahawks	2	12:50	J.Myers 44 yd. Field Goal (9-49, 4:49)	13	7
Seahawks	2	04:04	C.Hyde 24 yd. run (J.Myers kick) (6-97, 2:39)	20	7
Cardinals	2	01:14	C.Kirk 7 yd. pass from K.Murray (Z.Gonzalez kick) (6-75, 2:50)	20	14
Seahawks	2	00:43	T.Lockett 47 yd. pass from R.Wilson (J.Myers kick) (3-75, 0:31)	27	14
Cardinals	2	00:00	Z.Gonzalez 49 yd. Field Goal (7-44, 0:43)	27	17
Cardinals	3	02:59	K.Murray 5 yd. run (Z.Gonzalez kick) (12-93, 5:31)	27	24
Seahawks	4	06:43	T.Lockett 3 yd. pass from R.Wilson (J.Myers kick) (12-45, 5:26)	34	24
Cardinals	4	02:28	C.Kirk 8 yd. pass from K.Murray (Z.Gonzalez kick) (14-75, 4:16)	34	31
Cardinals	4	00:00	Z.Gonzalez 44 yd. Field Goal (8-54, 0:52)	34	34
Cardinals	5	00:15	Z.Gonzalez 48 yd. Field Goal (6-19, 0:42)	34	37

Seattle Seahawks

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Russell Wilson	50	33	388	2/16	3	47	3	84.4
Total	50	33	388	2/16	3	47	3	84.4

RUSHING	ATT	YDS	AVG	LG	TD
Russell Wilson	6	84	14.0	34	0
Carlos Hyde	15	68	4.5	24t	1
Chris Carson	5	34	6.8	10	0
Travis Homer	3	10	3.3	6	0
David Moore	1	4	4.0	4	0
Total	30	200	6.7	34	1

RECEIVING	NO	YDS	AVG	LG	TD
Tyler Lockett	15	200	13.3	47t	3
David Moore	3	54	18.0	18	0
Jacob Hollister	3	22	7.3	17	0
Carlos Hyde	3	8	2.7	8	0
Will Dissly	2	38	19.0	28	0
DK Metcalf	2	23	11.5	17	0
DeeJay Dallas	2	18	9.0	10	0
Greg Olsen	2	18	9.0	13	0
Chris Carson	1	7	7.0	7	0
Total	33	388	11.8	47t	3

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Bobby Wagner	11	7	4	0.0	0.0	0
Ryan Neal	9	8	1	0.0	0.0	0
Jordyn Brooks	7	3	4	0.0	0.0	0

FIELD GOALS	FGA/FGM	PERCENT	RESULTS
Jason Myers	2-2	100.0	(41, 44)
Total	2-2	100.0	

Arizona Cardinals

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Kyler Murray	48	34	360	0/0	3	41	1	104.5
Total	48	34	360	0/0	3	41	1	104.5

RUSHING	ATT	YDS	AVG	LG	TD
Kyler Murray	14	67	4.8	18	1
Chase Edmonds	5	58	11.6	32	0
Kenyan Drake	14	34	2.4	9	0
Total	33	159	4.8	32	1

RECEIVING	NO	YDS	AVG	LG	TD
DeAndre Hopkins	10	103	10.3	35t	1
Larry Fitzgerald	8	62	7.8	12	0
Chase Edmonds	7	87	12.4	21	0
Christian Kirk	5	37	7.4	16	2
Dan Arnold	2	57	28.5	41	0
Andy Isabella	1	7	7.0	7	0
Kenyan Drake	1	7	7.0	7	0
Total	34	360	10.6	41	3

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Budda Baker	14	11	3	0.0	0.0	1
Haason Reddick	11	5	6	1.0	6.0	0
Dre Kirkpatrick	10	10	0	0.0	0.0	0

FIELD GOALS	FGA/FGM	PERCENT	RESULTS
Zane Gonzalez	4-3	75.0	(49, 44) 41WL (48)
Total	4-3	75.0	

The Seahawks traveled to Glendale, Arizona, to square-off with their division rivals, the Cardinals. The prime time matchup opened up with Seahawks scoring on a six-play drive that was completed by a 3-yard TD pass from Russell Wilson to Tyler Lockett. Following a 41-yard field goal, Tyler Murray and the Cardinals were able to find the end zone when he found DeAndre Hopkins down the sideline for a 35-yard TD pass. After a successful 44-yard field goal by Jason Myers, the Seahawks would extend their lead to 20-7 behind a 24-yard TD run by Carlos Hyde. After trading touchdowns and a field goal by Zane Gonzalez, Seattle held on to a 27-17 halftime lead. Arizona rallied back with a 5-yard TD run by Kyler Murray on fourth down. Both teams exchanged interceptions which eventually led to Russell Wilson finding Tyler Lockett in the back of the end zone for their third TD connection of the game. With a late TD pass from Murray and a successful 44-yard field goal attempt from Gonzalez, the Cardinals were able to force the game into overtime. The Seahawks were forced to punt on the opening possession but were able to regain possession after a missed FG attempt from Gonzalez. As a result, the Seahawks would go on to score what would have been the game-winning TD pass when Wilson found Metcalf for 48 yards. The play was nullified by a holding penalty and subsequently led to Wilson throwing an interception (third of the game) to Isaiah Simmons. The Cardinals were able to clinch the victory when Gonzalez connected on a 48-yard field goal, handing the Seahawks their first loss of the season.

Team Statistics

	Seahawks	Cardinals
First Downs	33	31
3rd Down Eff. (Made/Att/Pct)	5/13/38%	5/12/42%
4th Down Eff. (Made/Att/Pct)	1/1/100%	1/2/50%
Total Net Yards	572	519
Total Plays	82	81
Yards Per Play	7.0	6.4
Rushes/Net Yards	30/200	33/159
Net Passing	372	360
Pass Attempts/Completions	50/33	48/34
Had Intercepted	3	1
Sacked/Yards Lost	2/16	0/0
Punts/Average	3/51.0	2/47.5
Penalties/Yards	8/78	6/40
Fumbles/Lost	0/0	2/1
Possession Time	39:32	30:13

SEAHAWKS GAME-BY-GAME

	9/13 at Atl	9/20 NE	9/27 Dal	10/4 at Mia	10/11 Min	10/25 at Ari	11/1 SF	11/8 at Buf	11/15 at LAR	11/19 Ari	11/30 at Phi	12/6 NYG	12/13 NYJ	12/20 at Was	12/27 LAR	1/3 at SF
Points	38	35	38	31	27	34										
1 Qtr	14	7	9	10	0	10										
2 Qtr	0	7	14	7	0	17										
3 Qtr	14	14	7	0	21	0										
4 Qtr	10	7	8	14	6	7										
OT	-	-	-	-	-	-										
First Down	22	22	23	26	18	33										
Rush	6	10	4	8	6	11										
Pass	15	11	15	17	12	21										
Penalty	1	1	4	1	0	1										
3rd Down Eff	3-9	3-7	5-13	4-10	0-7	5-13										
Percent	33.3	42.9	38.5	40.0	0.0	38.5										
4th Down Eff	1-1	0-0	1-1	0-1	2-2	1-1										
Percent	100	-	100	0	100	100										
Total Net Yds	383	429	412	441	314	572										
Plays	58	60	70	62	52	82										
Avg	6.6	7.2	5.9	7.1	6.0	7.0										
Net Yds Rush	84	154	117	98	124	200										
Plays	20	30	26	26	16	30										
Avg	4.2	5.1	4.5	3.8	7.8	6.7										
Net Yds Pass	299	275	295	343	190	372										
Sack/loss	3/23	2/13	4/20	2/17	4/27	2/16										
Gross Yds	322	288	315	360	217	388										
Att/Comp	35/31	28/21	40/27	34/24	32/20	50/33										
Int	0	1	0	1	1	3										
Avg	7.9	9.2	6.7	9.5	5.3	7.2										
Punts/Avg	4/47.8	4/50.0	7/54.7	2/46.0	5/45.2	3/51.0										
Blocked	0	0	0	0	0	0										
Punt Ret/Yds	1/15	1/20	1/0	0/0	1/15	0/0										
Kickoff Ret/Yds	2/43	3/89	2/26	2/35	0/0	2/29										
Int Ret/Yds	1/0	1/0	2/4	2/17	1/7	1/0										
Penalties/Yds	6/46	9/68	5/30	0/0	3/25	8/78										
Fumbles/Lost	1/0	0-0	2/1	1/0	0/0	0/0										
Touchdowns	5	5	5	4	4	4										
Rush	1	0	0	2	1	1										
Pass	4	5	5	2	3	3										
Returns	0	0	0	0	0	0										
Defense	0	0	0	0	0	0										
Safeties	0	0	1	0	0	0										
1 Pt PAT/Att	5/5	5/5	4/4	4/4	3/3	4/4										
2 Pt PAT/Att	0/0	0/0	1/1	0/0	0/1	0/0										
FG/Att	1/1	0/0	0/0	1/1	0/0	2/2										
Time of Poss	30:31	31:19	32:34	26:51	20:32	39:32										
Take/Give Ratio	2/0	1/1	3/1	2/1	2/1	2/3										
Avg Drive Start	SEA31	SEA31	SEA33	SEA32	SEA36	SEA28										

OPPONENT GAME-BY-GAME

	9/13 at Atl	9/20 NE	9/27 Dal	10/4 at Mia	10/11 Min	10/25 at Ari	11/1 SF	11/8 at Buf	11/15 at LAR	11/19 Ari	11/30 at Phi	12/6 NYG	12/13 NYJ	12/20 at Was	12/27 LAR	1/3 at SF
Points	25	30	31	23	26	37										
1 Qtr	3	7	9	3	7	7										
2 Qtr	9	7	6	6	6	10										
3 Qtr	0	3	7	3	6	7										
4 Qtr	13	13	9	11	7	10										
OT	-	-	-	-	-	3										
First Down	28	29	27	25	31	31										
Rush	4	5	5	8	12	11										
Pass	23	22	20	17	17	17										
Penalty	1	2	2	0	2	3										
3rd Down Eff	7-14	7-12	7-15	7/13	6/14	5/12										
Percent	50.0	58.3	46.7	53.8	42.9	41.7										
4th Down Eff	0-4	1-1	2-2	0-0	2-3	1/2										
Percent	0	100	100	-	66.7	50.0										
Total Net Yds	506	464	522	415	449	519										
Plays	77	70	80	68	83	81										
Avg	6.6	6.6	6.5	6.1	5.4	6.4										
Net Yds Rush	72	67	61	103	201	159										
Plays	21	25	21	22	41	33										
Avg	3.4	2.7	2.9	4.7	4.9	4.8										
Net Yds Pass	434	397	461	312	248	360										
Sack/loss	2/16	1/0	2/11	1/3	3/1	0/0										
Gross Yds	450	397	472	315	249	360										
Att/Comp	54/37	44/30	57/37	45/29	39/27	48/34										
Int	1	1	2	2	1	1										
Avg	7.8	8.8	7.8	6.8	5.9	7.5										
Punts/Avg	.2/50.0	2/56.5	3/46.3	1/51.0	2/48.0	2/47.5										
Blocked	0	0	0	0	0	0										
Punt Ret/Yds	1/8	1/0	4/33	1/11	3/7	1/10										
Kickoff Ret/Yds	0/0	4/99	1/0	1/5	2/37	1/21										
Int Ret/Yds	0/0	1/43	0/0	1/0	1/7	3/102										
Penalties/Yds	6/72	2/12	10/59	3/20	6/55	6/40										
Fumbles/Lost	1/1	0/0	1/1	1/0	3/1	2/1										
Touchdowns	3	4	4	1	3	4										
Rush	1	2	1	1	1	1										
Pass	2	1	3	0	2	3										
Returns	0	0	0	0	0	0										
Defense	0	1	0	0	0	0										
Safeties	0	0	0	0	0	0										
1 Pt PAT/Att	1/2	3/4	1/3	0/0	2/2	4/4										
2 Pt PAT/Att	0/1	0/1	0/1	1/1	0/1	0/0										
FG/Att	2/2	1/2	2/2	5/5	2/2	3/4										
Time of Poss	29:29	28:41	27:26	33:09	39:28	30:13										
Take/Give Ratio	0/2	1/1	1/3	1/2	1/2	3/2										
Avg Drive Start	ATL25	NE18	DAL19	MIA21	MIN20	ARZ30										

DRIVE EFFICIENCY CHART

SEAHAWKS DRIVES ENDED BY...

DATE	TEAMS	DRIVES	3/OUT	TD	FGA	FGM	PNT	DWN	TRN	SAF	CLK	POINTS	PTS/DRV	EFF
9/13	Seattle	11	4	5	1	1	4	0	0	0	1	38	3.45	0.545
	at Atlanta	12	2	3	2	2	2	3	2	0	0	25	2.08	0.417
9/20	Seattle	10	2	5	0	0	4	0	1	0	0	35	3.50	0.500
	New England	10	2	3	2	1	2	0	1	0	2	23	2.30	0.400
9/27	Seattle	14	4	5	0	0	7	0	1	1	1	36	2.57	0.357
	Dallas	14	5	4	2	2	3	0	3	0	1	31	2.21	0.500
10/4	Seattle	10	0	4	1	1	2	1	1	0	1	30	3.00	0.500
	at Miami	9	1	1	5	5	1	0	2	0	0	23	2.56	0.667
10/11	Seattle	11	2	4	0	0	5	0	1	0	1	27	2.45	0.364
	Minnesota	11	4	3	2	2	2	1	2	0	1	26	2.36	0.455
10/25	Seattle	12	0	4	2	2	3	0	3	0	0	34	2.83	0.500
	at Arizona	13	3	4	4	3	2	1	2	0	0	37	2.85	0.538
11/1	Seattle													
	San Francisco													
11/8	Seattle													
	at Buffalo													
11/15	Seattle													
	at L.A. Rams													
11/19	Seattle													
	Arizona													
11/30	Seattle													
	at Philadelphia													
12/6	Seattle													
	N.Y. Giants													
12/13	Seattle													
	N.Y. Jets													
12/20	Seattle													
	at Washington													
12/27	Seattle													
	L.A. Rams													
1/3	Seattle													
	at San Francisco													
Totals	Seahawks	68	12	27	4	4	25	1	7	1	4	200	2.94	0.456
	Opponents	69	17	18	17	15	12	5	12	0	4	165	2.39	0.493

Seahawks Longest Drives

Most Plays

Date	Opponent	# of Plays	Net Yards	Time	Result
09/20/20	New England	13	75	8:12	TD
10/04/20	at Miami	13	64	6:39	Downs
10/11/20	Minnesota	13	94	1:42	TD
10/25/20	at Arizona	12	45	5:26	TD
09/13/20	at Atlanta	11	77	6:23	TD
09/27/20	Dallas	11	44	4:38	TD
10/04/20	at Miami	11	58	5:04	Interception

Most Net Yards

Date	Opponent	Net Yards	# of Plays	Time	Result
10/25/20	at Arizona	97	6	2:39	TD
10/11/20	Minnesota	94	13	1:42	TD
09/13/20	at Atlanta	77	11	6:23	TD
09/13/20	at Atlanta	75	10	5:19	TD
09/20/20	New England	75	13	8:12	TD
09/20/20	New England	75	6	3:08	TD
09/20/20	New England	75	4	1:51	TD
09/27/20	Dallas	75	4	1:31	TD
09/27/20	Dallas	75	8	2:12	TD
10/04/20	at Miami	75	4	0:21	TD
10/04/20	at Miami	75	6	3:07	TD
10/25/20	at Arizona	75	6	3:01	TD
10/25/20	at Arizona	75	3	:31	TD

Longest Time of Possession

Date	Opponent	Time	Net Yards	# of Plays	Result
09/20/20	New England	8:12	75	13	TD
10/04/20	at Miami	6:39	64	13	Downs
09/13/20	at Atlanta	6:23	77	11	TD
10/25/20	at Arizona	5:41	60	10	Interception
10/25/20	at Arizona	5:26	45	12	TD

Opponents Longest Drives

Most Plays

Date	Team	# of Plays	Net Yards	Time	Result
10/04/20	at Miami	17	73	7:59	FG
10/11/20	Minnesota	17	64	10:13	FG
09/27/20	Dallas	16	70	5:55	FG
10/11/20	Minnesota	15	97	8:11	TD
10/25/20	at Arizona	14	75	4:16	TD

Most Net Yards

Date	Team	Net Yards	# of Plays	Time	Result
10/11/20	Minnesota	97	15	8:11	TD
09/27/20	Dallas	94	3	:39	TD
10/25/20	at Arizona	93	12	5:31	TD
09/27/20	Dallas	89	9	3:22	TD
09/20/20	New England	79	9	1:42	End of Game

Longest Time of Possession

Date	Team	Time	Net Yards	# of Plays	Result
10/11/20	Minnesota	10:13	64	17	FG
10/11/20	Minnesota	8:11	97	15	TD
10/04/20	at Miami	7:59	73	17	FG
09/20/20	New England	6:28	72	12	TD
10/11/20	Minnesota	6:12	77	12	TD

SEAHAWKS 2020 REGULAR SEASON INSIDE 20 EFFICIENCY

SEAHAWKS														
									Drive Ends				Score	Pts/
Date	Opponent	Pos	TD	FG	FGA	INT	Fum	Dwns	Half	Game	Pts	TD%	Pct.	Poss
09/13	at Atlanta	4	4	0	0	0	0	0	0	0	28	100.0	100.0	7.0
09/20	New England	2	2	0	0	0	0	0	0	0	14	100.0	100.0	7.0
09/27	Dallas	3	3	0	0	0	0	0	0	0	21	100.0	100.0	7.0
10/04	at Miami	6	4	0	0	1	0	1	0	0	28	66.7	66.7	4.7
10/11	Minnesota	3	3	0	0	0	0	0	0	0	20	100.0	100.0	6.7
10/25	at Arizona	3	2	0	0	1	0	0	0	0	14	66.7	66.7	4.7
11/01	San Francisco	--	--	--	--	--	--	--	--	--	--	--	--	--
11/08	at Buffalo	--	--	--	--	--	--	--	--	--	--	--	--	--
11/15	at L.A. Rams	--	--	--	--	--	--	--	--	--	--	--	--	--
11/19	Arizona	--	--	--	--	--	--	--	--	--	--	--	--	--
11/30	at Philadelphia	--	--	--	--	--	--	--	--	--	--	--	--	--
12/06	N.Y. Giants	--	--	--	--	--	--	--	--	--	--	--	--	--
12/13	N.Y. Jets	--	--	--	--	--	--	--	--	--	--	--	--	--
12/20	at Washington	--	--	--	--	--	--	--	--	--	--	--	--	--
12/27	L.A. Rams	--	--	--	--	--	--	--	--	--	--	--	--	--
01/03	at San Francisco	--	--	--	--	--	--	--	--	--	--	--	--	--
TOTALS		21	18	0	0	2	0	1	0	0	125	85.7	85.7	6.0

OPPONENT 2020 REGULAR SEASON INSIDE 20 EFFICIENCY

OPPONENT														
									Drive Ends				Score	Pts/
Date	Opponent	Pos	TD	FG	FGA	INT	Fum	Dwns	Half	Game	Pts	TD%	Pct.	Poss
09/13	at Atlanta	4	3	0	0	0	0	1	0	0	19	75.0	75.0	4.8
09/20	New England	5	3	1	1	0	0	0	0	1	23	60.0	80.0	4.6
09/27	Dallas	1	1	0	0	0	0	0	0	0	6	100.0	100.0	6.0
10/04	at Miami	3	1	2	2	0	0	0	0	0	14	33.3	100.0	4.7
10/11	Minnesota	4	3	0	0	0	0	1	0	0	20	75.0	75.0	5.0
10/25	at Arizona	5	3	0	1	0	0	1	0	0	21	60.0	60.0	4.2
11/01	San Francisco	--	--	--	--	--	--	--	--	--	--	--	--	--
11/08	at Buffalo	--	--	--	--	--	--	--	--	--	--	--	--	--
11/15	at L.A. Rams	--	--	--	--	--	--	--	--	--	--	--	--	--
11/19	Arizona	--	--	--	--	--	--	--	--	--	--	--	--	--
11/30	at Philadelphia	--	--	--	--	--	--	--	--	--	--	--	--	--
12/06	N.Y. Giants	--	--	--	--	--	--	--	--	--	--	--	--	--
12/13	N.Y. Jets	--	--	--	--	--	--	--	--	--	--	--	--	--
12/20	at Washington	--	--	--	--	--	--	--	--	--	--	--	--	--
12/27	L.A. Rams	--	--	--	--	--	--	--	--	--	--	--	--	--
01/03	at San Francisco	--	--	--	--	--	--	--	--	--	--	--	--	--
TOTALS		22	14	3	4	0	0	3	0	1	103	63.6	77.3	4.7

THIRD DOWN EFFICIENCY + THIRD DOWN EFFICIENCY - OPPONENTS

SEAHAWKS 2020 REGULAR SEASON THIRD DOWN EFFICIENCY

SEAHAWKS												
Date	Opponent	3rd & 1	3rd & 2	3rd & 3	3rd & 4	3rd & 5	3rd & 6	3rd & 7	3rd & 8	3rd & 9	3rd & 10+	Total
09/13	at Atlanta	0 / 0	0 / 1	1 / 2	1 / 1	0 / 0	0 / 1	1 / 2	0 / 0	0 / 1	0 / 1	3 / 9
09/20	New England	2 / 3	0 / 0	0 / 1	0 / 0	0 / 0	0 / 0	1 / 1	0 / 0	0 / 0	0 / 2	3 / 7
09/27	Dallas	1 / 1	0 / 0	1 / 2	1 / 2	0 / 1	1 / 1	0 / 1	0 / 2	0 / 0	1 / 3	5 / 13
10/04	at Miami	0 / 0	1 / 1	2 / 3	0 / 0	0 / 0	1 / 2	0 / 0	0 / 1	0 / 0	0 / 3	4 / 10
10/11	Minnesota	0 / 1	0 / 0	0 / 0	0 / 0	0 / 0	0 / 1	0 / 1	0 / 0	0 / 0	0 / 4	0 / 7
10/25	at Arizona	0 / 0	2 / 4	0 / 0	1 / 1	0 / 3	0 / 0	0 / 0	1 / 1	0 / 0	1 / 4	5 / 13
12/31	San Francisco											
12/31	at Buffalo											
12/31	at L.A. Rams											
12/31	Arizona											
12/31	at Philadelphia											
12/31	N.Y. Giants											
12/31	N.Y. Jets											
12/31	at Washington											
12/31	L.A. Rams											
12/31	at San Francisco											
TOTALS		3 / 5	3 / 6	4 / 8	3 / 4	0 / 4	2 / 5	2 / 5	1 / 4	0 / 1	2 / 17	20 / 59
		60.0%	50.0%	50.0%	75.0%	0.0%	40.0%	40.0%	25.0%	0.0%	11.8%	33.9%
3RD & 1-3: 10 / 19 = 52.6%				3RD & 4-6: 5 / 13 = 38.5%				3RD & 7-10+: 5 / 27 = 18.5%				

OPPONENT 2020 REGULAR SEASON THIRD DOWN EFFICIENCY

OPPONENT												
Date	Opponent	3rd & 1	3rd & 2	3rd & 3	3rd & 4	3rd & 5	3rd & 6	3rd & 7	3rd & 8	3rd & 9	3rd & 10+	Total
09/13	at Atlanta	1 / 2	0 / 1	0 / 1	0 / 0	0 / 0	2 / 4	2 / 2	0 / 0	0 / 0	2 / 4	7 / 14
09/20	New England	2 / 2	1 / 1	0 / 0	0 / 2	0 / 0	1 / 1	1 / 2	0 / 1	0 / 1	2 / 2	7 / 12
09/27	Dallas	1 / 2	0 / 0	0 / 0	2 / 2	0 / 0	3 / 3	0 / 0	1 / 1	0 / 1	0 / 6	7 / 15
10/04	at Miami	3 / 3	1 / 1	0 / 2	0 / 2	0 / 1	0 / 0	1 / 1	0 / 0	0 / 0	2 / 3	7 / 13
10/11	Minnesota	1 / 3	0 / 0	0 / 0	1 / 2	1 / 1	0 / 0	2 / 4	0 / 0	0 / 0	1 / 4	6 / 14
10/25	at Arizona	1 / 2	1 / 3	0 / 1	0 / 0	1 / 1	0 / 0	0 / 0	2 / 2	0 / 0	0 / 3	5 / 12
12/31	San Francisco											
12/31	at Buffalo											
12/31	at L.A. Rams											
12/31	Arizona											
12/31	at Philadelphia											
12/31	N.Y. Giants											
12/31	N.Y. Jets											
12/31	at Washington											
12/31	L.A. Rams											
12/31	at San Francisco											
TOTALS		9 / 14	3 / 6	0 / 4	3 / 8	2 / 3	6 / 8	6 / 9	3 / 4	0 / 2	7 / 22	39 / 80
		64.3%	50.0%	0.0%	37.5%	66.7%	75.0%	66.7%	75.0%	0.0%	31.8%	48.8%
3RD & 1-3: 12 / 24 = 50.0%				3RD & 4-6: 11 / 19 = 57.9%				3RD & 7-10+: 16 / 37 = 43.2%				

PASSER RATING

DATE	TEAMS	ATTEMPTS	COMPLETIONS	PCT.	YARDS	TD	INT	RATING
9/13	Seattle	35	31	89%	322	4	0	143.1
	at Atlanta	54	37	69%	450	2	1	98.5
9/20	Seattle	28	21	75%	288	5	1	132.1
	New England	44	30	68%	397	1	1	94.6
9/27	Seattle	40	27	68%	315	5	0	130.7
	Dallas	57	37	65%	472	3	2	93.6
10/4	Seattle	34	24	71%	360	2	1	112.4
	at Miami	45	29	64%	315	0	2	66.4
10/11	Seattle	32	20	63%	217	3	1	100.7
	Minnesota	39	27	69%	249	2	1	92.8
10/25	Seattle	50	33	66%	388	3	3	84.4
	at Arizona	48	34	71%	360	3	1	104.5
11/1	Seattle							
	San Francisco							
11/8	Seattle							
	at Buffalo							
11/15	Seattle							
	at L.A. Rams							
11/19	Seattle							
	Arizona							
11/30	Seattle							
	at Philadelphia							
12/6	Seattle							
	N.Y. Giants							
12/13	Seattle							
	N.Y. Jets							
12/20	Seattle							
	at Washington							
12/27	Seattle							
	L.A. Rams							
1/3	Seattle							
	at San Francisco							
Totals	Seahawks	219	156	71%	1,890	22	6	119.5
	Opponents	287	194	68%	2,243	11	8	92.1

SUPERLATIVES

Overall	5-1	When Leading at Halftime	3-1
Home	3-0	When Trailing at Halftime	1-0
Road	2-1	When Leading After 3 Quarters	5-1
		When Trailing After 3 Quarters	0-0
By Month		When Tied After 3 Quarters	0-0
September	3-0		
October	2-1	When Scoring...	
November	0-0	First	2-1
December	0-0	Less than 20	0-0
January	0-0	20+	5-1
Turf		When Outrushing Opponents	3-1
Artificial	4-0		
Natural	1-1	When + in Time of Possession	3-1
		When - in Time of Possession	2-0
Indoors	0-0	When = in Time of Possession	0-0
Vs. AFC	2-0	When + in Takeaway/Giveaway	4-0
North	0-0	When - in Takeaway/Giveaway	0-1
West	0-0	When = in Takeaway/Giveaway	1-0
East	2-0		
South	0-0	With a 100-Yard Rusher	0-0
		With a 100-Yard Receiver	2-1
Vs. NFC	3-1	With a 300-Yard Passer	3-1
North	1-0		
West	0-1	Versus a 100-Yard Rusher	1-0
East	1-0	Versus a 100-Yard Receiver	4-1
South	1-0	Versus a 300-Yard Passer	4-1

WEEKLY TEAM RANKINGS

NFL

WEEK	OFFENSE			DEFENSE		
	TOTAL	RUSH	PASS	TOTAL	RUSH	PASS
1	9	26	5	31	4	32
2	10	17	6	32	2	32
3	9	16	5	32	2	32
4	3	17	3	32	3	32
5	9	15	6	32	7	32
--	8	17	4	32	7	32
7	1	12	2	32	13	32
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						

T = Tied for position *Italics* = Bye week

NFC

WEEK	OFFENSE			DEFENSE		
	TOTAL	RUSH	PASS	TOTAL	RUSH	PASS
1	7	11	3	15	2	16
2	7	7	5	16	1	16
3	5	7	3	16	1	16
4	3	8	2	16	2	16
5	5	7	4	16	3	16
--	5	9	3	16	4	16
7	1	6	2	16	8	16
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						

INDIVIDUAL HIGHS

		SCORING		YARDS			
POINTS	(non kicker)				Seahawks:	200 Tyler Lockett at Arizona	10/25
	Seahawks:	18 2 times (Last: Tyler Lockett at ARI)	10/25	Opponents:	179 Julian Edelman vs. New England	09/20	
	Opponents:	12 5 times (Last: Christian Kirk at ARI)	10/25	LONGEST, NO TD			
LONGEST TD					Seahawks:	62 DK Metcalf vs. Dallas	09/27
	Seahawks:	54 DK Metcalf vs. New England	09/20	Opponents:	52 Michael Gallup vs. Dallas	09/27	
	Opponents:	43 Michael Gallup vs. Dallas	09/27	TOUCHDOWNS			
				Seahawks:	3 2 times (Last: Tyler Lockett at ARI)	10/25	
		RUSHING		Opponents:	2 4 times (Last: Christian Kirk at ARI)	10/25	
ATTEMPTS					LONGEST TD		
	Seahawks:	17 Chris Carson vs. New England	09/20	Seahawks:	54 DK Metcalf vs. New England	09/20	
	Opponents:	20 Alexander Mattison vs. Minnesota	10/11	Opponents:	43 Michael Gallup vs. Dallas	09/27	
YARDS							
	Seahawks:	84 Russell Wilson at Arizona	10/25	INTERCEPTIONS			
	Opponents:	112 Alexander Mattison vs. Minnesota	10/11	INTERCEPTIONS			
LONGEST, NO TD					Seahawks:	1 6 times (Last: Quandre Diggs at ARI)	10/25
	Seahawks:	34 Russell Wilson at Arizona	10/25	Opponents:	1 6 times (Last: Budda Baker/Patrick Peterson/Isaiah Simmons at ARI)	10/25	
	Opponents:	32 Chase Edmonds at Arizona	10/25				
TOUCHDOWNS					YARDS		
	Seahawks:	2 Chris Carson at Miami	10/04	Seahawks:	16 Shaquill Griffin at Miami	10/04	
	Opponents:	2 Cam Newton vs. New England	09/20	Opponents:	90 Budda Baker at Arizona	10/25	
LONGEST TD					LONGEST		
	Seahawks:	29 Chris Carson vs. Minnesota	10/11	Seahawks:	16 Shaquill Griffin at Miami	10/04	
	Opponents:	10 Ryan Fitzpatrick at Miami	10/04	Opponents:	90 Budda Baker at Arizona	10/25	
				TOUCHDOWNS			
ATTEMPTS	PASSING				Seahawks:	None	
					Opponents:	1 Devin McCourty vs. New England	09/20
	Seahawks:	50 Russell Wilson at Arizona	10/25				
COMPLETIONS	Opponents:	57 Dak Prescott vs. Dallas	09/27	PUNT RETURNS			
					RETURN		
	Seahawks:	33 Russell Wilson at Arizona	10/25	Seahawks:	1 4 times (Last: David Moore vs. MIN)	10/11	
YARDS	Opponents:	37 2 times (Last: Dak Prescott vs. DAL)	09/27	Opponents:	3 2 times (Last: Chad Beebe vs. MIN)	10/11	
					FAIR CATCHES		
	Seahawks:	388 Russell Wilson at Arizona	10/25	Seahawks:	2 David Moore vs. Dallas	09/27	
COMPLETIONS PCT.	Opponents:	472 Dak Prescott vs. Dallas	09/27	Opponents:	2 2 times (Last: Damiere Byrd vs. NE)	09/20	
					YARDS		
	Seahawks:	88.6 Russell Wilson at Atlanta	09/13	Seahawks:	20 David Moore vs. New England	09/20	
LONGEST, NO TD	Opponents:	70.8 Kyler Murray at Arizona	10/25	Opponents:	32 CeeDee Lamb vs. Dallas	09/27	
					LONGEST		
	Seahawks:	62 Russell Wilson vs. Dallas	09/27	Seahawks:	20 David Moore vs. New England	09/20	
PASSER RATING	Opponents:	52 Dak Prescott vs. Dallas	09/27	Opponents:	19 CeeDee Lamb vs. Dallas	09/27	
					TOUCHDOWNS		
	Seahawks:	143.1 Russell Wilson at Atlanta	09/13	Seahawks:	None		
				Opponents:	None		
TOUCHDOWNS	Opponents:	104.5 Kyler Murray at Arizona	10/25	KICKOFF RETURNS			
					RETURN		
	Seahawks:	5 2 times (Last: Russell Wilson vs. DAL)	09/27	Seahawks:	3 Travis Homer vs. New England	09/20	
LONGEST TD	Opponents:	3 2 times (Last: Kyler Murray at ARI)	10/25	Opponents:	3 J.J. Taylor vs. New England	09/20	
					YARDS		
	Seahawks:	54 Russell Wilson vs. New England	09/20	Seahawks:	89 Travis Homer vs. New England	09/20	
INTERCEPTIONS	Opponents:	43 Dak Prescott vs. Dallas	09/27	Opponents:	69 J.J. Taylor vs. New England	09/20	
					LONGEST		
	Seahawks:	3 Russell Wilson at Arizona	10/25	Seahawks:	44 Travis Homer vs. New England	09/20	
				Opponents:	30 Kyle Dugger vs. New England	09/20	
		RECEIVING		TOUCHDOWNS			
RECEPTIONS					Seahawks:	None	
					Opponents:	None	
	Seahawks:	15 Tyler Lockett at Arizona	10/25				

GAME-BY-GAME STARTERS

2020 REGULAR SEASON

OFFENSE

DATE	OPPONENT	WR	LT	LG	C	RG	RT	TE	WR	WR	QB	RB
9/13	at Atlanta	D. Metcalf	D. Brown	M. Iupati	E. Pocic	<u>D. Lewis</u>	B. Shell	G. Olsen	T. Lockett	D. Moore	R. Wilson	C. Carson
9/20	New England	D. Metcalf	D. Brown	M. Iupati	E. Pocic	<u>D. Lewis</u>	B. Shell	G. Olsen/ W. Dissly	T. Lockett		R. Wilson	C. Carson
9/27	Dallas	D. Metcalf	D. Brown	M. Iupati	E. Pocic	<u>D. Lewis</u>	B. Shell	G. Olsen/ W. Dissly	T. Lockett		R. Wilson	C. Carson
10/4	at Miami	D. Metcalf	D. Brown	M. Iupati	E. Pocic	<u>D. Lewis</u>	B. Shell	G. Olsen	T. Lockett	D. Moore	R. Wilson	C. Carson
10/11	Minnesota	D. Metcalf	D. Brown	J. Simmons	E. Pocic	<u>D. Lewis</u>	B. Shell	W. Dissly/ G. Olsen	T. Lockett		R. Wilson	C. Carson
10/25	at Arizona	D. Metcalf	D. Brown	J. Simmons	E. Pocic	<u>D. Lewis</u>	B. Shell	W. Dissly/ G. Olsen	T. Lockett		R. Wilson	C. Carson
11/1	San Francisco											
11/8	at Buffalo											
11/15	at L.A. Rams											
11/19	Arizona											
11/30	at Philadelphia											
12/6	N.Y. Giants											
12/13	N.Y. Jets											
12/20	at Washington											
12/27	L.A. Rams											
1/3	at San Francisco											

2020 REGULAR SEASON

DEFENSE

DATE	OPPONENT	DE	DT	NT	LEO	SLB	MLB	WLB	LCB	RCB	SS	FS
9/13	at Atlanta	L. Collier	J. Reed	P. Ford	B. Mayowa	B. Irvin	B. Wagner	K. Wright	S. Griffin	Q. Dunbar	J. Adams	Q. Diggs
9/20	New England	L. Collier	J. Reed	P. Ford	B. Mayowa	B. Irvin	B. Wagner	K. Wright	S. Griffin	Q. Dunbar	J. Adams	Q. Diggs
9/27	Dallas	L. Collier	J. Reed	P. Ford	B. Mayowa	<u>J. Brooks</u>	B. Wagner	K. Wright	S. Griffin	T. Flowers	J. Adams	Q. Diggs
10/4	at Miami	L. Collier	J. Reed	P. Ford	B. Mayowa	C. Barton	B. Wagner	K. Wright	S. Griffin	T. Flowers	R. Neal	Q. Diggs
10/11	Minnesota	L. Collier	J. Reed	P. Ford	B. Mayowa	C. Barton	B. Wagner	K. Wright	S. Griffin	Q. Dunbar	R. Neal	Q. Diggs
10/25	at Arizona	L. Collier	J. Reed	P. Ford	B. Mayowa	<u>J. Brooks</u>	B. Wagner	K. Wright	S. Griffin	Q. Dunbar	R. Neal	Q. Diggs
11/1	San Francisco											
11/8	at Buffalo											
11/15	at L.A. Rams											
11/19	Arizona											
11/30	at Philadelphia											
12/6	N.Y. Giants											
12/13	N.Y. Jets											
12/20	at Washington											
12/27	L.A. Rams											
1/3	at San Francisco											

Rookies underlined.

