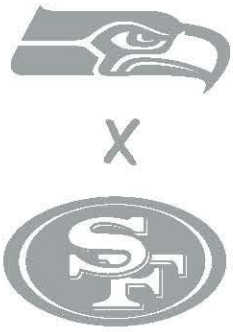
SEAHAWKS
2022



WEEKLY MEDIA GUIDE

NEWS RELEASE

September 6, 2022

SEAHAWKS OPEN SEASON ON MONDAY NIGHT FOR THE FIRST TIME SINCE 1984

2022 SCHEDULE

Preseason (0-3)

Day	Date	Opponent	Time (PT)	TV
Sat.	8/13	at Pittsburgh	L	32-25
Thu.	8/18	Chicago	L	27-11
Fri.	8/26	at Dallas	L	27-26

Regular Season (0-0)

Day	Date	Opponent	Time (PT)	TV
Mon.	9/12	Denver	5:15 p.m.	ESPN/ ABC
Sun.	9/18	at San Francisco	1:05 p.m.	FOX
Sun.	9/25	Atlanta	1:25 p.m.	FOX
Sun.	10/2	at Detroit	10:00 a.m.	FOX
Sun.	10/9	at New Orleans*	10:00 a.m.	FOX
Sun.	10/16	Arizona*	1:05 p.m.	FOX
Sun.	10/23	at L.A. Chargers*	1:25 p.m.	FOX
Sun.	10/30	N.Y. Giants*	1:25 p.m.	
Sun.	11/6	at Arizona*	1:05 p.m.	FOX
Sun.	11/13	vs. Tampa Bay (Munich, Germany)	6:30 a.m.	NFLN
Sun.	11/20	Bye Week		
Sun.	11/27	Las Vegas*	1:05 p.m.	CBS
Sun.	12/4	at L.A. Rams*	1:05 p.m.	FOX
Sun.	12/11	Carolina*	1:25 p.m.	FOX
Thu.	12/15	San Francisco	5:15 p.m.	Prime
Sat.	12/24	at Kansas City	10:00 a.m.	FOX
Sun.	1/1	N.Y. Jets*	1:05 p.m.	FOX
TBD	Jan. 7/8	L.A. Rams	TBD	TBD

** Game time subject to NFL Flexible Scheduling*

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The Seahawks begin their 47th season opening at home for only the eighth time in the last 23 seasons, this with a match-up against the Denver Broncos, who make their first appearance at Lumen Field since 2014.

Kickoff is set for 5:15 p.m. (PT) on Monday Night Football. Seattle's first Monday night season opener occurred vs. Cleveland on September 3, 1984, a 33-0 victory in the Kingdome.

The Seahawks are 19-27 all-time in Kickoff Weekend games and Pete Carroll is 10-6 as a head coach, with a 7-5 Kickoff Weekend record with Seattle.

Seattle is a league-best 28-12 all-time on Monday nights and 22-5 at home in prime-time games dating back to 2010.

BROADCAST INFORMATION

TV Network	ESPN & ABC (ABC ch. 4 in Seattle)	Joe Buck (play-by-play) Troy Aikman (analyst) Lisa Salters (analyst)
Seahawks Radio Network	Seattle Sports 710AM KIRO Newsradio 97.3 FM	Steve Raible (play-by-play) Dave Wyman (analyst) Jen Mueller (sidelines)
National Radio	Westwood One	Kevin Harlan (play-by-play) Kurt Warner (analyst)

THIS WEEK'S SCHEDULE

Tuesday, September 6
- 12:15 p.m. Selected players press conferences
- 1:45 p.m. Practice*

Wednesday, September 7
- Players day off

Thursday, September 8
- 12:15 p.m. Head Coach Pete Carroll press conference
- 12:35 p.m. Selected players press conferences; open locker room
- 1:45 p.m. Practice*
- 3:30 p.m. DC Clint Hurtt, assistant coaches available

Friday, September 9
- 12:30 p.m. OC Shane Waldron available
- 12:45 p.m. QB Geno Smith available; open locker room

Saturday, September 10
- 12:30 p.m. Practice*
- 1:50 p.m. Coach Carroll available; open locker room

Sunday, September 11
- No media availability

Monday, September 12
- 5:15 p.m. Seahawks vs. Broncos

* First 5-10 of practice open to record video footage

2021 RECAP

TEAM

* Ranked second in the league allowing only 3.79 rush yards per attempt.
* Ranked third in the NFL in redzone offense, scoring a touchdown 64.6% of the time (31 of 48).
* Ranked fourth in the NFL in redzone defense, holding opponent touchdowns to 50.8% (31 of 61).
* Thanks to Rashaad Penny's career-high 6.3 rushing yards per attempt, and 671 yards since Week 14, Seattle ranked third in the NFL with a 5.02 rushing average.
* Led the NFL in fewest giveaways with 13.

PETE CARROLL

* Became the 22nd head coach in NFL history to record 150 regular season wins.

BEST SEAHAWKS COACHING RECORDS

	Regular Season	Postseason	Combined
Pete Carroll	**119-73-1**	**10-8**	**129-81-1**
Mike Holmgren	86-74	4-6	90-80
Chuck Knox	80-63	3-4	83-67

JORDYN BROOKS

* Ranked second in the NFL with a career-high 183 tackles, the most in a single-season in franchise history and the second-most in a season in the NFL since the 2000 season.
* Tied Bobby Wagner's franchise single-game mark with 20 tackles at Arizona (1/9/22).

MICHAEL DICKSON

* Led the NFL and set the single-season franchise mark with a career-high 40 punts inside the 20.
* Passed Jeff Feagles for third-place on Seattle's all-time punts inside the 20 list with 134.

QUANDRE DIGGS

* Tied career-high with five interceptions.
* Is the only player in the NFL to record at least three interceptions in each of the past five seasons (2017-21).
* Voted to second-consecutive Pro Bowl.

TYLER LOCKETT

* Became the seventh player in franchise history to record 1,100 receiving yards in a single-season with a career-high 1,175.
* Became the second player in franchise history (Steve Largent; 1978-81, 1983-86) to record three-straight 1,000-yard seasons.

DK METCALF

* Set career-high with 12 receiving touchdowns (4th NFL).
* His 3,170 career receiving yards rank first in franchise history in a player's first three seasons.
* Had 25 career touchdown receptions in his first 40 games, joining Randy Moss (36) and Odell Beckham Jr. (34) as the only wide receivers since 1990 to accomplish that feat.

RASHAAD PENNY

* Led the NFL with a 6.29 rushing average, the second-highest in franchise history (Russell Wilson, 7.19 in 2014).
* Had eight rushes of 25-plus yards (T1st NFL, Jonathan Taylor).
* Rushed for 135 or more yards in four of last five games, leading the NFL with 671 yards since Week 14.
* His 190 yards at Arizona (1/9/22) rank as the seventh-most in a single-game in franchise history.
* Joined Shaun Alexander (2004) as the only players in franchise history with at least 130 rushing yards in three-straight games.

WHAT TO LOOK FOR

TEAM

* With a win on Monday, it would mark Seattle's 18th win in its last 20 home openers since 2003, with losses coming in 2008 and 2021.
* Seattle has played Denver the most times in franchise history. This will be the 55th meeting, with Denver leading the series, 35-19.
* The Seahawks begin their 47th season opening at home for only the eighth time in the last 23 seasons.
* Seattle's 33-12-1 (.728) prime-time record since 2010 is the best in the NFL.

PETE CARROLL

* Needs five wins to tie Bud Grant for 18th place on the NFL's all-time winningest coaches list with 168.

MOST COMBINED WINS IN NFL HISTORY

	Regular Season	Postseason	Combined
17. Paul Brown	166-100-6	4-8	170-108-6
18. Bud Grant	158-96-5	10-12	168-108-5
19. Pete Carroll	**152-104-1**	**11-10**	**163-114-1**
20. Mike Tomlin	154-85-2	8-9	162-94-2

JAMAL ADAMS

* Needs 3.5 sacks to become the sixth defensive back in NFL history with at least 25 career sacks, joining Rodney Harrison (30.5), Ronde Barber (28), Brian Dawkins (26), Adrian Wilson (25.5) and Carnell Lake (25).
* Needs 5.0 sacks to become the first defensive back in NFL history with three career seasons with at least 5.0 sacks.

MICHAEL DICKSON

* Needs 14 punts inside the 20 to pass Rick Tuten for second-place on Seattle's all-time punts inside the 20 list with 148.

QUANDRE DIGGS

* Needs three interceptions to become the only player in the NFL to record at least three interceptions in each of the past six seasons (2017-22).
* Needs five interceptions to become the second active player to record at least five interceptions in three-consecutive seasons (CB J.C. Jackson, 2019-21).

TYLER LOCKETT

* Needs one touchdown to pass Doug Baldwin for fifth-place on Seattle's all-time total touchdowns list with 50.
* Needs 23 receptions to pass John L. Williams for fourth-place on Seattle's all-time receptions list with 472.
* Needs 379 yards to pass Darrell Jackson for fourth-place on Seattle's all time receiving yards list with 6,446.
* Needs three touchdowns to pass Darrell Jackson for third-place on Seattle's all-time receiving touchdowns list with 48.

DK METCALF

* Needs two touchdowns to tie Steve Largent for third-place for the most receiving touchdowns in a player's first four seasons in franchise history with 31.
* Needs 104 yards to pass Brian Blades for fourth-place for the most receiving yards in a player's first four seasons in franchise history with 3,274.
* Needs 17 receptions to pass Sam McCullum for 10-place on Seattle's all-time receptions list with 233.
* Needs 240 yards to pass Sam McCullum for 10th-place on Seattle's all-time receiving yards list with 3,410.
* Needs six touchdowns to pass Brian Blades for seventh-place on Seattle's all-time receiving touchdowns list with 35.
* Needs seven touchdowns to become the fourth player in NFL history with at least seven touchdowns in each of his first four seasons (Bob Hayes, Joey Galloway, Randy Moss).
* With 900 yards and five touchdowns this season, would become the fifth player since 1970 to reach those marks in his first four seasons (Joey Galloway, A.J. Green, Randy Moss, Michael Thomas).

JASON MYERS

* Needs one made field goal to pass Efren Herrera for seventh-place on Seattle's all-time made field goals list with 65.
* Needs seven made PATs to pass Efren Herrera for fifth-place on Seattle's all-time made PATs list with 140.

GENO SMITH

* With a start on Monday, it would be the fourth occurance of an eight-plus year gap for quarterbacks starting season openers since 1950 (see chart on page 12).

SERIES VS. DENVER

REGULAR SEASON: BRONCOS LEAD 35-19

October 2, 1977	L		24-13		53,108
October 7, 1978	L	@	28-7		74,989
October 29, 1978	L		20-17	ot	62,948
September 23, 1979	L	@	37-34		74,879
December 8, 1979	W		28-23		60,038
November 23, 1980	L	@	36-20		73,274
December 21, 1980	L		25-17		51,853
September 13, 1981	W		13-10		58,513
December 13, 1981	L	@	23-13		74,527
November 21, 1982	W	@	17-10		73,916
January 2, 1983	W		13-11		43,145
November 6, 1983	W		27-19		61,189
November 20, 1983	L	@	38-27		74,710
November 25, 1984	W	@	27-24		74,922
December 15, 1984	L		31-14		64,411
October 20, 1985	L	@	13-10	ot	74,899
December 20, 1985	L		27-24		56,283
October 26, 1986	L	@	20-13		76,089
December 20, 1986	W		41-16		63,697
September 13, 1987	L	@	40-17		75,999
December 13, 1987	W		28-21		61,759
September 4, 1988	W	@	21-14		75,986
December 11, 1988	W		42-14		62,839
October 22, 1989	L		24-21	ot	62,353
November 26, 1989	L	@	41-14		75,117
September 23, 1990	L	@	34-31	ot	75,290
December 23, 1990	W		17-12		55,845
September 15, 1991	L	@	16-10		74,152
November 24, 1991	W		13-10		60,430
November 30, 1992	W		16-13	ot	51,612
December 20, 1992	L	@	10-6		72,570
October 31, 1993	L	@	28-17		73,644
November 28, 1993	L		17-9		57,812
October 9, 1994	L	+	16-9		63,872
November 13, 1994	L	@	17-10		71,290
October 1, 1995	W		27-10		49,914
December 10, 1995	W	@	31-27		71,488
September 8, 1996	L		30-20		43,671
December 1, 1996	L	@	34-7		74,982
September 7, 1997	L		35-14		55,859
November 2, 1997	L	@	30-27		74,212
October 11, 1998	L		21-16		66,258
December 27, 1998	L	@	28-21		74,057
November 14, 1999	W		20-17		66,314
December 19, 1999	L	@	36-30	ot	65,987
November 26, 2000	L	+	38-31		68,661
December 10, 2000	L	@	31-24		75,218
October 14, 2001	W	+	34-21		61,837
December 09, 2001	L	@	20-7		74,524
November 17, 2002	L		31-9		65,495
December 3, 2006	W	@	23-20		76,146
September 19, 2010	L	@	31-14		75,130
September 21, 2014	W		26-20		68,447
September 9, 2018	L	@	27-24		76,761

+Husky Stadium

HEAD-TO-HEAD COMPARISON

2021 REGULAR SEASON	SEAHAWKS	BRONCOS
Record	7-10	7-10
Total Yards Gained	5,506	5,618
Total Offense (NFL Rank)	323.9 (20)	330.5 (19)
Rush Offense	122.0 (11)	119.1 (13)
Pass Offense	201.9 (23)	211.4 (19)
Points Per Game	23.2 (16)	19.7 (T23)
Total Yards Allowed	6,445	5,544
Total Defense	379.1 (28)	326.1 (8)
Rush Defense	113.6 (17)	111.3 (15)
Pass Defense	265.5 (31)	214.8 (8)
Points Allowed/Game	21.5 (T11)	18.9 (3)
Possession Avg.	25:15	30:48
Sacked/Yds. Lost	46/383	40/263
Sacks Made/Yds. Lost	34/253	36/249
Interceptions By	11	13
Penalties/Yds.	97/803	83/711
Punts/Avg.	83/46.9	67/46.0
Turnover Differential	+5 (10)	+1 (15)

2021 STAT LEADERS

	SEAHAWKS	BRONCOS
Rushing	Rashaad Penny	Melvin Gordon
	749 (119-6.3-6)	918 (203-4.5-8)
Passing	Russell Wilson	Teddy Bridgewater
	3,113 (400-259-25-6-103.1)	3,052 (426-285-18-7-94.9)
Receptions	DK Metcalf	Noah Fant
	75 (967-12.9-12)	68 (670-9.9-4)
Scoring	DK Metcalf	Melvin Gordon
(Non kicker)	72	60
Sacks	Carlos Dunlap II	Shelby Harris
	8.5	6.0
Int.	Quandre Diggs	Justin Simmons
	5	5
Punting	Michael Dickson	Sam Martin
	46.9/41.7 net (40 In 20)	46.0/42.8 net (28 In 20)
Kicking	Jason Myers	Brandon McManus
	95 (17/23 FG, 44/47 PAT)	111 (26/31 FG, 33/34 PAT)

TEAM NOTES

SERIES VS. DENVER

Record in Seattle 14-13
Kingdome 12-11
Husky Stadium 1-1
Lumen Field 1-1
Record at Denver 5-22
Mile High Stadium 4-19
Empower Field at Mile High 1-3
Current Streaks . . . . . Denver won last meeting
Longest Win Streaks
Seahawks . . . . . 3 twice, 1982-82 & 1987-88
Broncos 6, 1996-98
Last Game Played in...
Seattle . . . . . Seahawks 26, Broncos 20 (9/21/14)
Denver . . . . . Broncos 27, Seahawks 24 (9/9/18)
Total Points in Series
Seahawks 1,061 (19.6)
Broncos 1,269 (23.5)
Largest Margin of Victory
Seahawks . . . . . 28 points, 42-14 (12/11/88)
Broncos . . . . . 27 points, 34-7 (12/1/96)
Combined Points
Highest . . . . . 71 (Broncos win 37-34 on 9/23/79)
Lowest . . . . . 16 (Broncos win 10-6 on 12/20/92)
Shutouts
Seahawks . . . . . None
Broncos . . . . . None
Pete Carroll vs. Broncos (Regular Season) 3-4
With Seattle 1-2
With New England 1-2
With N.Y. Jets 1-0
Playoffs 1-0
Nathaniel Hackett vs. Seahawks (Regular Season) 0-0
With Denver 0-0
Playoffs 0-0

TOP SINGLE-GAME PERFORMANCES

	SEAHAWKS	BRONCOS
Rushing Yards	Curt Warner 24-192-8.0-3 1/20/86	Terrell Davis 30-208-6.9-1 10/11/98
Passing Yards	Dave Krieg 42-31-418-3-4 11/20/83	John Elway 42-24-432-1-0 12/20/85
Receiving Yards	Steve Largent 12-191-15.9-1 11/25/84	Rod Smith 9-158-17.6-1 12/27/98

28-12
RECORD ON MONDAY NIGHT FOOTBALL

The Seahawks are 20-7 at home, and have outscored opponents 460-283 in their last 19 appearances, including three shutouts.

BEST ALL-TIME WINNING %, MONDAY NIGHT FOOTBALL

Seattle	**28-12**	**.700**
Pittsburgh	52-26	.667
San Francisco	50-29	.633

SEAHAWKS ON MONDAY NIGHT FOOTBALL (28-12)

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
Sept. 3, 1984	W	33-0	Cleveland
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
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
Nov. 30, 2020	W	23-17	at Philadelphia
Oct. 25, 2021	L	13-10	New Orleans
Nov. 29, 2021	L	17-15	at Washington

TEAM NOTES

33-12-1
RECORD IN PRIME-TIME GAMES SINCE 2010

Seattle is 12-6-1 on Sunday nights, 11-4 on Mondays, 10-2 on Thursdays, and is 22-5 at home in prime-time games dating back to 2010.

SEATTLE'S PRIME-TIME GAMES UNDER PETE CARROLL (33-12-1)

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)
Thu, Nov. 19, 2020	vs. Arizona	W	28-21
Mon, Nov. 30, 2020	at Philadelphia	W	23-17
Thu, Oct. 7, 2021	vs. L.A. Rams	L	26-17
Sun, Oct. 17, 2021	at Pittsburgh	L	23-20 (ot)
Mon, Oct. 25, 2021	vs. New Orleans	L	13-10
Mon, Nov. 29, 2021	at Washington	L	17-15

21-13
6TH-BEST SEPTEMBER RECORD SINCE '2012

Seattle is one of eight teams since 2012 to post an opening-month winning percentage over .600.

BEST OPENING MONTH RECORD SINCE 2012

New England	25-10	.714
Kansas City	24-10	.706
Green Bay	23-11-1	.671
Denver	21-12	.636
Baltimore	22-13	.629
Seattle	**21-13**	**.618**
Dallas	21-13	.618
L.A. Rams	21-13	.618

.728
WINNING PERCENTAGE IN PRIME-TIME

BEST RECORD IN PRIME-TIME GAMES SINCE 2010

Team	W	L	T	Pct.
Seattle Seahawks	**33**	**12**	**1**	**.728**
New England Patriots	39	17	0	.696
Baltimore Ravens	29	13	0	.690
New Orleans Saints	31	17	0	.646
Green Bay Packers	38	21	0	.644

TEAM NOTES

110-58-1
RECORD SINCE THE FINAL HALF OF 2011

In those 58 losses, the average margin of victory for the opponent has been 6.9 points (398 points).

13
DOUBLE-DIGIT LOSSES IN LAST 185 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
17	17-0	at Green Bay	11/14/21
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
13	30-17	at Minnesota	9/26/21
10	23-13	vs. Arizona	11/21/21
10	20-10	at L.A. Rams	12/21/21
10*	30-20	vs. L.A. Rams	1/9/21
10	44-34	at Buffalo	11/8/20
10	27-17	at Green Bay	9/20/15

* playoff game

155
CONSECUTIVE SELL OUTS

Since 2003, all but one game has sold out, giving the team 155 consecutive sell outs including this week's game vs. Denver, including playoffs.

204
OPPONENT FALSE STARTS AT HOME

OPPONENT FALSE START PENALTIES AT HOME (2005-CURRENT)

Team	Penalties
Arizona Cardinals (State Farm Stadium)	209
Seattle Seahawks (Lumen Field)	**204**
Tennessee Titans (Nissan Stadium)	194
Philadelphia Eagles (Lincoln Financial Field)	191
Minnesota Vikings (U.S. Bank Stadium)	187

16-9
ROAD RECORD SINCE 2019

The Seahawks posted a franchise-best 7-1 road record in 2019 and were 4-5 last season.

BEST ROAD RECORDS IN FRANCHISE HISTORY

Record	Year
7-1	2019
6-2	2013
5-3	2020
5-3	2017
5-3	2015
5-3	2014
5-3	2005
5-3	1984
4-4	13 times (last: 2018)

44-28-1
MOST ROAD WINS SINCE 2013

MOST ROAD WINS SINCE 2013

Kansas City	49-23	.681
New England	46-26	.639
Seattle	**44-28-1**	**.610**
New Orleans	43-30	.589
Dallas	41-32	.562

21-7
RECORD IN 10 A.M. PT KICKOFFS

Seattle has a 21-7 record in its last twenty-eight 10 a.m. (PT) kickoff starts, including a 5-0 record in 2019, 3-1 in 2020, and 2-0 last year.

It has **won 13 of its last 14 early kickoffs since 2018**.

67-29
BEST NFL HOME RECORDS SINCE 2010

BEST NFL HOME RECORD SINCE 2010

Team	Record	Pct.
New England	78-19-0	.804
Green Bay	76-18-2	.802
Baltimore	70-27-0	.722
Pittsburgh	69-27-1	.716
Seattle	**67-29-0**	**.698**

TEAM NOTES

78-16
RECORD WHEN WINNING TURNOVER BATTLE

SEATTLE RECORD WHEN WINNING THE TURNOVER BATTLE

Year	Record	Year	Record
2010	4-0	2017	6-1
2011	6-2	2018	8-2
2012	7-1	2019	8-1
2013	10-1	2020	9-0
2014	6-2	2021	3-2
2015	4-4	2022	0-0
2016	7-0	**Totals**	**78-16**

38-15
RECORD SINCE 2012 AFTER IN-SEASON LOSS

The Seahawks have the best winning percentage in the NFL since 2012 following an in-season loss.

BEST RECORD FOLLOWING IN-SEASON LOSS SINCE 2012

Team	Record	Pct.
Seattle Seahawks	**38-15**	**.717**
New England Patriots	29-12	.707
Green Bay Packers	34-16-1	.676
Indianapolis Colts	44-25	.638
New Orleans Saints	35-25	.583

16
SPECIAL TEAMS SCORES SINCE 2010

Larry Izzo coached Seattle to a third-place finish in Rick Gosselin's annual special teams rankings in 2021, as the unit continued its strong play.

Following 14 scores from 2010-17, its two special teams scores last year broke a three-season streak of not finding the end zone.

RB Travis Homer had a hand in both scores; returning an onside kick 44 yards vs. Jacksonville (10/31/21) and rushing 73 yards on a fake punt vs. San Francisco (12/5/21).

In additon, Homer's pressure on Arizona (1/9/22) punter Andy Lee led to a forced fumble, recovery and ensuing Seattle touchdown drive last season.

119-73-1
SIXTH-BEST RECORD SINCE 2010

Under John Schneider and Pete Carroll, the Seahawks are one of 10 teams to win 100 games since 2010 and have the sixth-best record in the NFL over that span.

BEST REGULAR SEASON RECORD SINCE 2010

Team	Record
New England	142-51-0
Green Bay	128-63-2
Pittsburgh	123-68-2
Kansas City	122-71-0
New Orleans	121-72-0
Seattle	**119-73-1**
Baltimore	117-76-0
Dallas	104-89-0
Denver	101-92-0
Atlanta	100-93-0

105-55-1
SECOND-BEST RECORD SINCE 2012

Since 2012, six teams have a winning percentage of .600 or higher, with Seattle ranking second in the league.

BEST REGULAR SEASON RECORD SINCE 2012

New England	115-46	.714
Seattle	**105-55-1**	**.655**
Kansas City	105-56	.652
Green Bay	103-56-2	.646
Pittsburgh	99-60-2	.621
New Orleans	97-64	.602

21
POINTS OVERCOME IN LARGEST COMEBACK

Seattle's **overtime record is 14-24-1 and 6-7-1** 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

TEAM NOTES

12 FLAG RAISERS AT THE TOYOTA FAN DECK

Just before every kickoff at Lumen Field, fans turn their attention to the Toyota Fan Deck in the south endzone with anticipation to see who is going to raise the team's signature 12 flag and turn Lumen Field in to a frenzy. From Seahawks Legends, to local celebrities and sports personalities, the flag has become a love affair for Seahawks supporters all over the Northwest and the spirit of community that the organization and fans share. Who will raise it next?

2022 FLAG RAISERS

Chicago - NBA F Paolo Banchero
Denver -
Atlanta -
Arizona -
N.Y. Giants -
Las Vegas -
Carolina -
San Francisco -
N.Y. Jets -
L.A. Rams -

37,016 ESTIMATED MILES FLOWN DURING 2022 SEASON

Delta 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, checking in at 37,016.

2022 TOTAL MILES TRAVELED

1.	**Seattle**	**37,016***
2.	Denver	27,398
3.	Jacksonville	25,534
4.	Miami	25,178

* includes preseason

FLIGHT TIMES

Seattle is among the league leaders in miles traveled each season, and this year is no different. Tucked away in the Northwest, Seattle takes a while to reach via air travel, especially traveling east to west.

2022 FLIGHT TIMES

Seattle to Pittsburgh - 4:04
Pittsburgh to Seattle - 4:42
Seattle to Dallas - 3:06
Dallas to Seattle - 3:35
Seattle to San Francisco -
San Francisco to Seattle -
Seattle to Detroit -
Detroit to Seattle -
Seattle to New Orleans -
New Orleans to Seattle -
Seattle to L.A. Chargers -
L.A. Chargers to Seattle -
Seattle to Arizona -
Arizona to Seattle -
Seattle to Munich -
Munich to Seattle -
Seattle to L.A. Rams -
L.A. Rams to Seattle -
Seattle to Kansas City -
Kansas City to Seattle -

LARGEST LUMEN FIELD ATTENDANCE: 69,190

With the addition of the Toyota Fan Deck in the south end zone in 2016, adding 1,000 new seats, Seattle's home attendance has a chance to be broken this season.

Lumen Field's current attendance record of 69,190 fans was set vs. Philadelphia (11/20/16), that broke the old record of 69,084, established vs. Buffalo (11/7/16) two weeks prior.

LARGEST HOME ATTENDANCE, FRANCHISE HISTORY

Att.	Opponent	Stadium	Date	W/L	Score
69,190	Philadelphia	Lumen Field	11/20/16	W	26-15
69,162	San Francisco	Lumen Field	12/29/19	L	26-21
69,104	Carolina	Lumen Field	12/4/16	W	40-7
69,084	Buffalo	Lumen Field	11/7/16	W	31-25
69,080	Minnesota	Lumen Field	12/2/19	W	37-30
69,080	St. Louis	Lumen Field	12/27/15	L	23-17
69,078	Arizona	Lumen Field	12/31/17	L	26-24
69,077	L.A. Rams	Lumen Field	12/17/17	L	42-7
69,075	Philadelphia	Lumen Field	12/3/17	W	24-10
69,071	Atlanta	Lumen Field	10/16/16	W	26-24

TYLER LOCKETT

36
RECEIVING TOUCHDOWNS SINCE 2018

Tyler Lockett set his career-high with 10 touchdowns each in 2018 and 2020, and had eight scores last season.

MOST RECEIVING TOUCHDOWNS SINCE 2018, NFL

Player	TDs
Davante Adams, Las	47
Tyreek Hill, Mia	43
Mike Evans, TB	43
Adam Thielen, Min	39
Tyler Lockett, Sea	**36**

1,000
RECEIVING YARDS IN A SEASON

Lockett became the second player in franchise history (Steve Largent) to record three-straight 1,000-yard seasons.

BACK-TO-BACK 1,000-YARD SEASONS, FRANCHISE HISTORY

Tyler Lockett	**2019-21**
Doug Baldwin	2015-16
Darrell Jackson	2003-04
Joey Galloway	1997-98
Brian Blades	1994-95
Steve Largent	1978-81, 1983-86

16.1
TOP-5 RECEIVING AVG.

Tyler Lockett ranked third in the NFL with a 16.1 receiving average (min. 61 rec.) last season.

HIGHEST RECEIVING AVERAGE, NFL

Player	Avg.	Rec.	Yards	TD
Deebo Samuel, SF	18.2	77	1,405	6
Ja'Marr Chase, Cin	18.0	81	1,455	13
Tyler Lockett, Sea	**16.1**	**73**	**1,175**	**8**
Mike Williams, LAC	15.1	76	1,146	9
Kyle Pitts, Atl	15.1	68	1,026	1

5
100-YARD GAMES THIS SEASON

Lockett recorded five 100-yard games last season, good for second in franchise history.

MOST 100-YARD GAMES, SINGLE-SEASON, CLUB HISTORY

Steve Largent	6	1979
Tyler Lockett	**5**	**2021**
five players tied	5	last: DK Metcalf, 2020

MOST 100-YARD GAMES, CAREER, CLUB HISTORY

Steve Largent	40	1976-89
Darrell Jackson	19	2000-06
Brian Blades	17	1988-98
Tyler Lockett	**15**	**2015-current**

178
FIFTH-MOST YARDS IN A SINGLE GAME

Lockett recorded 122 first-half yards vs. Tennessee (9/19/21) and ended the game with 178, the fifth-most yards in a single-game in franchise history.

He owns two of the top-five yardage games, ranking second behind Steve Largent with a 200-yard game at Arizona (10/25/20).

MOST RECEIVING YARDS, SINGLE-GAME, CLUB HISTORY

Player	Yards	Rec.	TD
Steve Largent at Det (10/18/87)	261	15	3
Tyler Lockett at Ari (10/25/20)	**200**	**15**	**3**
Steve Largent at Den (11/25/84)	191	12	1
John L. Williams at L.A. Raiders (12/18/88)	180	7	1
Tyler Lockett vs. Ten (9/19/21)	**178**	**8**	**1**

449
CAREER RECEPTIONS

MOST RECEPTIONS, FRANCHISE HISTORY

Player	Rec.
Steve Largent	819
Brian Blades	581
Doug Baldwin	493
John L. Williams	471
Tyler Lockett	**449**

DK METCALF

29 & 3,170
CAREER RECEIVING STATS

MOST RECEIVING TOUCHDOWNS IN 1ST THREE SEASONS, FRANCHISE HISTORY

Player	TDs
Daryl Turner	30
DK Metcalf	**29**
Joey Galloway	26
Steve Largent	22
Darrell Jackson	18

MOST RECEIVING YARDS IN 1ST THREE SEASONS, FRANCHISE HISTORY

Player	Yards
DK Metcalf	**3,170**
Joey Galloway	3,075
Koren Robinson	2,672
Darrell Jackson	2,671
Steve Largent	2,516

12
RECEIVING TOUCHDOWNS (4TH NFL)

Metcalf set his career-high with three scores vs. Detroit (1/2/22).

MOST RECEIVING TOUCHDOWNS, NFL

Player	TDs
Cooper Kupp, LAR	16
Mike Evans, TB	14
Ja'Marr Chase, Cin	13
DK Metcalf, Sea	**12**
Davante Adams, GB	11

84
THIRD-LONGEST RECEPTION IN CLUB HISTORY

Against New Orleans (10/25/21), Geno Smith's 84-yard touchdown completion to DK Metcalf set both player's career-long gains, and the play also went down as the third-longest reception in franchise history.

LONGEST RECEPTION, FRANCHISE HISTORY

Yds.	Player	Game	Date
90t	Koren Robinson from Seneca Wallace	vs. Phi	11/2/08
87t	Ben Obomanu from Matt Hasselbeck	vs. KC	11/28/10
84t	**DK Metcalf from Geno Smith**	**vs. NO**	**10/25/21**
83	Koren Robinson from Trent Dilfer	at StL	10/20/02

29
CAREER RECEIVING TOUCHDOWNS

Metcalf ranks 11th in NFL history with 29 receiving touchdowns in a player's first three seasons.

MOST RECEIVING TOUCHDOWNS IN FIRST THREE SEASONS, NFL HISTORY

Randy Moss	43	1998-00
Jerry Rice	40	1985-87
Rob Gronkowski	38	2010-12
John Jefferson	36	1978-80
Odell Beckham Jr.	35	2014-16
Bob Hayes	35	1965-67
Harlon Hill	32	1954-56
Bill Groman	32	1960-62
Daryl Turner	30	1984-86
Cloyce Box	30	1949-52
DK Metcalf	**29**	**2019-21**

12
3RD-MOST REC. TDS IN SINGLE-SEASON

Metcalf ranks third in franchise history for most receiving touchdowns in a single-season with 12.

MOST RECEIVING TOUCHDOWNS, SINGLE-SEASON, CLUB HISTORY

Doug Baldwin	14	2015
Daryl Turner	13	1985
DK Metcalf	**12**	**2021**
Joey Galloway	12	1997
Steve Largent	12	1984

3
RECEIVING TOUCHDOWNS IN A SINGLE-GAME

Metcalf is the sixth player in franchise history to record three receiving touchdowns in a single-game.

MOST RECEIVING TDS, SINGLE-GAME, CLUB HISTORY

Player	TD	Rec.	Yards	Date
Daryl Turner vs. SD	4	7	121	9/15/85
DK Metcalf vs. Det	**3**	**6**	**63**	**1/2/22**
Tyler Lockett at Ari	3	15	200	10/25/20
Tyler Lockett vs. Dal	3	9	100	9/27/20

Baldwin, Galloway, Largent tied with 3

PLAYER NOTES

#4 MICHAEL DICKSON

40
PUNTS INSIDE THE 20 (1ST NFL)

One of the best punters in the NFL, Dickson led the league with 40 punts inside the 20 in 2021, breaking his old mark and setting the single-season franchise record.

He also passed Jeff Feagles for third-place on Seattle's all-time punts inside the 20 list with 134.

MOST PUNTS INSIDE THE 20, NFL

Michael Dickson, Sea	**40**
Cameron Johnston, Hou	37
Michael Palardy, Mia	31
Blake Gillikin, NO	29

MOST PUNTS INSIDE THE 20, SINGLE-SEASON FRANCHISE HISTORY

No.	Player	Year
40	**Michael Dickson**	**2021**
34	Michael Dickson	2019
	Jon Ryan	2011
	Jeff Feagles	1999

MOST PUNTS INSIDE THE 20, FRANCHISE HISTORY

Jon Ryan	276
Rick Tuten	147
Michael Dickson	**134**
Jeff Feagles	133

#6 QUANDRE DIGGS

13
INTERCEPTIONS IN 39 GAMES

Acquired from Detroit in a mid-season trade in 2019, Diggs has recorded 13 interceptions in 39 games played for Seattle, returning one for a touchdown.

He is the only player in the NFL to record at least three interceptions in each of the past five seasons (2017-21).

MOST INTERCEPTIONS SINCE 2020, NFL

CB J.C. Jackson, NE	17
CB Xavien Howard, Mia	15
CB Trevon Diggs, Dal	14
FS Quandre Diggs, Sea	**10**
FS Justin Simmons, Den	10

#7 GENO SMITH

103.0
2021 PASSER RATING

In limited playing time last season with three starts, Geno Smith recorded the league's sixth-best passer rating (min. 75 att.).

HIGHEST 2021 PASSER RATING (MIN. 75 ATT.), NFL

Aaron Rodgers, GB	111.9
Joe Burrow, Cin	108.3
Dak Prescott, Dal	104.2
Kirk Cousins, Min	103.1
Russell Wilson, Sea	103.1
Geno Smith, Sea	**103.0**

8
YEARS SINCE LAST SEASON-OPENER START

In his 10th season, Smith earned the 2022 Kickoff Weekend start during training camp, his first Week 1 start since the 2014 season.

It would be the fourth occurance of an eight-plus year gap for quarterbacks starting season openers since 1950.

LARGEST GAP FOR A QUARTERBACK STARTING SEASON OPENERS SINCE 1950

Quarterback	Years
Zeke Bratkowski	9 (1962-71)
Frank Tripucka	8 (1952-60)
King Hill	8 (1960-68)
Geno Smith	**8 (2014-22)**

C-HAWKS
2022 TEAM CAPTAINS

In a vote by teammates, Tyler Lockett was named offensive captain for the first time, with Quandre Diggs and Al Woods being named co-defensive captains.

Diggs is a captain for the first time in Seattle, but was named a captain in Detroit in 2019, before a mid-season trade to the Seahawks.

Nick Bellore is the special teams captain for the second-consecutive season.

PLAYER NOTES

#5 JASON MYERS

61
LONGEST FIELD GOAL MADE IN CLUB HISTORY

Prior to his miss in Minnesota (9/26/21), Myers converted 37 consecutive field goals, a franchise-record, and tied for the fifth-longest streak in NFL history.

His **85.3% field goal percentage (64 for 75) ranks third in franchise history**.

His 100% accuracy (24 for 24) in 2020, made him the sixth kicker in NFL history to convert all his field goal attempts in a single-season (min. 15 att.).

MOST CONSECUTIVE FIELD GOALS MADE, NFL HISTORY

Player	No.	Seasons
Adam Vinatieri	44	2015-16
Mike Vanderjagt	42	2002-04
Gary Anderson	40	1997-98
Cairo Santos	40	2020-21
Jason Myers, Sea	**37**	**2019-21**

LONGEST FIELD GOALS ATTEMPTED, CLUB HISTORY

Player	Distance	Date
Jason Myers at L.A. Rams	**61G**	**11/15/20**
Steven Hauschka at Detroit	61SH	10/28/12
Steven Hauschka vs. Atlanta	61SH	10/2/11
Efren Herrera vs. Kansas City	60SH	11/9/80
Steven Hauschka at Carolina	58G	10/26/14
Josh Brown at Green Bay	58G	10/5/03

#44 NICK BELLORE

15
SPECIAL TEAMS TACKLES

2020 special teams Pro Bowler Nick Bellore has 131 special teams tackles in his 11-year career, and led the team and ranked third in the NFL in that category last season.

2021 MOST SPECIAL TEAMS TACKLES, NFL

Player	Total	Solo	Ast.
J.T. Gray, NO	19	16	3
Ashton Dulin, Ind	17	12	5
Nick Bellore, Sea	**15**	**9**	**6**
Cody Davis, NE	15	9	6
Henry Black, GB	14	11	3

#33 JAMAL ADAMS

21.5
SACKS SINCE 2017

Since 2017, his 21.5 sacks are the most by a defensive back in the NFL and he set a career-high with 9.5 in 2020, setting the NFL record for most sacks by a defensive back in a season.

MOST SACKS BY A DEFENSIVE BACK SINCE 2017, NFL

S Jamal Adams, Sea	**21.5**
S Logan Ryan, TB	10.5
S Jordan Poyer, Buf	10.0
CB Mike Hilton, Cin	9.5
S Harrison Smith, Min	9.0

3.5
SACKS NEEDED FOR 25.0 IN CAREER

Needs 3.5 sacks to become the sixth defensive back with at least 25 career sacks in a career.

MOST SACKS BY A DEFENSIVE BACK IN NFL HISTORY

S Rodney Harrison	30.5
CB Ronde Barber	28.0
S Brian Dawkins*	26.0
S Adrian Wilson	25.5
S Carnell Lake	25.0
S Jamal Adams	**21.5**

* Pro Football Hall of Fame

40/30
TACKLES FOR LOSS/PASSES DEFENSED

Adams is one of four players and the only defensive back with at least 40 tackles for loss (43) and 30 passes defensed (33) over the past five seasons.

He is also one of five defensive backs since 2000 to record at least 75 tackles in each of his first five career seasons (Vonn Bell, Ha Ha Clinton-Dix, Landon Collins, Richard Marshall).

PLAYERS WITH 40 TFLS & 30 PDS SINCE 2017

Player	TFL	PD
S Jamal Adams, Sea	**43**	**33**
LB Demario Davis, NO	58	31
DE Carlos Dunlap II, KC	49	34
LB T.J. Watt, Pit	80	32

PLAYER NOTES

#20 RASHAAD PENNY

* Rushed for 135 or more yards in four of last five games, leading the NFL with 671 yards since Week 14 last season.
* His 190 yards at Arizona (1/9/22) rank as the seventh-most in a single-game in franchise history.
* Joined Shaun Alexander (2004) as the only players in franchise history with at least 130 rushing yards in three-straight games.

671
RUSHING YARDS SINCE WEEK 14 (1ST NFL)

MOST RUSHING YARDS SINCE WEEK 14, NFL

Player	Yards
Rashaad Penny, Sea	**671**
Jonathan Taylor, Ind	463
Sony Michel, LAR	419
Josh Jacobs, Las	400
Nick Chubb, Cle	392

8
RUSHES OF AT LEAST 25-YARDS (T1ST NFL)

MOST RUSHES OF 25+ YARDS, NFL

Player	25+	Carries
Rashaad Penny, Sea	**8**	**119**
Jonathan Taylor, Ind	8	332
Nick Chubb, Cle	6	228
Aaron Jones, GB	5	171
Damien Harris, NE	5	202
Elijah Mitchell, SF	5	207

6.29
RUSHING AVERAGE (1ST NFL)

Penny's career-high 6.3 rushing average ranked first in the NFL. He also set career-highs in carries (119), yards (749) and touchdowns (6).

HIGHEST RUSHING AVERAGE, NFL (MIN. SIX ATTEMPTS PER GAME)

Player	Avg.	Att.	Yards
Rashaad Penny, Sea	**6.29**	**119**	**749**
Josh Allen, Buf	6.25	122	763
Lamar Jackson, Bal	5.77	133	767
Jalen Hurts, Phi	5.64	139	784
Tony Pollard, Dal	5.53	130	719
Nick Chubb, Cle	5.52	228	1,259

#87 NOAH FANT

60/600
RECEPTIONS & REC. YARDS SINCE 2020

In 2021, Fant set career-highs in receptions (68) and touchdown receptions (4), and is one of three tight ends, along with Travis Kelce and Dalton Schultz, to record at least 60 receptions and 600 receiving yards in each of the last two seasons.

He also leads all tight ends that entered the league in 2019 in both receptions (170) and receiving yards (1,905).

#56 JORDYN BROOKS

183
SINGLE-SEASON CLUB-RECORD TACKLES

2020 first-round draft choice LB Jordyn Brooks had a breakout season in 2021 as he ranked second in the NFL with a career-high 183 tackles, setting the franchise record.

His 183 stops were also good for the second-most in the NFL since the 2000 season and he is the only player with 180-plus tackles and 10 tackles for loss (10) in a season since 2000.

He was one of five players to record at least 10 games with 10 or more tackles and was one of three players to record at least 20 tackles in a game in 2021.

MOST SINGLE-SEASON TACKLES SINCE 2000, NFL (UNOFFICIAL)

Player	Total	Solo	Ast.	Year
1. Foye Oluokun, Atl	192	102	90	2021
2. Jordyn Brooks, Sea	**183**	**108**	**75**	**2021**
3. Jerod Mayo, NE	175	114	61	2010
4. Patrick Willis, SF	174	136	38	2007
5. Vontaze Burfict, Cin	171	114	57	2013

MOST SINGLE-SEASON TACKLES, CLUB HISTORY

Player	Year	Total	Solo	Ast.
1. Jordyn Brooks	**2021**	**183**	**107**	**76**
2. Bobby Wagner	2021	170	93	77
3. Bobby Wagner	2016	167	85	82
4. Bobby Wagner	2019	159	86	73
5. Terry Beeson	1978	153	n/a	n/a
6. Chad Brown	1998	150	119	31
7. Anthony Simmons	2000	147	119	28

PETE CARROLL

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

Pete Carroll ranks 19th in NFL history with 163 combined wins. He became the 39th head coach in NFL history to reach 100 wins in the regular season and the 22nd head coach in NFL history to reach 150 regular season wins.

MOST COMBINED WINS IN NFL HISTORY

		Regular Season				Postseason			Combined			
	Coach	W	L	T	Pct.	W	L	Pct.	W	L	T	Pct.
17.	Paul Brown	166	100	6	.624	4	8	.333	170	108	6	.612
18.	Bud Grant	158	96	5	.621	10	12	.455	168	108	5	.608
19.	**Pete Carroll, Sea**	**152**	**104**	**1**	**.593**	**11**	**10**	**.524**	**163**	**114**	**1**	**.588**
20.	Mike Tomlin, Pit	154	85	2	.643	8	9	.471	162	94	2	.632

163 CAREER WINS FOR PETE CARROLL (REGULAR & POSTSEASON)

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
						Championship Game victory vs. San Francisco, 23-17
						Super Bowl XLVIII victory vs. Denver, 43-8
2014	Seattle	12	4	0	.750	
						Divisional Playoff victory vs. Carolina, 31-17
						Championship Game 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	12	4	0	.750	1st, NFC West
						Wild Card loss vs. L.A. Rams, 30-20
2021	Seattle	7	10	0	.412	4th, NFC West
Reg. Season (16 Yrs.)		152	104	1	.593	
Postseason (11 Yrs.)		11	10	0	.524	
Combined Record		163	114	1	.588	

SEATTLE SEAHAWKS / PRESEASON / WEEK 4 / THROUGH SATURDAY, AUGUST 27, 2022

WON 0, LOST 3

08/13 L 25-32	at Pittsburgh	48,197
08/18 L 11-27	Chicago	68,305
08/26 L 26-27	at Dallas	81,598

	Sea.	Opp.
TOTAL FIRST DOWNS	61	63
Rushing	21	19
Passing	33	37
Penalty	7	7
3rd Down: Made/Att	11/43	17/45
3rd Down Pct.	25.6	37.8
4th Down: Made/Att	4/5	0/4
4th Down Pct.	80.0	0.0
POSSESSION AVG.	28:31	31:29
TOTAL NET YARDS	991	972
Avg. Per Game	330.3	324.0
Total Plays	200	213
Avg. Per Play	5.0	4.6
NET YARDS RUSHING	376	430
Avg. Per Game	125.3	143.3
Total Rushes	76	96
NET YARDS PASSING	615	542
Avg. Per Game	205.0	180.7
Sacked/Yards Lost	7/62	8/54
Gross Yards	677	596
Att./Completions	117/66	109/66
Completion Pct.	56.4	60.6
Had Intercepted	4	0
PUNTS/AVERAGE	18/48.4	17/45.8
NET PUNTING AVG.	18/37.9	17/39.5
PENALTIES/YARDS	24/199	15/163
FUMBLES/BALL LOST	6/3	8/1
TOUCHDOWNS	6	10
Rushing	3	1
Passing	3	8
Returns	0	1

* SCORE BY PERIODS	Q1	Q2	Q3	Q4	OT	PTS
TEAM	10	13	17	22	0	62
OPPONENTS	17	27	25	17	0	86

* SCORING	TD	Ru	Pa	Rt	K-PAT	FG	S	PTS
Myers	0	0	0	0	4/ 4	6/ 7	0	22
Dallas	2	1	1	0		0		12
Hart	1	0	1	0		0		6
G. Smith	1	1	0	0		0		6
D. Thompson	1	1	0	0		0		6
Young	1	0	1	0		0		6
Homer	0	0	0	0		0		2
C. Johnson	0	0	0	0		0		2
TEAM	6	3	3	0	4/ 4	6/ 7	0	62
OPPONENTS	10	1	8	1	9/ 9	5/ 6	0	86

2-Pt Conv: Homer, C. Johnson, TM 2-2, OPP 1-1

SACKS: Mafe 2, M. Adams 1.5, V. Jones 1, Muse 1, Onujiogu 1, Dublanko 0.5, Robinson 0.5, L. Williams 0.5, TM 8, OPP 7

FUM/LOST: Eason 1/0, A. Fuller 1/0, C. Johnson 1/1, Lock 1/1, Parkinson 1/0, Shepley 1/1

* RUSHING	No.	Yds	Avg	Long	TD
Dallas	28	163	5.8	27	1
Homer	12	90	7.5	33	0
D. Thompson	16	72	4.5	16	1
Walker	5	19	3.8	7	0
G. Smith	2	9	4.5	7	1
Lock	3	7	2.3	3	0
Melton	1	6	6.0	6	0
Rivers LG	2	6	3.0	5	0
Rivers TM	2	6	3.0	5	0
Hart	1	2	2.0	2	0
C. Johnson	1	2	2.0	2	0
Eason	3	1	0.3	1	0
Eskridge	1	0	0.0	0	0
Young	1	-1	-1.0	-1	0
TEAM	76	376	4.9	33	3
OPPONENTS	96	430	4.5	38	1

* RECEIVING	No.	Yds	Avg	Long	TD
Melton	7	89	12.7	39	0
Dallas	7	78	11.1	29	1
Young	7	73	10.4	22	1
C. Johnson	6	75	12.5	26	0
Kassis	6	29	4.8	13	0
Hart	5	84	16.8	41	1
A. Fuller	5	48	9.6	16	0
Homer	5	48	9.6	25	0
Parkinson	4	43	10.8	20	0
Brewer	3	17	5.7	8	0
Fant	3	17	5.7	17	0
Lockett	2	35	17.5	18	0
D. Thompson	2	9	4.5	7	0
Walker	1	11	11.0	11	0
Eskridge	1	8	8.0	8	0
Mabry	1	7	7.0	7	0
Swain	1	6	6.0	6	0
TEAM	66	677	10.3	41	3
OPPONENTS	66	596	9.0	26t	8

* INTERCEPTIONS	No.	Yds	Avg	Long	TD
TEAM	0	0	---	---	0
OPPONENTS	4	61	15.3	30	0

* PUNTING	No.	Yds	Avg	Net	TB	In 20	Lg	B
Dickson	18	872	48.4	37.9	4	4	62	0
TEAM	18	872	48.4	37.9	4	4	62	0
OPPONENTS	17	778	45.8	39.5	3	7	61	0

* PUNT RETURNS	Ret	FC	Yds	Avg	Long	TD
A. Fuller	3	0	7	2.3	8	0
C. Johnson	2	0	14	7.0	14	0
Swain	2	1	9	4.5	5	0
Dallas	1	1	-2	-2.0	-2	0
Eskridge	1	1	18	18.0	18	0
TEAM	9	3	46	5.1	18	0
OPPONENTS	8	3	109	13.6	48	0

* KICKOFF RETURNS	No.	Yds	Avg	Long	TD
C. Johnson	3	71	23.7	25	0
Dallas	2	41	20.5	21	0
D. Thompson	1	14	14.0	14	0
Walker	1	22	22.0	22	0
TEAM	7	148	21.1	25	0
OPPONENTS	6	187	31.2	58	0

* FIELD GOALS	1-19	20-29	30-39	40-49	50+
Myers	0/ 0	4/ 4	1/ 1	0/ 1	1/ 1
TEAM	0/ 0	4/ 4	1/ 1	0/ 1	1/ 1
OPPONENTS	0/ 0	2/ 2	2/ 2	1/ 1	0/ 1

Myers: (33G)(47N,27G)(53G,29G,28G,28G)
TM: (33G)(47N,27G)(53G,29G,28G,28G)
OPP: (21G)(35G,47G)(28G,35G,61N)

* PASSING	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	Long	Sack/Lost	Rating
Eason	39	19	148	48.7	3.79	0	0.0	1	2.6	20	1/ 9	47.8
Lock	39	24	273	61.5	7.00	3	7.7	3	7.7	39	2/ 17	76.1
G. Smith	39	23	256	59.0	6.56	0	0.0	0	0.0	41	4/ 36	78.6
TEAM	117	66	677	56.4	5.79	3	2.6	4	3.4	41	7/ 62	67.5
OPPONENTS	109	66	596	60.6	5.47	8	7.3	0	0.0	26t	8/ 54	99.8

DEFENSIVE STATISTICS

	Total	Solo	Assist	Sacks	Yards	TFL	QH	Int	PD	FF	FR
Dublanko, J.	22	8	14	0.5	0.0	0	1	0	1	0	0
Blair, M.	14	8	6	0	0	0	0	0	1	1	0
Adams, M.	12	7	5	1.5	13.0	3	4	0	1	0	0
Blount, J.	12	8	4	0	0	0	0	0	0	0	0
Jackson, M.	11	8	3	0	0	0	0	0	5	0	0
Jones, V.	11	6	5	1.0	9.0	1	1	0	0	0	0
Bryant, C.	10	9	1	0	0	0	0	0	3	0	0
Muse, T.	10	6	4	1.0	5.0	1	0	0	0	0	0
Jones, J.	8	6	2	0	0	1	0	0	1	0	0
Mone, B.	8	1	7	0	0	0	0	0	0	0	0
Onujiogu, J.	8	3	5	1.0	3.0	1	1	0	0	0	0
Barton, C.	7	5	2	0	0	0	1	0	0	0	0
Nelson, S.	7	6	1	0	0	1	0	0	0	0	0
Hewitt, J.	6	3	3	0	0	0	1	0	0	0	0
Mafe, B.	6	6	0	2.0	18.0	1	1	0	0	1	0
Williams, L.	6	3	3	0.5	0.0	0	1	0	0	0	0
Williams, D.	6	0	6	0	0	0	0	0	0	0	0
Coleman, J.	5	4	1	0	0	0	0	0	0	0	0
Houston, J.	5	3	2	0	0	0	0	0	0	0	0
Woolen, T.	5	2	3	0	0	0	1	0	0	0	0
Iyiegbuniwe, J.	4	3	1	0	0	0	0	0	0	0	0
Bolden, B.	3	0	3	0	0	0	0	0	0	0	0
Burns, A.	3	2	1	0	0	0	0	0	0	0	0
Ford, P.	3	2	1	0	0	0	0	0	0	0	0
Nwosu, U.	3	3	0	0	0	1	0	0	0	0	0
Robinson, A.	3	2	1	0.5	6.0	1	3	0	0	0	0
Valentine-Turner, J.	3	3	0	0	0	0	0	0	0	0	0
Gotel, M	2	1	1	0	0	0	0	0	0	0	0
Harris, S.	2	2	0	0	0	1	1	0	0	0	0
Reid, J.	2	2	0	0	0	0	0	0	1	0	0
Taylor, D.	2	2	0	0	0	0	0	0	1	0	0
Amadi, U.	1	1	0	0	0	0	0	0	0	0	0
Bellore, N.	1	1	0	0	0	0	0	0	1	0	0
Jefferson, Q.	1	1	0	0	0	0	0	0	0	0	0
Woods, A.	1	0	1	0	0	0	0	0	0	0	0

SPECIAL TEAMS TACKLES

	Total	Solo	Assist	FF	FR	Blocks
Blount, J.	2	1	1	0	0	0
Bryant, C.	2	2	0	0	0	0
Hart, P.	2	1	1	0	0	0
Jones, V.	2	1	1	0	0	0
Mafe, B.	2	2	0	0	0	0
Blair, M.	1	0	1	1	0	0
Coleman, J.	1	1	0	1	0	0
Ott, T.	1	1	0	0	0	0
Williams, D.	1	1	0	0	0	0
Williams, L.	0	0	0	0	1	0

FUMBLES

	Fum	Lost	Own-Rec	O.B.
Eason, J.	1	0	1	0
Fuller, A.	1	0	0	0
Johnson, C.	1	1	0	0
Lock, D.	1	1	0	0
Parkinson, C.	1	0	0	0
Shepley, D.	1	1	0	0
Coleman, J.	0	0	1	0
Hart, P.	0	0	1	0