TOP PERFORMANCES

2020 REGULAR SEASON BIG YARDAGE GAMES

100-YARD RUSHERS							
DATE	OPPONENT	PLAYER	ATT.	YDS.	AVG.	LG	TD
300-YARD PASSERS							
DATE	OPPONENT	PLAYER	ATT.	YDS.	COMP./ATT.	LG	TD
10/25	at Cardinals	Russell Wilson	50	388	33/50	47T	3
10/4	at Dolphins	Russell Wilson	34	360	24/34	57	2
9/13	at Falcons	Russell Wilson	35	322	31/35	38T	4
9/27	vs. Cowboys	Russell Wilson	40	315	27/40	62	5
100-YARD PASS RECEIVERS							
DATE	OPPONENT	PLAYER	NO.	YDS.	AVG.	LG	TD
10/25	at Cardinals	Tyler Lockett	15	200	13.3	47T	3
9/27	vs. Cowboys	DK Metcalf	4	110	27.5	62	1
10/4	at Dolphins	DK Metcalf	4	106	26.5	37	0
9/27	vs. Cowboys	Tyler Lockett	9	100	11.1	43T	3
MULTI-SACK GAMES							
DATE	OPPONENT	PLAYER	SACKS	YDS.	QBH		

2020 OPPONENTS BIG YARDAGE GAMES

100-YARD RUSHERS							
DATE	OPPONENT	PLAYER	ATT.	YDS.	AVG.	LG	TD
10/11	vs. Vikings	Alexander Mattison	20	112	5.6	25	0
300-YARD PASSERS							
DATE	OPPONENT	PLAYER	ATT.	YDS.	COMP./ATT.	LG	TD
9/27	vs. Cowboys	Dak Prescott	57	472	37/57	52	3
9/13	at Falcons	Matt Ryan	54	450	37/54	44	2
9/20	vs. Patriots	Cam Newton	44	397	30/44	49	1
10/25	at Cardinals	Kyler Murray	48	360	34/48	41	3
10/4	at Dolphins	Ryan Fitzpatrick	45	315	29/45	26	0
100-YARD PASS RECEIVERS							
DATE	OPPONENT	PLAYER	NO.	YDS.	AVG.	LG	TD
9/20	vs. Patriots	Julian Edelman	8	179	22.4	49	0
9/13	at Falcons	Julio Jones	9	157	17.4	44	0
9/27	vs. Cowboys	Michael Gallup	6	138	23.0	52	1
9/13	at Falcons	Calvin Ridley	9	130	14.4	22	2
9/13	at Falcons	Russell Gage	9	114	12.7	24	0
10/4	at Dolphins	DeVante Parker	10	110	11.0	21	0
9/27	vs. Cowboys	Cedrick Wilson	5	107	21.4	42T	2
10/25	at Cardinals	DeAndre Hopkins	10	103	10.3	35T	1
MULTI-SACK GAMES							
DATE	OPPONENT	PLAYER	SACKS	YDS.	QBH		
9/27	vs. Cowboys	Aldon Smith	3.0	10.0	3		
9/13	at Falcons	Grady Jarrett	1.5	11.0	3		

TAKEAWAY/GIVEAWAY CHART

DATE	OPPONENT	SEA +/- RATIO	SEATTLE TAKEAWAYS	POINTS OFF TAKEAWAYS	SEATTLE GIVEAWAYS	POINTS OFF GIVEAWAYS
09/13	at Atlanta	+2	2 (1 FUM, 1 INT)	7	0 (0 FUM, 0 INT)	0
09/20	New England	0	1 (0 FUM, 1 INT)	7	1 (0 FUM, 1 INT)	7
09/27	Dallas	+2	3 (1 FUM, 2 INT)	14	1 (1 FUM, 0 INT)	0
10/04	at Miami	+1	2 (0 FUM, 2 INT)	13	1 (0 FUM, 1 INT)	3
10/11	Minnesota	+1	2 (1 FUM, 1 INT)	14	1 (0 FUM, 1 INT)	0
10/25	at Arizona	-1	2 (1 FUM, 1 INT)	7	3 (0 FUM, 3 INT)	3
11/01	San Francisco	--	--	--	--	--
11/08	at Buffalo	--	--	--	--	--
11/15	at L.A. Rams	--	--	--	--	--
11/19	Arizona	--	--	--	--	--
11/30	at Philadelphia	--	--	--	--	--
12/06	N.Y. Giants	--	--	--	--	--
12/13	N.Y. Jets	--	--	--	--	--
12/20	at Washington	--	--	--	--	--
12/27	L.A. Rams	--	--	--	--	--
01/03	at San Francisco	--	--	--	--	--
TOTALS		+5	12 (4 FUM, 8 INT)	62	7 (1 FUM, 6 INT)	13

THE LAST TIME

BY SEAHAWKS

RUSHING		BY OPPONENT
209 yards, Thomas Rawls vs. San Francisco, 11/22/15	200 YARDS RUSHING	207 yards, Frank Gore @ San Francisco, 09/20/09
133 yards, Chris Carson @ Carolina, 12/15/19	100 YARDS RUSHING	112 yards, Alexander Mattison vs. Minnesota, 10/11/20
140 yards/107 yards, Marshawn Lynch/Russell Wilson vs. N.Y. Giants, 11/09/14	TWO 100-YARD RUSHERS	* Never Has Happened *
4 tds, Marshawn Lynch: (1, 2, 3, 16) vs. N.Y. Giants, 11/09/14	FOUR TOUCHDOWNS RUSHING	4 tds, Jamal Lewis: (2, 1, 2, 1) @ Cleveland, 11/04/07
3 tds, Russell Wilson: (14, 25, 13) @ Buffalo, 12/16/12	THREE TOUCHDOWNS RUSHING	3 tds, Todd Gurley II: (2, 2, 5) vs. L.A. Rams, 10/07/18
2 tds, Chris Carson: (1, 1) @ Miami, 10/04/20	TWO TOUCHDOWNS RUSHING	2 tds, Cam Newton: (1, 1) vs. New England, 09/20/20
* Never Has Happened *	TWO PLAYERS WITH TWO TD RUSHING	Brandon Jackson: (6, 4)/Ryan Grant: (3, 56) @ Green Bay, 12/27/09
68 yards, Carlos Hyde @ Arizona, 10/25/20	50-74 YARD RUSHING	67 yards/58 yards, Kyler Murray/Chase Edmonds @ Arizona, 10/25/20
84 yards, Russell Wilson @ Arizona, 10/25/20	75+ YARD RUSHING	112 yards, Alexander Mattison vs. Minnesota, 10/11/20
32 att., Chris Carson vs. Dallas, 09/23/18	30+ RUSHING ATTEMPTS	33 att., David Johnson @ Arizona, 10/23/16
350 yards, Seattle 38, N.Y. Giants 17 vs. N.Y. Giants, 11/09/14	300 YARDS RUSHING (TEAM)	301 yards, Denver 38, Seattle 31 vs. Denver, 11/26/00
200 yards, Arizona 37, Seattle 34 @ Arizona, 10/25/20	200 YARDS RUSHING (TEAM)	201 yards, Seattle 27, Minnesota 26 vs. Minnesota, 10/11/20
200 yards, Arizona 37, Seattle 34 @ Arizona, 10/25/20	200-299 YARDS RUSHING (TEAM)	201 yards, Seattle 27, Minnesota 26 vs. Minnesota, 10/11/20
200 yards, Arizona 37, Seattle 34 @ Arizona, 10/25/20	200+ YARDS RUSHING (TEAM)	201 yards, Seattle 27, Minnesota 26 vs. Minnesota, 10/11/20
350 yards, Seattle 38, N.Y. Giants 17 vs. N.Y. Giants, 11/09/14	300+ YARDS RUSHING (TEAM)	301 yards, Denver 38, Seattle 31 vs. Denver, 11/26/00
RECEIVING		
110 yards/100 yards, DK Metcalf/Tyler Lockett vs. Dallas, 09/27/20	TWO 100-YARD RECEIVERS	138 yards/107 yards, Michael Gallup/Cedrick Wilson vs. Dallas, 09/27/20
200 yards, Tyler Lockett @ Arizona, 10/25/20	200 YARDS RECEIVING	224 yards, DeAndre Hopkins vs. Houston, 10/29/17
106 yards, DK Metcalf @ Miami, 10/04/20	100 YARDS RECEIVING	103 yards, DeAndre Hopkins @ Arizona, 10/25/20
* Never Has Happened *	FOUR TOUCHDOWN RECEPTIONS	4 tds, Marcus Robinson: (13, 50, 25, 9) @ Baltimore, 11/23/03
3 tds, Tyler Lockett: (3, 47, 3) @ Arizona, 10/25/20	THREE TOUCHDOWN RECEPTIONS	3 tds, Antonio Gates: (8, 8, 21) @ San Diego, 09/14/14
2 tds, DK Metcalf: (13, 6) vs. Minnesota, 10/11/20	TWO TOUCHDOWN RECEPTIONS	2 tds, Christian Kirk: (7, 8) @ Arizona, 10/25/20
Jacob Hollister: (1, 10)/Tyler Lockett: (19, 2) vs. Tampa Bay, 11/03/19	TWO PLAYERS WITH TWO TD RECEPTIONS	Kellen Winslow: (10, 21)/Mike Williams: (20, 7) @ Tampa Bay, 12/26/10
15 , Tyler Lockett @ Arizona, 10/25/20	10 OR MORE RECEPTIONS	10 , DeAndre Hopkins @ Arizona, 10/25/20
PASSING		
50 att., Russell Wilson @ Arizona, 10/25/20	40+ PASS ATTEMPTS	48 att., Kyler Murray @ Arizona, 10/25/20
406 yards, Russell Wilson vs. New Orleans, 09/22/19	400 YARDS PASSING	472 yards, Dak Prescott vs. Dallas, 09/27/20
388 yards, Russell Wilson @ Arizona, 10/25/20	300 YARDS PASSING	360 yards, Kyler Murray @ Arizona, 10/25/20
406 yards, Russell Wilson vs. New Orleans, 09/22/19	400 NET YARDS PASSING	461 yards, Dak Prescott vs. Dallas, 09/27/20
372 yards, Russell Wilson @ Arizona, 10/25/20	300 NET YARDS PASSING	360 yards, Kyler Murray @ Arizona, 10/25/20
5 tds, Russell Wilson: (43, 1, 1, 1, 29) vs. Dallas, 09/27/20	FIVE TOUCHDOWN PASSES	5 tds, Josh Freeman: (10, 20, 21, 7, 2) @ Tampa Bay, 12/26/10
4 tds, Russell Wilson: (3, 19, 38, 7) @ Atlanta, 09/13/20	FOUR TOUCHDOWN PASSES	4 tds, Deshaun Watson: (59, 20, 2, 72) vs. Houston, 10/29/17
3 tds, Russell Wilson: (3, 47, 3) @ Arizona, 10/25/20	THREE TOUCHDOWN PASSES	3 tds, Kyler Murray: (7, 8, 35) @ Arizona, 10/25/20
4 ints, Matt Hasselbeck @ San Francisco, 12/12/10	FOUR INTERCEPTIONS THROWN	4 ints, Carson Palmer vs. Arizona, 12/22/13
3 ints, Russell Wilson @ Arizona, 10/25/20	THREE INTERCEPTIONS THROWN	3 ints, Kyle Allen @ Carolina, 12/15/19
2 ints, Russell Wilson @ Denver, 09/09/18	TWO INTERCEPTIONS THROWN	2 ints, Ryan Fitzpatrick @ Miami, 10/04/20
COMBINED YARDS		
105 yards/378 yards, Chris Carson/Russell Wilson vs. Tampa Bay, 11/03/19	100-YARD RUSHER AND 300-YARD PASSER	120 yards/318 yards, Todd Gurley II/Jared Goff @ L.A. Rams, 11/11/18
200 yards/388 yards, Tyler Lockett/Russell Wilson @ Arizona, 10/25/20	100-YARD RECEIVER AND 300-YARD PASSER	103 yards/360 yards, DeAndre Hopkins/Kyler Murray @ Arizona, 10/25/20
133 yards/120 yards, Chris Carson/Tyler Lockett @ Carolina, 12/15/19	100-YARD RUSHER AND 100-YARD RECEIVER	122 yards/101 yards, Nick Chubb/Odell Beckham Jr. @ Cleveland, 10/13/19
105 yards/378 yards/152 yards, Chris Carson/Russell Wilson Tyler Lockett vs. Tampa Bay, 11/03/19	100-YARD RUSHER, 300-YARD PASSER, 100-YARD RECEIVER	120 yards/318 yards/100 yards, Todd Gurley II/Jared Goff Brandin Cooks @ L.A. Rams, 11/11/18
110/100 yards/315 yards, DK Metcalf/Tyler Lockett/Russell Wilson vs. Dallas, 09/27/20	TWO 100-YARD RECEIVERS/300-YARD PASSER	138/107 yards/472 yards, Michael Gallup/Cedrick Wilson/Dak Prescott vs. Dallas, 09/27/20

DEFENSE

55 yards, Quandre Diggs: (13:05) (Shotgun) 16-J.Goff pass short right intended for 17-R.Woods INTERCEPTED by 37-Q.Diggs [49-Sm.Griffin] at SEA 45. 37-Q.Diggs for 55 yards, TOUCHDOWN. @ L.A. Rams, 12/08/19

INTERCEPTED PASS RETURNED FOR A TOUCHDOWN

43 yards, Devin McCourty: (13:48) (Shotgun) 3-R.Wilson pass short left intended for 88-G.Olsen INTERCEPTED by 32-D.McCourty at SEA 43. 32-D.McCourty for 43 yards, TOUCHDOWN. vs. New England, 09/20/20

10 yards, Jadeveon Clowney: (2:57) (Shotgun) 10-J.Garoppolo sacked at SF 14 for -9 yards [91-J.Reed]. FUMBLES (91-J.Reed) [91-J.Reed], RECOVERED by SEA-90-J.Clowney at SF 10. 90-J.Clowney for 10 yards, TOUCHDOWN. @ San Francisco, 11/11/19

FUMBLE RETURNED FOR A TOUCHDOWN

12 yards, DeForest Buckner: (12:12) 3-R.Wilson sacked at SEA 25 for -10 yards (sack split by 91-A.Armstead and 24-K.Williams). FUMBLES (91-A.Armstead) [24-K.Williams], recovered by SEA-65-G.Ifedi at SEA 23. 65-G.Ifedi to SEA 18 for -5 yards (54-F.Warner). FUMBLES (54-F.Warner), RECOVERED by SF-99-D.Buckner at SEA 12. 99-D.Buckner for 12 yards, TOUCHDOWN. @ San Francisco, 11/11/19

Bryan Mone: (6:38) 21-E.Elliott left end tackled in End Zone for -1 yards, SAFETY (92-B.Mone). vs. Dallas, 09/27/20

SAFETY SCORED

(10:19) (Shotgun) 3-R.Wilson pass incomplete deep right. PENALTY on SEA-3-R.Wilson, Intentional Grounding, 5 yards, enforced in End Zone, SAFETY. vs. L.A. Rams, 12/17/17

Seattle 26, Chicago 0 vs. Chicago, 09/27/15

SHUTOUT

Pittsburgh 24, Seattle 0 @ Pittsburgh, 09/18/11

4.0 sk, Chris Clemons vs. Green Bay, 09/24/12

FOUR SACK GAME

4.0 sk, Chandler Jones vs. Arizona, 12/22/19

3.5 sk, Michael Bennett @ San Francisco, 10/22/15

THREE SACK GAME

3.0 sk, Aldon Smith vs. Dallas, 09/27/20

2.0 sk, Mychal Kendricks @ Arizona, 09/29/19

TWO SACK GAME

2.0 sk, Samson Ebukam @ L.A. Rams, 12/08/19

2 ints, K.J. Wright @ Carolina, 12/15/19

TWO INTERCEPTIONS

2 ints, A.J. Bouye @ Jacksonville, 12/10/17

3 ints, Marcus Trufant vs. Arizona, 12/09/07

THREE INTERCEPTIONS

* Never Has Happened *

* Never Has Happened *

FOUR INTERCEPTIONS

4 int, Deron Cherry vs. Kansas City, 09/29/85

98 yards, Seattle 31, Miami 23 @ Miami, 10/04/20

LESS THAN 100 RUSHING YARDS

61 yards, Seattle 38, Dallas 31 vs. Dallas, 09/27/20

141 yards, Baltimore 30, Seattle 16 vs. Baltimore, 10/20/19

LESS THAN 150 NET PASSING YARDS

133 yards, Arizona 27, Seattle 13 vs. Arizona, 12/22/19

198 yards, Seattle 27, Arizona 24 vs. Arizona, 12/30/18

LESS THAN 200 YARDS NET OFFENSE

136 yards, Seattle 21, Dallas 12 @ Dallas, 12/24/17

265 yards, New Orleans 33, Seattle 27 vs. New Orleans, 09/22/19

LESS THAN 300 YARDS NET OFFENSE

224 yards, Arizona 27, Seattle 13 vs. Arizona, 12/22/19

3 to, Arizona 37, Seattle 34 @ Arizona, 10/25/20

AT LEAST ONE TURNOVER

2 to, Arizona 37, Seattle 34 @ Arizona, 10/25/20

3 to, Seattle 38, Dallas 31 vs. Dallas, 09/27/20

FORCED THREE+ TURNOVERS

3 to, Arizona 37, Seattle 34 @ Arizona, 10/25/20

SPECIAL TEAMS

99 yards, Tyler Lockett: 4-P.Dawson kicks 64 yards from ARZ 35 to SEA 1. 16-T.Lockett for 99 yards, TOUCHDOWN. vs. Arizona, 12/31/17

KICKOFF RETURNED FOR A TOUCHDOWN

97 yards, Richie James Jr.: 11-S.Janikowski kicks 62 yards from SEA 35 to SF 3. 13-R.James for 97 yards, TOUCHDOWN. @ San Francisco, 12/16/18

57 yards, Tyler Lockett: (4:45) 6-J.Hekker punts 55 yards to SEA 43, Center-44-J.McQuaide. 16-T.Lockett for 57 yards, TOUCHDOWN. SL-34-C.Reynolds was injured during the play. His return is Questionable. @ St. Louis, 09/13/15

PUNT RETURNED FOR A TOUCHDOWN

53 yards, Deonte Harris: (12:19) 4-M.Dickson punts 38 yards to NO 47, Center-69-T.Ott. 11-D.Harris for 53 yards, TOUCHDOWN. vs. New Orleans, 09/22/19

Red Bryant: (14:19) 2-D.Akers 21 yard field goal is BLOCKED (79-R.Bryant), Center-86-B.Jennings, Holder-4-A.Lee, RECOVERED by SEA-25-R.Sherman at SEA 10. 25-R.Sherman for 90 yards, TOUCHDOWN. vs. San Francisco, 12/23/12

BLOCKED FIELD GOAL RETURNED FOR A TOUCHDOWN

Lawrence Guy: (13:20) 4-S.Hauschka 48 yard field goal is BLOCKED (67-L.Guy), Center-49-C.Gresham, Holder-9-J.Ryan, RECOVERED by IND-26-D.Howell at IND 39. 26-D.Howell for 61 yards, TOUCHDOWN. @ Indianapolis, 10/06/13

Doug Baldwin: (7:19) 6-C.Jones punt is BLOCKED by 89-D.Baldwin, Center-91-L.Ladouceur, RECOVERED by SEA-57-M.Morgan at DAL 25. 57-M.Morgan for 25 yards, TOUCHDOWN. vs. Dallas, 10/12/14

BLOCKED PUNT RETURNED FOR A TOUCHDOWN

Cameron Malveaux: (:21) 4-M.Dickson punt is BLOCKED by 94-C.Malveaux, Center-69-T.Ott, RECOVERED by ARZ-92-D.Gardeck at SEA 0. TOUCHDOWN. vs. Arizona, 12/30/18

55 yards, Jason Myers: (:11) 5-J.Myers 55 yard field goal is GOOD, Center-69-T.Ott, Holder-4-M.Dickson.Penalty on MIA-98-R.Davis, Illegal Formation, declined. @ Miami, 10/04/20

MADE FIELD GOAL OF 50 YARDS OR LONGER

52 yards, Dan Bailey: (8:39) 5-D.Bailey 52 yard field goal is GOOD, Center-58-A.Cutting, Holder-2-B.Colquitt. vs. Minnesota, 10/11/20

45 yards, Steven Hauschka: (:38) 4-S.Hauschka 45 yard field goal is BLOCKED (95-R.Gunter), Center-48-N.Frese, Holder-9-J.Ryan. Ball rolled dead at the goal line. vs. Arizona, 12/24/16

BLOCKED FIELD GOAL

45 yards, Zane Gonzalez: (1:20) 5-Z.Gonzalez 45 yard field goal is BLOCKED (98-R.Green), Center-46-A.Brewer, Holder-4-A.Lee, RECOVERED by SEA-27-M.Blair at SEA 38. 27-M.Blair to ARZ 16 for 46 yards (87-M.Williams). vs. Arizona, 12/22/19

Michael Dickson: (:21) 4-M.Dickson punt is BLOCKED by 94-C.Malveaux, Center-69-T.Ott, RECOVERED by ARZ-92-D.Gardeck at SEA 0. TOUCHDOWN. vs. Arizona, 12/30/18

BLOCKED PUNT

Jamie Gillan: (10:13) 7-J.Gillan punt is BLOCKED by 83-D.Moore, Center-47-C.Hughlett, RECOVERED by SEA-17-M.Turner at CLV 20. @ Cleveland, 10/13/19

Jason Myers: 5-J.Myers extra point is No Good, Hit Right Upright, Center-69-T.Ott, Holder-4-M.Dickson. @ Carolina, 12/15/19

MISSED POINT AFTER TOUCHDOWN ATTEMPT

Greg Zuerlein: 2-G.Zuerlein extra point is No Good, Hit Right Upright, Center-91-L.Ladouceur, Holder-6-C.Jones. vs. Dallas, 09/27/20

Greg Zuerlein: 2-G.Zuerlein extra point is Blocked (21-T.Flowers), Center-91-L.Ladouceur, Holder-6-C.Jones. vs. Dallas, 09/27/20

POINT AFTER TOUCHDOWN ATTEMPT BLOCKED

Steven Hauschka: 4-S.Hauschka extra point is Blocked (93-C.Jones), Center-48-N.Frese, Holder-9-J.Ryan. @ San Francisco, 01/01/17

Jordan Babineaux: 10-O.Mare kicks inside 16 yards from SEA 30 to SEA 46. RECOVERED by SEA-27-J.Babineaux. @ Indianapolis, 10/04/09

SUCCESSFUL ONSIDE KICK

Foyesade Oluokun: 7-Y.Koo kicks inside 11 yards from ATL 35 to ATL 46. RECOVERED by ATL-54-F.Oluokun. @ Atlanta, 09/13/20

5 fg, Steven Hauschka: (22, 38, 39, 35, 30) vs. Baltimore, 11/13/11

FIVE FIELD GOALS

5 fg, Jason Sanders: (41, 29, 45, 43, 29) @ Miami, 10/04/20

4 fg, Steven Hauschka: (31, 32, 33, 28) @ San Francisco, 01/01/17

FOUR FIELD GOALS

4 fg, Robbie Gould: (28, 33, 45, 36) @ San Francisco, 12/16/18

3 fg, Jason Myers: (29, 29, 36) vs. Minnesota, 12/02/19

THREE FIELD GOALS

3 fg, Zane Gonzalez: (49, 44, 48) @ Arizona, 10/25/20

10 punts, Jon Ryan @ Chicago, 10/17/10

PUNTED 10+ TIMES

10 punts, Pat O'Donnell vs. Chicago, 09/27/15

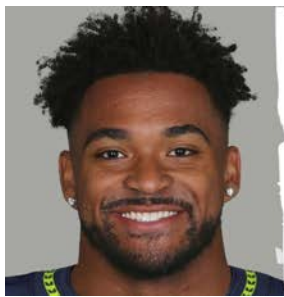
THE LAST TIME

TEAM/MISCELLANEOUS

572 yards, Seattle 572, Arizona 519 @ Arizona, 10/25/20	500 TOTAL YARDS OF OFFENSE	519 yards, Seattle 572, Arizona 519 @ Arizona, 10/25/20
441 yards, Seattle 441, Miami 415 @ Miami, 10/04/20	400 TOTAL YARDS OF OFFENSE	449 yards, Minnesota 449, Seattle 314 vs. Minnesota, 10/11/20
ST: (12:08) (Shotgun) R.Wilson pass short left to J.Graham for 7 yards, TOUCHDOWN [A.Ogletree].DEF: (4:46) N.Foles sacked at SL 12 for -8 yards (C.Williams). FUMBLES (C.Williams) [C.Williams], RECOVERED by SEA-C.Williams at SL 8. C.Williams for 8 yards, TOUCHDOWN.OFF: (4:45) J.Hekker punts 55 yards to SEA 43, Center-J.McQuaide. T.Lockett for 57 yards, TOUCHDOWN. SL-C.Reynolds was injured during the play. His return is Questionable. @ St. Louis, 09/13/15	TOUCHDOWN ON OFFENSE, DEFENSE AND SPECIAL TEAMS	ST: (7:47) T.Bridgewater pass short left to M.Thomas for 1 yard, TOUCHDOWN.ST: (4:22) W.Clapp reported in as eligible. A.Kamara left guard for 1 yard, TOUCHDOWN. SEA-K.Wright was injured during the play.ST: (-:42) (Shotgun) T.Bridgewater pass short right to A.Kamara for 29 yards, TOUCHDOWN.DEF: (7:05) G.Fant reported in as eligible. C.Carson right tackle to SEA 30 for 22 yards (E.Apple, M.Williams). FUMBLES (E.Apple), RECOVERED by NO-V.Bell at SEA 33. V.Bell for 33 yards, TOUCHDOWN.OFF: (12:19) M.Dickson punts 38 yards to NO 47, Center-T.Ott. D.Harris for 53 yards, TOUCHDOWN. vs. New Orleans, 09/22/19
Russell Wilson: TWO-POINT CONVERSION ATTEMPT. 3-R.Wilson pass to 86-J.Hollister is complete. ATTEMPT SUCCEEDS. vs. Dallas, 09/27/20	MADE TWO-POINT CONVERSION	Ryan Fitzpatrick: (Pass formation) TWO-POINT CONVERSION ATTEMPT. 14-R.Fitzpatrick pass to 18-P.Williams is complete. ATTEMPT SUCCEEDS. @ Miami, 10/04/20
Russell Wilson: TWO-POINT CONVERSION ATTEMPT. 3-R.Wilson pass to 32-C.Carson is incomplete. ATTEMPT FAILS. vs. Minnesota, 10/11/20	FAILED TWO-POINT CONVERSION	Kirk Cousins: TWO-POINT CONVERSION ATTEMPT. 8-K.Cousins rushes up the middle. ATTEMPT FAILS. Tackle by 91 Collier and 50 Wright vs. Minnesota, 10/11/20
Seattle 50, Buffalo 17 @ Buffalo, 12/16/12	50 POINTS	Seattle 7, Dallas 51 @ Dallas, 11/27/80
Seattle 40, Tampa Bay 34 vs. Tampa Bay, 11/03/19	40 POINTS	L.A. Rams 42, Seattle 7 vs. L.A. Rams, 12/17/17
Seattle 27, San Francisco 24 @ San Francisco, 11/11/19	OVERTIME WIN	Arizona 37, Seattle 34 @ Arizona, 10/25/20
Arizona 37, Seattle 34 @ Arizona, 10/25/20	OVERTIME LOSS	Seattle 27, San Francisco 24 @ San Francisco, 11/11/19
Arizona 6, Seattle 6 @ Arizona, 10/23/16	OVERTIME TIE	Arizona 6, Seattle 6 @ Arizona, 10/23/16
0 to, Seattle 38, Atlanta 25 @ Atlanta, 09/13/20	NO TURNOVERS	0 to, San Francisco 26, Seattle 21 vs. San Francisco, 12/29/19



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

2020 SEASON:

09/27 vs. Dal: Left the game in the second half with a groin injury.
 10/04 at Mia: Inactive (groin).
 10/11 vs. Min: Inactive (groin).
 10/25 at Ariz: Inactive (groin).

TRANSACTIONS:

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

NFL CAREER HIGHLIGHTS:

- Entering 2020, 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							QBH	INTERCEPTIONS					FUMBLES			ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		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	0	6	1	2	0	1	0	1	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
2020	Seahawks	3	3	23	14	9	3	12	2.0	7.0	5	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		49	49	295	224	71	31	108	14.0	94.5	28	2	99	61t	1	26	6	4	30	1	0	1	0	0	0	0

JAMAL ADAMS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	12 at Atlanta Falcons, Sep 13, 2020 ...1 more at 12.	Tackles For Loss	3 at Washington, Nov 17, 2019 ...1 more at 3.
Sacks	3.0 at Washington, 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' 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC				
DATE	OPPONENT	P/S	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	SCORE	
09/13	at Falcons	S	12	8	4	1.0	7.0	2	8	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	38-25	
09/20	Patriots	S	9	6	3	1.0	0.0	1	4	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	35-30	
09/27	Cowboys	S	2	0	2	0.0	0.0	0	0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	W	38-31	
10/04	at Dolphins		ON INACTIVE LIST																								W	31-23
10/11	Vikings		INACTIVE																								W	27-26
10/25	at Cardinals		ON INACTIVE LIST																								L	34-37+
2020 TOTALS		3-3	23	14	9	2.0	7.0	3	12	5	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	5-1		

+ - 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

2020 SEASON:

09/20 vs. NE: Subbed in for Marquise Blair (knee) at nickel and finished with a career-high eight tackles.

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	TK	S	A	TACKLES				QBH	INTERCEPTIONS					FUMBLES			ST				
							TFL	YDS	SK	YDS		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	10	8	2	0	1
2020	Seahawks	6	0	23	22	1	1	2	0.0	0.0	0	0	0	0	0	4	0	0	0	2	2	0	0	0
NFL TOTALS		22	0	30	27	3	1	2	0.0	0.0	0	0	0	0	0	4	0	0	0	12	10	2	0	1

UGO AMADI'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TK	S	A	TACKLES				QBH	INTERCEPTIONS					FUMBLES			ST				
							TFL	YDS	SK	YDS		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	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	1	1	0	0	0

UGO AMADI'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	8 vs. New England Patriots, Sep 20, 2020	Special Teams Tackles	2 vs. Arizona Cardinals, Dec 22, 2019
Passes Defensed	2 at Miami Dolphins, Oct 04, 2020 ...1 more at 2.	Special Teams Fumble Recoveries	1 at Los Angeles Rams, Dec 08, 2019
Tackles For Loss	1 vs. New England Patriots, Sep 20, 2020		

UGO AMADI'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC				
DATE	OPPONENT	P/S	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	SCORE	
09/13	at Falcons	P	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	W	38-25
09/20	Patriots	P	8	8	0	0.0	0.0	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	35-30	
09/27	Cowboys	P	7	6	1	0.0	0.0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	W	38-31	
10/04	at Dolphins	P	3	3	0	0.0	0.0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	W	31-23	
10/11	Vikings	P	2	2	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0	W	27-26	
10/25	at Cardinals	P	3	3	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	34-37+	
2020 TOTALS		6-0	23	22	1	0.0	0.0	1	2	0	0	0	0	0	4	0	0	0	2	2	0	0	0	0	0	0	5-1	

+ - Overtime



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

2020 SEASON:

10/04 at Mia: Started at OLB in place of Jordyn Brooks (knee).

10/11 vs. Min: Posted a career-high 14 tackles, including part of a 4th-and-inches stop at the Seahawks 6-yard line that led to the game-winning 94-yard TD drive.

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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES			QBH	MISC		
										TFL	PD			TD	FF	FR
12/29/19	SEA vs. SF	L	P	1	0	1	0.0	0	0	0	0		0	0	0	0
TOTALS		0/1	1/0	1	0	1	0.0	0	0	0	0		0	0	0	0

CODY BARTON'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES						QBH	INTERCEPTIONS					FUMBLES			ST				
				TK	S	A	TFL	YDS	SK	YDS	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	1	0	0	0	6	4	2	0	1
2020	Seahawks	6	2	18	10	8	0	0	0.0	0.0	0	0	0	0	1	0	0	0	2	2	0	0	0
NFL TOTALS		22	4	35	15	20	0	0	0.0	0.0	1	0	0	0	2	0	0	0	8	6	2	0	1

CODY BARTON'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES						QBH	INTERCEPTIONS					FUMBLES			ST				
				TK	S	A	TFL	YDS	SK	YDS	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	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	2	0	0	0	0	0	0	0	0

CODY BARTON'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	14 vs. Minnesota Vikings, Oct 11, 2020	Special Teams Tackles	1 at Arizona Cardinals, Oct 25, 2020
Passes Defensed	1 at Miami Dolphins, Oct 04, 2020		...7 more at 1.
	...1 more at 1.	Special Teams Fumble Recoveries	1 vs. New Orleans Saints, Sep 22, 2019

CODY BARTON'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES								INTERCEPTIONS						FUMBLES			ST					MISC			
DATE	OPPONENT	P/S	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	SCORE	
09/13	at Falcons	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	38-25	
09/20	Patriots	P	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	W	35-30	
09/27	Cowboys	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	38-31	
10/04	at Dolphins	S	4	1	3	0.0	0.0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	W	31-23	
10/11	Vikings	S	14	9	5	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	27-26	
10/25	at Cardinals	P	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	L	34-37+	
2020 TOTALS		6-2	18	10	8	0.0	0.0	0	0	0	0	0	0	0	1	0	0	0	2	2	0	0	0	0	0	0	5-1	

+ - Overtime



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
09/05/20: Released by Seattle
09/07/20: Signed by Seattle as a FA

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.

- 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.

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
2012	Jets	16	0	0	0	0.0	0	0	1	23	23.0	23	0
2013	Jets	16	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
2015	49ers	16	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
2017	Lions	13	2	0	0	0.0	0	0	1	1	1.0	1t	1
2018	Lions	14	4	1	0	0.0	0	0	4	15	3.8	8	0
2019	Seahawks	14	1	0	0	0.0	0	0	2	23	11.5	20	1
2020	Seahawks	6	4	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		141	21	1	0	0.0	0	0	8	62	7.8	23	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
NFL TOTALS		2	0	0	0	0.0	0	0	0	0	0.0	0	0

NICK BELLORE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES			ST					
DATE	TEAM	GP	GS	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	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	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	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	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	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	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	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	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	7	7	0	0	1		
2020	Seahawks	6	4	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	5	4	1	0	0		
NFL TOTALS		141	21	87	63	24	4	12	1.0	10.5	3	1	4	4	0	5	0	2	0	107	78	29	1	3		

NICK BELLORE'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES			ST				
DATE	TEAM	GP	GS	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	
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	

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	4 vs. New England Patriots, Sep 20, 2020
	...1 more at 1.	Most TDs	1 vs. Arizona Cardinals, Dec 22, 2019
All-purpose yards	23 vs. Indianapolis Colts, Oct 14, 2012		...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	4 vs. New England Patriots, Sep 20, 2020
Passes Defensed	2 vs. New Orleans Saints, Nov 06, 2016	Special Teams Forced Fumbles	1 vs. Arizona Cardinals, Oct 06, 2016
Fumble Recoveries	1 at Buffalo Bills, Oct 16, 2016	Special Teams Fumble Recoveries	1 vs. Cincinnati Bengals, Sep 08, 2019
Tackles For Loss	1 vs. New York Jets, Dec 11, 2016		...2 more at 1.
	...3 more at 1.		

NICK BELLORE'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/13	at Falcons	S	0	0	0.0	0	0	0	0	0.0	0	0	W	38-25
09/20	Patriots	P	0	0	0.0	0	0	0	0	0.0	0	0	W	35-30
09/27	Cowboys	S	0	0	0.0	0	0	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	S	0	0	0.0	0	0	0	0	0.0	0	0	W	31-23
10/11	Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	S	0	0	0.0	0	0	0	0	0.0	0	0	L	34-37+
2020 TOTALS		6-4	0	0	0.0	0	0	0	0	0.0	0	0	5-1	

+ - Overtime

NICK BELLORE'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC			
DATE	OPPONENT	P/S	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	SCORE
09/13	at Falcons	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	0	W	38-25
09/20	Patriots	P	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	4	3	1	0	0	0	0	W	35-30
09/27	Cowboys	S	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	W	38-31
10/04	at 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	0	W	31-23
10/11	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	0	W	27-26
10/25	at Cardinals	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	0	L	34-37+
2020 TOTALS		6-4	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	5	4	1	0	0	0	0	5-1	

+ - Overtime



56 | LINEBACKER JORDYN BROOKS

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

2020 SEASON:

09/27 vs. Dal: Made first-career start and assisted on one tackle and had a pass defended. Left game due to a knee injury.

10/04 at Mia: Inactive (knee).

10/11 vs. Min: Inactive (knee).

10/25 at Ariz: Returned to start at OLB and totaled seven tackles.

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.

JORDYN BROOKS' NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES			ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	4	2	8	4	4	1	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		4	2	8	4	4	1	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

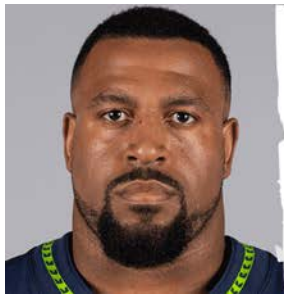
JORDYN BROOKS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 7 at Arizona Cardinals, Oct 25, 2020 **Tackles For Loss** 1 at Arizona Cardinals, Oct 25, 2020

JORDYN BROOKS' 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	TACKLES							QBH	INTERCEPTIONS					FUMBLES			ST					MISC		W/L	SCORE
			TK	S	A	SK	YDS	TFL	YDS		NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A		
09/13	at Falcons	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	0	W	38-25
09/20	Patriots	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	35-30
09/27	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	0	W	38-31
10/04	at Dolphins		ON INACTIVE LIST																							W	31-23
10/11	Vikings		INACTIVE																							W	27-26
10/25	at Cardinals	S	7	3	4	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	34-37+
2020 TOTALS		4-2	8	4	4	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5-1	

+ - Overtime



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
2020	Seahawks	6	6
NFL TOTALS		176	176

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.

DUANE BROWN'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

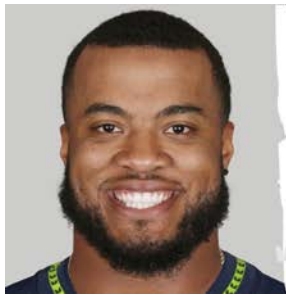
DATE	OPPONENT	P/S	W/L	SCORE
09/13	at Falcons	S	W	38-25
09/20	Patriots	S	W	35-30
09/27	Cowboys	S	W	38-31
10/04	at Dolphins	S	W	31-23
10/11	Vikings	S	W	27-26
10/25	at Cardinals	S	L	34-37+
2020 TOTALS		6-6	5-1	

+ - Overtime

DUANE BROWN'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

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		
09/13	at Falcons	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	38-25	
09/20	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	W	35-30	
09/27	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	W	38-31	
10/04	at 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	31-23	
10/11	Vikings	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	27-26	
10/25	at Cardinals	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	34-37+	
2020 TOTALS		6-6	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5-1		

+ - Overtime



93 | DEFENSIVE END JONATHAN BULLARD

Height: 6-3 Weight: 296
College: Florida
Seasons: NFL : 5th, Seahawks 1st
Born: October 22, 1993
Hometown: Shelby, N.C.

TRANSACTIONS:

04/29/16: Drafted by Chicago (3rd, 72nd overall)
08/31/19: Released by Chicago
09/01/19: Claimed off waivers by Arizona
09/05/20: Released by Arizona
09/06/20: Signed to Arizona's PS
10/07/17: Signed to Seattle's active roster

NFL CAREER HIGHLIGHTS:

• A 2016 third-round pick of the Chicago Bears, appeared in 46 games over three seasons with Chicago, starting five, then spent last season with the Arizona Cardinals, starting six of nine games played. Bullard has recorded 3.5 career sacks, 84 tackles, 13 tackles for loss and one forced fumble in 55 career games. He most recently was on Arizona's practice squad after being released as part of the cutdown to 53 players.

COLLEGE: Started 36 of 50 career games, posting 178 tackles, 12 sacks, 33.5 tackles for loss and five passes defended. Earned All-America and all-SEC honors following his senior season in 2015 as his 17.5 tackles for loss

that year were the most by a Gator since Alex Brown notched 18 in 1999. Also named a semifinalist for the Chuck Bednarik Award as the nation's top defensive player following his senior season. Named first-team All-American by CBSSports.com and Pro Football Focus and second-team by Sporting News and was a unanimous first-team all-SEC selection. Voted a captain by his teammates for the 2015 season and started all 14 games. Totaled 66 tackles and tied for the team lead with 6.5 sacks, adding two passes defended.

PERSONAL: Attended Crest (Shelby, N.C.) High School where he was rated the No. 6 overall prospect in the country by Rivals.com and the No. 2 prospect in the state of North Carolina. Also ranked the No. 1 strongside defensive end recruit in the nation by Rivals.com and the No. 4 defensive end overall by ESPN and Scout.com. Selected to play in the U.S. Army All-American Bowl and was named to the AP first-team All-State as a senior in 2011. Recorded 82 tackles and 16 sacks during his senior season as he helped lead Crest to a 12-4 record and finish as the NCHSAA Class 3AA runner-up.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES			MISC		
										TFL	PD	QBH	TD	FF	FR
12/3/17	CHI vs. SF	L	P	4	3	1	0.0	0	0	1	0	0	0	0	0
12/23/18	CHI @ SF	W	P	2	2	0	0.0	0	0	0	0	0	0	0	0
10/31/19	ARZ vs. SF	L	S	3	2	1	0.0	0	0	1	0	0	0	0	0
TOTALS		1/2	3/1	9	7	2	0.0	0	0	2	0	0	0	0	0

JONATHAN BULLARD'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES			ST						MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A		
2016	Bears	14	1	18	15	3	4	12	1.0	3.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2017	Bears	16	3	26	18	8	2	6	1.0	4.0	2	0	0	0	0	2	1	0	0	0	0	0	0	0	0	0		
2018	Bears	16	1	18	13	5	3	15	0.0	0.0	1	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0		
2019	Cardinals	9	6	25	16	9	4	9	1.5	10.0	7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2020	Cardinals	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 Arizona to Seattle.																												
2020	Seahawks	2	0	2	1	1	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2020	TOTAL	2	0	2	1	1	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
NFL TOTALS		57	11	89	63	26	13	42	3.5	17.0	13	0	0	0	0	4	1	0	0	0	0	0	0	0	0	0		

JONATHAN BULLARD'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A		
2018	Bears	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		
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		

JONATHAN BULLARD'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	8 at Cincinnati Bengals, Oct 06, 2019	Forced Fumbles	1 at New Orleans Saints, Oct 29, 2017
Sacks	1.0 vs. Seattle Seahawks, Sep 29, 2019 ...2 more at 1.0.	Tackles For Loss	2 at Indianapolis Colts, Oct 09, 2016
Passes Defensed	1 vs. Minnesota Vikings, Nov 18, 2018 ...3 more at 1.		

JONATHAN BULLARD'S 2020 GXG REGULAR SEASON STATISTICS (CARDINALS/SEAHAWKS)

+ - Overtime



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

		TACKLES										INTERCEPTIONS						FUMBLES			ST				
DATE	TEAM	GP	GS	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	8	3	5	1	0	
2020	Seahawks	6	0	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		22	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	9	4	5	1	0	

BEN BURR-KIRVEN'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES			ST				
DATE	TEAM	GP	GS	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	
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	

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

BEN BURR-KIRVEN'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

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		
09/13	at Falcons	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	38-25
09/20	Patriots	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	35-30
09/27	Cowboys	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	38-31
10/04	at Dolphins	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	31-23
10/11	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	0	W	27-26
10/25	at Cardinals	P	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	L	34-37+
2020 TOTALS		6-0	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	5-1	

+ - Overtime



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.

2020 SEASON::

09/13 at Atl: Had career day with two TD receptions and 45 receiving yards while tying a career best with six receptions.

10/04 at Mia: Rushed for 80 yards on 16 carries and had two rushing TDs, tying a career high. Moved into 10th place on the club's all-time rushing TD list.

10/25 at Ariz: Left game due to injury (foot).

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.

REGULAR SEASON COMPARISON: RECEIVING/RUSHING - SAN FRANCISCO 49ERS

RUSHING									RECEIVING						
DATE	OPP	W/L	GP/GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	TGTS	YAC
9/17/17	SEA vs. SF	W	P	20	93	4.7	16	0	1	7	7.0	7	0	2	7
12/2/18	SEA vs. SF	W	S	13	69	5.3	23	0	3	39	13.0	27	0	4	42
12/16/18	SEA @ SF	L	S	22	119	5.4	26	1	6	29	4.8	10	0	6	35
11/11/19	SEA @ SF	W	S	25	89	3.6	9	1	3	12	4.0	5	0	4	16
TOTALS		3/1	4/3	80	370	19	26	2	13	87	6.7	27	0	16	100

CHRIS CARSON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

RUSHING															RECEIVING				
DATE	TEAM	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						
2020	Seahawks	6	6	66	323	4.9	29t	3	22	147	6.7	19t	3						
NFL TOTALS		39	38	640	2,912	4.6	61	19	86	635	7.4	27	6						

CHRIS CARSON'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

RUSHING														
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	RECEIVING					
									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	2 at Atlanta Falcons, Sep 13, 2020
Longest Runs	61 vs. Arizona Cardinals, Dec 30, 2018	All-purpose yards	159 at Cleveland Browns, Oct 13, 2019
Rushing TDs	2 at Miami Dolphins, Oct 04, 2020 ...2 more at 2.	Miscellaneous Tackles	1 vs. Arizona Cardinals, Dec 30, 2018
Receptions	6 vs. Minnesota Vikings, Oct 11, 2020 ...3 more at 6.	Most TDs	2 at Miami Dolphins, Oct 04, 2020 ...4 more at 2.
Receiving Yards	45 at Atlanta Falcons, Sep 13, 2020		

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
10/07/18	RAMS	19	116	6.1	21	0
12/23/18	CHIEFS	27	116	4.3	17	2
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 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/13	at Falcons	S	6	21	3.5	11	0	6	45	7.5	19t	2	W	38-25
09/20	Patriots	S	17	72	4.2	13	0	3	36	12.0	18t	1	W	35-30
09/27	Cowboys	S	14	64	4.6	23	0	3	12	4.0	6	0	W	38-31
10/04	at Dolphins	S	16	80	5.0	18	2	3	20	6.7	11	0	W	31-23
10/11	Vikings	S	8	52	6.5	29t	1	6	27	4.5	13	0	W	27-26
10/25	at Cardinals	S	5	34	6.8	10	0	1	7	7.0	7	0	L	34-37+
2020 TOTALS		6-6	66	323	4.9	29t	3	22	147	6.7	19t	3	5-1	

+ - Overtime

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						INACTIVE						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						INACTIVE						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						DID NOT PLAY						W	24-7
10/29	Texans						DID NOT PLAY						W	41-38
11/05	Washington						DID NOT PLAY						L	14-17
11/09	at Cardinals						DID NOT PLAY						W	22-16
11/20	Falcons						DID NOT PLAY						L	31-34
11/26	at 49ers						DID NOT PLAY						W	24-13
12/03	Eagles						DID NOT PLAY						W	24-10
12/10	at Jaguars						DID NOT PLAY						L	24-30
12/17	Rams						DID NOT PLAY						L	7-42
12/24	at Cowboys						DID NOT PLAY						W	21-12
12/31	Cardinals						DID NOT PLAY						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						INJURED RESERVE						W	17-9
01/12	at Packers						INJURED RESERVE						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	



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

		TACKLES										INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	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
2020	Seahawks	6	6	7	5	2	3	3	1.0	1.0	3	0	0	0	0	1	0	0	0	0	0	0	0	0
NFL TOTALS		17	6	10	7	3	3	3	1.0	1.0	3	0	0	0	0	1	0	0	0	0	0	0	0	0

L.J. COLLIER'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES			ST				
DATE	TEAM	GP	GS	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	
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	

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

Total Tackles 3 vs. Minnesota Vikings, Oct 11, 2020
Sacks 1.0 vs. Minnesota Vikings, Oct 11, 2020

Passes Defensed 1 vs. New England Patriots, Sep 20, 2020
Tackles For Loss 1 at Arizona Cardinals, Oct 25, 2020
 ...2 more at 1.

L.J. COLLIER'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC			
DATE	OPPONENT	P/S	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	SCORE
09/13	at Falcons	S	1	1	0	0.0	0.0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	38-25
09/20	Patriots	S	1	1	0	0.0	0.0	1	1	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	W	35-30
09/27	Cowboys	S	0	0	0	0.0	0.0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	38-31
10/04	at Dolphins	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	0	W	31-23
10/11	Vikings	S	3	2	1	1.0	1.0	1	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	27-26
10/25	at Cardinals	S	1	1	0	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	34-37+
2020 TOTALS		6-6	7	5	2	1.0	1.0	3	3	3	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	5-1	

+ - Overtime



31 | RUNNING BACK DEEJAY DALLAS

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

2020 SEASON:

09/27 vs. Dal: Saw action in first-career game on special teams.

10/04 at Mia: Saw first-career action at RB.

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.

DEEJAY DALLAS' NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RUSHING					RECEIVING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	4	0	2	8	4.0	6	0	4	33	8.3	10	0
NFL TOTALS		4	0	2	8	4.0	6	0	4	33	8.3	10	0

DEEJAY DALLAS' NFL REGULAR SEASON RETURN STATISTICS

KICKOFF RETURNS							PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2020	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

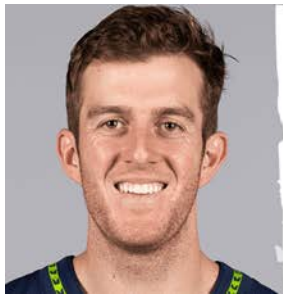
DEEJAY DALLAS' SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	2 at Miami Dolphins, Oct 04, 2020	Receiving Yards	18 at Arizona Cardinals, Oct 25, 2020
Rushing Yards	8 at Miami Dolphins, Oct 04, 2020	Longest Receptions	10 at Arizona Cardinals, Oct 25, 2020
Longest Runs	6 at Miami Dolphins, Oct 04, 2020	All-purpose yards	23 at Miami Dolphins, Oct 04, 2020
Receptions	2 at Arizona Cardinals, Oct 25, 2020	Special Teams Tackles	1 vs. Minnesota Vikings, Oct 11, 2020
	...1 more at 2.		...1 more at 1.

DEEJAY DALLAS' 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/13	at Falcons							ON INACTIVE LIST					W	38-25
09/20	Patriots							ON INACTIVE LIST					W	35-30
09/27	Cowboys	P	0	0	0.0	0	0	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	P	2	8	4.0	6	0	2	15	7.5	9	0	W	31-23
10/11	Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	P	0	0	0.0	0	0	2	18	9.0	10	0	L	34-37+
2020 TOTALS		4-0	2	8	4.0	6	0	4	33	8.3	10	0	5-1	

+ - Overtime



4

PUNTER

MICHAEL DICKSON

Height: 6-2

Weight: 208

College:

Texas

Seasons:

NFL : 3rd, Seahawks 3rd

Born:

January 4, 1996

Hometown:

Sydney, Australia

AP
1ST TEAM
'18**2020 SEASON:**

09/20 vs. NE: Earned NFC Special Teams Player of the Week after netting 50.0 yards with four downed IN20.

10/11 vs. Min: Punted five times with four downed IN20, including two inside the 5.

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.

REGULAR SEASON COMPARISON: PUNTING - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	NO.	YDS.	AVG.	TB	I20	LG
12/2/18	SEA vs. SF	W	P	4	199	49.8	0	1	56
12/16/18	SEA @ SF	L	P	8	426	53.3	2	3	65
11/11/19	SEA @ SF	W	P	7	302	43.1	1	3	59
12/29/19	SEA vs. SF	L	P	3	150	50.0	0	1	54
TOTALS		2/2	4/0	22	1,077	0.0	3	8	65

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
2020	Seahawks	6	25	1,245	49.8	11	69	1,116	44.6	3	15	67	0
NFL TOTALS		38	177	8,345	47.1	81	586	7,499	42.1	13	77	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
2020	Seahawks	6	0	0	0.0	0	0	0	0.0	0	0
NFL TOTALS		38	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

MICHAEL DICKSON'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT		NO.	YDS.	AVG.	OPP. RET.	YDS.	NET YDS.	AVG	TB	IN20	LG	BK	W/L/T	SCORE
09/13	at Falcons	P	4	191	47.8	1	8	183	45.8	0	2	53	0	W	38-25
09/20	Patriots	P	4	200	50.0	1	0	200	50.0	0	4	63	0	W	35-30
09/27	Cowboys	P	7	383	54.7	4	33	310	44.3	2	3	67	0	W	38-31
10/04	at Dolphins	P	2	92	46.0	1	11	81	40.5	0	1	58	0	W	31-23
10/11	Vikings	P	5	226	45.2	3	7	219	43.8	0	4	60	0	W	27-26
10/25	at Cardinals	P	3	153	51.0	1	10	123	41.0	1	1	66	0	L	34-37+
2020 TOTALS		6	25	1,245	49.8	11	69	1,116	44.6	3	15	67	0	5-1	

+ - Overtime



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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES			QBH	MISC		
										TFL	PD			TD	FF	FR
12/27/15	DET vs. SF	W	P	3	1	2	0.0	0	0	0	0		0	0	0	0
9/16/18	DET @ SF	L	S	5	4	1	0.0	0	0	0	2		0	0	0	0
11/11/19	SEA @ SF	W	S	2	1	1	0.0	0	1	0	1		0	0	0	0
TOTALS		2/1	3/2	10	6	4	0.0	0	1	0	3		0	0	0	0

QUANDRE DIGGS' NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES				ST					
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR			
2015	Lions	16	4	35	28	7	2	7	0.0	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	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	0	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	1	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	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	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	0			
2020	Seahawks	6	6	25	15	10	0	0	0.0	0.0	0	2	0	0	0	3	0	0	0	0	0	0	0	0			
NFL TOTALS		77	52	275	216	59	12	26	1.0	0.0	4	11	168	55t	2	30	4	2	0	6	6	0	0	0			

QUANDRE DIGGS' NFL POSTSEASON DEFENSIVE STATISTICS

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

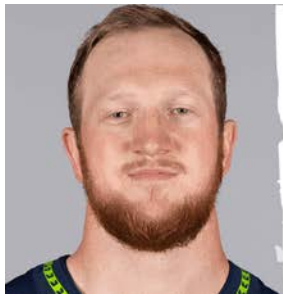
QUANDRE DIGGS' SINGLE-GAME HIGHS: DEFENSIVE

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.		

QUANDRE DIGGS' 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES									INTERCEPTIONS					FUMBLES			ST					MISC			
DATE	OPPONENT	P/S	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	SCORE	
09/13	at Falcons	S	4	3	1	0.0	0.0	0	0	0	1	0	0	0	2	0	0	0	0	0	0	0	0	0	0	W	38-25	
09/20	Patriots	S	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	W	35-30	
09/27	Cowboys	S	6	5	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	38-31	
10/04	at Dolphins	S	4	2	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	31-23	
10/11	Vikings	S	7	3	4	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	27-26	
10/25	at Cardinals	S	3	1	2	0.0	0.0	0	0	0	1	0	0	0	1	0	0	0	0	0	0	0	0	0	0	L	34-37+	
2020 TOTALS		6-6	25	15	10	0.0	0.0	0	0	0	2	0	0	0	3	0	0	0	0	0	0	0	0	0	0	5-1		

+ - Overtime



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
2020	Seahawks	6	2	10	94	9.4	28	1	0	0	0.0	0	0
NFL TOTALS		16	12	41	512	12.5	66	7	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 2020 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 Falcons	P	2	8	4.0	5	0	0	0	0.0	0	0	W	38-25
09/20	Patriots	P	1	9	9.0	9	0	0	0	0.0	0	0	W	35-30
09/27	Cowboys	P	2	5	2.5	6	0	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	P	2	15	7.5	14	0	0	0	0.0	0	0	W	31-23
10/11	Vikings	S	1	19	19.0	19t	1	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	S	2	38	19.0	28	0	0	0	0.0	0	0	L	34-37+
2020 TOTALS		6-2	10	94	9.4	28	1	0	0	0.0	0	0	5-1	

+ - Overtime

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	W	21-20
09/15	at Steelers	S	5	50	10.0	14t	2	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	L	27-33
09/29	at Cardinals	S	7	57	8.1	17	1	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	W	30-29
10/13	at Browns	S	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	L	24-27
09/17	at Bears	S	3	42	14.0	34	1	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	W	24-13
09/30	at Cardinals	S	1	5	5.0	5	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													
INJURED RESERVE														
2018 TOTALS		0-0	0	0	0.0	0	0	0	0	0.0	0	0	0-1	



22 | CORNERBACK QUINTON DUNBAR

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

2020 SEASON:

09/27 vs. Dal: Inactive (knee).

10/04 at Mia: Inactive (knee).

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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES		QBH	TD	MISC		FR
										TFL	PD			FF		
10/15/17	WAS vs. SF	W	S	8	6	2	0.0	0	0	0	2	0	0	0	0	0
10/20/19	WAS vs. SF	L	S	1	1	0	0.0	0	0	0	1	0	0	0	0	0
TOTALS		1/1	2/2	9	7	2	0.0	0	0	0	3	0	0	0	0	0

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	
2020	Seahawks	4	4	20	18	2	2	4	0.0	0.0	0	1	0	0	0	4	0	0	0	0	0	0	0	0	
NFL TOTALS		62	29	161	142	19	5	10	1.0	0.0	1	10	27	24	0	39	0	1	0	9	6	3	0	0	

QUINTON DUNBAR'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES					YDS	QBH	INTERCEPTIONS					FUMBLES			ST				
				TK	S	A	TFL	YDS	SK		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	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	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 Arizona Cardinals, Oct 25, 2020 ...4 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

QUINTON DUNBAR'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC				
DATE	OPPONENT	P/S	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	SCORE	
09/13	at Falcons	S	5	4	1	0.0	0.0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	W	38-25	
09/20	Patriots	S	5	5	0	0.0	0.0	1	2	0	1	0	0	0	2	0	0	0	0	0	0	0	0	0	0	W	35-30	
09/27	Cowboys		ON INACTIVE LIST																								W	38-31
10/04	at Dolphins		ON INACTIVE LIST																								W	31-23
10/11	Vikings	S	4	3	1	0.0	0.0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	W	27-26	
10/25	at Cardinals	S	6	6	0	0.0	0.0	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	34-37+	
2020 TOTALS		4-4	20	18	2	0.0	0.0	2	4	0	1	0	0	0	4	0	0	0	0	0	0	0	0	0	0	5-1		

+ - 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
2020	Seahawks	6	0
NFL TOTALS		65	13

B.J. FINNEY'S NFL POSTSEASON STATISTICS

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

B.J. FINNEY'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	W/L	SCORE
09/13	at Falcons	P	W	38-25
09/20	Patriots	P	W	35-30
09/27	Cowboys	P	W	38-31
10/04	at Dolphins	P	W	31-23
10/11	Vikings	P	W	27-26
10/25	at Cardinals	P	L	34-37+
2020 TOTALS		6-0	5-1	

+ - Overtime



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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES			MISC		
										TFL	PD	QBH	TD	FF	FR
12/2/18	SEA vs. SF	W	S	3	2	1	0.0	0	0	0	0	0	0	0	0
12/16/18	SEA @ SF	L	S	2	2	0	0.0	0	0	0	1	0	0	0	1
11/11/19	SEA @ SF	W	S	6	5	1	1.0	2	0	1	0	1	0	0	0
12/29/19	SEA vs. SF	L	S	5	5	0	1.0	9	0	1	0	1	0	0	0
TOTALS		2/2	4/4	16	14	2	2.0	11	0	2	1	2	0	0	1

TRE FLOWERS' NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TK	S	A	TACKLES					QBH	INTERCEPTIONS					FUMBLES			ST				
							TFL	YDS	SK	YDS	YDS		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	0	6	3	1	0	0	0	0	0	1
2019	Seahawks	15	15	82	65	17	2	11	2.0	11.0	2	3	0	0	0	0	8	1	1	0	0	0	0	0	0
2020	Seahawks	6	2	23	16	7	0	0	0.0	0.0	0	0	0	0	0	0	1	0	0	0	1	0	1	0	0
NFL TOTALS		36	32	172	136	36	2	11	2.0	11.0	2	3	0	0	0	0	15	4	2	0	1	0	1	0	1

TRE FLOWERS' NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TK	S	A	TACKLES					QBH	INTERCEPTIONS					FUMBLES			ST				
							TFL	YDS	SK	YDS	YDS		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	Tackles For Loss	1 vs. San Francisco 49ers, Dec 29, 2019
Sacks	1.0 vs. San Francisco 49ers, Dec 29, 2019 ...1 more at 1.0.	Interceptions	1 vs. Minnesota Vikings, Dec 02, 2019 ...2 more at 1.
Passes Defensed	3 at Philadelphia Eagles, Nov 24, 2019	Special Teams Tackles	1 vs. New England Patriots, Sep 20, 2020
Forced Fumbles	2 at Carolina Panthers, Nov 25, 2018	Special Teams Fumble Recoveries	1 vs. Kansas City Chiefs, Dec 23, 2018
Fumble Recoveries	1 vs. Cincinnati Bengals, Sep 08, 2019 ...1 more at 1.		

TRE FLOWERS' 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

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		
09/13	at Falcons	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	0	W	38-25
09/20	Patriots	P	1	0	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0	W	35-30
09/27	Cowboys	S	5	4	1	0.0	0.0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	W	38-31
10/04	at Dolphins	S	7	4	3	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	31-23
10/11	Vikings	P	4	3	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	27-26
10/25	at Cardinals	P	5	4	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	34-37+
2020 TOTALS		6-2	23	16	7	0.0	0.0	0	0	0	0	0	0	0	1	0	0	0	1	0	1	0	0	0	0	5-1	

+ - Overtime



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.

2020 SEASON:

10/25 at Ariz: Had first-career forced fumble.

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 defended, 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. Kaylon 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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES			QBH	MISC		
										TFL	PD			TD	FF	FR
12/2/18	SEA vs. SF	W	S	4	4	0	0.0	0	0	0	0	0	0	0	0	0
12/16/18	SEA @ SF	L	P	6	3	3	0.0	0	0	3	0	0	0	0	0	0
11/11/19	SEA @ SF	W	S	3	1	2	0.5	3	0	1	0	1	0	0	0	1
TOTALS		2/1	3/2	13	8	5	0.5	3	0	4	0	1	0	0	0	1

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
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
2020	Seahawks	6	6	12	7	5	3	7	0.0	0.0	2	0	0	0	0	0	1	0	0	0	0	0	0	0
NFL TOTALS		32	21	65	41	24	11	24	0.5	2.5	7	0	0	0	0	1	1	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	Forced Fumbles	1 at Arizona Cardinals, Oct 25, 2020
Sacks	0.5 at San Francisco 49ers, Nov 11, 2019	Fumble Recoveries	1 at San Francisco 49ers, Nov 11, 2019
Passes Defensed	1 at Carolina Panthers, Dec 15, 2019	Tackles For Loss	3 at San Francisco 49ers, Dec 16, 2018

POONA FORD'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES								INTERCEPTIONS						FUMBLES			ST					MISC			
DATE	OPPONENT	P/S	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	SCORE	
09/13	at Falcons	S	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	W	38-25	
09/20	Patriots	S	1	1	0	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	35-30	
09/27	Cowboys	S	2	2	0	0.0	0.0	1	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	38-31	
10/04	at Dolphins	S	1	1	0	0.0	0.0	1	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	31-23	
10/11	Vikings	S	2	0	2	0.0	0.0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	27-26	
10/25	at Cardinals	S	3	1	2	0.0	0.0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	L	34-37+	
2020 TOTALS		6-6	12	7	5	0.0	0.0	3	7	2	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	5-1		

+ - Overtime



61

GUARD/CENTER

KYLE FULLER

Height: 6-5

Weight: 320

College: Baylor

Seasons: NFL : 4th, Seahawks 2nd

Born: March 4, 1994

Hometown: Wylie, Texas

2020 SEASON:

Suspended the first two games of 2020 for violating the NFL's policy on substances of abuse.

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
 09/05/20: Suspended by NFL

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
2020	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

KYLE FULLER'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S		W/L	SCORE
09/13	at Falcons		RESERVE/LEAGUE SUSP.	W	38-25
09/20	Patriots		RESERVE/LEAGUE SUSP.	W	35-30
09/27	Cowboys		ON INACTIVE LIST	W	38-31
10/04	at Dolphins		ON INACTIVE LIST	W	31-23
10/11	Vikings		ON INACTIVE LIST	W	27-26
10/25	at Cardinals		ON INACTIVE LIST	L	34-37+
2020 TOTALS		0-0		5-1	

+ - Overtime



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

2020 SEASON:

09/27 vs. Dal: Elevated from the practice squad and had a QB hit and PD late in the game.

TRANSACTIONS:

04/28/18: Drafted by Seattle (5th round, 141st)
09/05/20: Waived by Seattle
09/06/20: Signed to Seattle's PS
09/26/20: Gameday activation
09/28/20: Reverted to Seattle's PS
10/02/20: Signed to Seattle's active roster

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 defended, 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					QBH	INTERCEPTIONS					PD	FUMBLES			ST				
				TK	S	A	TFL	YDS	SK	YDS	NO	YDS	LG	TD		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	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	3	1	2	0	0
2020	Seahawks	4	0	3	3	0	0	0	0.0	0.0	2	0	0	0	0	1	0	0	0	0	0	0	0
NFL TOTALS		36	1	9	8	1	0	0	0.0	0.0	5	0	0	0	0	1	0	0	10	6	4	0	0

SHAQUEM GRIFFIN'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES					QBH	INTERCEPTIONS					PD	FUMBLES			ST				
				TK	S	A	TFL	YDS	SK	YDS	NO	YDS	LG	TD		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	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
NFL TOTALS		3	0	1	1	0	1	8	1.0	8.0	1	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
Passes Defensed 1 vs. Dallas Cowboys, Sep 27, 2020
Special Teams Tackles 2 at Carolina Panthers, Nov 25, 2018
...1 more at 2.

SHAQUEM GRIFFIN'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC			
DATE	OPPONENT	P/S	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	SCORE
09/13	at Falcons		PRACTICE SQUAD																						W	38-25	
09/20	Patriots		PRACTICE SQUAD																						W	35-30	
09/27	Cowboys	P	0	0	0	0.0	0.0	0	0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	W	38-31
10/04	at Dolphins	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	0	W	31-23
10/11	Vikings	P	0	0	0	0.0	0.0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	27-26
10/25	at Cardinals	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	0	L	34-37+
2020 TOTALS		4-0	3	3	0	0.0	0.0	0	0	2	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	5-1	

+ - Overtime



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



2020 SEASON:

- 09/27 vs. Dal: Hauled in first interception of the season.
10/04 at Mia: Had an interception in back-to-back games for the first time in his career.
10/25 at Ariz: Left the game in the second half with a concussion.

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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES			MISC		
										TFL	PD	QBH	TD	FF	FR
12/2/18	SEA vs. SF	W	S	4	4	0	0.0	0	0	0	0	0	0	0	0
12/16/18	SEA @ SF	L	S	3	3	0	0.0	0	0	0	0	0	0	0	0
11/11/19	SEA @ SF	W	S	6	1	5	0.0	0	0	0	2	0	0	0	0
12/29/19	SEA vs. SF	L	S	6	5	1	0.0	0	0	1	0	0	0	0	0
TOTALS		2/2	4/4	19	13	6	0.0	0	0	1	2	0	0	0	0

SHAQUILL GRIFFIN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES							INTERCEPTIONS						FUMBLES			ST					
DATE	TEAM	GP	GS	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	
2020	Seahawks	6	6	34	28	6	0	0	0.0	0.0	0	2	20	16	0	7	0	0	0	0	0	0	0	0	
NFL TOTALS		51	47	219	178	41	7	15	1.0	5.0	1	5	28	16	0	43	0	0	0	1	0	1	0	0	

SHAQUILL GRIFFIN'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES			ST				
DATE	TEAM	GP	GS	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	

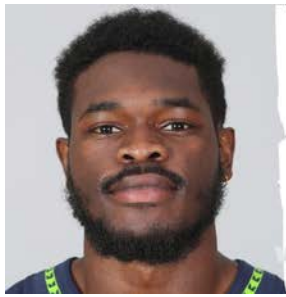
SHAQUILL GRIFFIN'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	11 vs. Dallas Cowboys, Sep 27, 2020	Interceptions	2 at Chicago Bears, Sep 17, 2018
Sacks	1.0 at Dallas Cowboys, Dec 24, 2017	Interception Return Yards	16 at Miami Dolphins, Oct 04, 2020
Passes Defensed	3 at Miami Dolphins, Oct 04, 2020 ...3 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.		

SHAQUILL GRIFFIN'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC			
DATE	OPPONENT	P/S	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	SCORE
09/13	at Falcons	S	7	4	3	0.0	0.0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	W	38-25
09/20	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	0	0	W	35-30
09/27	Cowboys	S	11	11	0	0.0	0.0	0	0	0	1	4	4	0	1	0	0	0	0	0	0	0	0	0	0	W	38-31
10/04	at Dolphins	S	1	0	1	0.0	0.0	0	0	0	1	16	16	0	3	0	0	0	0	0	0	0	0	0	0	W	31-23
10/11	Vikings	S	8	7	1	0.0	0.0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	W	27-26
10/25	at Cardinals	S	4	3	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	34-37+
2020 TOTALS		6-6	34	28	6	0.0	0.0	0	0	0	2	20	16	0	7	0	0	0	0	0	0	0	0	0	0	5-1	

+ - Overtime



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
 09/05/20: Waived by Seattle
 09/06/20: Signed to Seattle's PS
 09/08/20: Signed to Seattle's active roster

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
Went from Indianapolis to Seattle.													
2019	Seahawks	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
2020	Seahawks	4	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		4	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
NFL TOTALS		0	0	0	0	0.0	0	0	0	0	0.0	0	0

PENNY HART'S NFL REGULAR SEASON RETURN STATISTICS

DATE	TEAM	RET.	KICKOFF RETURNS					PUNT RETURNS				
			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
2020	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

PENNY HART'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Special Teams Tackles

1 vs. Minnesota Vikings, Oct 11, 2020

PENNY HART'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING							
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE	
09/13	at Falcons	P	0	0	0.0	0	0	0	0	0.0	0	0	W	38-25	
09/20	Patriots		DID NOT PLAY (NON-INJURY)											W	35-30
09/27	Cowboys	P	0	0	0.0	0	0	0	0	0.0	0	0	W	38-31	
10/04	at Dolphins	P	0	0	0.0	0	0	0	0	0.0	0	0	W	31-23	
10/11	Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-26	
10/25	at Cardinals		ON INACTIVE LIST											L	34-37+
2020 TOTALS		4-0	0	0	0.0	0	0	0	0	0.0	0	0	5-1		

+ - Overtime



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.

REGULAR SEASON COMPARISON: RECEIVING - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	REC	YDS.	AVG.	TD	LG	TGTS	YAC
11/11/19	SEA @ SF	W	P	8	62	7.8	1	13	10	51
12/29/19	SEA vs. SF	L	S	4	25	6.3	0	9	8	4
TOTALS		1/1	2/1	12	87	7.3	1	13	18	55

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
2020	Seahawks	6	0	5	32	6.4	17	1	0	0	0.0	0	0
NFL TOTALS		40	5	54	475	8.8	23	4	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), 2020 (1); **Career:** 6

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. Dallas Cowboys, Sep 27, 2020 ...8 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 2020 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 Falcons	P	1	9	9.0	9	0	0	0	0.0	0	0	W	38-25
09/20	Patriots	P	0	0	0.0	0	0	0	0	0.0	0	0	W	35-30
09/27	Cowboys	P	1	1	1.0	1t	1	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	P	0	0	0.0	0	0	0	0	0.0	0	0	W	31-23
10/11	Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	P	3	22	7.3	17	0	0	0	0.0	0	0	L	34-37+
2020 TOTALS		6-0	5	32	6.4	17	1	0	0	0.0	0	0	5-1	

+ - Overtime

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							DID NOT PLAY					W	21-20
09/15	at Steelers							PRACTICE SQUAD					W	28-26
09/22	Saints							PRACTICE SQUAD					L	27-33
09/29	at Cardinals							PRACTICE SQUAD					W	27-10
10/03	Rams							PRACTICE SQUAD					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							INACTIVE					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							INACTIVE					L	10-26
09/30	Dolphins							INACTIVE					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							INACTIVE					W	38-31
10/29	at Bills							INACTIVE					W	25-6
11/04	Packers							INACTIVE					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							INACTIVE					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							INACTIVE					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	W	17-9
01/12	at Packers	S	5	47	9.4	19	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	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.

2020 SEASON:

10/04 at Mia: Scored first-career TD on a 3-yard reception with :03 remaining in the first half.

10/25 at Ariz: Left game in the second half with a knee injury and did not return.

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
2020	Seahawks	6	0	18	68	3.8	12	0	3	7	2.3	3t	1
NFL TOTALS		22	1	36	182	5.1	29	0	14	63	4.5	11	1

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
2020	Seahawks	9	204	22.7	44	0	0	0	0	0.0	0	0
NFL TOTALS		14	313	22.4	44	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), 2020 (3); Career: 5.

TRAVIS HOMER'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	10 vs. San Francisco 49ers, Dec 29, 2019	All-purpose yards	110 vs. New England Patriots, Sep 20, 2020
Rushing Yards	62 vs. San Francisco 49ers, Dec 29, 2019	Kickoff Returns	3 vs. New England Patriots, Sep 20, 2020
Longest Runs	29 vs. Minnesota Vikings, Dec 02, 2019	Kickoff Return Yards	89 vs. New England Patriots, Sep 20, 2020
Receptions	6 vs. Arizona Cardinals, Dec 22, 2019	Longest Kickoff Return	44 vs. New England Patriots, Sep 20, 2020
Receiving Yards	30 vs. San Francisco 49ers, Dec 29, 2019	Special Teams Tackles	2 vs. Dallas Cowboys, Sep 27, 2020
Longest Receptions	11 vs. San Francisco 49ers, Dec 29, 2019	Most TDs	1 at Miami Dolphins, Oct 04, 2020
Receiving TDs	1 at Miami Dolphins, Oct 04, 2020		

TRAVIS HOMER'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/13	at Falcons	P	3	-1	-0.3	1	0	2	4	2.0	3	0	W	38-25
09/20	Patriots	P	3	21	7.0	10	0	0	0	0.0	0	0	W	35-30
09/27	Cowboys	P	2	19	9.5	12	0	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	P	4	5	1.3	8	0	1	3	3.0	3t	1	W	31-23
10/11	Vikings	P	3	14	4.7	6	0	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	P	3	10	3.3	6	0	0	0	0.0	0	0	L	34-37+
2020 TOTALS		6-0	18	68	3.8	12	0	3	7	2.3	3t	1	5-1	

+ - Overtime

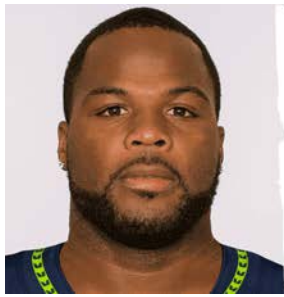
TRAVIS HOMER'S 2019 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

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	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	P	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	W	27-10
10/03	Rams	P	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	W	32-28
10/20	Ravens	P	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	W	27-20
11/03	Buccaneers	P	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	W	27-24+
11/24	at Eagles	P	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	W	37-30
12/08	at Rams	P	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	W	30-24
12/22	Cardinals	P	5	16	3.2	17	0	6	26	4.3	10	0	L	13-27
12/29	49ers	S	10	62	6.2	13	0	5	30	6.0	11	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	W	17-9
01/12	at Packers	P	3	13	4.3	5	0	2	27	13.5	16	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

2020 SEASON:

10/04 at Mia: Inactive (shoulder).

10/11 vs. Min: Inactive (shoulder).

10/25 at Ariz: Posted a season high with 68 yards rushing on 15 carries with a 24-yard TD run. Carried more of the load after Carson exited with a foot injury.

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.

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
2020	Seahawks	4	0	31	125	4.0	24t	2	6	34	5.7	11	0
NFL TOTALS		84	57	1,103	4,495	4.1	61	34	135	743	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				NO.	FC	PUNT RETURNS			
			YDS.	AVG.	LG	TD			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
2020	Seahawks	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				NO.	FC	PUNT RETURNS			
			YDS.	AVG.	LG	TD			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, Nov 23, 2014
Rushing TDs	2 vs. New York Jets, Sep 20, 2018 ...6 more at 2.	Kickoff Return Yards	98 vs. Washington, 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 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/13	at Falcons	P	7	23	3.3	9	1	0	0	0.0	0	0	W	38-25
09/20	Patriots	P	5	22	4.4	9	0	2	15	7.5	9	0	W	35-30
09/27	Cowboys	P	4	12	3.0	4	0	1	11	11.0	11	0	W	38-31
10/04	at Dolphins		ON INACTIVE LIST										W	31-23
10/11	Vikings		INACTIVE										W	27-26
10/25	at Cardinals	P	15	68	4.5	24t	1	3	8	2.7	8	0	L	34-37+
2020 TOTALS		4-0	31	125	4.0	24t	2	6	34	5.7	11	0	5-1	

+ - Overtime

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)

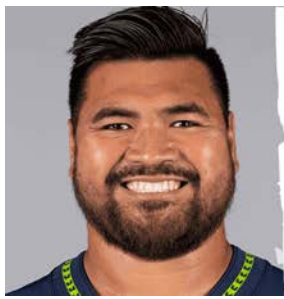
DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/07	at Cowboys	P	7	50	7.1	15	1	0	0	0.0	0	0	W	28-17
09/14	Bears	P	4	0	0.0	3	0	1	5	5.0	5	0	L	20-28
09/21	at Cardinals	P	3	13	4.3	6t	1	2	-2	-1.0	1	0	L	14-23
09/28	Eagles	P	10	26	2.6	6	0	0	0	0.0	0	0	W	26-21
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



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



2020 SEASON:

10/11 vs. Min: Inactive (knee/back).