TRANSACTIONS

Jan. 1	Placed on COVID-19 list	CB Sidney Jones IV
	Placed on injured reserve	LB Jon Rhattigan
	Elevated from practice squad	CB Michael Jackson
		S Josh Jones
		LB Edmond Robinson
Jan. 3	Reverted to practice squad	CB Michael Jackson
		S Josh Jones
		LB Edmond Robinson
	Placed on COVID-19 list	DE Alton Robinson
Jan. 4	Activated from COVID-19 list	CB Bless Austin
	Placed on injured reserve	RB Alex Collins
	Signed from practice squad	RB Josh Johnson
	Placed on COVID-19 list	S Gavin Heslop
Jan. 5	Placed on COVID-19 list	DT Myles Adams
		DT Al Woods
Jan. 6	Activated from COVID-19 list	CB Sidney Jones IV
		G Damien Lewis
	Placed on COVID-19 list	S Ryan Neal
Jan. 8	Placed on injured reserve	T Brandon Shell
	Signed from practice squad	TE Tyler Mabry
	Placed on COVID-19 list	C Kyle Fuller
	Elevated from practice squad	WR Aaron Fuller
		CB Michael Jackson
		S Josh Jones
		WR Cody Thompson
Jan. 10	Reverted to practice squad	WR Aaron Fuller
		CB Michael Jackson
		S Josh Jones
		WR Cody Thompson
	Activated from COVID-19 list	DT Al Woods
	Signed to 2022 future contract	DT Myles Adams
		WR Matt Cole
		LB Aaron Donkor
		G Greg Eiland
		WR Aaron Fuller
		DT Jarrod Hewitt
		CB Michael Jackson
		WR Cade Johnson
		G Pier-Olivier Lestage
		WR Cody Thompson
		LB Lakiem Williams
Jan. 11	Activated from COVID-19 list	DT Myles Adams
		S Gavin Heslop
		S Ryan Neal
		DE Alton Robinson
Jan. 14	Activated from COVID-19 list	C Kyle Fuller
Jan. 19	Signed to future contract	DE Alex Tchangam
Feb. 15	Hired assistant coach	Sean Desai
	Hired assistant coach	Sanjay Lal
	Hired assistant coach	Karl Scott
	Hired assistant coach	Will Tukuafu
Feb. 16	Signed to future contract	RB Darwin Thompson
Mar. 9	Released	LB Bobby Wagner
Mar. 16	Traded to Denver	QB Russell Wilson
		2022 fourth-round pick
	Acquired from Denver	TE Noah Fant
		DE Shelby Harris
		QB Drew Lock
		2022 first-round pick
		2022 second-round pick
		2022 fifth-round pick
		2023 first-round pick
		2023 second-round pick
Mar. 17	Re-signed	S Quandre Diggs
		TE Will Dissly
		CB Sidney Jones IV
		DT Al Woods
	Signed	LB Uchenna Nwosu
	Released	LB Benson Mayowa
Mar. 18	Signed	CB Artie Burns
	Released	LB Carlos Dunlap II
		DE Kerry Hyder Jr.
	Re-signed	C Kyle Fuller
Mar. 21	Re-signed	RB Rashaad Penny
	Signed	C Austin Blythe
		DT Quinton Jefferson
Mar. 24	Signed	CB Justin Coleman
		LB Iggy Iyiegbuniwe
Apr. 19	Re-signed	WR Penny Hart
		G Phil Haynes
		DT Bryan Mone
		LB Tanner Muse
		S Ryan Neal
		CB John Reid
		LB Jon Rhattigan
		C Dakoda Shepley
		QB Geno Smith
May 3	Released	DT Niles Scott
	Signed	S Josh Jones
May 6	Signed	S Joey Blount
		S Bubba Bolden
		TE Cade Brewer
		G Shamarious Gilmore
		DT Matt Gotel
		WR Jake Herslow
		LB Vi Jones
		QB Levi Lewis
		WR Bo Melton
		TE John Mitchell
		S Scott Nelson
		DE Josh Onujiogu
		WR Demetris Robertson
		LB Tyreke Smith
		S Josh Valentine-Turner
		S Deontai Williams
		CB Tariq Woolen
		WR Dareke Young

TRANSACTIONS

May 13	Released	CB Matt Cole
		WR Jake Herslow
		TE John Mitchell
		WR Demetris Robertson
	Signed	WR Deontez Alexander
		WR Kevin Kassis
May 16	Signed	CB Elijah Jones
		T Liam Ryan
May 20	Released	QB Levi Lewis
May 23	Signed	WR Marquise Goodwin
May 25	Signed	T Abraham Lucas
June 2	Signed	T Charles Cross
June 15	Released	DE Alex Tchangam
June 22	Released	G Pier-Olivier Lestage
	Signed to contract extension	DT Bryan Mone
July 26	Released/failed physical	LB Ben Burr-Kirven
		RB Chris Carson
	Signed	CB Coby Bryant
		LB Boye Mafe
		RB Kenneth Walker III
July 27	Signed	G Keenan Forbes
		TE Jake Hausmann
		G Eric Wilson
	Signed to one-day contract	LB K.J. Wright
July 29	Signed to contract extension	WR DK Metcalf
	Signed to one-day contract	G J.R. Sweezy
Aug. 1	Signed	DT Antonio Valentino
Aug. 5	Released	TE Jake Hausmann
	Signed	LB Joel Dublanko
Aug. 10	Released	G Keenan Forbes
	Signed	CB Jameson Houston
Aug. 15	Placed on injured reserve	WR Cody Thompson
	Released	WR Deontez Alexander
		CB Josh Valentine-Turner
		DT Antonio Valentino
		G Eric Wilson
	Traded to Philadelphia	S Ugo Amadi
	Acquired from Philadelphia	WR J.J. Arcega-Whiteside
Aug. 20	Released	S Bubba Bolden
		TE Cade Brewer
		DT Matt Gotel
		LB Joel Iyiegbuniwe
		CB Elijah Jones
Aug. 23	Released	G Shamarious Gilmore
	Signed	TE Cade Brewer
Aug. 24	Placed on Reserve/PUP	LB Jon Rhattigan
	Signed	RB Ronnie Rivers
Aug. 28	Placed on Reserve/PUP	CB Tre Brown
	Released	TE Cade Brewer
		LB Aaron Donkor
		CB Jameson Houston
		RB Ronnie Rivers
Aug. 30	Placed on injured reserve	LB Tyreke Smith
	Waived/injured	RB Josh Johnson
	Released	WR J.J. Arcega-Whiteside
		S Marquise Blair
		CB Justin Coleman
		LB Joel Dublanko
		QB Jacob Eason
		T Greg Eiland
		WR Aaron Fuller
		DT Jarrod Hewitt
		WR Cade Johnson
		LB Vi Jones
		WR Kevin Kassis
		TE Tyler Mabry
		WR Bo Melton
		LB Tanner Muse
		S Scott Nelson
		T Liam Ryan
		C Dakoda Shepley
		WR Freddie Swain
		RB Darwin Thompson
		LB Lakiem Williams
		S Deontai Williams
Aug. 31	Placed on injured reserve	DE L.J. Collier
		CB John Reid
	Released	LB Josh Onujiogu
	Claimed off waivers	CB Isaiah Dunn
		LB Darryl Johnson
	Signed to practice squad	WR J.J. Arcega-Whiteside
		LB Aaron Donkor
		G Greg Eiland
		WR Cade Johnson
		LB Vi Jones
		TE Tyler Mabry
		WR Bo Melton
		CB Quandre Mosely
		LB Tanner Muse
		S Scott Nelson
		T Liam Ryan
		RB Darwin Thompson
Sep. 1	Signed to practice squad	CB Xavier Crawford
		QB Sean Mannion
		T Jalen McKenzie
Sep. 2	Signed to practice squad	LB Josh Onujiogu
		DE Jabari Zuniga
	(3,101st transaction since 2010)	

PARTICIPATION CHART

Week	1	2	3	2022			
Date	8/13	8/18	8/26	G	S	IN	DNP
Game	@Pit	Chi	@Dal				
Adams, J.	dnp	dnp	dnp	0	0	0	3
Adams, M.	dt	dt	DT	3	1	0	0
Alexander, D.	wr			1	0	0	0
Amadi, U.	s			1	0	0	0
Arcega-Whiteside, J.		wr	dnp	1	0	0	1
Barton, C.	ILB	ILB	ILB	3	3	0	0
Bellore, N.	lb	sub	sub	3	0	0	0
Blair, M.	FS	FS	FS	3	3	0	0
Blount, J.	s	s	SS	3	1	0	0
Blythe, A.	C	C	C	3	3	0	0
Bolden, B.	s	s		2	0	0	0
Brewer, C.	te	te	te	3	0	0	0
Brooks, J.	dnp	dnp	dnp	0	0	0	3
Brown, T.	pup	pup	pup	0	0	0	0
Bryant, C.	LCB	cb	cb	3	1	0	0
Burns, A.	dnp	dnp	cb	1	0	0	2
Coleman, J.	CB	CB	cb	3	2	0	0
Collier, L.	dnp	dnp	dnp	0	0	0	3
Cross, C.	LT	LT	LT	3	3	0	0
Curhan, J.	RT	RT	RG	3	3	0	0
Dallas, D.	rb	rb	rb	3	0	0	0
Dickson, M.	p	p	p	3	0	0	0
Diggs, Q.	dnp	dnp	dnp	0	0	0	3
Dissly, W.	dnp	TE	TE	2	2	0	1
Donkor, A.	sub	dnp	dnp	1	0	0	2
Dublanko, J.	lb	ILB	lb	3	1	0	0
Eason, J.	dnp	qb	qb	2	0	0	1
Eiland, G.	g	g	g	3	0	0	0
Eskridge, D.	dnp	dnp	WR	1	1	0	2
Fant, N.	te	TE	te	3	1	0	0
Ford, P.	DT	dt	dnp	2	1	0	1
Forsythe, S.	t	t	t	3	0	0	0
Fuller, A.	wr	wr	wr	3	0	0	0
Fuller, K.	c	c	c	3	0	0	0
Gilmore, S.	sub	g		2	0	0	0
Goodwin, M.	dnp	dnp	dnp	0	0	0	3
Gotel, M.	dt	dt		2	0	0	0
Harris, S.	de	de	dnp	2	0	0	1
Hart, P.	wr	wr	wr	3	0	0	0
Haynes, P.	RG	g	LG	3	2	0	0
Hewitt, J.	dt	dt	DT	3	1	0	0
Homer, T.	rb	RB	RB	3	2	0	0
Houston, J.	cb	cb	cb	3	0	0	0
Iyiegbuniwe, J.	ILB	lb		2	1	0	0
Jackson, G.	dnp	RG	dnp	1	1	0	2
Jackson, M.	cb	LCB	LCB	3	2	0	0
Jefferson, Q.	de	DE	dnp	2	1	0	1
Johnson, C.	wr	wr	wr	3	0	0	0
Johnson, J.	dnp	dnp	dnp	0	0	0	3
Jones, E.	cb	cb		2	0	0	0
Jones, J.	SS	SS	dnp	2	2	0	1
Jones, V.	lb	lb	lb	3	0	0	0
Jones IV, S.	dnp	dnp	dnp	0	0	0	3
Kassis, K.	wr	wr	wr	3	0	0	0
Lewis, D.	LG	LG	dnp	2	2	0	1
Lock, D.	qb	dnp	qb	2	0	0	1
Lockett, T.	dnp	WR	WR	2	2	0	1
Lucas, A.	t	t	RT	3	1	0	0
Mabry, T.	te	te	dnp	2	0	0	1
Mafe, B.	lb	lb	dnp	2	0	0	1
Melton, B.	wr	wr	wr	3	0	0	0
Metcalf, D.	dnp	WR	dnp	1	1	0	2
Mone, B.	dt	dt	DT	3	1	0	0
Muse, T.	lb	lb	LB	3	1	0	0
Myers, J.	k	k	k	3	0	0	0
Neal, R.	dnp	dnp	dnp	0	0	0	3
Nelson, S.	s	s	s	3	0	0	0
Nwosu, U.	OLB	OLB	dnp	2	2	0	1
Onujiogu, J.	lb	lb	LB	3	1	0	0
Ott, T.	ls	ls	ls	3	0	0	0
Parkinson, C.	TE	te	te	3	1	0	0
Penny, R.	dnp	dnp	dnp	0	0	0	3
Reid, J.	cb	dnp	cb	2	0	0	1
Rhattigan, J.	dnp	dnp	pup	0	0	0	2
Rivers, R.			rb	1	0	0	0
Robinson, A.	de	de	DE	3	1	0	0
Ryan, L.	pup	dnp	t	1	0	0	1
Shepley, D.	c	c	c	3	0	0	0
Smith, G.	QB	QB	QB	3	3	0	0
Smith, T.	dnp	dnp	dnp	0	0	0	3
Swain, F.	dnp	wr	wr	2	0	0	1
Taylor, D.	OLB	OLB	dnp	2	2	0	1
Thompson, C.	WR	ir	ir	1	1	0	0
Thompson, D.	rb	rb	rb	3	0	0	0
Val.-Turner, J.	cb			1	0	0	0
Valentino, A.	dt			1	0	0	0
Walker III, K.	RB	dnp	dnp	1	1	0	2
Williams, D.	s	s	s	3	0	0	0
Williams, L.	dnp	lb	lb	2	0	0	1
Wilson, E.	sub			1	0	0	0
Woods, A.	dnp	NT	dnp	1	1	0	2
Woolen, T.	RCB	RCB	RCB	3	3	0	0
Young, D.	WR	wr	WR	3	2	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
2022	T Charles Cross (1)	CB Isaiah Dunn (W)
	LB Boye Mafe (2a)	TE Noah Fant (T)
	RB Kenneth Walker III (2b)	DE Shelby Harris (T)
	T Abraham Lucas (3)	LB Darryl Johnson (W)
	CB Coby Bryant (4)	QB Drew Lock (T)
	CB Tariq Woolen (5a)	
	WR Dareke Young (7b)	
2021	WR Dee Eskridge (2)	G Gabe Jackson (T)
	T Stone Forsythe (6)	CB Sidney Jones IV (T)
2020	LB Jordyn Brooks (1)	S Jamal Adams (T)
	DE Darrell Taylor (2)	
	G Damien Lewis (3)	
	TE Colby Parkinson (4a)	
	RB DeeJay Dallas (4b)	
	DE Alton Robinson (5)	
2019	WR DK Metcalf (2b)	S Quandre Diggs (T)
	LB Cody Barton (3)	
	G Phil Haynes (4b)	
	RB Travis Homer (6a)	
2018	RB Rashaad Penny (1)	
	TE Will Dissly (4)	
	P Michael Dickson (5c)	
2016	DE Quinton Jefferson (5a)	
2015	WR Tyler Lockett (3)	

Free Agents

2022

S Joey Blount
C Austin Blythe (UFA)
CB Artie Burns (UFA)
CB Justin Coleman
WR Marquise Goodwin
LB Uchenna Nwosu (UFA)

2021

G Jake Curhan
CB Michael Jackson
S Josh Jones
DT Al Woods

2020

DT Myles Adams

2019

LB/FB Nick Bellore
C/G Kyle Fuller
WR Penny Hart
DT Bryan Mone
K Jason Myers (UFA)
S Ryan Neal
QB Geno Smith

2018

DT Poona Ford

2016

LS Tyler Ott

By Experience

LB/FB	Nick Bellore	12
DT	Al Woods	12
QB	Geno Smith	10
WR	Marquise Goodwin	9
DE	Shelby Harris	9
G	Gabe Jackson	9
CB	Justin Coleman	8
S	Quandre Diggs	8
WR	Tyler Lockett	8
K	Jason Myers	8
LS	Tyler Ott	8
C	Austin Blythe	7
CB	Artie Burns	7
DE	Quinton Jefferson	7
S	Jamal Adams	6
C/G	Kyle Fuller	6
CB	Sidney Jones IV	6
P	Michael Dickson	5
TE	Will Dissly	5
DT	Poona Ford	5
S	Josh Jones	5
S	Ryan Neal	5
LB	Uchenna Nwosu	5
RB	Rashaad Penny	5
LB	Cody Barton	4
TE	Noah Fant	4
WR	Penny Hart	4
G	Phil Haynes	4
RB	Travis Homer	4
CB	Michael Jackson	4
LB	Darryl Johnson	4
QB	Drew Lock	4
WR	DK Metcalf	4
DT	Bryan Mone	4
DT	Myles Adams	3
LB	Jordyn Brooks	3
RB	DeeJay Dallas	3
G	Damien Lewis	3
TE	Colby Parkinson	3
LB	Alton Robinson	3
LB	Darrell Taylor	3
T	Jake Curhan	2
CB	Isaiah Dunn	2
T	Stone Forsythe	2
WR	Dee Eskridge	2
S	Joey Blount	R
CB	Coby Bryant	R
T	Charles Cross	R
LB	Boye Mafe	R
T	Abraham Lucas	R
RB	Kenneth Walker III	R
CB	Tariq Woolen	R
WR	Dareke Young	R

2022 Seattle Seahawks Alphabetical Roster (Updated 9/3/22)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
33	Adams, Jamal	SS	6-1	213	10/17/1995	26	6	Louisiana State	Lewisville, Texas	T(NYJ)-'20
95	Adams, Myles	DT	6-2	290	3/9/1998	24	3	Rice	Arlington, Texas	FA-'20
57	Barton, Cody	LB	6-2	237	11/13/1996	25	4	Utah	Salt Lake City, Utah	D3-'19
44	Bellore, Nick	FB/LB	6-1	250	5/12/1989	33	12	Central Michigan	St. Paul, Minn.	FA-'19
35	Blount, Joey	FS	6-1	201	11/16/1998	23	R	Virginia	Atlanta, Ga.	FA-'22
63	Blythe, Austin	C	6-3	298	6/16/1992	30	7	Iowa	Williamsburg, Iowa	UFA(KC)-'22
56	Brooks, Jordyn	LB	6-0	240	10/21/1997	24	3	Texas Tech	Houston, Texas	D1-'20
8	Bryant, Coby	CB	6-1	193	3/29/1999	23	R	Cincinnati	Cleveland, Ohio	D4-'22
21	Burns, Artie	CB	6-0	187	5/1/1995	27	7	Miami	Miami, Fla.	UFA(Chi)-'22
28	Coleman, Justin	CB	5-11	190	3/27/1993	29	8	Tennessee	Brunswick, Ga.	UFA(Mia)-'22
67	Cross, Charles	T	6-5	311	11/25/2000	21	R	Mississippi State	Laurel, Miss.	D1-'22
74	Curhan, Jake	T	6-6	316	2/9/1998	24	2	California	Larkspur, Calif.	FA-'21
31	Dallas, DeeJay	RB	5-10	214	9/16/1998	23	3	Miami	Brunswick, Ga.	D4(b)-'20
4	Dickson, Michael	P	6-2	208	1/4/1996	26	5	Texas	Sydney, Australia	D5(c)-'18
6	Diggs, Quandre	FS	5-9	197	1/22/1993	29	8	Texas	Houston, Texas	T(Det)-'19
89	Dissly, Will	TE	6-4	265	7/8/1996	26	5	Washington	Bozeman, Mont.	D4-'18
24	Dunn, Isaiah	CB	6-0	193	1/31/1999	23	2	Oregon State	Antioch, Calif.	W(NYJ)-'22
1	Eskridge, Dee	WR	5-9	190	3/23/1997	25	2	Western Michigan	Bluffton, Ind.	D2-'21
87	Fant, Noah	TE	6-4	249	11/20/1997	24	4	Iowa	Omaha, Neb.	T(Den)-'22
97	Ford, Poona	DT	5-11	310	11/19/1995	26	5	Texas	Hilton Head, S.C.	FA-'18
78	Forsythe, Stone	T	6-8	307	12/29/1997	24	2	Florida	Winter Garden, Fla.	D6-'21
61	Fuller, Kyle	C/G	6-5	320	3/4/1994	28	6	Baylor	Duncanville, Texas	FA-'19
15	Goodwin, Marquise	WR	5-9	183	11/19/1990	31	9	Texas	Rowlett, Texas	FA-'22
93	Harris, Shelby	DE	6-2	290	8/11/1991	31	9	Illinois State	Milwaukee, Wis.	T(Den)-'22
19	Hart, Penny	WR	5-8	180	7/5/1996	26	4	Georgia State	Roswell, Ga.	FA-'19
60	Haynes, Phil	G	6-4	322	10/19/1995	26	4	Wake Forest	Raleigh, N.C.	D4(b)-'19
25	Homer, Travis	RB	5-10	202	8/7/1998	24	4	Miami	West Palm Beach, Fla.	D6(a)-'19
66	Jackson, Gabe	G	6-3	335	7/12/1991	31	9	Mississippi State	Liberty, Miss.	T(LV)-'21
30	Jackson, Michael	CB	6-1	210	1/10/1997	25	4	Miami	Birmingham, Ala.	FA-'21
77	Jefferson, Quinton	DE	6-4	291	3/31/1993	29	7	Maryland	Pittsburgh, Pa.	D5(a)-'16
40	Johnson, Darryl	LB	6-6	253	4/4/1997	25	4	North Carolina A&T	Kingsland, Ga.	W(Car)-'22
42	Jones, Josh	SS	6-2	220	9/20/1994	27	5	North Carolina State	Walled Lake, Mich.	FA-'21
23	Jones IV, Sidney	CB	6-0	186	5/21/1996	26	6	Washington	West Covina, Calif.	T(Jac)-'21
68	Lewis, Damien	G	6-2	327	3/21/1997	25	3	Louisiana State	Canton, Miss.	D3-'20
2	Lock, Drew	QB	6-4	228	11/10/1996	25	4	Missouri	Columbia, Mo.	T(Den)-'22
16	Lockett, Tyler	WR	5-10	182	9/28/1992	29	8	Kansas State	Tulsa, Okla.	D3-'15
72	Lucas, Abraham	T	6-6	322	10/25/1998	23	R	Washington State	Everett, Wash.	D3-'22
53	Mafe, Boye	LB	6-4	261	11/30/1998	23	R	Minnesota	Minnetonka, Minn.	D2(a)-'22
14	Metcalf, DK	WR	6-4	235	12/14/1997	24	4	Mississippi	Oxford, Miss.	D2(b)-'19
90	Mone, Bryan	DT	6-3	345	10/20/1995	26	4	Michigan	Salt Lake City, Utah	FA-'19
5	Myers, Jason	K	5-10	190	5/12/1991	31	8	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
26	Neal, Ryan	SS	6-3	200	12/24/1995	26	5	Southern Illinois	Hammond, Ind.	FA-'19
10	Nwosu, Uchenna	LB	6-2	251	12/28/1996	25	5	USC	Carson, Calif.	UFA(LAC)-'22
69	Ott, Tyler	LS	6-3	253	2/28/1992	30	8	Harvard	Tulsa, Okla.	FA-'16
84	Parkinson, Colby	TE	6-7	251	1/7/1999	23	3	Stanford	Simi Valley, Calif.	D4(a)-'20
20	Penny, Rashaad	RB	5-11	220	2/2/1996	26	5	San Diego State	Norwalk, Calif.	D1-'18
98	Robinson, Alton	LB	6-3	259	6/2/1998	24	3	Syracuse	Converse, Texas	D5-'20
7	Smith, Geno	QB	6-3	221	10/10/1990	31	10	West Virginia	Miramar, Fla.	FA-'19
52	Taylor, Darrell	LB	6-4	267	3/24/1997	25	3	Tennessee	Hopewell, Va.	D2-'20
9	Walker III, Kenneth	RB	5-9	211	10/20/2000	21	R	Michigan State	Arlington, Tenn.	D2(b)-'22
99	Woods, Al	DT	6-3	330	3/25/1987	35	12	Louisiana State	Jennings, La.	FA-'21
27	Woolen, Tariq	CB	6-4	210	5/2/1999	23	R	Texas-San Antonio	Forth Worth, Texas	D5(a)-'22
83	Young, Dareke	WR	6-2	224	6/4/1999	23	R	Lenior-Rhyne	Raleigh, N.C.	D7(b)-'22

Head Coach: Pete Carroll, Clint Hurtt (Defensive Coordinator), Larry Izzo (Special Teams Coordinator), Shane Waldron (Offensive Coordinator), Dave Canales (Quarterbacks), Nate Carroll (Senior Offensive Assistant), Aaron Curry (Asst. DL/DEs), Sean Desai (Associate Head Coach-Defense), Andy Dickerson (Offensive Line), Thomas Garcia (Strength & Cond. Asst.), John Glenn (LBs), Brad Idzik (Asst. WRs), Kerry Joseph (Asst. QBs), Keli'i Kekuewa (Asst. Offensive Line), Sanjay Lal (Offensive Passing Game Coordinator/WRs), Damione Lewis (Asst. DL/DTs), Ivan Lewis (Head Strength & Conditioning), Pat McPherson (TEs), Chad Morton (Run Game Coordinator/RBs), Mark Philipp (Strength & Cond. Asst.), Karl Scott (Defensive Passing Game Coordinator/DBs), DeShawn Shead (Asst. DBs), Carl Smith (Associate Head Coach), Tracy Smith (Asst. Special Teams), Grant Steen (Strength & Conditioning Asst.), Will Tukuafu (QC-Defense), Danny van Dijk (Strength & Conditioning Asst.), Jamie Yanchar (Strength & Cond. Asst.).

2022 Seattle Seahawks Numerical Roster (updated 9/3/22)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
1	Dee Eskridge	WR	5-9	190	3/23/1997	25	2	Western Michigan	Bluffton, Ind.	D2-'21
2	Drew Lock	QB	6-4	228	11/10/1996	25	4	Missouri	Columbia, Mo.	T(Den)-'22
4	Michael Dickson	P	6-2	208	1/4/1996	26	5	Texas	Sydney, Australia	D5(c)-'18
5	Jason Myers	K	5-10	190	5/12/1991	31	8	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
6	Quandre Diggs	FS	5-9	197	1/22/1993	29	8	Texas	Houston, Texas	T(Det)-'19
7	Geno Smith	QB	6-3	221	10/10/1990	31	10	West Virginia	Miramar, Fla.	FA-'19
8	Coby Bryant	CB	6-1	193	3/29/1999	23	R	Cincinnati	Cleveland, Ohio	D4-'22
9	Kenneth Walker III	RB	5-9	211	10/20/2000	21	R	Michigan State	Arlington, Tenn.	D2(b)-'22
10	Uchenna Nwosu	LB	6-2	251	12/28/1996	25	5	USC	Carson, Calif.	UFA(LAC)-'22
14	DK Metcalf	WR	6-4	235	12/14/1997	24	4	Mississippi	Oxford, Miss.	D2(b)-'19
15	Marquise Goodwin	WR	5-9	183	11/19/1990	31	9	Texas	Rowlett, Texas	FA-'22
16	Tyler Lockett	WR	5-10	182	9/28/1992	29	8	Kansas State	Tulsa, Okla.	D3-'15
19	Penny Hart	WR	5-8	180	7/5/1996	26	4	Georgia State	Roswell, Ga.	FA-'19
20	Rashaad Penny	RB	5-11	220	2/2/1996	26	5	San Diego State	Norwalk, Calif.	D1-'18
21	Artie Burns	CB	6-0	187	5/1/1995	27	7	Miami	Miami, Fla.	UFA(Chi)-'22
23	Sidney Jones IV	CB	6-0	186	5/21/1996	26	6	Washington	West Covina, Calif.	T(Jac)-'21
24	Isaiah Dunn	CB	6-0	193	1/31/1999	23	2	Oregon State	Antioch, Calif.	W(NYJ)-'22
25	Travis Homer	RB	5-10	202	8/7/1998	24	4	Miami	West Palm Beach, Fla.	D6(a)-'19
26	Ryan Neal	SS	6-3	200	12/24/1995	26	5	Southern Illinois	Hammond, Ind.	FA-'19
27	Tariq Woolen	CB	6-4	210	5/2/1999	23	R	Texas-San Antonio	Forth Worth, Texas	D5(a)-'22
28	Justin Coleman	CB	5-11	190	3/27/1993	29	8	Tennessee	Brunswick, Ga.	UFA(Mia)-'22
30	Michael Jackson	CB	6-1	210	1/10/1997	25	4	Miami	Birmingham, Ala.	FA-'21
31	DeeJay Dallas	RB	5-10	214	9/16/1998	23	3	Miami	Brunswick, Ga.	D4(b)-'20
33	Jamal Adams	SS	6-1	213	10/17/1995	26	6	Louisiana State	Lewisville, Texas	T(NYJ)-'20
35	Joey Blount	FS	6-1	201	11/16/1998	23	R	Virginia	Atlanta, Ga.	FA-'22
40	Darryl Johnson	LB	6-6	253	4/4/1997	25	4	North Carolina A&T	Kingsland, Ga.	W(Car)-'22
42	Josh Jones	SS	6-2	220	9/20/1994	27	5	North Carolina State	Walled Lake, Mich.	FA-'21
44	Nick Bellore	FB/LB	6-1	250	5/12/1989	33	12	Central Michigan	St. Paul, Minn.	FA-'19
52	Darrell Taylor	LB	6-4	267	3/24/1997	25	3	Tennessee	Hopewell, Va.	D2-'20
53	Boye Mafe	LB	6-4	261	11/30/1998	23	R	Minnesota	Minnetonka, Minn.	D2(a)-'22
56	Jordyn Brooks	LB	6-0	240	10/21/1997	24	3	Texas Tech	Houston, Texas	D1-'20
57	Cody Barton	LB	6-2	237	11/13/1996	25	4	Utah	Salt Lake City, Utah	D3-'19
60	Phil Haynes	G	6-4	322	10/19/1995	26	4	Wake Forest	Raleigh, N.C.	D4(b)-'19
61	Kyle Fuller	C/G	6-5	320	3/4/1994	28	6	Baylor	Duncanville, Texas	FA-'19
63	Austin Blythe	C	6-3	298	6/16/1992	30	7	Iowa	Williamsburg, Iowa	UFA(KC)-'22
66	Gabe Jackson	G	6-3	335	7/12/1991	31	9	Mississippi State	Liberty, Miss.	T(LV)-'21
67	Charles Cross	T	6-5	311	11/25/2000	21	R	Mississippi State	Laurel, Miss.	D1-'22
68	Damien Lewis	G	6-2	327	3/21/1997	25	3	Louisiana State	Canton, Miss.	D3-'20
69	Tyler Ott	LS	6-3	253	2/28/1992	30	8	Harvard	Tulsa, Okla.	FA-'16
72	Abraham Lucas	T	6-6	322	10/25/1998	23	R	Washington State	Everett, Wash.	D3-'22
74	Jake Curhan	T	6-6	316	2/9/1998	24	2	California	Larkspur, Calif.	FA-'21
77	Quinton Jefferson	DE	6-4	291	3/31/1993	29	7	Maryland	Pittsburgh, Pa.	D5(a)-'16
78	Stone Forsythe	T	6-8	307	12/29/1997	24	2	Florida	Winter Garden, Fla.	D6-'21
83	Dareke Young	WR	6-2	224	6/4/1999	23	R	Lenior-Rhyne	Raleigh, N.C.	D7(b)-'22
84	Colby Parkinson	TE	6-7	251	1/7/1999	23	3	Stanford	Simi Valley, Calif.	D4(a)-'20
87	Noah Fant	TE	6-4	249	11/20/1997	24	4	Iowa	Omaha, Neb.	T(Den)-'22
89	Will Dissly	TE	6-4	265	7/8/1996	26	5	Washington	Bozeman, Mont.	D4-'18
90	Bryan Mone	DT	6-3	345	10/20/1995	26	4	Michigan	Salt Lake City, Utah	FA-'19
93	Shelby Harris	DE	6-2	290	8/11/1991	31	9	Illinois State	Milwaukee, Wis.	T(Den)-'22
95	Myles Adams	DT	6-2	290	3/9/1998	24	3	Rice	Arlington, Texas	FA-'20
97	Poona Ford	DT	5-11	310	11/19/1995	26	5	Texas	Hilton Head, S.C.	FA-'18
98	Alton Robinson	LB	6-3	259	6/2/1998	24	3	Syracuse	Converse, Texas	D5-'20
99	Al Woods	DT	6-3	330	3/25/1987	35	12	Louisiana State	Jennings, La.	FA-'21
Injured Reserve										
11	Cody Thompson	WR	6-2	205	1/11/1996	26	4	Toledo	Huron, Ohio	FA-'19
29	John Reid	CB	5-10	187	5/15/1996	26	3	Penn State	Mt. Laurel, N.J.	T(Hou)-'21
34	Josh Johnson	RB	5-9	209	12/26/1997	24	2	Louisiana-Monroe	Hurtsboro, Ala.	FA-'21
91	L.J. Collier	DE	6-3	291	9/12/1995	26	4	TCU	Munday, Texas	D1-'19
92	Tyreke Smith	LB	6-3	255	2/14/2000	22	R	Ohio State	Cleveland, Ohio	D5(b)-'22
Reserve/Physically Unable to Perform										
22	Tre Brown	CB	5-10	185	9/24/1997	24	2	Oklahoma	Tulsa, Okla.	D4-'21
55	Ben Burr-Kirven	LB	6-0	230	9/8/1997	24	4	Washington	Menlo Park, Calif.	D5-'19
59	Jon Rhattigan	LB	6-0	236	2/2/1999	23	2	Army	Naperville, Ill.	FA-'21
Practice Squad										
17	Sean Mannion	QB	6-6	230	4/25/1992	30	8	Oregon State	Pleasanton, Calif.	FA-'22
32	Quandre Mosely	CB	6-2	195	5/18/1999	23	R	Kentucky	Brunswick, Ga.	FA-'22
36	Darwin Thompson	RB	5-8	200	2/12/1997	25	4	Utah State	Tulsa, Okla.	FA-'22
37	Xavier Crawford	CB	5-11	187	12/10/1995	26	4	Central Michigan	Pittsburg, Calif.	FA-'22
41	Scott Nelson	SS	6-2	203	7/20/1999	23	R	Wisconsin	Detroit, Mich.	FA-'22
43	Aaron Donkor	LB	6-1	240	3/21/1995	27	2	Arkansas State	Goettingen, Germany	FA-'21
49	Joshua Onujiogu	LB	6-2	252	3/3/1998	24	R	Framingham State	Wareham, Mass.	FA-'22
50	Vi Jones	LB	6-2	225	5/5/1998	24	R	North Carolina State	Austin, Texas	FA-'22
58	Tanner Muse	LB	6-2	227	9/6/1996	25	3	Clemson	Belmont, N.C.	FA-'21
70	Liam Ryan	T	6-5	305	10/29/1997	24	R	Washington State	Chino Hills, Calif.	FA-'22
75	Greg Eiland	T	6-8	321	2/1/1998	24	2	Mississippi State	Philadelphia, Miss.	FA-'21
76	Jalen McKenzie	T	6-5	315	7/10/1999	23	R	USC	Concord, Calif.	FA-'22
81	Bo Melton	WR	5-11	191	5/18/1999	23	R	Rutgers	Mays Landing, N.J.	D7(a)-'22
82	J.J. Arcega-Whiteside	WR	6-2	237	12/31/1996	25	4	Stanford	Inman, S.C.	T(Phi)-'22
85	Tyler Mabry	TE	6-3	247	11/21/1996	25	3	Maryland	Ypsilanti, Mich.	FA-'20
88	Cade Johnson	WR	5-10	184	4/10/1998	24	2	South Dakota State	Papillion, Neb.	FA-'21
94	Jabari Zuniga	DE	6-3	264	8/14/1997	25	3	Florida	Marrieta, Ga.	FA-'22

2022 Seattle Seahawks Positional Roster (updated 9/3/22)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
8	Coby Bryant	CB	6-1	193	3/29/1999	23	R	Cincinnati	Cleveland, Ohio	D4-'22
21	Artie Burns	CB	6-0	187	5/1/1995	27	7	Miami	Miami, Fla.	UFA(Chi)-'22
23	Sidney Jones IV	CB	6-0	186	5/21/1996	26	6	Washington	West Covina, Calif.	T(Jac)-'21
24	Isaiah Dunn	CB	6-0	193	1/31/1999	23	2	Oregon State	Antioch, Calif.	W(NYJ)-'22
27	Tariq Woolen	CB	6-4	210	5/2/1999	23	R	Texas-San Antonio	Forth Worth, Texas	D5(a)-'22
28	Justin Coleman	CB	5-11	190	3/27/1993	29	8	Tennessee	Brunswick, Ga.	UFA(Mia)-'22
30	Michael Jackson	CB	6-1	210	1/10/1997	25	4	Miami	Birmingham, Ala.	FA-'21
6	Quandre Diggs	FS	5-9	197	1/22/1993	29	8	Texas	Houston, Texas	T(Det)-'19
26	Ryan Neal	SS	6-3	200	12/24/1995	26	5	Southern Illinois	Hammond, Ind.	FA-'19
33	Jamal Adams	SS	6-1	213	10/17/1995	26	6	Louisiana State	Lewisville, Texas	T(NYJ)-'20
35	Joey Blount	FS	6-1	201	11/16/1998	23	R	Virginia	Atlanta, Ga.	FA-'22
42	Josh Jones	SS	6-2	220	9/20/1994	27	5	North Carolina State	Walled Lake, Mich.	FA-'21
77	Quinton Jefferson	DE	6-4	291	3/31/1993	29	7	Maryland	Pittsburgh, Pa.	D5(a)-'16
93	Shelby Harris	DE	6-2	290	8/11/1991	31	9	Illinois State	Milwaukee, Wis.	T(Den)-'22
90	Bryan Mone	DT	6-3	345	10/20/1995	26	4	Michigan	Salt Lake City, Utah	FA-'19
95	Myles Adams	DT	6-2	290	3/9/1998	24	3	Rice	Arlington, Texas	FA-'20
97	Poona Ford	DT	5-11	310	11/19/1995	26	5	Texas	Hilton Head, S.C.	FA-'18
99	Al Woods	DT	6-3	330	3/25/1987	35	12	Louisiana State	Jennings, La.	FA-'21
10	Uchenna Nwosu	LB	6-2	251	12/28/1996	25	5	USC	Carson, Calif.	UFA(LAC)-'22
40	Darryl Johnson	LB	6-6	253	4/4/1997	25	4	North Carolina A&T	Kingsland, Ga.	W(Car)-'22
44	Nick Bellore	FB/LB	6-1	250	5/12/1989	33	12	Central Michigan	St. Paul, Minn.	FA-'19
52	Darrell Taylor	LB	6-4	267	3/24/1997	25	3	Tennessee	Hopewell, Va.	D2-'20
53	Boye Mafe	LB	6-4	261	11/30/1998	23	R	Minnesota	Minnetonka, Minn.	D2(a)-'22
56	Jordyn Brooks	LB	6-0	240	10/21/1997	24	3	Texas Tech	Houston, Texas	D1-'20
57	Cody Barton	LB	6-2	237	11/13/1996	25	4	Utah	Salt Lake City, Utah	D3-'19
98	Alton Robinson	LB	6-3	259	6/2/1998	24	3	Syracuse	Converse, Texas	D5-'20
60	Phil Haynes	G	6-4	322	10/19/1995	26	4	Wake Forest	Raleigh, N.C.	D4(b)-'19
61	Kyle Fuller	C/G	6-5	320	3/4/1994	28	6	Baylor	Duncanville, Texas	FA-'19
63	Austin Blythe	C	6-3	298	6/16/1992	30	7	Iowa	Williamsburg, Iowa	UFA(KC)-'22
66	Gabe Jackson	G	6-3	335	7/12/1991	31	9	Mississippi State	Liberty, Miss.	T(LV)-'21
68	Damien Lewis	G	6-2	327	3/21/1997	25	3	Louisiana State	Canton, Miss.	D3-'20
67	Charles Cross	T	6-5	311	11/25/2000	21	R	Mississippi State	Laurel, Miss.	D1-'22
72	Abraham Lucas	T	6-6	322	10/25/1998	23	R	Washington State	Everett, Wash.	D3-'22
74	Jake Curhan	T	6-6	316	2/9/1998	24	2	California	Larkspur, Calif.	FA-'21
78	Stone Forsythe	T	6-8	307	12/29/1997	24	2	Florida	Winter Garden, Fla.	D6-'21
2	Drew Lock	QB	6-4	228	11/10/1996	25	4	Missouri	Columbia, Mo.	T(Den)-'22
7	Geno Smith	QB	6-3	221	10/10/1990	31	10	West Virginia	Miramar, Fla.	FA-'19
9	Kenneth Walker III	RB	5-9	211	10/20/2000	21	R	Michigan State	Arlington, Tenn.	D2(b)-'22
20	Rashaad Penny	RB	5-11	220	2/2/1996	26	5	San Diego State	Norwalk, Calif.	D1-'18
25	Travis Homer	RB	5-10	202	8/7/1998	24	4	Miami	West Palm Beach, Fla.	D6(a)-'19
31	DeeJay Dallas	RB	5-10	214	9/16/1998	23	3	Miami	Brunswick, Ga.	D4(b)-'20
44	Nick Bellore	FB/LB	6-1	250	5/12/1989	33	12	Central Michigan	St. Paul, Minn.	FA-'19
84	Colby Parkinson	TE	6-7	251	1/7/1999	23	3	Stanford	Simi Valley, Calif.	D4(a)-'20
87	Noah Fant	TE	6-4	249	11/20/1997	24	4	Iowa	Omaha, Neb.	T(Den)-'22
89	Will Dissly	TE	6-4	265	7/8/1996	26	5	Washington	Bozeman, Mont.	D4-'18
1	Dee Eskridge	WR	5-9	190	3/23/1997	25	2	Western Michigan	Bluffton, Ind.	D2-'21
14	DK Metcalf	WR	6-4	235	12/14/1997	24	4	Mississippi	Oxford, Miss.	D2(b)-'19
15	Marquise Goodwin	WR	5-9	183	11/19/1990	31	9	Texas	Rowlett, Texas	FA-'22
16	Tyler Lockett	WR	5-10	182	9/28/1992	29	8	Kansas State	Tulsa, Okla.	D3-'15
19	Penny Hart	WR	5-8	180	7/5/1996	26	4	Georgia State	Roswell, Ga.	FA-'19
83	Dareke Young	WR	6-2	224	6/4/1999	23	R	Lenior-Rhyne	Raleigh, N.C.	D7(b)-'22
4	Michael Dickson	P	6-2	208	1/4/1996	26	5	Texas	Sydney, Australia	D5(c)-'18
5	Jason Myers	K	5-10	190	5/12/1991	31	8	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
69	Tyler Ott	LS	6-3	253	2/28/1992	30	8	Harvard	Tulsa, Okla.	FA-'16

UNOFFICIAL DEPTH CHART

OFFENSE

WR	14	DK Metcalf		15	Marquise Goodwin		83	Dareke Young
LT	67	Charles Cross		78	Stone Forsythe			
LG	68	Damien Lewis		60	Phil Haynes			
C	63	Austin Blythe		61	Kyle Fuller			
RG	66	Gabe Jackson		60	Phil Haynes			
RT	72	Abraham Lucas		74	Jake Curhan			
TE	89	Will Dissly	OR	87	Noah Fant		84	Colby Parkinson
WR	16	Tyler Lockett		1	Dee Eskridge		19	Penny Hart
QB	7	Geno Smith		2	Drew Lock			
FB	44	Nick Bellore						
RB	20	Rashaad Penny		9	Kenneth Walker III		25	Travis Homer
							31	DeeJay Dallas

DEFENSE

OLB	10	Uchenna Nwosu		53	Boye Mafe			
DE	93	Shelby Harris		77	Quinton Jefferson			
NT	99	Al Woods		90	Bryan Mone			
DE	97	Poona Ford		95	Myles Adams			
OLB	52	Darrell Taylor		98	Alton Robinson		40	Darryl Johnson
ILB	56	Jordyn Brooks		44	Nick Bellore			
ILB	57	Cody Barton						
LCB	30	Michael Jackson		8	Coby Bryant	OR	23	Sidney Jones IV
							28	Justin Coleman
RCB	27	Tariq Woolen		21	Artie Burns		24	Isaiah Dunn
SS	33	Jamal Adams		26	Ryan Neal			
FS	6	Quandre Diggs		42	Josh Jones		35	Joey Blount

SPECIALISTS

K	5	Jason Myers		
P	4	Michael Dickson		
H	4	Michael Dickson		
PR	1	Dee Eskridge	16	Tyler Lockett
KR	31	DeeJay Dallas	9	Kenneth Walker III
LS	69	Tyler Ott		

Underline; Rookie

PRONUNCIATION GUIDE

Nick Bellore... buh-LOR
Joey Blount... blunt
Jake Curhan... KER-han
Boye Mafe... boy-YAY mah-FAY
Bryan Mone... MO-neh
Uchenna Nwosu... oo-CHEN-uh noo-WOE-soo
Darrell Taylor... DARE-ull
Tariq Woolen... tuh-REEK
Dareke Young... duh-REEK

GAME SUMMARIES

16

WEEK 1

Denver Broncos 16, Seattle Seahawks 17

68,965 Lumen Field Sep 12, 2022

17

Denver Broncos	3	10	0	3	— 16
Seattle Seahawks	7	10	0	0	— 17

SCORING DRIVES

TEAM	QTR	TIME	SCORING PLAY	DEN	SEA
Seahawks	1	11:26	W.Dissly 38 yd. pass from G.Smith (J.Myers kick) (6-70, 3:34)	0	7
Broncos	1	06:55	B.McManus 30 yd. Field Goal (9-77, 4:31)	3	7
Seahawks	2	07:20	J.Myers 49 yd. Field Goal (9-50, 5:54)	3	10
Broncos	2	05:34	J.Jeudy 67 yd. pass from R.Wilson (B.McManus kick) (3-75, 1:46)	10	10
Seahawks	2	02:24	C.Parkinson 25 yd. pass from G.Smith (J.Myers kick) (7-75, 3:10)	10	17
Broncos	2	00:00	B.McManus 40 yd. Field Goal (9-57, 2:24)	13	17
Broncos	4	06:13	B.McManus 26 yd. Field Goal (15-72, 6:37)	16	17

DENVER BRONCOS

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Russell Wilson	42	29	340	2/10	1	67t	0	101.3
Total	**42**	**29**	**340**	**2/10**	**1**	**67T**	**0**	**101.3**

RUSHING	ATT	YDS	AVG	LG	TD
Melvin Gordon III	12	58	4.8	13	0
Javonte Williams	7	43	6.1	13	0
Russell Wilson	1	2	2.0	2	0
Total	**20**	**103**	**5.2**	**13**	**0**

RECEIVING	NO	YDS	AVG	LG	TD
Javonte Williams	11	65	5.9	13	0
Albert Okwuegbunam	5	33	6.6	12	0
Jerry Jeudy	4	102	25.5	67t	1
Courtland Sutton	4	72	18.0	30	0
Andrew Beck	2	52	26.0	27	0
Melvin Gordon III	2	14	7.0	8	0
Mike Boone	1	2	2.0	2	0
Total	**29**	**340**	**11.7**	**67T**	**1**

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Alex Singleton	9	3	6	0.0	0.0	0
Justin Simmons	9	2	7	0.0	0.0	0
Ronald Darby	6	5	1	0.0	0.0	0

FIELD GOALS	FGM/FGA	PERCENT	RESULTS
Brandon McManus	3-4	75.0	30G, 40G, 26G, 64WL
Total	**3-4**	**75.0**	

SEATTLE SEAHAWKS

PASSING	ATT	CP	YDS	SK/YD	TD	LG	INT	RTG
Geno Smith	28	23	195	2/18	2	38t	0	119.5
Total	**28**	**23**	**195**	**2/18**	**2**	**38T**	**0**	**119.5**

RUSHING	ATT	YDS	AVG	LG	TD
Rashaad Penny	12	60	5.0	26	0
Geno Smith	6	14	2.3	14	0
Travis Homer	1	2	2.0	2	0
Total	**19**	**76**	**4.0**	**26**	**0**

RECEIVING	NO	YDS	AVG	LG	TD
DK Metcalf	7	36	5.1	15	0
Will Dissly	3	43	14.3	38t	1
Tyler Lockett	3	28	9.3	17	0
Noah Fant	3	16	5.3	13	0
Colby Parkinson	2	43	21.5	25t	1
Marquise Goodwin	2	22	11.0	16	0
Rashaad Penny	2	7	3.5	4	0
Dee Eskridge	1	0	0.0	0	0
Total	**23**	**195**	**8.5**	**38T**	**2**

TOP DEFENSE	TOT	SOLO	AST	SCK	YDS	INT
Jordyn Brooks	12	10	2	0.0	0.0	0
Cody Barton	10	8	2	1.0	8.0	0
Josh Jones	7	4	3	0.0	0.0	0

FIELD GOALS	FGM/FGA	PERCENT	RESULTS
Jason Myers	1-1	100.0	49G
Total	**1-1**	**100.0**	

The Seattle Seahawks opened up their 47th season on Monday Night Football against the Denver Broncos. It also marked the return of Russell Wilson, the Seahawks quarterback for the past 10 seasons. The Seahawks received the opening kickoff and capitalized on their first drive of the season with a 38-yard TD pass from Geno Smith to TE Will Dissly to take a 7-0 lead. Shortly after, the Broncos responded on a 30-yard field goal by Brandon McManus to cut the lead to 7-3. To lead off the second quarter, RB Rashaad Penny broke off a 26-yard run to highlight a drive that ended with a 49-yard field goal by Jason Myers to increase the lead to 10-3. On the Broncos next possession, Wilson connected with WR Jerry Jeudy on a 67-yard TD pass, capping off a three-play drive to tie up the game at 10-10. The Seahawks marched down the field on their very next drive with Smith throwing his second TD pass of the night as he found TE Colby Parkinson a 25-yard strike to cap off a 75-yard drive and to increase the lead to 17-10. Just before halftime, the Broncos were able to tack on three more points with a 40-yard field goal by McManus to cut it to 17-13 at the break. Both offenses were held scoreless in the third quarter with Seahawks safety Quandre Diggs and LB Uchenna Nwosu forcing two fumbles inside of their own 10-yard line, both which were recovered by CB Michael Jackson. With the lead sitting at 17-16 in favor of the Seahawks, Denver possessed the ball on their final drive leading to McManus attempting a 64-yard field goal in the final seconds that sailed wide left to seal the first victory of the season for the Seahawks. Smith started the game, marking the fourth time a quarterback has started a season opener with an eight-plus year gap since 1950. Smith ended the day 23 of 28 for 195 yards, two touchdown passes, and a passer rating of 119.5. Smith set first-half career marks with 17 completions and a 94.4% completion percentage (17 for 18).

Team Statistics	Broncos	Seahawks
First Downs	20	19
3rd-Down Eff. (Made/Att/Pct)	8/15/53%	6/11/55%
4th-Down Eff. (Made/Att/Pct)	0/1/0%	0/1/0%
Total Net Yards	433	253
Total Plays	64	49
Yards Per Play	6.8	5.2
Rushes/Net Yards	20/103	19/76
Net Passing	330	177
Pass Attempts/Completions	42/29	28/23
Had Intercepted	0	0
Sacked/Yards Lost	2/10	2/18
Punts/Average	1/36.0	2/50.5
Penalties/Yards	12/106	5/77
Fumbles/Lost	2/2	3/1
Possession Time	33:39	26:21

SEAHAWKS GAME-BY-GAME

	9/12 Den	9/18 at SF	9/25 Atl	10/2 at Det	10/9 at NO	10/16 Ari	10/23 at LAC	10/30 NYG	11/6 at Ari	11/13 TB	11/27 LV	12/4 at LAR	12/11 CAR	12/15 SF	12/24 at KC	1/1 NYJ	TBD LAR
Points	17																
1 Qtr	7																
2 Qtr	10																
3 Qtr	0																
4 Qtr	0																
OT	-																
First Down	19																
Rush	3																
Pass	9																
Penalty	7																
3rd Down Eff	6-11																
Percent	54.5																
4th Down Eff	0-1																
Percent	0.0																
Total Net Yds	253																
Plays	49																
Avg	5.2																
Net Yds Rush	76																
Plays	19																
Avg	4.0																
Net Yds Pass	177																
Sack/Loss	2/18																
Gross Yds	195																
Att/Comp	28/23																
Int	0																
Avg	5.9																
Punts/Avg	2/50.5																
Blocked	0																
Punt Ret/Yds	0/0																
Kickoff Ret/Yds	3/77																
Int Ret/Yds	0/0																
Penalties/Yds	5/77																
Fumbles/Lost	3/1																
Touchdowns	2																
Rush	0																
Pass	2																
Returns	0																
Defense	0																
Safeties	0																
1 Pt PAT/Att	2/2																
2 Pt PAT/Att	0/0																
FG/Att	1/1																
Time of Poss	26:21																
Take/Give Ratio	2/1																
Avg Drive Start	SEA26																

OPPONENT GAME-BY-GAME

	9/12 Den	9/18 at SF	9/25 Atl	10/2 at Det	10/9 at NO	10/16 Ari	10/23 at LAC	10/30 NYG	11/6 at Ari	11/13 TB	11/27 LV	12/4 at LAR	12/11 Car	12/15 SF	12/24 at KC	1/1 NYJ	TBD LAR
Points	**16**																
1 Qtr	**3**																
2 Qtr	**10**																
3 Qtr	**0**																
4 Qtr	**3**																
OT	**-**																
First Down	**20**																
Rush	**5**																
Pass	**13**																
Penalty	**2**																
3rd Down Eff	**8-15**																
Percent	**53.3**																
4th Down Eff	**0-1**																
Percent	**0.0**																
Total Net Yds	**433**																
Plays	**64**																
Avg	**6.8**																
Net Yds Rush	**76**																
Plays	**20**																
Avg	**5.2**																
Net Yds Pass	**330**																
Sack/loss	**2/10**																
Gross Yds	**340**																
Att/Comp	**42/29**																
Int	**0**																
Avg	**7.5**																
Punts/Avg	**1/36.0**																
Blocked	**0**																
Punt Ret/Yds	**1/3**																
Kickoff Ret/Yds	**3/51**																
Int Ret/Yds	**0/0**																
Penalties/Yds	**12/106**																
Fumbles/Lost	**2/2**																
Touchdowns	**1**																
Rush	**0**																
Pass	**1**																
Returns	**0**																
Defense	**0**																
Safeties	**0**																
1 Pt PAT/Att	**1/1**																
2 Pt PAT/Att	**0/0**																
FG/Att	**3/4**																
Time of Poss	**33:39**																
Take/Give Ratio	1/2																
Avg Drive Start	**DEN24**																

DRIVE EFFICIENCY CHART

SEAHAWKS DRIVES ENDED BY...