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
2020	Seahawks	4	4
NFL TOTALS		134	133

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.

MIKE IUPATI'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S		W/L	SCORE
09/13	at Falcons	S		W	38-25
09/20	Patriots	S		W	35-30
09/27	Cowboys	S		W	38-31
10/04	at Dolphins	S		W	31-23
10/11	Vikings		ON INACTIVE LIST	W	27-26
10/25	at Cardinals		ON INACTIVE LIST	L	34-37+
2020 TOTALS		4-4		5-1	

+ - 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
2020	Seahawks	5	0
NFL TOTALS		20	3

JAMARCO JONES' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2018	Seahawks	0	0
2019	Seahawks	2	2
NFL TOTALS		2	2

JAMARCO JONES' 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	W/L	SCORE
09/13	at Falcons		W	38-25
09/20	Patriots	P	W	35-30
09/27	Cowboys	P	W	38-31
10/04	at Dolphins	P	W	31-23
10/11	Vikings	P	W	27-26
10/25	at Cardinals	P	L	34-37+
2020 TOTALS		5-0	5-1	

+ - Overtime

ON INACTIVE LIST



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.

DAMIEN LEWIS' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2020	Seahawks	6	6
NFL TOTALS		6	6

DAMIEN LEWIS' 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	W/L	SCORE
09/13	at Falcons	S	W	38-25
09/20	Patriots	S	W	35-30
09/27	Cowboys	S	W	38-31
10/04	at Dolphins	S	W	31-23
10/11	Vikings	S	W	27-26
10/25	at Cardinals	S	L	34-37+
2020 TOTALS		6-6	5-1	

+ - Overtime



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.



AP AP AP
1ST TEAM 2ND TEAM 2ND TEAM
'15 '16 '17

2020 SEASON:

09/27 vs. Dal: Led team with nine receptions for 100 yards (ninth-career 100-yard game) and a career-high three TDs - all coming in the first half. Fourth Seahawks player to record three TD receptions in one half joining Joey Galloway (1997), Steve Largent (1987) and Daryl Turner (1985).

10/25 at Ariz: Set a career high tying Steve Largent's (vs. Det, 10/18/87) franchise record of 15 receptions. Joined Largent (261 vs. Det, 10/18/87) as the the only players in franchise history with 200 receiving yards in a game. Also notched his second three TD game of the season.

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.

REGULAR SEASON COMPARISON: RECEIVING/RUSHING - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	NO.	YDS.	RECEIVING					YAC	RUSHING				
						AVG.	LG	TD	TGTS	NO.		YDS.	AVG.	LG	TD	
11/22/15	SEA vs. SF	W	P	4	48	12.0	24t	2	5	17	1	5	5.0	5	0	
11/26/17	SEA @ SF	W	P	0	0	0	0	0	1	0	1	2	2.0	2	0	
12/2/18	SEA vs. SF	W	S	1	52	52.0	52t	1	2	8	1	10	10.0	10	0	
12/16/18	SEA @ SF	L	S	2	45	22.5	28	0	2	4	1	11	11.0	7	0	
11/11/19	SEA @ SF	W	S	3	26	8.7	13	0	4	12	1	3	3.0	3	0	
10/22/15	SEA @ SF	W	P	5	79	15.8	43t	1	5	18	0	0	0	0	0	
9/17/17	SEA vs. SF	W	S	6	64	10.7	22	0	9	31	0	0	0	0	0	
12/29/19	SEA vs. SF	L	S	6	51	8.5	14t	1	7	18	0	0	0	0	0	
TOTALS		6/2	8/5	27	365	13.5	52T	5	35	108	5	31	31	10	0	

TYLER LOCKETT'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

RECEIVING															RUSHING				
DATE	TEAM	GP	GS	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						
2020	Seahawks	6	6	45	542	12.0	47t	7	0	0	0.0	0	0						
NFL TOTALS		85	61	321	4,380	13.6	74t	34	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	PUNT RETURNS					
							NO.	FC	YDS.	AVG.	LG	TD
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
2020	Seahawks	1	9	9.0	9	0	0	0	0	0.0	0	0
NFL TOTALS		127	3,188	25.1	105t	2	143	94	1,068	7.5	66	1

TYLER LOCKETT'S NFL POSTSEASON RETURN STATISTICS

DATE	TEAM	RET.	YDS.	AVG.	LG	TD	PUNT RETURNS					
							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	15 at Arizona Cardinals, Oct 25, 2020	Longest Punt Return	66 at Arizona Cardinals, Jan 03, 2016
Receiving Yards	200 at Arizona Cardinals, Oct 25, 2020	Punt Returns	5 vs. Washington, 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	3 at Arizona Cardinals, Oct 25, 2020 ...1 more at 3.	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	3 at Arizona Cardinals, Oct 25, 2020 ...1 more at 3.
Kickoff Return Yards	197 vs. Atlanta Falcons, Nov 20, 2017		

TYLER LOCKETT'S 100-YARD RECEIVING GAMES (10): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
10/25/20	at Cardinals	15	200	13.3	47t	3
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
09/27/20	COWBOYS	9	100	11.1	43t	3

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 2020 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 Falcons	S	8	92	11.5	20	0	0	0	0.0	0	0	W	38-25
09/20	Patriots	S	7	67	9.6	16	1	0	0	0.0	0	0	W	35-30
09/27	Cowboys	S	9	100	11.1	43t	3	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	S	2	39	19.5	30	0	0	0	0.0	0	0	W	31-23
10/11	Vikings	S	4	44	11.0	17	0	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	S	15	200	13.3	47t	3	0	0	0.0	0	0	L	34-37+
2020 TOTALS		6-6	45	542	12.0	47t	7	0	0	0.0	0	0	5-1	

+ - Overtime

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	W	21-20
09/15	at Steelers	S	10	79	7.9	22	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	L	27-33
09/29	at Cardinals	S	4	51	12.8	28	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	W	30-29
10/13	at Browns	S	5	75	15.0	22	0	1	3	3.0	3	0	W	32-28
10/20	Ravens	S	5	61	12.2	33	1	1	-3	-3.0	-3	0	L	16-30
10/27	at Falcons	S	6	100	16.7	20	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	W	40-34+
11/11	at 49ers	S	3	26	8.7	13	0	1	3	3.0	3	0	W	27-24+
11/24	at Eagles	S	1	38	38.0	38	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	W	37-30
12/08	at Rams	S	4	43	10.8	19	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	W	30-24
12/22	Cardinals	S	1	12	12.0	12	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	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	



95

DEFENSIVE END

BENSON MAYOWA

Height: 6-3

Weight: 252

College:

Idaho

Seasons:

NFL : 8th, Seahawks 2nd

Born:

August 3, 1991

Hometown:

Los Angeles, Calif.

Pronunciation:

may-OH-uh

TRANSACTIONS:

05/13/13: Signed by Seattle as a UDFA
 08/30/14: Released by Seattle
 08/31/14: Claimed off waivers by Oakland
 03/24/16: Signed by Dallas as a RFA
 03/07/18: Released by Dallas
 04/23/18: Signed by Arizona as a FA
 04/16/19: Signed by Oakland as a UFA
 04/06/20: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

- Returns to Seattle in 2020 after being active for only two games as a rookie in 2013 thanks to a deep defensive end rotation that included the likes of Cliff Avril, Michael Bennett, Chris Clemons and Red Bryant.
- Has been a regular contributor for multiple teams over the past seven seasons, appearing in at least 12 games every year since his rookie year while playing for the Raiders, Cowboys, Cardinals, and Raiders again in 2019.

- During his second stint with the Raiders, Mayowa recorded a career-high 7.0 sacks, as well as 10 quarterback hits and three forced fumbles.

COLLEGE: Played in 46 career games at Idaho, totaling 67 tackles (47 solo), 11 sacks, 11 forced fumbles and three fumble recoveries during his four-year career. As a senior in 2012, started a career-high eight of his 11 games played. Tallied 22 tackles (13), three sacks, three forced fumbles and one pass defended. As a junior in 2011, played in 10 games with six starts. Finished the season with 17 tackles, including 4.5 tackles for loss, three sacks and two forced fumbles. As a sophomore in 2010, played in all 13 games and posted a career-high 25 tackles, 6.5 tackles for loss, four sacks, two passes defended, three forced fumbles and a fumble recovery. Played in 12 games as a true freshman. Helped the Vandals win the Humanitarian Bowl with two tackles for loss and a sack.

PERSONAL: Attended Inglewood High. Was a first-team all-league choice and a second-team All-California Interscholastic Federation selection. As a senior in 2008, posted 11 sacks and 75 tackles. Father, David, moved to U.S. from Nigeria in the mid-1970s and worked until he could afford to move his wife, Eunice, to the States.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES			MISC		
										TFL	PD	QBH	TD	FF	FR
12/7/14	OAK vs. SF	W	P	1	1	0	1.0	2	0	1	0	1	0	0	0
10/2/16	DAL @ SF	W	P	1	1	0	0.0	0	0	1	0	0	0	0	0
10/7/18	ARZ @ SF	W	S	3	1	2	0.0	0	0	0	0	0	0	0	0
10/28/18	ARZ vs. SF	W	P	5	4	1	0.0	0	0	0	0	0	0	0	0
TOTALS		4/0	4/1	10	7	3	1.0	2	0	2	0	1	0	0	0

BENSON MAYOWA'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES						QBH	INTERCEPTIONS					FUMBLES			ST				
				TK	S	A	TFL	YDS	SK		NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2013	Seahawks	2	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0
2014	Raiders	16	1	12	7	5	3	8	1.0	2.0	2	0	0	0	1	0	0	0	2	2	0	0	0
2015	Raiders	12	2	16	14	2	4	12	1.0	3.0	4	0	0	0	0	1	2	40	0	0	0	0	0
2016	Cowboys	13	6	25	15	10	8	31	6.0	43.0	9	0	0	0	0	1	1	0	0	0	0	0	0
2017	Cowboys	14	2	21	9	12	3	11	1.0	7.0	14	0	0	0	0	0	0	0	0	0	0	0	0
2018	Cardinals	15	4	38	31	7	11	42	4.0	35.0	11	0	0	0	4	1	1	0	0	0	0	0	0
2019	Raiders	15	0	15	10	5	5	39	7.0	51.5	10	0	0	0	0	3	0	0	0	0	0	0	0
2020	Seahawks	6	6	15	11	4	2	10	2.0	9.0	4	0	0	0	2	1	1	13	0	0	0	0	0
NFL TOTALS		93	21	144	98	46	36	153	22.0	150.5	54	0	0	0	7	7	5	53	2	2	0	0	0

BENSON MAYOWA'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES						QBH	INTERCEPTIONS					FUMBLES			ST				
				TK	S	A	TFL	YDS	SK		NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2013	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
2016	Cowboys	1	1	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		1	1	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0

BENSON MAYOWA'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	7 at Los Angeles Rams, Sep 16, 2018	Fumble Recoveries	1 vs. Dallas Cowboys, Sep 27, 2020 ...4 more at 1.
Sacks	2.0 vs. Denver Broncos, Sep 09, 2019 ...1 more at 2.0.	Tackles For Loss	4 at Los Angeles Rams, Sep 16, 2018
Passes Defensed	2 at Minnesota Vikings, Oct 14, 2018	Safeties	1 at Denver Broncos, Dec 13, 2015
Forced Fumbles	1 vs. Minnesota Vikings, Oct 11, 2020 ...6 more at 1.	Special Teams Tackles	1 at Denver Broncos, Dec 28, 2014 ...1 more at 1.

BENSON MAYOWA'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC			
DATE	OPPONENT	P/S	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	SCORE
09/13	at Falcons	S	1	1	0	1.0	9.0	1	9	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	W	38-25
09/20	Patriots	S	2	2	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	35-30
09/27	Cowboys	S	1	1	0	0.0	0.0	0	0	2	0	0	0	0	1	0	1	13	0	0	0	0	0	0	0	W	38-31
10/04	at Dolphins	S	3	3	0	0.0	0.0	1	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	31-23
10/11	Vikings	S	5	1	4	1.0	0.0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	W	27-26
10/25	at Cardinals	S	3	3	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	34-37+
2020 TOTALS		6-6	15	11	4	2.0	9.0	2	10	4	0	0	0	0	2	1	1	13	0	0	0	0	0	0	0	5-1	

+ - Overtime



14 | WIDE RECEIVER

DK METCALF

Height: 6-4 Weight: 229
 College: Mississippi
 Seasons: NFL : 2nd, Seahawks 2nd
 Born: December 14, 1997
 Hometown: Oxford, Miss.

2020 SEASON:

09/27 vs. Dal: Led team with 110 yards on four receptions, including a career-long 62-yard catch. Caught the game-winning 29-yard TD with 1:47 remaining in the game. Marked his second-career 100-yard game. Has a TD reception in four-straight games dating to 2019, tied for the fourth-longest streak in team history.

10/04 at Mia: Had second-consecutive 100-yard game totaling 106 on four receptions.

10/11 vs. Min: Totaled six receptions for 93 yards and two TDs, including 60 yards and the game-winning 6-yard TD with :15 remaining on the final drive.

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
2020	Seahawks	6	6	24	519	21.6	62	5	0	0	0.0	0	0
NFL TOTALS		22	21	82	1,419	17.3	62	12	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

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	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
2020	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

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	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

DK METCALF'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	1 vs. Tampa Bay Buccaneers, Nov 03, 2019 ...1 more at 1.	Longest Receptions	62 vs. Dallas Cowboys, Sep 27, 2020
Rushing Yards	7 vs. Tampa Bay Buccaneers, Nov 03, 2019	Receiving TDs	2 vs. Minnesota Vikings, Oct 11, 2020 ...1 more at 2.
Longest Runs	7 vs. Tampa Bay Buccaneers, Nov 03, 2019	All-purpose yards	130 vs. Tampa Bay Buccaneers, Nov 03, 2019
Receptions	6 vs. Minnesota Vikings, Oct 11, 2020 ...5 more at 6.	Miscellaneous Tackles	2 at Arizona Cardinals, Oct 25, 2020
Receiving Yards	123 vs. Tampa Bay Buccaneers, Nov 03, 2019	Most TDs	2 vs. Minnesota Vikings, Oct 11, 2020 ...1 more at 2.

DK METCALF'S 100-YARD RECEIVING GAMES (3): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
11/03/19	BUCCANEERS	6	123	20.5	53t	1
09/27/20	COWBOYS	4	110	27.5	62	1
10/04/20	at Dolphins	4	106	26.5	37	0

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 2020 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 Falcons	S	4	95	23.8	38t	1	0	0	0.0	0	0	W	38-25
09/20	Patriots	S	4	92	23.0	54t	1	0	0	0.0	0	0	W	35-30
09/27	Cowboys	S	4	110	27.5	62	1	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	S	4	106	26.5	37	0	0	0	0.0	0	0	W	31-23
10/11	Vikings	S	6	93	15.5	39	2	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	S	2	23	11.5	17	0	0	0	0.0	0	0	L	34-37+
2020 TOTALS		6-6	24	519	21.6	62	5	0	0	0.0	0	0	5-1	

+ - Overtime

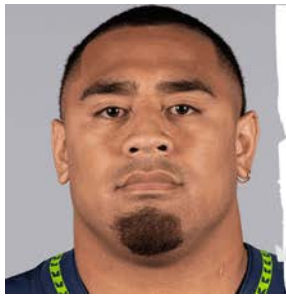
DK METCALF'S 2019 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

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	W	21-20
09/15	at Steelers	S	3	61	20.3	28t	1	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	L	27-33
09/29	at Cardinals	S	1	6	6.0	6	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	W	30-29
10/13	at Browns	S	4	69	17.3	30	0	1	4	4.0	4	0	W	32-28
10/20	Ravens	S	4	53	13.3	37	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	W	27-20
11/03	Buccaneers	S	6	123	20.5	53t	1	1	7	7.0	7	0	W	40-34+
11/11	at 49ers	S	6	70	11.7	25	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	W	17-9
12/02	Vikings	S	6	75	12.5	20	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	L	12-28
12/15	at Panthers	S	2	36	18.0	19t	1	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	L	13-27
12/29	49ers	S	6	81	13.5	24	1	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	W	17-9
01/12	at Packers	S	4	59	14.8	24	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	



92

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:

moe-NAY

2020 SEASON:

10/4 at Mia: Registered first-career sack.

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							QBH	INTERCEPTIONS					FUMBLES			ST				
				TK	S	A	TFL	YDS	SK	YDS		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
2020	Seahawks	6	0	7	3	4	1	1	0.5	1.5	1	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		10	0	11	3	8	1	1	0.5	1.5	2	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							QBH	INTERCEPTIONS					FUMBLES			ST				
				TK	S	A	TFL	YDS	SK	YDS		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
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

BRYAN MONE'S SINGLE-GAME HIGHS: DEFENSIVE**Total Tackles** 3 vs. Cincinnati Bengals, Sep 08, 2019**Tackles For Loss** 1 vs. Dallas Cowboys, Sep 27, 2020**Sacks** 0.5 at Miami Dolphins, Oct 04, 2020**Safeties** 1 vs. Dallas Cowboys, Sep 27, 2020**BRYAN MONE'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)**

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	
09/13	at Falcons	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	38-25
09/20	Patriots	P	1	0	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	35-30
09/27	Cowboys	P	2	1	1	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	38-31
10/04	at Dolphins	P	2	1	1	0.5	1.5	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	31-23
10/11	Vikings	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	27-26
10/25	at Cardinals	P	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	34-37+
2020 TOTALS		6-0	7	3	4	0.5	1.5	1	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5-1	

+ - Overtime



99

DEFENSIVE END

DAMONTRE MOORE

Height: 6-4

Weight: 260

College:

Texas A&M

Seasons:

NFL : 8th, Seahawks 2nd

Born:

September 11, 1992

Hometown:

DeSoto, Texas

TRANSACTIONS:

04/26/13: Drafted by the N.Y. Giants (3rd, 81st overall)
 12/11/15: Released by N.Y. Giants
 12/15/15: Claimed off waivers by Miami
 05/02/16: Released by Miami
 05/09/16: Signed by Oakland as a FA
 08/05/16: Released by Oakland
 11/01/16: Signed by Seattle as a FA
 12/21/16: Placed on IR (foot)
 03/14/17: Signed by Dallas as a UFA
 09/02/17: Suspended by Commissioner - Less than One Year
 09/18/17: Suspension lifted by Commissioner
 10/24/17: Released by Dallas
 12/04/18: Signed by Oakland as a FA
 12/24/18: Released by Oakland
 04/08/19: Signed by San Francisco as a FA
 05/16/19: Released by San Francisco
 07/25/19: Signed by San Francisco as a FA
 08/31/19: Released by San Francisco
 11/13/19: Signed by San Francisco as a FA
 11/27/19: Placed on IR (arm)
 09/03/20: Signed by Seattle as a FA

NFL CAREER HIGHLIGHTS:

• Was a 2013 third-round pick out of Texas A&M, has appeared in 56 games over the course of his career, playing for the New York Giants, Miami

Dolphins, Dallas Cowboys, Oakland Raiders, San Francisco 49ers and Seahawks. Moore has 10.0 sacks, three forced fumbles and 88 tackles in his NFL career.

• In spring of 2020, he also played for San Diego Fleet of the Alliance of American Football before the league folded last year, recording 7.0 sacks and 22 tackles in eight games.

• Moore signed with the Seahawks during the 2016 season, recording seven tackles and half a sack in four games before a foot injury landed him on injured reserve.

COLLEGE: Played in 38 games with 23 starts in three seasons at Texas A&M, registering 197 tackles, 26.5 sacks, 45 tackles for loss, eight forced fumbles, an interception and two blocked kicks. In 2012, started all 13 games and was a consensus first-team All-America selection after compiling 85 tackles, 12.5 sacks, and 21 tackles for loss. In 2011, played in 12 games with 10 starts at right outside linebacker and finished fourth on the team with 72 tackles and second on the squad and league with 8.5 sacks for minus 50 yards while leading the Aggies and Big 12 and tying for 10th nationally with 17.5 tackles for loss. Played in 13 games in 2010 and had 40 tackles, 5.5 sacks, 6.5 tackles for loss, an interception and a team-high three forced fumbles.

PERSONAL: Played at Rowlett High School and earned all-state honorable mention from the Associated Press and was a first-team all-area honoree by The Dallas Morning News after recording 66 tackles, 6.0 sacks and two safeties as a senior. Majored in accounting at Texas A&M.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES			QBH	MISC		
										TFL	PD			TD	FF	FR
11/16/14	NYG vs. SF	L	P	0	0	0	0.0	0	0	0	0		1	0	0	0
10/11/15	NYG vs. SF	W	P	3	3	0	2.0	6	0	1	0		2	0	1	0
TOTALS		1/1	2/0	3	3	0	2.0	6	0	1	0		3	0	1	0

DAMONTRE MOORE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES			ST						MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A		
2013	Giants	15	0	5	3	2	0	0	0.0	0.0	3	0	0	0	0	1	0	0	0	6	6	0	1	0	0	0		
2014	Giants	16	0	24	18	6	6	42	5.5	35.0	12	0	0	0	0	2	0	0	0	8	7	1	0	0	0	0		
2015	Giants	11	0	17	12	5	2	13	3.0	16.0	9	0	0	0	0	0	1	1	7	6	5	1	0	0	0	0		
Went from N.Y. Giants to Miami.																												
2015	Dolphins	3	0	4	3	1	1	8	1.0	8.0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0		
2015	TOTAL	14	0	21	15	6	3	21	4.0	24.0	10	0	0	0	0	1	1	1	7	6	5	1	0	0	0	0		
2016	Seahawks	4	0	7	3	4	2	3	0.5	3.5	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2017	Cowboys	3	0	7	4	3	0	0	0.0	0.0	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2018	Raiders	2	0	1	1	0	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
2019	49ers	2	0	5	2	3	0	0	0.0	0.0	1	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0		
2020	Seahawks	6	0	5	3	2	0	0	1.0	0.0	5	0	0	0	0	0	1	0	0	1	1	0	0	0	0	0		
NFL TOTALS		62	0	75	49	26	11	66	11.0	62.5	37	0	0	0	0	4	3	1	7	21	19	2	1	0	0	0		

DAMONTRE MOORE'S NFL POSTSEASON DEFENSIVE STATISTICS

		DIMITRI MOORE'S 2019 CUP-SEASON DEFENSIVE STATISTICS																								
DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES			ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2019	49ers	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			

DAMONTRE MOORE'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	5 vs. Los Angeles Rams, Oct 01, 2017 ...3 more at 5.	Fumble Recoveries	1 at Philadelphia Eagles, Oct 19, 2015
Sacks	2.0 vs. San Francisco 49ers, Oct 11, 2015 ...1 more at 2.0.	Tackles For Loss	2 vs. Buffalo Bills, Nov 07, 2016 ...1 more at 2.
Passes Defensed	2 at Jacksonville Jaguars, Nov 30, 2014	Special Teams Tackles	2 vs. Philadelphia Eagles, Dec 28, 2014 ...3 more at 2.
Forced Fumbles	1 vs. Minnesota Vikings, Oct 11, 2020 ...2 more at 1.	Special Teams Forced Fumbles	1 vs. Minnesota Vikings, Oct 21, 2013

DAMONTRE MOORE'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

All-purpose yards	12 vs. Washington, Dec 29, 2013	Longest Kickoff Return	12 vs. Washington, Dec 29, 2013
Kickoff Returns	1 vs. Washington, Dec 29, 2013	Special Teams Tackles	2 vs. Philadelphia Eagles, Dec 28, 2014 ...3 more at 2.
Kickoff Return Yards	12 vs. Washington, Dec 29, 2013		



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.

REGULAR SEASON COMPARISON: RECEIVING - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	REC	YDS.	AVG.	TD	LG	TGTS	YAC
12/2/18	SEA vs. SF	W	S	0	0	0	0	0	1	0
12/16/18	SEA @ SF	L	S	1	9	9.0	0	9	3	1
11/11/19	SEA @ SF	W	S	0	0	0	0	0	1	0
12/29/19	SEA vs. SF	L	P	2	30	15.0	0	17	2	16
TOTALS		2/2	4/3	3	39	13.0	0	17	7	17

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
2020	Seahawks	6	3	13	227	17.5	57	2	2	16	8.0	12	0
NFL TOTALS		37	11	56	973	17.4	60t	9	6	46	7.7	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
2020	Seahawks	1	9	9.0	9	0	4	5	50	12.5	20	0
NFL TOTALS		2	27	13.5	18	0	14	15	125	8.9	20	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 at Arizona Cardinals, Oct 25, 2020 ...5 more at 1.	Kickoff Returns	1 vs. Dallas Cowboys, Sep 27, 2020 ...1 more at 1.
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	20 vs. New England Patriots, Sep 20, 2020
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 2020 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 Falcons	S	3	28	9.3	18	0	1	12	12.0	12	0	W	38-25
09/20	Patriots	P	3	48	16.0	38t	1	0	0	0.0	0	0	W	35-30
09/27	Cowboys	S	1	2	2.0	2	0	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	S	3	95	31.7	57	1	0	0	0.0	0	0	W	31-23
10/11	Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	P	3	54	18.0	18	0	1	4	4.0	4	0	L	34-37+
2020 TOTALS	6-3		13	227	17.5	57	2	2	16	8.0	12	0	5-1	

+ - Overtime

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						INACTIVE						W	21-20
09/15	at Steelers						INACTIVE						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							DID NOT PLAY					L	9-17
09/24	at Titans							DID NOT PLAY					L	27-33
10/01	Colts							DID NOT PLAY					W	46-18
10/22	at Giants							DID NOT PLAY					W	24-7
10/29	Texans							DID NOT PLAY					W	41-38
11/05	Washington							DID NOT PLAY					L	14-17
11/09	at Cardinals							DID NOT PLAY					W	22-16
11/20	Falcons							DID NOT PLAY					L	31-34
11/26	at 49ers							INACTIVE					W	24-13
12/03	Eagles							INACTIVE					W	24-10
12/10	at Jaguars							INACTIVE					L	24-30
12/17	Rams							INACTIVE					L	7-42
12/24	at Cowboys							INACTIVE					W	21-12
12/31	Cardinals	P	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	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	W	17-9
01/12	at Packers	P	0	0	0.0	0	0	1	6	6.0	6	0	L	23-28
2019 TOTALS		2-1	2	57	28.5	38	0	1	6	6.0	6	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	L	22-24
2018 TOTALS		1-0	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.



TRANSACTIONS:

10/4 at Mia: Connected on a 55-yard FG, tied for the fourth-longest in franchise history and extended a streak of 13-consecutive FGs made dating back to 2019.

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.

REGULAR SEASON COMPARISON: KICKING - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	FGA	FGM	PCT	LONG	XPA	XPM	PTS	1-19	20-29	30-39	40-49	50+	KO	TB
11/11/19	SEA @ SF	W	P	2	2	100%	46	3	3	9	0-0	0-0	0-0	1-1	0-0	5	4
12/29/19	SEA vs. SF	L	P	0	0	0%	0	3	3	3	0-0	0-0	0-0	0-0	0-0	4	3
TOTALS		1/1	2/0	2	2	100%	46	6	6	12	0-0	0-0	0-0	1-1	0-0	9	7

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
2020	Seahawks	6	4	4	100.0	55	25	25	100.0	0	37
NFL TOTALS		76	124	147	84.4	58	171	190	90.0	3	543

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
2020	Seahawks	0-0	0.0	0-0	0.0	0-0	0.0	3-3	100.0	1-1	100.0
NFL TOTALS		0-0	0.0	30-31	96.8	37-40	92.5	38-45	84.4	19-31	61.3

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.		

JASON MYERS' 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT		FIELD GOALS				EXTRA POINTS					W/L	SCORE
			FGM	FGA	PCT	LG	XP	XPA	PCT	BLK	PTS		
09/13	at Falcons	P	1	1	100.0	42	5	5	100.0	0	8	W	38-25
09/20	Patriots	P	0	0	0.0	0	5	5	100.0	0	5	W	35-30
09/27	Cowboys	P	0	0	0.0	0	4	4	100.0	0	4	W	38-31
10/04	at Dolphins	P	1	1	100.0	55	4	4	100.0	0	7	W	31-23
10/11	Vikings	P	0	0	0.0	0	3	3	100.0	0	3	W	27-26
10/25	at Cardinals	P	2	2	100.0	44	4	4	100.0	0	10	L	34-37+
2020 TOTALS		6	4	4	100.0	55	25	25	100.0	0	37	5-1	

+ - Overtime



35

CORNERBACK

RYAN NEAL

Height: 6-3

Weight: 200

College:

Southern Illinois

Seasons:

NFL : 3rd, Seahawks 2nd

Born:

December 24, 1995

Hometown:

Merrillville, IN

2020 SEASON:

09/27 vs. Dal: Elevated from the practice squad and ended up playing the fourth quarter in place of Jamal Adams (groin). Had two tackles and sealed the game with an interception in the end zone.

10/04 at Mia: Had a career-high six tackles, an interception in second-consecutive game and two passes defended.

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
 09/05/20: Waived by Seattle
 09/06/20: Signed to Seattle's PS
 09/26/20: Gameday activation

09/28/20: Reverted to Seattle's PS

09/30/20: Signed to Seattle's active roster

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

				TACKLES								INTERCEPTIONS						FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	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	
2019	Seahawks	3	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	
2020	Seahawks	4	3	25	21	4	3	12	0.0	0.0	0	2	1	1	0	4	0	0	0	2	2	0	0	0	0	0	
NFL TOTALS		8	3	25	21	4	3	12	0.0	0.0	0	2	1	1	0	4	0	0	0	3	3	0	0	0	0	0	

RYAN NEAL'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	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	
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	

RYAN NEAL'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 9 at Arizona Cardinals, Oct 25, 2020
Passes Defended 2 at Miami Dolphins, Oct 04, 2020
Tackles For Loss 2 vs. Minnesota Vikings, Oct 11, 2020

Interceptions 1 at Miami Dolphins, Oct 04, 2020
 ...1 more at 1.
Interception Return Yards 1 at Miami Dolphins, Oct 04, 2020
Special Teams Tackles 2 vs. Dallas Cowboys, Sep 27, 2020

RYAN NEAL'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC				
DATE	OPPONENT	P/S	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	SCORE	
09/13	at Falcons		PRACTICE SQUAD																						W	38-25		
09/20	Patriots		PRACTICE SQUAD																						W	35-30		
09/27	Cowboys	P	2	2	0	0.0	0.0	0	0	0	1	0	0	0	1	0	0	0	2	2	0	0	0	0	0	W	38-31	
10/04	at Dolphins	S	6	5	1	0.0	0.0	0	0	0	1	1	1	0	2	0	0	0	0	0	0	0	0	0	0	W	31-23	
10/11	Vikings	S	8	6	2	0.0	0.0	2	7	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	W	27-26	
10/25	at Cardinals	S	9	8	1	0.0	0.0	1	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	34-37+	
2020 TOTALS		4-3	25	21	4	0.0	0.0	3	12	0	2	1	1	0	4	0	0	0	2	2	0	0	0	0	0	0	5-1	

+ - Overtime



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: oh-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
2020	Seahawks	1	0
NFL TOTALS		50	25

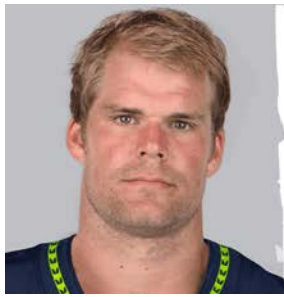
CEDRIC OGBUEHI'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2015	Bengals	1	0
NFL TOTALS		1	0

CEDRIC OGBUEHI'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S		W/L	SCORE
09/13	at Falcons		ON INACTIVE LIST	W	38-25
09/20	Patriots		ON INACTIVE LIST	W	35-30
09/27	Cowboys		ON INACTIVE LIST	W	38-31
10/04	at Dolphins	P		W	31-23
10/11	Vikings		DID NOT PLAY (NON-INJURY)	W	27-26
10/25	at Cardinals		DID NOT PLAY (NON-INJURY)	L	34-37+
2020 TOTALS		1-0		5-1	

+ - Overtime



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.

REGULAR SEASON COMPARISON: RECEIVING - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	REC	YDS.	AVG.	TD	LG	TGTS	YAC
11/12/09	CHI @ SF	L	S	7	75	10.7	0	20	10	0
11/10/13	CAR @ SF	W	S	1	14	14.0	0	14	3	0
9/18/16	CAR vs. SF	W	S	5	122	24.4	1	78t	8	50
9/10/17	CAR @ SF	W	S	2	18	9.0	0	17	4	0
10/27/19	CAR @ SF	L	S	2	13	6.5	0	9	2	1
TOTALS		3/2	5/5	17	242	14.2	1	9	27	51

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
2020	Seahawks	6	6	17	158	9.3	21	1	0	0	0.0	0	0
NFL TOTALS		194	168	735	8,602	11.7	78t	60	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 2020 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 Falcons	S	4	24	6.0	9	1	0	0	0.0	0	0	W	38-25
09/20	Patriots	S	0	0	0.0	0	0	0	0	0.0	0	0	W	35-30
09/27	Cowboys	S	5	61	12.2	21	0	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	S	5	35	7.0	11	0	0	0	0.0	0	0	W	31-23
10/11	Vikings	S	1	20	20.0	20	0	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	S	2	18	9.0	13	0	0	0	0.0	0	0	L	34-37+
2020 TOTALS		6-6	17	158	9.3	21	1	0	0	0.0	0	0	5-1	

+ - Overtime

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							ON INACTIVE LIST					L	20-40
12/15	Seahawks							ON INACTIVE LIST					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							INACTIVE					L	24-31
09/23	Bengals							INACTIVE					W	31-21
10/07	Giants							INACTIVE					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							DID NOT PLAY					L	20-26
12/17	Saints							DID NOT PLAY					L	9-12
12/23	Falcons							DID NOT PLAY					L	10-24
12/30	at Saints							DID NOT PLAY					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							DID NOT PLAY					L	13-34
10/01	at Patriots							DID NOT PLAY					W	33-30
10/08	at Lions							DID NOT PLAY					W	27-24
10/12	Eagles							DID NOT PLAY					L	23-28
10/22	at Bears							DID NOT PLAY					L	3-17
10/29	at Buccaneers							DID NOT PLAY					W	17-3
11/05	Falcons							DID NOT PLAY					W	20-17
11/13	Dolphins							DID NOT PLAY					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							INACTIVE					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	

+ - Overtime

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
2020	Seahawks	6	0	0	0	0	0	0
NFL TOTALS		58	0	4	3	1	0	0

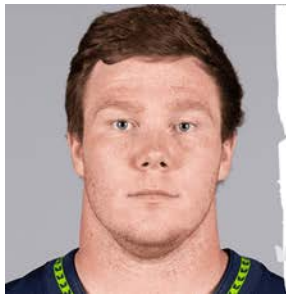
TYLER OTT'S NFL POSTSEASON SPECIAL TEAMS STATISTICS

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

TYLER OTT'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P	W/L	SCORE
09/13	at Falcons	P	W	38-25
09/20	Patriots	P	W	35-30
09/27	Cowboys	P	W	38-31
10/04	at Dolphins	P	W	31-23
10/11	Vikings	P	W	27-26
10/25	at Cardinals	P	L	34-37+
2020 TOTALS		6	5-1	

+ - Overtime



77

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:

POE-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 Michaelson. 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
2020	Seahawks	6	6
NFL TOTALS		36	22

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 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	W/L	SCORE
09/13	at Falcons	S	W	38-25
09/20	Patriots	S	W	35-30
09/27	Cowboys	S	W	38-31
10/04	at Dolphins	S	W	31-23
10/11	Vikings	S	W	27-26
10/25	at Cardinals	S	L	34-37+
2020 TOTALS		6-6	5-1	

+ - Overtime



36

STRONG SAFETY

DAMARIOUS RANDALL

Height: 5-11

Weight: 196

College:

Arizona State

Seasons:

NFL : 6th, Seahawks 1st

Born:

August 29, 1992

Hometown:

Pensacola, Fla.

2020 SEASON:

10/5 at Mia: Gameday activation from the practice squad and saw limited

action.

10/11 vs. Min: Gameday activation from the practice squad and saw limited action.

TRANSACTIONS:

04/30/15: Drafted by Green Bay (1st round, 30th)
03/14/18: Traded to Cleveland
04/07/20: Signed with Las Vegas as UFA
09/04/20: Released by Las Vegas
09/30/20: Signed to Seattle's PS
10/04/20: Gameday activation
10/21/20: Signed to Seattle's active roster

NFL CAREER HIGHLIGHTS:

- Registered at least three interceptions in each of his first four NFL seasons (2015-18).
- In 2019, started all 11 contests in which he appeared, tallying 61 tackles (45 solo), a career-high 2.5 sacks and six passes defended. Started all 15 games in 2018, totaling a career-high 84 tackles (71 solo), while tying career-highs in interceptions (four) and passes defended (nine). Totaled 47 tackles (38 solo), four interceptions, including one for a touchdown, nine passes defended and one fumble recovery in 2017.
- One of only two defensive backs in Packers history to be named the NFL's Defensive Rookie of the Month (November) in 2015.
- Enters his sixth season after originally being selected in the first round (30th overall) of the 2015 NFL Draft by the Green Bay Packers, where he spent the first three seasons of his career before being acquired via trade by

the Cleveland Browns and spent the last two seasons (2018-19).

COLLEGE: Played two seasons (2013-14) at Arizona State after spending one season at Mesa Community College. Played baseball at Butler Community College (Kan.) in 2010. Appeared in 25 games at Arizona State, totaling 177 tackles, one sack, 18 passes defended, four forced fumbles and one fumble recovery. Added six interceptions for 179 return yards and two touchdowns. As a senior in 2014, started all 13 games and totaled 106 tackles, one sack, 12 passes defended, two forced fumbles and one fumble recovery. Added three interceptions for 89 return yards and a score. Earned Pac-12 Defensive Player of the Week honors against Stanford, where he recorded seven tackles, one sack, one pass defended, one forced fumble and one fumble recovery. Named to Phil Steele's All-Pac-12 First-Team, Sports Illustrated All-American honorable mention and All-Pac-12 First Team. As a redshirt junior in 2013, saw action in 12 games and registered 71 tackles, six passes defended and two forced fumbles. Added three interceptions for 90 return yards and a touchdown. Earned Pac-12 Defensive Player of the Week honors after leading the Sun Devils past Arizona with 13 tackles, one interception returned for a touchdown and one forced fumble.

PERSONAL: Attended Pensacola High School. Played cornerback, free safety, wide receiver and returned punts and kickoffs. Earned all-state recognition following his senior season and all-conference recognition following his junior and senior seasons. Also participated in baseball and track and field. Brother, Patrick Norris, was selected by the Kansas City Royals in the 16th round of the 2007 MLB Draft. Another brother, Porter Washington, played in the Cincinnati Reds' minor league system in 1999. Double majored in business and communications with a minor in psychology.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES			MISC		
										TFL	PD	QBH	TD	FF	FR
10/4/15	GB @ SF	W	P	4	3	1	0.0	0	0	0	1	0	0	0	0
10/7/19	CLV @ SF	L	S	8	5	3	0.0	0	0	0	2	0	0	0	0
TOTALS		1/1	2/1	12	8	4	0.0	0	0	0	3	0	0	0	0

DAMARIOUS RANDALL'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								QBH	INTERCEPTIONS					FUMBLES			ST						MISC	
				TK	S	A	TFL	YDS	SK	YDS			NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A	
2015	Packers	15	9	56	51	5	1	1	0.0	0.0		0	3	47	43t	1	14	0	0	0	2	2	0	0	0	0	0	0
2016	Packers	10	9	37	33	4	1	1	0.0	0.0		0	3	91	44	0	9	0	0	0	2	2	0	0	0	0	0	0
2017	Packers	14	12	47	38	9	4	10	0.0	0.0		0	4	35	21t	1	9	0	1	0	0	0	0	0	0	0	0	0
2018	Browns	15	15	84	71	13	2	3	0.0	0.0		0	4	59	50	0	9	0	1	0	1	1	0	0	0	0	0	0
2019	Browns	11	11	61	45	16	3	10	2.5	13.0		3	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	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
NFL TOTALS		68	56	285	238	47	11	25	2.5	13.0		3	14	232	50	2	47	0	2	0	5	5	0	0	0	0	0	0

DAMARIOUS RANDALL'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2015	Packers	2	2	11	7	4	0	0	0.0	0.0	0	1	0	0	0	2	0	0	0	0	0	0	0	0	0	0
2016	Packers	3	3	12	11	1	0	0	0.0	0.0	0	1	78	78	0	3	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		5	5	23	18	5	0	0	0.0	0.0	0	2	78	78	0	5	0	0	0	0	0	0	0	0	0	0

DAMARIOUS RANDALL'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	12 at Tampa Bay Buccaneers, Oct 21, 2018	Tackles For Loss	1 at Arizona Cardinals, Dec 15, 2019
Sacks	1.0 vs. Seattle Seahawks, Oct 13, 2019		...10 more at 1.
	...1 more at 1.0.	Interceptions	2 vs. Seattle Seahawks, Dec 11, 2016
Passes Defended	2 at Cincinnati Bengals, Dec 29, 2019	Interception Return Yards	50 at Oakland Raiders, Sep 30, 2018
	...11 more at 2.	Special Teams Tackles	1 vs. Pittsburgh Steelers, Sep 09, 2018
Fumble Recoveries	1 at New Orleans Saints, Sep 16, 2018		...4 more at 1.
	...1 more at 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: JARE-in

2020 SEASON:

09/27 vs. Dal: Had a sack and FF on the first play of the second half that was recovered at the Cowboys 5-yard line and led to a quick Seahawks TD.

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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES			TD	MISC		
										TFL	PD	QBH		FF	FR	
9/25/16	SEA vs. SF	W	S	3	0	3	0.0	0	0	0	0	0	0	0	0	0
1/1/17	SEA @ SF	W	S	2	2	0	0.0	0	0	0	0	0	0	0	0	0
9/17/17	SEA vs. SF	W	S	4	1	3	0.0	0	0	0	0	0	0	0	0	0
11/26/17	SEA @ SF	W	S	1	0	1	0.0	0	0	0	0	0	0	0	0	0
12/2/18	SEA vs. SF	W	S	2	2	0	1.0	8	0	1	0	6	0	0	0	0
12/16/18	SEA @ SF	L	S	3	3	0	2.0	18	0	2	0	4	0	0	0	0
11/11/19	SEA @ SF	W	S	4	1	3	1.5	16	0	0	1	2	0	1	0	0
12/29/19	SEA vs. SF	L	S	5	0	5	0.0	0	0	0	0	0	0	0	0	0
TOTALS		6/2	8/8	24	9	15	4.5	42	0	3	1	12	0	1	0	0

JARRAN REED'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES			ST					
				TK	S	A	TFL	YDS	SK	YDS		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
2020	Seahawks	6	6	16	11	5	1	2	1.0	7.0	2	0	0	0	0	0	1	0	0	0	0	0	0	0	0
NFL TOTALS		62	53	172	91	81	18	88	16.5	111.0	46	0	0	0	0	5	3	2	2	0	0	0	0	0	0

JARRAN REED'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES			ST					
				TK	S	A	TFL	YDS	SK	YDS		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 vs. Dallas Cowboys, Sep 27, 2020 ...2 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.

JARRAN REED'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

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		
09/13	at Falcons	S	2	1	1	0.0	0.0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	38-25
09/20	Patriots	S	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	W	35-30
09/27	Cowboys	S	2	2	0	1.0	7.0	0	0	1	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	W	38-31
10/04	at Dolphins	S	2	2	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	31-23
10/11	Vikings	S	4	3	1	0.0	0.0	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	27-26
10/25	at Cardinals	S	3	1	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	34-37+
2020 TOTALS			6-6	16	11	5	1.0	7.0	1	2	2	0	0	0	0	1	0	0	0	0	0	0	0	0	0	5-1	

+ - Overtime



98 | DEFENSIVE END ALTON ROBINSON

Height: 6-3 Weight: 259
College: Syracuse
Season: Rookie
Born: June 2, 1998
Hometown: Converse, Texas

2020 SEASON:

09/27 vs. Dal: Saw first-career action and had three tackles, a sack and two TFL.

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.

ALTON ROBINSON'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES			ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	4	0	8	6	2	3	9	1.0	4.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		4	0	8	6	2	3	9	1.0	4.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

ALTON ROBINSON'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 3 vs. Minnesota Vikings, Oct 11, 2020 **Tackles For Loss** 2 vs. Dallas Cowboys, Sep 27, 2020
...1 more at 3.

Sacks 1.0 vs. Dallas Cowboys, Sep 27, 2020

ALTON ROBINSON'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	TACKLES							QBH	INTERCEPTIONS					FUMBLES			ST					MISC		W/L	SCORE
			TK	S	A	SK	YDS	TFL	YDS		NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A		
09/13	at Falcons										ON INACTIVE LIST															W	38-25
09/20	Patriots										ON INACTIVE LIST															W	35-30
09/27	Cowboys	P	3	3	0	1.0	4.0	2	7	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	38-31
10/04	at Dolphins	P	1	1	0	0.0	0.0	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	31-23
10/11	Vikings	P	3	1	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	27-26
10/25	at Cardinals	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	0	L	34-37+
2020 TOTALS		4-0	8	6	2	1.0	4.0	3	9	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5-1	

+ - Overtime



63

DEFENSIVE TACKLE

ANTHONY RUSH

Height: 6-5

Weight: 350

College:

Alabama-Birmingham

Seasons:

NFL : 2nd, Seahawks 1st

Born:

September 1, 1996

Hometown:

Raleigh, N.C.

2020 SEASON:

10/4 at Mia: Registered first-career sack.

10/25 at Ariz: Inactive (knee).

TRANSACTIONS:

05/10/19: Signed by Philadelphia as a UDFA

07/28/19: Released by Philadelphia

08/01/19: Signed by Oakland as FA

08/31/19: Released by Oakland

09/01/19: Signed to Oakland's PS

10/22/19: Signed to Philadelphia's active roster

09/05/20: Released by Philadelphia

09/07/20: Signed to Seattle's practice squad

09/23/20: Signed to active roster

NFL CAREER HIGHLIGHTS:

- Saw action in nine games for the Eagles in 2019 with nine tackles (six solo).

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 defended, one forced fumble and a blocked field goal.

PERSONAL: Majored in communications.**ANTHONY RUSH'S NFL REGULAR SEASON DEFENSIVE STATISTICS**

				TACKLES								INTERCEPTIONS						FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A	
2019	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	
Went from Oakland to Philadelphia.																											
2019	Eagles	9	0	9	6	3	3	7	0.0	0.0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	
2019	TOTAL	9	0	9	6	3	3	7	0.0	0.0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	
2020	Seahawks	4	0	6	2	4	1	3	0.5	1.5	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
NFL TOTALS		13	0	15	8	7	4	10	0.5	1.5	1	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	

ANTHONY RUSH'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES			ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2019	Eagles	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
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

ANTHONY RUSH'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 3 at Miami Dolphins, Oct 04, 2020
Sacks 0.5 at Miami Dolphins, Oct 04, 2020

Passes Defensed 1 vs. Dallas Cowboys, Dec 22, 2019
 ...1 more at 1.

Tackles For Loss 1 at Miami Dolphins, Oct 04, 2020
 ...3 more at 1.

ANTHONY RUSH'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC							
DATE	OPPONENT	P/S	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	SCORE				
09/13	at Falcons		PRACTICE SQUAD																											W	38-25
09/20	Patriots	P	2	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	W	35-30			
09/27	Cowboys	P	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	W	38-31			
10/04	at Dolphins	P	3	1	2	0.5	1.5	1	3	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	31-23			
10/11	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	0	0	W	27-26			
10/25	at Cardinals		ON INACTIVE LIST																											L	34-37+
2020 TOTALS		4-0	6	2	4	0.5	1.5	1	3	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5-1				

+ - Overtime



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.

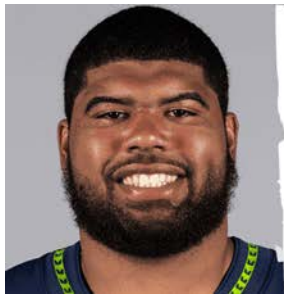
BRANDON SHELL'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2016	Jets	8	3
2017	Jets	12	12
2018	Jets	14	14
2019	Jets	15	11
2020	Seahawks	6	6
NFL TOTALS		55	46

BRANDON SHELL'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	W/L	SCORE
09/13	at Falcons	S	W	38-25
09/20	Patriots	S	W	35-30
09/27	Cowboys	S	W	38-31
10/04	at Dolphins	S	W	31-23
10/11	Vikings	S	W	27-26
10/25	at Cardinals	S	L	34-37+
2020 TOTALS		6-6	5-1	

+ - Overtime



66 | GUARD JORDAN SIMMONS

Height: 6-4 Weight: 339
College: USC
Seasons: NFL : 4th, Seahawks 3rd
Born: July 15, 1994
Hometown: Inglewood, Calif.

2020 SEASON:

10/11 vs. Min: Started at LG in place of Mike Iupati (knee/back).
10/25 at Ariz: Started second-straight game at LG for Iupati (back).

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
2020	Seahawks	6	2
NFL TOTALS		12	5

JORDAN SIMMONS' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2018	Seahawks	0	0
2019	Seahawks	0	0
NFL TOTALS		0	0

JORDAN SIMMONS' 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	W/L	SCORE
09/13	at Falcons	P	W	38-25
09/20	Patriots	P	W	35-30
09/27	Cowboys	P	W	38-31
10/04	at Dolphins	P	W	31-23
10/11	Vikings	S	W	27-26
10/25	at Cardinals	S	L	34-37+
2020 TOTALS		6-2	5-1	

+ - Overtime



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
2020	Seahawks	3	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
TOTALS		43	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 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/13	at Falcons		DID NOT PLAY (NON-INJURY)															W	38-25
09/20	Patriots	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	0	0	0	0	W	35-30
09/27	Cowboys	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	0	0	0	0	W	38-31
10/04	at Dolphins	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	0	0	0	0	W	31-23
10/11	Vikings		DID NOT PLAY (NON-INJURY)															W	27-26
10/25	at Cardinals		DID NOT PLAY (NON-INJURY)															L	34-37+
2020 TOTALS		3-0	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	0	0	0	0	5-1	

+ - Overtime

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																	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																	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

+ - 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							DID NOT PLAY (NON-INJURY)										L	3-19
09/18	Lions							DID NOT PLAY (NON-INJURY)										L	10-24
09/24	at Eagles							DID NOT PLAY (NON-INJURY)										L	24-27
10/01	at Buccaneers							DID NOT PLAY (NON-INJURY)										L	23-25
10/08	Chargers							DID NOT PLAY (NON-INJURY)										L	22-27
10/15	at Broncos							DID NOT PLAY (NON-INJURY)										W	23-10
10/22	Seahawks							DID NOT PLAY (NON-INJURY)										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							DID NOT PLAY (NON-INJURY)										L	21-31
11/19	Chiefs							DID NOT PLAY (NON-INJURY)										W	12-9+
11/23	at Washington							DID NOT PLAY (NON-INJURY)										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							DID NOT PLAY (NON-INJURY)										L	10-30
12/17	Eagles							DID NOT PLAY (NON-INJURY)										L	29-34
12/24	at Cardinals							DID NOT PLAY (NON-INJURY)										L	0-23
12/31	Washington							INACTIVE										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							DID NOT PLAY (NON-INJURY)										L	22-23
09/15	at Bills							DID NOT PLAY (NON-INJURY)										W	37-31
09/25	at Chiefs							DID NOT PLAY (NON-INJURY)										L	3-24
10/02	Seahawks							DID NOT PLAY (NON-INJURY)										L	17-27
10/09	at Steelers							DID NOT PLAY (NON-INJURY)										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							NOT ON ROSTER										W	31-28
11/06	at Dolphins							NOT ON ROSTER										L	23-27
11/13	Rams							NOT ON ROSTER										L	6-9
11/27	Patriots							NOT ON ROSTER										L	17-22
12/05	Colts							NOT ON ROSTER										L	10-41
12/11	at 49ers							NOT ON ROSTER										W	23-17+
12/17	Dolphins							NOT ON ROSTER										L	13-34
12/24	at Patriots							NOT ON ROSTER										L	3-41
01/01	Bills							NOT ON ROSTER										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	P																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			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)

			PASSING											RUSHING						
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE	
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	1-1	



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
09/06/20: Released by Seattle

09/07/20: Signed to Seattle's PS
09/23/20: Signed to Seattle's active roster

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		
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		
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		
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		
2020	Seahawks	4	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		7	0	3	3	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	1	1	0	0	0		

LINDEN STEPHENS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 2 at New York Giants, Dec 15, 2019 **Special Teams Tackles** 1 vs. Minnesota Vikings, Oct 11, 2020

LINDEN STEPHENS' 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES							INTERCEPTIONS					FUMBLES			ST					MISC				
DATE	OPPONENT	P/S	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	SCORE
09/13	at Falcons		PRACTICE SQUAD																					W	38-25		
09/20	Patriots		PRACTICE SQUAD																					W	35-30		
09/27	Cowboys	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	38-31
10/04	at Dolphins	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	31-23
10/11	Vikings	P	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	W	27-26
10/25	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	0	L	34-37+
2020 TOTALS		4-0	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	5-1	

+ - Overtime



18 | WIDE RECEIVER FREDDIE SWAIN

Height: 6-0 Weight: 199
College: Florida
Season: Rookie
Born: August 4, 1998
Hometown: Ocala, Fla.

2020 SEASON:

09/20 vs. NE: Scored first-career TD on a 21-yard reception.

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.

FREDDIE SWAIN'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	6	0	7	97	13.9	23	1	0	0	0.0	0	0
NFL TOTALS		6	0	7	97	13.9	23	1	0	0	0.0	0	0

FREDDIE SWAIN'S NFL REGULAR SEASON RETURN STATISTICS

DATE	TEAM	KICKOFF RETURNS					PUNT RETURNS				
		RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG
2020	Seahawks	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

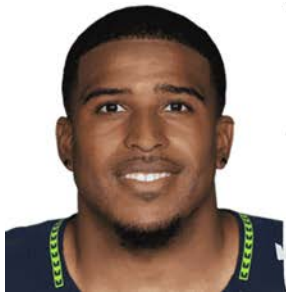
FREDDIE SWAIN'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Receptions	2 vs. Minnesota Vikings, Oct 11, 2020 ...1 more at 2.	Receiving TDs	1 vs. New England Patriots, Sep 20, 2020
Receiving Yards	32 at Miami Dolphins, Oct 04, 2020	All-purpose yards	32 at Miami Dolphins, Oct 04, 2020
Longest Receptions	23 at Miami Dolphins, Oct 04, 2020	Most TDs	1 vs. New England Patriots, Sep 20, 2020

FREDDIE SWAIN'S 2020 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 Falcons	P	1	17	17.0	17	0	0	0	0.0	0	0	W	38-25
09/20	Patriots	P	1	21	21.0	21t	1	0	0	0.0	0	0	W	35-30
09/27	Cowboys	P	1	13	13.0	13	0	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	P	2	32	16.0	23	0	0	0	0.0	0	0	W	31-23
10/11	Vikings	P	2	14	7.0	12	0	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	L	34-37+
2020 TOTALS		6-0	7	97	13.9	23	1	0	0	0.0	0	0	5-1	

+ - Overtime



54 | LINEBACKER BOBBY WAGNER

Height: 6-0 Weight: 242
College: Utah State
Seasons: NFL : 9th, Seahawks 9th
Born: June 27, 1990
Hometown: Ontario, Calif.



2020 SEASON:

10/11 vs. Min: Totaled a season-high 14 tackles.

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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES				QBH	TD	MISC		
										TFL	PD					FF	FR	
10/18/12	SEA @ SF	L	S	8	7	1	0.0	0	0	0	0	0	0	0	0	0	0	0
12/23/12	SEA vs. SF	W	S	9	4	5	0.0	0	0	0	0	0	1	0	0	0	0	0
9/15/13	SEA vs. SF	W	S	7	2	5	0.0	0	0	0	1	0	0	0	0	0	0	0
12/8/13	SEA @ SF	L	S	9	7	2	0.0	0	0	0	0	0	0	0	0	0	0	0
11/27/14	SEA @ SF	W	S	10	9	1	0.0	0	0	2	0	0	0	0	0	0	0	0
12/14/14	SEA vs. SF	W	S	10	9	1	1.0	5	0	2	0	1	0	0	0	0	0	0
10/22/15	SEA @ SF	W	S	5	5	0	0.0	0	0	0	1	0	0	0	0	0	0	0
11/22/15	SEA vs. SF	W	S	8	3	5	0.0	0	0	0	1	0	0	0	0	0	0	0
9/25/16	SEA vs. SF	W	S	6	0	6	0.0	0	1	0	2	0	0	0	0	0	0	0
1/1/17	SEA @ SF	W	S	12	10	2	2.0	7	0	2	1	2	0	0	0	0	1	1
9/17/17	SEA vs. SF	W	S	7	4	3	0.0	0	1	0	2	0	0	0	0	0	0	0
11/26/17	SEA @ SF	W	S	8	7	1	0.0	0	1	2	1	2	0	0	0	0	0	0
12/2/18	SEA vs. SF	W	S	12	8	4	1.0	9	1	2	2	2	0	1	1	1	1	1
12/16/18	SEA @ SF	L	S	7	6	1	0.0	0	0	0	0	0	0	0	0	0	0	0
11/11/19	SEA @ SF	W	S	11	5	6	0.0	0	0	0	1	0	0	0	0	0	0	0
12/29/19	SEA vs. SF	L	S	7	4	3	0.0	0	0	0	0	0	0	0	0	0	0	0
TOTALS		12/4	16/16	136	90	46	4.0	21	4	10	12	8	0	1	2			

BOBBY WAGNER'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES			ST				
				TK	S	A	TFL	YDS	SK	YDS		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
2020	Seahawks	6	6	63	33	30	1	0	0.0	0.0	3	0	0	0	0	4	0	0	0	0	0	0	0	0
NFL TOTALS		125	124	1136	676	460	59	197	19.5	130.0	67	10	184	98t	1	51	5	8	82	2	2	0	0	0

BOBBY WAGNER'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES			ST				
				TK	S	A	TFL	YDS	SK	YDS		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
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
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
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
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
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
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
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

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, 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, 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.

BOBBY WAGNER'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES									INTERCEPTIONS					FUMBLES			ST					MISC			
DATE	OPPONENT	P/S	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	SCORE	
09/13	at Falcons	S	7	2	5	0.0	0.0	1	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	W	38-25	
09/20	Patriots	S	10	5	5	0.0	0.0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	35-30	
09/27	Cowboys	S	9	4	5	0.0	0.0	0	0	2	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	W	38-31	
10/04	at Dolphins	S	12	10	2	0.0	0.0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	W	31-23	
10/11	Vikings	S	14	5	9	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	27-26	
10/25	at Cardinals	S	11	7	4	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	34-37+	
2020 TOTALS		6-6	63	33	30	0.0	0.0	1	0	3	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0	5-1		

+ - Overtime



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.

REGULAR SEASON COMPARISON: RECEIVING - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	REC	YDS.	AVG.	TD	LG	TGTS	YAC
9/15/13	SEA vs. SF	W	P	0	0	0	0	0	1	0
12/8/13	SEA @ SF	L	P	3	70	23.3	1	39t	4	32
11/27/14	SEA @ SF	W	P	4	39	9.8	0	15	6	39
12/14/14	SEA vs. SF	W	S	0	0	0	0	0	1	0
11/22/15	SEA vs. SF	W	S	2	15	7.5	0	10	2	7
9/25/16	SEA vs. SF	W	S	2	9	4.5	0	7	3	3
1/1/17	SEA @ SF	W	S	3	26	8.7	1	11t	3	5
9/17/17	SEA vs. SF	W	P	3	25	8.3	0	19	3	25
9/16/18	DET @ SF	L	S	1	13	13.0	0	13	1	13
TOTALS		7/2	9/5	18	197	10.9	2	19	24	124

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
2020	Seahawks	4	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		98	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
Longest Receptions	80t at Arizona Cardinals, Dec 21, 2014		...1 more at 20.
Receiving TDs	2 at Arizona Cardinals, Dec 21, 2014	Special Teams Tackles	2 vs. Carolina Panthers, Oct 18, 2015
All-purpose yards	139 at Arizona Cardinals, Dec 21, 2014	Miscellaneous Tackles	1 vs. New England Patriots, Sep 23, 2018
Kickoff Returns	2 vs. Arizona Cardinals, Dec 31, 2017		...5 more at 1.
	...1 more at 2.	Most TDs	2 at Arizona Cardinals, Dec 21, 2014

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 2020 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 Falcons	P	0	0	0.0	0	0	0	0	0.0	0	0	W	38-25
09/20	Patriots	P	0	0	0.0	0	0	0	0	0.0	0	0	W	35-30
09/27	Cowboys		ON INACTIVE LIST										W	38-31
10/04	at Dolphins	P	0	0	0.0	0	0	0	0	0.0	0	0	W	31-23
10/11	Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-26
10/25	at Cardinals		ON INACTIVE LIST										L	34-37+
2020 TOTALS		4-0	0	0	0.0	0	0	0	0	0.0	0	0	5-1	

+ - Overtime

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		DID NOT PLAY										W	21-20
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		INACTIVE										W	17-9
12/02	Vikings		INACTIVE										W	37-30
12/08	at Rams		INACTIVE										L	12-28
12/15	at Panthers		INACTIVE										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		INACTIVE										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						INACTIVE						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						INACTIVE						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	W	12-10
09/18	at Rams	S	1	6	6.0	6	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	W	37-18
10/02	at Jets	S	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	W	26-24
10/23	at Cardinals						INACTIVE						T	6-6+
10/30	at Saints						INACTIVE						L	20-25
11/07	Bills						INACTIVE						W	31-25
11/13	at Patriots						INACTIVE						W	31-24
11/20	Eagles	S	1	12	12.0	12	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	L	5-14
12/04	Panthers						INACTIVE						W	40-7
12/11	at Packers	P	1	11	11.0	11	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	W	24-3
12/24	Cardinals	P	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	W	25-23
2016 TOTALS		11-6	15	129	8.6	19	2	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	L	31-34+
09/20	at Packers	P	2	36	18.0	24	0	0	0	0.0	0	0	L	17-27
09/27	Bears						INACTIVE						W	26-0
10/05	Lions	P	2	15	7.5	9	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	L	24-27+
10/18	Panthers	S	1	16	16.0	16	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	W	20-3
11/01	at Cowboys	P	2	41	20.5	22t	1	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	L	32-39
11/22	49ers	S	2	15	7.5	10	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	W	39-30
12/06	at Vikings	S	2	36	18.0	22	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	W	35-6
12/20	Browns	S	2	17	8.5	11	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	L	17-23
01/03	at Cardinals						INACTIVE						W	36-6
2015 TOTALS		14-7	17	213	12.5	24	1	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	W	36-16
09/14	at Chargers	P	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	W	26-20+
10/06	at Washington	S	3	28	9.3	19	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	L	23-30
10/19	at Rams						INACTIVE						L	26-28
10/26	at Panthers	S	1	23	23.0	23t	1	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	W	30-24
11/09	Giants	S	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	L	20-24
11/23	Cardinals	S	1	21	21.0	21	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	W	19-3
12/07	at Eagles	S	1	1	1.0	1	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	W	17-7
12/21	at Cardinals	S	3	139	46.3	80t	2	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	W	20-6
2014 TOTALS		15-10	22	362	16.5	80t	3	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	W	12-7
09/15	49ers	P	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	W	45-17
09/29	at Texans	P	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	L	28-34
10/13	Titans	S	2	17	8.5	14	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	W	34-22
10/28	at Rams	S	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	W	27-24+
11/10	at Falcons	S	1	19	19.0	19	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	W	41-20
12/02	Saints	P	1	2	2.0	2	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	L	17-19
12/15	at Giants	P	2	23	11.5	15	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	L	10-17
12/29	Rams	S	1	4	4.0	4	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	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	W	17-9
01/12	at Packers	P	1	8	8.0	8	0	1	1	1.0	1	0	L	23-28
2019 TOTALS		2-0	1	8	8.0	8	0	1	1	1.0	1	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.



2020 SEASON:

Earned NFC Offensive Player of the Month for September.

09/13 at Atl: Completed 31 of 35 attempts for an 88.6 completion percentage, third-highest in NFL history (minimum 30 attempts). Was named NFC Offensive Player of the Week.

09/20 vs. NE: Tossed five TDs for a club career record fourth time.

09/27 vs. Dal: Became the first player in franchise history to have 5 TD passes in consecutive weeks while setting an NFL record for most TD passes (14) through the first three games of the season. Posted his NFL-leading 33rd career fourth quarter come-from-behind victory (since 2012). Was named NFC Offensive Player of the Week for the second time of the season.

10/04 at Mia: Passed for 360 yards, fifth-highest total of career.

10/11 vs. Min: Led 34th-career game-winning drive when tied or trailing in the fourth quarter after leading a 13-play, 94-yard, 1:42 TD drive capped with a 6-yard TD pass with :15 remaining. Led the team with 58 rushing yards.

10/25 at Ariz: Set Seahawks franchise record for career completions on his first attempt of the game, a 34-yard completion to Tyler Lockett. Passed Matt Hasselbeck's total of 2,559. Total of 388 passing yards was the third-highest total of his career. Led the team with 84 rushing yards, his highest total since rushing for 92 in 2018 (11/11 at L.A. Rams).

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.

REGULAR SEASON COMPARISON: PASSING - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	C	ATT	YDS.	AVG.	TD	LG	INT	SK	SKYD	RTG
10/18/12	SEA @ SF	L	S	9	23	122	5.3	0	36	1	2	7	38.7
12/23/12	SEA vs. SF	W	S	15	21	171	8.1	4	43	1	1	1	115.3
9/15/13	SEA vs. SF	W	S	8	19	142	7.5	1	51	1	4	24	63.9
12/8/13	SEA @ SF	L	S	15	25	199	8.0	1	39	1	2	21	81.9
11/27/14	SEA @ SF	W	S	15	22	236	10.7	1	63	0	4	14	118.8
12/14/14	SEA vs. SF	W	S	12	24	168	7.0	1	47	1	5	30	69.4
10/22/15	SEA @ SF	W	S	18	24	235	9.8	1	43	2	5	23	84.5
11/22/15	SEA vs. SF	W	S	24	29	260	9.0	3	31	0	2	7	138.5
9/25/16	SEA vs. SF	W	S	15	23	243	10.6	1	59	0	2	17	114.9
1/1/17	SEA @ SF	W	S	19	32	258	8.1	1	42	0	1	6	95.6
9/17/17	SEA vs. SF	W	S	23	39	198	5.1	1	22	0	3	17	80.9
11/26/17	SEA @ SF	W	S	20	34	228	6.7	2	26	1	0	0	86.4
12/2/18	SEA vs. SF	W	S	11	17	185	10.9	4	52	0	3	22	140.9
12/16/18	SEA @ SF	L	S	23	31	237	7.6	2	35	0	3	20	117.3
11/11/19	SEA @ SF	W	S	24	34	232	6.8	1	28	1	5	43	86.9
12/29/19	SEA vs. SF	L	S	25	40	233	5.8	2	24	0	1	10	95.1
TOTALS			12/4 16/16	276	437	3,347	7.7	26	63	9	43	262	--

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
2020	Seahawks	6	6	219	156	71.2	1,890	8.6	22	6	62	17	116	119.5	29	237	8.2	34	0
TOTALS		134	134	3,996	2,592	64.9	31,624	7.9	249	74	80t	364	2,387	102.2	749	4,230	5.6	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 at Arizona Cardinals, Oct 25, 2020 ...1 more at 50.	Passer Rating	158.3 at Detroit Lions, Oct 28, 2018
Pass Completions	33 at Arizona Cardinals, Oct 25, 2020	Rush Attempts	14 vs. New York Giants, Nov 09, 2014
Yards Passing	452 vs. Houston Texans, Oct 29, 2017	Rushing Yards	122 at Washington, Oct 06, 2014
TD Passes	5 vs. Dallas Cowboys, Sep 27, 2020 ...4 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	88.6 at Atlanta Falcons, Sep 13, 2020		

RUSSELL WILSON'S 300-YARD PASSING GAMES (19): 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
10/25/20	at Cardinals	33	388	11.8	47t	3
11/03/19	BUCCANEERS	29	378	13.0	53t	5
09/24/17	at Titans	29	373	12.9	46	4
10/04/20	at Dolphins	24	360	15.0	57	2
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
09/13/20	at Falcons	31	322	10.4	38t	4
09/08/13	at Panthers	25	320	12.8	43t	1
09/27/20	COWBOYS	27	315	11.7	62	5
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 2020 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 Falcons	S	35	31	322	88.6	9.2	10.4	4	0	38t	3/23	143.1	3	29	28	0	W	38-25
09/20	Patriots	S	28	21	288	75.0	10.3	13.7	5	1	54t	2/13	132.1	5	39	21	0	W	35-30
09/27	Cowboys	S	40	27	315	67.5	7.9	11.7	5	0	62	4/20	130.7	6	22	13	0	W	38-31
10/04	at Dolphins	S	34	24	360	70.6	10.6	15.0	2	1	57	2/17	112.4	4	5	8	0	W	31-23
10/11	Vikings	S	32	20	217	62.5	6.8	10.9	3	1	39	4/27	100.7	5	58	19	0	W	27-26
10/25	at Cardinals	S	50	33	388	66.0	7.8	11.8	3	3	47t	2/16	84.4	6	84	34	0	L	34-37+
2020 TOTALS		6-6	219	156	1,890	71.2	8.6	12.1	22	6	62	17/116	119.5	29	237	34	0	5-1	

+ - Overtime

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				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
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				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	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				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
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				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
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				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
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				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
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				W/L	SCORE
			ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD		
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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES		QBH	MISC		
										TFL	PD		TD	FF	FR
9/11/11	SEA @ SF	L	S	5	2	3	0.0	0	0	0	0	0	0	0	0
12/24/11	SEA vs. SF	L	P	4	4	0	0.0	0	0	0	0	0	0	0	0
10/18/12	SEA @ SF	L	S	9	8	1	0.0	0	0	2	0	0	0	0	0
12/23/12	SEA vs. SF	W	S	7	5	2	1.0	13	0	2	0	1	0	0	0
9/15/13	SEA vs. SF	W	S	6	3	3	1.0	0	0	0	1	1	0	0	1
12/8/13	SEA @ SF	L	S	3	2	1	0.0	0	0	0	0	0	0	0	0
11/27/14	SEA @ SF	W	S	7	6	1	1.0	5	0	1	0	1	0	0	0
12/14/14	SEA vs. SF	W	S	5	5	0	1.0	3	0	2	0	1	0	0	0
10/22/15	SEA @ SF	W	S	4	3	1	0.0	0	0	1	0	0	0	0	0
11/22/15	SEA vs. SF	W	S	6	2	4	0.0	0	0	0	1	0	0	1	0
9/25/16	SEA vs. SF	W	S	7	3	4	0.0	0	0	0	0	0	0	0	0
1/1/17	SEA @ SF	W	S	7	7	0	1.0	0	0	1	0	1	0	0	0
9/17/17	SEA vs. SF	W	S	8	5	3	0.0	0	0	0	1	0	0	0	0
11/26/17	SEA @ SF	W	S	2	1	1	0.0	0	0	1	1	0	0	0	0
11/11/19	SEA @ SF	W	S	5	2	3	0.0	0	0	0	1	0	0	0	0
12/29/19	SEA vs. SF	L	S	6	4	2	0.0	0	0	2	1	0	0	0	0
TOTALS			11/5 16/15	91	62	29	5.0	21	0	12	6	5	0	1	1

K.J. WRIGHT'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES								QBH	INTERCEPTIONS					FUMBLES			ST				
				TK	S	A	TFL	YDS	SK	YDS	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	
2020	Seahawks	6	6	34	25	9	3	10	0.0	0.0	0	1	7	7	0	5	1	2	0	0	0	0	0	0	
NFL TOTALS		134	130	882	552	330	58	107	11.5	52.5	25	6	42	24	0	49	11	9	34	7	6	1	0	0	

K.J. WRIGHT'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES							INTERCEPTIONS						FUMBLES			ST				
DATE	TEAM	GP	GS	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	Interceptions	2 at Carolina Panthers, Dec 15, 2019
	...10 more at 1.0.	Interception Return Yards	24 at Buffalo Bills, Dec 16, 2012
Passes Defensed	3 at Miami Dolphins, Oct 04, 2020	Special Teams Tackles	2 at Pittsburgh Steelers, Sep 18, 2011
Forced Fumbles	1 at Miami Dolphins, Oct 04, 2020		
	...10 more at 1.		
Fumble Recoveries	1 at Arizona Cardinals, Oct 25, 2020		
	...8 more at 1.		

K.J. WRIGHT'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

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	
09/13	at Falcons	S	3	1	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	38-25
09/20	Patriots	S	4	2	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	35-30
09/27	Cowboys	S	9	7	2	0.0	0.0	2	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	38-31
10/04	at Dolphins	S	8	6	2	0.0	0.0	0	0	0	0	0	0	0	3	1	0	0	0	0	0	0	0	0	0	W	31-23
10/11	Vikings	S	3	2	1	0.0	0.0	0	0	0	1	7	7	0	2	0	1	0	0	0	0	0	0	0	0	W	27-26
10/25	at Cardinals	S	7	7	0	0.0	0.0	1	4	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	L	34-37+
2020 TOTALS		6-6	34	25	9	0.0	0.0	3	10	0	1	7	7	0	5	1	2	0	0	0	0	0	0	0	0	5-1	

+ - Overtime

SEAHAWKS

2020 PRACTICE SQUAD





40 | CORNERBACK DEMARKUS ACY

Height: 6-0 Weight: 191
College: Missouri
Season: Rookie
Born: April 29, 1998
Hometown: Dallas, Texas

TRANSACTIONS:

04/28/20: Signed with San Francisco as UDFA
08/20/20: Released by San Francisco
10/07/20: Signed to Seattle's PS

Acy, an undrafted rookie out of Missouri, initially signed with the San Francisco 49ers after the draft. A three-year starter at Missouri, Acy appeared in 47 games over four seasons, recording 99 tackles, three interceptions and 23 passes defended. Was named second-team All-SEC by the coaches following the 2018 season. Prepped at Wilmer-Hutchins and was a consensus three-star recruit by all the major recruiting services.

Ranked as high as the nation's No. 25 safety according to Scout.com and the No. 6 safety prospect in the state of Texas. Totaled 146 tackles as a senior (63 solo) and 89 as a junior (47 solo). Hauled in three interceptions and returned them for 71 yards during his senior season and had one interception as a junior. On the offensive side of the ball, totaled 14 catches for 306 yards with three scores. Also ran the ball 39 times for 181 yards. Had 39 pass break-ups over his final two years of high school. Also returned kicks and punts, played slot receiver and was a quarterback in wildcat formations at Wilmer-Hutchins. Ran track and field, qualifying for the state championships in the 200m dash.

DEMARKUS ACY'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	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
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

DEMARKUS ACY'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

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		
10/11	Vikings																								W	27-26	
10/25	at Cardinals																								L	34-37+	
2020 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	1-1		

+ - Overtime



52 | LINEBACKER RAY-RAY ARMSTRONG

Height: 6-3 Weight: 227
College: Miami
Seasons: NFL : 8th, Seahawks 1st
Born: March 5, 1991
Hometown: Sanford, Fla.

2020 SEASON:

10/25 at Ariz: Elevated from the practice squad and saw action on special teams.

TRANSACTIONS:

05/09/13: Signed by St. Louis as an UDFA
10/06/14: Released by St. Louis
10/07/14: Claimed off waivers by Oakland
11/24/15: Released by Oakland
11/25/15: Claimed off waivers by San Francisco
09/21/16: Placed on IR (pec)
11/24/17: Released by San Francisco
11/27/17: Claimed off waivers by N.Y. Giants
10/16/18: Placed on IR (head)
10/23/18: Veteran contract terminated
10/25/18: Signed by Cleveland as a FA
08/31/19: Released by Cleveland
09/18/19: Signed by New Orleans as a FA
10/22/19: Released by New Orleans

12/24/19: Signed by Dallas as a FA

10/21/20: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Joins his seventh team in eight seasons after signing with Seattle in October 2020. Has posted 143 tackles in 84 career games, with 2.0 sacks and three interceptions.