DATE	TEAMS	DRIVES	3/OUT	TD	FGA	FGM	PNT	DWN	TRN	SAF	CLK	POINTS	PTS/DRV	EFF
9/12	Seattle	8	2	2	1	1	2	1	1	0	1	17	2.13	0.375
	Denver	8	0	1	4	3	1	0	2	0	0	16	2.00	0.500
9/18	Seattle													
	at San Francisco													
9/25	Seattle													
	Atlanta													
10/2	Seattle													
	at Detroit													
10/9	Seattle													
	at New Orleans													
10/16	Seattle													
	Arizona													
10/23	Seattle													
	at L.A. Chargers													
10/30	Seattle													
	N.Y. Giants													
11/6	Seattle													
	at Arizona													
11/13	Seattle													
	at Tampa Bay													
11/27	Seattle													
	Las Vegas													
12/4	Seattle													
	at L.A. Rams													
12/11	Seattle													
	Carolina													
12/15	Seattle													
	San Francisco													
12/24	Seattle													
	at Kansas City													
1/1	Seattle													
	N.Y. Jets													
1/8	Seattle													
	L.A. Rams													
Totals	**Seahawks**	**8**	**2**	**2**	**1**	**1**	**2**	**1**	**1**	**0**	**1**	**17**	**2.13**	**0.375**
	Opponents	**8**	**0**	**1**	**4**	**3**	**1**	**0**	**2**	**0**	**0**	**16**	**2.00**	**0.500**

Seahawks Longest Drives

Most Plays

Date	Opponent	# of Plays	Net Yards	Time	Result
09/12/22	Denver	**9**	50	5:54	FG
09/12/22	Denver	**9**	16	5:15	Punt
09/12/22	Denver	**7**	75	3:10	TD
09/12/22	Denver	**7**	72	4:00	Downs
09/12/22	Denver	**6**	70	3:34	TD
09/12/22	Denver	**6**	37	2:02	Fumble

Most Net Yards

Date	Opponent	Net Yards	# of Plays	Time	Result
09/12/22	Denver	**75**	7	3:10	TD
09/12/22	Denver	**72**	7	4:00	Downs
09/12/22	Denver	**70**	6	3:34	TD
09/12/22	Denver	**50**	9	5:54	FG
09/12/22	Denver	**37**	6	2:02	Fumble

Longest Time of Possession

Date	Opponent	Time	Net Yards	# of Plays	Result
09/12/22	Denver	**5:54**	50	9	FG
09/12/22	Denver	**5:15**	16	9	Punt
09/12/22	Denver	**4:00**	72	7	Downs
09/12/22	Denver	**3:34**	70	6	TD
09/12/22	Denver	**3:10**	75	7	TD

Opponents Longest Drives

Most Plays

Date	Team	# of Plays	Net Yards	Time	Result
09/12/22	Denver	**15**	72	6:37	FG
09/12/22	Denver	**10**	78	7:27	Fumble
09/12/22	Denver	**10**	32	3:47	Missed FG
09/12/22	Denver	**9**	77	4:31	FG
09/12/22	Denver	**9**	57	2:24	FG

Most Net Yards

Date	Team	Net Yards	# of Plays	Time	Result
09/12/22	Denver	**78**	10	7:27	Fumble
09/12/22	Denver	**77**	9	4:31	FG
09/12/22	Denver	**75**	3	1:46	TD
09/12/22	Denver	**72**	15	6:37	FG
09/12/22	Denver	**57**	9	2:24	FG

Longest Time of Possession

Date	Team	Time	Net Yards	# of Plays	Result
09/12/22	Denver	**7:27**	78	10	Fumble
09/12/22	Denver	**6:37**	72	15	FG
09/12/22	Denver	**4:41**	38	7	Punt
09/12/22	Denver	**4:31**	77	9	FG
09/12/22	Denver	**3:47**	32	10	Missed FG

INSIDE THE 20

SEAHAWKS 2022 REGULAR SEASON INSIDE 20 EFFICIENCY

SEAHAWKS

Date	Opponent	Pos	TD	FG	FGA	INT	Fum	Dwns	Drive Ends		Pts	TD%	Score Pct.	Pts/Poss
									Half	Game				
09/12	Denver	2	0	1	1	0	0	1	0	0	3	0.0	50.0	1.5
09/18	at San Francisco	--	--	--	--	--	--	--	--	--	--	--	--	--
09/25	Atlanta	--	--	--	--	--	--	--	--	--	--	--	--	--
10/02	at Detroit	--	--	--	--	--	--	--	--	--	--	--	--	--
10/09	at New Orleans	--	--	--	--	--	--	--	--	--	--	--	--	--
10/16	Arizona	--	--	--	--	--	--	--	--	--	--	--	--	--
10/23	at L.A. Chargers	--	--	--	--	--	--	--	--	--	--	--	--	--
10/30	N.Y. Giants	--	--	--	--	--	--	--	--	--	--	--	--	--
11/06	at Arizona	--	--	--	--	--	--	--	--	--	--	--	--	--
11/13	at Tampa Bay	--	--	--	--	--	--	--	--	--	--	--	--	--
11/27	Las Vegas	--	--	--	--	--	--	--	--	--	--	--	--	--
12/04	at L.A. Rams	--	--	--	--	--	--	--	--	--	--	--	--	--
12/11	Carolina	--	--	--	--	--	--	--	--	--	--	--	--	--
12/15	San Francisco	--	--	--	--	--	--	--	--	--	--	--	--	--
12/24	at Kansas City	--	--	--	--	--	--	--	--	--	--	--	--	--
01/01	N.Y. Jets	--	--	--	--	--	--	--	--	--	--	--	--	--
01/08	L.A. Rams	--	--	--	--	--	--	--	--	--	--	--	--	--
	TOTALS	**2**	**0**	**1**	**1**	**0**	**0**	**1**	**0**	**0**	**3**	**0.0**	**50.0**	**1.5**

OPPONENT 2022 REGULAR SEASON INSIDE 20 EFFICIENCY

OPPONENT

Date	Opponent	Pos	TD	FG	FGA	INT	Fum	Dwns	Drive Ends		Pts	TD%	Score Pct.	Pts/Poss
									Half	Game				
09/12	Denver	4	0	2	2	0	2	0	0	0	6	0.0	50.0	1.5
09/18	at San Francisco	--	--	--	--	--	--	--	--	--	--	--	--	--
09/25	Atlanta	--	--	--	--	--	--	--	--	--	--	--	--	--
10/02	at Detroit	--	--	--	--	--	--	--	--	--	--	--	--	--
10/09	at New Orleans	--	--	--	--	--	--	--	--	--	--	--	--	--
10/16	Arizona	--	--	--	--	--	--	--	--	--	--	--	--	--
10/23	at L.A. Chargers	--	--	--	--	--	--	--	--	--	--	--	--	--
10/30	N.Y. Giants	--	--	--	--	--	--	--	--	--	--	--	--	--
11/06	at Arizona	--	--	--	--	--	--	--	--	--	--	--	--	--
11/13	at Tampa Bay	--	--	--	--	--	--	--	--	--	--	--	--	--
11/27	Las Vegas	--	--	--	--	--	--	--	--	--	--	--	--	--
12/04	at L.A. Rams	--	--	--	--	--	--	--	--	--	--	--	--	--
12/11	Carolina	--	--	--	--	--	--	--	--	--	--	--	--	--
12/15	San Francisco	--	--	--	--	--	--	--	--	--	--	--	--	--
12/24	at Kansas City	--	--	--	--	--	--	--	--	--	--	--	--	--
01/01	N.Y. Jets	--	--	--	--	--	--	--	--	--	--	--	--	--
01/08	L.A. Rams	--	--	--	--	--	--	--	--	--	--	--	--	--
	TOTALS	**4**	**0**	**2**	**2**	**0**	**2**	**0**	**0**	**0**	**6**	**0.0**	**50.0**	**1.5**

THIRD DOWN EFFICIENCY + THIRD DOWN EFFICIENCY - OPPONENTS

SEAHAWKS 2022 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**
09/12	Denver	1 / 1	2 / 3	1 / 1	0 / 0	0 / 0	0 / 1	0 / 0	1 / 1	0 / 0	1 / 4	6 / 11
09/18	at San Francisco											
09/25	Atlanta											
10/02	at Detroit											
10/09	at New Orleans											
10/16	Arizona											
10/23	at L.A. Chargers											
10/30	N.Y. Giants											
11/06	at Arizona											
11/13	at Tampa Bay											
11/27	Las Vegas											
12/04	at L.A. Rams											
12/11	Carolina											
12/15	San Francisco											
12/24	at Kansas City											
01/01	N.Y. Jets											
01/08	L.A. Rams											
	TOTALS	**1 / 1**	**2 / 3**	**1 / 1**	**0 / 0**	**0 / 0**	**0 / 1**	**0 / 0**	**1 / 1**	**0 / 0**	**1 / 4**	**6 / 11**
		100.0%	**66.7%**	**100.0%**	**0.0%**	**0.0%**	**0.0%**	**0.0%**	**100.0%**	**0.0%**	**25.0%**	**54.5%**
		3RD & 1-3: 4 / 5 = 80.0%			**3RD & 4-6: 0 / 1 = 0.0%**			**3RD & 7-10+: 2 / 5 = 40.0%**				

OPPONENT 2022 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**
09/12	Denver	0 / 1	3 / 3	1 / 1	2 / 2	1 / 1	0 / 0	0 / 0	1 / 2	0 / 1	0 / 4	8 / 15
09/18	at San Francisco											
09/25	Atlanta											
10/02	at Detroit											
10/09	at New Orleans											
10/16	Arizona											
10/23	at L.A. Chargers											
10/30	N.Y. Giants											
11/06	at Arizona											
11/13	at Tampa Bay											
11/27	Las Vegas											
12/04	at L.A. Rams											
12/11	Carolina											
12/15	San Francisco											
12/24	at Kansas City											
01/01	N.Y. Jets											
01/08	L.A. Rams											
	TOTALS	**0 / 1**	**3 / 3**	**1 / 1**	**2 / 2**	**1 / 1**	**0 / 0**	**0 / 0**	**1 / 2**	**0 / 1**	**0 / 4**	**8 / 15**
		0.0%	**100.0%**	**100.0%**	**100.0%**	**100.0%**	**0.0%**	**0.0%**	**50.0%**	**0.0%**	**0.0%**	**53.3%**
		3RD & 1-3: 4 / 5 = 80.0%			**3RD & 4-6: 3 / 3 = 100.0%**			**3RD & 7-10+: 1 / 7 = 14.3%**				

PASSER RATING

DATE	TEAMS	ATTEMPTS	COMPLETIONS	PCT.	YARDS	TD	INT	RATING
9/12	Seattle	28	23	82%	195	2	0	119.5
	Denver	42	29	69%	340	1	0	101.3
9/18	Seattle							
	at San Francisco							
9/25	Seattle							
	Atlanta							
10/2	Seattle							
	at Detroit							
10/9	Seattle							
	at New Orleans							
10/16	Seattle							
	Arizona							
10/23	Seattle							
	at L.A. Chargers							
10/30	Seattle							
	N.Y. Giants							
11/6	Seattle							
	at Arizona							
11/13	Seattle							
	at Tampa Bay							
11/27	Seattle							
	Las Vegas							
12/4	Seattle							
	at L.A. Rams							
12/11	Seattle							
	Carolina							
12/15	Seattle							
	San Francisco							
12/24	Seattle							
	at Kansas City							
1/1	Seattle							
	N.Y. Jets							
1/8	Seattle							
	L.A. Rams							
2022 Totals	**Seahawks**	**28**	**23**	**82%**	**195**	**2**	**0**	**119.5**
	Opponents	**42**	**29**	**69%**	**340**	**1**	**0**	**101.3**

SUPERLATIVES

Overall	1-0
Home	1-0
Road	0-0
By Month	
September	1-0
October	0-0
November	0-0
December	0-0
January	0-0
Turf	
Artificial	1-0
Natural	0-0
Indoors	0-0
Vs. AFC	1-0
North	0-0
West	1-0
East	0-0
South	0-0
Vs. NFC	0-0
North	0-0
West	0-0
East	0-0
South	0-0

When Leading at Halftime	1-0
When Trailing at Halftime	0-0
When Leading After 3 Quarters	1-0
When Trailing After 3 Quarters	0-0
When Tied After 3 Quarters	0-0
When Scoring...	
First	1-0
Less than 20	1-0
20+	0-0
When Outrushing Opponents	0-0
When + in Time of Possession	0-0
When - in Time of Possession	1-0
When = in Time of Possession	0-0
When + in Takeaway/Giveaway	1-0
When - in Takeaway/Giveaway	0-0
When = in Takeaway/Giveaway	0-0
With a 100-Yard Rusher	0-0
With a 100-Yard Receiver	0-0
With a 300-Yard Passer	0-0
Versus a 100-Yard Rusher	0-0
Versus a 100-Yard Receiver	1-0
Versus a 300-Yard Passer	1-0

WEEKLY TEAM RANKINGS

NFL

WEEK	OFFENSE TOTAL	OFFENSE RUSH	OFFENSE PASS	DEFENSE TOTAL	DEFENSE RUSH	DEFENSE PASS
1	29	24T	27	29	16T	30
2						
3						
4						
5						
6						
7						
8						
9						
10						
--						
12						
13						
14						
15						
16						
17						

T = Tied for position *Italics = Bye week*

NFC

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

INDIVIDUAL HIGHS

SCORING

POINTS *(non kicker)*

SEA:	6	2 times (Last: W. Dissly/C. Parkinson vs. Denver)	09/12
Opponents:	6	J. Jeudy vs. Denver	09/12

LONGEST TD

SEA:	38	W. Dissly vs. Denver	09/12
Opponents:	67	J. Jeudy vs. Denver	09/12

RUSHING

ATTEMPTS

SEA:	12	R. Penny vs. Denver	09/12
Opponents:	12	M. Gordon III vs. Denver	09/12

YARDS

SEA:	60	R. Penny vs. Denver	09/12
Opponents:	58	M. Gordon III vs. Denver	09/12

LONGEST, NO TD

SEA:	26	R. Penny vs. Denver	09/12
Opponents:	13	M. Gordon III vs. Denver	09/12

TOUCHDOWNS

SEA:		None	
Opponents:		None	

LONGEST TD

SEA:	0	None	
Opponents:	0	None	

PASSING

ATTEMPTS

SEA:	28	G. Smith vs. Denver	09/12
Opponents:	42	R. Wilson vs. Denver	09/12

COMPLETIONS

SEA:	23	G. Smith vs. Denver	09/12
Opponents:	29	R. Wilson vs. Denver	09/12

YARDS

SEA:	195	G. Smith vs. Denver	09/12
Opponents:	340	R. Wilson vs. Denver	09/12

COMPLETIONS PCT.

SEA:	82.1	G. Smith vs. Denver	09/12
Opponents:	69	R. Wilson vs. Denver	09/12

LONGEST, NO TD

SEA:	18	G. Smith vs. Denver	09/12
Opponents:	30	R. Wilson vs. Denver	09/12

PASSER RATING

SEA:	119.5	G. Smith vs. Denver	09/12
Opponents:	101.3	R. Wilson vs. Denver	09/12

TOUCHDOWNS

SEA:	2	G. Smith vs. Denver	09/12
Opponents:	1	R. Wilson vs. Denver	09/12

LONGEST TD

SEA:	38	G. Smith vs. Denver	09/12
Opponents:	67	R. Wilson vs. Denver	09/12

INTERCEPTIONS

SEA:		None	
Opponents:		None	

RECEIVING

RECEPTIONS

SEA:	7	D. Metcalf vs. Denver	09/12
Opponents:	11	J. Williams vs. Denver	09/12

YARDS

SEA:	43	2 times (Last: W. Dissly/C. Parkinson vs. Denver)	09/12
Opponents:	102	J. Jeudy vs. Denver	09/12

LONGEST, NO TD

SEA:	18	C. Parkinson vs. Denver	09/12
Opponents:	30	C. Sutton vs. Denver	09/12

TOUCHDOWNS

SEA:	1	2 times (Last: W. Dissly/C. Parkinson vs. Denver)	09/12
Opponents:	1	J. Jeudy vs. Denver	09/12

LONGEST TD

SEA:	38	W. Dissly vs. Denver	09/12
Opponents:	67	J. Jeudy vs. Denver	09/12

INTERCEPTIONS

INTERCEPTIONS

SEA:		None	
Opponents:		None	

YARDS

SEA:		None	
Opponents:		None	

LONGEST

SEA:		None	
Opponents:		None	

TOUCHDOWNS

SEA:		None	
Opponents:		None	

PUNT RETURNS

RETURNS

SEA:		None	
Opponents:	1	M. Washington vs. Denver	09/12

FAIR CATCHES

SEA:	1	T. Lockett vs. Denver	09/12
Opponents:		None	

YARDS

SEA:		None	
Opponents:	3	M. Washington vs. Denver	09/12

LONGEST

SEA:		None	
Opponents:	3	M. Washington vs. Denver	09/12

TOUCHDOWNS

SEA:		None	
Opponents:		None	

KICKOFF RETURNS

RETURNS

SEA:	3	D. Dallas vs. Denver	09/12
Opponents:	3	M. Washington vs. Denver	09/12

YARDS

SEA:	77	D. Dallas vs. Denver	09/12
Opponents:	51	M. Washington vs. Denver	09/12

LONGEST

SEA:	30	D. Dallas vs. Denver	09/12
Opponents:	21	M. Washington vs. Denver	09/12

TOUCHDOWNS

SEA:		None	
Opponents:		None	

GAME-BY-GAME STARTERS

2022 REGULAR SEASON												
OFFENSE												
DATE	OPPONENT	WR	LT	LG	C	RG	RT	TE	WR	QB	TE	RB
9/12	Denver	D. Metcalf	C. Cross	P. Haynes	A. Blythe	G. Jackson	A. Lucas	W. Dissly	T. Lockett	G. Smith	N. Fant	R. Penny
9/18	at San Francisco											
9/25	Atlanta											
10/2	at Detroit											
10/9	at New Orleans											
10/16	Arizona											
10/23	at L.A. Chargers											
10/30	N.Y. Giants											
11/6	at Arizona											
11/13	at Tampa Bay											
11/27	Las Vegas											
12/4	at L.A. Rams											
12/11	Carolina											
12/15	San Francisco											
12/24	at Kansas City											
1/1	N.Y. Jets											
1/8	L.A. Rams											

2022 REGULAR SEASON												
DEFENSE												
DATE	OPPONENT	OLB	DE	NT	DE	OLB	ILB	ILB	LCB	RCB	SS	FS
9/12	Denver	U. Nwosu	S. Harris	A. Woods	P. Ford	D. Taylor	J. Brooks	C. Barton	M. Jackson	T. Woolen	J. Adams	Q. Diggs
9/18	at San Francisco											
9/25	Atlanta											
10/2	at Detroit											
10/9	at New Orleans											
10/16	Arizona											
10/23	at L.A. Chargers											
10/30	N.Y. Giants											
11/6	at Arizona											
11/13	at Tampa Bay											
11/27	Las Vegas											
12/4	at L.A. Rams											
12/11	Carolina											
12/15	San Francisco											
12/24	at Kansas City											
1/1	N.Y. Jets											
1/8	L.A. Rams											

Rookies underlined.

TOP PERFORMANCES

2022 REGULAR SEASON BIG YARDAGE GAMES

[none]

2022 OPPONENTS BIG YARDAGE GAMES

300-YARD PASSERS

DATE	OPPONENT	PLAYER	ATT.	YDS.	COMP.	LG	TD
9/12	vs. Broncos	Russell Wilson	42	340	29	67T	1

100-YARD PASS RECEIVERS

DATE	OPPONENT	PLAYER	REC.	YDS.	AVG.	LG	TD
9/12	vs. Broncos	Jerry Jeudy	4	102	25.5	67T	1

TAKEAWAY/GIVEAWAY CHART

DATE	OPPONENT	SEA +/- RATIO	SEATTLE TAKEAWAYS	POINTS OFF TAKEAWAYS	SEATTLE GIVEAWAYS	POINTS OFF GIVEAWAYS
09/12	Denver	+1	2 (2 FUM, 0 INT)	0	1 (1 FUM, 0 INT)	0
09/18	at San Francisco	--	--	--	--	--
09/25	Atlanta	--	--	--	--	--
10/02	at Detroit	--	--	--	--	--
10/09	at New Orleans	--	--	--	--	--
10/16	Arizona	--	--	--	--	--
10/23	at L.A. Chargers	--	--	--	--	--
10/30	N.Y. Giants	--	--	--	--	--
11/06	at Arizona	--	--	--	--	--
11/13	at Tampa Bay	--	--	--	--	--
11/27	Las Vegas	--	--	--	--	--
12/04	at L.A. Rams	--	--	--	--	--
12/11	Carolina	--	--	--	--	--
12/15	San Francisco	--	--	--	--	--
12/24	at Kansas City	--	--	--	--	--
01/01	N.Y. Jets	--	--	--	--	--
01/08	L.A. Rams	--	--	--	--	--
TOTALS		**+1**	**2 (2 FUM, 0 INT)**	**0**	**1 (1 FUM, 0 INT)**	**0**

THE LAST TIME

BY SEAHAWKS		BY OPPONENT
	PASSING	
40 att., Russell Wilson @ Green Bay, 11/14/21	40+ PASS ATTEMPTS	42 att., Russell Wilson vs. Denver, 09/12/22
50 att., Russell Wilson @ Arizona, 10/25/20	50+ PASS ATTEMPTS	54 att., Trevor Lawrence vs. Jacksonville, 10/31/21
406 yards, Russell Wilson vs. New Orleans, 09/22/19	400 YARDS PASSING	415 yards, Josh Allen @ Buffalo, 11/08/20
343 yards, Russell Wilson vs. Tennessee, 09/19/21	300 YARDS PASSING	340 yards, Russell Wilson vs. Denver, 09/12/22
406 yards, Russell Wilson vs. New Orleans, 09/22/19	400 NET YARDS PASSING	461 yards, Dak Prescott vs. Dallas, 09/27/20
320 yards, Russell Wilson vs. Tennessee, 09/19/21	300 NET YARDS PASSING	330 yards, Russell Wilson vs. Denver, 09/12/22
5 tds, Russell Wilson vs. Dallas, 09/27/20	FIVE+ TOUCHDOWN PASSES	5 tds, Josh Freeman @ Tampa Bay, 12/26/10
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: (13, 1, 13, 1) vs. Detroit, 01/02/22	FOUR TOUCHDOWN PASSES	4 tds, Deshaun Watson: (59, 20, 2, 72) vs. Houston, 10/29/17
3 tds, Russell Wilson: (43, 5, 25) @ Arizona, 01/09/22	THREE TOUCHDOWN PASSES	3 tds, Kirk Cousins: (7, 15, 3) @ Minnesota, 09/26/21
3 ints, Marcus Trufant vs. Arizona, 12/09/07	THREE INTERCEPTION GAME	* Never Has Happened *
2 ints, D.J. Reed vs. Detroit, 01/02/22	TWO INTERCEPTION GAME	2 ints, Darious Williams @ L.A. Rams, 11/15/20
5 ints, Russell Wilson @ Green Bay, 12/11/16	FIVE INTERCEPTIONS THROWN	5 ints, Eli Manning @ N.Y. Giants, 12/15/13
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, Tim Boyle vs. Detroit, 01/02/22
2 ints, Russell Wilson @ Green Bay, 11/14/21	TWO INTERCEPTIONS THROWN	2 ints, Jimmy Garoppolo vs. San Francisco, 12/05/21
	RUSHING	
209 yards, Thomas Rawls vs. San Francisco, 11/22/15	200+ YARDS RUSHING	207 yards, Frank Gore @ San Francisco, 09/20/09
209 yards, Thomas Rawls vs. San Francisco, 11/22/15	200 YARDS RUSHING	207 yards, Frank Gore @ San Francisco, 09/20/09
190 yards, Rashaad Penny @ Arizona, 01/09/22	150-199 YARDS RUSHING	182 yards, Derrick Henry vs. Tennessee, 09/19/21
190 yards, Rashaad Penny @ Arizona, 01/09/22	100 YARDS RUSHING	111 yards, Antonio Gibson @ Washington, 11/29/21
135 yards, Rashaad Penny vs. Chicago, 12/26/21	100-149 YARDS RUSHING	111 yards, Antonio Gibson @ Washington, 11/29/21
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, Derrick Henry: (9, 60, 1) vs. Tennessee, 09/19/21
2 tds, Rashaad Penny: (15, 6) vs. Detroit, 01/02/22	TWO TOUCHDOWNS RUSHING	2 tds, AJ Dillon: (3, 2) @ Green Bay, 11/14/21
* Never Has Happened *	TWO PLAYERS WITH TWO TD RUSHING	Brandon Jackson: (6, 4)/Ryan Grant: (3, 56) @ Green Bay, 12/27/09
190 yards, Rashaad Penny @ Arizona, 01/09/22	150 YARDS RUSHING	182 yards, Derrick Henry vs. Tennessee, 09/19/21
32 att., Chris Carson vs. Dallas, 09/23/18	30+ RUSHING ATTEMPTS	35 att., Derrick Henry vs. Tennessee, 09/19/21
60 yards, Rashaad Penny vs. Denver, 09/12/22	50-74 YARD RUSHING	58 yards, Melvin Gordon III vs. Denver, 09/12/22
190 yards, Rashaad Penny @ Arizona, 01/09/22	75+ YARD RUSHING	92 yards, Sony Michel @ L.A. Rams, 12/21/21
32 att., Chris Carson vs. Dallas, 09/23/18	30-39 RUSHING ATTEMPTS	35 att., Derrick Henry vs. Tennessee, 09/19/21
40 att., Shaun Alexander vs. Green Bay, 11/27/06	40+ RUSHING ATTEMPTS	* Never Has Happened *
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
202 yards, Seattle 38, Arizona 30 @ Arizona, 01/09/22	200 YARDS RUSHING (TEAM)	212 yards, Tennessee 33, Seattle 30 vs. Tennessee, 09/19/21
202 yards, Seattle 38, Arizona 30 @ Arizona, 01/09/22	200-299 YARDS RUSHING (TEAM)	212 yards, Tennessee 33, Seattle 30 vs. Tennessee, 09/19/21
202 yards, Seattle 38, Arizona 30 @ Arizona, 01/09/22	200+ YARDS RUSHING (TEAM)	212 yards, Tennessee 33, Seattle 30 vs. Tennessee, 09/19/21
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

THE LAST TIME

	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
142 yards, Tyler Lockett @ Houston, 12/12/21	100 YARDS RECEIVING	102 yards, Jerry Jeudy vs. Denver, 09/12/22
* Never Has Happened *	FOUR TOUCHDOWN RECEPTIONS	4 tds, Marcus Robinson: (13, 50, 25, 9) @ Baltimore, 11/23/03
3 tds, DK Metcalf: (13, 13, 1) vs. Detroit, 01/02/22	THREE TOUCHDOWN RECEPTIONS	3 tds, Antonio Gates: (8, 8, 21) @ San Diego, 09/14/14
2 tds, Tyler Lockett: (43, 5) @ Arizona, 01/09/22	TWO TOUCHDOWN RECEPTIONS	2 tds, Cooper Kupp: (6, 29) @ L.A. Rams, 12/21/21
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
178 yards, Tyler Lockett vs. Tennessee, 09/19/21	150 YARDS RECEIVING	181 yards, George Kittle vs. San Francisco, 12/05/21
12 , Tyler Lockett vs. Jacksonville, 10/31/21	10 OR MORE RECEPTIONS	11 , Javonte Williams vs. Denver, 09/12/22
142 yards, Tyler Lockett @ Houston, 12/12/21	100-149 YARDS RECEIVING	102 yards, Jerry Jeudy vs. Denver, 09/12/22
178 yards, Tyler Lockett vs. Tennessee, 09/19/21	150-199 YARDS RECEIVING	181 yards, George Kittle vs. San Francisco, 12/05/21
200 yards, Tyler Lockett @ Arizona, 10/25/20	200-299 YARDS RECEIVING	224 yards, DeAndre Hopkins vs. Houston, 10/29/17
	COMBINED YARDS	
105 yards/378 yards, Chris Carson/Russell Wilson vs. Tampa Bay, 11/03/19	100-YARD RUSHER AND 300-YARD PASSER	112 yards/323 yards, Alexander Mattison/Kirk Cousins @ Minnesota, 09/26/21
178 yards/343 yards, Tyler Lockett/Russell Wilson vs. Tennessee, 09/19/21	100-YARD RECEIVER AND 300-YARD PASSER	102 yards/340 yards, Jerry Jeudy/Russell Wilson vs. Denver, 09/12/22
137 yards/142 yards, Rashaad Penny/Tyler Lockett @ Houston, 12/12/21	100-YARD RUSHER AND 100-YARD RECEIVER	112 yards/118 yards, Alexander Mattison/Justin Jefferson @ Minnesota, 09/26/21
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	112 yards/323 yards/118 yards, Alexander Mattison/Kirk Cousins Justin Jefferson @ Minnesota, 09/26/21
105 yards/152/123 yards, Chris Carson/Tyler Lockett/DK Metcalf vs. Tampa Bay, 11/03/19	100-YARD RUSHER/TWO 100-YARD RECEIVERS	155 yards/116/132 yards, Larry Johnson/Tony Gonzalez/Eddie Kennison @ Kansas City, 10/29/06
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

THE LAST TIME

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	16 yards, Zach Allen: (14:55) (Shotgun) 3-R.Wilson sacked at SEA 16 for -9 yards (55-C.Jones). FUMBLES (55-C.Jones) [55-C.Jones], RECOVERED by ARZ-94-Z.Allen at SEA 16. 94-Z.Allen for 16 yards, TOUCHDOWN. @ Arizona, 01/09/22
Carlos Dunlap II: (10:33) (Shotgun) 10-J.Garoppolo sacked in End Zone for -5 yards, SAFETY (8-C.Dunlap). vs. San Francisco, 12/05/21	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	Green Bay 17, Seattle 0 @ Green Bay, 11/14/21
4.0 sk, Chris Clemons vs. Green Bay, 09/24/12	FOUR SACK GAME	4.0 sk, Chandler Jones vs. Arizona, 12/22/19
3.0 sk, Carlos Dunlap II @ L.A. Rams, 12/21/21	THREE SACK GAME	3.0 sk, Leonard Floyd @ L.A. Rams, 11/15/20
2.0 sk, Carlos Dunlap II @ Arizona, 01/09/22	TWO SACK GAME	2.0 sk, Bradley Chubb vs. Denver, 09/12/22
Richard Sherman: (0, 1)/Byron Maxwell: (-2, 6) @ N.Y. Giants, 12/15/13	TWO INTERCEPTIONS BY TEAMMATES	* Never Has Happened *
2 fr, Michael Jackson vs. Denver, 09/12/22	TWO OPPONENT FUMBLE RECOVERIES	2 fr, DeForest Buckner @ San Francisco, 11/11/19
98t yards, Bobby Wagner vs. San Francisco, 12/02/18	70+ YARD INTERCEPTION RETURN	90 yards, Budda Baker @ Arizona, 10/25/20
2 ints, D.J. Reed vs. Detroit, 01/02/22	TWO INTERCEPTIONS	2 ints, Darious Williams @ L.A. Rams, 11/15/20
3 ints, Marcus Trufant vs. Arizona, 12/09/07	THREE INTERCEPTIONS	* Never Has Happened *
* Never Has Happened *	FOUR INTERCEPTIONS	4 ints, Deron Cherry vs. Kansas City, 09/29/85
20 yards, Kansas City 42, Seattle 24 vs. Kansas City, 11/28/10	LESS THAN 25 RUSHING YARDS	13 yards, Seattle 27, L.A. Rams 9 vs. St. Louis, 12/29/13
34 yards, Washington 17, Seattle 15 @ Washington, 11/29/21	LESS THAN 50 RUSHING YARDS	34 yards, Buffalo 44, Seattle 34 @ Buffalo, 11/08/20
95 yards, Seattle 51, Detroit 29 vs. Detroit, 01/02/22	LESS THAN 100 RUSHING YARDS	76 yards, Seattle 17, Denver 16 vs. Denver, 09/12/22
21 yards, Philadelphia 27, Seattle 3 vs. Philadelphia, 09/23/01	LESS THAN 50 NET PASSING YARDS	48 yards, Seattle 26, Chicago 0 vs. Chicago, 09/27/15
60 yards, Seattle 21, Minnesota 7 vs. Minnesota, 12/10/18	LESS THAN 100 NET PASSING YARDS	89 yards, Seattle 12, San Francisco 9 vs. San Francisco, 09/17/17
116 yards, Seattle 40, N.Y. Jets 3 vs. N.Y. Jets, 12/13/20	LESS THAN 150 NET PASSING YARDS	134 yards, L.A. Rams 20, Seattle 10 @ L.A. Rams, 12/21/21
125 yards, Seattle 38, Minnesota 7 @ Minnesota, 12/06/15	LESS THAN 150 YARDS NET OFFENSE	136 yards, Seattle 21, Dallas 12 @ Dallas, 12/24/17
185 yards, Seattle 40, N.Y. Jets 3 vs. N.Y. Jets, 12/13/20	LESS THAN 200 YARDS NET OFFENSE	136 yards, Seattle 21, Dallas 12 @ Dallas, 12/24/17
185 yards, Seattle 40, N.Y. Jets 3 vs. N.Y. Jets, 12/13/20	LESS THAN 300 YARDS NET OFFENSE	253 yards, Seattle 17, Denver 16 vs. Denver, 09/12/22
4 to, Buffalo 44, Seattle 34 @ Buffalo, 11/08/20	FORCED FOUR TURNOVERS	4 to, Seattle 32, Cleveland 28 @ Cleveland, 10/13/19
6 to, Green Bay 38, Seattle 10 @ Green Bay, 12/11/16	FORCED FIVE+ TURNOVERS	5 to, Seattle 17, Philadelphia 9 @ Philadelphia, 11/24/19
1 to, Seattle 17, Denver 16 vs. Denver, 09/12/22	AT LEAST ONE TURNOVER	2 to, Seattle 17, Denver 16 vs. Denver, 09/12/22
3 to, Seattle 51, Detroit 29 vs. Detroit, 01/02/22	FORCED THREE+ TURNOVERS	3 to, Seattle 30, San Francisco 23 vs. San Francisco, 12/05/21

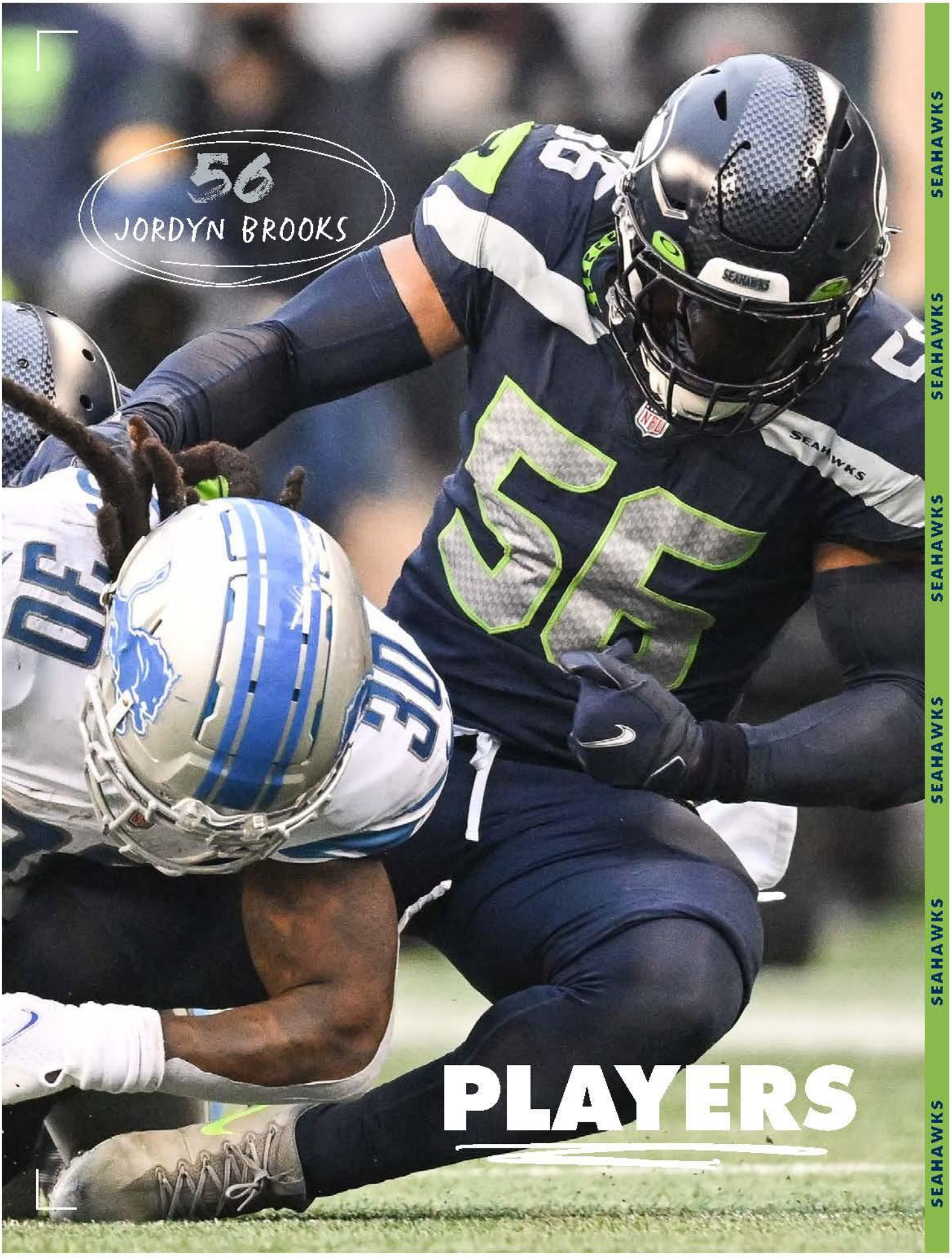
THE LAST TIME

SPECIAL TEAMS

44 yards, Travis Homer: 15-M.Wright kicks onside 9 yards from JAX 35 to JAX 44. 25-T.Homer for 44 yards, TOUCHDOWN. vs. Jacksonville, 10/31/21	KICKOFF RETURNED FOR A TOUCHDOWN	97 yards, Richie James: 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 Harty: (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
51 yards, Jason Myers: (1:05) 5-J.Myers 51 yard field goal is GOOD, Center-69-T.Ott, Holder-4-M.Dickson. vs. Detroit, 01/02/22	MADE FIELD GOAL OF 50 YARDS OR LONGER	55 yards, Matt Gay: (8:21) 8-M.Gay 55 yard field goal is GOOD, Center-42-M.Orzech, Holder-6-J.Hekker. @ L.A. Rams, 12/21/21
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	Riley Dixon: (:33) 9-R.Dixon punt is BLOCKED by 35-R.Neal, Center-58-C.Kreiter, ball out of bounds in End Zone, SAFETY. vs. N.Y. Giants, 12/06/20
Jason Myers/Jason Myers: 5-J.Myers extra point is No Good, Wide Left, Center-69-T.Ott, Holder-4-M.Dickson.5-J.Myers extra point is No Good, Hit Right Upright, Center-69-T.Ott, Holder-4-M.Dickson. @ Houston, 12/12/21	MISSED POINT AFTER TOUCHDOWN ATTEMPT	Robbie Gould: 9-R.Gould extra point is No Good, Hit Right Upright, Center-46-T.Pepper, Holder-18-M.Wishnowsky. vs. San Francisco, 12/05/21
Joey Slye [Rasheem Green blocked]: 3-J.Slye extra point is Blocked (94-R.Green), Center-54-C.Cheeseman, Holder-5-T.Way. DEFENSIVE TWO-POINT ATTEMPT. 94-R.Green recovered the blocked kick. ATTEMPT SUCCEEDS. @ Washington, 11/29/21	POINT AFTER TOUCHDOWN ATTEMPT BLOCKED	Steven Hauschka [Chris Jones blocked]: 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 onside 16 yards from SEA 30 to SEA 46. RECOVERED by SEA-27-J.Babineaux. @ Indianapolis, 10/04/09	SUCCESSFUL ONSIDE KICK	Godwin Igwebuike: 6-R.Patterson kicks onside 9 yards from DET 35 to DET 44, impetus ends at DET 44. RECOVERED by DET-35-G.Igwebuike. The Replay Official reviewed the kick touched ruling, and the play was Upheld. The ruling on the field stands. vs. Detroit, 01/02/22
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
51 yards, Jason Myers: (4:38) 5-J.Myers 42 yard field goal is GOOD, Center-69-T.Ott, Holder-4-M.Dickson. vs. Detroit, 01/02/22	50-59 YARD FIELD GOAL	55 yards, Matt Gay: (1:56) 8-M.Gay 35 yard field goal is GOOD, Center-42-M.Orzech, Holder-6-J.Hekker. @ L.A. Rams, 12/21/21
4 fg, Steven Hauschka: (31, 32, 33, 28) @ San Francisco, 01/01/17	FOUR FIELD GOALS	4 fg, Randy Bullock: (33, 30, 24, 36) vs. Tennessee, 09/19/21
61 yards, Jason Myers: (:29) 5-J.Myers 39 yard field goal is GOOD, Center-69-T.Ott, Holder-4-M.Dickson. @ L.A. Rams, 11/15/20	60+ YARD FIELD GOAL	61 yards, Ka'imi Fairbairn: (:04) 7-K.Fairbairn 61 yard field goal is GOOD, Center-46-J.Weeks, Holder-11-C.Johnston. @ Houston, 12/12/21
3 fg, Jason Myers: (51, 36, 42) vs. Detroit, 01/02/22	THREE FIELD GOALS	3 fg, Brandon McManus: (30, 40, 26) vs. Denver, 09/12/22
62 yards, Tyler Lockett vs. San Francisco, 09/25/16	50-69 YARD PUNT RETURN	53t yards, Deonte Harty vs. New Orleans, 09/22/19
71 yards, Golden Tate vs. Tampa Bay, 11/03/13	70-89 YARD PUNT RETURN	72 yards, Jaydon Mickens @ Jacksonville, 12/10/17
65 yds, Michael Dickson vs. San Francisco, 12/05/21	60-69 YARD PUNT	64 yds, Pat O'Donnell vs. Chicago, 12/26/21
94t yards, Nate Burleson @ Cleveland, 11/04/07	90+ YARD PUNT RETURN	90t yards, Stedman Bailey @ St. Louis, 10/19/14
74 yds, Jon Ryan @ San Francisco, 11/26/17	70+ YARD PUNT	72 yds, Pat O'Donnell vs. Chicago, 09/27/15
57 yards, Tyler Lockett vs. Atlanta, 11/20/17	50-69 YARD KICKOFF RETURN	66 yards, Corey Ballentine vs. N.Y. Jets, 12/13/20
10 punts, Jon Ryan @ Chicago, 10/17/10	PUNTED 10+ TIMES	10 punts, Pat O'Donnell vs. Chicago, 09/27/15
84 yards, Tyler Lockett vs. San Francisco, 12/02/18	70-89 YARD KICKOFF RETURN	74 yards, Dontrell Hilliard @ Cleveland, 10/13/19
99t yards, Tyler Lockett vs. Arizona, 12/31/17	90+ YARD KICKOFF RETURN	97t yards, Richie James @ San Francisco, 12/16/18

THE LAST TIME

	TEAM/MISCELLANEOUS	
572 yards, Seattle 572, Arizona 519 @ Arizona, 10/25/20	500 TOTAL YARDS OF OFFENSE	532 yards, Tennessee 532, Seattle 397 vs. Tennessee, 09/19/21
431 yards, Seattle 431, Arizona 305 @ Arizona, 01/09/22	400 TOTAL YARDS OF OFFENSE	433 yards, Denver 433, Seattle 253 vs. Denver, 09/12/22
ST: (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.DEF: (12:08) (Shotgun) R.Wilson pass short left to J.Graham for 7 yards, TOUCHDOWN [A.Ogletree].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: (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.ST: (7:47) T.Bridgewater pass short left to M.Thomas for 1 yard, 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 16-T.Lockett is complete. ATTEMPT SUCCEEDS. @ Houston, 12/12/21	MADE TWO-POINT CONVERSION	Tim Boyle: TWO-POINT CONVERSION ATTEMPT. 12-T.Boyle pass to 14-A.St. Brown is complete. ATTEMPT SUCCEEDS. vs. Detroit, 01/02/22
Russell Wilson: TWO-POINT CONVERSION ATTEMPT. 3-R.Wilson pass to 18-F.Swain is incomplete. ATTEMPT FAILS. @ Washington, 11/29/21	FAILED TWO-POINT CONVERSION	Carson Wentz: TWO-POINT CONVERSION ATTEMPT. 2-C.Wentz rushes right end. ATTEMPT FAILS. @ Indianapolis, 09/12/21
Seattle 51, Detroit 29 vs. Detroit, 01/02/22	50 POINTS	Seattle 7, Dallas 51 @ Dallas, 11/27/80
Seattle 40, N.Y. Jets 3 vs. N.Y. Jets, 12/13/20	40 POINTS	Buffalo 44, Seattle 34 @ Buffalo, 11/08/20
Seattle 27, San Francisco 24 @ San Francisco, 11/11/19	OVERTIME WIN	Pittsburgh 23, Seattle 20 @ Pittsburgh, 10/17/21
Pittsburgh 23, Seattle 20 @ Pittsburgh, 10/17/21	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
Seattle 21, N.Y. Giants 0 vs. N.Y. Giants, 09/24/06	20 FIRST-QUARTER POINTS	N.Y. Giants 21, Seattle 0 vs. N.Y. Giants, 11/07/10
Seattle 21, Detroit 7 vs. Detroit, 01/02/22	20 SECOND-QUARTER POINTS	L.A. Rams 21, Seattle 0 vs. L.A. Rams, 12/17/17
Seattle 21, Minnesota 6 vs. Minnesota, 10/11/20	20 THIRD-QUARTER POINTS	Jacksonville 21, Seattle 10 @ Jacksonville, 12/10/17
Seattle 20, San Francisco 14 @ San Francisco, 01/03/21	20 FOURTH-QUARTER POINTS	San Francisco 20, Seattle 10 vs. San Francisco, 11/01/20
Seattle 26, Chicago 0 vs. Chicago, 09/27/15	SHUTOUT AT HOME	* Never Has Happened *
Seattle 23, N.Y. Giants 0 @ N.Y. Giants, 12/15/13	SHUTOUT ON THE ROAD	Green Bay 17, Seattle 0 @ Green Bay, 11/14/21
Seattle 40, Tampa Bay 34 vs. Tampa Bay, 11/03/19	OVERTIME WIN AT HOME	Tennessee 33, Seattle 30 vs. Tennessee, 09/19/21
Seattle 27, San Francisco 24 @ San Francisco, 11/11/19	OVERTIME WIN ON THE ROAD	Pittsburgh 23, Seattle 20 @ Pittsburgh, 10/17/21
10 pen, Tennessee 33, Seattle 30 vs. Tennessee, 09/19/21	10 PENALTIES	12 pen, Seattle 17, Denver 16 vs. Denver, 09/12/22
3 td, Chicago 25, Seattle 24 (9:08) (No Huddle, Shotgun) R.Wilson pass deep right to D.Metcalf for 41 yards, TOUCHDOWN. (4:51) R.Penny left guard for 3 yards, TOUCHDOWN. (3:38) R.Wilson pass deep right to G.Everett for 24 yards, TOUCHDOWN. vs. Chicago, 12/26/21	THREE TOTAL TOUCHDOWNS	3 td, Seattle 38, Arizona 30 (14:55) (Shotgun) R.Wilson sacked at SEA 16 for -9 yards (C.Jones). FUMBLES (C.Jones) [C.Jones], RECOVERED by ARZ-Z.Allen at SEA 16. Z.Allen for 16 yards, TOUCHDOWN. (11:11) (No Huddle, Shotgun) K.Murray pass short left to J.Conner for 20 yards, TOUCHDOWN. (9:29) (Shotgun) J.Conner up the middle for 1 yard, TOUCHDOWN. @ Arizona, 01/09/22
0 to, Seattle 51, Detroit 29 vs. Detroit, 01/02/22	NO TURNOVERS	0 to, Chicago 25, Seattle 24 vs. Chicago, 12/26/21
4 td, Seattle 33, Houston 13 (:02) R.Penny right tackle for 32 yards, TOUCHDOWN. (1:00) (Shotgun) R.Wilson pass deep right to T.Lockett for 55 yards, TOUCHDOWN. (7:34) R.Wilson pass short left to G.Everett for 1 yard, TOUCHDOWN. The Replay Official reviewed the runner broke the plane ruling, and the play was Upheld. The ruling on the field stands. (5:35) R.Penny left tackle for 47 yards, TOUCHDOWN. @ Houston, 12/12/21	FOUR TOTAL TOUCHDOWNS	4 td, Seattle 51, Detroit 29 (11:16) (Shotgun) A.St. Brown up the middle for 26 yards, TOUCHDOWN. (10:18) (Shotgun) T.Boyle pass short left to A.St. Brown for 7 yards, TOUCHDOWN. (4:55) P.Ehinger and T.Decker reported in as eligible. T.Boyle pass short left to T.Decker for 6 yards, TOUCHDOWN. (7:08) P.Ehinger and M.Nelson reported in as eligible. J.Williams right guard for 1 yard, TOUCHDOWN. vs. Detroit, 01/02/22
41:56 TOP, Seattle 24, Philadelphia 14 @ Philadelphia, 12/07/14	OVER 40:00 TIME OF POSSESSION (NON-OT)	41:40 TOP, Washington 17, Seattle 15 @ Washington, 11/29/21
@ Houston, 12/12/21	NO SACKS/NO INTERCEPTIONS ALLOWED	vs. New Orleans, 09/22/19
(7, 10, 7, 14 Points), Seattle 38, Arizona 30 @ Arizona, 01/09/22	SCORE TOUCHDOWN IN EACH QUARTER	(7, 10, 7, 10, 3 Points), Arizona 37, Seattle 34 @ Arizona, 10/25/20
31 (first half), Seattle 51, Detroit 29 vs. Detroit, 01/02/22	30 ONE-HALF POINTS	34 (first half), L.A. Rams 42, Seattle 7 vs. L.A. Rams, 12/17/17
Seattle 51, Detroit 29 vs. Detroit, 01/02/22	WON GAME BY 20+ POINTS	L.A. Rams 42, Seattle 7 vs. L.A. Rams, 12/17/17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JORDYN BROOKS
PLAYERS
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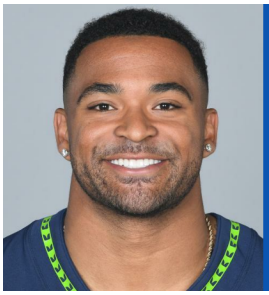


33 | STRONG SAFETY
JAMAL ADAMS

Height: 6-1	Weight: 213
College:	Louisiana State
Seasons:	NFL : 6th, Seahawks 3rd
Born:	October 17, 1995
Hometown:	Lewisville, Texas

PRO BOWL '18 | PRO BOWL '19 | PRO BOWL '20 | AP 1ST TEAM '19 | AP 2ND TEAM '18 | AP 2ND TEAM '20

2022 SEASON:

9/12 vs. Den: Started at SS before leaving the game in the second quarter due to injury (knee).

TRANSACTIONS:

04/27/17: Drafted by the N.Y. Jets (1st round, 6th overall)
07/25/20: Traded to Seattle
08/17/21: Signed multi-year contract extension with Seattle
12/10/21: Placed on IR (shoulder)

NFL CAREER HIGHLIGHTS:

• Since 2017, his 21.5 sacks are the most in the NFL by a defensive back (2nd, Tampa Bay CB Logan Ryan - 10.5).

• Led Seattle while setting an NFL record for most sacks by a defensive back in a single season with a career-high 9.5 in 2020. The last time a defensive back led his team in sacks was New Orleans' Roman Harper in 2011 (7.5). Started all 12 games played, missing four due to a groin injury, and was named to the Pro Bowl and a second-team AP All-Pro.

• Started all 46 games he played with the N.Y. Jets and earned second-team AP All-Pro honors in 2018, and was a first-team selection in 2019, and has also been a two-time Pro-Bowler (2018-19) in New York.

• 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 the 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 defensed. 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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

				TACKLES										MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
1/3/21	SEA @ SF	W	S	3	3	0	0.0	0.0	0	1	0	0	0	0	0
10/3/21	SEA @ SF	W	S	6	4	2	0.0	0.0	0	0	1	0	0	0	0
12/5/21	SEA vs. SF	W	S	4	2	2	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**3/0**	**3/3**	**13**	**9**	**4**	**0.0**	**0.0**	**0**	**1**	**1**	**0**	**0**	**0**	**0**

JAMAL ADAMS' NFL REGULAR SEASON DEFENSIVE STATISTICS

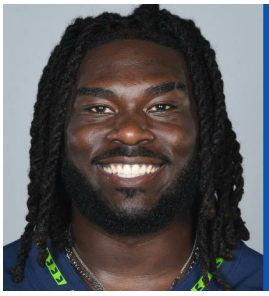
				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2017	Jets	16	16	82	63	19	9	30	2.0	18.0	2	0	0	0	0	6	1	2	0	0	1	0	1	0	0	0	0
2018	Jets	16	16	115	86	29	9	33	3.5	24.0	8	1	38	38	0	12	3	1	0	5	0	0	0	0	0	0	0
2019	Jets	14	14	75	61	14	10	33	6.5	45.5	13	1	61	61t	1	7	2	1	1	25	0	0	0	0	0	0	0
2020	Seahawks	12	12	83	59	24	11	41	9.5	39.5	14	0	0	0	0	3	1	0	0	0	0	0	0	0	0	0	0
2021	Seahawks	12	12	87	56	31	4	5	0.0	0.0	2	2	0	0	0	5	0	0	0	0	0	0	0	0	0	0	0
2022	Seahawks	1	1	3	3	0	0	0	0.0	0.0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**71**	**71**	**445**	**328**	**117**	**43**	**142**	**21.5**	**127.0**	**40**	**4**	**99**	**61T**	**1**	**34**	**7**	**4**	**1**	**30**	**1**	**0**	**1**	**0**	**0**	**0**	**0**

JAMAL ADAMS' 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	TD	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	1	1	4	2	2	0	0	0.0	0.0	0	0	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**1**	**1**	**4**	**2**	**2**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**3**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

JAMAL ADAMS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	12 at Minnesota Vikings, Sep 26, 2021 ...2 more at 12.	**Tackles For Loss**	3 at Washington Redskins, Nov 17, 2019 ...1 more at 3.
Solo Tackles	10 at Minnesota Vikings, Sep 26, 2021 ...2 more at 10.	**Interceptions**	1 at Washington Football Team, Nov 29, 2021 ...3 more at 1.
Sacks	3.0 at Washington Redskins, Nov 17, 2019	**Interception Return Yards**	61 at New England Patriots, Sep 22, 2019
Passes Defensed	3 vs. New England Patriots, Nov 25, 2018 ...2 more at 3.	**Special Teams Tackles**	1 at Miami Dolphins, Oct 22, 2017
Forced Fumbles	2 vs. New York Giants, Nov 10, 2019	**Longest Opponent's Fumble Return**	25 vs. New York Giants, Nov 10, 2019
Fumble Recoveries	1 vs. New York Giants, Nov 10, 2019 ...3 more at 1.		



95 | DEFENSIVE TACKLE
MYLES ADAMS

Height: 6-2 **Weight: 290**
College: Rice
Seasons: NFL : 3rd, Seahawks 3rd
Born: March 9, 1998
Hometown: Arlington,Texas

TRANSACTIONS:

04/30/20: Signed by Carolina as UDFA
09/05/20: Released by Carolina
09/06/20: Signed to Carolina's PS
09/18/20: Released by Carolina
12/02/20: Signed to Seattle's PS
12/29/21: Released by Seattle
01/15/21: Signed future 2021 contract with Seattle
08/31/21: Released by Seattle
09/01/21: Signed to Seattle's PS
12/21/21: Gameday activation
12/22/21: Reverted to Seattle's PS
12/25/21: Gameday activation
12/27/21: Reverted to Seattle's PS
01/05/22: Placed on Reserve/COVID-19
01/11/22: Activated from Reserve/COVID-19

NFL CAREER HIGHLIGHTS:

• Made his NFL debut in 2021, seeing action in two games late in the season as a practice squad gameday activation.

COLLEGE: Spent four years at Rice, where he totaled 94 career tackles, 4.5 sacks, 10.5 tackles for loss and three forced fumbles. Started all 12 games as a senior in 2019. Selected as one of three co-captains by his teammates prior to the start of the season and registered a career-high 42 tackles, plus 1.0 sack and 3.5 tackles for loss. Was an honorable mention All-Conference USA by conference coaches and a third-team selection by PFF. Named a semifinalist for the National Football Foundation's Campbell Trophy that honors college football's top scholar-athletes. Named to the Conference USA honor roll. Started five games as a junior in 2018. Ranked second on the team with five tackles for loss and 2.5 sacks. Saw action in all 12 games and totaled 16 tackles as a sophomore in 2017. Had nine tackles on the year as a true freshman in 2016.

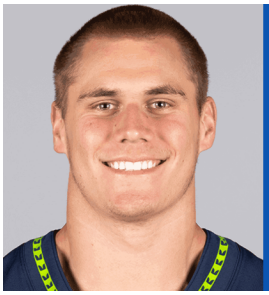
PERSONAL: Attended Mansfield Summit High School in Arlington, Texas. Was a second-team all-state on offense and All-District 14-5A on both offense and defense as the Jaguars finished 10-2 and were Bi-District champions. Dual regional qualifier in shot and discus and a regional qualifier in power lifting as a junior. Majored in kinesiology at Rice.

MYLES ADAMS' 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	TD	YDS	TK	S	A	FF	FR	S	A
2020	Panthers	0	0	0	0	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	0	0	0
2020	TOTAL	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Seahawks	2	0	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	0
2022	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**2**	**0**	**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**	**0**

MYLES ADAMS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	3 vs. Chicago Bears, Dec 26, 2021



57 | LINEBACKER
CODY BARTON

Height: 6-2	**Weight: 237**
College:	**Utah**
Seasons:	**NFL : 4th, Seahawks 4th**
Born:	**November 13, 1996**
Hometown:	**Salt Lake City, Utah**

2022 SEASON:

9/12 vs. Den: Recorded 10 tackles (8 solo) and first-career sack.

TRANSACTIONS:

04/26/19: Drafted by Seattle (3rd round, 88th overall)

NFL CAREER HIGHLIGHTS:

• Led the NFC (2nd NFL) with 16 special teams tackles in 2020. It's the most special teams tackles by a Seahawks player since Heath Farwell recorded 21 in 2011.

• 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

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

CODY BARTON'S NFL REGULAR SEASON DEFENSIVE STATISTICS

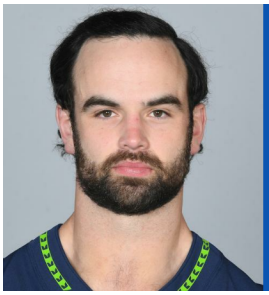
				TACKLES								INTERCEPTIONS					FUMBLES				ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	16	2	17	5	12	0	0	0.0	0.0	1	0	0	0	0	1	0	0	0	0	6	4	2	0	1
2020	Seahawks	16	2	19	11	8	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	16	13	3	2	0
2021	Seahawks	16	1	25	14	11	1	0	0.0	0.0	2	0	0	0	0	1	0	0	0	0	12	9	3	0	0
2022	Seahawks	1	1	10	8	2	2	12	1.0	8.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**49**	**6**	**71**	**38**	**33**	**3**	**12**	**1.0**	**8.0**	**4**	**0**	**0**	**0**	**0**	**2**	**0**	**0**	**0**	**0**	**34**	**26**	**8**	**2**	**1**

CODY BARTON'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	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	2	2	8	4	4	1	1	1.0	1.0	1	0	0	0	0	2	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0
NFL TOTALS		**3**	**2**	**8**	**4**	**4**	**1**	**1**	**1.0**	**1.0**	**1**	**0**	**0**	**0**	**0**	**2**	**0**	**0**	**0**	**0**	**1**	**1**	**0**	**0**	**0**

CODY BARTON'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	14 vs. Minnesota Vikings, Oct 11, 2020	**Tackles For Loss**	2 vs. Denver Broncos, Sep 12, 2022
Solo Tackles	9 vs. Minnesota Vikings, Oct 11, 2020	**Special Teams Tackles**	3 at San Francisco 49ers, Jan 03, 2021
Sacks	1.0 vs. Denver Broncos, Sep 12, 2022	**Special Teams Forced Fumbles**	1 vs. Los Angeles Rams, Dec 27, 2020
Passes Defensed	1 vs. Detroit Lions, Jan 02, 2022		...1 more at 1.
	...1 more at 1.	**Special Teams Fumble Recoveries**	1 vs. New Orleans Saints, Sep 22, 2019



44 | FULLBACK/LINEBACKER
NICK BELLORE

Height: 6-1	**Weight: 250**
College:	**Central Michigan**
Seasons:	**NFL : 12th, Seahawks 4th**
Born:	**May 12, 1989**
Hometown:	**St. Paul, Minn.**
Pronunciation:	**buh-LOR**

PRO BOWL '20

TRANSACTIONS:

07/27/11: Signed with N.Y. Jets as a UDFA
04/03/15: Signed with San Francisco as a UFA
12/19/16: Placed on IR (elbow)
04/03/17: Signed with Detroit as a 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 a 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
03/18/21: Re-signed by Seattle

NFL CAREER HIGHLIGHTS:

- Finished tied for third in the NFL with 15 special teams tackles in 2021.
- Earned first Pro Bowl nod as a special teamer, finishing second in the NFC (3rd NFL) with 14 special teams tackles, trailing only teammate Cody Barton.
- 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

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	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	16	3	1	5	5.0	5	0	1	9	9.0	9	0
2021	Seahawks	17	0	0	0	0.0	0	0	1	4	4.0	4	0
2022	Seahawks	1	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**169**	**20**	**2**	**5**	**2.5**	**5**	**0**	**10**	**75**	**7.5**	**23**	**2**

NICK BELLORE'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	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
2020	Seahawks	1	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**3**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

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	TD	YDS	TK	S	A	FF	FR
2011	Jets	16	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	17	14	3	0	0
2012	Jets	16	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	10	8	2	0	1
2013	Jets	16	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	17	8	9	0	0
2014	Jets	16	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	15	11	4	0	0
2015	49ers	16	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	15	10	5	0	1
2016	49ers	14	10	77	55	22	4	12	1.0	10.5	3	1	4	4	0	5	0	1	0	0	6	5	1	1	0
2017	Lions	13	2	6	5	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	6	4	2	0	0
2018	Lions	14	4	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	1	0	0	9	7	2	0	0
2019	Seahawks	14	1	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	7	7	0	0	1
2020	Seahawks	16	3	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	14	11	3	0	1
2021	Seahawks	17	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	15	9	6	1	0
2022	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
NFL TOTALS		**169**	**20**	**87**	**63**	**24**	**4**	**12**	**1.0**	**10.5**	**3**	**1**	**4**	**4**	**0**	**5**	**0**	**2**	**0**	**0**	**131**	**94**	**37**	**2**	**4**

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	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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
NFL TOTALS		**3**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

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.

Special Teams Forced Fumbles: : 2021 (1); **Career:** 1.

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

Rush Attempts	1 vs. San Francisco 49ers, Nov 01, 2020
	...1 more at 1.
Rushing Yards	5 vs. San Francisco 49ers, Nov 01, 2020
Longest Runs	5 vs. San Francisco 49ers, Nov 01, 2020
Receptions	2 vs. Chicago Bears, Nov 22, 2018
Receiving Yards	23 vs. Indianapolis Colts, Oct 14, 2012
Longest Receptions	23 vs. Indianapolis Colts, Oct 14, 2012
Receiving TDs	1 vs. Arizona Cardinals, Dec 22, 2019
	...1 more at 1.
All-Purpose Yards	23 vs. Indianapolis Colts, Oct 14, 2012
Kickoff Returns	1 at Tennessee Titans, Sep 29, 2013
	...1 more at 1.
Kickoff Return Yards	8 at Buffalo Bills, Dec 30, 2012
Longest Kickoff Return	8 at Buffalo Bills, Dec 30, 2012
Special Teams Tackles	4 vs. New England Patriots, Sep 20, 2020
Most TDs	1 vs. Arizona Cardinals, Dec 22, 2019
	...1 more at 1.

NICK BELLORE'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	12 at Buffalo Bills, Oct 16, 2016
Solo Tackles	9 at Chicago Bears, Dec 04, 2016
	...1 more at 9.
Sacks	0.5 at Miami Dolphins, Nov 27, 2016
	...1 more at 0.5.
Passes Defensed	2 vs. New Orleans Saints, Nov 06, 2016
Fumble Recoveries	1 at Buffalo Bills, Oct 16, 2016
Tackles For Loss	1 vs. New York Jets, Dec 11, 2016
	...3 more at 1.
Interceptions	1 at Seattle Seahawks, Sep 25, 2016
Interception Return Yards	4 at Seattle Seahawks, Sep 25, 2016
Special Teams Tackles	4 vs. New England Patriots, Sep 20, 2020
Special Teams Forced Fumbles	1 vs. San Francisco 49ers, Dec 05, 2021
	...1 more at 1.
Special Teams Fumble Recoveries	1 vs. San Francisco 49ers, Nov 01, 2020
	...3 more at 1.

35 | FREE SAFETY
JOEY BLOUNT

Height: 6-1	**Weight: 201**
College:	**Virginia**
Season:	**Rookie**
Born:	**November 16, 1998**
Hometown:	**Atlanta, Ga.**
Pronunciation:	**blunt**

2022 SEASON:

9/12 vs. Den: Made NFL debut and saw action on special teams.

TRANSACTIONS:

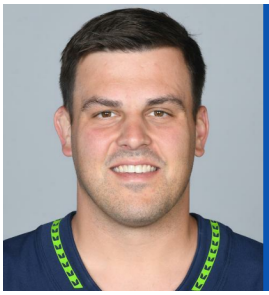
05/06/22: Signed by Seattle as a UDFA

COLLEGE: A five-year senior who started 32 of 54 games played for the Cavaliers. Was a 2021 Phil Steele All-ACC third-team selection, a 2019 All-ACC third-team selection, a 2018 Pro-Football Focus All-ACC second-team and Athlon Sports All-ACC third-team selections in his career. Finished his senior season second on the team with 87 total tackles (54 solo). That was the seventh-most among ACC players for the season and was the most among all defensive backs. Shared team lead with six interceptions and finished his career with nine interceptions, to go along with 306 tackles (185 solo), 5.5 sacks and 21 passes defensed.

PERSONAL: Played safety and quarterback at Landmark Christian School. Was a GHSA first-team all-region on defense and first-team all-state Single A on defense. Also a Fulton County first-team all-county (all classifications) on defense. Was the Georgia Sports Writers Association second-team all-state Class A on defense. Completed 77 of 138 passes for 972 yards and seven touchdowns in 2016. Rushed 75 times for 438 yards and nine touchdowns as a senior. Made 70 tackles with five tackles for a loss and five interceptions. In 2015, recorded 30 receptions for 509 yards and seven touchdowns. Captain of the football and soccer teams. Also played basketball at Landmark Christian. High Honors student and a member of the National Honor Society and the Beta Club. Dad, Tony, was a safety for Virginia from 1976-79. Earned degree in inter-American studies with a minor in women, gender & sexuality. Working on a master's in education.

JOEY BLOUNT'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	TD	YDS	TK	S	A	FF	FR	S	A
2022	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		**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**



63 | CENTER
AUSTIN BLYTHE

Height: 6-3	**Weight: 280**
College:	**Iowa**
Seasons:	**NFL : 7th, Seahawks 1st**
Born:	**June 16, 1992**
Hometown:	**Williamsburg, Iowa**

TRANSACTIONS:

04/30/16: Drafted by Indianapolis (7th round, 248th overall)
05/15/17: Released by Indianapolis
05/16/17: Claimed off waivers by L.A. Rams
03/19/20: Re-signed by L.A. Rams
04/09/21: Signed by Kansas City as a UFA
03/21/22: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• Started 47 games for the L.A. Rams from 2018-20.

• During the 2019 season, recorded starts at all three interior offensive line positions with the Rams.

COLLEGE: Saw action in 52 games with 51 starts as a four-year starter for Iowa. Helped bolster a Hawkeye offensive line that allowed the team to start the 2015 campaign 12-0 and earn a spot in the Big Ten Championship and Rose Bowl games. Started all 14 games in 2015 and named a team captain. An All-American third-team selection by Associated Press. In 2014, started all 13 games including six games at center, one at right guard, and the final six at left guard. Started all 13 games at center in 2013 and helped the Hawkeyes to an 8-4 record and an Outback Bowl appearance as a redshirt sophomore. Played in 10 games earning nine starts at right guard as a redshirt freshman in 2012.

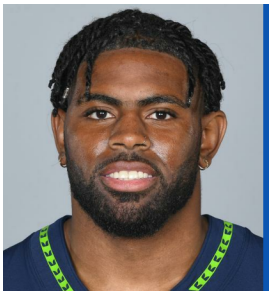
PERSONAL: Attended Williamsburg High School where he was a senior captain, two-time first team all-state selection, three-time first team all-district and All-America honorable mention. A member of the high school wrestling team where he earned three consecutive state heavyweight wrestling titles and placed second as a freshman. Holds the state record with 143 career pins.

AUSTIN BLYTHE'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2016	Colts	8	1
2017	Rams	16	1
2018	Rams	16	16
2019	Rams	15	15
2020	Rams	16	16
2021	Chiefs	4	0
2022	Seahawks	1	1
NFL TOTALS		**76**	**50**

AUSTIN BLYTHE'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2017	Rams	1	0
2018	Rams	3	3
2020	Rams	2	2
2021	Chiefs	0	0
NFL TOTALS		**6**	**5**



56 | LINEBACKER
JORDYN BROOKS

Height: 6-0	Weight: 240
College:	Texas Tech
Seasons:	NFL : 3rd, Seahawks 3rd
Born:	October 21, 1997
Hometown:	Houston, Texas

2022 SEASON:

9/12 vs. Den: Led team with 12 tackles (10 solo).

TRANSACTIONS:

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

NFL CAREER HIGHLIGHTS:

• In 2021, finished second in the NFL with a franchise-record 183 tackles (108 solo), the second most tackles in the NFL since 2000.

• Tied Bobby Wagner's franchise single-game mark with 20 tackles at Arizona (1/9/22).

• Started seven of 14 games played his rookie season, ending the season starting five of the last six ball games.

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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

				TACKLES										MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
11/1/20	SEA vs. SF	W	S	4	1	3	0.0	0.0	0	0	0	0	0	0	0
1/3/21	SEA @ SF	W	S	9	5	4	0.0	0.0	0	0	0	0	0	0	0
10/3/21	SEA @ SF	W	S	7	4	3	1.0	7.0	0	1	1	1	0	0	0
12/5/21	SEA vs. SF	W	S	12	6	6	0.0	0.0	0	1	0	0	0	0	0
TOTALS		**4/0**	**4/4**	**32**	**16**	**16**	**1.0**	**7.0**	**0**	**2**	**1**	**1**	**0**	**0**	**0**

JORDYN BROOKS' 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	TD	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	14	7	57	35	22	2	1	0.0	0.0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
2021	Seahawks	17	17	183	108	75	10	27	1.0	7.0	3	0	0	0	0	5	0	1	0	5	1	1	0	0	0	0	0
2022	Seahawks	1	1	12	10	2	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		**32**	**25**	**252**	**153**	**99**	**12**	**28**	**1.0**	**7.0**	**3**	**0**	**0**	**0**	**0**	**7**	**0**	**1**	**0**	**5**	**1**	**1**	**0**	**0**	**0**	**0**	**0**

JORDYN BROOKS' 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	TD	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	1	1	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	0
NFL TOTALS		**1**	**1**	**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**	**0**

JORDYN BROOKS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	20 at Arizona Cardinals, Jan 09, 2022	**Fumble Recoveries**	1 vs. New Orleans Saints, Oct 25, 2021
Solo Tackles	15 at Arizona Cardinals, Jan 09, 2022	**Tackles For Loss**	2 at Arizona Cardinals, Jan 09, 2022
Sacks	1.0 at San Francisco 49ers, Oct 03, 2021		...1 more at 2.
Passes Defensed	2 vs. Chicago Bears, Dec 26, 2021	**Special Teams Tackles**	1 at Green Bay Packers, Nov 14, 2021
		Longest Opponent's Fumble Return	5 vs. New Orleans Saints, Oct 25, 2021

8 | CORNERBACK
COBY BRYANT

Height:	6-1
Weight:	193
College:	Cincinnati
Season:	Rookie
Born:	March 29, 1999
Hometown:	Cleveland, Ohio

TRANSACTIONS:

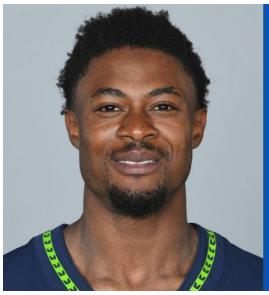
04/30/22: Drafted by Seattle (4th round, 109th overall)

COLLEGE: Played five seasons, serving four years as a starter and appearing in 63 games with 172 tackles, 45 passes defensed and 10 interceptions. Named the Jim Thorpe Award winner as the nation's top defensive back in 2021. Named an AAC firstâ team selection in 2020 and 2021, AFCA first-team Allâ American and Walter Camp first-team Allâ American. Was a team captain as a senior who won the the Jim Thorpe Award, just the second nonâ Power 5 player to win the award and first from Cincinnati. Led by Bryant, Cincinnati had the nation's best pass defense, finishing No. 1 in the country in pass efficiency defense (103.37), No. 2 in passing yards allowed (169.2), No. 3 in interceptions (19) and No. 4 in opponent completion percentage (54.0). Produced teamâ high 11 pass breakups, which ranked third in the AAC. He added 46 tackles and three interceptions while forcing three fumbles. His 74â yard pickâ six against UCF was UC's only one of the season and longest since James Wiggins against SMU in 2018.

PERSONAL: Attended Glenville High and was a threeâ star prospect by Rivals.com and Scout.com. Scout ranked him as one of the top three cornerbacks in Ohio in the 2017 class. Named honorable mention 2016 Associated Press Allâ Northeast Lakes District Division II. Helped lead the Tarblooders to a 7â 0 record in Senate League play in 2016. Played both cornerback and safety as a junior, totaling 50 tackles, five passes defensed and an interception. Coached by Ted Ginn Sr. Brother, Christian, played defensive back at Ohio State (2010â 14) and played for the St. Louis Rams (2015) and Arizona Cardinals (2016).

COBY BRYANT'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	TD	YDS	TK	S	A	FF	FR	S	A
2022	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		**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**



21 | CORNERBACK
ARTIE BURNS

Height: 6-0 **Weight:** 187
College: Miami
Born: May 1, 1995
Hometown: Miami, Fla.

2022 SEASON:

9/12 vs. Den: Inactive (groin).

TRANSACTIONS:

04/28/16: Drafted by Pittsburgh (1st round, 25th overall)
03/21/20: Signed by Chicago as a UFA
08/20/20: Placed on IR (knee)
03/29/21: Re-signed by Chicago
08/31/21: Released by Chicago
09/02/21: Signed by Chicago as a FA
03/16/22: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• Has played in 69 games with 37 starts, tallying 166 tackles (135 solo), four interceptions, 33 passes defensed and two FR. Also played and started in four postseason contests, logging 11 tackles, two passes defensed and one fumble recovery.

COLLEGE: Started 23 of 36 games played for Miami from 2013-15. Recorded 93 tackles, seven interceptions, 14 pass breakups, 2.0 sacks, one forced fumble and one fumble recovery. As a senior in 2015, earned All-ACC second-team honors, as he led the conference with six interceptions, the most by a Hurricane since 2003 (Sean Taylor, 10).

PERSONAL: Attended Northwestern High. Totaled 72 tackles, 4.0 sacks, six pass breakups and two interceptions, in addition to returning two kickoffs for touchdowns. One of the nation's top hurdlers, earning All-USA high school track & field honors from the USA Today in 2011 and 2012. Son of Artie Tyrone Burns, Sr. and the late Dana Smith; is the legal guardian of his two younger brothers, Thomas and Jordan. He and his wife Ella, have two sons, A.J. and Saint.

ARTIE BURNS' NFL REGULAR SEASON DEFENSIVE STATISTICS

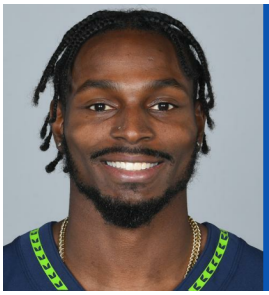
				TACKLES									INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2016	Steelers	16	9	64	51	13	2	14	0.0	0.0	0	3	13	9	0	13	0	0	0	0	1	1	0	0	0	0	0
2017	Steelers	16	16	54	47	7	2	2	0.0	0.0	1	1	0	0	0	13	0	2	0	0	0	0	0	0	0	0	0
2018	Steelers	16	6	19	15	4	1	0	0.0	0.0	0	0	0	0	0	1	1	0	0	0	3	2	1	0	0	0	0
2019	Steelers	10	1	7	4	3	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0
2020	Bears	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Bears	11	5	22	18	4	1	1	0.0	0.0	0	0	0	0	0	6	0	0	0	0	1	1	0	0	0	0	0
2022	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**69**	**37**	**166**	**135**	**31**	**6**	**17**	**0.0**	**0.0**	**1**	**4**	**13**	**9**	**0**	**33**	**1**	**2**	**0**	**0**	**6**	**5**	**1**	**0**	**0**	**0**	**0**

ARTIE BURNS' 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	TD	YDS	TK	S	A	FF	FR	S	A
2016	Steelers	3	3	12	9	3	0	0	0.0	0.0	0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
2017	Steelers	1	1	3	2	1	0	0	0.0	0.0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
2020	Bears	0	0	0	0	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**	**15**	**11**	**4**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**2**	**0**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

ARTIE BURNS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	9 at Green Bay Packers, Dec 12, 2021 ...1 more at 9.	**Tackles For Loss**	1 vs. Arizona Cardinals, Dec 05, 2021 ...5 more at 1.
Solo Tackles	8 vs. Tennessee Titans, Nov 16, 2017 ...1 more at 8.	**Interceptions**	1 at Houston Texans, Dec 25, 2017 ...3 more at 1.
Passes Defensed	3 at Cleveland Browns, Nov 20, 2016	**Interception Return Yards**	9 at Baltimore Ravens, Nov 06, 2016
Forced Fumbles	1 at Tampa Bay Buccaneers, Sep 24, 2018	**Safeties**	1 vs. Kansas City Chiefs, Sep 16, 2018
Fumble Recoveries	1 at Detroit Lions, Oct 29, 2017 ...1 more at 1.	**Special Teams Tackles**	1 vs. Arizona Cardinals, Dec 05, 2021 ...5 more at 1.



28 | CORNERBACK
JUSTIN COLEMAN

Height: 5-11 **Weight:** 190
College: Tennessee
Seasons: NFL : 8th, Seahawks 3rd
Born: March 27, 1993
Hometown: Brunswick, Ga.

TRANSACTIONS:

05/08/15: Signed by Minnesota as a UDFA
08/31/15: Released by Minnesota
09/04/15: Signed by New England as a FA
09/05/15: Released by New England
09/07/15: Signed to Seattle's PS
09/09/15: Signed to New England's active roster
09/01/17: Traded to Seattle
03/14/19: Signed by Detroit as a UFA
09/15/20: Placed on IR (hamstring)
10/31/20: Activated from IR
03/12/21: Released by Detroit
03/18/21: Signed by Miami as a FA
03/24/22: Signed by Seattle as a UFA
08/30/22: Released by Seattle
08/31/22: Signed by Seattle as a FA

NFL CAREER HIGHLIGHTS:

• Tied career-high with two interceptions last season in Miami, starting four of 16 games played, and started a career-high 11 games for the Detroit Lions in 2019.

• Played in all 32 games with 10 starts for the Seahawks from 2017-18. Posted 2.0 sacks and three interceptions serving mostly as the team's nickel cornerback.

• Eight-year veteran who returns to Seattle for his third season in 2022 after spending three seasons away (Detroit, 2019-20 & Miami, 2021). Has started 33 of 95 games played, posting 216 tackles (171 solo), 2.0 sacks, six interceptions and 44 passes defensed.

COLLEGE: Four-year letterman (2011-14) and three-year starter. Played in all 49 games with 38 starts, recording 157 tackles (112 solo), five interceptions and 22 passes defensed. Also returned one interception for a touchdown. Started 34 consecutive games to finish his career. Started all 13 games as a senior. Had 42 tackles (31 solo), four interceptions and nine passes defensed.

PERSONAL: Attended Brunswick High School and lettered in football and track & field. As a senior in 2010, was a first-team all-state selection. Posted 83 tackles, six interceptions and 12 passes defensed as a junior. Majored in communications.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

				TACKLES									MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
11/26/17	SEA @ SF	W	P	3	3	0	0.0	0.0	0	0	1	0	0	0	0
12/2/18	SEA vs. SF	W	P	6	5	1	0.5	5.5	0	0	1	1	0	0	0
TOTALS		**2/0**	**2/0**	**9**	**8**	**1**	**0.5**	**5.5**	**0**	**0**	**2**	**1**	**0**	**0**	**0**

JUSTIN COLEMAN'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	TD	YDS	TK	S	A	FF	FR	S	A
2015	Patriots	10	2	21	17	4	1	3	0.0	0.0	0	0	0	0	0	5	0	1	0	0	0	0	0	0	0	0	0
2016	Patriots	10	1	8	8	0	0	0	0.0	0.0	0	0	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0
2017	Seahawks	16	5	35	25	10	1	6	1.5	9.0	3	2	58	30t	2	9	0	0	0	0	8	7	1	0	0	0	0
2018	Seahawks	16	5	43	33	10	0	0	0.5	5.5	1	1	0	0	0	10	1	2	1	29	12	8	4	0	0	0	0
2019	Lions	16	11	53	46	7	0	0	0.0	0.0	1	1	55	55	0	13	3	1	0	0	1	1	0	0	0	0	0
2020	Lions	11	5	29	22	7	3	3	0.0	0.0	0	0	0	0	0	1	0	0	0	0	1	0	1	0	0	0	0
2021	Dolphins	16	4	27	20	7	1	2	0.0	0.0	0	2	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0
2022	Seahawks	1	0	5	3	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**96**	**33**	**221**	**174**	**47**	**6**	**14**	**2.0**	**14.5**	**5**	**6**	**113**	**55**	**2**	**44**	**4**	**4**	**1**	**29**	**22**	**16**	**6**	**0**	**0**	**0**	**0**

JUSTIN COLEMAN'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	TD	YDS	TK	S	A	FF	FR	S	A
2015	Patriots	2	0	7	7	0	0	0	0.0	0.0	1	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
2016	Patriots	0	0	0	0	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	1	0	3	2	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	3	3	0	0	0	0	0
NFL TOTALS		**3**	**0**	**10**	**9**	**1**	**0**	**0**	**0.0**	**0.0**	**1**	**0**	**0**	**0**	**0**	**2**	**0**	**0**	**0**	**0**	**3**	**3**	**0**	**0**	**0**	**0**	**0**

JUSTIN COLEMAN'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	10 vs. Washington Football Team, Nov 15, 2020	**Tackles For Loss**	1 vs. Indianapolis Colts, Oct 03, 2021
Solo Tackles	8 vs. Washington Football Team, Nov 15, 2020		...5 more at 1.
Sacks	1.0 vs. Philadelphia Eagles, Dec 03, 2017	**Interceptions**	1 vs. Baltimore Ravens, Nov 11, 2021
Passes Defensed	3 vs. Chicago Bears, Nov 28, 2019		...5 more at 1.
	...2 more at 3.	**Interception Return Yards**	55 at Green Bay Packers, Oct 14, 2019
Forced Fumbles	1 vs. Green Bay Packers, Dec 29, 2019	**Special Teams Tackles**	4 vs. San Francisco 49ers, Dec 02, 2018
	...3 more at 1.	**Longest Opponent's Fumble Return**	29 vs. Minnesota Vikings, Dec 10, 2018
Fumble Recoveries	1 vs. Kansas City Chiefs, Sep 29, 2019		
	...3 more at 1.		

67 | TACKLE
CHARLES CROSS

Height: 6-5 **Weight:** 311
College: Mississippi State
Season: Rookie
Born: November 25, 2000
Hometown: Laurel, Miss.

2022 SEASON:

9/12 vs. Den: Started first-career NFL game at LT.

TRANSACTIONS:

04/28/22: Drafted by Seattle (1st round, 9th overall)

COLLEGE: Started all 22 games played in his career and was a 2021 first-team All-American by ESPN and Sporting News, a 2021 first-team All- EC by conference coaches, Associated Press and PFF, and a 2021 second-team All-SEC by Phil Steele. Started 12 games at left tackle in 2021 and earned the top PFF pass blocking grade in the SEC for the season (84.9). Finished second in the SEC in run blocking grade (87.2) and overall offense grade (86.7) per PFF. Allowed just two sacks on 919 pass blocking snaps and did not allow a QB hit all season. Blocked for Will Rogers to lead the SEC in passing yards per game (364.5) and as he threw for 4,739 passing yards, the third most in SEC singleâ eason history

PERSONAL: Prepped at Laurel High School under head coach Todd Breland. Fiveâ tar offensive tackle per Rivals and 247Sports. Four-star recruit by ESPN. Listed as the No. 1 prospect in the state of Mississippi by both 247Sports and Rivals. Top-20 prospect nationally by 247Sports (No. 8) and Rivals (No. 17). Ranked No. 84 in the ESPN 300. Standout performer in the U.S. Army All- merican Bowl. Clarion Ledger Dandy Dozen selection as a senior. Named first- eam all- tate by the Mississippi Association of Coaches and first-team Class 5A All-Region 3 as a senior. Competed in the Mississippi/Alabama All-Star Game as a senior. Majored in business administration.

CHARLES CROSS' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2022	Seahawks	1	1
NFL TOTALS		**1**	**1**

74 | TACKLE
JAKE CURHAN

Height: 6-6	**Weight: 316**
College:	**California**
Seasons:	**NFL : 2nd, Seahawks 2nd**
Born:	**February 9, 1998**
Hometown:	**Larkspur, Calif.**
Pronunciation:	**cur-HAN**

TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA

NFL CAREER HIGHLIGHTS:

• Saw action in 15 games in 2021 and started the last five at right tackle in place of Brandon Shell (shoulder, COVID-19).

COLLEGE: Started 40 of 42 games at right tackle during his Bears career. Was a two-time honorable mention All-Pac-12 selection in his final two campaigns as a 2019 junior and 2020 senior. Had a string of 39 consecutive starts snapped when he did not start at Oregon State due to COVID-19 protocols but did return to the starting lineup for his final career game. Honored with the Pac-12's annual academic recognition for three consecutive seasons as a second-team Pac-12 All-Academic selection as both a redshirt freshman and sophomore, as well as a member of the league's initial Pac-12 Academic Honor Roll. Named Cal's winner of the Brick Muller Award as its most valuable lineman on offense as a junior.

PERSONAL: A three-year varsity starter at Redwood High from 2013-15 who didn't begin playing football until he was a sophomore in 2013. Earned first-team All-State Medium School honors from Cal-Hi Sports, San Francisco All-Metro honors and was named the Marin County Athletic League Lineman of the Year as a 2015 senior after moving to left tackle and anchoring the offensive line for a team that averaged 212.9 yards per game on the ground. Also played on the defensive line as a senior and had team highs of 6.0 sacks as well as the team's lone safety for a squad that reached the North Coast Section Division II playoffs for the first time during his prep career. Also played one season of basketball as a sophomore in 2013-14 and participated in 26 games. Graduated from Cal in December of 2020 with a bachelor's degree in business administration.

JAKE CURHAN'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2021	Seahawks	15	5
2022	Seahawks	0	0
NFL TOTALS		**15**	**5**

31 | RUNNING BACK
DEEJAY DALLAS

Height: 5-10	Weight: 214
College:	Miami
Seasons:	NFL : 3rd, Seahawks 3rd
Born:	September 16, 1998
Hometown:	Brunswick, Ga.

TRANSACTIONS:

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

NFL CAREER HIGHLIGHTS:

• Started two of 12 games played in 2020 due to injuries mid-season to Chris Carson, Carlos Hyde and Travis Homer.

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.

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
11/1/20	SEA vs. SF	W	S	18	41	2.3	9	1	5	17	3.4	5	1	5	14
TOTALS		**1/0**	**1/1**	**18**	**41**	**2**	**9**	**1**	**5**	**17**	**3.4**	**5**	**1**	**5**	**14**

DEEJAY DALLAS' NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	12	2	34	108	3.2	13	2	17	111	6.5	13	1
2021	Seahawks	17	0	33	138	4.2	15	2	21	133	6.3	29	0
2022	Seahawks	1	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**30**	**2**	**67**	**246**	**3.7**	**15**	**4**	**38**	**244**	**6.4**	**29**	**1**

DEEJAY DALLAS' NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	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**

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
2021	Seahawks	33	764	23.2	40	0	0	0	0	0.0	0	0
2022	Seahawks	3	77	25.7	30	0	0	0	0	0.0	0	0
NFL TOTALS		**36**	**841**	**23.4**	**40**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

DEEJAY DALLAS' SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	18 vs. San Francisco 49ers, Nov 01, 2020	**Receiving TDs**	1 vs. San Francisco 49ers, Nov 01, 2020
Rushing Yards	41 at Los Angeles Rams, Dec 21, 2021	**All-Purpose Yards**	147 at Pittsburgh Steelers, Oct 17, 2021
	...1 more at 41.	**Kickoff Returns**	5 vs. San Francisco 49ers, Dec 05, 2021
Rushing Average	5.1 at Los Angeles Rams, Dec 21, 2021	**Kickoff Return Yards**	129 vs. San Francisco 49ers, Dec 05, 2021
Longest Runs	15 vs. Arizona Cardinals, Nov 21, 2021	**Longest Kickoff Return**	40 vs. Chicago Bears, Dec 26, 2021
Rushing TDs	1 at Los Angeles Rams, Dec 21, 2021	**Kickoff Return Average**	32.3 at Pittsburgh Steelers, Oct 17, 2021
	...3 more at 1.	**Special Teams Tackles**	3 at Pittsburgh Steelers, Oct 17, 2021
Receptions	5 at Washington Football Team, Nov 29, 2021	**Most TDs**	2 vs. San Francisco 49ers, Nov 01, 2020
	...2 more at 5.		
Receiving Yards	33 at Pittsburgh Steelers, Oct 17, 2021		
Receiving Average	6.6 at Pittsburgh Steelers, Oct 17, 2021		
Longest Receptions	29 vs. Los Angeles Rams, Oct 07, 2021		

DEEJAY DALLAS' 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/12	Broncos	P	0	0	0.0	0	0	0	0	0.0	0	0	W	17-16
2022 TOTALS		**1-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-0**	

DEEJAY DALLAS' 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/12	at Colts	P	1	5	5.0	5	0	1	5	5.0	5	0	W	28-16
09/19	Titans	P	0	0	0.0	0	0	0	0	0.0	0	0	L	30-33+
09/26	at Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-30
10/03	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-21
10/07	Rams	P	4	7	1.8	4	0	2	32	16.0	29	0	L	17-26
10/17	at Steelers	P	4	17	4.3	10	0	5	33	6.6	10	0	L	20-23+
10/25	Saints	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-13
10/31	Jaguars	P	1	6	6.0	6	0	0	0	0.0	0	0	W	31-7
11/14	at Packers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	0-17
11/21	Cardinals	P	4	25	6.3	15	1	1	2	2.0	2	0	L	13-23
11/29	at Football Team	P	3	4	1.3	3	0	5	27	5.4	13	0	L	15-17
12/05	49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-23
12/12	at Texans	P	2	16	8.0	13	0	0	0	0.0	0	0	W	33-13
12/21	at Rams	P	8	41	5.1	8	1	3	11	3.7	9	0	L	10-20
12/26	Bears	P	4	15	3.8	7	0	4	23	5.8	13	0	L	24-25
01/02	Lions	P	1	1	1.0	1	0	0	0	0.0	0	0	W	51-29
01/09	at Cardinals	P	1	1	1.0	1	0	0	0	0.0	0	0	W	38-30
2021 TOTALS		**17-0**	**33**	**138**	**4.2**	**15**	**2**	**21**	**133**	**6.3**	**29**	**0**	**7-10**	

+ - Overtime

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+
11/01	49ers	S	18	41	2.3	9	1	5	17	3.4	5	1	W	37-27
11/08	at Bills	S	7	31	4.4	10	1	2	8	4.0	5	0	L	34-44
11/15	at Rams	P	2	8	4.0	5	0	2	23	11.5	13	0	L	16-23
11/19	Cardinals	P	1	13	13.0	13	0	2	19	9.5	11	0	W	28-21
11/30	at Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-17
12/06	Giants	P	0	0	0.0	0	0	2	11	5.5	6	0	L	12-17
12/13	Jets	P	4	7	1.8	4	0	0	0	0.0	0	0	W	40-3
12/20	at Football Team	P	0	0	0.0	0	0	0	0	0.0	0	0	W	20-15
12/27	Rams						ON INACTIVE LIST						W	20-9
01/03	at 49ers						ON INACTIVE LIST						W	26-23
2020 TOTALS		**12-2**	**34**	**108**	**3.2**	**13**	**2**	**17**	**111**	**6.5**	**13**	**1**	**12-4**	

+ - Overtime

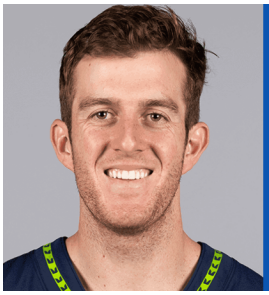
DEEJAY DALLAS' 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/12	Broncos	P	3	77	25.7	30	0	0	0	0	0.0	0	0	W	17-16
2022 TOTALS		**1-0**	**3**	**77**	**25.7**	**30**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-0**	

DEEJAY DALLAS' 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/12	at Colts	P	1	22	22.0	22	0	0	0	0	0.0	0	0	W	28-16
09/19	Titans	P	3	30	10.0	18	0	0	0	0	0.0	0	0	L	30-33+
09/26	at Vikings	P	1	21	21.0	21	0	0	0	0	0.0	0	0	L	17-30
10/03	at 49ers	P	2	51	25.5	33	0	0	0	0	0.0	0	0	W	28-21
10/07	Rams	P	2	46	23.0	24	0	0	0	0	0.0	0	0	L	17-26
10/17	at Steelers	P	3	97	32.3	38	0	0	0	0	0.0	0	0	L	20-23+
10/25	Saints	P	3	53	17.7	23	0	0	0	0	0.0	0	0	L	10-13
10/31	Jaguars	P	1	21	21.0	21	0	0	0	0	0.0	0	0	W	31-7
11/14	at Packers	P	3	79	26.3	32	0	0	0	0	0.0	0	0	L	0-17
11/21	Cardinals	P	1	20	20.0	20	0	0	0	0	0.0	0	0	L	13-23
11/29	at Football Team	P	1	27	27.0	27	0	0	0	0	0.0	0	0	L	15-17
12/05	49ers	P	5	129	25.8	33	0	0	0	0	0.0	0	0	W	30-23
12/12	at Texans	P	2	41	20.5	23	0	0	0	0	0.0	0	0	W	33-13
12/21	at Rams	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	10-20
12/26	Bears	P	3	79	26.3	40	0	0	0	0	0.0	0	0	L	24-25
01/02	Lions	P	2	48	24.0	27	0	0	0	0	0.0	0	0	W	51-29
01/09	at Cardinals	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	38-30
2021 TOTALS		**17-0**	**33**	**764**	**23.2**	**40**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**7-10**	

+ - Overtime



4 | PUNTER
MICHAEL DICKSON

Height: 6-2	**Weight:** 208
College:	Texas
Seasons:	NFL : 5th, Seahawks 5th
Born:	January 4, 1996
Hometown:	Sydney, Australia

PRO BOWL '18

AP 1ST TEAM '18

TRANSACTIONS:

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

NFL CAREER HIGHLIGHTS:

• Led the NFL in 2021 with a club-record 40 punts downed inside the 20 and passed Jeff Feagles for third-place on Seattle's all-time punts inside the 20 list with 134.

• In 2020, led NFL with 32 punts downed inside the 20 and led NFC (2nd NFL) with a single-season franchise record 49.6 average. Ranked second in the NFC (3rd NFL) with a single-season franchise record 44.4 net average. Earned NFC Special Teams Player of the Week twice during the 2020 season (Weeks 2 and 15).

• 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
11/1/20	SEA vs. SF	W	P	4	216	54.0	1	1	65
1/3/21	SEA @ SF	W	P	5	266	53.2	0	1	63
10/3/21	SEA @ SF	W	P	8	405	50.6	2	2	62
12/5/21	SEA vs. SF	W	P	4	205	51.3	0	2	65
TOTALS		**6/2**	**8/0**	**43**	**2,169**	**50.4**	**6**	**14**	**65**

MICHAEL DICKSON'S NFL REGULAR SEASON PUNTING STATISTICS

DATE	TEAM	GP	NO.	YDS.	AVG.	OPP. RET.	OPP. YDS.	NET YDS.	NET AVG.	TB	IN20	LG	BK
2018	Seahawks	16	78	3,759	48.2	34	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	16	61	3,028	49.6	28	199	2,709	44.4	6	32	67	0
2021	Seahawks	17	83	3,895	46.9	32	234	3,461	41.7	10	40	68	0
2022	Seahawks	1	2	101	50.5	1	3	98	49.0	0	0	54	0
NFL TOTALS		**66**	**298**	**14,124**	**47.4**	**129**	**953**	**12,651**	**42.3**	**26**	**134**	**69**	**1**

MICHAEL DICKSON'S NFL POSTSEASON PUNTING STATISTICS

DATE	TEAM	GP	NO.	YDS.	AVG.	OPP. RET.	OPP. YDS.	NET YDS.	NET 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
2020	Seahawks	1	8	446	55.8	1	9	397	49.6	2	3	71	0
NFL TOTALS		**4**	**22**	**1,131**	**51.4**	**8**	**95**	**976**	**44.4**	**3**	**8**	**71**	**0**

ADDITIONAL STATS

Rushing: 2018 (Rushed once for 9 yards). **Career:** Rushed once for 9 yards.
Special Teams Tackles: 2020 (1). **Career:** 1.

MICHAEL DICKSON'S SINGLE-GAME HIGHS: PUNTER

Punts	8 at Washington Football Team, Nov 29, 2021 ...5 more at 8.	**Inside the 20**	5 at Philadelphia Eagles, Nov 24, 2019
		Rush Attempts	1 at Detroit Lions, Oct 28, 2018
Gross Punting Yards	426 at San Francisco 49ers, Dec 16, 2018	**Rushing Yards**	9 at Detroit Lions, Oct 28, 2018
Gross Punting Avg	59.0 at Denver Broncos, Sep 09, 2018	**Longest Runs**	9 at Detroit Lions, Oct 28, 2018
Net Punting Yards	392 at Washington Football Team, Nov 29, 2021	**Special Teams Tackles**	1 at San Francisco 49ers, Jan 03, 2021
Net Punting Avg	57.5 at Denver Broncos, Sep 09, 2018		
Longest Punts	69 at Denver Broncos, Sep 09, 2018		

MICHAEL DICKSON'S 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

DATE	OPPONENT		NO.	YDS.	AVG.	OPP. RET.	YDS.	NET YDS.	AVG	TB	IN20	LG	BK	W/L	SCORE
09/12	Broncos	P	2	101	50.5	1	3	98	49.0	0	0	54	0	W	17-16
2022 TOTALS		**1**	**2**	**101**	**50.5**	**1**	**3**	**98**	**49.0**	**0**	**0**	**54**	**0**	**1-0**	

6 | FREE SAFETY
QUANDRE DIGGS

Height: 5-9	**Weight: 197**
College:	**Texas**
Seasons:	**NFL : 8th, Seahawks 4th**
Born:	**January 22, 1993**
Hometown:	**Houston, Texas**
Pronunciation:	**KWAHN-dray**

PRO BOWL '20 PRO BOWL '21

2022 SEASON:

9/12 vs. Den: Made a stop and forced a fumble on 4th-and-one at Seattle's 1-yard line, which was recovered by the Seahawks. Also had six tackles (3 solo).

TRANSACTIONS:

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

NFL CAREER HIGHLIGHTS:

• In 2021, tied career-high with five interceptions for the second-straight year while being named to his second-consecutive Pro Bowl. Only player in the NFL to record at least three interceptions in each of the last five seasons. Also established career high with 94 tackles.

• Named to his first Pro Bowl in 2020 after leading the NFC (T4th NFL) with a career-high five interceptions. It was most interceptions by a Seahawks player since Earl Thomas recorded five in 2015. Started all 16 games for the second time in his career and added a career-high 10 passes defensed.

• 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 defensed 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 defensed 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

				TACKLES										MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
12/27/15	DET vs. SF	W	P	3	1	2	0.0	0.0	0	0	0	0	0	0	0
9/16/18	DET @ SF	L	S	5	4	1	0.0	0.0	0	0	2	0	0	0	0
11/11/19	SEA @ SF	W	S	2	1	1	0.0	0.0	1	0	1	0	0	0	0
11/1/20	SEA vs. SF	W	S	6	3	3	0.0	0.0	0	0	0	0	0	0	0
1/3/21	SEA @ SF	W	S	6	5	1	0.0	0.0	0	0	0	0	0	0	0
10/3/21	SEA @ SF	W	S	7	5	2	0.0	0.0	1	0	2	0	0	0	0
12/5/21	SEA vs. SF	W	S	4	3	1	0.0	0.0	1	0	1	0	0	0	0
TOTALS		**6/1**	**7/6**	**33**	**22**	**11**	**0.0**	**0.0**	**3**	**0**	**6**	**0**	**0**	**0**	**0**

QUANDRE DIGGS' NFL REGULAR SEASON DEFENSIVE STATISTICS

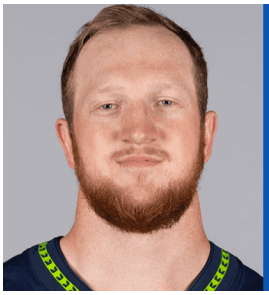
				TACKLES									INTERCEPTIONS					FUMBLES				ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2015	Lions	16	4	35	28	7	2	7	0.0	0.0	0	0	0	0	0	6	1	1	0	0	3	3	0	0	0
2016	Lions	12	4	42	38	4	2	4	0.0	0.0	1	0	0	0	0	1	1	0	0	0	2	2	0	0	0
2017	Lions	16	11	54	44	10	5	11	1.0	0.0	2	3	28	16	0	9	1	0	0	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	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	0
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	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	0
2020	Seahawks	16	16	64	42	22	0	0	0.0	0.0	0	5	57	32	0	10	0	0	0	0	0	0	0	0	0
2021	Seahawks	17	17	94	66	28	1	2	0.0	0.0	0	5	68	29	0	7	0	0	0	0	0	0	0	0	0
2022	Seahawks	1	1	6	3	3	1	0	0.0	0.0	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
NFL TOTALS		**105**	**80**	**414**	**312**	**102**	**14**	**28**	**1.0**	**0.0**	**4**	**19**	**293**	**55T**	**2**	**44**	**5**	**2**	**0**	**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	TD	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	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	0
2020	Seahawks	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		**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**

QUANDRE DIGGS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	10 vs. Tennessee Titans, Sep 19, 2021 ...1 more at 10.	**Fumble Recoveries**	1 at Philadelphia Eagles, Nov 24, 2019 ...1 more at 1.
Solo Tackles	9 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 vs. Denver Broncos, Sep 12, 2022 ...4 more at 1.	**Special Teams Tackles**	1 at Chicago Bears, Nov 19, 2017 ...5 more at 1.



89 | TIGHT END
WILL DISSLY

Height: 6-4	**Weight: 265**
College:	**Washington**
Seasons:	**NFL : 5th, Seahawks 5th**
Born:	**July 8, 1996**
Hometown:	**Bozeman, Mont.**

2022 SEASON:

9/12 vs. Den: Hauled in three catches for 43 yards, including a 38-yard touchdown reception on Seattle's opening drive.

TRANSACTIONS:

04/28/18: Drafted by Seattle (4th round, 120th overall)
10/02/18: Placed on IR (knee)
10/19/19: Placed on IR (Achilles)
12/22/21: Placed on Reserve/COVID-19
12/28/21: Activated from Reserve/COVID-19

NFL CAREER HIGHLIGHTS:

• Returned from two season-ending injuries in 2018 and 2019 to play in all 16 games with 12 starts in 2020. Posted a career-high 24 catches for 251 yards and two touchdowns.

• 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 Allâ merica honorable mention, the second Montana player ever named to the Parade team, honorable mention or otherwise, and the first since 1990. Also the Defensive Coâ VP of the Montana AA level as well as the firstâ eam AA allâ tate 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 outâ coring opponents, 689 to 209, for the season. Earned secondâ eam allâ tate 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.

REGULAR SEASON COMPARISON: RECEIVING - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	REC	YDS.	AVG.	TD	LG	TGTS	YAC
11/1/20	SEA vs. SF	W	P	1	17	17.0	0	17	1	20
1/3/21	SEA @ SF	W	S	1	20	20.0	0	20	2	17
10/3/21	SEA @ SF	W	S	2	5	2.5	0	3	2	12
12/5/21	SEA vs. SF	W	S	2	7	3.5	0	5	2	5
TOTALS		**4/0**	**4/3**	**6**	**49**	**8.2**	**0**	**20**	**7**	**54**

WILL DISSLY'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	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	16	10	24	251	10.5	28	2	0	0	0.0	0	0
2021	Seahawks	15	14	21	231	11.0	39	1	0	0	0.0	0	0
2022	Seahawks	1	1	3	43	14.3	38t	1	0	0	0.0	0	0
NFL TOTALS		**42**	**35**	**79**	**943**	**11.9**	**66**	**10**	**1**	**7**	**7.0**	**7**	**0**

WILL DISSLY'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	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
2020	Seahawks	1	0	1	1	1.0	1	0	0	0	0.0	0	0
NFL TOTALS		**1**	**0**	**1**	**1**	**1.0**	**1**	**0**	**0**	**0**	**0.0**	**0**	**0**

ADDITIONAL STATS

Special Teams Tackles: 2019 (2); 2020 (1) **Career**: 3.

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

Rush Attempts	1 vs. Los Angeles Rams, Oct 03, 2019	**All-Purpose Yards**	105 at Denver Broncos, Sep 09, 2018
Rushing Yards	7 vs. Los Angeles Rams, Oct 03, 2019	**Kickoff Returns**	1 at Washington Football Team, Dec 20, 2020
Longest Runs	7 vs. Los Angeles Rams, Oct 03, 2019	**Kickoff Return Yards**	8 at Washington Football Team, Dec 20, 2020
Receptions	7 at Arizona Cardinals, Sep 29, 2019	**Longest Kickoff Return**	8 at Washington Football Team, Dec 20, 2020
Receiving Yards	105 at Denver Broncos, Sep 09, 2018	**Special Teams Tackles**	2 vs. Cincinnati Bengals, Sep 08, 2019
Receiving Average	35.0 at Denver Broncos, Sep 09, 2018	**Most TDs**	2 at Pittsburgh Steelers, Sep 15, 2019
Longest Receptions	66 at Denver Broncos, Sep 09, 2018	**Miscellaneous Tackles**	1 vs. New York Giants, Dec 06, 2020
Receiving 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 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/12	Broncos	S	3	43	14.3	38t	1	0	0	0.0	0	0	W	17-16
2022 TOTALS		**1-1**	**3**	**43**	**14.3**	**38T**	**1**	**0**	**0**	**0.0**	**0**	**0**	**1-0**	

WILL DISSLY'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/12	at Colts	S	3	37	12.3	22	0	0	0	0.0	0	0	W	28-16
09/19	Titans	S	0	0	0.0	0	0	0	0	0.0	0	0	L	30-33+
09/26	at Vikings	S	1	39	39.0	39	0	0	0	0.0	0	0	L	17-30
10/03	at 49ers	S	2	5	2.5	3	0	0	0	0.0	0	0	W	28-21
10/07	Rams	S	2	29	14.5	21	0	0	0	0.0	0	0	L	17-26
10/17	at Steelers	S	2	8	4.0	7	1	0	0	0.0	0	0	L	20-23+
10/25	Saints	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-13
10/31	Jaguars	S	0	0	0.0	0	0	0	0	0.0	0	0	W	31-7
11/14	at Packers	S	2	22	11.0	28	0	0	0	0.0	0	0	L	0-17
11/21	Cardinals	S	1	16	16.0	16	0	0	0	0.0	0	0	L	13-23
11/29	at Football Team	S	2	19	9.5	13	0	0	0	0.0	0	0	L	15-17
12/05	49ers	S	2	7	3.5	5	0	0	0	0.0	0	0	W	30-23
12/12	at Texans	S	2	38	19.0	25	0	0	0	0.0	0	0	W	33-13
12/21	at Rams	S	1	3	3.0	3	0	0	0	0.0	0	0	L	10-20
12/26	Bears					RESERVE/COVID-19							L	24-25
01/02	Lions	S	1	8	8.0	8	0	0	0	0.0	0	0	W	51-29
01/09	at Cardinals					ON INACTIVE LIST							W	38-30
2021 TOTALS		**15-14**	**21**	**231**	**11.0**	**39**	**1**	**0**	**0**	**0.0**	**0**	**0**	**7-10**	

+ - Overtime

WILL DISSLY'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	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+
11/01	49ers	P	1	17	17.0	17	0	0	0	0.0	0	0	W	37-27
11/08	at Bills	S	1	26	26.0	26	0	0	0	0.0	0	0	L	34-44
11/15	at Rams	P	1	16	16.0	16	0	0	0	0.0	0	0	L	16-23
11/19	Cardinals	S	1	10	10.0	10	0	0	0	0.0	0	0	W	28-21
11/30	at Eagles	S	0	0	0.0	0	0	0	0	0.0	0	0	W	23-17
12/06	Giants	S	4	28	7.0	10	0	0	0	0.0	0	0	L	12-17
12/13	Jets	S	2	23	11.5	13	1	0	0	0.0	0	0	W	40-3
12/20	at Football Team	S	0	0	0.0	0	0	0	0	0.0	0	0	W	20-15
12/27	Rams	S	3	17	5.7	7	0	0	0	0.0	0	0	W	20-9
01/03	at 49ers	S	1	20	20.0	20	0	0	0	0.0	0	0	W	26-23
2020 TOTALS		**16-10**	**24**	**251**	**10.5**	**28**	**2**	**0**	**0**	**0.0**	**0**	**0**	**12-4**	

+ - Overtime

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

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	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						INJURED RESERVE						L	16-30
10/27	at Falcons						INJURED RESERVE						W	27-20
11/03	Buccaneers						INJURED RESERVE						W	40-34+
11/11	at 49ers						INJURED RESERVE						W	27-24+
11/24	at Eagles						INJURED RESERVE						W	17-9
12/02	Vikings						INJURED RESERVE						W	37-30
12/08	at Rams						INJURED RESERVE						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		**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)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
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						DID NOT PLAY						L	31-33
10/14	at Raiders						DID NOT PLAY						W	27-3
10/28	at Lions						INJURED RESERVE						W	28-14
11/04	Chargers						INJURED RESERVE						L	17-25
11/11	at Rams						INJURED RESERVE						L	31-36
11/15	Packers						INJURED RESERVE						W	27-24
11/25	at Panthers						INJURED RESERVE						W	30-27
12/02	49ers						INJURED RESERVE						W	43-16
12/10	Vikings						INJURED RESERVE						W	21-7
12/16	at 49ers						INJURED RESERVE						L	23-26+
12/23	Chiefs						INJURED RESERVE						W	38-31
12/30	Cardinals						INJURED RESERVE						W	27-24
2018 TOTALS		**4-4**	**8**	**156**	**19.5**	**66**	**2**	**0**	**0**	**0.0**	**0**	**0**	**10-6**	

+ - Overtime

24 | CORNERBACK
ISAIAH DUNN

Height:	6-0
Weight:	193
College:	Oregon State
Seasons:	NFL : 2nd, Seahawks 1st
Born:	January 31, 1999
Hometown:	Antioch, Calif.

TRANSACTIONS:

05/07/21: Signed by N.Y. Jets as a UDFA
08/30/22: Released by N.Y. Jets
08/31/22: Claimed off waivers by Seattle

NFL CAREER HIGHLIGHTS:

• Played 12 games with one start for the Jets in 2021. In that start vs. Miami (11/21/21), recorded seven solo stops.

COLLEGE: Played in 33 games, making 26 starts for the Beavers. Totaled 115 tackles with 18 passes defensed in his career. Was a 2018 Pac-12 All-Academic honorable mention.

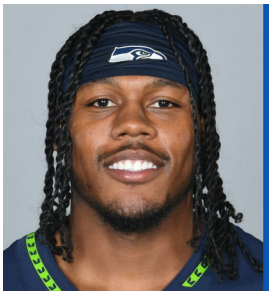
PERSONAL: Played numerous positions at Antioch High, including wide receiver, quarterback, and cornerback. Caught seven touchdowns and averaged 18.9 yards per reception as a receiver, while he allowed just three completions at cornerback as a senior. Also competed in track & field. Majored in human development and family sciences.