COLLEGE: Played in 30 games in three years as a safety at the University of Miami. Recorded 134 tackles, 2 forced fumbles, six passes defended and four interceptions during his career. Saw action in seven games as a junior in 2011, registering 34 tackles with one interception and one forced fumble. As a sophomore, earned second-team All-ACC honors, finishing third on the team with 79 tackles and tied for the team lead with three interceptions. Saw action in 10 games as a freshman, in 2009.

PERSONAL: Playing both quarterback and safety, led Seminole High to the state championship in 2008. During his senior season, he recorded 1,400 yds. and 14 touchdowns as a quarterback, rushed for 1,144 yards and 22 touchdowns, and added 70 tackles on defense.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES			QBH	TD	MISC	
										TFL	PD				FF	FR
9/26/13	SL vs. SF	L	P	3	3	0	0.0	0	0	0	0	0	0	0	0	1
TOTALS		0/1	1/0	3	3	0	0.0	0	0	0	0	0	0	0	0	1

RAY-RAY ARMSTRONG'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A	
2013	Rams	16	0	3	3	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	1	0	10	9	1	0	0	0	0
2014	Rams	4	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	2	2	0	0	0	0	0
Went from St. Louis to Oakland.																											
2014	Raiders	11	3	15	11	4	1	2	0.0	0.0	0	0	0	0	0	1	1	0	0	3	3	0	0	0	0	0	0
2014	TOTAL	15	3	15	11	4	1	2	0.0	0.0	0	0	0	0	0	1	1	0	0	5	5	0	0	0	0	0	0
2015	Raiders	10	2	16	14	2	2	4	1.0	3.0	3	0	0	0	0	0	0	0	0	5	4	1	0	1	0	0	0
Went from Oakland to San Francisco.																											
2015	49ers	5	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	3	3	0	0	0	0	0	0
2015	TOTAL	15	2	16	14	2	2	4	1.0	3.0	3	0	0	0	0	0	0	0	0	8	7	1	0	1	0	0	0
2016	49ers	2	0	8	7	1	1	5	0.0	0.0	0	1	5	5	0	2	0	1	0	0	0	0	0	0	0	0	0
2017	49ers	10	5	53	38	15	2	6	1.0	5.0	1	2	29	29	0	2	1	0	0	1	1	0	0	0	0	0	0
Went from San Francisco to N.Y. Giants.																											
2017	Giants	5	1	7	3	4	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	3	2	1	1	0	0	0	0
2017	TOTAL	15	6	60	41	19	2	6	1.0	5.0	1	2	29	29	0	2	1	0	0	4	3	1	1	0	0	0	0
2018	Giants	6	1	18	12	6	1	1	0.0	0.0	0	0	0	0	0	0	0	0	0	2	0	2	0	0	0	0	0
Went from N.Y. Giants to Cleveland.																											
2018	Browns	9	0	4	3	1	1	6	0.0	0.0	0	0	0	0	0	0	0	0	0	2	1	1	0	0	0	0	0
2018	TOTAL	15	1	22	15	7	2	7	0.0	0.0	0	0	0	0	0	0	0	0	0	4	1	3	0	0	0	0	0
2019	Browns	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 Cleveland to New Orleans.																											
2019	Saints	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
Went from New Orleans to Dallas.																											
2019	Cowboys	1	0	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	0
2019	TOTAL	6	0	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	0
2020	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
NFL TOTALS		85	12	124	91	33	8	24	2.0	8.0	4	3	34	29	0	5	2	2	0	32	25	7	1	1	0	0	0

RAY-RAY ARMSTRONG'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	10 at Arizona Cardinals, Oct 01, 2017	Interceptions	1 at Indianapolis Colts, Oct 08, 2017
Sacks	1.0 at Arizona Cardinals, Oct 01, 2017 ...1 more at 1.0.	Interception Return Yards	29 at Indianapolis Colts, Oct 08, 2017
Passes Defensed	2 vs. Los Angeles Rams, Sep 12, 2016	Special Teams Tackles	2 vs. Philadelphia Eagles, Dec 17, 2017 ...5 more at 2.
Forced Fumbles	1 at Washington, Oct 15, 2017 ...1 more at 1.	Special Teams Forced Fumbles	1 at Oakland Raiders, Dec 03, 2017
Fumble Recoveries	1 at Carolina Panthers, Sep 18, 2016 ...1 more at 1.	Special Teams Fumble Recoveries	1 at Pittsburgh Steelers, Nov 08, 2015
Tackles For Loss	1 at Baltimore Ravens, Dec 30, 2018 ...7 more at 1.		

RAY-RAY ARMSTRONG'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

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	
10/25	at Cardinals																									34-37+
2020 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	

+ - Overtime



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
09/05/20: Waived by Seattle
09/06/20: Signed to Seattle's PS

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.

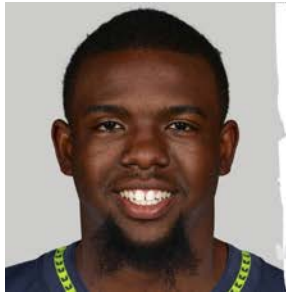
TOMMY CHAMPION'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2020	Seahawks	0	0
NFL TOTALS		0	0

TOMMY CHAMPION'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S		W/L	SCORE
09/13	at Falcons		PRACTICE SQUAD	W	38-25
09/20	Patriots		PRACTICE SQUAD	W	35-30
09/27	Cowboys		PRACTICE SQUAD	W	38-31
10/04	at Dolphins		PRACTICE SQUAD	W	31-23
10/11	Vikings		PRACTICE SQUAD	W	27-26
10/25	at Cardinals		PRACTICE SQUAD	L	34-37+
2020 TOTALS		0-0		5-1	

+ - Overtime



46 | LINEBACKER MICHAEL DIVINITY

Height: 6-2 Weight: 238
College: Louisiana State
Season: Rookie
Born: May 13, 1997
Hometown: Marrero, La.

TRANSACTIONS:

05/04/20: Signed with Tampa Bay as UDFA
09/05/20: Released by Tampa Bay
10/07/20: Signed to Seattle's PS

Played in 37 games at LSU (2016-19), registering 105 tackles (17 for loss), 8.0 sacks, four fumble recoveries (one returned for touchdown), two forced fumbles and one interception. Started three-of-five games as a senior, with 23 tackles, 3.0 sacks and a forced fumble. As a junior, started 11 of 12 games, finishing the season with 54 tackles (9.5 for loss), 5.0 sacks, two

fumble recoveries (one returned for a touchdown), one forced fumble and one interception. Attended John Ehret High School. Invited to play in the Under Armour All-American Game. Was a consensus four-star prospect by 247Sports, Scout, Rivals and ESPN. Named to the second-team defense of the Max Pres All-American team and also named Louisiana All-USA first-team defense. Was the Louisiana Sportswriters Association 5A Defensive MVP as a senior, a member of the New Orleans All-Metro first team as selected by NOLA.com and named to the Baton Rouge Advocate's Super Dozen. Majored in sports administration.

MICHAEL DIVINITY'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES			ST					MISC	
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	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
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

MICHAEL DIVINITY'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

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		
10/11	Vikings																									W	27-26
10/25	at Cardinals																									L	34-37+
2020 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	1-1	
+ - Overtime																											



2 | 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
09/05/20: Waived by Seattle
09/06/20: Signed to Seattle's PS

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/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
2020	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 2020 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		
09/13	Seahawks																	L	25-38
09/20	at Cowboys																	L	39-40
09/27	Bears																	L	26-30
10/05	at Packers																	L	16-30
10/11	Panthers																	L	16-23
10/18	at Vikings																	W	40-23
10/25	Lions																	L	22-23
2020 TOTALS		0-0	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	0	0	0	0	1-6	

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								PRACTICE SQUAD									L	12-28
09/15	Eagles								PRACTICE SQUAD									W	24-20
09/22	at Colts								PRACTICE SQUAD									L	24-27
09/29	Titans								PRACTICE SQUAD									L	10-24
10/06	at Texans								PRACTICE SQUAD									L	32-53
10/13	at Cardinals								PRACTICE SQUAD									L	33-34
10/20	Rams								PRACTICE SQUAD									L	10-37
10/27	Seahawks								DID NOT PLAY (NON-INJURY)									L	20-27
11/10	at Saints								PRACTICE SQUAD									W	26-9
11/17	at Panthers								PRACTICE SQUAD									W	29-3
11/24	Buccaneers								PRACTICE SQUAD									L	22-35
11/28	Saints								PRACTICE SQUAD									L	18-26
12/08	Panthers								PRACTICE SQUAD									W	40-20
12/15	at 49ers								PRACTICE SQUAD									W	29-22
12/22	Jaguars								PRACTICE SQUAD									W	24-12
12/29	at Buccaneers								PRACTICE SQUAD									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	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								PRACTICE SQUAD									W	27-20
09/16	at Jaguars								PRACTICE SQUAD									L	20-31
09/23	at Lions								PRACTICE SQUAD									L	10-26
09/30	Dolphins								NOT ON ROSTER									W	38-7
10/04	Colts								NOT ON ROSTER									W	38-24
10/14	Chiefs								NOT ON ROSTER									W	43-40
10/21	at Bears								NOT ON ROSTER									W	38-31
10/29	at Bills								PRACTICE SQUAD									W	25-6
11/04	Packers								PRACTICE SQUAD									W	31-17
11/11	at Titans								PRACTICE SQUAD									L	10-34
11/25	at Jets								PRACTICE SQUAD									W	27-13
12/02	Vikings								PRACTICE SQUAD									W	24-10
12/09	at Dolphins								PRACTICE SQUAD									L	33-34
12/16	at Steelers								PRACTICE SQUAD									L	10-17
12/23	Bills								PRACTICE SQUAD									W	24-12
12/30	Jets								PRACTICE SQUAD									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	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								PRACTICE SQUAD									W	41-28
01/20	at Chiefs								PRACTICE SQUAD									W	37-31+
02/03	at Rams								PRACTICE SQUAD									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	3-0	

+ - Overtime



17

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

09/05/20: Waived by Seattle

09/06/20: Signed to Seattle's PS

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.

AARON FULLER'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	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

AARON FULLER'S NFL REGULAR SEASON RETURN STATISTICS

KICKOFF RETURNS							PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2020	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

AARON FULLER'S 2020 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 Falcons												W	38-25
09/20	Patriots												W	35-30
09/27	Cowboys												W	38-31
10/04	at Dolphins												W	31-23
10/11	Vikings												W	27-26
10/25	at Cardinals												L	34-37+
2020 TOTALS		0-0	0	0	0.0	0	0	0	0	0.0	0	0	5-1	

+ - Overtime



59

DEFENSIVE TACKLE

DAMON HARRISON SR.

Height: 6-3

Weight: 350

College:

William Penn

Seasons:

NFL : 9th, Seahawks 1st

Born:

November 29, 1988

Hometown:

Westlake, La.

TRANSACTIONS:

05/04/12: Signed with N.Y. Jets as UDFA
 04/29/15: Re-signed with N.Y. Jets
 03/10/16: Signed with N.Y. Giants as a UFA
 10/25/18: Traded to Detroit
 02/25/20: Released by Detroit
 10/07/20: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

- Was named first-team All-Pro in 2016 after his first season with the Giants. Started all 16 regular-season games, plus the NFC Wild Card Game in Green Bay and led all NFL defensive tackles and finished third on the team with a then career-high 59 tackles and then career-best 2.5 sacks.
- Became the first defensive lineman in the NFL since 1930 to appear in 17 games in a single season when he played seven with Detroit before being traded to the N.Y. Giants and playing in 10 games in 2018.

- Led all defensive tackles with 81 total tackles in 2018.

• Came into the league as an undrafted rookie out of William Penn, signing with the Jets in 2012. He appeared in only five games as a rookie, but took over a starting job in 2013 and has started 111 of 112 games played over the past seven seasons, recording 485 tackles, 37 tackles for loss, 24 quarterback hits, 11 sacks, 10 passes defended, four forced fumbles and one interception.

COLLEGE: Started all 44 games played at William Penn University in Oskaloosa, Iowa. Concluded his college career with 224 tackles, 6.0 sacks, four forced fumbles and four pass defenses. Posted 60 tackles, two forced fumbles and a career-best 3.0 sacks as a senior and 47 tackles, two sacks, two fumble recoveries and two pass defenses in 10 games his junior year.

PERSONAL: Majored in physical education at William Penn University and is one of just two William Penn alumni to play in the NFL. Played football for one season at Lake Charles (La.) Boston High School and was named the team's offensive and defensive MVP.

DAMON HARRISON SR.'S NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES					YDS	QBH	INTERCEPTIONS					FUMBLES			ST					MISC	
				TK	S	A	TFL	YDS			NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2012	Jets	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
2013	Jets	16	16	66	36	30	7	18	1.0	7.0	1	0	0	0	2	0	0	0	0	0	0	0	0	0	0
2014	Jets	16	16	55	30	25	0	0	0.0	0.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2015	Jets	16	16	72	39	33	5	17	0.5	2.5	4	0	0	0	0	1	0	0	0	0	0	0	0	0	0
2016	Giants	16	16	86	55	31	6	28	2.5	25.5	4	0	0	0	1	1	0	0	0	0	0	0	0	0	0
2017	Giants	16	16	76	51	25	7	20	1.5	13.5	3	1	9	9	0	3	0	0	0	0	0	0	0	0	0
2018	Giants	7	7	31	15	16	4	3	0.0	0.0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0
Went from N.Y. Giants to Detroit.																									
2018	Lions	10	9	50	37	13	5	14	3.5	15.0	7	0	0	0	1	1	1	0	0	0	0	0	0	0	0
2018	TOTAL	17	16	81	52	29	9	17	3.5	15.0	8	0	0	0	1	2	1	0	0	0	0	0	0	0	0
2019	Lions	15	15	49	29	20	3	14	2.0	13.0	2	0	0	0	3	0	0	0	0	0	0	0	0	0	0
2020	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
NFL TOTALS		117	111	485	292	193	37	114	11.0	76.5	24	1	9	9	0	10	4	1	0	0	0	0	0	0	0

DAMON HARRISON SR.'S NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES					YDS	QBH	INTERCEPTIONS					FUMBLES			ST					MISC	
				TK	S	A	TFL	YDS			NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2016	Giants	1	1	5	4	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		1	1	5	4	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

DAMON HARRISON SR.'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	12 at Houston Texans, Nov 22, 2015	Fumble Recoveries	1 vs. Los Angeles Rams, Dec 02, 2018
Sacks	1.5 vs. Chicago Bears, Nov 22, 2018	Tackles For Loss	2 vs. Seattle Seahawks, Oct 28, 2018
Passes Defended	2 at Arizona Cardinals, Sep 08, 2019		...2 more at 2.
Forced Fumbles	1 vs. Los Angeles Rams, Dec 02, 2018	Interceptions	1 vs. Kansas City Chiefs, Nov 19, 2017
	...3 more at 1.	Interception Return Yards	9 vs. Kansas City Chiefs, Nov 19, 2017

DAMON HARRISON SR.'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	TACKLES					YDS	QBH	INTERCEPTIONS					FUMBLES			ST					MISC		W/L	SCORE
			TK	S	A	SK	YDS			NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A		
10/11	Vikings																									27-26
10/25	at Cardinals																									34-37+
2020 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	1-1	

+ - Overtime

DAMON HARRISON SR.'S 2019 GXG REGULAR SEASON STATISTICS (LIONS)

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		
09/08	at Cardinals	S	2	2	0	0.0	0.0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	T	27-27+
09/15	Chargers	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	0	W	13-10
09/22	at Eagles	S	6	1	5	1.0	7.0	1	7	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	W	27-24
09/29	Chiefs	S	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	L	30-34
10/14	at Packers	S	3	2	1	1.0	6.0	1	6	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	22-23
10/20	Vikings	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	0	L	30-42
10/27	Giants	S	3	1	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	31-26
11/03	at Raiders	S	6	5	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	24-31
11/10	at Bears	S	4	4	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	13-20
11/17	Cowboys	S	4	3	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	27-35
11/24	at Washington	S	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	L	16-19
11/28	Bears										INACTIVE															L	20-24
12/08	at Vikings	S	3	1	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	7-20
12/15	Buccaneers	S	4	4	0	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	17-38
12/22	at Broncos	S	5	1	4	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	17-27
12/29	Packers	S	4	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	20-23
2019 TOTALS		15-15	49	29	20	2.0	13.0	3	14	2	0	0	0	0	3	0	0	0	0	0	0	0	0	0	0	3-12-1	

+ - Overtime

DAMON HARRISON SR.'S 2018 GXG REGULAR SEASON STATISTICS (GIANTS/LIONS)

			TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC				
DATE	OPPONENT	P/S	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	SCORE	
09/09	Jaguars	S	6	3	3	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	15-20	
09/16	at Cowboys	S	4	3	1	0.0	0.0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	13-20	
09/23	at Texans	S	7	3	4	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	27-22	
09/30	Saints	S	2	1	1	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	18-33	
10/07	at Panthers	S	4	1	3	0.0	0.0	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	31-33	
10/11	Eagles	S	5	3	2	0.0	0.0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	L	13-34	
10/22	at Falcons	S	3	1	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	20-23	
Went from Giants to Lions .																												
10/28	Seahawks	P	7	7	0	1.0	10.0	2	11	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	14-28	
11/04	at Vikings	S	7	5	2	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	9-24	
11/11	at Bears	S	6	6	0	0.0	0.0	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	22-34	
11/18	Panthers	S	3	2	1	0.0	0.0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	W	20-19	
11/22	Bears	S	3	2	1	1.5	3.0	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	16-23	
12/02	Rams	S	7	3	4	1.0	2.0	0	0	1	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0	L	16-30	
12/09	at Cardinals	S	4	2	2	0.0	0.0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	17-3	
12/16	at Bills	S	6	5	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	13-14	
12/23	Vikings	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	0	L	9-27	
12/30	at Packers	S	2	2	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	31-0	
2018 TOTALS		17-16	81	52	29	3.5	15.0	9	17	8	0	0	0	0	1	2	1	0	0	0	0	0	0	0	0	4-13		

DAMON HARRISON SR.'S 2017 GXG REGULAR SEASON STATISTICS (GIANTS)

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		
09/10	at Cowboys	S	5	3	2	0.0	0.0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	L	3-19
09/18	Lions	S	6	3	3	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	10-24
09/24	at Eagles	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	0	L	24-27
10/01	at Buccaneers	S	3	1	2	0.0	0.0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	L	23-25
10/08	Chargers	S	5	4	1	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	22-27
10/15	at Broncos	S	4	3	1	1.0	11.0	1	11	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	23-10
10/22	Seahawks	S	7	6	1	0.0	0.0	1	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	7-24
11/05	Rams	S	7	4	3	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	17-51
11/12	at 49ers	S	6	3	3	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	21-31
11/19	Chiefs	S	5	3	2	0.0	0.0	0	0	0	1	9	9	0	1	0	0	0	0	0	0	0	0	0	0	W	12-9+
11/23	at Washington	S	3	2	1	0.5	2.5	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	10-20
12/03	at Raiders	S	6	3	3	0.0	0.0	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	17-24
12/10	Cowboys	S	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	L	10-30
12/17	Eagles	S	2	2	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	29-34
12/24	at Cardinals	S	5	5	0	0.0	0.0	2	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	0-23
12/31	Washington	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	0	W	18-10
2017 TOTALS		16-16	76	51	25	1.5	13.5	7	20	3	1	9	9	0	3	0	0	0	0	0	0	0	0	0	0	3-13	

+ - Overtime

DAMON HARRISON SR.'S 2016 GXG REGULAR SEASON STATISTICS (GIANTS)

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		
09/11	at Cowboys	S	5	2	3	0.0	0.0	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	20-19
09/18	Saints	S	4	3	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	16-13
09/25	Washington	S	10	9	1	0.0	0.0	1	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	27-29
10/03	at Vikings	S	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	L	10-24
10/09	at Packers	S	3	2	1	0.0	0.0	0	0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	L	16-23
10/16	Ravens	S	4	1	3	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	27-23
10/23	at Rams	S	6	5	1	1.0	12.0	1	12	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	17-10
11/06	Eagles	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	0	W	28-23
11/14	Bengals	S	8	6	2	0.5	3.5	1	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	21-20
11/20	Bears	S	6	5	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	22-16
11/27	at Browns	S	9	4	5	0.0	0.0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	W	27-13
12/04	at Steelers	S	9	3	6	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	14-24
12/11	Cowboys	S	4	2	2	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	10-7
12/18	Lions	S	4	2	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	17-6
12/22	at Eagles	S	2	2	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	19-24
01/01	at Washington	S	4	4	0	1.0	10.0	1	10	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	19-10
2016 TOTALS		16-16	86	55	31	2.5	25.5	6	28	4	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	11-5	

DAMON HARRISON SR.'S 2015 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		
09/13	Browns	S	5	4	1	0.0	0.0	2	5	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	31-10
09/21	at Colts	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	0	W	20-7
09/27	Eagles	S	5	0	5	0.0	0.0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	17-24
10/04	at Dolphins	S	2	1	1	0.0	0.0	1	10	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	27-14
10/18	Washington	S	5	2	3	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	34-20
10/25	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	0	L	23-30
11/01	at Raiders	S	3	3	0	0.0	0.0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	20-34
11/08	Jaguars	S	6	2	4	0.5	2.5	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	28-23
11/12	Bills	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	0	L	17-22
11/22	at Texans	S	12	9	3	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	17-24
11/29	Dolphins	S	5	1	4	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	38-20
12/06	at Giants	S	6	5	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	23-20+
12/13	Titans	S	3	2	1	0.0	0.0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	30-8
12/19	at Cowboys	S	8	4	4	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	19-16
12/27	Patriots	S	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	W	26-20+
01/03	at Bills	S	8	5	3	0.0	0.0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	L	17-22
2015 TOTALS		16-16	72	39	33	0.5	2.5	5	17	4	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	10-6	

+ - Overtime

DAMON HARRISON SR.'S 2014 GXG REGULAR SEASON STATISTICS (JETS)

			TACKLES									INTERCEPTIONS					FUMBLES			ST					MISC			
DATE	OPPONENT	P/S	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	SCORE	
09/07	Raiders	S	3	3	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	19-14	
09/14	at Packers	S	4	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	24-31	
09/22	Bears	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	0	L	19-27	
09/28	Lions	S	4	0	4	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	17-24	
10/05	at Chargers	S	8	5	3	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	0-31	
10/12	Broncos	S	4	4	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	17-31	
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	0	L	25-27	
10/26	Bills	S	6	3	3	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	23-43	
11/02	at Chiefs	S	4	3	1	0.0	0.0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	10-24	
11/09	Steelers	S	2	0	2	0.0	0.0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	20-13	
11/24	at Bills	S	3	3	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	3-38	
12/01	Dolphins	S	5	0	5	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	13-16	
12/07	at Vikings	S	4	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	24-30+	
12/14	at Titans	S	3	1	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	16-11	
12/21	Patriots	S	2	2	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	16-17	
12/28	at Dolphins	S	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	W	37-24	
2014 TOTALS		16-16	55	30	25	0.0	0.0	0	0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4-12		

+ - Overtime

DAMON HARRISON SR.'S 2013 GXG REGULAR SEASON STATISTICS (JETS)

			TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC			
DATE	OPPONENT	P/S	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	SCORE
09/08	Buccaneers	S	6	4	2	0.0	0.0	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	18-17
09/12	at Patriots	S	3	2	1	0.0	0.0	1	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	10-13
09/22	Bills	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	0	W	27-20
09/29	at Titans	S	2	2	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	13-38
10/07	at Falcons	S	2	1	1	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	30-28
10/13	Steelers	S	5	4	1	0.0	0.0	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	6-19
10/20	Patriots	S	2	2	0	1.0	7.0	1	7	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	30-27+
10/27	at Bengals	S	7	3	4	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	9-49
11/03	Saints	S	3	0	3	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	26-20
11/17	at Bills	S	9	4	5	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	14-37
11/24	at Ravens	S	5	2	3	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	3-19
12/01	Dolphins	S	6	2	4	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	3-23
12/08	Raiders	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	0	W	37-27
12/15	at Panthers	S	4	2	2	0.0	0.0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	L	20-30
12/22	Browns	S	0	0	0	0.0	0.0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	W	24-13
12/29	at Dolphins	S	5	4	1	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	20-7
2013 TOTALS		16-16	66	36	30	1.0	7.0	7	18	1	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	8-8	

+ - Overtime

DAMON HARRISON SR.'S 2012 GXG REGULAR SEASON STATISTICS (JETS)

			TACKLES							INTERCEPTIONS					FUMBLES			ST					MISC					
DATE	OPPONENT	P/S	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	SCORE	
09/09	Bills										INACTIVE																W	48-28
09/16	at Steelers										INACTIVE																L	10-27
09/23	at Dolphins										INACTIVE																W	23-20+
09/30	49ers										INACTIVE																L	0-34
10/08	Texans	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	0	L	17-23
10/14	Colts	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	0	W	35-9
10/21	at Patriots	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	0	L	26-29+
10/28	Dolphins										INACTIVE																L	9-30
11/11	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	0	0	L	7-28
11/18	at Rams										INACTIVE																W	27-13
11/22	Patriots										INACTIVE																L	19-49
12/02	Cardinals										INACTIVE																W	7-6
12/09	at Jaguars										INACTIVE																W	17-10
12/17	at Titans										INACTIVE																L	10-14
12/23	Chargers										INACTIVE																L	17-27
12/30	at Bills	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	0	L	9-28
2012 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	0	0	6-10	

+ - Overtime

DAMON HARRISON SR.'S 2016 GXG POSTSEASON STATISTICS (GIANTS)

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		
01/08	at Packers	S	5	4	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	L	13-38
2016 TOTALS		1-1	5	4	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0-1	



38 | CORNERBACK GAVIN HESLOP

Height: 6-0 Weight: 197
College: Stony Brook
Season: Rookie
Born: November 13, 1997
Hometown: Yonkers, N.Y.
Pronunciation: HEH-slop

2020 SEASON:

10/5 at Mia: Gameday activation from the practice squad but did not play.

TRANSACTIONS:

05/04/20: Signed by Seattle as a UDFA

09/05/20: Waived by Seattle

09/06/20: Signed to Seattle's PS

10/04/20: Gameday activation

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).

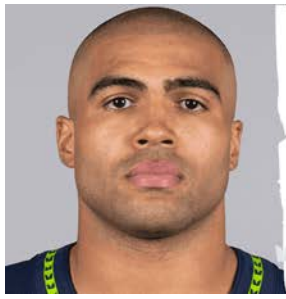
GAVIN HESLOP'S NFL REGULAR SEASON DEFENSIVE STATISTICS

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
2020	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
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

GAVIN HESLOP'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

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		
09/13	at Falcons																									W	38-25
09/20	Patriots																									W	35-30
09/27	Cowboys																									W	38-31
10/04	at Dolphins																									W	31-23
10/11	Vikings																									W	27-26
10/25	at Cardinals																									L	34-37+
2020 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	5-1	

+ - Overtime



53 | LINEBACKER MYCHAL KENDRICKS

Height: 5-11 Weight: 240
College: California
Seasons: NFL : 9th, Seahawks 3rd
Born: September 28, 1990
Hometown: Fresno, Calif.
Pronunciation: Michael

TRANSACTIONS:

04/27/12: Drafted by Philadelphia (2nd Round, 46th)
06/04/18: Signed with Cleveland as UFA
08/29/18: Released by Cleveland
09/13/18: Signed by Seattle as FA
10/02/18: Suspended by NFL
12/03/18: Activated to 53-man roster
12/12/18: Placed on IR (leg)
03/18/19: Signed with Seattle as UFA
01/08/20: Placed on IR (knee)
10/21/20: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

- Started all 14 games played in 2019. Recorded 71 tackles (47 solo), 3.0 sacks and 1 interception on the season.
- Played in four games with three starts in his first season with Seattle in 2018. Was suspended for Weeks 5-12 by the NFL and returned to Seattle's 53-man roster Week 13 versus Minnesota. Injured leg against the Vikings and ended the season on injured reserve.
- Recorded a team and game-high eight tackles in the NFC Championship vs. Minnesota (1/21/18), guiding the Eagles to their Super Bowl LII appearance.
- Started all three postseason games in 2017 season and helped lead team

to a Super Bowl LII Championship.

- Was one of three Eagles players since 1982 to collect four fumbles and three sacks in a single season, doing so in 2013.
- Was selected with the 46th pick in the 2012 NFL Draft, one pick ahead of teammate Bobby Wagner (47th).

COLLEGE: Appeared in 51 games at California, starting 29 contests over a four-year career. Amassed 258 tackles and 13.5 sacks. Had seven fumble recoveries, four interceptions for 130 yards and a touchdown, along with a blocked punt. Became the fourth-highest California linebacker to be selected in the NFL Draft, taken in the second round by the Philadelphia Eagles in 2012. Named the 2012 Pat Tillman Pac-12 Defensive Player of the Year, garnering multiple All-American honors for the 2011 season. Played in all 13 games, starting 11, of senior campaign in 2011, collecting a career-high 106 total tackles, along with two interceptions and three sacks. Earned second team All-Pac 10 acknowledgements as a junior in 2010, leading Cal with 8.5 sacks. Finished second on the team in 2009 with 71 tackles as a sophomore, returning an interception 68 yards for a touchdown against UCLA (10/17/09). Played in all 13 games in 2008, collecting 15 tackles, one sack and a blocked punt. Majored in social welfare.

PERSONAL: Native of Fresno, Calif., and attended Hoover High School. Given name is Marvin Mychal-Christopher Kendricks. Brother of Minnesota Vikings linebacker Eric Kendricks.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES		QBH	MISC		
										TFL	PD		TD	FF	FR
10/29/17	PHI vs. SF	W	S	7	6	1	1.0	0	0	0	1	2	0	0	0
11/11/19	SEA @ SF	W	S	4	0	4	0.0	0	0	0	0	0	0	0	0
12/29/19	SEA vs. SF	L	S	4	2	2	0.0	0	0	0	0	0	0	0	0
TOTALS		2/1	3/3	15	8	7	1.0	0	0	0	1	2	0	0	0

MYCHAL KENDRICKS' NFL REGULAR SEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TK	S	A	TACKLES				QBH	INTERCEPTIONS					FUMBLES			ST				
							TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2012	Eagles	15	14	75	58	17	6	0	1.0	5.0	1	0	0	0	0	8	0	0	0	0	0	0	0	0
2013	Eagles	15	15	106	81	25	8	44	4.0	24.0	8	3	25	18	0	4	2	4	6	0	0	0	0	0
2014	Eagles	12	11	82	61	21	10	45	4.0	27.0	9	0	0	0	0	3	3	0	0	0	0	0	0	0
2015	Eagles	13	13	82	61	21	9	35	3.0	21.0	7	0	0	0	0	3	1	0	0	4	3	1	0	0
2016	Eagles	15	8	28	21	7	3	12	0.0	0.0	3	0	0	0	0	1	0	1	15	4	2	2	0	0
2017	Eagles	15	13	73	51	22	4	9	2.0	5.0	5	0	0	0	0	6	0	0	0	4	4	0	0	0
2018	Browns	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 Cleveland to Seattle.																								
2018	Seahawks	4	3	19	15	4	4	19	2.0	14.0	3	0	0	0	0	1	0	0	0	0	0	0	0	0
2018	TOTAL	4	3	19	15	4	4	19	2.0	14.0	3	0	0	0	0	1	0	0	0	0	0	0	0	0
2019	Seahawks	14	14	71	47	24	8	25	3.0	24.0	2	1	1	1	0	4	1	0	0	0	0	0	0	0
2020	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		103	91	536	395	141	52	189	19.0	120.0	38	4	26	18	0	30	7	5	21	12	9	3	0	0

MYCHAL KENDRICKS' NFL POSTSEASON DEFENSIVE STATISTICS

DATE	TEAM	GP	GS	TACKLES							QBH	INTERCEPTIONS					FUMBLES			ST				
				TK	S	A	TFL	YDS	SK	YDS		NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2013	Eagles	1	1	7	5	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2017	Eagles	3	3	16	12	4	0	0	0.0	0.0	0	0	0	0	0	1	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
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		4	4	23	17	6	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	0	0	0	0

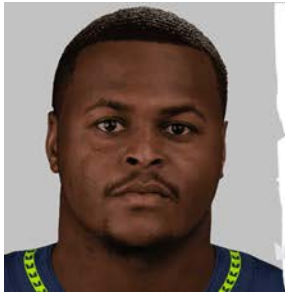
MYCHAL KENDRICKS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	15 at Carolina Panthers, Oct 12, 2017	Tackles For Loss	3 at Minnesota Vikings, Dec 15, 2013
Sacks	2.0 at Arizona Cardinals, Sep 29, 2019 ...1 more at 2.0.	Interceptions	1 at Atlanta Falcons, Oct 27, 2019 ...3 more at 1.
Passes Defensed	2 vs. Denver Broncos, Nov 05, 2017 ...4 more at 2.	Interception Return Yards	18 at New York Giants, Oct 06, 2013
Forced Fumbles	1 vs. Tampa Bay Buccaneers, Nov 03, 2019 ...6 more at 1.	Special Teams Tackles	2 at Carolina Panthers, Oct 12, 2017 ...1 more at 2.
Fumble Recoveries	1 at Cincinnati Bengals, Dec 04, 2016 ...4 more at 1.		

MYCHAL KENDRICKS' 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	TACKLES							QBH	INTERCEPTIONS					FUMBLES			ST					MISC		W/L	SCORE
			TK	S	A	SK	YDS	TFL	YDS		NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A		
10/25	at Cardinals																									L	34-37+
2020 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	0-1	

+ - Overtime



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
09/05/20: Waived by Seattle
09/06/20: Signed to Seattle's PS

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.

CEDRICK LATTIMORE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A	
2020	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	
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	

CEDRICK LATTIMORE'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC			
DATE	OPPONENT	P/S	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	SCORE
09/13	at Falcons																									W	38-25
09/20	Patriots																									W	35-30
09/27	Cowboys																									W	38-31
10/04	at Dolphins																									W	31-23
10/11	Vikings																									W	27-26
10/25	at Cardinals																									L	34-37+
2020 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	5-1	

+ - Overtime



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
09/05/20: Waived by Seattle
09/06/20: Signed to Seattle's PS

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.

TYLER MABRY'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	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

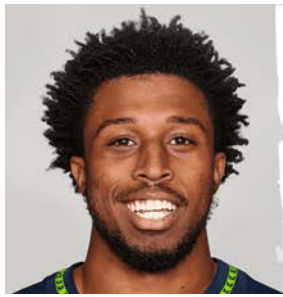
TYLER MABRY'S NFL REGULAR SEASON RETURN STATISTICS

KICKOFF RETURNS							PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2020	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

TYLER MABRY'S 2020 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 Falcons												W	38-25
09/20	Patriots												W	35-30
09/27	Cowboys												W	38-31
10/04	at Dolphins												W	31-23
10/11	Vikings												W	27-26
10/25	at Cardinals												L	34-37+
2020 TOTALS		0-0	0	0	0.0	0	0	0	0	0.0	0	0	5-1	

+ - Overtime



39 | 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
09/05/20: Waived by Seattle
09/06/20: Signed to Seattle's PS

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.

A wide receiver in college, converted to defense in the NFL and spent 2019

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
2020	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		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

JAYSON STANLEY'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC			
DATE	OPPONENT	P/S	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	SCORE
09/13	at Falcons																									W	38-25
09/20	Patriots																									W	35-30
09/27	Cowboys																									W	38-31
10/04	at Dolphins																									W	31-23
10/11	Vikings																									W	27-26
10/25	at Cardinals																									L	34-37+
2020 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	5-1	

+ - Overtime



48 | TIGHT END/DEFENSIVE 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)
09/05/20: Waived by Seattle
09/06/20: Signed to Seattle's PS

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.

STEPHEN SULLIVAN'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	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

STEPHEN SULLIVAN'S NFL REGULAR SEASON RETURN STATISTICS

KICKOFF RETURNS							PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2020	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

STEPHEN SULLIVAN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES			ST						MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A		
2020	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		
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		

STEPHEN SULLIVAN'S 2020 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 Falcons												W	38-25
09/20	Patriots												W	35-30
09/27	Cowboys												W	38-31
10/04	at Dolphins												W	31-23
10/11	Vikings												W	27-26
10/25	at Cardinals												L	34-37+
2020 TOTALS		0-0	0	0	0.0	0	0	0	0	0.0	0	0	5-1	

+ - Overtime

STEPHEN SULLIVAN'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC				
DATE	OPPONENT	P/S	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	SCORE	
09/13	at Falcons											PRACTICE SQUAD															W	38-25
09/20	Patriots											PRACTICE SQUAD															W	35-30
09/27	Cowboys											PRACTICE SQUAD															W	38-31
10/04	at Dolphins											PRACTICE SQUAD															W	31-23
10/11	Vikings											PRACTICE SQUAD															W	27-26
10/25	at Cardinals											PRACTICE SQUAD															L	34-37+
2020 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	5-1	

+ - Overtime



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
 09/05/20: Waived by Seattle
 09/06/20: 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
Went from Kansas City to Seattle .													
2019	Seahawks	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
2019	TOTAL	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	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

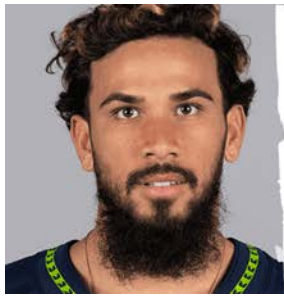
CODY THOMPSON'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/13	at Falcons												W	38-25
09/20	Patriots												W	35-30
09/27	Cowboys												W	38-31
10/04	at Dolphins												W	31-23
10/11	Vikings												W	27-26
10/25	at Cardinals												L	34-37+
2020 TOTALS		0-0	0	0	0.0	0	0	0	0	0.0	0	0	5-1	

+ - Overtime

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							PRACTICE SQUAD					W	40-26
09/15	at Raiders							PRACTICE SQUAD					W	28-10
09/22	Ravens							PRACTICE SQUAD					W	33-28
09/29	at Lions							PRACTICE SQUAD					W	34-30
10/06	Colts							PRACTICE SQUAD					L	13-19
10/13	Texans							PRACTICE SQUAD					L	24-31
10/17	at Broncos							PRACTICE SQUAD					W	30-6
10/27	Packers							PRACTICE SQUAD					L	24-31
								Went from Chiefs to Seahawks .						
11/03	Buccaneers							PRACTICE SQUAD					W	40-34+
11/11	at 49ers							NOT ON ROSTER					W	27-24+
								Went from Seahawks to Chiefs .						
11/18	at Chargers							NOT ON ROSTER					W	24-17
								Went from Chiefs to Bengals .						
11/24	Steelers							PRACTICE SQUAD					L	10-16
12/01	Jets							PRACTICE SQUAD					W	22-6
12/08	at Browns							PRACTICE SQUAD					L	19-27
12/15	Patriots							PRACTICE SQUAD					L	13-34
12/22	at Dolphins							PRACTICE SQUAD					L	35-38+
12/29	Browns							PRACTICE SQUAD					W	33-23
2019 TOTALS			0-0	0	0	0.0	0	0	0	0.0	0	0	10-7	
+ - Overtime														



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)
 09/08/20: Waived by Seattle
 09/09/20: Signed to Seattle PS

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
2020	Seahawks	0	0	0	0	0.0	0	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 2020 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 Falcons							PRACTICE SQUAD					W	38-25
09/20	Patriots							PRACTICE SQUAD					W	35-30
09/27	Cowboys							PRACTICE SQUAD					W	38-31
10/04	at Dolphins							PRACTICE SQUAD					W	31-23
10/11	Vikings							PRACTICE SQUAD					W	27-26
10/25	at Cardinals							PRACTICE SQUAD					L	34-37+
2020 TOTALS		0-0	0	0	0.0	0	0	0	0	0.0	0	0	5-1	

+ - Overtime

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						INACTIVE						L	23-28
2019 TOTALS		1-0	0	0	0.0	0	0	0	0	0.0	0	0	1-1	



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
09/05/20: Waived by Seattle
09/06/20: Signed to Seattle's PS

2020 SEASON:

- Activated from the practice squad but did not play at Atlanta (9/13).