ISAIAH DUNN'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	TD	YDS	TK	S	A	FF	FR	S	A
2021	Jets	12	1	8	7	1	0	0	0.0	0.0	0	0	0	0	0	2	0	0	0	0	1	0	1	0	0	0	0
2022	Jets	0	0	0	0	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		**12**	**1**	**8**	**7**	**1**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**2**	**0**	**0**	**0**	**0**	**1**	**0**	**1**	**0**	**0**	**0**	**0**

ISAIAH DUNN'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	7 vs. Miami Dolphins, Nov 21, 2021	**Passes Defensed**	1 vs. Buffalo Bills, Nov 14, 2021
Solo Tackles	7 vs. Miami Dolphins, Nov 21, 2021		...1 more at 1.
		Special Teams Tackles	1 vs. Tennessee Titans, Oct 03, 2021



1 | WIDE RECEIVER
DEE ESKRIDGE

Height: 5-9	Weight: 190
College:	Western Michigan
Seasons:	NFL : 2nd, Seahawks 2nd
Born:	March 23, 1997
Hometown:	Bluffton, Ind.

TRANSACTIONS:

04/30/21: Drafted by Seattle (2nd round, 56th overall)
10/07/21: Placed on IR (concussion)
11/12/21: Activated from IR

NFL CAREER HIGHLIGHTS:

• Played in 10 games during rookie season of 2021, missing time with a concussion suffered in Week 1 at Indianapolis.

COLLEGE: Eskridge had 25 catches for 660 yards and seven touchdowns as a senior in just five games, averaging 26.4 yards per reception, and in his career had 113 catches for 2,136 yards and 14 scores in 44 games. He also averaged 28.8 yards per kick return in 2020 and had a 100-yard return touchdown. Returned to a full-time receiver in 2020, earning first-team All-MAC honors on offense and as a kick returner while also being named the MAC Special Teams Player of the Year. He led the FBS with 213 all-purpose yards per game, ranked fourth with 130.7 receiving yards per game and 23.1 yards per reception (34 receptions, 784 yards, eight touchdowns). In 2019, started two games each at wide receiver and cornerback but his season was cut short due to a clavicle injury and redshirted the season. Recorded 14 tackles and four passes defensed during his time on defense.

PERSONAL: Attended Bluffton High and was a three-star prospect, according to 247Sports.com and ESPN.com. Ranked the No. 23 prospect in Indiana by 247Sports.com. Was Bluffton High School's all-time leader in touchdowns and a 2015 Indiana All-State Honorable Mention selection by the Associated Press, running for 1,020 yards and 16 touchdowns. Also participated in track, winning the 100 meters, 200 meters and long jump at the Marion boys track regional in 2015 and 2016. Also won 60-meter dash indoor in 2015. Majored in recreation/sport management.

REGULAR SEASON COMPARISON: RECEIVING - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	REC	YDS.	AVG.	TD	LG	TGTS	YAC
12/5/21	SEA vs. SF	W	P	3	35	11.7	1	17	3	8
TOTALS		**1/0**	**1/0**	**3**	**35**	**11.7**	**1**	**17**	**3**	**8**

DEE ESKRIDGE'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2021	Seahawks	10	0	10	64	6.4	17	1	4	59	14.8	30	0
2022	Seahawks	1	0	1	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**11**	**0**	**11**	**64**	**5.8**	**17**	**1**	**4**	**59**	**14.8**	**30**	**0**

DEE ESKRIDGE'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2021	Seahawks	2	54	27.0	27	0	0	0	0	0.0	0	0
2022	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		**2**	**54**	**27.0**	**27**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

DEE ESKRIDGE'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	2 at Indianapolis Colts, Sep 12, 2021	**Receiving TDs**	1 vs. San Francisco 49ers, Dec 05, 2021
Rushing Yards	30 vs. Detroit Lions, Jan 02, 2022	**All-Purpose Yards**	64 at Washington Football Team, Nov 29, 2021
Longest Runs	30 vs. Detroit Lions, Jan 02, 2022	**Kickoff Returns**	2 at Washington Football Team, Nov 29, 2021
Receptions	3 vs. San Francisco 49ers, Dec 05, 2021	**Kickoff Return Yards**	54 at Washington Football Team, Nov 29, 2021
Receiving Yards	35 vs. San Francisco 49ers, Dec 05, 2021	**Longest Kickoff Return**	27 at Washington Football Team, Nov 29, 2021
Receiving Average	11.7 vs. San Francisco 49ers, Dec 05, 2021		...1 more at 27.
Longest Receptions	17 vs. San Francisco 49ers, Dec 05, 2021	**Most TDs**	1 vs. San Francisco 49ers, Dec 05, 2021

DEE ESKRIDGE'S 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	Broncos	P	1	0	0.0	0	0	0	0	0.0	0	0	W	17-16
2022 TOTALS		**1-0**	**1**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-0**	

DEE ESKRIDGE'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	at Colts	P	1	6	6.0	6	0	2	22	11.0	13	0	W	28-16
09/19	Titans						ON INACTIVE LIST						L	30-33+
09/26	at Vikings						ON INACTIVE LIST						L	17-30
10/03	at 49ers						ON INACTIVE LIST						W	28-21
10/07	Rams						INJURED RESERVE						L	17-26
10/17	at Steelers						INJURED RESERVE						L	20-23+
10/25	Saints						INJURED RESERVE						L	10-13
10/31	Jaguars						INJURED RESERVE						W	31-7
11/14	at Packers	P	1	-4	-4.0	-4	0	0	0	0.0	0	0	L	0-17
11/21	Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-23
11/29	at Football Team	P	2	10	5.0	9	0	0	0	0.0	0	0	L	15-17
12/05	49ers	P	3	35	11.7	17	1	0	0	0.0	0	0	W	30-23
12/12	at Texans	P	0	0	0.0	0	0	0	0	0.0	0	0	W	33-13
12/21	at Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-20
12/26	Bears	P	2	10	5.0	13	0	1	7	7.0	7	0	L	24-25
01/02	Lions	P	1	7	7.0	7	0	1	30	30.0	30	0	W	51-29
01/09	at Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	38-30
2021 TOTALS		**10-0**	**10**	**64**	**6.4**	**17**	**1**	**4**	**59**	**14.8**	**30**	**0**	**7-10**	

+ - Overtime

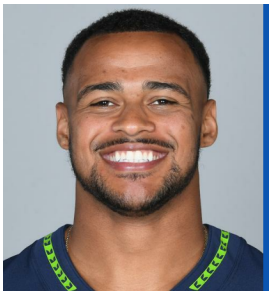
DEE ESKRIDGE'S 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/12	Broncos	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	17-16
2022 TOTALS		**1-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-0**	

DEE ESKRIDGE'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/12	at Colts	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	28-16
09/19	Titans						ON INACTIVE LIST							L	30-33+
09/26	at Vikings						ON INACTIVE LIST							L	17-30
10/03	at 49ers						ON INACTIVE LIST							W	28-21
10/07	Rams						INJURED RESERVE							L	17-26
10/17	at Steelers						INJURED RESERVE							L	20-23+
10/25	Saints						INJURED RESERVE							L	10-13
10/31	Jaguars						INJURED RESERVE							W	31-7
11/14	at Packers	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	0-17
11/21	Cardinals	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	13-23
11/29	at Football Team	P	2	54	27.0	27	0	0	0	0	0.0	0	0	L	15-17
12/05	49ers	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	30-23
12/12	at Texans	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	33-13
12/21	at Rams	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	10-20
12/26	Bears	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	24-25
01/02	Lions	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	51-29
01/09	at Cardinals	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	38-30
2021 TOTALS		**10-0**	**2**	**54**	**27.0**	**27**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**7-10**	

+ - Overtime



87 | TIGHT END
NOAH FANT

Height: 6-4	**Weight: 249**
College:	**Iowa**
Seasons:	**NFL : 4th, Seahawks 1st**
Born:	**November 20, 1997**
Hometown:	**Omaha, Neb.**

TRANSACTIONS:

04/25/19: Drafted by Denver (1st round, 20th overall)
03/16/22: Traded to Seattle

NFL CAREER HIGHLIGHTS:

• Fant was the 20th overall selection by Denver in the 2019 NFL Draft and has started 41 of 47 games played. His career totals include 170 receptions for 1,905 yards with 10 touchdowns and he set career-highs in receptions (68) and touchdowns (4) in 2021.

• Earned PFWA All-Rookie honors after he set Broncos rookie tight end records for receptions (40) and yards (562) in 2019. Became just the sixth rookie tight end in league history with multiple 100-yard receiving games.

COLLEGE: Saw action in 36 games with 14 starts at Iowa, totaling 78 receptions for 1,083 yards (13.9 avg.) with 19 touchdowns during his collegiate career (2016-18). Appeared in 12 games with seven starts during his junior season, finishing with 39 catches for 519 yards (13.3 avg.) with seven touchdowns. Selected as a third-team All-American by the Associated Press and first-team All-Big Ten Conference honoree as a John Mackey Award (nation's top tight end) semifinalist. Helped the Hawkeyes to an 8-4 regular season record. Started seven of 13 games played as a sophomore, tying for the most receiving touchdowns by a tight end in NCAA FBS (11), while setting an Iowa single-season record by a tight end. Led all FBS tight. Chosen as a third-team All-Big Ten selection.

PERSONAL: Fant played both tight end and defensive end at Omaha (Neb.) South High School, where he was chosen to the all-state team as a sophomore, junior and senior. Caught 78 passes for 1,064 yards (13.6 avg.) with 18 touchdowns between his junior and senior seasons. Contributed 48 tackles (21 solo) and five sacks during his final two prep seasons. Also competed in track (sprints, high jump, triple jump) and basketball. Majored in biology.

NOAH FANT'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Broncos	16	11	40	562	14.1	75t	3	3	-12	-4.0	-2	0
2020	Broncos	15	14	62	673	10.9	37	3	0	0	0.0	0	0
2021	Broncos	16	16	68	670	9.9	35	4	0	0	0.0	0	0
2022	Seahawks	1	1	3	16	5.3	13	0	0	0	0.0	0	0
NFL TOTALS		**48**	**42**	**173**	**1,921**	**11.1**	**75T**	**10**	**3**	**-12**	**-4.0**	**0**	**0**

NOAH FANT'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	2 at Minnesota Vikings, Nov 17, 2019
Receptions	9 vs. Las Vegas Raiders, Oct 17, 2021
Receiving Yards	115 vs. Cleveland Browns, Nov 03, 2019
Receiving Average	38.3 vs. Cleveland Browns, Nov 03, 2019
Longest Receptions	75t vs. Cleveland Browns, Nov 03, 2019
Receiving TDs	1 at Los Angeles Chargers, Jan 02, 2022
	...9 more at 1.
All-Purpose Yards	115 vs. Cleveland Browns, Nov 03, 2019
Most TDs	1 at Los Angeles Chargers, Jan 02, 2022
	...9 more at 1.
Miscellaneous Tackles	2 vs. Las Vegas Raiders, Oct 17, 2021

NOAH FANT'S 100-YARD RECEIVING GAMES (2): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
11/03/19	BROWNS	3	115	38.3	75t	1
12/08/19	at Texans	4	113	28.3	48	1

NOAH FANT'S 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	Broncos	S	3	16	5.3	13	0	0	0	0.0	0	0	W	17-16
2022 TOTALS		**1-1**	**3**	**16**	**5.3**	**13**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-0**	

NOAH FANT'S 2021 GXG REGULAR-SEASON STATISTICS (BRONCOS)

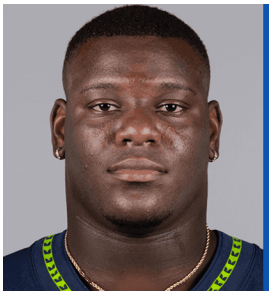
			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	at Giants	S	6	62	10.3	25	0	0	0	0.0	0	0	W	27-13
09/19	at Jaguars	S	4	33	8.3	14t	1	0	0	0.0	0	0	W	23-13
09/26	Jets	S	2	15	7.5	9	0	0	0	0.0	0	0	W	26-0
10/03	Ravens	S	6	46	7.7	14	1	0	0	0.0	0	0	L	7-23
10/10	at Steelers	S	3	20	6.7	9	0	0	0	0.0	0	0	L	19-27
10/17	Raiders	S	9	97	10.8	26	1	0	0	0.0	0	0	L	24-34
10/21	at Browns	S	5	39	7.8	9	0	0	0	0.0	0	0	L	14-17
10/31	Football Team	S	2	8	4.0	7	0	0	0	0.0	0	0	W	17-10
11/07	at Cowboys						DID NOT PLAY						W	30-16
11/14	Eagles	S	5	59	11.8	15	0	0	0	0.0	0	0	L	13-30
11/28	Chargers	S	3	12	4.0	7	0	0	0	0.0	0	0	W	28-13
12/05	at Chiefs	S	4	33	8.3	12	0	0	0	0.0	0	0	L	9-22
12/12	Lions	S	4	51	12.8	32	0	0	0	0.0	0	0	W	38-10
12/19	Bengals	S	5	57	11.4	28	0	0	0	0.0	0	0	L	10-15
12/26	at Raiders	S	3	30	10.0	20	0	0	0	0.0	0	0	L	13-17
01/02	at Chargers	S	6	92	15.3	35	1	0	0	0.0	0	0	L	13-34
01/08	Chiefs	S	1	16	16.0	16	0	0	0	0.0	0	0	L	24-28
2021 TOTALS		**16-16**	**68**	**670**	**9.9**	**35**	**4**	**0**	**0**	**0.0**	**0**	**0**	**7-10**	

NOAH FANT'S 2020 GXG REGULAR-SEASON STATISTICS (BRONCOS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/14	Titans	S	5	81	16.2	31	1	0	0	0.0	0	0	L	14-16
09/20	at Steelers	S	4	57	14.3	22	1	0	0	0.0	0	0	L	21-26
09/27	Buccaneers	S	5	46	9.2	18	0	0	0	0.0	0	0	L	10-28
10/01	at Jets	S	5	35	7.0	11	0	0	0	0.0	0	0	W	37-28
10/18	at Patriots						ON INACTIVE LIST						W	18-12
10/25	Chiefs	S	3	38	12.7	24	0	0	0	0.0	0	0	L	16-43
11/01	Chargers	S	7	47	6.7	12	0	0	0	0.0	0	0	W	31-30
11/08	at Falcons	S	3	45	15.0	32	0	0	0	0.0	0	0	L	27-34
11/15	at Raiders	P	3	18	6.0	9	0	0	0	0.0	0	0	L	12-37
11/22	Dolphins	S	4	55	13.8	29	0	0	0	0.0	0	0	W	20-13
11/29	Saints	S	1	13	13.0	13	0	0	0	0.0	0	0	L	3-31
12/06	at Chiefs	S	4	57	14.3	37	0	0	0	0.0	0	0	L	16-22
12/13	at Panthers	S	0	0	0.0	0	0	0	0	0.0	0	0	W	32-27
12/19	Bills	S	8	68	8.5	16	1	0	0	0.0	0	0	L	19-48
12/27	at Chargers	S	6	65	10.8	19	0	0	0	0.0	0	0	L	16-19
01/03	Raiders	S	4	48	12.0	20	0	0	0	0.0	0	0	L	31-32
2020 TOTALS		**15-14**	**62**	**673**	**10.9**	**37**	**3**	**0**	**0**	**0.0**	**0**	**0**	**5-11**	

NOAH FANT'S 2019 GXG REGULAR-SEASON STATISTICS (BRONCOS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/09	at Raiders	S	2	29	14.5	20	0	1	-5	-5.0	-5	0	L	16-24
09/15	Bears	S	4	33	8.3	24	0	0	0	0.0	0	0	L	14-16
09/22	at Packers	P	3	37	12.3	17	0	0	0	0.0	0	0	L	16-27
09/29	Jaguars	P	2	31	15.5	25t	1	0	0	0.0	0	0	L	24-26
10/06	at Chargers	S	1	6	6.0	6	0	0	0	0.0	0	0	W	20-13
10/13	Titans	S	2	16	8.0	11	0	0	0	0.0	0	0	W	16-0
10/17	Chiefs	P	1	7	7.0	7	0	0	0	0.0	0	0	L	6-30
10/27	at Colts	P	5	26	5.2	17	0	0	0	0.0	0	0	L	13-15
11/03	Browns	S	3	115	38.3	75t	1	0	0	0.0	0	0	W	24-19
11/17	at Vikings	S	4	60	15.0	31	0	2	-7	-3.5	-2	0	L	23-27
11/24	at Bills	S	3	14	4.7	16	0	0	0	0.0	0	0	L	3-20
12/01	Chargers	S	1	5	5.0	5	0	0	0	0.0	0	0	W	23-20
12/08	at Texans	S	4	113	28.3	48	1	0	0	0.0	0	0	W	38-24
12/15	at Chiefs	S	2	56	28.0	43	0	0	0	0.0	0	0	L	3-23
12/22	Lions	S	2	10	5.0	9	0	0	0	0.0	0	0	W	27-17
12/29	Raiders	P	1	4	4.0	4	0	0	0	0.0	0	0	W	16-15
2019 TOTALS		**16-11**	**40**	**562**	**14.1**	**75T**	**3**	**3**	**-12**	**-4.0**	**-2**	**0**	**7-9**	



97 | DEFENSIVE TACKLE
POONA FORD

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

TRANSACTIONS:

05/04/18: Signed with Seattle as a UDFA
03/17/21: Signed multi-year contract with Seattle

NFL CAREER HIGHLIGHTS:

• Started all 17 games last season and surpassed his career-high mark in tackles (53) and tied his career-high with 2.0 sacks.

• Started all 16 games in 2020 and set career-highs in tackles (40), sacks (2.0) and quarterback hits (9).

• Moved in to the starting lineup in his second season and started 14 of 15 games played, posting 32 tackles (21 solo).

• Saw action in 11 games with one start as a rookie totaling 21 tackles and three quarterback hits.

COLLEGE: The four-year defensive lineman appeared in 46 career games with 30 starts. Named Big 12 Conference Defensive Lineman of the Year in 2017 and first-team All-Big 12 selection in 2017 by both the coaches and Associated Press. Named second-team All-Big 12 by ESPN.com in 2016 and also named honorable mention All-Big 12 by league's coaches. Was a two-time member of the Big 12 Commissioner's Honor Roll (fall 2014, spring 2017). Finished his senior season with 34 tackles, eight tackles for loss, 1.5 sacks, one pass defensed, one forced fumble and a blocked field goal.

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

				TACKLES									MISC		
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	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	0
12/16/18	SEA @ SF	L	P	6	3	3	0.0	0.0	0	3	0	0	0	0	0
11/11/19	SEA @ SF	W	S	3	1	2	0.5	2.5	0	1	0	1	0	0	1
11/1/20	SEA vs. SF	W	S	3	2	1	0.0	0.0	0	1	0	0	0	0	0
1/3/21	SEA @ SF	W	S	2	2	0	0.0	0.0	0	0	0	1	0	0	0
10/3/21	SEA @ SF	W	S	1	1	0	0.0	0.0	0	1	0	0	0	0	0
12/5/21	SEA vs. SF	W	S	3	1	2	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**6/1**	**7/6**	**22**	**14**	**8**	**0.5**	**2.5**	**0**	**6**	**0**	**2**	**0**	**0**	**1**

POONA FORD'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	TD	YDS	TK	S	A	FF	FR
2018	Seahawks	11	1	21	13	8	3	9	0.0	0.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	15	14	32	21	11	5	8	0.5	2.5	3	0	0	0	0	1	0	1	0	0	0	0	0	0	0
2020	Seahawks	16	16	40	25	15	8	30	2.0	14.0	9	0	0	0	0	0	1	0	0	0	0	0	0	0	0
2021	Seahawks	17	17	53	23	30	6	18	2.0	16.5	6	0	0	0	0	1	0	0	0	0	0	0	0	0	0
2022	Seahawks	1	1	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**60**	**49**	**147**	**83**	**64**	**22**	**65**	**4.5**	**33.0**	**20**	**0**	**0**	**0**	**0**	**2**	**1**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

POONA FORD'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	TD	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	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	0
2020	Seahawks	1	1	4	3	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**4**	**3**	**12**	**10**	**2**	**1**	**0**	**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 Houston Texans, Dec 12, 2021
	...2 more at 6.
Solo Tackles	4 vs. San Francisco 49ers, Dec 02, 2018
Sacks	1.5 at Arizona Cardinals, Jan 09, 2022
Passes Defensed	1 at Green Bay Packers, Nov 14, 2021
	...1 more at 1.
Forced Fumbles	1 at Arizona Cardinals, Oct 25, 2020
Fumble Recoveries	1 at San Francisco 49ers, Nov 11, 2019
Tackles For Loss	3 at San Francisco 49ers, Dec 16, 2018

78 | TACKLE
STONE FORSYTHE

Height: 6-8	**Weight: 307**
College:	**Florida**
Seasons:	**NFL : 2nd, Seahawks 2nd**
Born:	**December 29, 1997**
Hometown:	**Winter Garden, Fla.**

TRANSACTIONS:

05/01/21: Drafted by Seattle (6th round, 208th overall)

NFL CAREER HIGHLIGHTS:

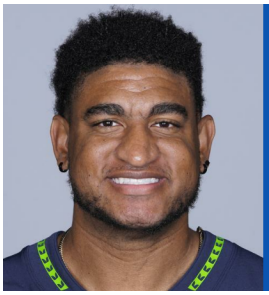
• Saw majority of time on PAT units in 10 games in 2021 and saw first NFL action at right tackle vs. San Francisco (12/5/21) in place of Brandon Shell (ankle).

COLLEGE: Finished career with 40 games played with 28 starts for the Gators, seeing time at both guard and tackle during his career. Appeared and started in all 12 games in 2020 and protected the blind side of Heisman Trophy finalist Kyle Trask to help the Gators lead the nation in passing yards per game (378.6), while ranking eighth nationally in yards per play (7.28) and ninth in yards per game (509.8). Named to the SEC Fall Academic Honor Roll following the season.

PERSONAL: Attended West Orange High and named to the 2015 Class 8A third-team. Was an all-state as a senior and was an all-state second-team selection as a junior in 2014. Led his team to a 12-2 record in 2015 and reached the Class 8A semifinals. Father, Ray, played offensive line at Kent State and UCF and spent the 1995 season on the Cincinnati Bengals practice squad and played in NFL Europe and the Arena League.

STONE FORSYTHE'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2021	Seahawks	10	0
2022	Seahawks	1	0
NFL TOTALS		**11**	**0**



61 | GUARD/CENTER
KYLE FULLER

Height: 6-5	**Weight: 320**
College:	**Baylor**
Seasons:	**NFL : 6th, Seahawks 4th**
Born:	**March 4, 1994**
Hometown:	**Wylie, Texas**

TRANSACTIONS:

04/29/17: Drafted by Houston (7th round, 243rd overall)
09/01/18: Waived by Houston
09/02/18: Signed to Houston PS
12/11/18: Signed to Washington's 53-man roster
04/30/19: Waived by Washington
05/16/19: Signed with Miami as FA
08/31/19: Waived by Miami
09/02/19: Signed to Seattle's PS
12/31/19: Signed to Seattle's 53-man roster
09/05/20: Suspended by NFL
09/21/20: Suspension Lifted by Commissioner
04/20/21: Signed ERFA tender
01/08/22: Placed on Reserve/COVID-19
01/14/22: Activated from Reserve/COVID-19

NFL CAREER HIGHLIGHTS:

• Started first seven games of 2021 season at center with Ethan Pocic out due to injury. Started two additional games at left guard in place of Damien Lewis (elbow). Finished season starting nine of 14 games played.

• Played in a career-high tying nine games in 2020 and made his first start for Seattle at center at the L.A. Rams (11/15) in place of Ethan Pocic (concussion).

• 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.

• Played in nine games, starting two, 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).

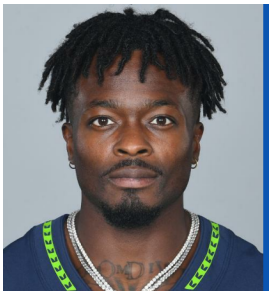
PERSONAL: Played his prep football at Wylie High School (Wylie, Texas). Was selected 1st-team all-district as senior and 2nd-team all-area. Majored in communication studies.

KYLE FULLER'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2017	Texans	9	2
2018	Texans	0	0
2018	Redskins	2	0
2018	TOTAL	2	0
2019	Seahawks	0	0
2020	Seahawks	9	1
2021	Seahawks	14	9
2022	Seahawks	1	0
NFL TOTALS		**35**	**12**

KYLE FULLER'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2019	Seahawks	1	0
2020	Seahawks	1	0
NFL TOTALS		**2**	**0**



11 | WIDE RECEIVER
MARQUISE GOODWIN

Height: 5-9	**Weight:** 183
College:	Texas
Seasons:	NFL : 9th, Seahawks 1st
Born:	November 19, 1990
Hometown:	Rowlett, Texas

TRANSACTIONS:

04/26/13: Drafted by Buffalo (3rd round, 78th overall)
10/20/15: Placed on IR (ribs)
03/10/17: Signed by San Francisco as a UFA
12/10/19: Placed on IR (knee)
04/25/20: Traded to Philadelphia
07/29/20: Placed on Reserve/Opt-out list
03/16/21: Reverted to SF per Trade Terms
03/17/21: Released by San Francisco
04/19/21: Signed by Chicago as a FA
05/23/22: Signed by Seattle as a FA

NFL CAREER HIGHLIGHTS:

• Played in 14 games during the 2021 season with Chicago, tallying 313 receiving yards. Hauled in his longest pass of the season, a 50-yard pass from QB Justin Fields in Week 9 at the Steelers. Goodwin's last reception of 50+ yards came on Oct. 28, 2018, as a member of the San Francisco 49ers, scoring on a 55-yard touchdown pass.

• Sat out of the 2020 NFL season due to COVID-19 pandemic.

• Awarded the Ed Block Courage Award in his first season with the 49ers in 2017.

• In his first season with San Francisco, he started in all 16 games, catching a career-high 56 passes for a career-high 962 receiving yards with two touchdowns. Logged three 100-yard receiving performances (Weeks 5, 14-15), including one where he logged a career-high 10 receptions vs. Tennessee in Week 15.

COLLEGE: At the University of Texas he was a two-time NCAA champion in the long jump (2010, 2012) and a four-time All-American in track and field. Won five Big 12 Conference championships and made the All-Big 12 team seven times. Is the Longhorns' indoor record holder in the long jump and was the runner-up for the 2012 NCAA Indoor long jump title. For the Longhorns' football team, during his four-year career he totaled 116 receptions, 1,296 yards and six touchdowns, adding 46 rushes for 405 yards and also 44 kickoff returns for 985 yards and one touchdown.

PERSONAL: Qualified for the U.S. Olympic team after winning the long jump title at the 2012 U.S. Olympic Trials and finished 10th in the long jump in the London Olympics.

REGULAR SEASON COMPARISON: RECEIVING - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	REC	YDS.	AVG.	TD	LG	TGTS	YAC
10/16/16	BUF vs. SF	W	S	2	22	11.0	0	16	4	2
10/31/21	CHI vs. SF	L	P	2	32	16.0	0	22	3	15
TOTALS		**1/1**	**2/1**	**4**	**54**	**13.5**	**0**	**22**	**7**	**17**

MARQUISE GOODWIN'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2013	Bills	12	1	17	283	16.6	59t	3	3	13	4.3	17	0
2014	Bills	10	0	1	42	42.0	42	0	3	8	2.7	12	0
2015	Bills	2	0	2	24	12.0	14	0	0	0	0.0	0	0
2016	Bills	15	9	29	431	14.9	84t	3	0	0	0.0	0	0
2017	49ers	16	16	56	962	17.2	83t	2	4	44	11.0	18	0
2018	49ers	11	8	23	395	17.2	67t	4	4	9	2.3	5	0
2019	49ers	9	6	12	186	15.5	38t	1	1	15	15.0	15	0
2021	Bears	14	2	20	313	15.7	50	1	2	-1	-0.5	1	0
2022	Seahawks	1	0	2	22	11.0	16	0	0	0	0.0	0	0
NFL TOTALS		**90**	**42**	**162**	**2,658**	**16.4**	**84T**	**14**	**17**	**88**	**5.2**	**18**	**0**

MARQUISE GOODWIN'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	49ers	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**

MARQUISE GOODWIN'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2013	Bills	16	351	21.9	28	0	0	0	0	0.0	0	0
2014	Bills	4	84	21.0	24	0	0	0	0	0.0	0	0
2015	Bills	2	33	16.5	19	0	0	0	0	0.0	0	0
2016	Bills	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	49ers	0	0	0.0	0	0	0	0	0	0.0	0	0
2019	49ers	0	0	0.0	0	0	0	0	0	0.0	0	0
2021	Bears	0	0	0.0	0	0	0	0	0	0.0	0	0
2022	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		**22**	**468**	**21.3**	**28**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

MARQUISE GOODWIN'S NFL POSTSEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2019	49ers	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**

MARQUISE GOODWIN'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	1 vs. Detroit Lions, Oct 03, 2021 ...16 more at 1.	**All-Purpose Yards**	144 vs. Cincinnati Bengals, Oct 13, 2013
Rushing Yards	18 vs. New York Giants, Nov 12, 2017	**Kickoff Returns**	4 vs. Kansas City Chiefs, Nov 09, 2014 ...1 more at 4.
Longest Runs	18 vs. New York Giants, Nov 12, 2017	**Kickoff Return Yards**	94 vs. Cincinnati Bengals, Oct 13, 2013
Receptions	10 vs. Tennessee Titans, Dec 17, 2017	**Longest Kickoff Return**	28 vs. Atlanta Falcons, Dec 01, 2013
Receiving Yards	126 at Green Bay Packers, Oct 15, 2018	**Kickoff Return Average**	23.5 vs. Cincinnati Bengals, Oct 13, 2013
Receiving Average	31.5 at Green Bay Packers, Oct 15, 2018	**Most TDs**	2 at Green Bay Packers, Oct 15, 2018
Longest Receptions	84t vs. New York Jets, Sep 15, 2016	**Miscellaneous Tackles**	1 vs. Chicago Bears, Dec 23, 2018 ...9 more at 1.
Receiving TDs	2 at Green Bay Packers, Oct 15, 2018		

MARQUISE GOODWIN'S 100-YARD RECEIVING GAMES (6): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
10/15/18	at Packers	4	126	31.5	67t	2
10/08/17	at Colts	5	116	23.2	51	0
12/17/17	TITANS	10	114	11.4	18	0
09/15/16	JETS	2	112	56.0	84t	1
12/10/17	at Texans	6	106	17.7	32	0
11/21/21	RAVENS	4	104	26.0	49t	1

MARQUISE GOODWIN'S 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	Broncos	P	2	22	11.0	16	0	0	0	0.0	0	0	W	17-16
2022 TOTALS		**1-0**	**2**	**22**	**11.0**	**16**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-0**	

MARQUISE GOODWIN'S 2021 GXG REGULAR-SEASON STATISTICS (BEARS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	at Rams	P	4	45	11.3	19	0	1	-2	-2.0	-2	0	L	14-34
09/19	Bengals	P	1	10	10.0	10	0	0	0	0.0	0	0	W	20-17
09/26	at Browns	P	0	0	0.0	0	0	0	0	0.0	0	0	L	6-26
10/03	Lions	P	0	0	0.0	0	0	1	1	1.0	1	0	W	24-14
10/10	at Raiders	P	1	8	8.0	8	0	0	0	0.0	0	0	W	20-9
10/17	Packers	P	1	12	12.0	12	0	0	0	0.0	0	0	L	14-24
10/24	at Buccaneers	P	2	16	8.0	12	0	0	0	0.0	0	0	L	3-38
10/31	49ers	P	2	32	16.0	22	0	0	0	0.0	0	0	L	22-33
11/08	at Steelers	P	1	50	50.0	50	0	0	0	0.0	0	0	L	27-29
11/21	Ravens	S	4	104	26.0	49t	1	0	0	0.0	0	0	L	13-16
11/25	at Lions	S	0	0	0.0	0	0	0	0	0.0	0	0	W	16-14
12/05	Cardinals						ON INACTIVE LIST						L	22-33
12/12	at Packers						ON INACTIVE LIST						L	30-45
12/20	Vikings						ON INACTIVE LIST						L	9-17
12/26	at Seahawks	P	2	23	11.5	15	0	0	0	0.0	0	0	W	25-24
01/02	Giants	P	0	0	0.0	0	0	0	0	0.0	0	0	W	29-3
01/09	at Vikings	P	2	13	6.5	8	0	0	0	0.0	0	0	L	17-31
2021 TOTALS		**14-2**	**20**	**313**	**15.7**	**50**	**1**	**2**	**-1**	**-0.5**	**1**	**0**	**6-11**	

MARQUISE GOODWIN'S 2019 GXG REGULAR-SEASON STATISTICS (49ERS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	at Buccaneers	S	1	7	7.0	7	0	0	0	0.0	0	0	W	31-17
09/15	at Bengals	S	3	77	25.7	38t	1	0	0	0.0	0	0	W	41-17
09/22	Steelers	S	2	41	20.5	25	0	0	0	0.0	0	0	W	24-20
10/07	Browns	S	3	41	13.7	17	0	1	15	15.0	15	0	W	31-3
10/13	at Rams	S	2	15	7.5	11	0	0	0	0.0	0	0	W	20-7
10/20	at Redskins	S	0	0	0.0	0	0	0	0	0.0	0	0	W	9-0
10/27	Panthers						INACTIVE						W	51-13
10/31	at Cardinals						INACTIVE						W	28-25
11/11	Seahawks	P	0	0	0.0	0	0	0	0	0.0	0	0	L	24-27+
11/17	Cardinals	P	1	5	5.0	5	0	0	0	0.0	0	0	W	36-26
11/24	Packers						INACTIVE						W	37-8
12/01	at Ravens	P	0	0	0.0	0	0	0	0	0.0	0	0	L	17-20
12/08	at Saints						INACTIVE						W	48-46
12/15	Falcons						DID NOT PLAY						L	22-29
12/21	Rams						DID NOT PLAY						W	34-31
12/29	at Seahawks						INJURED RESERVE						W	26-21
2019 TOTALS		**9-6**	**12**	**186**	**15.5**	**38T**	**1**	**1**	**15**	**15.0**	**15**	**0**	**13-3**	

+ - Overtime

MARQUISE GOODWIN'S 2018 GXG REGULAR-SEASON STATISTICS (49ERS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/09	at Vikings	S	0	0	0.0	0	0	0	0	0.0	0	0	L	16-24
09/16	Lions						INACTIVE						W	30-27
09/23	at Chiefs	S	3	30	10.0	13	1	1	-2	-2.0	-2	0	L	27-38
09/30	at Chargers	S	2	24	12.0	20	0	1	4	4.0	4	0	L	27-29
10/07	Cardinals						INACTIVE						L	18-28
10/15	at Packers	S	4	126	31.5	67t	2	1	5	5.0	5	0	L	30-33
10/21	Rams	S	2	24	12.0	17	0	0	0	0.0	0	0	L	10-39
10/28	at Cardinals	S	1	55	55.0	55t	1	0	0	0.0	0	0	L	15-18
11/01	Raiders	S	1	11	11.0	11	0	1	2	2.0	2	0	W	34-3
11/12	Giants	S	4	69	17.3	26	0	0	0	0.0	0	0	L	23-27
11/25	at Buccaneers						INACTIVE						L	9-27
12/02	at Seahawks						ON INACTIVE LIST						L	16-43
12/09	Broncos	P	2	20	10.0	13	0	0	0	0.0	0	0	W	20-14
12/16	Seahawks	P	1	7	7.0	7	0	0	0	0.0	0	0	W	26-23+
12/23	Bears	P	3	29	9.7	17	0	0	0	0.0	0	0	L	9-14
12/30	at Rams						ON INACTIVE LIST						L	32-48
2018 TOTALS		**11-8**	**23**	**395**	**17.2**	**67T**	**4**	**4**	**9**	**2.3**	**5**	**0**	**4-12**	

+ - Overtime

MARQUISE GOODWIN'S 2017 GXG REGULAR-SEASON STATISTICS (49ERS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	Panthers	S	3	21	7.0	14	0	0	0	0.0	0	0	L	3-23
09/17	at Seahawks	S	3	26	8.7	12	0	0	0	0.0	0	0	L	9-12
09/21	Rams	S	2	62	31.0	50	0	0	0	0.0	0	0	L	39-41
10/01	at Cardinals	S	1	18	18.0	18	0	0	0	0.0	0	0	L	15-18+
10/08	at Colts	S	5	116	23.2	51	0	0	0	0.0	0	0	L	23-26+
10/15	at Redskins	S	2	26	13.0	19	0	1	6	6.0	6	0	L	24-26
10/22	Cowboys	S	4	80	20.0	48	0	0	0	0.0	0	0	L	10-40
10/29	at Eagles	S	0	0	0.0	0	0	0	0	0.0	0	0	L	10-33
11/05	Cardinals	S	2	68	34.0	55	0	0	0	0.0	0	0	L	10-20
11/12	Giants	S	1	83	83.0	83t	1	1	18	18.0	18	0	W	31-21
11/26	Seahawks	S	4	78	19.5	34	0	0	0	0.0	0	0	L	13-24
12/03	at Bears	S	8	99	12.4	20	0	0	0	0.0	0	0	W	15-14
12/10	at Texans	S	6	106	17.7	32	0	0	0	0.0	0	0	W	26-16
12/17	Titans	S	10	114	11.4	18	0	1	10	10.0	10	0	W	25-23
12/24	Jaguars	S	3	37	12.3	24	0	0	0	0.0	0	0	W	44-33
12/31	at Rams	S	2	28	14.0	20	1	1	10	10.0	10	0	W	34-13
2017 TOTALS		**16-16**	**56**	**962**	**17.2**	**83T**	**2**	**4**	**44**	**11.0**	**18**	**0**	**6-10**	

+ - Overtime

MARQUISE GOODWIN'S 2016 GXG REGULAR-SEASON STATISTICS (BILLS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/11	at Ravens	P	0	0	0.0	0	0	0	0	0.0	0	0	L	7-13
09/15	Jets	P	2	112	56.0	84t	1	0	0	0.0	0	0	L	31-37
09/25	Cardinals	S	1	6	6.0	6	0	0	0	0.0	0	0	W	33-18
10/02	at Patriots	S	1	12	12.0	12	0	0	0	0.0	0	0	W	16-0
10/09	at Rams	S	2	13	6.5	7	1	0	0	0.0	0	0	W	30-19
10/16	49ers	S	2	22	11.0	16	0	0	0	0.0	0	0	W	45-16
10/23	at Dolphins	S	4	93	23.3	67t	1	0	0	0.0	0	0	L	25-28
10/30	Patriots						INACTIVE						L	25-41
11/07	at Seahawks	P	4	43	10.8	15	0	0	0	0.0	0	0	L	25-31
11/20	at Bengals	S	2	15	7.5	10	0	0	0	0.0	0	0	W	16-12
11/27	Jaguars	S	2	13	6.5	8	0	0	0	0.0	0	0	W	28-21
12/04	at Raiders	S	4	35	8.8	12	0	0	0	0.0	0	0	L	24-38
12/11	Steelers	S	0	0	0.0	0	0	0	0	0.0	0	0	L	20-27
12/18	Browns	P	3	43	14.3	23	0	0	0	0.0	0	0	W	33-13
12/24	Dolphins	P	1	16	16.0	16	0	0	0	0.0	0	0	L	31-34+
01/01	at Jets	P	1	8	8.0	8	0	0	0	0.0	0	0	L	10-30
2016 TOTALS		**15-9**	**29**	**431**	**14.9**	**84T**	**3**	**0**	**0**	**0.0**	**0**	**0**	**7-9**	

+ - Overtime

MARQUISE GOODWIN'S 2015 GXG REGULAR-SEASON STATISTICS (BILLS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/13	Colts						INACTIVE						W	27-14
09/20	Patriots						INACTIVE						L	32-40
09/27	at Dolphins						INACTIVE						W	41-14
10/04	Giants						INACTIVE						L	10-24
10/11	at Titans	P	2	24	12.0	14	0	0	0	0.0	0	0	W	14-13
10/18	Bengals	P	0	0	0.0	0	0	0	0	0.0	0	0	L	21-34
2015 TOTALS		**2-0**	**2**	**24**	**12.0**	**14**	**0**	**0**	**0**	**0.0**	**0**	**0**	**3-3**	

MARQUISE GOODWIN'S 2014 GXG REGULAR-SEASON STATISTICS (BILLS)

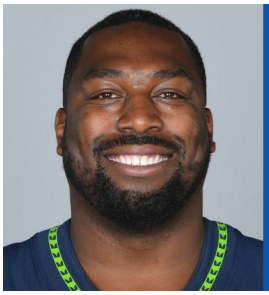
			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/07	at Bears	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-20+
09/14	Dolphins	P	0	0	0.0	0	0	1	4	4.0	4	0	W	29-10
09/21	Chargers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-22
09/28	at Texans						INACTIVE						L	17-23
10/05	at Lions	P	1	42	42.0	42	0	1	-8	-8.0	-8	0	W	17-14
10/12	Patriots	P	0	0	0.0	0	0	0	0	0.0	0	0	L	22-37
10/19	Vikings						INACTIVE						W	17-16
10/26	at Jets						INACTIVE						W	43-23
11/09	Chiefs	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-17
11/13	at Dolphins						INACTIVE						L	9-22
11/24	Jets						ON INACTIVE LIST						W	38-3
11/30	Browns	P	0	0	0.0	0	0	0	0	0.0	0	0	W	26-10
12/07	at Broncos	P	0	0	0.0	0	0	1	12	12.0	12	0	L	17-24
12/14	Packers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	21-13
12/21	at Raiders	P	0	0	0.0	0	0	0	0	0.0	0	0	L	24-26
12/28	at Patriots						INACTIVE						W	17-9
2014 TOTALS		**10-0**	**1**	**42**	**42.0**	**42**	**0**	**3**	**8**	**2.7**	**12**	**0**	**9-7**	

+ - Overtime

MARQUISE GOODWIN'S 2013 GXG REGULAR-SEASON STATISTICS (BILLS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Patriots	P	1	0	0.0	0	0	0	0	0.0	0	0	L	21-23
09/15	Panthers						INACTIVE						W	24-23
09/22	at Jets						INACTIVE						L	20-27
09/29	Ravens						INACTIVE						W	23-20
10/03	at Browns						INACTIVE						L	24-37
10/13	Bengals	P	2	51	25.5	40t	1	1	-1	-1.0	-1	0	L	24-27+
10/20	at Dolphins	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-21
10/27	at Saints	P	3	56	18.7	26	0	0	0	0.0	0	0	L	17-35
11/03	Chiefs	P	2	64	32.0	59t	1	0	0	0.0	0	0	L	13-23
11/10	at Steelers	P	2	9	4.5	7	0	0	0	0.0	0	0	L	10-23
11/17	Jets	S	6	81	13.5	43t	1	1	17	17.0	17	0	W	37-14
12/01	Falcons	P	0	0	0.0	0	0	0	0	0.0	0	0	L	31-34+
12/08	at Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	6-27
12/15	at Jaguars	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-20
12/22	Dolphins	P	0	0	0.0	0	0	1	-3	-3.0	-3	0	W	19-0
12/29	at Patriots	P	1	22	22.0	22	0	0	0	0.0	0	0	L	20-34
2013 TOTALS		**12-1**	**17**	**283**	**16.6**	**59T**	**3**	**3**	**13**	**4.3**	**17**	**0**	**6-10**	

+ - Overtime



93 | DEFENSIVE END
SHELBY HARRIS

Height: 6-2	**Weight:** 290
College:	Illinois State
Seasons:	NFL : 9th, Seahawks 1st
Born:	August 11, 1991
Hometown:	Milwaukee, Wis.

2022 SEASON:

9/12 vs. Den: Made Seattle debut and was part of a defense that held Denver without a TD on three different possessions inside their own 10-yard line (Last Time: Buffalo vs. Atlanta, January 2, 2022).

TRANSACTIONS:

05/10/14: Drafted by Oakland (7th round, 235th overall)
09/18/14: Released by Oakland
09/20/14: Signed to Oakland's PS
12/24/14: Signed to active roster
09/05/15: Released by Oakland
09/07/15: Signed to Oakland's PS
10/24/15: Signed to active roster
10/31/15: Released by Oakland
11/03/15: Signed to Oakland's PS
11/19/15: Signed to active roster
04/13/16: Signed ERFA offer
05/16/16: Released by Oakland
06/01/16: Signed by N.Y. Jets as a FA
08/29/16: Released by N.Y. Jets
12/22/16: Signed to Dallas PS
01/10/17: Released by Dallas
01/25/17: Signed by Denver to future contract
04/02/20: Re-signed with Denver
12/31/20: Placed on IR (knee)
03/19/21: Re-signed with Denver
03/16/22: Traded to Seattle

NFL CAREER HIGHLIGHTS:

• His 25 passes defensed since 2017 are tied for the fourth-most among defensive lineman in the NFL. Ranked tied for first with J.J. Watt for the most passes defensed (7) by a defensive lineman in 2020

• He has played 83 games with 49 starts and recorded 217 tackles (127 solo), 22.5 sacks, one interception, 25 passes defensed, three forced fumbles and four blocked kicks during his career.

• Harris originally entered the NFL as a seventh-round draft choice (235th overall) by the Oakland Raiders in the 2014 NFL Draft. Following two seasons with the Raiders (2014-15), he spent part of the 2016 season on the Cowboys practice squad before landing in Denver where he has spent the past five seasons (2017-21).

COLLEGE: Played three years at Illinois State after transferring from the University of Wisconsin following his freshman season. Totaled 173 tackles (72 solo), 14.0 sacks, one forced fumble, four fumble recoveries, one interception and five passes defensed. Started all 13 games as a senior, earning first-team All-Missouri Valley Football Conference honors after posting 85 tackles (30 solo), seven sacks, one interception, three passes defensed, one forced fumble and three fumble recoveries.

PERSONAL: Attended Homestead High School in Mequon, Wis., where he was a Milwaukee Journal-Sentinel Area Player of the Year as a senior. Finished his senior season with 87 tackles, seven sacks, two forced fumbles and one fumble recovery.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

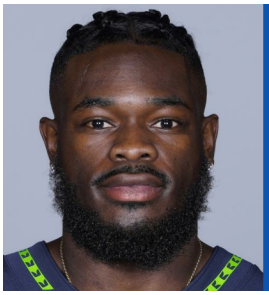
				TACKLES										MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
12/9/18	DEN @ SF	L	P	4	3	1	0.0	0.0	0	1	2	0	0	0	0
TOTALS		**0/1**	**1/0**	**4**	**3**	**1**	**0.0**	**0.0**	**0**	**1**	**2**	**0**	**0**	**0**	**0**

SHELBY HARRIS' 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	TD	YDS	TK	S	A	FF	FR	S	A
2014	Raiders	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	0
2015	Raiders	8	0	12	9	3	1	9	1.0	9.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2017	Broncos	16	6	34	22	12	7	38	5.5	33.0	9	0	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0
2018	Broncos	16	0	39	23	16	8	20	1.5	12.5	7	1	0	0	0	4	0	0	0	0	0	0	0	0	0	0	0
2019	Broncos	16	16	49	28	21	8	31	6.0	33.0	6	0	0	0	0	9	1	0	0	0	0	0	0	0	0	0	0
2020	Broncos	11	11	32	20	12	4	27	2.5	16.0	11	0	0	0	0	7	1	0	0	0	0	0	0	0	0	0	0
2021	Broncos	16	16	49	24	25	7	32	6.0	44.0	11	0	0	0	0	2	1	0	0	0	0	0	0	0	0	0	0
2022	Seahawks	1	1	3	1	2	1	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**85**	**50**	**220**	**128**	**92**	**36**	**157**	**22.5**	**147.5**	**47**	**1**	**0**	**0**	**0**	**25**	**3**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

SHELBY HARRIS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	6 vs. Los Angeles Chargers, Nov 01, 2020 ...1 more at 6.	**Forced Fumbles**	1 at Las Vegas Raiders, Dec 26, 2021 ...2 more at 1.
Solo Tackles	5 at Minnesota Vikings, Nov 17, 2019 ...1 more at 5.	**Tackles For Loss**	2 at Pittsburgh Steelers, Oct 10, 2021 ...5 more at 2.
Sacks	3.0 at Minnesota Vikings, Nov 17, 2019	**Interceptions**	1 vs. Pittsburgh Steelers, Nov 25, 2018
Passes Defensed	2 at Los Angeles Chargers, Dec 27, 2020 ...4 more at 2.		



19 | WIDE RECEIVER
PENNY HART

Height: 5-8	Weight: 182
College:	Georgia State
Seasons:	NFL : 4th, Seahawks 4th
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
12/21/20: Released by Seattle
12/23/20: Signed to Seattle's PS
08/31/21: Released by Seattle
09/01/21: Signed to Seattle's PS
09/07/21: Signed to active roster

NFL CAREER HIGHLIGHTS:

• Played in 30 games from 2020-21 as a reserve wide receiver and special teams performer.

• 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.

REGULAR SEASON COMPARISON: RECEIVING - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	REC	YDS.	AVG.	TD	LG	TGTS	YAC
12/5/21	SEA vs. SF	W	P	1	-1	-1.0	0	-1	1	0
TOTALS		**1/0**	**1/0**	**1**	**-1**	**-1.0**	**0**	**0**	**1**	**0**

PENNY HART'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	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
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	13	0	1	3	3.0	3	0	1	19	19.0	19	0
2021	Seahawks	17	0	7	59	8.4	16	0	0	0	0.0	0	0
2022	Seahawks	1	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**31**	**0**	**8**	**62**	**7.8**	**16**	**0**	**1**	**19**	**19.0**	**19**	**0**

PENNY HART'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	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
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**

ADDITIONAL STATS

Special Teams Tackles: 2020 (5); **Career**: 5.

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

Rush Attempts	1 vs. New York Jets, Dec 13, 2020	**Receiving Yards**	19 vs. Los Angeles Rams, Oct 07, 2021
Rushing Yards	19 vs. New York Jets, Dec 13, 2020	**Longest Receptions**	16 at Houston Texans, Dec 12, 2021
Longest Runs	19 vs. New York Jets, Dec 13, 2020	**All-Purpose Yards**	22 vs. New York Jets, Dec 13, 2020
Receptions	2 vs. Los Angeles Rams, Oct 07, 2021	**Special Teams Tackles**	3 vs. Chicago Bears, Dec 26, 2021

PENNY HART'S 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	Broncos	P	0	0	0.0	0	0	0	0	0.0	0	0	W	17-16
2022 TOTALS		**1-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-0**	

PENNY HART'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

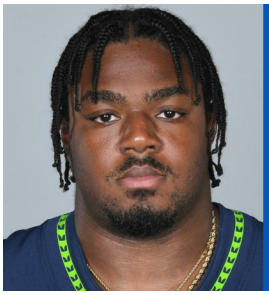
			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	at Colts	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-16
09/19	Titans	P	0	0	0.0	0	0	0	0	0.0	0	0	L	30-33+
09/26	at Vikings	P	1	7	7.0	7	0	0	0	0.0	0	0	L	17-30
10/03	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-21
10/07	Rams	P	2	19	9.5	14	0	0	0	0.0	0	0	L	17-26
10/17	at Steelers	P	1	12	12.0	12	0	0	0	0.0	0	0	L	20-23+
10/25	Saints	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-13
10/31	Jaguars	P	0	0	0.0	0	0	0	0	0.0	0	0	W	31-7
11/14	at Packers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	0-17
11/21	Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	L	13-23
11/29	at Football Team	P	0	0	0.0	0	0	0	0	0.0	0	0	L	15-17
12/05	49ers	P	1	-1	-1.0	-1	0	0	0	0.0	0	0	W	30-23
12/12	at Texans	P	1	16	16.0	16	0	0	0	0.0	0	0	W	33-13
12/21	at Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	10-20
12/26	Bears	P	0	0	0.0	0	0	0	0	0.0	0	0	L	24-25
01/02	Lions	P	1	6	6.0	6	0	0	0	0.0	0	0	W	51-29
01/09	at Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	38-30
2021 TOTALS		**17-0**	**7**	**59**	**8.4**	**16**	**0**	**0**	**0**	**0.0**	**0**	**0**	**7-10**	

+ - Overtime

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+
11/01	49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	37-27
11/08	at Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	L	34-44
11/15	at Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-23
11/19	Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-21
11/30	at Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-17
12/06	Giants	P	0	0	0.0	0	0	0	0	0.0	0	0	L	12-17
12/13	Jets	P	1	3	3.0	3	0	1	19	19.0	19	0	W	40-3
12/20	at Football Team					ON INACTIVE LIST							W	20-15
12/27	Rams					PRACTICE SQUAD							W	20-9
01/03	at 49ers					PRACTICE SQUAD							W	26-23
2020 TOTALS		**11-0**	**1**	**3**	**3.0**	**3**	**0**	**1**	**19**	**19.0**	**19**	**0**	**12-4**	

+ - Overtime



60 | GUARD
PHIL HAYNES

Height: 6-4	**Weight: 322**
College:	**Wake Forest**
Seasons:	**NFL : 4th, Seahawks 4th**
Born:	**October 19, 1995**
Hometown:	**Raleigh, N.C.**

2022 SEASON:

9/12 vs. Den: Started at LG in place of Damien Lewis (knee/ankle).

TRANSACTIONS:

05/27/19: Drafted by Seattle (4th round, 124th overall)
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)
11/18/20: Activated from IR
12/24/20: Placed on IR (groin)
09/01/21: Released by Seattle
09/02/21: Signed to Seattle's PS
11/27/21: Signed to active roster

NFL CAREER HIGHLIGHTS:

• Spent majority of 2021 season on the practice squad but saw action in six games with two starts (one each at right and left guard).

• Opened 2020 season spending the first nine games on injured reserve (hip). Played in two games but returned to injured reserve (groin) late in the season.

• 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.

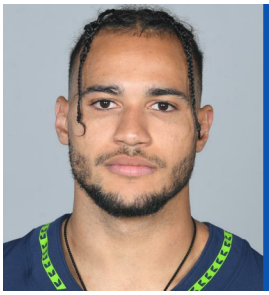
PERSONAL: Spent his first three seasons at North Raleigh Christian and his senior year at Virginia Episcopal School in Lynchburg. Earned his degree from Raleigh Enloe High. Primarily a basketball player, he was a late comer to football. Was a defensive end in high school. Son of Betty Capers. Majored in communications.

PHIL HAYNES' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2019	Seahawks	0	0
2020	Seahawks	2	0
2021	Seahawks	6	2
2022	Seahawks	1	1
NFL TOTALS		**9**	**3**

PHIL HAYNES' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2019	Seahawks	2	0
2020	Seahawks	0	0
NFL TOTALS		**2**	**0**



25 | RUNNING BACK
TRAVIS HOMER

Height: 5-10 Weight: 202
College: Miami
Seasons: NFL : 4th, Seahawks 4th
Born: August 7, 1998
Hometown: West Palm Beach, Fla.

TRANSACTIONS:

05/27/19: Drafted by Seattle (6th round, 204th overall)
12/19/20: Placed on IR (knee)
12/19/21: Placed on Reserve/COVID-19
12/24/21: Activated from Reserve/COVID-19

NFL CAREER HIGHLIGHTS:

• Earned NFC Special Teams Player of the Week vs. San Francisco (12/5/21) for his Week 14 performance after rushing for a 73-yard touchdown on a fake punt. It marked his longest rush of his career and first-career touchdown.

• Fielded an onside kick and returned it 44-yards for a touchdown vs. Jacksonville (10/31/21) with 1:43 left in the game. It was Seattle's first kickoff return for a touchdown since 2017 (Tyler Lockett - vs. Arizona 12/31/17).

• 2020 season was cut short due to knee/wrist/thumb injuries and saw time in only nine games. Scored first-career touchdown at Miami (10/4/20).

• 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 fourâ tar 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.â ˆ

REGULAR SEASON COMPARISON: RUSHING - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	CAR	YDS.	AVG.	TD	LG
12/29/19	SEA vs. SF	L	S	10	62	6.2	0	13
11/1/20	SEA vs. SF	W	P	1	4	4.0	0	4
10/3/21	SEA @ SF	W	P	1	5	5.0	0	5
12/5/21	SEA vs. SF	W	P	3	80	26.7	1	73t
TOTALS		**3/1**	**4/1**	**15**	**151**	**10.1**	**1**	**73t**

REGULAR SEASON COMPARISON: FUMBLES - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	FUM	LOST	FF	REC	TD	OWN REC	OPP TD
12/5/21	SEA vs. SF	W	P	0	0	0	0	0	1	0
TOTALS		**1/0**	**1/0**	**0**	**0**	**0**	**0**	**0**	**1**	**0**

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
12/29/19	SEA vs. SF	L	S	10	62	6.2	13	0	5	30	6.0	11	0	5	32
11/1/20	SEA vs. SF	W	P	1	4	4.0	4	0	0	0	0	0	0	0	0
10/3/21	SEA @ SF	W	P	1	5	5.0	5	0	0	0	0	0	0	0	0
12/5/21	SEA vs. SF	W	P	3	80	26.7	73t	1	4	10	2.5	4	0	5	3
TOTALS		**3/1**	**4/1**	**15**	**151**	**41**	**73t**	**1**	**9**	**40**	**4.4**	**11**	**0**	**10**	**35**

TRAVIS HOMER'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	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	9	0	25	88	3.5	12	0	9	90	10.0	50	1
2021	Seahawks	14	0	21	177	8.4	73t	1	16	161	10.1	31	0
2022	Seahawks	1	0	1	2	2.0	2	0	0	0	0.0	0	0
NFL TOTALS		**40**	**1**	**65**	**381**	**5.9**	**73T**	**1**	**36**	**307**	**8.5**	**50**	**1**

TRAVIS HOMER'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	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
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	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

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	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	12	291	24.3	44	0	0	0	0	0.0	0	0
2021	Seahawks	1	44	44.0	44t	1	0	0	0	0.0	0	0
2022	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		**18**	**444**	**24.7**	**44T**	**1**	**0**	**0**	**0**	**0.0**	**0**	**0**

TRAVIS HOMER'S NFL POSTSEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	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
2020	Seahawks	0	0	0.0	0	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), 2021 (7); **Career**: 12.
Special Teams Fumble Recovery: 2021 (1); **Career**: 1.
Defensive Forced Fumble: 2021 (1); **Career**: 1.

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

Rush Attempts	10 vs. San Francisco 49ers, Dec 29, 2019
Rushing Yards	80 vs. San Francisco 49ers, Dec 05, 2021
Rushing Average	6.2 vs. San Francisco 49ers, Dec 29, 2019
Longest Runs	73t vs. San Francisco 49ers, Dec 05, 2021
Rushing TDs	1 vs. San Francisco 49ers, Dec 05, 2021
Receptions	6 vs. Arizona Cardinals, Dec 22, 2019
Receiving Yards	64 at Buffalo Bills, Nov 08, 2020
Receiving Average	21.3 at Buffalo Bills, Nov 08, 2020
Longest Receptions	50 at Buffalo Bills, Nov 08, 2020
Receiving TDs	1 at Miami Dolphins, Oct 04, 2020
All-Purpose Yards	110 vs. New England Patriots, Sep 20, 2020
Kickoff Returns	3 at Los Angeles Rams, Nov 15, 2020
	...1 more at 3.
Kickoff Return Yards	89 vs. New England Patriots, Sep 20, 2020
Longest Kickoff Return	44t vs. Jacksonville Jaguars, Oct 31, 2021
	...1 more at 44.
Kickoff Return TDs	1 vs. Jacksonville Jaguars, Oct 31, 2021
Kickoff Return Average	29.7 vs. New England Patriots, Sep 20, 2020
Special Teams Tackles	2 vs. Chicago Bears, Dec 26, 2021
	...2 more at 2.
Most TDs	1 vs. San Francisco 49ers, Dec 05, 2021
	...2 more at 1.
Miscellaneous Tackles	1 vs. Los Angeles Rams, Oct 07, 2021

TRAVIS HOMER'S 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	Broncos	P	1	2	2.0	2	0	0	0	0.0	0	0	W	17-16
2022 TOTALS		**1-0**	**1**	**2**	**2.0**	**2**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-0**	

TRAVIS HOMER'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	at Colts	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-16
09/19	Titans	P	0	0	0.0	0	0	2	14	7.0	11	0	L	30-33+
09/26	at Vikings	P	0	0	0.0	0	0	3	48	16.0	31	0	L	17-30
10/03	at 49ers	P	1	5	5.0	5	0	0	0	0.0	0	0	W	28-21
10/07	Rams	P	1	5	5.0	5	0	1	13	13.0	13	0	L	17-26
10/17	at Steelers	P	2	27	13.5	26	0	1	27	27.0	27	0	L	20-23+
10/25	Saints	P	1	14	14.0	14	0	0	0	0.0	0	0	L	10-13
10/31	Jaguars	P	4	9	2.3	7	0	1	3	3.0	3	0	W	31-7
11/14	at Packers	P	1	2	2.0	2	0	3	23	7.7	9	0	L	0-17
11/21	Cardinals	P	1	4	4.0	4	0	0	0	0.0	0	0	L	13-23
11/29	at Football Team						ON INACTIVE LIST						L	15-17
12/05	49ers	P	3	80	26.7	73t	1	4	10	2.5	4	0	W	30-23
12/12	at Texans						ON INACTIVE LIST						W	33-13
12/21	at Rams						DID NOT PLAY						L	10-20
12/26	Bears	P	0	0	0.0	0	0	0	0	0.0	0	0	L	24-25
01/02	Lions	P	6	27	4.5	13	0	0	0	0.0	0	0	W	51-29
01/09	at Cardinals	P	1	4	4.0	4	0	1	23	23.0	23	0	W	38-30
2021 TOTALS		**14-0**	**21**	**177**	**8.4**	**73T**	**1**	**16**	**161**	**10.1**	**31**	**0**	**7-10**	

+ - Overtime

TRAVIS HOMER'S 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	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+
11/01	49ers	P	1	4	4.0	4	0	0	0	0.0	0	0	W	37-27
11/08	at Bills	P	6	16	2.7	11	0	3	64	21.3	50	0	L	34-44
11/15	at Rams	P	0	0	0.0	0	0	3	19	6.3	12	0	L	16-23
11/19	Cardinals						INACTIVE						W	28-21
11/30	at Eagles						INACTIVE						W	23-17
12/06	Giants						INACTIVE						L	12-17
12/13	Jets						INACTIVE						W	40-3
12/20	at Football Team						INJURED RESERVE						W	20-15
12/27	Rams						INJURED RESERVE						W	20-9
01/03	at 49ers						INJURED RESERVE						W	26-23
2020 TOTALS		**9-0**	**25**	**88**	**3.5**	**12**	**0**	**9**	**90**	**10.0**	**50**	**1**	**12-4**	

+ - Overtime

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

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	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 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/12	Broncos	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	17-16
2022 TOTALS		**1-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-0**	

TRAVIS HOMER'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/12	at Colts	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	28-16
09/19	Titans	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	30-33+
09/26	at Vikings	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	17-30
10/03	at 49ers	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	28-21
10/07	Rams	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	17-26
10/17	at Steelers	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	20-23+
10/25	Saints	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	10-13
10/31	Jaguars	P	1	44	44.0	44t	1	0	0	0	0.0	0	0	W	31-7
11/14	at Packers	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	0-17
11/21	Cardinals	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	13-23
11/29	at Football Team						ON INACTIVE LIST							L	15-17
12/05	49ers	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	30-23
12/12	at Texans						ON INACTIVE LIST							W	33-13
12/21	at Rams						DID NOT PLAY							L	10-20
12/26	Bears	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	24-25
01/02	Lions	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	51-29
01/09	at Cardinals	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	38-30
2021 TOTALS		**14-0**	**1**	**44**	**44.0**	**44T**	**1**	**0**	**0**	**0**	**0.0**	**0**	**0**	**7-10**	

+ - Overtime

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

			KICKOFF RETURNS					PUNT RETURNS							
DATE	**OPPONENT**	**P/S**	**RET**	**YDS**	**AVG**	**LG**	**TD**	**NO**	**FC**	**YDS**	**AVG**	**LG**	**TD**	**W/L**	**SCORE**
09/13	at Falcons	P	2	43	21.5	24	0	0	0	0	0.0	0	0	W	38-25
09/20	Patriots	P	3	89	29.7	44	0	0	0	0	0.0	0	0	W	35-30
09/27	Cowboys	P	1	17	17.0	17	0	0	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	P	2	35	17.5	29	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	W	27-26
10/25	at Cardinals	P	1	20	20.0	20	0	0	0	0	0.0	0	0	L	34-37+
11/01	49ers	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	37-27
11/08	at Bills	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	34-44
11/15	at Rams	P	3	87	29.0	33	0	0	0	0	0.0	0	0	L	16-23
11/19	Cardinals							INACTIVE						W	28-21
11/30	at Eagles							INACTIVE						W	23-17
12/06	Giants							INACTIVE						L	12-17
12/13	Jets							INACTIVE						W	40-3
12/20	at Football Team							INJURED RESERVE						W	20-15
12/27	Rams							INJURED RESERVE						W	20-9
01/03	at 49ers							INJURED RESERVE						W	26-23
2020 TOTALS		**9-0**	**12**	**291**	**24.3**	**44**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**12-4**	

+ - Overtime

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

			KICKOFF RETURNS					PUNT RETURNS							
DATE	**OPPONENT**	**P/S**	**RET**	**YDS**	**AVG**	**LG**	**TD**	**NO**	**FC**	**YDS**	**AVG**	**LG**	**TD**	**W/L**	**SCORE**
09/08	Bengals	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	21-20
09/15	at Steelers	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	28-26
09/22	Saints	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	27-33
09/29	at Cardinals	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	27-10
10/03	Rams	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	30-29
10/13	at Browns	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	32-28
10/20	Ravens	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	16-30
10/27	at Falcons	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	27-20
11/03	Buccaneers	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	40-34+
11/11	at 49ers	P	0	0	0.0	0	0	0	0	0	0.0	0	0	W	27-24+
11/24	at Eagles	P	1	29	29.0	29	0	0	0	0	0.0	0	0	W	17-9
12/02	Vikings	P	2	51	25.5	27	0	0	0	0	0.0	0	0	W	37-30
12/08	at Rams	P	0	0	0.0	0	0	0	0	0	0.0	0	0	L	12-28
12/15	at Panthers	P	1	14	14.0	14	0	0	0	0	0.0	0	0	W	30-24
12/22	Cardinals	P	1	15	15.0	15	0	0	0	0	0.0	0	0	L	13-27
12/29	49ers	S	0	0	0.0	0	0	0	0	0	0.0	0	0	L	21-26
2019 TOTALS		**16-1**	**5**	**109**	**21.8**	**29**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**11-5**	

+ - Overtime

66 | GUARD
GABE JACKSON

Height: 6-3	**Weight: 335**
College:	**Mississippi State**
Seasons:	**NFL : 9th, Seahawks 2nd**
Born:	**July 12, 1991**
Hometown:	**Liberty, Miss.**

TRANSACTIONS:

05/09/14: Drafted by Oakland (3rd round, 81st overall)
12/18/18: Placed on injured reserve (elbow)
03/21/21: Traded by Las Vegas to Seattle

NFL CAREER HIGHLIGHTS:

• Started all 16 games played at right guard in his first season in Seattle in 2021.

• A seven-year starter for the Las Vegas Raiders (left guard, 2014-15 and right guard, 2016-20), he started 99 of 100 games played and started all 16 games on three occasions. Has been a member of offensive lines to rank in the top-10 for fewest sacks allowed in four of his seven seasons.

• In 2020, helped pave the way as the Raiders ranked eighth in the NFL in total offense, averaging 383.3 yards per game. Part of an offensive line that finished 10th in the league with fewest sacks allowed (28). Selected as the Silver and Black's 2020 Ed Block Courage Award recipient.

• Part of an offensive line that paved the way for 2019 rookie RB Josh Jacobs who recorded 1,150 rushing yards in just 13 contests, becoming the first Raiders rookie to eclipse the 1,000-yard barrier. Moved from left guard in 2016 and started all 16 games at right guard for the first time in his career en route to being named a Pro Bowl alternate, as the line led the NFL in fewest sacks allowed (18).

COLLEGE: Played four seasons at Mississippi State, becoming one of the most decorated offensive lineman in school history. Started all 52 games of his career at left guard. Two-time All-American selection and a two-time first-team All-SEC recipient. Started all 13 games at left guard as a senior. Earned first-team All-SEC honors by the league coaches and Associated Press for the second straight year. Named second-team All-American by Walter Camp, USA Today and Athlon Sports. Awarded the Cornerly Trophy as the top collegiate player in the state of Mississippi and also claimed the Kent Hull Award as the top offensive lineman in Mississippi. Paved the way for an MSU offense that shattered school records in total yards, first downs and yards per game. Earned SEC Offensive Lineman of the Week honors three times and became just the second MSU offensive lineman in school history to receive the honor two-or-more times. Started all 13 games at left guard as a junior. Earned first-team All-SEC honors by the AP and Phil Steele and second-team honors by the SEC Coaches and ESPN.com. Named to the Phil Steele and FoxSportsNext All-American Second Team, as well as earning honorable mention All-American honors from Sports Illustrated and Pro Football Weekly. Part of an offensive line that gave up the second fewest sacks in the SEC (29th nationally) and did not personally give up a sack all season. Started all 13 games at left guard as a sophomore. Named to the AP and Rivals.com All-SEC Second Team, as well as the Rivals.com Sophomore All-American team. Blocked for an offense that scored 50-plus points twice in the same season for the first time since 1914, and only the third time in school history.

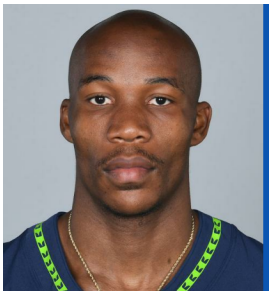
PERSONAL: Attended Amite County High in Liberty, Miss., playing football for his father, Charles Jackson, the team's head coach. Played on both sides of the ball at tackle during his four-year career. Ranked as the 28th best prospect in the state of Mississippi, and the fourth best offensive lineman on the state chart by Rivals.com.

GABE JACKSON'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2014	Raiders	13	12
2015	Raiders	16	16
2016	Raiders	16	16
2017	Raiders	15	15
2018	Raiders	13	13
2019	Raiders	11	11
2020	Raiders	16	16
2021	Seahawks	16	16
2022	Seahawks	1	1
NFL TOTALS		**117**	**116**

GABE JACKSON'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2016	Raiders	1	1
NFL TOTALS		**1**	**1**



30 | CORNERBACK
MICHAEL JACKSON

Height: 6-1 **Weight:** 210
College: Miami
Seasons: NFL : 4th, Seahawks 2nd
Born: January 10, 1997
Hometown: Birmingham, Ala.

2022 SEASON:

9/12 vs. Den: Made first-career start (LCB), registering four solo tackles, two fumble recoveries, and one pass defensed. The two recoveries were both inside Seattle's 10-yard line.

TRANSACTIONS:

04/27/19: Drafted by Dallas (5th round, 158th overall)
08/31/19: Released by Dallas
09/02/19: Signed to Dallas PS
10/30/19: Signed to Detroit's active roster
08/09/20: Traded to New England
09/03/20: Released by New England
09/28/20: Signed to New England's PS
01/02/21: Signed to active roster
08/31/21: Released by New England
09/02/21: Signed to Seattle's PS
12/19/21: Placed on Reserve/COVID-19
12/29/21: Activated from Reserve/COVID-19
01/01/22: Gameday activation
01/03/22: Reverted to Seattle's PS
01/08/22: Gameday activation
01/10/22: Reverted to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Saw time late in the season in the secondary due to injuries. Played left corner and recorded two passes defensed vs. Detroit (1/2/22).

• Has spent the majority of career on the practice squads of Dallas and New England. Signed off the Cowboys practice squad by Detroit and played one game for the Lions in 2019 and saw action in one game for New England in 2020.

COLLEGE: Appeared in 51 games with 23 starts over four seasons at Miami and recorded 97 tackles, four interceptions, 11 passes defensed and 3.5 sacks. Earned All-ACC Honorable Mention honors as a senior in 2018 after starting all 13 games and registering 42 tackles, 2.5 sacks and six passes defensed.

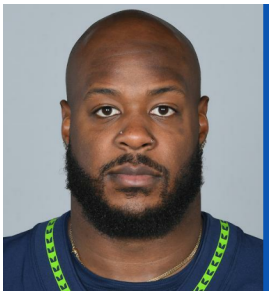
PERSONAL: Attended Spain Park (Ala.) High School, where he was a three-star recruit. Has one son, Michael Antwan Jackson, Jr.

MICHAEL JACKSON'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	TD	YDS	TK	S	A	FF	FR	S	A
2019	Cowboys	0	0	0	0	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	Lions	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	TOTAL	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
2020	Patriots	1	0	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Seahawks	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	2	0	0	0	0	2	1	1	0	0	0	0
2022	Seahawks	1	1	4	4	0	1	1	0.0	0.0	0	0	0	0	0	1	0	2	0	8	0	0	0	0	0	0	0
NFL TOTALS		**5**	**1**	**5**	**5**	**0**	**1**	**1**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**3**	**0**	**2**	**0**	**8**	**2**	**1**	**1**	**0**	**0**	**0**	**0**

MICHAEL JACKSON'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	4 vs. Denver Broncos, Sep 12, 2022	**Fumble Recoveries**	2 vs. Denver Broncos, Sep 12, 2022
Solo Tackles	4 vs. Denver Broncos, Sep 12, 2022	**Tackles For Loss**	1 vs. Denver Broncos, Sep 12, 2022
Passes Defensed	2 vs. Detroit Lions, Jan 02, 2022	**Special Teams Tackles**	1 at Arizona Cardinals, Jan 09, 2022 ...1 more at 1.



77 | DEFENSIVE END
QUINTON JEFFERSON

Height: 6-4 | Weight: 291
College: Maryland
Seasons: NFL : 7th, Seahawks 5th
Born: March 31, 1993
Hometown: Pittsburgh, Pa.

TRANSACTIONS:

04/30/16: Drafted by Seattle (5th Round, 147th)
10/25/16: Placed on IR (knee)
09/02/17: Released by Seattle
09/03/17: Claimed off waivers by L.A. Rams
09/12/17: Released by L.A. Rams
09/14/17: Signed to L.A. Rams PS
10/02/17: Signed by Seattle off L.A. Rams PS
03/26/20: Signed by Buffalo as a UFA
03/10/21: Released by Buffalo
03/19/21: Signed by Las Vegas as a FA
03/21/22: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• Started all 17 games played for the Raiders in 2021 and set career-highs in tackles (47), sacks (4.5) and quarterback hits (16).

• Started 12 of 16 games played in 2018 and set a career-high with 25 tackles (15 solo) and 3.0 sacks.

• Saw action in six games in 2017 and recorded his first-career sack vs. Washington (11/5).

• Played in three games in 2016 before landing on injured reserve (knee).

COLLEGE: Suffered a season-ending knee injury in the third game of his junior season (2014) but returned the following season and was an Honorable Mention All-Big Ten selection as a redshirt junior in 2015. He finished his career starting 28 of 37 games played, recording 84 tackles and 10.5 sacks.

PERSONAL: One of the top defensive ends in the nation at Woodland Hills High. Ranked as the 25th-best player in Pennsylvania by Rivals.com in 2010. No. 15 on the SuperPrep Pennsylvania 32. Rated No. 40 nationally among defensive ends by Scouts, Inc. and No. 47 by Scout.com in 2010. Leader on a defense that held opponents to 12.1 points per game during 2010. Recorded 16 sacks as a senior. A 2010 Class AAAA second-team all-state selection. Played in consecutive WPIAL AAAA championship games at Heinz Field. Also played basketball. Majored in family science.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

				TACKLES									MISC		
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
11/26/17	SEA @ SF	W	P	1	1	0	0.0	0.0	0	0	0	1	0	0	0
12/2/18	SEA vs. SF	W	S	2	1	1	0.5	5.5	0	0	1	1	0	0	0
12/16/18	SEA @ SF	L	S	2	2	0	0.0	0.0	0	0	0	0	0	0	0
11/11/19	SEA @ SF	W	S	1	0	1	0.0	0.0	0	0	0	0	0	0	0
12/29/19	SEA vs. SF	L	S	3	2	1	1.0	6.0	0	1	0	1	0	0	0
12/7/20	BUF @ SF	W	P	1	1	0	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**4/2**	**6/4**	**10**	**7**	**3**	**1.5**	**11.5**	**0**	**1**	**1**	**3**	**0**	**0**	**0**

QUINTON JEFFERSON'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	TD	YDS	TK	S	A	FF	FR
2016	Seahawks	3	0	1	0	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2017	Rams	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2017	Seahawks	6	0	7	6	1	1	8	1.0	8.0	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2017	TOTAL	6	0	7	6	1	1	8	1.0	8.0	4	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Seahawks	16	12	25	15	10	5	24	3.0	24.0	15	0	0	0	0	2	0	1	0	0	0	0	0	0	0
2019	Seahawks	14	10	26	14	12	4	23	3.5	24.0	10	0	0	0	0	3	0	1	0	20	0	0	0	0	0
2020	Bills	16	3	23	14	9	3	17	3.0	24.0	6	0	0	0	0	1	1	1	0	0	0	0	0	0	0
2021	Raiders	17	17	47	17	30	5	19	4.5	31.5	16	0	0	0	0	1	2	0	0	0	0	0	0	0	0
2022	Seahawks	1	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
NFL TOTALS		**73**	**42**	**131**	**67**	**64**	**18**	**91**	**15.0**	**111.5**	**52**	**0**	**0**	**0**	**0**	**7**	**3**	**3**	**0**	**20**	**0**	**0**	**0**	**0**	**0**

QUINTON JEFFERSON'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	TD	YDS	TK	S	A	FF	FR
2016	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
2018	Seahawks	1	1	2	1	1	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	2	2	0	2	6	2.0	6.0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Bills	3	0	5	1	4	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Raiders	1	1	3	1	2	1	8	1.0	8.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**7**	**4**	**12**	**5**	**7**	**3**	**14**	**3.0**	**14.0**	**4**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

QUINTON JEFFERSON'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	6 vs. Cincinnati Bengals, Sep 08, 2019	**Forced Fumbles**	1 vs. Philadelphia Eagles, Oct 24, 2021
Solo Tackles	3 at Tennessee Titans, Oct 13, 2020		...2 more at 1.
	...2 more at 3.	**Fumble Recoveries**	1 at Las Vegas Raiders, Oct 04, 2020
Sacks	2.0 vs. Cincinnati Bengals, Sep 08, 2019		...2 more at 1.
Passes Defensed	2 vs. Cincinnati Bengals, Sep 08, 2019	**Tackles For Loss**	2 vs. Cincinnati Bengals, Sep 08, 2019
			...1 more at 2.
		Longest Opponent's Fumble Return	20 at Philadelphia Eagles, Nov 24, 2019

40 | LINEBACKER
DARRYL JOHNSON

Height: 6-6 **Weight: 253**
College: North Carolina A&T
Seasons: NFL : 4th, Seahawks 1st
Born: April 4, 1997
Hometown: Kingsland, Ga.

TRANSACTIONS:

04/27/19: Drafted by Buffalo (7th round, 225th overall)
08/30/21: Traded to Carolina
10/30/21: Placed on injured reserve (hamstring)
12/07/21: Activated from injured reserve
08/30/22: Released by Carolina
08/31/22: Claimed off waivers by Seattle

NFL CAREER HIGHLIGHTS:

• Has played in 34 career games during his three-year career. Saw limited time in 2021 with the Panthers, seeing time in three games.

COLLEGE: Played at North Carolina A&T from 2015-18. Earned MEAC Defensive Player of the Year honors after leading the conference with 10.5 sacks in 2018. Named AFCA All-American in 2017 after making 40 tackles, 6.5 sacks, four forced fumbles and two fumble recoveries.

PERSONAL: Attended Camden County High School, where he played both defensive end and tight end.

DARRYL JOHNSON'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	TD	YDS	TK	S	A	FF	FR	S	A
2019	Bills	16	0	11	6	5	2	5	1.0	4.0	2	0	0	0	0	0	0	0	0	0	4	4	0	0	0	0	0
2020	Bills	15	0	6	5	1	3	16	1.0	7.0	3	0	0	0	0	0	0	0	0	0	8	6	2	0	0	0	0
2021	Panthers	3	0	1	0	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2022	Panthers	0	0	0	0	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		**34**	**0**	**18**	**11**	**7**	**5**	**21**	**2.0**	**11.0**	**5**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**12**	**10**	**2**	**0**	**0**	**0**	**0**

DARRYL JOHNSON'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	TD	YDS	TK	S	A	FF	FR	S	A
2019	Bills	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
2020	Bills	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	2	0	2	0	0	0	0
NFL TOTALS		**3**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**2**	**0**	**2**	**0**	**0**	**0**	**0**

DARRYL JOHNSON'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	4 vs. New York Jets, Dec 29, 2019	**Tackles For Loss**	1 at Denver Broncos, Dec 19, 2020
Solo Tackles	2 vs. Los Angeles Chargers, Nov 29, 2020		...4 more at 1.
	...3 more at 2.	**Special Teams Tackles**	2 vs. Seattle Seahawks, Nov 08, 2020
Sacks	1.0 at Las Vegas Raiders, Oct 04, 2020		...1 more at 2.
	...1 more at 1.0.		

13 | STRONG SAFETY
JOSH JONES

Height: 6-2	**Weight:** 220
College:	North Carolina State
Seasons:	NFL : 6th, Seahawks 2nd
Born:	September 20, 1994
Hometown:	Walled Lake, MI

2022 SEASON:

9/12 vs. Den: Replaced Jamal Adams (knee) at safety and had seven tackles (4 solo).

TRANSACTIONS:

04/28/17: Drafted by Green Bay (2nd round, 61st overall)
08/25/19: Waived/non-football illness
10/02/19: Signed to Dallas PS
11/16/19: Signed to Dallas active roster
12/28/19: Released by Dallas
12/30/19: Claimed off waivers by Jacksonville
11/14/20: Placed on IR (chest)
12/05/20: Activated from IR
03/29/21: Re-signed with Jacksonville
08/31/21: Placed on IR
09/01/21: Waived/injury settlement
10/20/21: Signed to Indianapolis PS
11/01/21: Signed to active roster
12/04/21: Released by Indianapolis
12/15/21: Signed to Seattle's PS
12/21/21: Gameday activation
12/22/21: Reverted to Seattle's PS
12/25/21: Gameday activation
12/27/21: Reverted to Seattle's PS
01/01/22: Gameday activation
01/03/22: Reverted to Seattle's PS
01/08/22: Gameday activation
01/10/22: Reverted to Seattle's PS
05/03/22: Re-signed by Seattle

NFL CAREER HIGHLIGHTS:

• Activated from practice squad (COVID-19 replacement) for three games in 2021. Started at strong safety at Arizona in place of Ryan Neal (COVID-19) and had 10 tackles (6 solo), and one pass defensed.

• Jones, a second-round pick out of NC State in the 2017 draft, spent his first two seasons in Green Bay, starting seven games as a rookie, and has also played for Dallas, Jacksonville and most recently the Colts, appearing in a total of 54 games, starting 25. Last season Jones started 13 games for Jacksonville, recording a career-best 83 tackles and one interception.

COLLEGE: Started in 28 of 32 games played in three seasons at North Carolina State and finished each season in the top five on the team in tackles (no. 5 in 2014, no. 3 in 2015 and no. 1 in 2016). Named Honorable Mention All-Atlantic Coast Conference in 2016.

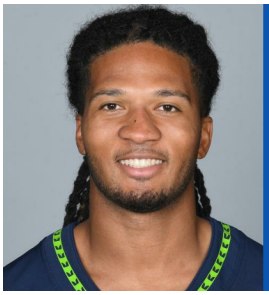
PERSONAL: Attended Walled Lake Western High, where he lettered two years in football and one year in track and field. Played safety, running back, wide receiver and cornerback. As a senior, recorded 95 tackles, five interceptions and two fumbles returned for touchdowns while rushing for 668 yards and 19 touchdowns, and totaling 303 receiving yards with four scores.

JOSH JONES' 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	TD	YDS	TK	S	A	FF	FR	S	A
2017	Packers	16	7	67	56	11	5	15	2.0	14.0	2	1	0	0	0	5	0	0	0	0	4	4	0	0	0	0	0
2018	Packers	13	5	51	36	15	2	9	1.0	8.0	1	0	0	0	0	2	0	0	0	0	4	4	0	0	0	0	0
2019	Packers	0	0	0	0	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	Cowboys	6	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	0	0
2019	TOTAL	6	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	0	0
2020	Jaguars	13	13	83	59	24	0	0	0.0	0.0	0	1	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2021	Colts	6	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	3	2	1	0	0	0	0
2021	Seahawks	4	1	10	6	4	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	1	1	0	0	0	0	0
2021	TOTAL	10	1	12	7	5	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	4	3	1	0	0	0	0
2022	Seahawks	1	0	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	0
NFL TOTALS		**59**	**26**	**221**	**163**	**58**	**7**	**24**	**3.0**	**22.0**	**3**	**2**	**0**	**0**	**0**	**9**	**0**	**0**	**0**	**0**	**13**	**11**	**2**	**0**	**0**	**0**	**0**

JOSH JONES' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	12 vs. Indianapolis Colts, Sep 13, 2020 ...2 more at 12.	**Tackles For Loss**	3 vs. Cincinnati Bengals, Sep 24, 2017
Solo Tackles	11 vs. Cincinnati Bengals, Sep 24, 2017	**Interceptions**	1 at Baltimore Ravens, Dec 20, 2020 ...1 more at 1.
Sacks	2.0 vs. Cincinnati Bengals, Sep 24, 2017	**Special Teams Tackles**	2 vs. Tampa Bay Buccaneers, Nov 28, 2021 ...2 more at 2.
Passes Defensed	3 at Cleveland Browns, Dec 10, 2017		



23 | CORNERBACK
SIDNEY JONES IV

Height: 6-0	**Weight: 186**
College:	**Washington**
Seasons:	**NFL : 6th, Seahawks 2nd**
Born:	**May 21, 1996**
Hometown:	**West Covina, Calif.**

TRANSACTIONS:

04/28/17: Drafted by Philadelphia (2nd round, 43rd overall)
09/02/17: Placed on reserve/non-football injury (Achilles)
09/05/20: Released by Philadelphia
09/08/20: Signed to Jacksonville's PS
09/14/20: Signed to Jacksonville's active roster
12/26/20: Placed on injured reserve (Achilles)
08/31/21: Traded to Seattle
01/01/22: Placed on Reserve/COVID-19
01/06/22: Activated from Reserve-COVID-19

NFL CAREER HIGHLIGHTS:

• Acquired Week 1 in 2021, tied D.J. Reed for the team-lead with 10 passes defensed on the season, starting 11 of 16 games played.

• In 2020 with Jacksonville, appeared in nine games, starting six, before being placed on injured reserve on December 26 with an Achilles injury. Season totals included career-high tying 25 tackles (20 solo), career-high tying two interceptions, career-high nine passes defensed, and one forced fumble. At Houston (10/11), tallied a career-high four passes defensed, including his first interception as a member of the Jaguars. Was the first Jaguars player since A.J. Bouye to post at least four passes defensed and an interception in a single game (12/10/17 vs. Seattle).

• Started eight of 22 games played for the Eagles from 2017-19, totaling 48 tackles, two interceptions and 10 passes defensed.

COLLEGE: In 2016, was named second-team All-American by Sports Illustrated and Football Writers, while garnering first-team All-Pac-12 honors. Started all 13 games in 2015 and finished the year as the Pac-12 leader in passes defensed (14). Scored three defensive touchdowns as a junior (two interception returns and one fumble return).

PERSONAL: Attended West Covina High, where he was named Hacienda League Defensive Player of the Year and earned first-team All-CIF Southern Section Southeast Division honors at defensive back as a senior in 2013. Played cornerback, free safety, running back and wide receiver while also returning kicks and punts for the Bulldogs.

SIDNEY JONES IV'S NFL REGULAR SEASON DEFENSIVE STATISTICS

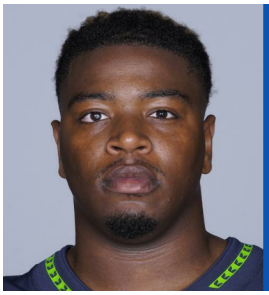
				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2017	Eagles	1	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Eagles	9	4	25	21	4	2	7	0.0	0.0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
2019	Eagles	12	4	21	18	3	1	0	0.0	0.0	0	2	4	3	0	8	0	0	0	0	2	1	1	0	0	0	0
2020	Jaguars	9	6	25	20	5	0	0	0.0	0.0	0	2	1	1	0	9	1	0	0	0	1	1	0	0	0	0	0
2021	Seahawks	16	11	66	45	21	1	2	0.0	0.0	0	0	32	32	0	10	0	0	0	0	0	0	0	0	0	0	0
2022	Seahawks	1	0	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**48**	**25**	**140**	**107**	**33**	**4**	**9**	**0.0**	**0.0**	**0**	**4**	**37**	**32**	**0**	**29**	**1**	**0**	**0**	**0**	**3**	**2**	**1**	**0**	**0**	**0**	**0**

SIDNEY JONES IV'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	TD	YDS	TK	S	A	FF	FR	S	A
2017	Eagles	0	0	0	0	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	Eagles	0	0	0	0	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	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	0
NFL TOTALS		**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

SIDNEY JONES IV'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	11 vs. Arizona Cardinals, Nov 21, 2021	**Tackles For Loss**	1 vs. Arizona Cardinals, Nov 21, 2021
Solo Tackles	9 vs. Arizona Cardinals, Nov 21, 2021		...3 more at 1.
Passes Defensed	4 at Houston Texans, Oct 11, 2020	**Interceptions**	1 at Green Bay Packers, Nov 15, 2020
Forced Fumbles	1 at Green Bay Packers, Nov 15, 2020		...3 more at 1.
		Interception Return Yards	32 vs. Arizona Cardinals, Nov 21, 2021
		Special Teams Tackles	2 at New York Giants, Dec 29, 2019



68 | GUARD
DAMIEN LEWIS

Height: 6-2	**Weight: 327**
College:	**Louisiana State**
Seasons:	**NFL : 3rd, Seahawks 3rd**
Born:	**March 21, 1997**
Hometown:	**Canton, Miss.**

2022 SEASON:

9/12 vs. Den: Inactive (knee/ankle).

TRANSACTIONS:

04/24/20: Drafted by Seattle (3rd round, 69th overall)
12/30/21: Placed on Reserve/COVID-19
01/06/22: Activated from Reserve/COVID-19

NFL CAREER HIGHLIGHTS:

• Started all 13 games played in 2021, missing four due to COVID-19/elbow/medical injuries.

• Became the first rookie offensive lineman to start all 16 games since Justin Britt in 2014. Named to the PFWA All-Rookie team. In an emergency role, started one game at center vs. Arizona (11/19/20).

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	16	16
2021	Seahawks	13	13
2022	Seahawks	0	0
NFL TOTALS		**29**	**29**

DAMIEN LEWIS' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2020	Seahawks	1	1
NFL TOTALS		**1**	**1**

2 | QUARTERBACK
DREW LOCK

Height: 6-4	**Weight: 228**
College:	**Missouri**
Seasons:	**NFL : 4th, Seahawks 1st**
Born:	**November 10, 1996**
Hometown:	**Columbia, Mo.**

TRANSACTIONS:

04/26/19: Drafted by Denver (2nd Round, 42nd overall)
09/02/19: Placed on IR (thumb)
11/30/19: Activated from IR
03/16/22: Traded to Seattle

NFL CAREER HIGHLIGHTS:

• Started 21 of 24 games played for Denver, completing 421 of 710 passes (59.3%) for 4,740 yards with 25 touchdowns and 20 interceptions (79.3 rating) to go along with 285 rushing yards on 72 attempts (4.0 avg.) with five rushing scores during his career.

• Started Denver's final five games in 2019 after spending the first 11 games of the season on injured reserve. Finished his rookie season with a 4-1 record to match John Elway for the most wins by a rookie quarterback in team history.

• Became the first NFL rookie in the Super Bowl era to pass for 300 yards and three touchdowns in his first career road start, earning NFL Rookie of the Week honors.

COLLEGE: Started 46 of 50 games during his collegiate career, completing 883 of 1,553 passes (56.9%) for 12,193 yards with 99 touchdowns and 39 interceptions in addition to rushing for 437 yards and nine scores. Threw for the second-most passing yards (12,193) and third-most touchdowns (99) in Southeastern Conference history during his four-year career at Missouri. Ended his career at Mizzou ranked second in career passing yards and touchdowns, while setting 10 of the top-25 single-game passing yardage marks in school history. Finished his senior season with career-best marks in completion percentage (62.9), interceptions (8), completions (275), rushing yards (175) and rushing touchdowns (6). Accounted for 34 total touchdowns (28 passing, 6 rushing). Did not throw an interception in six of his final seven games as a Tiger and had just two interceptions on his final 214 pass attempts on the season. Led the NCAA (FBS) and set the Southeastern Conference and Missouri records for passing touchdowns (44) while helping the Tigers reach a bowl game after starting the season 1-5. Finished the campaign with 242 of 419 passing (57.8%) for 3,964 yards with 44 touchdowns and 13 interceptions. Took over as Mizzou's starting quarterback over the final eight games while playing in all 12 games as a true freshman. Was the first Mizzou true freshman to start at quarterback since 1995.

PERSONAL: Threw for 63 touchdowns and 12 interceptions between his junior and senior seasons at Lee's Summit (Mo.) High School. Chosen as the Kansas City Star All-Metro Player of the Year after throwing for 2,731 yards and 28 touchdowns as a senior. Received numerous Division-I basketball scholarship offers.

DREW LOCK'S NFL REGULAR SEASON PASSING/RUSHING STATISTICS

				PASSING											RUSHING				
DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2019	Broncos	5	5	156	100	64.1	1,020	6.5	7	3	48	5	26	89.7	18	72	4.0	12	0
2020	Broncos	13	13	443	254	57.3	2,933	6.6	16	15	92t	19	123	75.4	44	160	3.6	16	3
2021	Broncos	6	3	111	67	60.4	787	7.1	2	2	44	9	52	80.4	10	53	5.3	23t	2
2022	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
TOTALS		**24**	**21**	**710**	**421**	**59.3**	**4,740**	**6.7**	**25**	**20**	**92T**	**33**	**201**	**79.3**	**72**	**285**	**4.0**	**23T**	**5**

DREW LOCK'S SINGLE-GAME HIGHS: QUARTERBACK

Pass Attempts	48 at Atlanta Falcons, Nov 08, 2020	**Passer Rating**	149.5 at Carolina Panthers, Dec 13, 2020
Pass Completions	26 vs. Los Angeles Chargers, Nov 01, 2020	**Rush Attempts**	7 at Atlanta Falcons, Nov 08, 2020
Yards Passing	339 vs. Las Vegas Raiders, Jan 03, 2021	**Rushing Yards**	47 at Atlanta Falcons, Nov 08, 2020
TD Passes	4 at Carolina Panthers, Dec 13, 2020	**Rushing Average**	6.7 at Atlanta Falcons, Nov 08, 2020
Long Passes	92t vs. Las Vegas Raiders, Jan 03, 2021	**Longest Runs**	23t vs. Kansas City Chiefs, Jan 08, 2022
Completion Percentage	81.5 at Houston Texans, Dec 08, 2019	**Rushing TDs**	2 vs. Kansas City Chiefs, Jan 08, 2022

DREW LOCK'S 300-YARD PASSING GAMES (3): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
01/03/21	RAIDERS	25	339	13.6	92t	2
11/08/20	at Falcons	25	313	12.5	41	2
12/08/19	at Texans	22	309	14.0	48	3

DREW LOCK'S 2022 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
09/12	Broncos		DID NOT PLAY (NON-INJURY)															W	17-16
2022 TOTALS		**0-0**	**0**	**0**	**0**	**0.0**	**0.0**	**0.0**	**0**	**0**	**0**	**0/0**	**0.0**	**0**	**0**	**0**	**0**	**1-0**	

DREW LOCK'S 2021 GXG REGULAR-SEASON STATISTICS (BRONCOS)

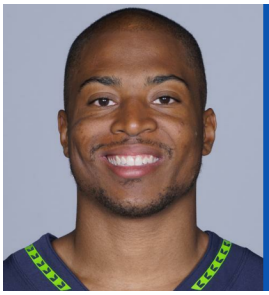
			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/12	at Giants							DID NOT PLAY (NON-INJURY)										W	27-13
09/19	at Jaguars							DID NOT PLAY (NON-INJURY)										W	23-13
09/26	Jets							DID NOT PLAY (NON-INJURY)										W	26-0
10/03	Ravens	P	21	12	113	57.1	5.4	9.4	0	1	32	3/15	52.3	0	0	0	0	L	7-23
10/10	at Steelers							DID NOT PLAY (NON-INJURY)										L	19-27
10/17	Raiders							DID NOT PLAY (NON-INJURY)										L	24-34
10/21	at Browns							DID NOT PLAY (NON-INJURY)										L	14-17
10/31	Football Team							DID NOT PLAY (NON-INJURY)										W	17-10
11/07	at Cowboys							DID NOT PLAY										W	30-16
11/14	Eagles							DID NOT PLAY										L	13-30
11/28	Chargers	P	7	4	26	57.1	3.7	6.5	0	1	12	1/0	25.6	0	0	0	0	W	28-13
12/05	at Chiefs							DID NOT PLAY (NON-INJURY)										L	9-22
12/12	Lions							DID NOT PLAY (NON-INJURY)										W	38-10
12/19	Bengals	P	12	6	88	50.0	7.3	14.7	1	0	25t	1/9	102.1	1	-2	-2	0	L	10-15
12/26	at Raiders	S	22	15	153	68.2	7.0	10.2	0	0	40	2/13	87.9	2	10	5	0	L	13-17
01/02	at Chargers	S	25	18	245	72.0	9.8	13.6	1	0	44	1/10	116.2	3	10	6	0	L	13-34
01/08	Chiefs	S	24	12	162	50.0	6.8	13.5	0	0	31	1/5	71.9	4	35	23t	2	L	24-28
2021 TOTALS		**6-3**	**111**	**67**	**787**	**60.4**	**7.1**	**11.7**	**2**	**2**	**44**	**9/52**	**80.4**	**10**	**53**	**23T**	**2**	**7-10**	

DREW LOCK'S 2020 GXG REGULAR-SEASON STATISTICS (BRONCOS)

			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
09/14	Titans	S	33	22	216	66.7	6.5	9.8	1	0	31	0/0	95.0	3	5	3	0	L	14-16
09/20	at Steelers	S	5	1	20	20.0	4.0	20.0	0	0	20	1/8	43.8	0	0	0	0	L	21-26
09/27	Buccaneers							ON INACTIVE LIST										L	10-28
10/01	at Jets							INACTIVE										W	37-28
10/18	at Patriots	S	24	10	189	41.7	7.9	18.9	0	2	41	2/25	34.9	5	-1	3	0	W	18-12
10/25	Chiefs	S	40	24	254	60.0	6.4	10.6	0	2	27	3/20	57.7	3	8	4	1	L	16-43
11/01	Chargers	S	41	26	248	63.4	6.0	9.5	3	1	43	2/5	94.4	2	-1	1	0	W	31-30
11/08	at Falcons	S	48	25	313	52.1	6.5	12.5	2	1	41	1/11	77.9	7	47	16	1	L	27-34
11/15	at Raiders	S	47	23	257	48.9	5.5	11.2	1	4	27	2/10	37.3	2	7	5	0	L	12-37
11/22	Dolphins	S	30	18	270	60.0	9.0	15.0	0	1	61	0/0	75.7	2	23	14	0	W	20-13
12/06	at Chiefs	S	28	15	151	53.6	5.4	10.1	2	2	37	0/0	63.2	2	9	8	0	L	16-22
12/13	at Panthers	S	27	21	280	77.8	10.4	13.3	4	0	49t	1/11	149.5	6	4	6	0	W	32-27
12/19	Bills	S	32	20	132	62.5	4.1	6.6	1	0	19	3/17	81.8	5	37	14	0	L	19-48
12/27	at Chargers	S	47	24	264	51.1	5.6	11.0	0	2	27	2/1	50.3	5	15	6	1	L	16-19
01/03	Raiders	S	41	25	339	61.0	8.3	13.6	2	0	92t	2/15	103.6	2	7	5	0	L	31-32
2020 TOTALS		**13-13**	**443**	**254**	**2,933**	**57.3**	**6.6**	**11.5**	**16**	**15**	**92T**	**19/123**	**75.4**	**44**	**160**	**16**	**3**	**5-10**	

DREW LOCK'S 2019 GXG REGULAR-SEASON STATISTICS (BRONCOS)

			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
09/09	at Raiders							DID NOT PLAY										L	16-24
09/15	Bears							DID NOT PLAY										L	14-16
09/22	at Packers							DID NOT PLAY										L	16-27
09/29	Jaguars							DID NOT PLAY										L	24-26
10/06	at Chargers							DID NOT PLAY										W	20-13
10/13	Titans							DID NOT PLAY										W	16-0
10/17	Chiefs							DID NOT PLAY										L	6-30
10/27	at Colts							INJURED RESERVE										L	13-15
11/03	Browns							INJURED RESERVE										W	24-19
11/17	at Vikings							INJURED RESERVE										L	23-27
11/24	at Bills							INJURED RESERVE										L	3-20
12/01	Chargers	S	28	18	134	64.3	4.8	7.4	2	1	33	0/0	84.5	3	15	8	0	W	23-20
12/08	at Texans	S	27	22	309	81.5	11.4	14.0	3	1	48	1/8	136.0	3	15	11	0	W	38-24
12/15	at Chiefs	S	40	18	208	45.0	5.2	11.6	0	1	43	2/9	50.8	2	3	3	0	L	3-23
12/22	Lions	S	33	25	192	75.8	5.8	7.7	1	0	20	0/0	99.6	4	10	10	0	W	27-17
12/29	Raiders	S	28	17	177	60.7	6.3	10.4	1	0	19	2/9	90.9	6	29	12	0	W	16-15
2019 TOTALS		**5-5**	**156**	**100**	**1,020**	**64.1**	**6.5**	**10.2**	**7**	**3**	**48**	**5/26**	**89.7**	**18**	**72**	**12**	**0**	**7-9**	



16 | WIDE RECEIVER
TYLER LOCKETT

Height: 5-10	Weight: 182
College:	Kansas State
Seasons:	NFL : 8th, Seahawks 8th
Born:	September 28, 1992
Hometown:	Tulsa, Okla.

PRO BOWL '15 | PRO BOWL '17 | AP 1ST TEAM '15 | AP 2ND TEAM '16 | AP 2ND TEAM '17

TRANSACTIONS:

05/01/15: Drafted by Seattle (3rd round, 69th overall)
12/27/16: Placed on IR (leg)
08/29/18: Signed multi-year extension with Seattle
04/02/21: Signed extension with Seattle
12/16/21: Placed on Reserve/COVID-19
12/23/21: Activated from Reserve/COVID-19

NFL CAREER HIGHLIGHTS:

• Set a career-high with 1,175 receiving yards in 2021, the seventh player in franchise history to record at least 1,100 receiving yards in a season. Became the second player in franchise history to eclipse 1,000 receiving yards three-consecutive seasons (Steve Largent, 1978-81, 1983-86). Finished the season with 73 receptions, fifth-most Seattle's all-time receptions list. It marked the third-consecutive season of 70+ catches.

• Against Tennessee (9/19/21), led team for second-straight week with 178 receiving yards. Became the fourth player since 1990 to record multiple touchdown receptions of at least 60 yards in his team's first two games of a season (Steve Smith Sr. in 2007, Randy Moss in 2005, and Jerry Rice in 1991).

• Established the franchise record with 100 receptions in 2020 (94, Doug Baldwin in 2016 and Bobby Engram in 2007), topping his previous career high of 82 set in 2019. Totaled 1,054 yards eclipsing 1,000 for a second-straight season, becoming the sixth player in club history to do so.

• Set career-high with 15 catches at Arizona (10/25/20), tying Steve Largent's franchise record of 15 vs. Detroit (10/18/87). Had 200 yards in that same game, joining Largent (261 vs. Detroit, 10/18/87) as the only players in franchise history with 200 receiving yards in a game. It was also his second three-touchdown game of the season (vs. Dallas, 9/27).

• Along with DK Metcalf, became just the second set of Seahawks teammates to each have 1,000 yards in the same season (Brian Blades, Joey Galloway in 1995). Tied Metcalf for team lead with 10 touchdowns. Also became the first set of receivers to post 80-plus receptions each in a season in club history and gave Seattle two receivers with 10-plus touchdowns each in a season for the second time in club history (Steve Largent, Daryl Turner in 1984).

• 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. New Orleans) and 13 catches for 152 yards (11/3 vs. Tampa Bay).

• 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 (Week 11). 2015: Pro Bowl (Return Specialist), NFC Special Teams Player of the Week (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

				RECEIVING							RUSHING				
DATE	OPP	W/L	GP/GS	NO.	YDS.	AVG.	LG	TD	TGTS	YAC	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
11/1/20	SEA vs. SF	W	S	4	33	8.3	12	0	5	10	0	0	0	0	0
1/3/21	SEA @ SF	W	S	12	90	7.5	26	2	14	47	0	0	0	0	0
10/3/21	SEA @ SF	W	S	4	24	6.0	19	0	5	4	0	0	0	0	0
12/5/21	SEA vs. SF	W	S	7	68	9.7	16	1	8	16	0	0	0	0	0
TOTALS		**10/2**	**12/9**	**54**	**580**	**10.7**	**52t**	**8**	**67**	**185**	**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	16	16	100	1,054	10.5	47t	10	0	0	0.0	0	0
2021	Seahawks	16	16	73	1,175	16.1	69t	8	2	9	4.5	7	0
2022	Seahawks	1	1	3	28	9.3	17	0	0	0	0.0	0	0
NFL TOTALS		**112**	**88**	**452**	**6,095**	**13.5**	**74T**	**45**	**40**	**265**	**6.6**	**75T**	**1**

TYLER LOCKETT'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	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
2020	Seahawks	1	1	2	43	21.5	24	0	0	0	0.0	0	0
NFL TOTALS		**6**	**4**	**23**	**471**	**20.5**	**53**	**2**	**0**	**0**	**0.0**	**0**	**0**

TYLER LOCKETT'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	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
2021	Seahawks	0	0	0.0	0	0	1	0	3	3.0	3	0
2022	Seahawks	0	0	0.0	0	0	0	1	0	0.0	0	0
NFL TOTALS		**127**	**3,188**	**25.1**	**105T**	**2**	**144**	**95**	**1,071**	**7.4**	**66**	**1**

TYLER LOCKETT'S NFL POSTSEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2015	Seahawks	4	104	26.0	50	0	4	4	18	4.5	8	0
2016	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2018	Seahawks	1	52	52.0	52	0	3	0	22	7.3	12	0
2019	Seahawks	3	60	20.0	27	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0.0	0	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
Longest Runs	75t vs. Carolina Panthers, Dec 04, 2016		...1 more at 1.
Rushing TDs	1 vs. Carolina Panthers, Dec 04, 2016	**Fair Catches**	5 at San Francisco 49ers, Nov 26, 2017
Receptions	15 at Arizona Cardinals, Oct 25, 2020	**Punt Return Yards**	139 at Arizona Cardinals, Jan 03, 2016
Receiving Yards	200 at Arizona Cardinals, Oct 25, 2020	**Longest Punt Return**	66 at Arizona Cardinals, Jan 03, 2016
Receiving Average	32.7 vs. Los Angeles Rams, Oct 07, 2018	**Punt Returns**	5 vs. Washington Redskins, Nov 05, 2017
Longest Receptions	74t at Jacksonville Jaguars, Dec 10, 2017		...2 more at 5.
Receiving TDs	3 at Arizona Cardinals, Oct 25, 2020	**Punt Return TDs**	1 at St. Louis Rams, Sep 13, 2015
	...1 more at 3.	**Punt Return Average**	34.8 at Arizona Cardinals, Jan 03, 2016
All-Purpose Yards	234 vs. Atlanta Falcons, Nov 20, 2017	**Kickoff Return Average**	39.4 vs. Atlanta Falcons, Nov 20, 2017
Kickoff Returns	6 vs. Los Angeles Rams, Dec 17, 2017	**Special Teams Tackles**	1 vs. Detroit Lions, Oct 05, 2015
Kickoff Return Yards	197 vs. Atlanta Falcons, Nov 20, 2017	**Most TDs**	3 at Arizona Cardinals, Oct 25, 2020
			...1 more at 3.
		Miscellaneous Tackles	1 vs. Los Angeles Rams, Oct 07, 2021
			...4 more at 1.