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
2019	Seahawks	0	0
2019	TOTAL	0	0
2020	Seahawks	0	0
NFL TOTALS		27	19

Went from **N.Y. Giants** to **Seattle**.

CHAD WHEELER'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2019	Seahawks	0	0
NFL TOTALS		0	0

CHAD WHEELER'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

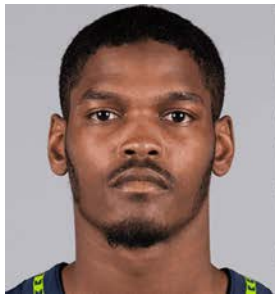
DATE	OPPONENT	P/S		W/L	SCORE
09/13	at Falcons		PRACTICE SQUAD	W	38-25
09/20	Patriots		PRACTICE SQUAD	W	35-30
09/27	Cowboys		PRACTICE SQUAD	W	38-31
10/04	at Dolphins		PRACTICE SQUAD	W	31-23
10/11	Vikings		PRACTICE SQUAD	W	27-26
10/25	at Cardinals		PRACTICE SQUAD	L	34-37+
2020 TOTALS		0-0		5-1	

+ - Overtime

SEAHAWKS

2020 RESERVE-
INJURED





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

2020 SEASON:

09/20 vs. NE: Suffered a knee injury and did not return.

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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES			MISC		
										TFL	PD	QBH	TD	FF	FR
12/29/19	SEA vs. SF	L	P	1	1	0	0.0	0	0	0	0	0	0	1	0
TOTALS		0/1	1/0	1	1	0	0.0	0	0	0	0	0	0	1	0

MARQUISE BLAIR'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES			ST				
DATE	TEAM	GP	GS	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	
2020	Seahawks	2	0	8	5	3	0	0	0.0	0.0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	
NFL TOTALS		16	3	33	24	9	0	0	0.0	0.0	0	0	0	0	0	1	3	0	0	7	5	2	0	0	

MARQUISE BLAIR'S NFL POSTSEASON DEFENSIVE STATISTICS

		TACKLES										INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	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 at Atlanta Falcons, Sep 13, 2020
Passes Defensed	1 vs. Baltimore Ravens, Oct 20, 2019		...2 more at 1.
		Special Teams Tackles	2 vs. Baltimore Ravens, Oct 20, 2019

MARQUISE BLAIR'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC				
DATE	OPPONENT	P/S	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	SCORE	
09/13	at Falcons	P	7	4	3	0.0	0.0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	W	38-25
09/20	Patriots	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	0	0	W	35-30
09/27	Cowboys		INJURED RESERVE																							W	38-31	
10/04	at Dolphins		INJURED RESERVE																							W	31-23	
10/11	Vikings		INJURED RESERVE																							W	27-26	
10/25	at Cardinals		INJURED RESERVE																							L	34-37+	
2020 TOTALS		2-0	8	5	3	0.0	0.0	0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	5-1		

+ - Overtime



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
 08/14/20: Signed by Seattle as a FA
 09/01/20: Placed on IR

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.

PATRICK CARR'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RUSHING					RECEIVING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	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

PATRICK CARR'S NFL REGULAR SEASON RETURN STATISTICS

KICKOFF RETURNS							PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2020	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

PATRICK CARR'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/13	at Falcons												W	38-25
09/20	Patriots												W	35-30
09/27	Cowboys												W	38-31
10/04	at Dolphins												W	31-23
10/11	Vikings												W	27-26
10/25	at Cardinals												L	34-37+
2020 TOTALS		0-0	0	0	0.0	0	0	0	0	0.0	0	0	5-1	

+ - Overtime



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
 09/22/20: Placed on IR (foot)

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	GP	GS	RECEIVING					RUSHING				
				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
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	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	GP	GS	RECEIVING					RUSHING				
				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 2020 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 Falcons							ON INACTIVE LIST					W	38-25
09/20	Patriots							ON INACTIVE LIST					W	35-30
09/27	Cowboys							INJURED RESERVE					W	38-31
10/04	at Dolphins							INJURED RESERVE					W	31-23
10/11	Vikings							INJURED RESERVE					W	27-26
10/25	at Cardinals							INJURED RESERVE					L	34-37+
2020 TOTALS		0-0	0	0	0.0	0	0	0	0	0.0	0	0	5-1	

+- Overtime

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 (PATRIOTS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/07	Chiefs	P	0	0	0.0	0	0	0	0	0.0	0	0	L	27-42
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		15-2	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							INACTIVE					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							INACTIVE					L	26-29+
11/08	Broncos							INACTIVE					W	27-24
11/22	at Falcons							INACTIVE					W	24-21
11/29	Buccaneers							INACTIVE					W	25-12
12/06	at Steelers							INACTIVE					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	

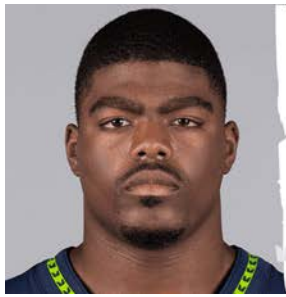
PHILLIP DORSETT II'S 2018 GXG POSTSEASON STATISTICS (PATRIOTS)

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	



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)

09/25/20: Placed on IR (neck)

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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES			MISC		
										TFL	PD	QBH	TD	FF	FR
12/16/18	SEA @ SF	L	P	1	1	0	0.0	0	0	0	0	0	0	0	0
11/11/19	SEA @ SF	W	P	2	1	1	0.0	0	0	0	0	0	0	0	0
12/29/19	SEA vs. SF	L	S	1	1	0	0.0	0	0	0	0	0	0	0	0
TOTALS		1/2	3/1	4	3	1	0.0	0	0	0	0	0	0	0	0

RASHEEM GREEN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES			ST					
DATE	TEAM	GP	GS	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		
2020	Seahawks	1	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
NFL TOTALS		27	8	38	23	15	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

				TACKLES								INTERCEPTIONS						FUMBLES			ST				
DATE	TEAM	GP	GS	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		...2 more at 1.
	...4 more at 1.0.	Fumble Recoveries	1 vs. Tampa Bay Buccaneers, Nov 03, 2019
Passes Defensed	1 vs. Arizona Cardinals, Dec 22, 2019	Tackles For Loss	1 at Carolina Panthers, Dec 15, 2019
	...1 more at 1.		...3 more at 1.

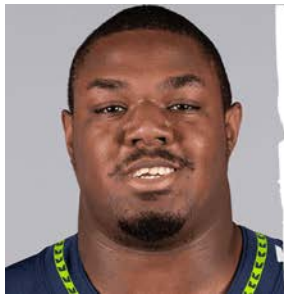
ADDITIONAL STATS

Special Teams Stats: 2019 (blocked field goal); Career: One blocked field goals.

RASHEEM GREEN'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

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		
09/13	at Falcons	P	2	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	38-25
09/20	Patriots										ON INACTIVE LIST															W	35-30
09/27	Cowboys										INJURED RESERVE															W	38-31
10/04	at Dolphins										INJURED RESERVE															W	31-23
10/11	Vikings										INJURED RESERVE															W	27-26
10/25	at Cardinals										INJURED RESERVE															L	34-37+
2020 TOTALS		1-0	2	1	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5-1	

+ - Overtime



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
09/07/20: Placed on IR (hip)

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
2020	Seahawks	0	0
NFL TOTALS		0	0

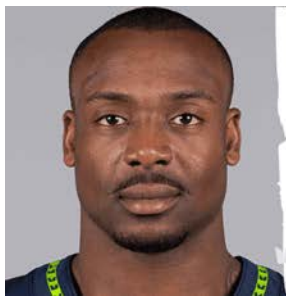
PHIL HAYNES' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2019	Seahawks	2	0
NFL TOTALS		2	0

PHIL HAYNES' 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S		W/L	SCORE
09/13	at Falcons		INJURED RESERVE	W	38-25
09/20	Patriots		INJURED RESERVE	W	35-30
09/27	Cowboys		INJURED RESERVE	W	38-31
10/04	at Dolphins		INJURED RESERVE	W	31-23
10/11	Vikings		INJURED RESERVE	W	27-26
10/25	at Cardinals		INJURED RESERVE	L	34-37+
2020 TOTALS		0-0		5-1	

+ - Overtime



42
LANO HILL

STRONG SAFETY

Height: 6-1 Weight: 216
College: Michigan
Seasons: NFL : 4th, Seahawks 4th
Born: November 26, 1995
Hometown: Detroit, Mich.
Pronunciation: LAY-no

2020 SEASON:

09/27 vs. Dal: Inactive (back).
10/04 at Mia: Inactive (back).
10/11 vs. Min: Inactive (back).

TRANSACTIONS:

04/28/17: Drafted by Seattle (3rd round, 95th)
01/01/19: Placed on IR (hip)
10/21/20: Placed on IR (back)

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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES			MISC		
										TFL	PD	QBH	TD	FF	FR
12/2/18	SEA vs. SF	W	P	3	1	2	0.0	0	0	0	0	0	0	0	0
12/16/18	SEA @ SF	L	P	1	0	1	0.0	0	0	0	1	1	0	0	0
12/29/19	SEA vs. SF	L	S	6	4	2	0.0	0	0	0	0	0	0	0	0
TOTALS		1/2	3/1	10	5	5	0.0	0	0	0	1	1	0	0	0

LANO HILL'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES			ST				
DATE	TEAM	GP	GS	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	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	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	2	2	0	0	0	
2020	Seahawks	2	0	10	8	2	1	1	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
NFL TOTALS		42	6	56	35	21	3	6	0.0	0.0	2	0	0	0	0	1	0	1	0	8	6	2	0	0	

LANO HILL'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES			ST				
DATE	TEAM	GP	GS	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	1	1	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
Passes Defensed 1 at San Francisco 49ers, Dec 16, 2018
Fumble Recoveries 1 vs. Kansas City Chiefs, Dec 23, 2018

Tackles For Loss 1 at Atlanta Falcons, Sep 13, 2020
...2 more at 1.
Special Teams Tackles 2 vs. Indianapolis Colts, Oct 01, 2017

LANO HILL'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

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		
09/13	at Falcons	P	5	5	0	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	38-25
09/20	Patriots	P	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	W	35-30
09/27	Cowboys										ON INACTIVE LIST															W	38-31
10/04	at Dolphins										ON INACTIVE LIST															W	31-23
10/11	Vikings										INACTIVE															W	27-26
10/25	at Cardinals										INJURED RESERVE															L	34-37+
2020 TOTALS		2-0	10	8	2	0.0	0.0	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5-1	

+ - 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
09/23/20: Placed on IR (knee)

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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES			MISC		
										TFL	PD	QBH	TD	FF	FR
12/23/12	SEA vs. SF	W	P	2	0	2	0.0	0	0	0	0	0	0	0	0
12/8/13	SEA @ SF	L	S	6	5	1	0.0	0	0	0	0	0	0	0	0
11/27/14	SEA @ SF	W	S	3	2	1	1.0	6	0	1	0	1	0	0	0
12/14/14	SEA vs. SF	W	S	5	5	0	1.0	8	0	1	1	1	0	0	0
10/22/15	SEA @ SF	W	S	1	1	0	0.0	0	0	0	0	0	0	0	0
10/27/19	CAR @ SF	L	S	5	5	0	2.0	13	0	3	0	2	0	0	0
TOTALS		4/2	6/5	22	18	4	4.0	27	0	5	1	4	0	0	0

BRUCE IRVIN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES			ST						MISC	
DATE	TEAM	GP	GS	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	0	1	1	35	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		
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		
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		
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		
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		
2018	Raiders	8	6	6	6	0	3	19	3.0	26.0	5	0	0	0	0	0	1	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		
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		
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		
2020	Seahawks	2	2	5	4	1	1	1	0.0	0.0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0		
NFL TOTALS		121	92	307	214	93	64	300	52.0	339.5	118	3	92	49t	2	12	16	3	36	0	0	0	0	0	0	0		

BRUCE IRVIN'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS						FUMBLES			ST						MISC	
DATE	TEAM	GP	GS	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		
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		
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		
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		
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		
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		

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, 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.		

BRUCE IRVIN'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC				
DATE	OPPONENT	P/S	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	SCORE	
09/13	at Falcons	S	3	2	1	0.0	0.0	1	1	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	38-25	
09/20	Patriots	S	2	2	0	0.0	0.0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	W	35-30	
09/27	Cowboys		INJURED RESERVE																								W	38-31
10/04	at Dolphins		INJURED RESERVE																								W	31-23
10/11	Vikings		INJURED RESERVE																								W	27-26
10/25	at Cardinals		INJURED RESERVE																								L	34-37+
2020 TOTALS		2-2	5	4	1	0.0	0.0	1	1	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5-1		

+ - Overtime



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
 08/30/20: Placed on IR (neck)

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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES			QBH	MISC		
										TFL	PD			TD	FF	FR
11/26/17	SEA @ SF	W	P	2	1	1	0.5	4	0	0	0		1	0	0	0
12/2/18	SEA vs. SF	W	P	1	1	0	0.0	0	0	0	0		0	0	0	0
12/16/18	SEA @ SF	L	P	1	1	0	0.0	0	0	0	0		1	0	0	0
11/11/19	SEA @ SF	W	P	2	1	1	0.0	0	0	0	0		0	0	0	0
TOTALS		3/1	4/0	6	4	2	0.5	4	0	0	0		2	0	0	0

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
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
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
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
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
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
2020	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		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

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
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	1	0	1	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

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.

BRANDEN JACKSON'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC		W/L		SCORE
DATE	OPPONENT	P/S	TK	S	A	SK	YDS	TFL	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A			
09/13	at Falcons																									W	38-25	
09/20	Patriots																									W	35-30	
09/27	Cowboys																									W	38-31	
10/04	at Dolphins																									W	31-23	
10/11	Vikings																									W	27-26	
10/25	at Cardinals																									L	34-37+	
2020 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	5-1	

+ - Overtime



23 | CORNERBACK NEIKO THORPE

Height: 6-2 Weight: 210
College: Auburn
Seasons: NFL : 8th, Seahawks 5th
Born: February 11, 1990
Hometown: Tucker, Ga.

2020 SEASON:

9/27 vs. Dal: Inactive (hip).

10/04 at Mia: Inactive (hip).

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
10/07/20: Placed on IR (hip)

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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TACKLES			MISC		
										TFL	PD	QBH	TD	FF	FR
11/26/17	SEA @ SF	W	P	2	2	0	0.0	0	0	0	1	0	0	0	0
11/11/19	SEA @ SF	W	P	2	2	0	0.0	0	0	0	0	0	0	0	0
TOTALS		2/0	2/0	4	4	0	0.0	0	0	0	1	0	0	0	0

NEIKO THORPE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

		TACKLES										INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	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	1	1	0	0	0
2014	Raiders	14	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	6	6	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
2016	Seahawks	15	0	10	7	3	0	0	0.0	0.0	0	0	0	0	0	0	0	1	0	9	6	3	0	0
2017	Seahawks	14	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	2	0	0	0	10	8	2	0	1
2018	Seahawks	12	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	5	3	2	0	1
2019	Seahawks	7	0	4	4	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	4	2	2	0	0
2020	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
NFL TOTALS		87	2	60	53	7	1	3	0.0	0.0	0	1	-12	0	0	9	0	1	0	39	30	9	0	2

NEIKO THORPE'S NFL POSTSEASON DEFENSIVE STATISTICS

			TACKLES									INTERCEPTIONS						FUMBLES			ST				
DATE	TEAM	GP	GS	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	0	1	1	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	0	1	1	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 Defensed	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.

NEIKO THORPE'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

			TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC				
DATE	OPPONENT	P/S	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	SCORE	
09/13	at Falcons	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	38-25	
09/20	Patriots	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	35-30	
09/27	Cowboys		ON INACTIVE LIST																								W	38-31
10/04	at Dolphins		ON INACTIVE LIST																								W	31-23
10/11	Vikings		INJURED RESERVE																								W	27-26
10/25	at Cardinals		INJURED RESERVE																								L	34-37+
2020 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	5-1		

+ - Overtime

SEAHAWKS

2020

RESERVE- PUP





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)
09/05/20: Placed on PUP (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	GP	GS	RUSHING					RECEIVING				
				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
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
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	GP	GS	RUSHING					RECEIVING				
				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

KICKOFF RETURNS							PUNT RETURNS					
DATE	TEAM	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
2020	Seahawks	0	0	0.0	0	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

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	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 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/13	at Falcons						RESERVED/PUP						W	38-25
09/20	Patriots						RESERVED/PUP						W	35-30
09/27	Cowboys						RESERVED/PUP						W	38-31
10/04	at Dolphins						RESERVED/PUP						W	31-23
10/11	Vikings						RESERVED/PUP						W	27-26
10/25	at Cardinals						RESERVED/PUP						L	34-37+
2020 TOTALS	0-0		0	0	0.0	0	0	0	0	0.0	0	0	5-1	

+ - Overtime

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	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)

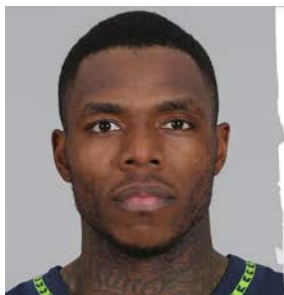
DATE	OPPONENT	P/S	RUSHING					RECEIVING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
01/05	at Eagles						INJURED RESERVE						W	17-9
01/12	at Packers						INJURED RESERVE						L	23-28
2019 TOTALS		0-0	0	0	0.0	0	0	0	0	0.0	0	0	1-1	

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	

SEAHAWKS
2020 *RESERVE-
SUSPENDED*





10 | WIDE RECEIVER

JOSH GORDON

Height: 6-3 Weight: 225
College: Baylor
Seasons: NFL : 7th, Seahawks 2nd
Born: April 13, 1991
Hometown: Houston, Texas

TRANSACTIONS:

07/12/12: Drafted by Cleveland in the Supplemental Draft (2nd Round)
08/31/13: Suspended by Commissioner-Less than One Year
09/16/13: Suspension Lifted by Commissioner
09/19/14: Suspended by Commissioner-Less than One Year
11/17/14: Suspension Lifted by Commissioner
12/27/14: Suspended by Club
12/29/14: Suspension Lifted
02/03/15: Suspended by Commissioner-At Least One Year
07/25/16: Reinstated
09/03/16: Suspended by Commissioner-Less than One Year
03/06/17: Suspended by Commissioner-At Least One Year
11/20/17: Reinstated
04/16/18: Signed Exclusive Rights offer
07/26/18: Reserve/Did Not Report
08/18/18: Reinstated
09/18/18: Traded to New England
12/20/18: Suspended by Commissioner-At Least One Year
04/23/19: Asked to Re-sign
08/18/19: Reinstated
10/23/19: Placed on IR (knee)
10/31/19: Released by New England
11/01/19: Claimed by Seattle off Waivers
12/16/19: Suspended by Commissioner
09/03/20: Re-signed by Seattle

NFL CAREER HIGHLIGHTS:

• Appeared in five games for the Seahawks in 2019 after being claimed off of waivers in November, but his season was cut short when he was suspended

indefinitely.

• Gordon was a second-round pick in the 2012 supplemental draft and posted 805 receiving yards as a rookie with the Cleveland Browns, then caught 87 passes for 1,646 yards and nine touchdowns in 2013, earning All-Pro and Pro Bowl honors. He was suspended multiple times for violations of the league's substance abuse policy, causing him to miss all of the 2015 and 2016 seasons, but he enjoyed a strong comeback season with New England in 2018, catching 40 passes for 720 yards and three touchdowns in 11 games.

• The only player in NFL history with consecutive 200-yard receiving performances. Achieved the feat in 2013 with 237 receiving yards vs. Pittsburgh (11/24) and 261 yards vs. Jacksonville (12/1).

COLLEGE: Played two seasons at Baylor (2009-10), was suspended from the team in 2011 and transferred to Utah but sat out the season after not declaring in time for the 2011 Supplemental Draft. Played in 22 games and recorded 43 receptions for 721 yards and seven touchdowns for the Bears.

PERSONAL: Prepped at Lamar High and led Redskins to an 8-2 record and second round of Regional III DI playoffs as a senior in 2008, including 4-1 record in District 20-5A. National position ranking among wide receivers: No. 70 by Rivals.com, No. 127 by ESPN.com and No. 224 by Scout.com. Named to Houston Chronicle's Top 100 listing of Texas recruits. Named first-team All-District 20-5A after totaling 25 receptions for 531 yards (21.2 average) and nine touchdowns as senior. Led Lamar to a 10-2 record, DI area finals and 7-0 District 20-5A championship as junior in 2007. Played basketball at Lamar as sophomore and was on the 4 x 100 squad in track during his senior season.

JOSH GORDON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2012	Browns	16	13	50	805	16.1	71t	5	0	0	0.0	0	0
2013	Browns	14	14	87	1,646	18.9	95t	9	5	88	17.6	34	0
2014	Browns	5	5	24	303	12.6	32	0	0	0	0.0	0	0
2017	Browns	5	5	18	335	18.6	54	1	0	0	0.0	0	0
2018	Browns	1	1	1	17	17.0	17t	1	0	0	0.0	0	0
Went from Cleveland to New England.													
2018	Patriots	11	11	40	720	18.0	55t	3	0	0	0.0	0	0
2018	TOTAL	12	12	41	737	18.0	55t	4	0	0	0.0	0	0
2019	Patriots	6	6	20	287	14.4	44	1	1	1	1.0	1	0
Went from New England to Seattle.													
2019	Seahawks	5	1	7	139	19.9	58	0	0	0	0.0	0	0
2019	TOTAL	11	7	27	426	15.8	58	1	1	1	1.0	1	0
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		63	56	247	4,252	17.2	95t	20	6	89	14.8	34	0

JOSH GORDON'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

DATE	TEAM	GP	GS	RECEIVING					RUSHING				
				NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2018	Patriots	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

JOSH GORDON'S NFL REGULAR SEASON RETURN STATISTICS

DATE	TEAM	KICKOFF RETURNS					PUNT RETURNS					
		RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2012	Browns	0	0	0.0	0	0	0	0	0	0.0	0	0
2013	Browns	0	0	0.0	0	0	0	0	0	0.0	0	0
2014	Browns	0	0	0.0	0	0	0	0	0	0.0	0	0
2017	Browns	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 New England.												
2018	Patriots	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	Patriots	0	0	0.0	0	0	0	0	0	0.0	0	0
Went from New England 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
2020	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

JOSH GORDON'S NFL POSTSEASON RETURN STATISTICS

DATE	TEAM	KICKOFF RETURNS					PUNT RETURNS					
		RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2018	Patriots	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

JOSH GORDON'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	1 vs. New York Jets, Sep 22, 2019 ...5 more at 1.	Longest Receptions	95t vs. Jacksonville Jaguars, Dec 01, 2013
Rushing Yards	34 at New England Patriots, Dec 08, 2013	Receiving TDs	2 vs. Jacksonville Jaguars, Dec 01, 2013 ...1 more at 2.
Longest Runs	34 at New England Patriots, Dec 08, 2013	All-purpose yards	261 vs. Jacksonville Jaguars, Dec 01, 2013
Receptions	14 vs. Pittsburgh Steelers, Nov 24, 2013	Miscellaneous Tackles	2 at Atlanta Falcons, Nov 23, 2014
Receiving Yards	261 vs. Jacksonville Jaguars, Dec 01, 2013	Most TDs	2 vs. Jacksonville Jaguars, Dec 01, 2013 ...1 more at 2.

JOSH GORDON'S 100-YARD RECEIVING GAMES (12): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
12/01/13	JAGUARS	10	261	26.1	95t	2
11/24/13	STEELERS	14	237	16.9	47	1
12/08/13	at Patriots	7	151	21.6	80t	1
09/22/13	at Vikings	10	146	14.6	47t	1
10/27/13	at Chiefs	5	132	26.4	47	1
11/04/18	PACKERS	5	130	26.0	55t	1
10/13/13	LIONS	7	126	18.0	36	0
11/17/13	at Bengals	5	125	25.0	74t	1
11/23/14	at Falcons	8	120	15.0	24	0
12/02/12	at Raiders	6	116	19.3	44t	1
12/31/17	at Steelers	4	115	28.8	54	0
10/21/18	at Bears	4	100	25.0	55	0

JOSH GORDON'S 2020 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 Falcons							RESERVE/LEAGUE SUSP.					W	38-25
09/20	Patriots							RESERVE/LEAGUE SUSP.					W	35-30
09/27	Cowboys							RESERVE/LEAGUE SUSP.					W	38-31
10/04	at Dolphins							RESERVE/LEAGUE SUSP.					W	31-23
10/11	Vikings							RESERVE/LEAGUE SUSP.					W	27-26
10/25	at Cardinals							RESERVE/LEAGUE SUSP.					L	34-37+
2020 TOTALS		0-0	0	0	0.0	0	0	0	0	0.0	0	0	5-1	

+ - Overtime

JOSH GORDON'S 2019 GXG REGULAR SEASON STATISTICS (PATRIOTS/SEAHAWKS)

+ - Overtime

JOSH GORDON'S 2018 GXG REGULAR SEASON STATISTICS (BROWNS/PATRIOTS)

2018 TOTALS	12-12	41	737	18.0	55t	4	0	0	0.0	0	0	10-5-1
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JOSH GORDON'S 2017 GXG REGULAR SEASON STATISTICS (BROWNS)

+ - Overtime

JOSH GORDON'S 2014 GXG REGULAR SEASON STATISTICS (BROWNS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/07	at Steelers							NOT ON ROSTER					L	27-30
09/14	Saints							NOT ON ROSTER					W	26-24
09/21	Ravens							NOT ON ROSTER					L	21-23
10/05	at Titans							NOT ON ROSTER					W	29-28
10/12	Steelers							NOT ON ROSTER					W	31-10
10/26	Raiders							NOT ON ROSTER					W	23-13
11/02	Buccaneers							NOT ON ROSTER					W	22-17
11/06	at Bengals							NOT ON ROSTER					W	24-3
11/16	Texans							NOT ON ROSTER					L	7-23
11/23	at Falcons	S	8	120	15.0	24	0	0	0	0.0	0	0	W	26-24
11/30	at Bills	S	7	75	10.7	18	0	0	0	0.0	0	0	L	10-26
12/07	Colts	S	2	15	7.5	9	0	0	0	0.0	0	0	L	24-25
12/14	Bengals	S	3	48	16.0	32	0	0	0	0.0	0	0	L	0-30
12/21	at Panthers	S	4	45	11.3	18	0	0	0	0.0	0	0	L	13-17
2014 TOTALS		5-5	24	303	12.6	32	0	0	0	0.0	0	0	7-7	

JOSH GORDON'S 2013 GXG REGULAR SEASON STATISTICS (BROWNS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/08	Dolphins							NOT ON ROSTER					L	10-23
09/15	at Ravens							NOT ON ROSTER					L	6-14
09/22	at Vikings	S	10	146	14.6	47t	1	1	22	22.0	22	0	W	31-27
09/29	Bengals	S	4	71	17.8	33	0	0	0	0.0	0	0	W	17-6
10/03	Bills	S	4	86	21.5	37t	1	0	0	0.0	0	0	W	37-24
10/13	Lions	S	7	126	18.0	36	0	1	0	0.0	0	0	L	17-31
10/20	at Packers	S	2	21	10.5	14	0	0	0	0.0	0	0	L	13-31
10/27	at Chiefs	S	5	132	26.4	47	1	0	0	0.0	0	0	L	17-23
11/03	Ravens	S	3	44	14.7	27	0	1	10	10.0	10	0	W	24-18
11/17	at Bengals	S	5	125	25.0	74t	1	0	0	0.0	0	0	L	20-41
11/24	Steelers	S	14	237	16.9	47	1	0	0	0.0	0	0	L	11-27
12/01	Jaguars	S	10	261	26.1	95t	2	0	0	0.0	0	0	L	28-32
12/08	at Patriots	S	7	151	21.6	80t	1	1	34	34.0	34	0	L	26-27
12/15	Bears	S	3	67	22.3	43t	1	0	0	0.0	0	0	L	31-38
12/22	at Jets	S	6	97	16.2	24	0	1	22	22.0	22	0	L	13-24
12/29	at Steelers	S	7	82	11.7	20	0	0	0	0.0	0	0	L	7-20
2013 TOTALS		14-14	87	1,646	18.9	95t	9	5	88	17.6	34	0	4-12	

JOSH GORDON'S 2012 GXG REGULAR SEASON STATISTICS (BROWNS)

DATE	OPPONENT	P/S	RECEIVING					RUSHING					W/L	SCORE
			NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD		
09/09	Eagles	S	2	32	16.0	20	0	0	0	0.0	0	0	L	16-17
09/16	at Bengals	P	1	5	5.0	5	0	0	0	0.0	0	0	L	27-34
09/23	Bills	S	3	40	13.3	17	0	0	0	0.0	0	0	L	14-24
09/27	at Ravens	P	1	16	16.0	16	0	0	0	0.0	0	0	L	16-23
10/07	at Giants	S	2	82	41.0	62t	2	0	0	0.0	0	0	L	27-41
10/14	Bengals	P	3	99	33.0	71t	1	0	0	0.0	0	0	W	34-24
10/21	at Colts	S	2	59	29.5	33t	1	0	0	0.0	0	0	L	13-17
10/28	Chargers	S	3	46	15.3	26	0	0	0	0.0	0	0	W	7-6
11/04	Ravens	S	2	38	19.0	26	0	0	0	0.0	0	0	L	15-25
11/18	at Cowboys	S	5	53	10.6	23	0	0	0	0.0	0	0	L	20-23+
11/25	Steelers	S	4	60	15.0	26	0	0	0	0.0	0	0	W	20-14
12/02	at Raiders	S	6	116	19.3	44t	1	0	0	0.0	0	0	W	20-17
12/09	Chiefs	S	8	86	10.8	18	0	0	0	0.0	0	0	W	30-7
12/16	Washington	S	3	27	9.0	12	0	0	0	0.0	0	0	L	21-38
12/23	at Broncos	S	1	7	7.0	7	0	0	0	0.0	0	0	L	12-34
12/30	at Steelers	S	4	39	9.8	17	0	0	0	0.0	0	0	L	10-24
2012 TOTALS		16-13	50	805	16.1	71t	5	0	0	0.0	0	0	5-11	

+ - Overtime

JOSH GORDON'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	

JOSH GORDON'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

SEAHAWKS

2020 RESERVE-
OPTED OUT





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
2020	Seahawks	0	0
NFL TOTALS		68	51

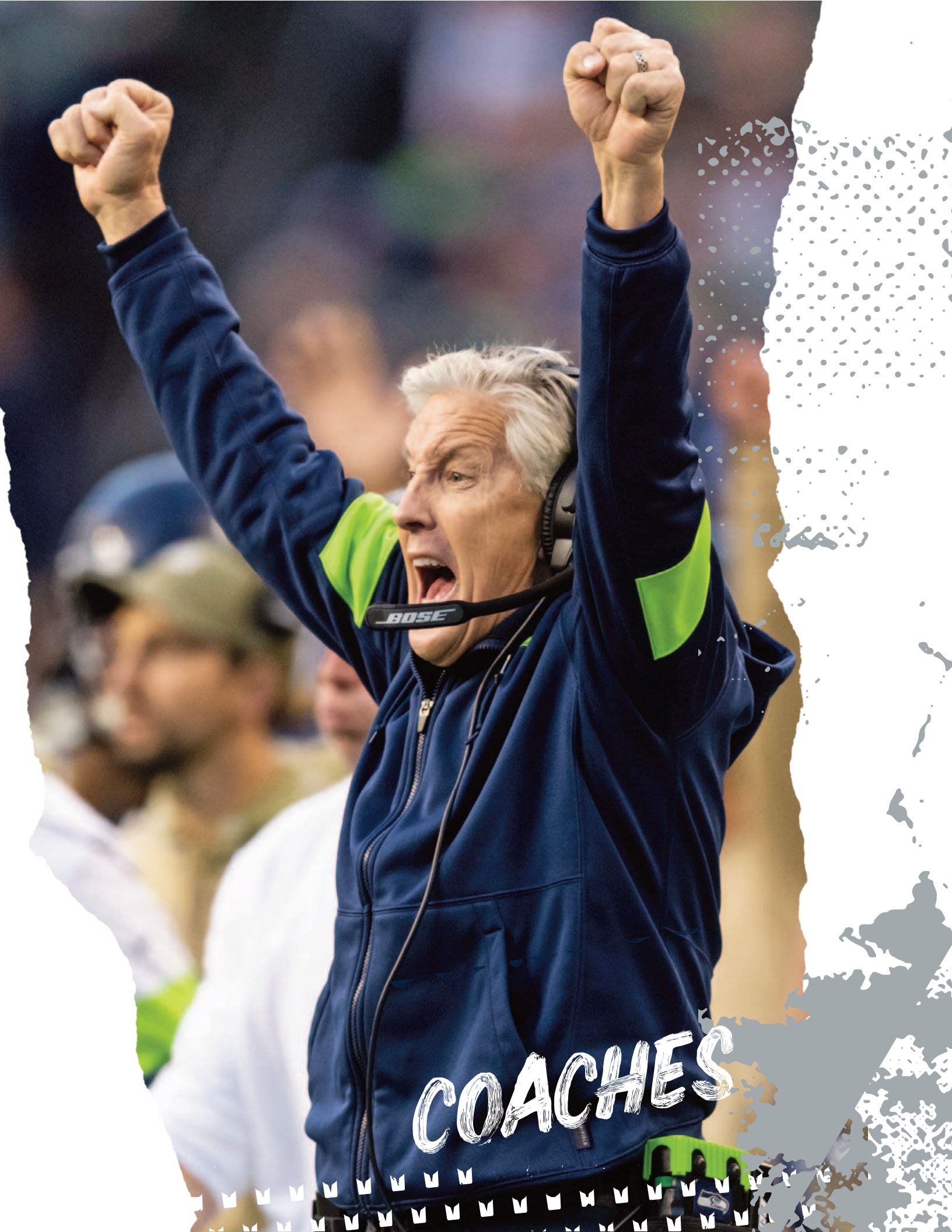
CHANCE WARMACK'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2017	Eagles	2	0
2018	Eagles	0	0
2019	Eagles	0	0
NFL TOTALS		2	0

CHANCE WARMACK'S 2020 GXG REGULAR SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT	P/S		W/L	SCORE
09/13	at Falcons		RESERVE/OPT-OUT	W	38-25
09/20	Patriots		RESERVE/OPT-OUT	W	35-30
09/27	Cowboys		RESERVE/OPT-OUT	W	38-31
10/04	at Dolphins		RESERVE/OPT-OUT	W	31-23
10/11	Vikings		RESERVE/OPT-OUT	W	27-26
10/25	at Cardinals		RESERVE/OPT-OUT	L	34-37+
2020 TOTALS		0-0		5-1	

+ - Overtime



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	5-6	1-0	6-6
	New England Patriots	4-1	0-1	4-2
	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	13-9-1	---	13-9-1
	Atlanta Falcons	4-3	0-2	4-5
	Carolina Panthers	7-1	1-1	8-2
	Chicago Bears	5-2	0-1	5-3
	Dallas Cowboys	6-2	0-1	6-3
	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	7-1	1-0	8-1
	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	138-91-1	11-9	149-100-1

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.

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 Wild Card victory vs. Miami, 17-3 Divisional Playoff loss at Pittsburgh, 7-6
1998	New England	9	7	0	.563	4th, AFC East Wild Card loss at Jacksonville, 25-10
1999	New England	8	8	0	.500	T4th, AFC East
2010	Seattle	7	9	0	.438	1st, NFC West Wild Card victory vs. New Orleans, 41-36 Divisional Playoff loss at Chicago, 35-24
2011	Seattle	7	9	0	.438	3rd, NFC West
2012	Seattle	11	5	0	.688	2nd, NFC West Wild Card victory at Washington, 24-14 Divisional Playoff loss at Atlanta, 30-28
2013	Seattle	13	3	0	.813	1st, NFC West Divisional Playoff victory vs. New Orleans, 23-15 NFC Championship victory vs. San Francisco, 23-17 Super Bowl XLVIII victory vs. Denver, 43-8
2014	Seattle	12	4	0	.750	1st, NFC West Divisional Playoff victory vs. Carolina, 31-17 NFC Championship victory vs. Green Bay, 28-22 (ot) Super Bowl XLIX loss vs. New England, 28-24
2015	Seattle	10	6	0	.625	2nd, NFC West Wild Card victory at Minnesota, 10-9 Divisional Playoff loss at Carolina, 31-24
2016	Seattle	10	5	1	.656	1st, NFC West Wild Card victory vs. Detroit, 26-6 Divisional Playoff loss at Atlanta, 36-20
2017	Seattle	9	7	0	.563	2nd, NFC West
2018	Seattle	10	6	0	.625	2nd, NFC West Wild Card loss at Dallas, 24-22
2019	Seattle	11	5	0	.688	2nd, NFC West Wild Card victory at Philadelphia, 17-9 Divisional Playoff loss at Green Bay, 28-23
2020	Seattle	5	1	0	.833	
Reg. Season (13 Yrs.)		138	91	1	.601	
Postseason (9 Yrs.)		11	9	0	.550	
Combined Record		149	100	1	.597	

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	105	60	1	.635	10	7	.588

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

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.