TYLER LOCKETT'S 100-YARD RECEIVING GAMES (15): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
10/25/20	at Cardinals	15	200	13.3	47t	3
09/19/21	TITANS	8	178	22.3	63t	1
09/22/19	SAINTS	11	154	14.0	40	1
11/03/19	BUCCANEERS	13	152	11.7	30	2
10/31/21	JAGUARS	12	142	11.8	28	0
12/12/21	at Texans	5	142	28.4	55t	1
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
11/21/21	CARDINALS	4	115	28.8	48	0
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
09/12/21	at Colts	4	100	25.0	69t	2
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 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	Broncos	S	3	28	9.3	17	0	0	0	0.0	0	0	W	17-16
2022 TOTALS		**1-1**	**3**	**28**	**9.3**	**17**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-0**	

TYLER LOCKETT'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	at Colts	S	4	100	25.0	69t	2	0	0	0.0	0	0	W	28-16
09/19	Titans	S	8	178	22.3	63t	1	0	0	0.0	0	0	L	30-33+
09/26	at Vikings	S	4	31	7.8	15	0	0	0	0.0	0	0	L	17-30
10/03	at 49ers	S	4	24	6.0	19	0	0	0	0.0	0	0	W	28-21
10/07	Rams	S	5	57	11.4	25	0	0	0	0.0	0	0	L	17-26
10/17	at Steelers	S	2	35	17.5	21	0	0	0	0.0	0	0	L	20-23+
10/25	Saints	S	2	12	6.0	7	0	0	0	0.0	0	0	L	10-13
10/31	Jaguars	S	12	142	11.8	28	0	0	0	0.0	0	0	W	31-7
11/14	at Packers	S	2	23	11.5	16	0	0	0	0.0	0	0	L	0-17
11/21	Cardinals	S	4	115	28.8	48	0	0	0	0.0	0	0	L	13-23
11/29	at Football Team	S	3	96	32.0	55	0	0	0	0.0	0	0	L	15-17
12/05	49ers	S	7	68	9.7	16	1	0	0	0.0	0	0	W	30-23
12/12	at Texans	S	5	142	28.4	55t	1	0	0	0.0	0	0	W	33-13
12/21	at Rams						DID NOT PLAY						L	10-20
12/26	Bears	S	3	30	10.0	15	0	0	0	0.0	0	0	L	24-25
01/02	Lions	S	3	24	8.0	28	1	1	7	7.0	7	0	W	51-29
01/09	at Cardinals	S	5	98	19.6	43t	2	1	2	2.0	2	0	W	38-30
2021 TOTALS		**16-16**	**73**	**1,175**	**16.1**	**69T**	**8**	**2**	**9**	**4.5**	**7**	**0**	**7-10**	

+ - Overtime

TYLER LOCKETT'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	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+
11/01	49ers	S	4	33	8.3	12	0	0	0	0.0	0	0	W	37-27
11/08	at Bills	S	4	40	10.0	12	0	0	0	0.0	0	0	L	34-44
11/15	at Rams	S	5	66	13.2	39	0	0	0	0.0	0	0	L	16-23
11/19	Cardinals	S	9	67	7.4	11t	1	0	0	0.0	0	0	W	28-21
11/30	at Eagles	S	3	23	7.7	18	0	0	0	0.0	0	0	W	23-17
12/06	Giants	S	6	63	10.5	24	0	0	0	0.0	0	0	L	12-17
12/13	Jets	S	5	52	10.4	17	0	0	0	0.0	0	0	W	40-3
12/20	at Football Team	S	4	34	8.5	15	0	0	0	0.0	0	0	W	20-15
12/27	Rams	S	3	44	14.7	24	0	0	0	0.0	0	0	W	20-9
01/03	at 49ers	S	12	90	7.5	26	2	0	0	0.0	0	0	W	26-23
2020 TOTALS		**16-16**	**100**	**1,054**	**10.5**	**47T**	**10**	**0**	**0**	**0.0**	**0**	**0**	**12-4**	

+ - Overtime

TYLER LOCKETT'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	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)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
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)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
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	Redskins	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)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L/T	SCORE
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)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
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 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/12	at Colts	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	28-16
09/19	Titans	S	0	0	0.0	0	0	0	0	0	0.0	0	0	L	30-33+
09/26	at Vikings	S	0	0	0.0	0	0	0	0	0	0.0	0	0	L	17-30
10/03	at 49ers	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	28-21
10/07	Rams	S	0	0	0.0	0	0	0	0	0	0.0	0	0	L	17-26
10/17	at Steelers	S	0	0	0.0	0	0	1	0	3	3.0	3	0	L	20-23+
10/25	Saints	S	0	0	0.0	0	0	0	0	0	0.0	0	0	L	10-13
10/31	Jaguars	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	31-7
11/14	at Packers	S	0	0	0.0	0	0	0	0	0	0.0	0	0	L	0-17
11/21	Cardinals	S	0	0	0.0	0	0	0	0	0	0.0	0	0	L	13-23
11/29	at Football Team	S	0	0	0.0	0	0	0	0	0	0.0	0	0	L	15-17
12/05	49ers	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	30-23
12/12	at Texans	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	33-13
12/21	at Rams							DID NOT PLAY						L	10-20
12/26	Bears	S	0	0	0.0	0	0	0	0	0	0.0	0	0	L	24-25
01/02	Lions	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	51-29
01/09	at Cardinals	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	38-30
2021 TOTALS		**16-16**	**0**	**0**	**0.0**	**0**	**0**	**1**	**0**	**3**	**3.0**	**3**	**0**	**7-10**	

+ - Overtime

TYLER LOCKETT'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/13	at Falcons	S	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	W	35-30
09/27	Cowboys	S	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	W	31-23
10/11	Vikings	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	S	1	9	9.0	9	0	0	0	0	0.0	0	0	L	34-37+
11/01	49ers	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	37-27
11/08	at Bills	S	0	0	0.0	0	0	0	0	0	0.0	0	0	L	34-44
11/15	at Rams	S	0	0	0.0	0	0	0	0	0	0.0	0	0	L	16-23
11/19	Cardinals	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	28-21
11/30	at Eagles	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	23-17
12/06	Giants	S	0	0	0.0	0	0	0	0	0	0.0	0	0	L	12-17
12/13	Jets	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	40-3
12/20	at Football Team	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	20-15
12/27	Rams	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	20-9
01/03	at 49ers	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	26-23
2020 TOTALS		**16-16**	**1**	**9**	**9.0**	**9**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**12-4**	

+ - Overtime

TYLER LOCKETT'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/08	Bengals	S	0	0	0.0	0	0	0	2	0	0.0	0	0	W	21-20
09/15	at Steelers	S	0	0	0.0	0	0	2	2	10	5.0	10	0	W	28-26
09/22	Saints	S	2	47	23.5	29	0	3	1	12	4.0	8	0	L	27-33
09/29	at Cardinals	S	1	21	21.0	21	0	2	0	-3	-1.5	0	0	W	27-10
10/03	Rams	S	1	33	33.0	33	0	1	1	0	0.0	0	0	W	30-29
10/13	at Browns	S	1	21	21.0	21	0	0	0	0	0.0	0	0	W	32-28
10/20	Ravens	S	3	58	19.3	22	0	2	0	12	6.0	6	0	L	16-30
10/27	at Falcons	S	1	21	21.0	21	0	0	1	0	0.0	0	0	W	27-20
11/03	Buccaneers	S	0	0	0.0	0	0	2	2	15	7.5	8	0	W	40-34+
11/11	at 49ers	S	3	43	14.3	22	0	1	0	20	20.0	20	0	W	27-24+
11/24	at Eagles	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	17-9
12/02	Vikings	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	37-30
12/08	at Rams	S	0	0	0.0	0	0	0	0	0	0.0	0	0	L	12-28
12/15	at Panthers	S	0	0	0.0	0	0	0	1	0	0.0	0	0	W	30-24
12/22	Cardinals	S	1	18	18.0	18	0	0	0	0	0.0	0	0	L	13-27
12/29	49ers	S	1	17	17.0	17	0	0	0	0	0.0	0	0	L	21-26
2019 TOTALS		**16-16**	**14**	**279**	**19.9**	**33**	**0**	**13**	**10**	**66**	**5.1**	**20**	**0**	**11-5**	

+ - Overtime

TYLER LOCKETT'S 2018 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/09	at Broncos	S	2	39	19.5	30	0	3	0	11	3.7	9	0	L	24-27
09/17	at Bears	S	0	0	0.0	0	0	1	3	14	14.0	14	0	L	17-24
09/23	Cowboys	S	3	66	22.0	27	0	3	1	25	8.3	18	0	W	24-13
09/30	at Cardinals	S	0	0	0.0	0	0	4	1	39	9.8	19	0	W	20-17
10/07	Rams	S	3	77	25.7	42	0	1	0	-3	-3.0	-3	0	L	31-33
10/14	at Raiders	S	0	0	0.0	0	0	1	0	0	0.0	0	0	W	27-3
10/28	at Lions	S	0	0	0.0	0	0	1	0	10	10.0	10	0	W	28-14
11/04	Chargers	P	1	34	34.0	34	0	3	0	4	1.3	6	0	L	17-25
11/11	at Rams	S	1	21	21.0	21	0	1	0	9	9.0	9	0	L	31-36
11/15	Packers	S	2	47	23.5	27	0	0	4	0	0.0	0	0	W	27-24
11/25	at Panthers	S	0	0	0.0	0	0	0	1	0	0.0	0	0	W	30-27
12/02	49ers	S	2	111	55.5	84	0	1	4	-4	-4.0	-4	0	W	43-16
12/10	Vikings	S	0	0	0.0	0	0	3	1	17	5.7	12	0	W	21-7
12/16	at 49ers	S	1	3	3.0	3	0	1	2	8	8.0	8	0	L	23-26+
12/23	Chiefs	S	1	32	32.0	32	0	2	0	13	6.5	10	0	W	38-31
12/30	Cardinals	P	3	63	21.0	26	0	0	3	0	0.0	0	0	W	27-24
2018 TOTALS		**16-14**	**19**	**493**	**25.9**	**84**	**0**	**25**	**20**	**143**	**5.7**	**19**	**0**	**10-6**	

+ - Overtime

TYLER LOCKETT'S 2017 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/10	at Packers	P	3	91	30.3	43	0	1	4	7	7.0	7	0	L	9-17
09/17	49ers	S	2	46	23.0	27	0	3	2	0	0.0	0	0	W	12-9
09/24	at Titans	S	0	0	0.0	0	0	3	0	32	10.7	13	0	L	27-33
10/01	Colts	S	1	16	16.0	16	0	0	2	0	0.0	0	0	W	46-18
10/08	at Rams	S	0	0	0.0	0	0	1	1	10	10.0	10	0	W	16-10
10/22	at Giants	P	2	45	22.5	23	0	4	1	35	8.8	14	0	W	24-7
10/29	Texans	P	2	32	16.0	21	0	3	0	10	3.3	11	0	W	41-38
11/05	Redskins	P	2	33	16.5	21	0	5	1	45	9.0	21	0	L	14-17
11/09	at Cardinals	S	3	57	19.0	20	0	2	1	18	9.0	15	0	W	22-16
11/20	Falcons	S	5	197	39.4	57	0	1	2	0	0.0	0	0	L	31-34
11/26	at 49ers	P	1	26	26.0	26	0	2	5	7	3.5	8	0	W	24-13
12/03	Eagles	S	2	47	23.5	25	0	1	1	2	2.0	2	0	W	24-10
12/10	at Jaguars	P	4	85	21.3	25	0	3	0	5	1.7	5	0	L	24-30
12/17	Rams	P	6	118	19.7	32	0	2	1	18	9.0	18	0	L	7-42
12/24	at Cowboys	S	0	0	0.0	0	0	1	0	9	9.0	9	0	W	21-12
12/31	Cardinals	P	4	156	39.0	99t	1	4	0	39	9.8	27	0	L	24-26
2017 TOTALS		**16-8**	**37**	**949**	**25.6**	**99T**	**1**	**36**	**21**	**237**	**6.6**	**27**	**0**	**9-7**	

TYLER LOCKETT'S 2016 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

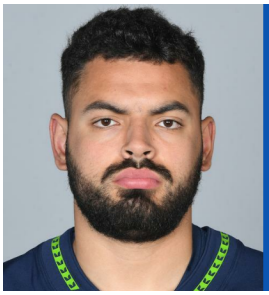
			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/11	Dolphins	S	0	0	0.0	0	0	3	3	40	13.3	22	0	W	12-10
09/18	at Rams	S	0	0	0.0	0	0	0	4	0	0.0	0	0	L	3-9
09/25	49ers	P	0	0	0.0	0	0	3	2	70	23.3	62	0	W	37-18
10/02	at Jets	P	0	0	0.0	0	0	2	1	8	4.0	7	0	W	27-17
10/16	Falcons	S	4	85	21.3	24	0	3	1	21	7.0	15	0	W	26-24
10/23	at Cardinals	S	2	51	25.5	36	0	1	2	0	0.0	0	0	T	6-6+
10/30	at Saints	S	4	115	28.8	37	0	2	0	14	7.0	11	0	L	20-25
11/07	Bills	S	1	43	43.0	43	0	2	0	20	10.0	22	0	W	31-25
11/13	at Patriots	P	1	32	32.0	32	0	2	0	4	2.0	5	0	W	31-24
11/20	Eagles	P	1	7	7.0	7	0	3	1	31	10.3	19	0	W	26-15
11/27	at Buccaneers	P	1	15	15.0	15	0	1	1	0	0.0	0	0	L	5-14
12/04	Panthers	P	1	46	46.0	46	0	3	1	12	4.0	10	0	W	40-7
12/11	at Packers	S	5	136	27.2	32	0	0	2	0	0.0	0	0	L	10-38
12/15	Rams	S	2	48	24.0	27	0	2	2	16	8.0	13	0	W	24-3
12/24	Cardinals	S	1	28	28.0	28	0	2	2	7	3.5	4	0	L	31-34
2016 TOTALS		**15-9**	**23**	**606**	**26.3**	**46**	**0**	**29**	**22**	**243**	**8.4**	**62**	**0**	**9-5**	

+ - Overtime

TYLER LOCKETT'S 2015 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	**OPPONENT**	**P/S**	**RET**	**YDS**	**AVG**	**LG**	**TD**	**NO**	**FC**	**YDS**	**AVG**	**LG**	**TD**	**W/L**	**SCORE**
09/13	at Rams	P	2	56	28.0	35	0	2	0	63	31.5	57t	1	L	31-34+
09/20	at Packers	S	4	79	19.8	26	0	2	0	22	11.0	22	0	L	17-27
09/27	Bears	S	1	105	105.0	105t	1	3	3	9	3.0	10	0	W	26-0
10/05	Lions	S	2	30	15.0	19	0	5	2	42	8.4	14	0	W	13-10
10/11	at Bengals	P	1	21	21.0	21	0	2	1	8	4.0	12	0	L	24-27+
10/18	Panthers	P	2	27	13.5	14	0	4	1	28	7.0	10	0	L	23-27
10/22	at 49ers	P	1	20	20.0	20	0	5	1	11	2.2	5	0	W	20-3
11/01	at Cowboys	P	1	18	18.0	18	0	1	1	12	12.0	12	0	W	13-12
11/15	Cardinals	S	5	104	20.8	34	0	1	2	0	0.0	0	0	L	32-39
11/22	49ers	P	0	0	0.0	0	0	4	2	1	0.3	4	0	W	29-13
11/29	Steelers	S	5	148	29.6	54	0	0	2	0	0.0	0	0	W	39-30
12/06	at Vikings	P	1	47	47.0	47	0	3	0	19	6.3	19	0	W	38-7
12/13	at Ravens	S	0	0	0.0	0	0	1	2	0	0.0	0	0	W	35-6
12/20	Browns	P	4	91	22.8	30	0	1	1	5	5.0	5	0	W	30-13
12/27	Rams	S	4	106	26.5	34	0	2	2	20	10.0	13	0	L	17-23
01/03	at Cardinals	S	0	0	0.0	0	0	4	1	139	34.8	66	0	W	36-6
2015 TOTALS		**16-8**	**33**	**852**	**25.8**	**105T**	**1**	**40**	**21**	**379**	**9.5**	**66**	**1**	**10-6**	

+ - Overtime



72 | TACKLE
ABRAHAM LUCAS

Height:	6-6
Weight:	322
College:	Washington State
Season:	Rookie
Born:	October 25, 1998
Hometown:	Everett

2022 SEASON:

9/12 vs. Den: Made first-career start (RT).

TRANSACTIONS:

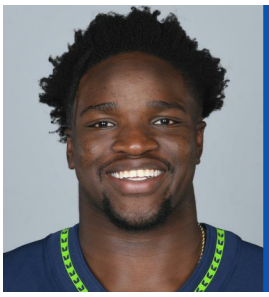
04/29/22: Drafted by Seattle (3rd round, 72nd overall)

COLLEGE: Was a four-year starter at right tackle, starting 42 consecutive games, and swas the first Cougars offensive lineman in program history to earn All-Pac-12 Conference honors four times and was a three-time Outland Trophy Watch List selection. The Everett, Wash. native earned All-Pac-12 second-team accolades his first three seasons, was a Freshman All-American in 2018 and capped his career earning All-America Honorable Mention from Phil Steele and first-team All-Pac-12 accolades this past season. In 2021, Lucas was rated the third-best pass-blocking offensive tackle in the country and best in the Pac-12 by PFF College after not allowing a sack in 477 snaps and was later selected to play in the Reece's Senior Bowl. Lucas is the fourth Cougars offensive lineman drafted in the last seven seasons and is the highest Cougar draft pick since offensive lineman Andre Dillard was selected No. 22 overall by the Philadelphia Eagles in the 2019 NFL Draft. Lucas is the first Cougar drafted by the Seahawks since cornerback Marcus Trufant was selected No. 11 overall in the 2003 NFL Draft.

PERSONAL: Attended Archbishop Murphy High. As a senior, named All-USA Washington second-team by The USA Today, also received a vote as Seattle Times 2A State Player of the Year. In eight games, made 31 tackles including 15 sacks. As a junior, helped Archbishop to the 2A semifinals, made 36 tackles including 15 for loss. Rated a three-star prospect by ESPN.com, Rivals.com and Scout.com. Rated the No.52 offensive tackle in the country and eighth overall prospect in Washington by ESPN.com. Also lettered four years in basketball, two-time All-Cascade selection, averaged 16 ppg and 14 rpg as a senior. One of seven children. Grandfather, William Collier, played baseball at Seattle University.

ABRAHAM LUCAS' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2022	Seahawks	1	1
NFL TOTALS		**1**	**1**



53 | LINEBACKER
BOYE MAFE

Height:	6-4
Weight:	261
College:	Minnesota
Season:	Rookie
Born:	November 30, 1998
Hometown:	Minnetonka, Minn.
Pronunciation:	boy-YAY mah-FAY

TRANSACTIONS:

04/29/22: Drafted by Seattle (2nd round, 40th overall)

COLLEGE: Played in 42 career games with 14 starts and made 87 tackles (59 solo), 19.5 tackles for loss and 15 sacks (ninth all-time in school history). Also forced three fumbles and broke up three passes. Named All-Big Ten second-team by the media in 2021, All-Big Ten third-team by conference coaches in 2021, All-Big Ten honorable mention in 2020 and was Academic All-Big Ten in 2020 and 2021. Started nine of 13 games his senior year and posted 34 tackles (26 solo) and led team in tackles for loss (10) and sacks (7). Forced one fumble.

PERSONAL: Attended Hopkins High School. As a senior, made 78 tackles, 10 tackles for loss and four sacks. Named to the 2016 Vikings MFCA All-Star Team and earned KARE 11 All-Metro Defense honors. Received all-state second-team defense honors. As a junior, recorded 40 tackles, three tackles for loss and one sack. Scout and 247 Sports gave him three stars, while Rivals gave him two. Scout ranked him the No. 1 defensive end in Minnesota, the no. 76 player at his position and as the No. 108 prospect in the Midwest. 247 Sports and Rivals both ranked him as the No. 5 recruit in Minnesota. Also lettered in track and field.

BOYE MAFE'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	TD	YDS	TK	S	A	FF	FR	S	A
2022	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		**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**

14 | WIDE RECEIVER
DK METCALF

Height: 6-4	Weight: 235
College:	Mississippi
Seasons:	NFL : 4th, Seahawks 4th
Born:	December 14, 1997
Hometown:	Oxford, Miss.

PRO BOWL '20 | AP 2ND TEAM '20

2022 SEASON:

9/12 vs. Den: Led team with seven receptions.

TRANSACTIONS:

04/26/19: Drafted by Seattle (2nd round, 64th overall)
07/29/22: Signed contract extension

NFL CAREER HIGHLIGHTS:

• Led the Seahawks with 75 catches and 12 touchdowns (4th in NFL) in 2021. His 12 touchdown receptions in 2021 are tied for third-most in a single season in franchise history. Finished 2021 with 967 receiving yards and has the most receiving yards (3,170) in a player's first three seasons in Seattle history. Became the fifth player since 1990 with at least 900 receiving yards and seven touchdown receptions in each of his first three seasons, joining Odell Beckham Jr., Joey Galloway, A.J. Green, and Randy Moss.

• Had two touchdowns vs. Jacksonville (10/31/21), giving him 25 career touchdown receptions, joining Randy Moss (36) and Odell Beckham Jr. (34) as the only wide receivers since 1990 with at least 25 touchdown receptions in their first 40 career games.

• Led team with 96 yards vs. New Orleans (10/25/21), including an 84-yard touchdown reception. The touchdowns was the third-longest reception in franchise history, and longest since 2010 (Ben Obomanu: 87t, vs. KC 11/28/2010).

• Started all 16 games played in 2020 and was named second-team AP All-Pro and to the Pro Bowl. Led team while setting a franchise record with 1,303 receiving yards (Steve Largent, 1,287 in 1985). Along with Tyler Lockett, became just the second set of Seahawks teammates to each have 1,000 yards in the same season (Brian Blades, Joey Galloway in 1995). Tied Lockett for team lead with 10 touchdowns. Also became the first set of receivers to post 80-plus receptions each in a season in club history and gave Seattle two receivers with 10-plus touchdowns each in a season for the second time in club history (Largent, Daryl Turner in 1984).

• Posted 10 receptions for a career-high 177 yards at Philadelphia (11/30/20). Was his fifth 100-yard game of the season, tied for second-most in franchise history.

• 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 allâ ime in program history. In 2018, started his redshirt sophomore season's first seven games before suffering a seasonâ nding 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 Allâ reshman 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 Allâ merica selection. A consensus 4â tar prospect by the major recruiting services and listed as the No. 70 overall recruit and the fifthâ est in Mississippi by Rivals.com. Ranked as the 14thâ est 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 Allâ merica offensive lineman. Majored in hospitality management.

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	S	6	70	11.7	0	25	10	41
12/29/19	SEA vs. SF	L	S	6	81	13.5	1	24	12	8
11/1/20	SEA vs. SF	W	S	12	161	13.4	2	46t	15	64
1/3/21	SEA @ SF	W	S	3	21	7.0	0	12	9	7
10/3/21	SEA @ SF	W	S	4	65	16.3	1	28	8	29
12/5/21	SEA vs. SF	W	S	5	60	12.0	0	33	8	7
TOTALS		**5/1**	**6/6**	**36**	**458**	**12.7**	**4**	**46t**	**62**	**156**

DK METCALF'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	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	16	16	83	1,303	15.7	62	10	0	0	0.0	0	0
2021	Seahawks	17	17	75	967	12.9	84t	12	1	6	6.0	6	0
2022	Seahawks	1	1	7	36	5.1	15	0	0	0	0.0	0	0
NFL TOTALS		**50**	**49**	**223**	**3,206**	**14.4**	**84T**	**29**	**3**	**17**	**5.7**	**7**	**0**

DK METCALF'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	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
2020	Seahawks	1	1	5	96	19.2	51t	2	0	0	0.0	0	0
NFL TOTALS		**3**	**3**	**16**	**315**	**19.7**	**53T**	**3**	**0**	**0**	**0.0**	**0**	**0**

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

Rush Attempts	1 vs. Detroit Lions, Jan 02, 2022 ...2 more at 1.
Rushing Yards	7 vs. Tampa Bay Buccaneers, Nov 03, 2019
Longest Runs	7 vs. Tampa Bay Buccaneers, Nov 03, 2019
Receptions	12 vs. San Francisco 49ers, Nov 01, 2020
Receiving Yards	177 at Philadelphia Eagles, Nov 30, 2020
Receiving Average	27.5 vs. Dallas Cowboys, Sep 27, 2020
Longest Receptions	84t vs. New Orleans Saints, Oct 25, 2021
Receiving TDs	3 vs. Detroit Lions, Jan 02, 2022
All-Purpose Yards	177 at Philadelphia Eagles, Nov 30, 2020
Most TDs	3 vs. Detroit Lions, Jan 02, 2022
Miscellaneous Tackles	2 at Arizona Cardinals, Oct 25, 2020

DK METCALF'S 100-YARD RECEIVING GAMES (7): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
11/30/20	at Eagles	10	177	17.7	52	0
11/01/20	49ERS	12	161	13.4	46t	2
11/03/19	BUCCANEERS	6	123	20.5	53t	1
09/27/20	COWBOYS	4	110	27.5	62	1
11/08/20	at Bills	7	108	15.4	41	1
09/26/21	at Vikings	6	107	17.8	28	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 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	Broncos	S	7	36	5.1	15	0	0	0	0.0	0	0	W	17-16
2022 TOTALS		**1-1**	**7**	**36**	**5.1**	**15**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-0**	

DK METCALF'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	at Colts	S	4	60	15.0	30	1	0	0	0.0	0	0	W	28-16
09/19	Titans	S	6	53	8.8	16	0	0	0	0.0	0	0	L	30-33+
09/26	at Vikings	S	6	107	17.8	28	1	0	0	0.0	0	0	L	17-30
10/03	at 49ers	S	4	65	16.3	28	1	0	0	0.0	0	0	W	28-21
10/07	Rams	S	5	98	19.6	25	2	0	0	0.0	0	0	L	17-26
10/17	at Steelers	S	6	58	9.7	14	0	0	0	0.0	0	0	L	20-23+
10/25	Saints	S	2	96	48.0	84t	1	0	0	0.0	0	0	L	10-13
10/31	Jaguars	S	6	43	7.2	16t	2	0	0	0.0	0	0	W	31-7
11/14	at Packers	S	3	26	8.7	18	0	0	0	0.0	0	0	L	0-17
11/21	Cardinals	S	4	31	7.8	14	0	0	0	0.0	0	0	L	13-23
11/29	at Football Team	S	1	13	13.0	13	0	0	0	0.0	0	0	L	15-17
12/05	49ers	S	5	60	12.0	33	0	0	0	0.0	0	0	W	30-23
12/12	at Texans	S	4	43	10.8	22	0	0	0	0.0	0	0	W	33-13
12/21	at Rams	S	6	52	8.7	12	0	0	0	0.0	0	0	L	10-20
12/26	Bears	S	2	41	20.5	41t	1	0	0	0.0	0	0	L	24-25
01/02	Lions	S	6	63	10.5	17	3	1	6	6.0	6	0	W	51-29
01/09	at Cardinals	S	5	58	11.6	31	0	0	0	0.0	0	0	W	38-30
2021 TOTALS		**17-17**	**75**	**967**	**12.9**	**84T**	**12**	**1**	**6**	**6.0**	**6**	**0**	**7-10**	

+ - Overtime

DK METCALF'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

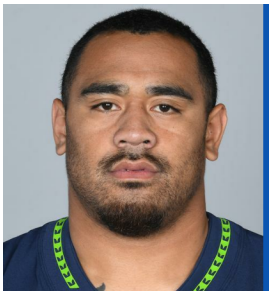
			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/13	at Falcons	S	4	95	23.8	38t	1	0	0	0.0	0	0	W	38-25
09/20	Patriots	S	4	92	23.0	54t	1	0	0	0.0	0	0	W	35-30
09/27	Cowboys	S	4	110	27.5	62	1	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	S	4	106	26.5	37	0	0	0	0.0	0	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+
11/01	49ers	S	12	161	13.4	46t	2	0	0	0.0	0	0	W	37-27
11/08	at Bills	S	7	108	15.4	41	1	0	0	0.0	0	0	L	34-44
11/15	at Rams	S	2	28	14.0	19	0	0	0	0.0	0	0	L	16-23
11/19	Cardinals	S	3	46	15.3	25t	1	0	0	0.0	0	0	W	28-21
11/30	at Eagles	S	10	177	17.7	52	0	0	0	0.0	0	0	W	23-17
12/06	Giants	S	5	80	16.0	21	0	0	0	0.0	0	0	L	12-17
12/13	Jets	S	6	61	10.2	19	1	0	0	0.0	0	0	W	40-3
12/20	at Football Team	S	5	43	8.6	15	0	0	0	0.0	0	0	W	20-15
12/27	Rams	S	6	59	9.8	17	0	0	0	0.0	0	0	W	20-9
01/03	at 49ers	S	3	21	7.0	12	0	0	0	0.0	0	0	W	26-23
2020 TOTALS		**16-16**	**83**	**1,303**	**15.7**	**62**	**10**	**0**	**0**	**0.0**	**0**	**0**	**12-4**	

+ - Overtime

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

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	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



90 | DEFENSIVE TACKLE
BRYAN MONE

Height: 6-3	**Weight: 345**
College:	**Michigan**
Seasons:	**NFL : 4th, Seahawks 4th**
Born:	**October 20, 1995**
Hometown:	**Salt Lake City, Utah**
Pronunciation:	**MO-neh**

TRANSACTIONS:

05/03/19: Signed with Seattle as a UDFA
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
11/14/20: Placed on IR (ankle)
12/05/20: Placed on COVID-19 list
12/26/20: Activated from IR
04/19/21: Signed ERFA tender
12/20/21: Placed on Reserve/COVID-19
12/29/21: Activated from Reserve/COVID-19

NFL CAREER HIGHLIGHTS:

• Saw most playing time of career in 2021, started five of 14 games played. Tallied a career-high in tackles (35) and sacks (1.5), with sack total a single-game career-high vs. Arizona (11/21/21).

• In 2020, played in 10 games, missing six (ankle), during his second season with the Seahawks.

• 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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

				TACKLES										MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
12/5/21	SEA vs. SF	W	S	1	1	0	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**1/0**	**1/1**	**1**	**1**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

BRYAN MONE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

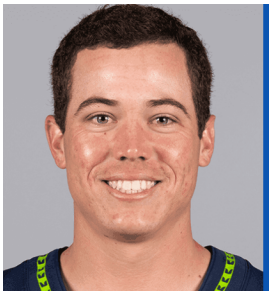
				TACKLES							INTERCEPTIONS					FUMBLES				ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	4	0	4	0	4	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	10	0	9	3	6	1	1	0.5	1.5	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Seahawks	14	5	35	15	20	0	0	1.5	8.5	3	0	0	0	0	1	1	0	0	0	0	0	0	0	0
2022	Seahawks	1	0	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**29**	**5**	**49**	**19**	**30**	**1**	**1**	**2.0**	**10.0**	**6**	**0**	**0**	**0**	**0**	**1**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

BRYAN MONE'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	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	1	0	2	0	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	0	1	0	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**2**	**0**	**3**	**0**	**3**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

BRYAN MONE'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	5 vs. New Orleans Saints, Oct 25, 2021 ...1 more at 5.	**Forced Fumbles**	1 vs. Arizona Cardinals, Nov 21, 2021
Solo Tackles	3 at Washington Football Team, Nov 29, 2021 ...1 more at 3.	**Tackles For Loss**	1 vs. Dallas Cowboys, Sep 27, 2020
Sacks	1.5 vs. Arizona Cardinals, Nov 21, 2021	**Safeties**	1 vs. Dallas Cowboys, Sep 27, 2020
Passes Defensed	1 vs. Detroit Lions, Jan 02, 2022		



5 | KICKER
JASON MYERS

Height: 5-10	**Weight: 190**
College:	**Marist**
Seasons:	**NFL : 8th, Seahawks 4th**
Born:	**May 12, 1991**
Hometown:	**Chula Vista, Calif.**

PRO BOWL '18

2022 SEASON:

9/12 vs. Den: Connected on a 49-yard FG, moving past Efren Herrera for seventh-place on Seattle's all-time made field goals list with 65.

TRANSACTIONS:

03/03/15: Signed with Jacksonville as a UDFA
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:

• Made a franchise-record 37 consecutive field goals from 11/11/19 - 9/26/21. It is tied for the fifth-longest streak in NFL history. At Minnesota (9/26/21), connected on a 53-yard field goal, extending his franchise-record to 37-consecutive field goals made but the steak ended on a 44-yard attempt (WL) later in the game.

• His 100% accuracy (24 for 24) in 2020, made him the sixth kicker in NFL history to convert all his field goal attempts in a single season (min. 15 att.).

• Ended the 2020 season connecting on a club-record 35 consecutive field goals dating back to 2019, converting all 24 in 2020. Connected on a career-long and franchise-record 61-yard field goal at the L.A. Rams (11/15/20). His 90.4% field goal rate (47 for 52) ranks first in franchise history.

• Named to the Pro Bowl after his lone season with the N.Y. Jets in 2018, making 33 of 36 field-goal attempts, including six of seven 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, with one daughter.

REGULAR SEASON COMPARISON: KICKING - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	FGM	FGA	PCT	LONG	XPM	XPA	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
11/1/20	SEA vs. SF	W	P	1	1	100%	48	4	5	7	0-0	0-0	0-0	1-1	0-0	7	3
1/3/21	SEA @ SF	W	P	2	2	100%	36	2	3	8	0-0	0-0	1-1	0-0	0-0	6	4
12/5/21	SEA vs. SF	W	P	0	1	0%	0	4	4	4	0-0	0-0	0-0	0-0	0-1	5	2
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
10/3/21	SEA @ SF	W	P	0	0	0%	0	4	4	4	0-0	0-0	0-0	0-0	0-0	5	1
TOTALS		**5/1**	**6/0**	**5**	**6**	**83.3%**	**48**	**20**	**22**	**35**	**0-0**	**0-0**	**1-1**	**2-2**	**0-1**	**32**	**17**

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	16	24	24	100.0	61	49	53	92.5	0	121
2021	Seahawks	17	17	23	73.9	53	44	47	93.6	0	95
2022	Seahawks	1	1	1	100.0	49	2	2	100.0	0	5
NFL TOTALS		**104**	**162**	**191**	**84.8**	**61**	**241**	**267**	**90.3**	**3**	**727**

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
2020	Seahawks	1	2	2	100.0	52	2	2	100.0	0	8
NFL TOTALS		**3**	**4**	**6**	**66.7**	**52**	**6**	**6**	**100.0**	**1**	**18**

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	2-2	100.0	7-7	100.0	13-13	100.0	2-2	100.0
2021	Seahawks	0-0	0.0	2-2	100.0	9-11	81.8	3-5	60.0	3-5	60.0
2022	Seahawks	0-0	0.0	0-0	0.0	0-0	0.0	1-1	100.0	0-0	0.0
NFL TOTALS		**0-0**	**0.0**	**34-35**	**97.1**	**53-58**	**91.4**	**52-61**	**85.2**	**23-37**	**62.2**

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
2020	Seahawks	0-0	0.0	0-0	0.0	0-0	0.0	0-0	0.0	2-2	100.0
NFL TOTALS		**0-0**	**0.0**	**0-0**	**0.0**	**0-1**	**0.0**	**2-2**	**100.0**	**2-3**	**66.7**

ADDITIONAL STATS

Special Teams Tackles: 2019 (2), 2020 (2); **Career**: 4

JASON MYERS' SINGLE-GAME HIGHS: KICKER

Field Goals Made	7 vs. Indianapolis Colts, Oct 14, 2018	**Points**	24 vs. Indianapolis Colts, Oct 14, 2018
Field Goal Attempts	7 vs. Indianapolis Colts, Oct 14, 2018	**Special Teams Tackles**	1 vs. Detroit Lions, Jan 02, 2022
Longest Field Goals Made	61 at Los Angeles Rams, Nov 15, 2020		...11 more at 1.
Longest Field Goals Attempt	58 at Pittsburgh Steelers, Sep 15, 2019	**Kickoff Average**	68.0 vs. Miami Dolphins, Sep 20, 2015
PATs Made	6 vs. Detroit Lions, Jan 02, 2022	**Extra Point Attempt Percentage**	100.0 at Arizona Cardinals, Jan 09, 2022
	...2 more at 6.		...6 more at 100.0.
PAT Attempts	7 vs. Indianapolis Colts, Dec 13, 2015	**Field Goal Percentage**	100.0 at Tennessee Titans, Dec 02, 2018
			...4 more at 100.0.

JASON MYERS' 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			FIELD GOALS				EXTRA POINTS						
DATE	OPPONENT		FGM	FGA	PCT	LG	XP	XPA	PCT	BLK	PTS	W/L	SCORE
09/12	Broncos	P	1	1	100.0	49	2	2	100.0	0	5	W	17-16
2022 TOTALS		**1**	**1**	**1**	**100.0**	**49**	**2**	**2**	**100.0**	**0**	**5**	**1-0**	

JASON MYERS' 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			FIELD GOALS				EXTRA POINTS						
DATE	OPPONENT		FGM	FGA	PCT	LG	XP	XPA	PCT	BLK	PTS	W/L	SCORE
09/12	at Colts	P	0	0	0.0	0	4	4	100.0	0	4	W	28-16
09/19	Titans	P	1	1	100.0	31	3	4	75.0	0	6	L	30-33+
09/26	at Vikings	P	1	2	50.0	53	2	2	100.0	0	5	L	17-30
10/03	at 49ers	P	0	0	0.0	0	4	4	100.0	0	4	W	28-21
10/07	Rams	P	1	2	50.0	32	2	2	100.0	0	5	L	17-26
10/17	at Steelers	P	2	2	100.0	43	2	2	100.0	0	8	L	20-23+
10/25	Saints	P	1	3	33.3	50	1	1	100.0	0	4	L	10-13
10/31	Jaguars	P	1	1	100.0	31	4	4	100.0	0	7	W	31-7
11/14	at Packers	P	0	0	0.0	0	0	0	0.0	0	0	L	0-17
11/21	Cardinals	P	2	2	100.0	27	1	1	100.0	0	7	L	13-23
11/29	at Football Team	P	0	0	0.0	0	1	1	100.0	0	1	L	15-17
12/05	49ers	P	0	1	0.0	0	4	4	100.0	0	4	W	30-23
12/12	at Texans	P	2	2	100.0	38	1	3	33.3	0	7	W	33-13
12/21	at Rams	P	1	1	100.0	39	1	1	100.0	0	4	L	10-20
12/26	Bears	P	1	2	50.0	36	3	3	100.0	0	6	L	24-25
01/02	Lions	P	3	3	100.0	51	6	6	100.0	0	15	W	51-29
01/09	at Cardinals	P	1	1	100.0	38	5	5	100.0	0	8	W	38-30
2021 TOTALS		**17**	**17**	**23**	**73.9**	**53**	**44**	**47**	**93.6**	**0**	**95**	**7-10**	

+ - Overtime

JASON MYERS' 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			FIELD GOALS				EXTRA POINTS						
DATE	OPPONENT		FGM	FGA	PCT	LG	XP	XPA	PCT	BLK	PTS	W/L	SCORE
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+
11/01	49ers	P	1	1	100.0	48	4	5	80.0	0	7	W	37-27
11/08	at Bills	P	2	2	100.0	45	4	4	100.0	0	10	L	34-44
11/15	at Rams	P	3	3	100.0	61	1	1	100.0	0	10	L	16-23
11/19	Cardinals	P	2	2	100.0	41	2	3	66.7	0	8	W	28-21
11/30	at Eagles	P	3	3	100.0	44	2	2	100.0	0	11	W	23-17
12/06	Giants	P	1	1	100.0	31	1	1	100.0	0	4	L	12-17
12/13	Jets	P	2	2	100.0	41	4	5	80.0	0	10	W	40-3
12/20	at Football Team	P	2	2	100.0	43	2	2	100.0	0	8	W	20-15
12/27	Rams	P	2	2	100.0	49	2	2	100.0	0	8	W	20-9
01/03	at 49ers	P	2	2	100.0	36	2	3	66.7	0	8	W	26-23
2020 TOTALS		**16**	**24**	**24**	**100.0**	**61**	**49**	**53**	**92.5**	**0**	**121**	**12-4**	

+ - Overtime

JASON MYERS' 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			FIELD GOALS				EXTRA POINTS						
DATE	OPPONENT		FGM	FGA	PCT	LG	XP	XPA	PCT	BLK	PTS	W/L	SCORE
09/08	Bengals	P	0	0	0.0	0	3	3	100.0	0	3	W	21-20
09/15	at Steelers	P	0	1	0.0	0	4	4	100.0	0	4	W	28-26
09/22	Saints	P	0	0	0.0	0	3	3	100.0	0	3	L	27-33
09/29	at Cardinals	P	2	2	100.0	33	3	3	100.0	0	9	W	27-10
10/03	Rams	P	1	2	50.0	42	3	3	100.0	0	6	W	30-29
10/13	at Browns	P	2	2	100.0	38	2	3	66.7	0	8	W	32-28
10/20	Ravens	P	3	4	75.0	35	1	1	100.0	0	10	L	16-30
10/27	at Falcons	P	2	2	100.0	54	3	3	100.0	0	9	W	27-20
11/03	Buccaneers	P	2	4	50.0	37	2	3	66.7	0	8	W	40-34+
11/11	at 49ers	P	2	2	100.0	46	3	3	100.0	0	9	W	27-24+
11/24	at Eagles	P	1	1	100.0	24	2	2	100.0	0	5	W	17-9
12/02	Vikings	P	3	3	100.0	36	4	4	100.0	0	13	W	37-30
12/08	at Rams	P	2	2	100.0	39	0	1	0.0	0	6	L	12-28
12/15	at Panthers	P	1	1	100.0	30	3	4	75.0	0	6	W	30-24
12/22	Cardinals	P	2	2	100.0	51	1	1	100.0	0	7	L	13-27
12/29	49ers	P	0	0	0.0	0	3	3	100.0	0	3	L	21-26
2019 TOTALS		**16**	**23**	**28**	**82.1**	**54**	**40**	**44**	**90.9**	**0**	**109**	**11-5**	

+ - Overtime

JASON MYERS' 2018 GXG REGULAR-SEASON STATISTICS (JETS)

			FIELD GOALS				EXTRA POINTS						
DATE	OPPONENT		FGM	FGA	PCT	LG	XP	XPA	PCT	BLK	PTS	W/L	SCORE
09/10	at Lions	P	2	2	100.0	35	6	6	100.0	0	12	W	48-17
09/16	Dolphins	P	2	2	100.0	55	0	1	0.0	0	6	L	12-20
09/20	at Browns	P	1	1	100.0	28	2	2	100.0	0	5	L	17-21
09/30	at Jaguars	P	2	2	100.0	38	0	0	0.0	0	6	L	12-31
10/07	Broncos	P	2	3	66.7	49	4	4	100.0	0	10	W	34-16
10/14	Colts	P	7	7	100.0	48	3	3	100.0	0	24	W	42-34
10/21	Vikings	P	1	1	100.0	55	2	2	100.0	0	5	L	17-37
10/28	at Bears	P	1	1	100.0	42	1	1	100.0	0	4	L	10-24
11/04	at Dolphins	P	2	3	66.7	56	0	0	0.0	0	6	L	6-13
11/11	Bills	P	1	1	100.0	55	1	1	100.0	0	4	L	10-41
11/25	Patriots	P	2	2	100.0	55	1	1	100.0	0	7	L	13-27
12/02	at Titans	P	5	5	100.0	54	1	1	100.0	0	16	L	22-26
12/09	at Bills	P	2	2	100.0	47	3	3	100.0	0	9	W	27-23
12/15	Texans	P	1	1	100.0	26	1	3	33.3	0	4	L	22-29
12/23	Packers	P	1	2	50.0	33	5	5	100.0	0	8	L	38-44+
12/30	at Patriots	P	1	1	100.0	40	0	0	0.0	0	3	L	3-38
2018 TOTALS		**16**	**33**	**36**	**91.7**	**56**	**30**	**33**	**90.9**	**0**	**129**	**4-12**	

+ - Overtime

JASON MYERS' 2017 GXG REGULAR-SEASON STATISTICS (JAGUARS)

			FIELD GOALS				EXTRA POINTS						
DATE	OPPONENT		FGM	FGA	PCT	LG	XP	XPA	PCT	BLK	PTS	W/L	SCORE
09/10	at Texans	P	3	4	75.0	42	2	3	66.7	0	11	W	29-7
09/17	Titans	P	1	1	100.0	43	1	1	100.0	0	4	L	16-37
09/24	Ravens	P	3	3	100.0	45	5	5	100.0	0	14	W	44-7
10/01	at Jets	P	2	3	66.7	30	2	2	100.0	0	8	L	20-23+
10/08	at Steelers	P	1	1	100.0	47	3	4	75.0	0	6	W	30-9
10/15	Rams	P	1	3	33.3	41	2	2	100.0	0	5	L	17-27
10/22	at Colts						DID NOT PLAY					W	27-0
11/05	Bengals						DID NOT PLAY					W	23-7
11/12	Chargers						DID NOT PLAY					W	20-17+
11/19	at Browns						DID NOT PLAY					W	19-7
11/26	at Cardinals						DID NOT PLAY					L	24-27
12/03	Colts						DID NOT PLAY					W	30-10
12/10	Seahawks						DID NOT PLAY					W	30-24
12/17	Texans						DID NOT PLAY					W	45-7
12/24	at 49ers						DID NOT PLAY					L	33-44
12/31	at Titans						DID NOT PLAY					L	10-15
2017 TOTALS		**6**	**11**	**15**	**73.3**	**47**	**15**	**17**	**88.2**	**0**	**48**	**10-6**	

+ - Overtime

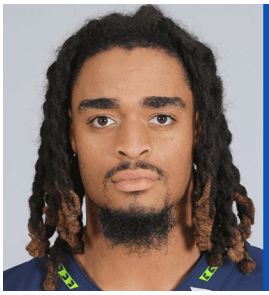
JASON MYERS' 2016 GXG REGULAR-SEASON STATISTICS (JAGUARS)

			FIELD GOALS				EXTRA POINTS						
DATE	OPPONENT		FGM	FGA	PCT	LG	XP	XPA	PCT	BLK	PTS	W/L	SCORE
09/11	Packers	P	3	3	100.0	50	2	2	100.0	0	11	L	23-27
09/18	at Chargers	P	0	1	0.0	0	2	2	100.0	0	2	L	14-38
09/25	Ravens	P	1	2	50.0	49	2	2	100.0	0	5	L	17-19
10/02	Colts	P	3	3	100.0	49	3	3	100.0	0	12	W	30-27
10/16	at Bears	P	1	1	100.0	30	2	2	100.0	0	5	W	17-16
10/23	Raiders	P	3	3	100.0	44	1	1	100.0	0	10	L	16-33
10/27	at Titans	P	0	0	0.0	0	2	2	100.0	0	2	L	22-36
11/06	at Chiefs	P	0	1	0.0	0	2	2	100.0	0	2	L	14-19
11/13	Texans	P	2	2	100.0	54	1	1	100.0	0	7	L	21-24
11/20	at Lions	P	2	2	100.0	52	1	2	50.0	0	7	L	19-26
11/27	at Bills	P	0	0	0.0	0	3	3	100.0	0	3	L	21-28
12/04	Broncos	P	1	1	100.0	47	1	1	100.0	0	4	L	10-20
12/11	Vikings	P	3	5	60.0	55	1	1	100.0	0	10	L	16-25
12/18	at Texans	P	2	2	100.0	50	2	2	100.0	0	8	L	20-21
12/24	Titans	P	4	4	100.0	56	2	4	50.0	0	14	W	38-17
01/01	at Colts	P	2	4	50.0	47	2	2	100.0	0	8	L	20-24
2016 TOTALS		**16**	**27**	**34**	**79.4**	**56**	**29**	**32**	**90.6**	**0**	**110**	**3-13**	

JASON MYERS' 2015 GXG REGULAR-SEASON STATISTICS (JAGUARS)

			FIELD GOALS				EXTRA POINTS						
DATE	OPPONENT		FGM	FGA	PCT	LG	XP	XPA	PCT	BLK	PTS	W/L	SCORE
09/13	Panthers	P	1	2	50.0	22	0	1	0.0	0	3	L	9-20
09/20	Dolphins	P	3	3	100.0	58	2	2	100.0	0	11	W	23-20
09/27	at Patriots	P	1	1	100.0	40	2	2	100.0	0	5	L	17-51
10/04	at Colts	P	2	4	50.0	32	1	1	100.0	0	7	L	13-16+
10/11	at Buccaneers	P	1	1	100.0	31	4	4	100.0	0	7	L	31-38
10/18	Texans	P	0	0	0.0	0	2	3	66.7	0	2	L	20-31
10/25	Bills	P	0	0	0.0	0	4	5	80.0	0	4	W	34-31
11/08	at Jets	P	3	3	100.0	45	2	2	100.0	0	11	L	23-28
11/15	at Ravens	P	3	4	75.0	53	1	1	100.0	0	10	W	22-20
11/19	Titans	P	4	4	100.0	36	1	1	100.0	0	13	W	19-13
11/29	Chargers	P	4	4	100.0	51	1	2	50.0	0	13	L	25-31
12/06	at Titans	P	0	0	0.0	0	3	5	60.0	0	3	L	39-42
12/13	Colts	P	1	1	100.0	46	6	7	85.7	0	9	W	51-16
12/20	Falcons	P	1	1	100.0	42	2	2	100.0	0	5	L	17-23
12/27	at Saints	P	0	0	0.0	0	1	1	100.0	0	1	L	27-38
01/03	at Texans	P	2	2	100.0	43	0	0	0.0	0	6	L	6-30
2015 TOTALS		**16**	**26**	**30**	**86.7**	**58**	**32**	**39**	**82.1**	**0**	**110**	**5-11**	

+ - Overtime



26 | STRONG SAFETY
RYAN NEAL

Height: 6-3	Weight: 200
College:	Southern Illinois
Seasons:	NFL : 5th, Seahawks 4th
Born:	December 24, 1995
Hometown:	Merrillville, IN

TRANSACTIONS:

05/11/18: Signed by Philadelphia as a UDFA
08/05/18: Released by Philadelphia
08/11/18: Signed by Atlanta as a FA
09/01/18: Released by Atlanta
09/02/18: Signed to Atlanta's PS
11/28/18: Signed to Atlanta's active roster
08/31/19: Released by Atlanta
09/03/19: Signed to Seattle's PS
12/11/19: Signed to Seattle's active roster
04/20/20: Re-signed by Seattle
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
01/06/22: Placed on Reserve/COVID-19
01/11/22: Activated from Reserve/COVID-19

NFL CAREER HIGHLIGHTS:

• Started five of 16 games played, missing the season finale on the COVID-19 list. Set a career-high with 46 tackles and 1.0 sack.

• Played in 13 games in 2020, starting four in place of Jamal Adams (groin). Recorded the game-sealing interception vs. Dallas (9/27). Collected his second interception the following week at Miami (10/4).

• 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 defensed, 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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

				TACKLES										MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
11/1/20	SEA vs. SF	W	S	5	3	2	0.0	0.0	0	0	0	0	0	0	0
1/3/21	SEA @ SF	W	P	4	3	1	0.0	0.0	0	0	0	0	0	0	0
10/3/21	SEA @ SF	W	P	4	3	1	0.0	0.0	0	0	1	0	0	0	0
12/5/21	SEA vs. SF	W	P	5	1	4	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**4/0**	**4/1**	**18**	**10**	**8**	**0.0**	**0.0**	**0**	**0**	**1**	**0**	**0**	**0**	**0**

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	TD	YDS	TK	S	A	FF	FR	S	A
2018	Falcons	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	3	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0
2020	Seahawks	13	4	36	29	7	3	12	0.0	0.0	0	2	1	1	0	5	0	0	0	0	8	4	4	0	0	0	0
2021	Seahawks	16	5	46	29	17	2	11	1.0	11.0	3	0	0	0	0	3	0	0	0	0	3	3	0	0	0	0	0
2022	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		**34**	**9**	**82**	**58**	**24**	**5**	**23**	**1.0**	**11.0**	**3**	**2**	**1**	**1**	**0**	**8**	**0**	**0**	**0**	**0**	**12**	**8**	**4**	**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	TD	YDS	TK	S	A	FF	FR	S	A
2019	Seahawks	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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		**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**

RYAN NEAL'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	9 at Arizona Cardinals, Oct 25, 2020	**Interceptions**	1 at Miami Dolphins, Oct 04, 2020
Solo Tackles	8 at Arizona Cardinals, Oct 25, 2020		...1 more at 1.
Sacks	1.0 vs. Jacksonville Jaguars, Oct 31, 2021	**Interception Return Yards**	1 at Miami Dolphins, Oct 04, 2020
Passes Defensed	2 at Miami Dolphins, Oct 04, 2020	**Safeties**	1 vs. New York Giants, Dec 06, 2020
Tackles For Loss	2 vs. Minnesota Vikings, Oct 11, 2020	**Special Teams Tackles**	3 vs. Arizona Cardinals, Nov 19, 2020

10 | LINEBACKER
UCHENNA NWOSU

Height: 6-2	**Weight: 251**
College:	**USC**
Seasons:	**NFL : 5th, Seahawks 1st**
Born:	**December 28, 1996**
Hometown:	**Carson, Calif.**
Pronunciation:	**oo-CHEN-uh noo-WOE-soo**

2022 SEASON:

9/12 vs. Den: Made Seattle debut and tallied seven tackles (3 solo), one sack, two QB hits, one PD, and one FF at Seattle's 1-yard line. Part of defense that held Denver without a TD on three different possessions inside their own 10-yard line (Last Time: Buffalo vs. Atlanta, January 2, 2022).

TRANSACTIONS:

04/27/18: Drafted by L.A. Chargers (2nd round, 48th overall)
03/16/22: Signed by Seattle as UFA

NFL CAREER HIGHLIGHTS:

• Had a career-year in 2021, starting 15 of 17 games played for the Chargers. Set career-highs with 39 tackles (24 solo), 5.0 sacks, eight tackles for loss, one interception, four passes defensed, two forced fumbles, one fumble recovery and 17 quarterback hits.

• Was named the Chargers Walter Payton NFL Man of the Year Award nominee in 2019.

COLLEGE: Played four seasons (2014-17) at Southern California, playing 52 career games with 28 starts. Recorded 168 tackles, 20.5 tackles for loss, 12.5 sacks, 20 passes defensed, one interception, a forced fumble and a recovery. Named first-team All-Pacific-12 by The Associated Press and the Pac-12 coaches before being invited to the Reese's Senior Bowl after his senior campaign. Also recognized as a first-team All-American by Sports On Earth. In 2017 as a senior, started all 14 games while posting career highs with 75 tackles, 11.5 tackles for loss and 9.5 sacks. Added 13 passes defensed, an interception and a fumble recovery. With 13 deflections, set the most in a single season by a Trojan since 2003. Named Southern California's Co-Most Valuable player and Co-Lifter of the Year as a senior. As a junior, named the team's John McKay Award winner, which is given annually to the Trojan underclassman with the most competitive spirit.

PERSONAL: Played at Narbonne High in Harbor City, Calif., earning PrepStar All-West and first-team All-L.A. City Division I honors. Named first-team All-South Bay by the South Bay Daily Breeze and first-team All-Marine League as a senior in 2013. Closed out his senior campaign with 121 tackles, three interceptions, 12 passes defensed, a forced fumble and a recovery. Lettered three years in football and four in basketball, becoming a starter on the basketball team as a sophomore. Given name is Anon Uchenna Nwosu Jr. of Nigerian descent. Family friends with former All-Pro CB Nnamdi Asomugha. Active in personal and L.A. Chargers community initiatives, earning recognition for his efforts on and off the field in the 2019 season from the Los Angeles Sports Council as the Mayor's Community Athlete of the Year. Earned a degree in political science from Southern California.

UCHENNA NWOSU'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	TD	YDS	TK	S	A	FF	FR	S	A
2018	Chargers	16	3	18	12	6	3	13	3.5	15.5	10	0	0	0	0	1	0	0	0	0	10	6	4	0	0	0	0
2019	Chargers	16	3	27	21	6	5	19	2.0	18.0	7	0	0	0	0	1	1	0	0	0	4	2	2	0	0	0	0
2020	Chargers	13	4	30	17	13	5	25	4.5	26.0	11	0	0	0	0	2	0	0	0	0	3	3	0	0	0	0	0
2021	Chargers	17	15	39	24	15	8	32	5.0	36.0	17	1	2	2	0	4	2	1	0	0	0	0	0	0	0	0	0
2022	Seahawks	1	1	7	3	4	1	2	1.0	2.0	2	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**63**	**26**	**121**	**77**	**44**	**22**	**91**	**16.0**	**97.5**	**47**	**1**	**2**	**2**	**0**	**9**	**4**	**1**	**0**	**0**	**17**	**11**	**6**	**0**	**0**	**0**	**0**

UCHENNA NWOSU'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	TD	YDS	TK	S	A	FF	FR	S	A
2018	Chargers	2	0	5	4	1	1	1	1.0	18.0	0	0	0	0	0	0	1	0	0	0	2	1	1	0	0	0	0
NFL TOTALS		**2**	**0**	**5**	**4**	**1**	**1**	**1**	**1.0**	**18.0**	**0**	**0**	**0**	**0**	**0**	**0**	**1**	**0**	**0**	**0**	**2**	**1**	**1**	**0**	**0**	**0**	**0**

UCHENNA NWOSU'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	7 vs. Denver Broncos, Sep 12, 2022 ...1 more at 7.	**Fumble Recoveries**	1 at Cincinnati Bengals, Dec 05, 2021
Solo Tackles	6 at Las Vegas Raiders, Jan 09, 2022	**Tackles For Loss**	4 at Las Vegas Raiders, Jan 09, 2022
Sacks	2.0 at Cincinnati Bengals, Dec 05, 2021	**Interceptions**	1 vs. Kansas City Chiefs, Dec 16, 2021
Passes Defensed	2 vs. Kansas City Chiefs, Dec 16, 2021 ...1 more at 2.	**Interception Return Yards**	2 vs. Kansas City Chiefs, Dec 16, 2021
Forced Fumbles	1 vs. Denver Broncos, Sep 12, 2022 ...3 more at 1.	**Special Teams Tackles**	2 vs. San Francisco 49ers, Sep 30, 2018 ...1 more at 2.

69 | LONG SNAPPER
TYLER OTT

Height: 6-3	**Weight: 253**
College:	**Harvard**
Seasons:	**NFL : 8th, Seahawks 7th**
Born:	**February 28, 1992**
Hometown:	**Tulsa, Okla.**

PRO BOWL '20

2022 SEASON:

9/12 vs. Den: Inactive (shoulder).