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 Maualuga 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, Maualuga 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 Maualuga 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 Grootegeod were named All-American first teamers (Grootegeod 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.

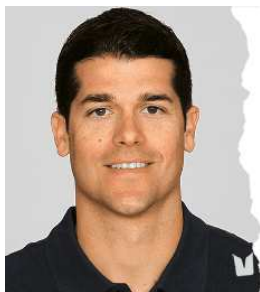
Prior to joining the Bears in 2014, Hurtt spent 13 years in the collegiate ranks coaching 14 NFL Draft picks during that time. From 2010-13, he worked as Louisville's defensive line coach/recruiting coordinator, adding the title of associate head coach from 2011-13. In 2013, Louisville's defense was 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'I 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	Bellarmine 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 Asst. Offensive Line Wide Receivers	1996 1997-98 2005 2006-07 2008	Central Washington
Brasher, Tommy	Defensive Line	1992-98	Arkansas	Gillespie, Bill	Asst. Strength & Conditioning	2003-04	Liberty
Bratkowski, Bob	Wide Receivers Offensive Coord./WRs Offensive Coordinator	1992-94 1995-97 1998	Washington State	Glenn, John	Coaching Assistant Quality Control/Defense Defensive Assistant Asst. Linebackers Linebackers	2012-13 2014-15 2016 2017 2018-	E. Stroudsburg Univ.
Brooks, Larry	Defensive Line	1999-2002	Virginia State	Gray, Jerry	Defensive Backs	2010	Texas
Brown, Dave	Defensive Coach	1992-98	Michigan	Harriger, Will	Offensive Asst. Asst. QBs/Quality Control-Off. Asst. Quarterbacks	2014 2015 2016-18	Auburn
Brown, Kippy	Wide Receivers	2010-14	Memphis State	Harris, Chick	Running Backs	1983-91	Northern Arizona
Butkus, Luke	Quality Control/Offensive Line	2010-11	Illinois	Haskell, Gil	Offensive Coordinator Asst. Head Coach/Off. Coord.	2000-06 2007-08	San Francisco State
Cable, Tom	Asst. Head Coach/ Offensive Line	2011-17	Idaho	Hawkins, Ralph	Defensive Backs	1983-88	Maryland
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	Headlee, Tom	Quality Control/Defense	2006-09	Washington State
Carlisle, Chris	Head Strength & Conditioning	2010-18	Chadron State	Holland, Johnny	Asst. Special Teams & Strength Linebackers	2000 2001-02	Texas A&M
Carroll, Brennan	Asst. Offensive Line Off. Scheme Specialist/ Assistant Offensive Line Run Game Coordinator	2015-18 2019 2020-	Pittsburgh	Hollway, Bob	Defensive Coordinator/DBs	1976-77	Michigan
Carroll, Nate	Defensive Assistant Offensive Assistant Asst. Wide Receivers Wide Receivers	2010-12 2013 2014-17 2018-	Southern California	Holmgren, Mike	Head Coach	1999-08	Southern California
Carroll, Pete	Exec. VP & Head Coach	2010-	Pacific	Houck, Hudson	Offensive Line	1992	Southern California
Carter, Keith	Quality Control/Offense	2012-13	UCLA	Hurt, Clint	Defensive Line Assistant Head Coach/DL	2017 2018-	Miami
Cash, Chris	Asst. Secondary/Cornerbacks	2015	Southern California	Idzik, Brad	Assistant Wide Receivers	2019-	Wake Forest
Casullo, Bob	Special Teams Coordinator	2005-06	Brockport St. (N.Y.)	Izzo, Larry	Assistant Special Teams	2018-	Rice
Cattlin, Tom	Asst. Head Coach/LBs/ Def. Coord. Asst. Head Coach/Defense Asst. Head Coach Quality Control	1983-91 1992 1993 1994-95	Oklahoma	Jackson, Milt	Wide Receivers	1998	Tulsa
Christiansen, Jack	Defensive Backs	1978-82	Colorado State	James, Ned	Offensive Asst. Defensive Asst.	1995-96 1997	New Mexico
Clark, Mike	Head Strength & Conditioning	2004-09	Ottawa University	Jamison, John	Special Teams Asst.	2005-08	California
Colquitt, Jerry	Offensive Quality Control	1999-2002	Tennessee	Johnson, Jim	Linebackers	1998	Missouri
Cromwell, Nolan	Wide Receivers	1999-2007	Kansas	Johnston, Kent	Strength & Conditioning	1999-2003	Stephen F. Austin
Curry, Aaron	Coaching Assistant Defensive Assistant/LBs	2019 2020-	Wake Forest	Jones, Travis	Defensive Line Senior Defensive Assistant	2013-16 2017	Georgia
Curtis, Andre	Asst. Secondary/Safeties Defensive Backs Defensive Passing Game Coord.	2015 2016-17 2018-	Virginia Military Ins.	Kekuewa, Keli'i	Offensive Assistant	2020-	Bowling Green
Davis, Austin	Offensive Assistant Quarterbacks	2019 2020-	Southern Mississippi	Kennan, Larry	Offensive Coordinator/QBs	1992-94	LaVerne
DeBord, Mike	Asst. Offensive Line Tight Ends	2008 2009	Manchester College	Knapp, Greg	Offensive Coordinator	2009	Sacramento State
DeHaven, Bruce	Special Teams Coordinator	2007-09	SW College (Kan.)	Knox, Chuck	Head Coach	1983-91	Juniata
Donatelli, Tom	Quality Control/Defense	2017-	Iowa	Krein, Darren	Asst. Strength & Cond.	1997-98, 2001-09	Miami
Dunn, Kasey	Running Backs	2008-09	Idaho	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
Rhome, Jerry	QB/WRs/TEs Offensive Coord./QB/WRs/TEs Offensive Coord./QB/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



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.

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

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 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 Biofreeze 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

VP FOOTBALL OPERATIONS

Scott Fitterer begins his first season as VP Football Operations in 2020 having spent the previous five 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

VP PLAYER PERSONNEL

Trent Kirchner begins first season as VP Player Personnel in 2020 after holding the title of co-director of player personnel from 2015-19. Before that, he was the Seahawks pro personnel director from 2013-14. 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.



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.



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-

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.



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.



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 HINLINE

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 Crosse, 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.



HISTORY

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.

* Overtime

NFC WEST (65-43-1)

ARIZONA CARDINALS (21-21-1)

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
9/29/19	—	W	@	27-10	60,500
12/22/19	—	L		13-27	69,022
10/25/20	—	*L	@	34-37	1,200

Franchise moved from St. Louis in 1988.

Points: Arizona 848 (19.7), Seattle 1,070 (24.9)

LOS ANGELES RAMS (24-19)

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
10/3/19	—	W		30-29	68,988
12/8/19	—	L	@	12-28	71,501

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. 892 (20.7), Seattle 938 (21.8)

SAN FRANCISCO 49ERS (25-17)

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	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
1/1/17	—	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
11/11/19	—	*W	@	27-24	71,404
12/29/19	—	L		21-26	69,162

Points: San Francisco 761 (18.1), Seattle 1,008 (24.0)

NFC EAST (21-16)

DALLAS COWBOYS (9-10)

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
9/27/20	—	W		38-31	0

Points: Dallas 455 (23.9), Seattle 366 (19.3)

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 (10-7)

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
11/24/19	—	W		17-9	69,796

Points: Philadelphia 305 (17.9), Seattle 354 (20.8)

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

SERIES BREAKDOWN, continued

Points: Washington 328 (19.3), Seattle 263 (15.5)

NFC NORTH (23-14)

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 (12-5)

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
12/2/19	—	W	37-30	69,080
10/11/20	—	W	27-26	0

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 387 (22.8), Seattle 459 (27.0)

NFC SOUTH (23-14)

ATLANTA FALCONS (12-6)

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
10/27/19	—	W	@ 27-20	71,483
9/13/20	—	W	@ 38-25	0

Played at Atlanta-Fulton County Stadium from 1966-91. Moved into Georgia Dome in 1992.

Points: Atlanta 436 (24.2), Seattle 500 (27.8)

CAROLINA PANTHERS (8-3)

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
12/15/19	—	W	@ 30-24	72,544

Points: Carolina 183 (16.6), Seattle 231 (21.0)

NEW ORLEANS SAINTS (6-8)

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
9/22/19	—	L	27-33	69,005

Points: New Orleans 299 (21.4), Seattle 337 (24.1)

TAMPA BAY BUCCANEERS (9-5)

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
11/3/19	—	W	40-34	68,948

Points: Tampa Bay 256 (18.3), Seattle 242 (17.3)

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

SERIES BREAKDOWN, continued

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

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
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Points: L.A. 1067 (20.9), Seattle 1066 (20.9)

Franchise moved from San Diego to Los Angeles in 2017.

AFC EAST (11-7)

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 (5-8)

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
10/4/20	—	W	@	31-23	12,369

Moved from the Orange Bowl into Joe Robbie Stadium in 1987.

Points: Miami 247 (20.6), Seattle 199 (16.6)

NEW ENGLAND PATRIOTS (10-8)

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
9/20/20	—	W		35-30	0

Points: New England 375 (20.8), Seattle 361 (20.1)

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

SERIES BREAKDOWN, continued

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)

AFC NORTH (11-9)

BALTIMORE RAVENS (3-3)

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
11/20/19	—	L @	16-30	69,012

Points: Baltimore 134 (22.3), Seattle 165 (27.5)

CINCINNATI BENGALS (10-10)

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
09/08/19	—	W	21-20	68,710

Points: Cincinnati 435 (21.8), Seattle 395 (19.8)

CLEVELAND BROWNS (13-6)

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	—	W @	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
10/13/19	—	W @	32-28	67,431

Franchise suspended in 1996 and reactivated in 1999.

Points: Cleveland 318 (16.7), Seattle 428 (22.5)

PITTSBURGH STEELERS (10-8)

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
9/15/19	—	W @	28-26	65,063

Points: Pittsburgh 298 (16.6), Seattle 346 (19.2)

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
2020	5	1	0	.833	203	172	-	3-0-0	2-1-0	0-0-0	2-0-0	3-1-0	0-0
	360	337	1	.517	15,043	14,767		213-137-0	147-200-1	146-155-1	183-194-0	177-143-1	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.

		— — Regular Season — —			Post-season	Pre-season
Total		Home	Road	OT		
* Arizona	21-21-1	11-11	10-10-1	0-3-1	0-0	9-5
Arizona	21-19-1	11-10	10-9-1	0-3-1	0-0	7-2
St. Louis	0-2	0-1	0-1	0-0	0-0	2-2
Atlanta	12-6	5-4	7-2	1-0	0-2	2-0
^ Baltimore	3-3	2-1	1-2	0-1	0-0	0-0
Buffalo	8-5	6-3	2-2	0-0	0-0	2-0
Carolina	8-3	3-1	5-2	0-0	2-1	0-0
Chicago	11-5	5-2	6-3	1-0	0-2	3-1
Cincinnati	10-10	5-4	5-6	0-2	0-1	1-0
Cleveland	13-6	8-3	5-3	0-1	0-0	0-0
Dallas	9-10	5-4	4-6	0-0	1-1	4-2
Denver	19-35	14-13	5-22	2-5	2-0	4-10
Detroit	9-5	6-2	3-3	0-0	1-0	5-2
+ Green Bay	8-11	5-2	3-9	0-0	1-3	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	11-5
Los Angeles	0-1	0-1	0-0	0-0	0-0	2-1
San Diego	26-24	16-10	10-14	3-0	0-0	9-4
% L.A. Rams	24-19	15-7	9-12	0-2	0-1	2-6
Los Angeles	4-9	3-4	1-5	0-0	0-0	2-6
St. Louis	20-10	12-3	8-7	0-2	0-1	0-0
Miami	5-8	3-2	2-6	0-0	1-2	0-1
Minnesota	12-5	9-2	3-3	0-0	1-0	8-9
New England	10-8	4-4	6-4	0-0	0-1	1-1
New Orleans	6-8	4-4	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	13-5
Oakland	14-14	9-4	5-11	0-0	0-0	13-5
Los Angeles	11-14	6-6	5-7	0-1	1-1	0-0
Philadelphia	10-7	5-5	5-2	0-1	1-0	0-0
Pittsburgh	10-8	7-1	3-7	0-0	0-1	0-0
San Francisco	25-17	14-8	11-9	1-2	1-0	13-15
Tampa Bay	9-5	5-2	4-3	2-0	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	360-337-1	213-137	147-200-1	14-21-1	17-17	107-75

* 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)

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 Russell Wilson, 2012-	134

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 Efren 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 Efren Herrera, 1978-81	64
8 Rian Lindell, 2000-02	58
9 Jason Myers, 2019	27
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 Efren Herrera, 1978-81	92

FIELD GOAL ATTEMPTS, CONTINUED

7 Olindo Mare, 2008-10	83
8 Rian Lindell, 2000-02	78
9 Jason Myers, 2019-	32
10 John Leypoldt, 1976-77	30

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 Efren Herrera, 1978-81	139
6 Rian Lindell, 2000-02	96
7 John Kasay, 1991-94	95
8 Olindo Mare, 2008-10	89
9 Jason Myers, 2019-	65
10 John Leypoldt, 1976-78	52

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 Efren Herrera, 1978-81	148
6 John Kasay, 1991-94	97
7 Rian Lindell, 2000-02	96
8 Olindo Mare, 2008-10	89
9 Jason Myers, 2019	69
10 John Leypoldt, 1976-78	59

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-	749
9 Chris Carson, 2017-	640
10 Maurice Morris, 2002-08	604

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 Russell Wilson, 2012-	4,230
7 Ricky Watters, 1998-01	4,009
8 Sherman Smith, 1976-82	3,429
9 Chris Carson, 2017-	2,912
10 Maurice Morris, 2002-08	2,612

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 Chris Carson, 2017-	19
Derrick Fenner, 1989-91	19
David Sims, 1977-79	19
Russell Wilson, 2012-	19

PASSING ATTEMPTS

Player, Seasons	No.
1 Matt Hasselbeck, 2001-10	4,250
2 Russell Wilson, 2012-	3,996
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 Russell Wilson, 2012-	2,592
2 Matt Hasselbeck, 2001-10	2,559
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-	31,624
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-	249
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-	74
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

CAREER TOP 10

TIMES SACKED

Player, Seasons	No.
1 Russell Wilson, 2012-	364
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-	102.2
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 Tyler Lockett, 2015-	321
8 Joey Galloway, 1995-99	283
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 Tyler Lockett, 2015-	4,380
8 John L. Williams, 1986-93	4,151
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-	34
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
6 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 Michael Dickson, 2018-	177
9 Tom Rouen, 2003-05	154
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 Michael Dickson, 2018-	8,345
7 Ruben Rodriguez, 1987-89	7,733
8 Ryan Plackemeier, 2006-08	7,664
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 Michael Dickson, 2018-	77
5 Jeff West, 1981-85	73
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 Michael Dickson, 2018-	13
9 Tom Rouen, 2003-05	11
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

CAREER TOP 10

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
Tyler Lockett, 2015-	127
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-	3,188
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-	75
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
K.J. Wright, 2011-	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
K.J. Wright, 2011	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-	1,136
2 Eugene Robinson, 1985-95	984
3 K.J. Wright, 2011-	882
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 Fiones, 1981-82	1
Terry Wooden, 1990-96	1
Red Bryant, 2008-13	1
Jeremy Lane, 2012-17	1
Tre Flowers, 2018-	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	46	0
2010	Leon Washington	16	57	1461	25.6	101t	3*
2011	Leon Washington	16	43	1084	25.2	54	0
2012	Leon Washington	16	27	784	29.0	98t	1
2013	Jermaine Kearse	15	13	283	21.8	40	0
2014	Paul Richardson	15	16	376	23.5	47	0
2015	Tyler Lockett	16	33	852	25.8	105t	1
2016	Tyler Lockett	15	23	606	26.3	46	0
2017	Tyler Lockett	16	37	949	25.6	99t	1
2018	Tyler Lockett	16	19	493	25.9	84	0
2019	Tyler Lockett	16	14	279	19.9	33	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 Tuiasosopo	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 Okefor	16	8.0

SACKS, CONTINUED

		G	No.
2004	Chike Okefor	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



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 69,162	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
6 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
3 70,288!	New England	Univ. of Phoenix Stadium	Feb. 1, 2015	L	28-24
4 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	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
2020		3-0	2-1				5-1
Total	0-1	81-78	85-88-1	94-85	94-80	6-5	360-337-1

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	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
2020		3-0	2-1				5-1	
Total	0-1	81-78	85-88-1	94-85	97-82*	20-19*	376-353-1*	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
9 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
4 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 (63-33-1)

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 (37-23-1)

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
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

THURSDAY-SUNDAY NIGHT, CONTINUED

Date	Network	W/L	Score	Opponent
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
Thursday, 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/	W	30-29	vs. L.A. Rams
	Amazon			
Sunday, December 8, 2019	NBC	L	28-12	at L.A. Rams
Sunday, December 29, 2019	NBC	L	26-21	vs. San Francisco
Sunday, September 20, 2020	NBC	W	35-30	vs. New England
Sunday, October 11, 2020	NBC	W	27-26	vs. Minnesota
Sunday, October 25, 2020	NBC	L	37-34 (OT)	at Arizona

*Thanksgiving Day Game, ^ NFL London Series

RECORD BY STARTING QUARTERBACK

BY YEAR

Year	Quarterback	Record
1976	Jim Zorn	2-12
1977	Jim Zorn	4-6
	Steve Myer	1-3
1978	Jim Zorn	9-7
1979	Jim Zorn	9-7
1980	Jim Zorn	4-12
1981	Jim Zorn	4-9
	Dave Krieg	2-1
1982	Jim Zorn	4-3
	Dave Krieg	0-2
1983	Jim Zorn	4-4
	Dave Krieg	5-3
1984	Dave Krieg	12-4
1985	Dave Krieg	8-8
1986	Dave Krieg	10-4
	Gale Gilbert	0-2
1987	Dave Krieg	7-5
	Jeff Kemp	1-0
	Bruce Mathison	1-1
1988	Dave Krieg	6-3
	Kelly Stouffer	3-3
	Jeff Kemp	0-1
1989	Dave Krieg	7-7
	Kelly Stouffer	0-2
1990	Dave Krieg	9-7
1991	Dave Krieg	4-5
	Jeff Kemp	2-3
	Dan McGwire	1-0
	Kelly Stouffer	0-1
1992	Stan Gelbaugh	0-8
	Kelly Stouffer	2-5
	Dan McGwire	0-1
1993	Rick Mirer	6-10
1994	Rick Mirer	5-8
	Dan McGwire	1-2
1995	Rick Mirer	7-6
	John Friesz	1-2
1996	Rick Mirer	2-7
	John Friesz	4-2
	Stan Gelbaugh	1-0
1997	Warren Moon	7-7
	John Friesz	0-1
	Jon Kitna	1-0
1998	Warren Moon	4-6
	Jon Kitna	3-2
	John Friesz	1-0
1999	Jon Kitna	8-7
	Glenn Foley	1-0
2000	Jon Kitna	6-6
	Brock Huard	0-4

BY COMBINED WINS

	Quarterback	Combined Record	Regular Season	Post-season
2001	Matt Hasselbeck	5-7		
	Trent Dilfer	4-0		
2002	Matt Hasselbeck	5-5		
	Trent Dilfer	2-4		
2003	Matt Hasselbeck	10-6		
2004	Matt Hasselbeck	7-7		
	Trent Dilfer	2-0		
2005	Matt Hasselbeck	13-3		
2006	Matt Hasselbeck	7-5		
	Seneca Wallace	2-2		
2007	Matt Hasselbeck	10-6		
2008	Seneca Wallace	3-5		
	Matt Hasselbeck	1-6		
	Charlie Frye	0-1		
2009	Matt Hasselbeck	5-9		
	Seneca Wallace	0-2		
2010	Matt Hasselbeck	6-8		
	Charlie Whitehurst	1-1		
2011	Tarvaris Jackson	7-7		
	Charlie Whitehurst	0-2		
2012	Russell Wilson	11-5		
2013	Russell Wilson	13-3		
2014	Russell Wilson	12-4		
2015	Russell Wilson	10-6		
2016	Russell Wilson	10-5-1		
2017	Russell Wilson	9-7		
2018	Russell Wilson	10-6		
2019	Russell Wilson	11-5		
2020	Russell Wilson	5-1		
	R. Wilson	100-48-1	91-42-1	9-6
	M. Hasselbeck	74-68	69-62	5-6
	D. Krieg	73-53	70-49	3-4
	J. Zorn	40-60	40-60	
	R. Mirer	20-31	20-31	
	J. Kitna	18-16	18-15	0-1
	W. Moon	11-13	11-13	
	T. Dilfer	8-4	8-4	
	T. Jackson	7-7	7-7	
	J. Friesz	6-5	6-5	
	S. Wallace	5-9	5-9	
	K. Stouffer	5-11	5-11	
	J. Kemp	3-4	3-4	
	D. McGwire	2-3	2-3	
	G. Foley	1-0	1-0	
	B. Mathison	1-1	1-1	
	S. Myer	1-3	1-3	
	C. Whitehurst	1-3	1-3	
	S. Gelbaugh	1-8	1-8	
	C. Frye	0-1	0-1	
	G. Gilbert	0-2	0-2	
	B. Huard	0-4	0-4	



RECORDS

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

5	2020
4	2013
3	1986, 1998, 2003, 2004, 2006

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	22 Times (Last: 2020)
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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
	vs. Minnesota 10/11/2020
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

147	2011-present
121	1992-99

TEAM RECORDS - REGULAR SEASON

115 2000-07

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
52 2017-present
48 1982-85

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 Many Times (Last: 2020)

Most Safeties, Game

1 Many Times (Last: vs. Dallas 9/27/2020)

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 [1] vs. Dallas [0] 9/27/2020)

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)
at Arizona 10/25/2020 (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)
at Arizona 10/25/2020 (Sea-33, Ari-31) OT
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

TEAM RECORDS - REGULAR SEASON

vs. L.A. Raiders 10/18/1992
vs. Arizona 10/18/2009

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
at Arizona 10/25/2020

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 1 1/16/1981
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
at Arizona 10/25/2020 (OT)

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 Atlanta 9/13/2020
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)
572 at Arizona 10/25/2020

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, 2020

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 Many Times

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

TEAM RECORDS - REGULAR SEASON

Fewest Opponents Plays Allowed, Season

600	1982 (9 games)
924	2014
947	2015
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 12/6/2009
	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)
98	Seattle (50) at Arizona (48) 10/25/2020 (OT)
95	Seattle (47) at Cleveland (48) 11/4/2007

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
	at Arizona 10/25/2020 (OT)

Fewest Passes Completed, Game

2	vs. L.A. Rams 11/4/1979
4	vs. L.A. Raiders 10/16/1983

TEAM RECORDS - REGULAR SEASON

5 vs. New England 10/9/1977
vs. Houston 11/20/1977
at Oakland 12/22/1996

Most Passes Completed, Both Teams, Game

68 Seattle (31) at Atlanta (37) 9/13/2020
67 Seattle (33) at Arizona (34) 10/25/2020 (OT)
64 Seattle (36) at San Diego (28) 12/29/2002 (OT)
Seattle (33) at Indianapolis (31) 10/4/2009
Seattle (27) vs. Dallas (37) 9/27/2020

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
vs. New England 9/20/2020
vs. Dallas 9/27/2020

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
Seattle (5) vs. Dallas (3) 9/27/2020

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
461 vs. Dallas 9/27/2020

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

TEAM RECORDS - REGULAR SEASON

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)
vs. Denver 11/30/1992 (OT)
10 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

TEAM RECORDS - REGULAR SEASON

8 vs. Kansas City 11/27/1983 (OT)
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
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

TEAM RECORDS - REGULAR SEASON

9	vs. Cleveland 12/20/1981
7	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)
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
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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
	at Miami 10/4/2020
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
	at Miami 10/4/2020
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 9/25/1998
	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
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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

TEAM RECORDS - REGULAR SEASON

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
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 - 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
134	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

134	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 Leypoldt, 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 Leypoldt, 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 Leypoldt, 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, 2014-15

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
Jason Myers, at Miami 10/4/2020

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.)

88.8 Steven Hauschka, 2011-16 (175-197)
88.0 Olindo Mare, 2008-10 (73-83)
84.4 Jason Myers, 2019- (27-32)

Highest FG %, Season (Min. 1 att. per game)

94.3 Steven Hauschka, 2013 (33-35)
93.6 Steven Hauschka, 2015 (29-31)
92.3 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
3 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.)

5.6 Russell Wilson, 2012- (749-4,230)
5.5 Steve Broussard, 1995-98 (136-750)
5.3 Rashaad Penny, 2018- (150-789)

INDIVIDUAL RECORDS - REGULAR SEASON

Highest Average Gain, Season (Min. 100 att.)

7.2	Russell Wilson, 2014 (118-849)
5.7	Thomas Rawls, 2015 (147-830)
5.4	Justin Forsett, 2009 (114-619)

Highest Average Gain, Game (Min. 10 att.)

11.6	Marshawn Lynch, vs. Arizona 12/9/2012 (11-128)
11.3	Marshawn Lynch, at Buffalo 12/16/2012 (10-113)
	Marshawn Lynch, at Arizona 12/21/2014 (10-113)
11.1	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

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.)

12.9	Frank Gore, at San Francisco 9/20/2009 (16-207)
12.3	Bo Jackson, vs. L.A. Raiders 11/30/1987 (18-221)
12.3	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.)

102.2	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
3,996	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

2,592	Russell Wilson, 2012-
2,559	Matt Hasselbeck, 2001-10
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

Russell Wilson, at Arizona 10/25/2020

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
	Russell Wilson, vs. Minnesota 10/11/20

COMPLETION PERCENTAGE

Highest Completion %, Career (Min. 500 att.)

64.9	Russell Wilson, 2012- (3,996-2,592)
60.2	Matt Hasselbeck, 2001-10 (4,250-2,559)
59.9	Seneca Wallace, 2003-09 (556-333)

Highest Completion %, Season (Min. 100 att.)

68.1	Russell Wilson, 2015 (483-329)
66.1	Russell Wilson, 2019 (516-341)
65.6	Dave Krieg, 1991 (285-187)

Highest Comp. %, Rookie, Season (Qualifiers)

64.1	Russell Wilson, 2012 (393-252)
56.4	Rick Mirer, 1993 (486-274)
47.4	Jim Zorn, 1976 (439-208)

Highest Completion %, Game (Min. 20 att.)

88.6	Russell Wilson at Atlanta 9/13/2020 (35-31)
86.4	Dave Krieg, vs. Denver 12/11/1988 (22-19)
84.0	Matt Hasselbeck, vs. San Francisco 12/11/2005 (25-21)

YARDS GAINED

Most Yards Gained, Career

31,624	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
	Russell Wilson, 2012-
11	Dave Krieg, 1980-91

Most Games, 300 or More Yards Passing, Season

4	Matt Hasselbeck, 2002, 2003
	Russell Wilson, 2020
3	Jim Zorn, 1979
	Dave Krieg, 1984
	Matt Hasselbeck, 2004, 2007
	Russell Wilson, 2016, 2017, 2019

INDIVIDUAL RECORDS - REGULAR SEASON

2 8 Times (Last: Russell Wilson, 2014)

Most Consecutive Games, 300+ Yards Passing

2 Matt Hasselbeck, 6 Times
Jim Zorn, 2 Times
Russell Wilson, 3 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.)

7.9 Russell Wilson, 2012- (3,996-31,624)
7.3 Dave Krieg, 1980-91 (3,576-26,132)
7.2 Trent Dilfer, 2001-04 (356-2,560)

Highest Average Gain, Season (Min. 100 att.)

8.8 Dave Krieg, 1983 (243-2,139)
8.3 Russell Wilson, 2015 (483, 4,024)
8.3 Trent Dilfer, 2001 (122-1,014)

Highest Average Gain, Rookie, Season (Qualifiers)

7.9 Russell Wilson, 2012 (393-3,118)
5.9 Jim Zorn, 1976 (439-2,571)
5.8 Rick Mirer, 1993 (486-2,833)

Highest Average Gain, Game (Min. 20 att.)

14.5 Dave Krieg, vs. San Diego 12/14/1986 (21-305)
13.3 Dave Krieg, vs. Kansas City 11/11/1990 (23-306)
12.9 Jim Zorn, vs. Buffalo 10/30/1977 (23-296)

TOUCHDOWNS

Most Touchdown Passes, Career

249 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 11 Times (Last: Russell Wilson, vs. Dallas 9/27/2020)

Most Games, 5 or More TD Passes, Career

5 Russell Wilson, 2012-
3 Dave Krieg, 1980-91
2 Matt Hasselbeck, 2001-10
1 Warren Moon, 1997-98

Most Games, 4 or More TD Passes, Career

13 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, 2020
1 7 Times (Last: Russell Wilson, 2019)

Most Games, 4 or More TD Passes, Season

3 Dave Krieg, 1985
Russell Wilson, 2020
2 Jim Zorn, 1977
Dave Krieg, 1988
Warren Moon, 1997
Russell Wilson, 2015, 2017, 2019

Most Consecutive Games, 4 or More TD Passes

3 Russell Wilson, 2020
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.)

6.23 Russell Wilson, 2012- (3,996-249)
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.)

1.85 Russell Wilson, 2012- (3,996-74)
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
57 Dak Prescott, vs. Dallas 9/27/2020

COMPLETIONS

Most Passes Completed, Game

42 Vinny Testaverde, at N.Y. Jets 12/6/1998

39 Matt Schaub, at Atlanta 10/27/2019

37 Matt Ryan, at Atlanta 9/13/2020

Dak Prescott, vs. Dallas 9/27/2020

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 (31-22)

YARDS GAINED

Most Yards Gained, Game

472 Dak Prescott, vs. Dallas 9/27/2020
460 Matt Schaub, at Atlanta 11/27/2019
456 Ben Roethlisberger, vs. Pittsburgh 11/29/2015

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
Tyler Lockett, at Arizona 10/25/2020
14 Bobby Engram, at Cleveland 11/4/2007

INDIVIDUAL RECORDS - REGULAR SEASON

13 Doug Baldwin, vs. Arizona 12/24/2016

Most Seasons, 80 or More Pass Receptions

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
200 Tyler Lockett, at Arizona 10/25/2020
191 Steve Largent, vs. Denver 11/25/1984

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 17 Times (Last: DK Metcalf, 2020)

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)

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 9 Times (Last: Tyler Lockett, at Arizona 10/25/2020)

Most Consecutive Games with a Touchdown

5 Steve Largent, 1984
Joey Galloway, 1998
Doug Baldwin, 2015
4 9 Times (Last: DK Metcalf, 2019-20)

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 19 Times (Last: Julio Jones [157], Calvin Ridley [130], Russell Gage [114] at Atlanta 9/13/2020)

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

Most Consecutive Games, Passes Intercepted

4 Cornell Webser, 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

INDIVIDUAL RECORDS - REGULAR SEASON

Most Touchdowns, Season

2 10 Times (Last: Justin Coleman, 2017)

Most Touchdowns, Game

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
90 Budda Baker, at Arizona 10/25/2020
86t Patrick Willis, vs. San Francisco 9/14/2008

TOUCHDOWNS

Most Touchdowns, Game

1 Many Times (Last: Devin McCourty, vs. New England 9/20/2020)

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)

47.1 Michael Dickson, 2018- (177-8,345)
44.8 Jon Ryan, 2008-17 (770-34,492)
43.8 Rick Tuten, 1991-97 (554-24,266)

Highest Average, Season

48.2 Michael Dickson, 2018 (78-3,759)
46.6 Jon Ryan, 2011 (95-4,431)
46.2 Jon Ryan, 2009 (88-4,069)

Highest Average, Rookie, Season

48.2 Michael Dickson, 2018 (78-3,759)
45.0 Ryan Plackemeier, 2006 (84-3,778)
40.0 Ruben Rodriguez, 1987 (47-1,880)

Highest Average, Game (Min. 4 punts)

60.0 Jon Ryan, vs. New England 10/14/2012 (4-240)
59.0 Michael Dickson, at Denver 9/9/2018 (6-354)
55.2 Rick Tuten, vs. Denver 12/1/1996 (5-276)

AVERAGE NET YARDAGE

Highest Net Average, Career (Min. 100 punts)

42.1 Michael Dickson, 2018- (177-7,499)
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)

57.5 Michael Dickson, at Denver 9/9/2018 (6-345)
50.0 Michael Dickson, vs. L.A. Chargers 11/4/2018 (6-300)
50.0 Michael Dickson, vs. New England 9/20/2020 (4-200)

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

INDIVIDUAL RECORDS - REGULAR SEASON

94	Tyler Lockett, 2015-
70	Bobby Engram, 2001-07
60	Chris Warren, 1990-97

Most Fair Catches, Season

25	Chris Warren, 1992
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.)

12.7	Charlie Rogers, 1999-01 (73-925)
11.6	Golden Tate, 2010-13 (68-787)
11.4	Paul Johns, 1981-84 (74-843)

Highest Average, Season (Min. 1 ret. per game)

14.5	Charlie Rogers, 1999 (22-318)
14.0	Charlie Rogers, 2000 (26-363)
12.6	Golden Tate, 2010 (16-202)

Highest Average, Rookie, Season (Qualifiers)

14.5	Charlie Rogers, 1999 (22-318)
12.6	Golden Tate, 2010 (16-202)
12.3	Bobby Joe Edmonds, 1986 (34-419)

Highest Average, Game (Min. 3 ret.)

34.8	Tyler Lockett, at Arizona 1/3/2016 (4-139)
32.0	Paul Johns, vs. L.A. Raiders 10/16/1983 (3-96)
31.7	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)
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OPPONENT INDIVIDUAL RECORDS

PUNT RETURNS

Most Punt Returns, Game

8	Vai Sikahema, 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.)

36.8	Jermaine Lewis, at Baltimore 12/7/1997 (5-184)
32.7	David Meggett, at N.Y. Giants 11/19/1989 (3-98)
31.7	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.)

26.2	Leon Washington, 2010-12 (127-3,329)
25.1	Tyler Lockett, 2015- (127-3,188)
25.0	Josh Wilson, 2007-08 (94-2,350)

Highest Average, Season (Min. 1 ret. per game)

29.0	Leon Washington, 2012 (27-784)
26.9	Steve Broussard, 1998 (29-781)
26.4	Tyler Lockett, 2016 (23-606)

Highest Average, Game (Min. 3 ret.)

63.3	Leon Washington, vs. San Diego 9/26/2010 (4-253)
44.3	Leon Washington, at Arizona 9/9/2012 (3-133)
42.8	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

270	Tyler Lockett, 2015- (143-P, 127-K)
231	Leon Washington, 2010-12 (104-P, 127-K)

INDIVIDUAL RECORDS - REGULAR SEASON

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)
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)
4,256 Tyler Lockett, 2015- (1,068-P, 3,188-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 Engram, 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.)

48.3 Byron Hanspard, vs. Atlanta 11/30/1997 (3-145)
44.3 Paul Palmer, at Kansas City 12/27/1987 (3-133)
44.0 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
75 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.

32 Russell Wilson, 2012- (31-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

31 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

INDIVIDUAL RECORDS - REGULAR SEASON

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)

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

1,136 Bobby Wagner, 2012-
984 Eugene Robinson, 1985-95
882 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 9/22/2019
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 13 Players (Last: Tre Flowers, 2020)

Most Blocked PATs, Game

1 13 Times (Last: Tre Flowers, vs. Dallas 9/27/2020)

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: Tre Flowers, vs. Dallas 9/27/2020)

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

INDIVIDUAL RECORDS - REGULAR SEASON

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

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)
Dennis Gardeck, vs. Arizona 12/30/2018 (punt, 0 yds)

OPPONENT INDIVIDUAL RECORDS

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)

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: Bryan Mone, 2020)

Most Safeties, Game

1 By Many Players (Last: Bryan Mone, vs. Dallas 9/27/2020)

OPPONENT INDIVIDUAL RECORDS

SAFETIES

Most Safeties, Game

1 Many Times (Last: Nate Hairston, vs. Indianapolis 10/1/2017)

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
Curt Warner, RB		
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 Bowens, 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
2020 Russell Wilson, QB	Bobby Wagner, LB	Neiko Thorpe, CB

* Playoff Captains

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>	

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

ALL-TIME HONORS

AP ALL-PRO

	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
	Kenny Easley	
1985	Steve Largent	
	Kenny Easley	
1986	Bobby Joe Edmunds	Curt Warner
1987	Fredd Young	Steve Largent Curt Warner
1992	Cortez Kennedy	
1993	Cortez Kennedy	Eugene Robinson Chris Warren Rick Tuten Chris Warren
1994	Cortez Kennedy	Cortez Kennedy Chad Brown
1995		
1996		
1998		
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 Leon Washington Earl Thomas
2010		
2011		
2012	Marshawn Lynch Richard Sherman Earl Thomas Max Unger	
2013	Richard Sherman Earl Thomas Bobby Wagner	Kam Chancellor
2014	Richard Sherman Earl Thomas Bobby Wagner	Kam Chancellor Marshawn Lynch
2015	Tyler Lockett	Richard Sherman Bobby Wagner Tyler Lockett
2016	Bobby Wagner	
2017	Bobby Wagner	Tyler Lockett Earl Thomas
2018	Michael Dickson	Duane Brown
2019	Bobby Wagner 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
1987	Fredd Young, LB, starter	3
	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	7
	Julian Peterson, LB	1, 3 total
	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
2012	Earl Thomas, S, starter	1
	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)
2020 Russell Wilson, QB (September)

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 & Daryl 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)
- 2020 Russell Wilson, QB (Week 1), Michael Dickson, P (Week 2), Russell Wilson, QB (Week 3)

*Rookie