TRANSACTIONS:

05/16/14: Signed with NE as a UDFA
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 active 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.

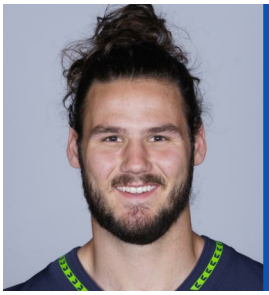
PERSONAL: Lettered in football, basketball and track & field at Jenks High in Oklahoma. Three-year captain in football and senior captain in basketball. All-state and all-district tight end of the year as a senior. Academic all-conference in basketball. Played in three state championship games, winning 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	16	0	0	0	0	0	0
2021	Seahawks	17	0	0	0	0	0	0
2022	Seahawks	0	0	0	0	0	0	0
NFL TOTALS		**85**	**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
2020	Seahawks	1	0	0	0	0	0	0
NFL TOTALS		**6**	**0**	**0**	**0**	**0**	**0**	**0**



84 | TIGHT END
COLBY PARKINSON

Height: 6-7 **Weight:** 251
College: Stanford
Seasons: NFL : 3rd, Seahawks 3rd
Born: January 7, 1999
Hometown: Simi Valley, Calif.

2022 SEASON:

9/12 vs. Den: Had a career-high 43 receiving yards and first-career touchdown (25 yards).

TRANSACTIONS:

04/25/20: Drafted by Seattle (4th round, 133rd overall)
09/05/20: Placed on Reserve/non-football injury
10/31/20: Activated from NFI to active roster
09/07/21: Placed on IR (foot)
10/02/21: Actived from IR

NFL CAREER HIGHLIGHTS:

• Started first-career game at Arizona (1/9/22) in a two-tight end set and hauled in two catches for 14 yards.

• Spent first six games on the non-football injury list, then played in six games as a reserve tight end and was inactive on four occasions.

COLLEGE: Started 21 of 39 games played and was a second-team All-Pac-12 selection and a semifinalist for the John Mackey Award in 2019 after catching 48 passes for 589 yards and one touchdown as a junior. He was also an All-Pac-12 honorable mention selection as a sophomore in 2018 when he had 29 catches for 485 yards and seven touchdowns. Registered an eight-yard touchdown pass at Oregon State in 2019, becoming the first Stanford nonâ quarterback to throw a touchdown pass since Christian McCaffrey vs. USC in the 2015 Pacâ 12 Championship. Also became the first Cardinal to throw for a touchdown and record a touchdown reception since McCaffrey in that 2015 Pacâ 12 Championship game. Tied singleâ game school record with four touchdown catches vs. Oregon State in 2018 and his seven scores ranked third in the nation among tight ends.

PERSONAL: Prepped at Oaks Christian and earned varsity letters in football and basketball. Fiveâ star recruit by 247Sports and PrepStar, a fourâ star recruit by Scout, Rivals and ESPN Nation's 21st best recruit by PrepStar Rivals. Totaled 1,280 career receiving yards on 80 receptions for eight touchdowns as a prep and led team to pair of league titles. Born in San Ramon, Calif. Enjoys playing guitar and ukulele. Majored in civil engineering.

COLBY PARKINSON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	6	0	2	16	8.0	10	0	0	0	0.0	0	0
2021	Seahawks	14	1	5	33	6.6	12	0	0	0	0.0	0	0
2022	Seahawks	1	0	2	43	21.5	25t	1	0	0	0.0	0	0
NFL TOTALS		**21**	**1**	**9**	**92**	**10.2**	**25T**	**1**	**0**	**0**	**0.0**	**0**	**0**

COLBY PARKINSON'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

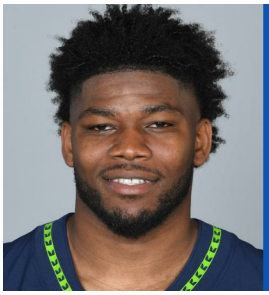
				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

COLBY PARKINSON'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Receptions	2 vs. Denver Broncos, Sep 12, 2022 ...2 more at 2.	**Kickoff Returns**	1 vs. Chicago Bears, Dec 26, 2021
		Kickoff Return Yards	13 vs. Chicago Bears, Dec 26, 2021
Receiving Yards	43 vs. Denver Broncos, Sep 12, 2022	**Longest Kickoff Return**	13 vs. Chicago Bears, Dec 26, 2021
Longest Receptions	25t vs. Denver Broncos, Sep 12, 2022	**Most TDs**	1 vs. Denver Broncos, Sep 12, 2022
Receiving TDs	1 vs. Denver Broncos, Sep 12, 2022		
All-Purpose Yards	43 vs. Denver Broncos, Sep 12, 2022		

COLBY PARKINSON'S 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	Broncos	P	2	43	21.5	25t	1	0	0	0.0	0	0	W	17-16
2022 TOTALS		**1-0**	**2**	**43**	**21.5**	**25T**	**1**	**0**	**0**	**0.0**	**0**	**0**	**1-0**	



20 | RUNNING BACK
RASHAAD PENNY

Height: 5-11	**Weight: 220**
College:	**San Diego State**
Seasons:	**NFL : 5th, Seahawks 5th**
Born:	**February 2, 1996**
Hometown:	**Norwalk, Calif.**

2022 SEASON:

9/12 vs. Den: Led Seattle with 12 carries for 60 yards (5.0 average).

TRANSACTIONS:

04/26/18: Drafted by Seattle (1st round, 27th overall)
12/14/19: Placed on IR (knee)
09/05/20: Placed on PUP (knee)
12/19/20: Activated from PUP
10/02/21: Placed on IR (calf)
10/25/21: Activated from IR
03/21/22: Re-signed by Seattle

NFL CAREER HIGHLIGHTS:

• Led NFL with 671 yards in Weeks 14-18 of the 2021 season and joined Shaun Alexander (2004) as the only players in franchise history with at least 130 rushing yards in three-straight games.

• Had eight rushes of 25-plus yards (T1st NFL, Jonathan Taylor) in 2021.

• Rushed for 749 yards on 119 carries during the 2021 season. His rushing average (6.29) ranked first in the NFL. It was also the second-highest average gain in club history (Russell Wilson - 7.2, 2014) and his 5.6 per carry career average is the best in team history.

• Rushed for a career-high 190 yards at Arizona (1/9/22), including a career-long 62-yard touchdown.

• Named NFC Offensive Player of the Week for his performance vs. Detroit (1/2/22) after setting career highs in carries (25), yards (170), and tying career-high with two touchdowns. Rushed for a team-record 144 yards in the first half, and second-most in a half (Shaun Alexander, 192 yards vs. Raiders, second half, 11/11/01).

• Rushed for a career-high 137 yards at Houston (12/12/21) on 16 carries, also a career best. Rushed for two touchdowns and became just the second player in franchise history to score two rushing touchdowns of 30 or more yards in a game (Steve Broussard, 10/5/1997 vs. the Titans).

• Spent 13 weeks on the physically unable to perform list and made his return from a torn ACL at Washington (12/20/20). Saw action in three games and was inactive for the wild card game vs. the L.A. Rams.

• 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.

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
12/2/18	SEA vs. SF	W	P	7	65	9.3	20t	1	0	0	0	0	0	0	0
11/11/19	SEA @ SF	W	P	2	2	1.0	2	0	0	0	0	0	0	0	0
1/3/21	SEA @ SF	W	P	6	19	3.2	7	0	0	0	0	0	0	0	0
12/5/21	SEA vs. SF	W	P	10	35	3.5	11	0	1	27	27.0	27	0	1	29
TOTALS		**4/0**	**4/0**	**25**	**121**	**16**	**11**	**1**	**1**	**27**	**27.0**	**27**	**0**	**1**	**29**

RASHAAD PENNY'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2018	Seahawks	14	0	85	419	4.9	38	2	9	75	8.3	24	0
2019	Seahawks	10	0	65	370	5.7	58t	3	8	83	10.4	30	1
2020	Seahawks	3	0	11	34	3.1	7	0	0	0	0.0	0	0
2021	Seahawks	10	6	119	749	6.3	62t	6	6	48	8.0	27	0
2022	Seahawks	1	1	12	60	5.0	26	0	2	7	3.5	4	0
NFL TOTALS		**38**	**7**	**292**	**1,632**	**5.6**	**62T**	**11**	**25**	**213**	**8.5**	**30**	**1**

RASHAAD PENNY'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2018	Seahawks	1	0	4	29	7.3	28	0	0	0	0.0	0	0
2019	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	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
2021	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2022	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
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**

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

Rush Attempts	25 vs. Detroit Lions, Jan 02, 2022
Rushing Yards	190 at Arizona Cardinals, Jan 09, 2022
Rushing Average	9.3 vs. San Francisco 49ers, Dec 02, 2018
Longest Runs	62t at Arizona Cardinals, Jan 09, 2022
Rushing TDs	2 vs. Detroit Lions, Jan 02, 2022
	...1 more at 2.
Receptions	4 vs. Minnesota Vikings, Dec 02, 2019
	...1 more at 4.
Receiving Yards	35 at Denver Broncos, Sep 09, 2018
Receiving Average	8.8 at Denver Broncos, Sep 09, 2018
Longest Receptions	30 vs. Los Angeles Rams, Oct 03, 2019
Receiving TDs	1 vs. Minnesota Vikings, Dec 02, 2019
All-Purpose Yards	190 at Arizona Cardinals, Jan 09, 2022
Kickoff Returns	3 at Arizona Cardinals, Sep 30, 2018
Kickoff Return Yards	65 at Arizona Cardinals, Sep 30, 2018
Longest Kickoff Return	23 at Arizona Cardinals, Sep 30, 2018
	...1 more at 23.
Kickoff Return Average	21.7 at Arizona Cardinals, Sep 30, 2018
Most TDs	2 vs. Detroit Lions, Jan 02, 2022
	...2 more at 2.

RASHAAD PENNY'S 100-YARD RUSHING GAMES (6): REGULAR SEASON

DATE	TEAM	ATT.	YDS.	AVG.	LG	TD
01/09/22	at Cardinals	23	190	8.3	62t	1
01/02/22	LIONS	25	170	6.8	37	2
12/12/21	at Texans	16	137	8.6	47t	2
12/26/21	BEARS	17	135	7.9	32	1
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 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	Broncos	S	12	60	5.0	26	0	2	7	3.5	4	0	W	17-16
2022 TOTALS		**1-1**	**12**	**60**	**5.0**	**26**	**0**	**2**	**7**	**3.5**	**4**	**0**	**1-0**	

RASHAAD PENNY'S 2021 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	at Colts	P	2	8	4.0	4	0	0	0	0.0	0	0	W	28-16
09/19	Titans						ON INACTIVE LIST						L	30-33+
09/26	at Vikings						ON INACTIVE LIST						L	17-30
10/03	at 49ers						INJURED RESERVE						W	28-21
10/07	Rams						INJURED RESERVE						L	17-26
10/17	at Steelers						INJURED RESERVE						L	20-23+
10/25	Saints	P	6	9	1.5	5	0	0	0	0.0	0	0	L	10-13
10/31	Jaguars	P	7	7	1.0	5	0	0	0	0.0	0	0	W	31-7
11/14	at Packers						DID NOT PLAY (NON-INJURY)						L	0-17
11/21	Cardinals	S	2	19	9.5	18	0	0	0	0.0	0	0	L	13-23
11/29	at Football Team						ON INACTIVE LIST						L	15-17
12/05	49ers	P	10	35	3.5	11	0	1	27	27.0	27	0	W	30-23
12/12	at Texans	S	16	137	8.6	47t	2	1	1	1.0	1	0	W	33-13
12/21	at Rams	S	11	39	3.5	10	0	2	5	2.5	3	0	L	10-20
12/26	Bears	S	17	135	7.9	32	1	0	0	0.0	0	0	L	24-25
01/02	Lions	S	25	170	6.8	37	2	2	15	7.5	11	0	W	51-29
01/09	at Cardinals	S	23	190	8.3	62t	1	0	0	0.0	0	0	W	38-30
2021 TOTALS		**10-6**	**119**	**749**	**6.3**	**62T**	**6**	**6**	**48**	**8.0**	**27**	**0**	**7-10**	

+ - Overtime

RASHAAD PENNY'S 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						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+
11/01	49ers						RESERVED/PUP						W	37-27
11/08	at Bills						RESERVED/PUP						L	34-44
11/15	at Rams						RESERVED/PUP						L	16-23
11/19	Cardinals						RESERVED/PUP						W	28-21
11/30	at Eagles						RESERVED/PUP						W	23-17
12/06	Giants						RESERVED/PUP						L	12-17
12/13	Jets						RESERVED/PUP						W	40-3
12/20	at Football Team	P	2	6	3.0	6	0	0	0	0.0	0	0	W	20-15
12/27	Rams	P	3	9	3.0	6	0	0	0	0.0	0	0	W	20-9
01/03	at 49ers	P	6	19	3.2	7	0	0	0	0.0	0	0	W	26-23
2020 TOTALS		**3-0**	**11**	**34**	**3.1**	**7**	**0**	**0**	**0**	**0.0**	**0**	**0**	**12-4**	

+ - Overtime

RASHAAD PENNY'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	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)

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
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

7 | QUARTERBACK
GENO SMITH

Height: 6-3	**Weight: 221**
College:	**West Virginia**
Seasons:	**NFL : 10th, Seahawks 4th**
Born:	**October 10, 1990**
Hometown:	**Miramar, Fla.**

2022 SEASON:

9/12 vs. Den: Started at QB, the fourth occurance of an eight-plus year gap for quarterbacks starting season openers since 1950. Completed 23 of 28 passes for 195 yards and two TDs (119.5 rating). Set first-half career marks with 17 completions and a 94.4% completion percentage (17 for 18).

TRANSACTIONS:

04/26/13: Drafted by N.Y. Jets (2nd round, 39th overall)
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
04/22/21: Re-signed by Seattle

NFL HIGHLIGHTS:

• In 2021, replaced Russell Wilson (finger) vs. the Rams (10/7/21) and started three games in Wilson's absence, posting a 1-2 record.

• Threw an 84-yard touchdown to DK Metcalf vs. New Orleans (10/25/21), the third-longest pass in franchise history, and longest since 2010 (Matt Hasselbeck: 87t vs. KC, 11/28/2010).

• Set a career high with an 83.3 completion percentage (20-24) and completed 14 consecutive passes to start the game vs. Jacksonville (10/31/21). Also added his first rushing touchdown since 9/14/14 at Green Bay. Recorded his first win as a starting quarterback since 2016 (10/23/16 vs. Ravens).

• Saw his first action for Seattle in the second-half vs. the N.Y. Jets (12/13/20) in a lopsided game.

• In his first season in Seattle, served as Russell Wilson's backup but did not play in 2019.

• In his first 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.

• 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.).

• 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.

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

				PASSING											RUSHING				
DATE	TEAM	GP	GS	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	1	0	5	4	80.0	33	6.6	0	0	14	1	3	94.2	2	-2	-1.0	0	0
2021	Seahawks	4	3	95	65	68.4	702	7.4	5	1	84t	13	117	103.0	9	42	4.7	12	1
2022	Seahawks	1	1	28	23	82.1	195	7.0	2	0	38t	2	18	119.5	6	14	2.3	14	0
TOTALS		**46**	**35**	**1,034**	**615**	**59.5**	**7,112**	**6.9**	**36**	**37**	**84T**	**97**	**694**	**77.0**	**164**	**715**	**4.4**	**32**	**8**

GENO SMITH'S NFL POSTSEASON PASSING/RUSHING STATISTICS

				PASSING											RUSHING				
DATE	TEAM	GP	GS	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
2020	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	**Passer Rating**	158.3 at Miami Dolphins, Dec 28, 2014
	...1 more at 43.	**Rush Attempts**	10 vs. Oakland Raiders, Sep 07, 2014
Pass Completions	27 at Oakland Raiders, Nov 01, 2015		...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	**Rushing Average**	5.3 at New England Patriots, Oct 16, 2014
	...1 more at 3.	**Longest Runs**	32 vs. Oakland Raiders, Dec 08, 2013
Long Passes	84t vs. New Orleans Saints, Oct 25, 2021	**Rushing TDs**	1 vs. Jacksonville Jaguars, Oct 31, 2021
Completion Percentage	83.3 vs. Jacksonville Jaguars, Oct 31, 2021		...7 more at 1.

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 2022 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**
09/12	Broncos	S	28	23	195	82.1	7.0	8.5	2	0	38t	2/18	119.5	6	14	14	0	W	17-16
2022 TOTALS		**1-1**	**28**	**23**	**195**	**82.1**	**7.0**	**8.5**	**2**	**0**	**38T**	**2/18**	**119.5**	**6**	**14**	**14**	**0**	**1-0**	

GENO SMITH'S 2021 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**
09/12	at Colts		DID NOT PLAY (NON-INJURY)															W	28-16
09/19	Titans		DID NOT PLAY (NON-INJURY)															L	30-33+
09/26	at Vikings		DID NOT PLAY (NON-INJURY)															L	17-30
10/03	at 49ers		DID NOT PLAY (NON-INJURY)															W	28-21
10/07	Rams	P	17	10	131	58.8	7.7	13.1	1	1	23t	0/0	78.3	3	23	12	0	L	17-26
10/17	at Steelers	S	32	23	209	71.9	6.5	9.1	1	0	41	5/44	99.6	1	-1	-1	0	L	20-23+
10/25	Saints	S	22	12	167	54.5	7.6	13.9	1	0	84t	5/38	94.3	3	12	12	0	L	10-13
10/31	Jaguars	S	24	20	195	83.3	8.1	9.8	2	0	28	3/35	128.3	2	8	7	1	W	31-7
11/14	at Packers		DID NOT PLAY (NON-INJURY)															L	0-17
11/21	Cardinals		DID NOT PLAY (NON-INJURY)															L	13-23
11/29	at Football Team		DID NOT PLAY (NON-INJURY)															L	15-17
12/05	49ers		DID NOT PLAY (NON-INJURY)															W	30-23
12/12	at Texans		DID NOT PLAY (NON-INJURY)															W	33-13
12/21	at Rams		DID NOT PLAY (NON-INJURY)															L	10-20
12/26	Bears		DID NOT PLAY (NON-INJURY)															L	24-25
01/02	Lions		DID NOT PLAY (NON-INJURY)															W	51-29
01/09	at Cardinals		DID NOT PLAY (NON-INJURY)															W	38-30
2021 TOTALS		**4-3**	**95**	**65**	**702**	**68.4**	**7.4**	**10.8**	**5**	**1**	**84T**	**13/117**	**103.0**	**9**	**42**	**12**	**1**	**7-10**	

+ - Overtime

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							DID NOT PLAY (NON-INJURY)										W	35-30
09/27	Cowboys							DID NOT PLAY (NON-INJURY)										W	38-31
10/04	at Dolphins							DID NOT PLAY (NON-INJURY)										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+
11/01	49ers							DID NOT PLAY (NON-INJURY)										W	37-27
11/08	at Bills							DID NOT PLAY (NON-INJURY)										L	34-44
11/15	at Rams							DID NOT PLAY (NON-INJURY)										L	16-23
11/19	Cardinals							DID NOT PLAY (NON-INJURY)										W	28-21
11/30	at Eagles							DID NOT PLAY (NON-INJURY)										W	23-17
12/06	Giants							DID NOT PLAY (NON-INJURY)										L	12-17
12/13	Jets	P	5	4	33	80.0	6.6	8.3	0	0	14	1/3	94.2	2	-2	0	0	W	40-3
12/20	at Football Team							DID NOT PLAY (NON-INJURY)										W	20-15
12/27	Rams							DID NOT PLAY (NON-INJURY)										W	20-9
01/03	at 49ers							DID NOT PLAY (NON-INJURY)										W	26-23
2020 TOTALS		**1-0**	**5**	**4**	**33**	**80.0**	**6.6**	**8.3**	**0**	**0**	**14**	**1/3**	**94.2**	**2**	**-2**	**0**	**0**	**12-4**	

+ - Overtime

GENO SMITH'S 2019 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
09/08	Bengals							DID NOT PLAY (NON-INJURY)										W	21-20
09/15	at Steelers							DID NOT PLAY (NON-INJURY)										W	28-26
09/22	Saints							DID NOT PLAY (NON-INJURY)										L	27-33
09/29	at Cardinals							DID NOT PLAY (NON-INJURY)										W	27-10
10/03	Rams							DID NOT PLAY (NON-INJURY)										W	30-29
10/13	at Browns							DID NOT PLAY (NON-INJURY)										W	32-28
10/20	Ravens							DID NOT PLAY (NON-INJURY)										L	16-30
10/27	at Falcons							DID NOT PLAY (NON-INJURY)										W	27-20
11/03	Buccaneers							DID NOT PLAY (NON-INJURY)										W	40-34+
11/11	at 49ers							DID NOT PLAY (NON-INJURY)										W	27-24+
11/24	at Eagles							DID NOT PLAY (NON-INJURY)										W	17-9
12/02	Vikings							DID NOT PLAY (NON-INJURY)										W	37-30
12/08	at Rams							DID NOT PLAY (NON-INJURY)										L	12-28
12/15	at Panthers							DID NOT PLAY (NON-INJURY)										W	30-24
12/22	Cardinals							DID NOT PLAY (NON-INJURY)										L	13-27
12/29	49ers							DID NOT PLAY (NON-INJURY)										L	21-26
2019 TOTALS		**0-0**	**0**	**0**	**0**	**0.0**	**0.0**	**0.0**	**0**	**0**	**0**	**0/0**	**0.0**	**0**	**0**	**0**	**0**	**11-5**	

+ - Overtime

GENO SMITH'S 2018 GXG REGULAR-SEASON STATISTICS (CHARGERS)

			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
09/09	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)

			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
09/10	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 Redskins							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	Redskins							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)

			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
09/11	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)

			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	Browns							INACTIVE										W	31-10
09/21	at Colts							INACTIVE										W	20-7
09/27	Eagles							DID NOT PLAY (NON-INJURY)										L	17-24
10/04	at Dolphins							DID NOT PLAY (NON-INJURY)										W	27-14
10/18	Redskins							DID NOT PLAY (NON-INJURY)										W	34-20
10/25	at Patriots							DID NOT PLAY (NON-INJURY)										L	23-30
11/01	at Raiders	P	42	27	265	64.3	6.3	9.8	2	1	28	3/19	87.9	2	34	29	0	L	20-34
11/08	Jaguars							DID NOT PLAY (NON-INJURY)										W	28-23
11/12	Bills							DID NOT PLAY (NON-INJURY)										L	17-22
11/22	at Texans							DID NOT PLAY (NON-INJURY)										L	17-24
11/29	Dolphins							DID NOT PLAY (NON-INJURY)										W	38-20
12/06	at Giants							DID NOT PLAY (NON-INJURY)										W	23-20+
12/13	Titans							DID NOT PLAY (NON-INJURY)										W	30-8
12/19	at Cowboys							DID NOT PLAY (NON-INJURY)										W	19-16
12/27	Patriots							DID NOT PLAY (NON-INJURY)										W	26-20+
01/03	at Bills							DID NOT PLAY (NON-INJURY)										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)

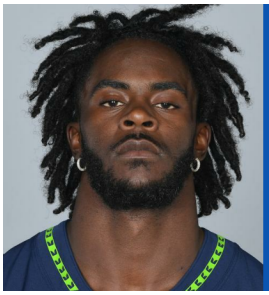
			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/07	Raiders	S	28	23	221	82.1	7.9	9.6	1	1	26	2/31	96.6	10	38	17	0	W	19-14
09/14	at Packers	S	32	16	176	50.0	5.5	11.0	1	1	29t	1/7	64.1	7	26	9	1	L	24-31
09/22	Bears	S	43	26	316	60.5	7.3	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								INACTIVE									L	10-24
11/09	Steelers								DID NOT PLAY (NON-INJURY)									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)

			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
09/08	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



52 | LINEBACKER
DARRELL TAYLOR

Height: 6-4 **Weight:** 267
College: Tennessee
Seasons: NFL : 3rd, Seahawks 3rd
Born: March 24, 1997
Hometown: Hopewell, Va.
Pronunciation: DARE-ull

TRANSACTIONS:

04/24/20: Drafted by Seattle (2nd round, 48th overall)
09/05/20: Placed on Reserve/Non-football injury (leg)
01/05/21: Returned to practice

NFL CAREER HIGHLIGHTS:

• Tied for second on the team with 6.5 sacks in 2021. Posted 4.0 sacks in his first five career games to start the season.

• Spent the 2020 season on the non-football injury list.

COLLEGE: Finished Tennessee career with 19.5 sacks (10th-most in UT history), 26.5 tackles for loss and 118 total tackles in 43 games played with 22 starts. He finished tied for second in the SEC with 8.5 sacks in 2019 after totaling 8.0 sacks in 2018. Became the third Vol ever to have a four-sack game when he accomplished the feat against Kentucky in 2018 and also had a three-sack, two-forced-fumble game at Georgia and was named team MVP in 2018. Started all 13 games played his senior season and finished second in the SEC with a career-high 8.5 sacks as a team captain. Totaled 46 tackles, 10 tackles for loss, four passes defensed, six hurries, one fumble recovery and one forced fumble. Totaled 16.5 sacks over his final two seasons, starting 20 of 25 games played. Made starts at both defensive end and linebacker during his Volunteers career.

PERSONAL: Was a consensus four-star defensive end prospect and one of the top players in Virginia out of Hopewell High School. Earned second-team all-state honors as a defensive end as a senior in 2014 with totals of 60 tackles, 11 sacks and 19 tackles for loss. Also had 29 receptions for 356 yards and five touchdowns as a senior. Also played basketball in high school. Recipient of the Brady & Horne Athletic Endowment and Jack Brewer Athletic Scholarship Endowment. Majored in communications and graduated in December 2019.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

				TACKLES										MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
10/3/21	SEA @ SF	W	P	2	2	0	1.0	1.0	0	1	0	1	0	0	0
12/5/21	SEA vs. SF	W	P	3	2	1	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**2/0**	**2/0**	**5**	**4**	**1**	**1.0**	**1.0**	**0**	**1**	**0**	**1**	**0**	**0**	**0**

DARRELL TAYLOR'S NFL REGULAR SEASON DEFENSIVE STATISTICS

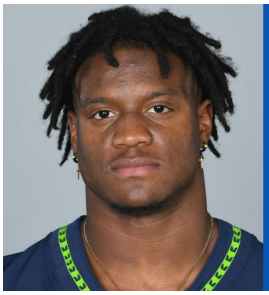
				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Seahawks	16	5	32	25	7	7	31	6.5	40.0	13	0	0	0	0	1	1	0	0	0	5	3	2	0	0	0	0
2022	Seahawks	1	1	0	0	0	0	0	0.0	0.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**17**	**6**	**32**	**25**	**7**	**7**	**31**	**6.5**	**40.0**	**15**	**0**	**0**	**0**	**0**	**1**	**1**	**0**	**0**	**0**	**5**	**3**	**2**	**0**	**0**	**0**	**0**

DARRELL TAYLOR'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	TD	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	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

DARRELL TAYLOR'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 5 at Minnesota Vikings, Sep 26, 2021
Solo Tackles 4 at Minnesota Vikings, Sep 26, 2021
Sacks 1.0 at Houston Texans, Dec 12, 2021
...5 more at 1.0.
Passes Defensed 1 at Arizona Cardinals, Jan 09, 2022
Forced Fumbles 1 at Minnesota Vikings, Sep 26, 2021
Tackles For Loss 1 vs. Detroit Lions, Jan 02, 2022
...6 more at 1.
Special Teams Tackles 1 at Los Angeles Rams, Dec 21, 2021
...4 more at 1.



9 | RUNNING BACK
KENNETH WALKER III

Height: 5-9	**Weight: 211**
College:	**Michigan State**
Season:	**Rookie**
Born:	**October 20, 2000**
Hometown:	**Arlington, Tenn.**

2022 SEASON:

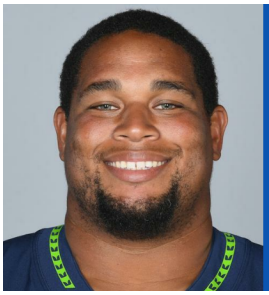
9/12 vs. Den: Inactive (hernia).

TRANSACTIONS:

04/29/22: Drafted by Seattle (2nd round, 41st overall)

COLLEGE: FInished sixth overall in Heisman Trophy voting. 2021 Walter Camp National Player of the Year, 2021 Doak Walker award winner, 2021 consensus All-American as unanimous first-team selection (AFCA, AP, Sporting News, FWAA, Walter Camp, ESPN.com, CBS Sports, Pro Football Focus and The Athletic), 2021 Big Ten Co-Offensive Player of the Year (AP), 2021 Big Ten Ameche-Dayne Running Back of the Year, 2021 first-team All-Big Ten (coaches & media) and 2021 Maxwell Award finalist. Transfer from Wake Forest and joined the Spartan program in January 2021. Made an immediate impact in one record-breaking season in East Lansing. Played in a total of 32 collegiate games (20 at Wake Forest from 2019-20, 12 at Michigan State in 2021). Rushed for 2,794 yards and 35 touchdowns on 480 carries in his career (1,158 yards and 17 touchdowns at Wake Forest in 2020-21; 1,636 yards and 18 touchdowns at MSU in 2021). Finished his collegiate career with 3,069 all-purpose yards (1,344 at Wake Forest; 1,725 at MSU) and 36 total touchdowns (17 rushing at Wake Forest; 18 rushing and one receiving at MSU). Had 13 100-yard rushing games in career (two at Wake Forest in 2019; three at Wake Forest in 2020; eight at Michigan State in 2021). Won the Big Ten rushing title, averaging 136.3 yards per game, and finished the season ranked No. 2 in the FBS and No. 1 in the Power 5 in rushing yards per game (136.3) and total rushing yards (1,636). Started all 12 games in the regular season but opted out of the Chick-fil-A Peach Bowl to prepare for the NFL Draft. Ranked among MSU's single-season leaders in rushing yards per game (third with 136.3 ypg), rushing yards (fourth with 1,636), points (fourth with 114), total touchdowns (fourth with 19), rushing touchdowns (tied for fifth with 18), all-purpose yards (10th with 1,725), rushing average (10th with 6.22 avg.) and carries (11th with 263).

PERSONAL: Attended Arlington High School in Tennessee near Memphis, rushing for 3,485 yards on 493 carries, including 13 100-yard games, with 41 touchdowns in his prep career. Also had 64 catches for 1,058 yards and 16 touchdowns. Rushed for 1,403 yards as a senior with 27 touchdowns despite missing three games. Nominated for the Tennessee Sports Writers Association all-state team. Named first-team all-region at running back and kick returner. Rushed for 1,205 yards and 17 touchdowns as a junior with seven 100-yard games, Named first-team All-Region 7-6A at running back and second team as a kick returner. Majored in communications.



99 | DEFENSIVE TACKLE
AL WOODS

Height: 6-4	**Weight: 330**
College:	**LSU**
Seasons:	**NFL : 12th, Seahawks 4th**
Born:	**March 25, 1987**
Hometown:	**Jennings, La.**

TRANSACTIONS:

04/24/10: Drafted by New Orleans (4th round, 123rd overall)
09/05/10: Waived by New Orleans
09/08/10: Signed to Pittsburgh's PS
11/03/10: Signed byTampa Bay as FA
09/03/11: Waived by Tampa Bay
09/04/11: Claimed off waivers by Seattle
11/08/11: Waived by Seattle
11/09/11: Claimed off waivers by Pittsburgh
03/13/14: Signed by Tennessee as UFA
03/14/16: Signed by Tennessee as UFA
03/08/17: Released by Tennessee
03/17/17: Signed by Indianapolis as FA
12/18/18: Placed on IR (foot)
03/13/19: Contract expired
05/13/19: Signed by Seattle as FA
12/20/19: Suspended by Commissioner-Less than One Year
01/13/20: Suspension lifted by Commissioner
04/08/20: Signed by Jacksonville as a UFA
07/31/20: Placed on Reserve/COVID-19 Opt-Out List
03/17/21: Contract Terminated by Jacksonville
04/05/21: Signed by Seattle as a FA
01/05/22: Placed on Reserve/COVID-19
01/11/22: Activated from Reserve/COVID-19

CAREER HIGHLIGHTS:

• Helped Seattle rank second in the NFL in opponent rush yards per attempt (3.8 avg.) in 2021, adding a career-high 50 tackles (26 solo).

• Spent the 2020 season on Jacksonville's COVID-19 opt-out list.

• In his return to Seattle in 2019, started five of 14 games played and had the second-best statistical season of his career with 32 tackles (16 solo), three tackles for loss and one sack.

• Has played for five teams in his 10 seasons, including playing two games with Seattle in 2011

• Started all 16 games at nose tackle for the first time in his career in 2017 for the Colts and posted a career-high 44 tackles (20 solo), 1.0 sack, five tackles for loss and two quarterback hits

• In 2015 for Tennessee, played in 15 games (nine starts) and combined for 31 tackles (14 solo), three tackles for loss and one quarterback hit

COLLEGE: Appeared in 41 career games (16 starts) over the course of his four seasons at LSU (2006-09), compiling 73 tackles (35 solo), 8.0 TFLs, 3.5 sacks, two passes defensed, one QB hit and three fumble recoveries. Started all 13 games as a senior in 2009, recording a career-best 33 tackles (15 solo), 5.5 TFLs, 1.0 sack, two passes defensed and a blocked field goal that was returned for a TD by teammate Patrick Peterson. Appeared in 10 games with three starts as a junior in 2008, tallying 11 tackles (four solo). Saw action in 12 games, including the BCS National Championship Game, as a sophomore in 2007. Played in six games, including the Sugar Bowl, as a true freshman in 2006.

PERSONAL: Attended Elton (La.) High School and earned All-America honors as a senior by Parade Magazine, USA TODAY and Reebok. Represented the state of Louisiana in the U.S. Army All-American Bowl. Finished senior season with 109 tackles and 12.0 TFLs. Also played O-line. Logged 100 tackles and 11.0 TFLs as a junior. Received first-team all-state and all-district honors in each of his last two seasons. Majored in general studies with concentrations in African-American studies, communication studies and sports studies. Born in Jennings, La.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

				TACKLES									MISC		
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
11/21/10	TB @ SF	W	P	1	0	1	0.5	2.5	0	0	0	1	0	0	0
10/8/17	IND vs. SF	W	S	2	1	1	0.0	0.0	0	0	0	0	0	0	0
11/11/19	SEA @ SF	W	P	6	4	2	1.0	5.0	0	2	0	1	0	0	0
10/3/21	SEA @ SF	W	S	2	1	1	0.0	0.0	0	0	1	2	0	0	0
12/5/21	SEA vs. SF	W	S	1	0	1	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**5/0**	**5/3**	**12**	**6**	**6**	**1.5**	**7.5**	**0**	**2**	**1**	**4**	**0**	**0**	**0**

AL WOODS' NFL REGULAR SEASON DEFENSIVE STATISTICS

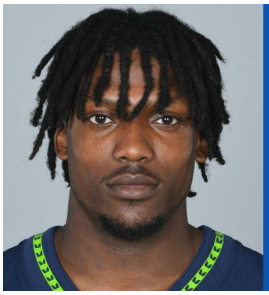
				TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2010	Buccaneers	9	0	17	12	5	0	0	0.5	2.5	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2011	Seahawks	2	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2011	Steelers	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2011	TOTAL	2	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	0
2012	Steelers	12	0	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	0
2013	Steelers	16	2	16	8	8	1	6	2.0	6.0	3	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0	0
2014	Titans	16	1	26	13	13	3	14	1.0	7.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2015	Titans	14	9	22	14	8	3	7	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2016	Titans	12	7	18	14	4	2	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2017	Colts	16	16	44	20	24	5	18	1.0	7.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Colts	14	8	24	10	14	1	2	0.0	0.0	2	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	14	5	32	16	16	3	8	1.0	5.0	1	0	0	0	0	0	0	2	0	5	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	0	0
2021	Seahawks	16	16	50	26	24	4	12	1.5	12.5	5	0	0	0	0	3	0	0	0	0	0	0	0	0	0	0	0
2022	Seahawks	1	1	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
NFL TOTALS		**142**	**65**	**255**	**136**	**119**	**22**	**69**	**7.0**	**40.0**	**16**	**0**	**0**	**0**	**0**	**6**	**0**	**2**	**0**	**5**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

AL WOODS' 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	TD	YDS	TK	S	A	FF	FR	S	A
2011	Steelers	0	0	0	0	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	Colts	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

AL WOODS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	8 at Washington Football Team, Nov 29, 2021
Solo Tackles	5 at Washington Football Team, Nov 29, 2021 ...1 more at 5.
Sacks	2.0 at Cleveland Browns, Nov 24, 2013
Passes Defensed	1 vs. Jacksonville Jaguars, Oct 31, 2021 ...5 more at 1.
Fumble Recoveries	1 at Philadelphia Eagles, Nov 24, 2019 ...1 more at 1.
Tackles For Loss	2 at San Francisco 49ers, Nov 11, 2019 ...1 more at 2.
Longest Opponent's Fumble Return	5 vs. Cincinnati Bengals, Sep 08, 2019



27 | CORNERBACK
TARIQ WOOLEN

Height:	6-4
Weight:	210
College:	Texas-San Antonio
Season:	Rookie
Born:	May 2, 1999
Hometown:	Forth Worth, Texas
Pronunciation:	tuh-REEK

2022 SEASON:

9/12 vs. Den: Started first-career game (RCB).

TRANSACTIONS:

04/30/22: Drafted by Seattle (5th round, 153rd overall)

COLLEGE: Played 41 games with 22 starts, posting 62 tackles, two interceptions and nine passes defensed. Began career as a wide receiver. Played 20 games as a receiver before moving to defense in 2019 and recorded 24 receptions for 263 yards with one touchdown. Earned honorable mention All-Conference USA recognition in the secondary following his senior season. Clocked a 4.26 40-yard dash —the fourth-fastest time in NFL Combine history — and reached 42 inches in the vertical jump on March 6, 2022. Received invitations to play in the Reese's Senior Bowl, East-West Shrine Bowl and NFLPA Collegiate Bowl. Started all nine games in which he was available, posted 25 total tackles, 17 solo stops, 2.5 tackles for loss, five pass breakups, one interception and a quarterback hurry. Helped lead a defense that forced 25 turnovers (10th/FBS) and yielded only 114.7 rushing yards per game (14th/FBS). Landed at No. 6 out of 101 players on Bruce Feldman's Freaks List after posting testing numbers that included 11 feet, five inches in the broad jump and a time of 4.34 seconds in the 40-yard dash in which he hit 23.33 miles per hour.

PERSONAL: Attended Arlington Heights High and had a team-leading 31 receptions for 536 yards (17.3 avg.) and 10 touchdowns en route to first-team All-District 7-5A honors as a senior. Helped lead the team to an 11-1 record as a junior. Also an all-district performer in basketball who was tabbed Newcomer of the Year as a junior. Member of the track & field team. Earned his bachelor's degree in multidisciplinary studies in May 2021.

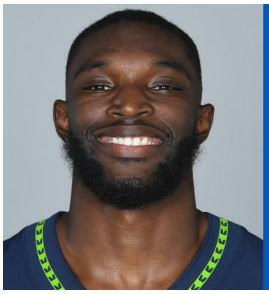
TARIQ WOOLEN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

			TACKLES								INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2022	Seahawks	1	1	1	1	0	0	0	0.0	0.0	0	0	0	0	0	1	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**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

TARIQ WOOLEN'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 1 vs. Denver Broncos, Sep 12, 2022

Solo Tackles 1 vs. Denver Broncos, Sep 12, 2022



83 | WIDE RECEIVER
DAREKE YOUNG

Height:	6-2
Weight:	224
College:	Lenior-Rhyne
Season:	Rookie
Born:	June 4, 1999
Hometown:	Raleigh, N.C.
Pronunciation:	duh-REEK

TRANSACTIONS:

04/30/22: Drafted by Seattle (7th round, 233rd overall)

COLLEGE: After COVID-19 wiped out Lenoir-Rhyne's 2020 season, in an abbreviated 2021 spring season, Young had 14 catches for 218 yards and two touchdowns. A knee injury limited him to five games as a senior, but in those games he had 303 yards and four touchdowns on 25 catches, giving him 1,176 yards and 16 touchdowns on 73 career catches in 43 career games played. Young also finished his college career with 88 rush attempts for 658 yards and eight touchdowns Against Tusculum in the SAC Championship, Young went off for nine catches and 166 yards with one touchdown. The 166 yards represented the 10th most in a single game in the 101-year history of LR Football and the fourth-most in the NCAA Era (1993-current).

PERSONAL: Attended Middle Creek High. Recorded 29 catches, 502 yards and five touchdowns and only had three losses in his career. Earned Academic All-Conference honors.

DAREKE YOUNG'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2022	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**

DAREKE YOUNG'S 2022 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/12	Broncos	P	0	0	0.0	0	0	0	0	0.0	0	0	W	17-16
2022 TOTALS		**1-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**1-0**	

SEAHAWKS
2022

PRACTICE SQUAD

82 | WIDE RECEIVER
J.J. ARCEGA-WHITESIDE

Height: 6-2	**Weight: 237**
College:	**Stanford**
Seasons:	**NFL : 4th, Seahawks 1st**
Born:	**December 31, 1996**
Hometown:	**Inman, SC**
Pronunciation:	**are-THAY-guh**

TRANSACTIONS:

04/26/19: Drafted by Philadelphia (2nd round, 57th overall)
08/15/22: Traded to Seattle
08/30/22: Released by Seattle
08/31/22: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Posted a career-long 37-yard catch at Pittsburgh (10/11/20).

• Finished his rookie campaign with 10 receptions for 169 yards (16.9 avg.) and one touchdown, including four catches of 20-plus yards.

COLLEGE: Totaled 135 receptions for 2,219 yards (16.4 avg.) and 28 touchdowns in 33 career games. Finished with the second-most receiving touchdowns in school history, behind Ken Margerum (30, 1977-80). Garnered All-Pac-12 honors after tying for the third-most receiving tochdowns (14) among NCAA FBS players and produced the third-most receiving yards (1,059) in the conference as a senior. Led his team with a career-high 63 receptions. He earned All-Pac-12 honorable mention accolades following his sophomore season in 2017, when he posted a team-high 48 receptions for 781 yards (16.3 avg.) and nine touchdowns. Produced 24 receptions for 379 yards (15.8 avg.) and a teamleading five touchdowns in 12 games as a redshirt freshman in 2016.

J.J. ARCEGA-WHITESIDE'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Eagles	16	5	10	169	16.9	30	1	0	0	0.0	0	0
2020	Eagles	8	0	4	85	21.3	37	0	0	0	0.0	0	0
2021	Eagles	16	2	2	36	18.0	23	0	0	0	0.0	0	0
2022	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**40**	**7**	**16**	**290**	**18.1**	**37**	**1**	**0**	**0**	**0.0**	**0**	**0**

J.J. ARCEGA-WHITESIDE'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Eagles	1	0	0	0	0.0	0	0	0	0	0.0	0	0
2021	Eagles	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**

J.J. ARCEGA-WHITESIDE'S SINGLE-GAME HIGHS: RECEIVING

Receptions	2 vs. Washington Football Team, Jan 03, 2021 ...3 more at 2.	**All-Purpose Yards**	43 vs. Seattle Seahawks, Nov 24, 2019
Receiving Yards	43 vs. Seattle Seahawks, Nov 24, 2019	**Special Teams Tackles**	2 vs. Kansas City Chiefs, Oct 03, 2021
Longest Receptions	37 at Pittsburgh Steelers, Oct 11, 2020	**Most TDs**	1 vs. Baltimore Ravens, Oct 18, 2020 ...1 more at 1.
Receiving TDs	1 at Miami Dolphins, Dec 01, 2019	**Miscellaneous Tackles**	2 at Atlanta Falcons, Sep 15, 2019

37 | CORNERBACK
XAVIER CRAWFORD

Height: 5-11 **Weight:** 187
College: Central Michigan
Seasons: NFL : 4th, Seahawks 1st
Born: December 10, 1995
Hometown: Pittsburg, Calif.

TRANSACTIONS:

04/27/19: Drafted by Houston (6th round, 195th overall)
10/26/19: Released by Houston
10/28/19: Claimed off waivers by Miami
11/30/19: Released by Miami
12/03/19: Signed to Miami's PS
12/05/19: Released by Miami
12/09/19: Signed to Chicago's PS
09/05/20: Released by Chicago
09/06/20: Signed to Chicago's PS
12/29/21: Placed on IR (concussion)
03/24/22: Signed by Jacksonville as a UFA
08/30/22: Released by Jacksonville
09/01/22: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Has played in 22 career games with his most playing time coming during the 2021 season when he made one start in 13 games played.

COLLEGE: Finished his college career at Central Michigan, playing one season (2018) for the Chippewas, totaling 24 tackles (18 solo), three tackles for loss, two fumble recoveries, one interception and 12 passes defensed in 11 games as a redshirt junior. Spent three seasons at Oregon State (2015-17), before suffering a season-ending injury in 2017 and transferring to Central Michigan. Totaled 87 tackles (63 solo), three tackles for loss, 1.0 sack, one interception, 13 passes defensed and one forced fumble in 17 games during his time at Oregon State.

PERSONAL: Attended Pittsburg (Calif.) High School. Played wide receiver and defensive back, and also participated in track & field.

XAVIER CRAWFORD'S NFL REGULAR SEASON DEFENSIVE STATISTICS

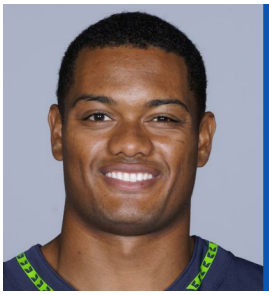
			TACKLES								INTERCEPTIONS					FUMBLES				ST				MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2019	Texans	4	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	2	1	1	0	0	0	0
2019	Dolphins	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	TOTAL	6	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	2	1	1	0	0	0	0
2020	Bears	3	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	2	0	2	0	0	0	0
2021	Bears	13	1	11	9	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	4	2	2	0	0	0	0
2022	Jaguars	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**22**	**1**	**13**	**11**	**2**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**8**	**3**	**5**	**0**	**0**	**0**	**0**

XAVIER CRAWFORD'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	TD	YDS	TK	S	A	FF	FR	S	A
2020	Bears	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

XAVIER CRAWFORD'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	4 at Detroit Lions, Nov 25, 2021	**Special Teams Tackles**	2 at Las Vegas Raiders, Oct 10, 2021
Solo Tackles	3 at Detroit Lions, Nov 25, 2021		



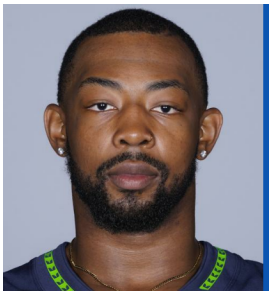
43 | LINEBACKER
AARON DONKOR

Height: 6-1 **Weight:** 240
College: Arkansas State
Seasons: NFL : 2nd, Seahawks 2nd
Born: March 21, 1995
Hometown: Goettingen, Germany

TRANSACTIONS:

05/04/21: Allocated to Seattle by the NFL Int'l Player Pathway Program
08/31/21: Released by Seattle
09/01/21: Signed to Seattle's PS
08/30/22: Released by Seattle
08/31/22: Signed to Seattle's PS

PERSONAL: A native of Germany, played with the German Football League's Dusseldorf Panthers in 2016. In 2017, joined the New Mexico Military Institute. Saw action in 12 games over two seasons and accumulated 32 tackles, 12.5 sacks, 4.5 tackles for loss, two fumble recoveries and one forced fumble. Transferred to Arkansas State for his remaining eligibility and posted 25 tackles during the 2019 season. Also played basketball for BG Gottingen in Germany.



75 | TACKLE
GREG EILAND

Height: 6-8	**Weight: 321**
College:	**Mississippi State**
Seasons:	**NFL : 2nd, Seahawks 2nd**
Born:	**February 1, 1998**
Hometown:	**Philadelphia, Miss.**
Pronunciation:	**EYE-land**

TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA
08/31/21: Released by Seattle
09/01/21: Signed to Seattle's PS
08/30/22: Released by Seattle
08/31/22: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Spent 2021 on Seattle's practice squad.

COLLEGE: Started 34 of 47 career games for Bulldogs, playing left tackle, left guard and right tackle during his career. Started at least eight games his final three seasons at Mississippi State.

PERSONAL: Prepped at Philadelphia High and was a three-star standout offensive lineman per ESPN, Rivals and 247Sports. Ranked the no. 20 player in Mississippi by ESPN. Helped high school to consecutive Mississippi High School Activities Association Class 3A playoff appearances as a junior and senior. As a senior, paved the way for 2,761 rushing yards. Also lettered in baseball. Majored in industrial technology with a concentration in industrial automation.

GREG EILAND'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2021	Seahawks	0	0
2022	Seahawks	0	0
NFL TOTALS		**0**	**0**

88 | WIDE RECEIVER
CADE JOHNSON

Height: 5-10	**Weight: 184**
College:	**South Dakota State**
Seasons:	**NFL : 2nd, Seahawks 2nd**
Born:	**April 10, 1998**
Hometown:	**Papillion, Neb.**

TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA
08/31/21: Released by Seattle
09/01/21: Signed to Seattle's PS
11/24/21: Released by Seattle
12/01/21: Signed to Seattle's PS
08/30/22: Released by Seattle
08/31/22: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

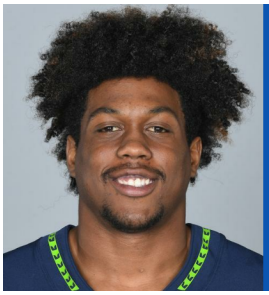
• Spent the 2021 season on Seattle's practice squad.

COLLEGE: Opted out of North Dakota State's spring 2021 season to declare for the NFL Draft. Was a 2019 FCS All-American, Johnson had 72 receptions for 1,222 yards and eight touchdowns. His best collegiate season was 2018, when he had 1,332 yards and 17 touchdowns on 67 receptions. Holds three school records; single-season touchdown receptions (17 in 2018), single-season kickoff return yards (839 in 2017) and single-game touchdown receptions (4 in 2018, shares record with three other players). Left school ranked third in career touchdown receptions (28), fifth in receiving yards (2,872) and sixth in receptions (162).

PERSONAL: Earned all-state honors in both football and basketball at Bellevue West High School. Set school receiving records with 43 catches for 1,061 yards and 16 touchdowns during his senior season, adding 240 return yards and four interceptions. Also played on a state championship basketball team as a sophomore. Father, Clester, was a member of the 1994 and 1995 Nebraska national championship teams. Brother, Keagan, plays for the University of Iowa. Majored in consumer affairs.

CADE JOHNSON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2021	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2022	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**



50 | LINEBACKER
VI JONES

Height: 6-2 **Weight:** 225
College: North Carolina State
Season: Rookie
Born: May 5, 1998
Hometown: Austin, Texas
Pronunciation: vy

TRANSACTIONS:

05/06/22: Signed by Seattle as a UDFA
08/30/22: Released by Seattle
08/31/22: Signed to Seattle's PS

COLLEGE: Played two seasons (2017-18) at USC before transferring to North Carolina State. Played in 22 games at USC and 24 games with nine starts for the Wolfpack. Totaled 108 tackles in his career along with 9.0 sacks. In 2021, blocked the fourth kick of his career in a win over North Carolina, the sixth best mark in school history. Started five of 12 games played as a senior and posted a career-high 45 tackles.

PERSONAL: Attended Westlake High and was an Under Armour, Prep Star, Max Preps, and USA Today All-American. In three varsity seasons, totaled 238 tackles and 18 sacks, including 103 tackles, 12 tackles for loss and four sacks as a senior. Father, Robert, was a starting linebacker for the Dallas Cowboys in the 1990s and won three Super Bowls. Father played for Dallas (1992-95), St. Louis (1996-97), Miami (1998-00) and Washington (2001), starting 128 of 151 games played. Brother, Cayleb, spent time on Minnesota's practice squad (2017). Uncle, quarterback Jeff Blake, starred at East Carolina and later played in the NFL for 13 seasons. Majored in sociology.

VI JONES' 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	TD	YDS	TK	S	A	FF	FR	S	A
2022	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

85 | TIGHT END
TYLER MABRY

Height: 6-3 **Weight:** 247
College: Maryland
Seasons: NFL : 3rd, Seahawks 3rd
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
08/31/21: Released by Seattle
09/01/21: Signed to Seattle's PS
09/06/21: Signed to active roster
11/12/21: Released by Seattle
11/15/21: Signed to Seattle's PS
12/25/21: Gameday activation
12/27/21: Reverted to Seattle's PS
01/08/22: Signed to active roster
08/30/22: Released by Seattle
08/31/22: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

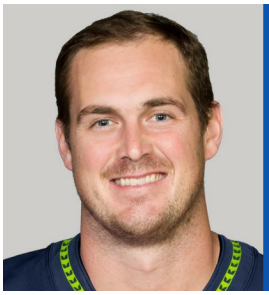
• Played in eight games in 2021, primarily on special teams, making his NFL debut at Indianapolis (9/12/21).

COLLEGE: 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.

PERSONAL: 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

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	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
2021	Seahawks	8	0	0	0	0.0	0	0	0	0	0.0	0	0
2022	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**8**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**



17 | QUARTERBACK
SEAN MANNION

Height: 6-6	**Weight: 230**
College:	**Oregon State**
Seasons:	**NFL : 8th, Seahawks 1st**
Born:	**April 25, 1992**
Hometown:	**Pleasanton, Calif.**

TRANSACTIONS:

05/01/15: Drafted by St. Louis (3rd round, 89th overall)
04/15/19: Signed with Minnesota as a UFA
03/19/20: Re-signed with Minnesota
08/01/21: Signed with Seattle as a FA
09/01/21: Released by Seattle
09/02/21: Signed to Minnesota's PS
09/21/21: Signed to Minnesota's active roster
03/22/22: Re-signed with Minnesota
08/30/22: Released by Minnesota
09/01/22: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Has played in 14 games with three starts in his seven-year NFL career, with his most playing time coming in 2017 with the Rams, playing in five games with one start. Saw his last NFL action in 2021 with Minnesota.

• Was a member of the Super Bowl LIII Los Angeles Rams team.

COLLEGE: Made 43 starts at Oregon State, completing 1,187 of 1,838 passes (64.6%) for 13,600 yards and 83 touchdowns. His 13,600 career passing yards set a Pac-12 record. Set Oregon State program records for career passing touchdowns (83) and completion percentage (64.6). Was a two-time Honorable Mention All-Pac 12 (2013, 2014). In 2014, finished his senior season with 3,164 passing yards, the 10th-most in OSU history. As a junior in 2013, tied for fourth in the nation for passing touchdowns (37) and was second in the nation with 4,662 passing yards, a Pac-12 record. Set Oregon State season records with 400 completions and 603 pass attempts.

PERSONAL: Was a three-year football starter at Foothill High School, finishing as the program's career passing leader. Was Rivals 14th-best pro style quarterback in the nation. Threw for 3,521 yards and 27 touchdowns as a senior. Set a Northern California prep record with 581 yard, five-touchdown game. Earned two letters as a pitcher for the baseball team and one letter as a center for the basketball team. Married to wife, Megan. Father, John, is the head football coach at Mountainside High in Beaverton, Ore. Graduated in December 2014 with a degree in liberal studies.

SEAN MANNION'S NFL REGULAR SEASON PASSING STATISTICS

DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE
2015	Rams	1	0	7	6	85.7	31	4.4	0	0	11	0	0	85.1
2016	Rams	1	0	6	3	50.0	19	3.2	0	1	9	0	0	17.4
2017	Rams	5	1	37	22	59.5	185	5.0	0	0	50	3	20	72.5
2018	Rams	3	0	3	2	66.7	23	7.7	0	0	18	0	0	89.6
2019	Vikings	3	1	21	12	57.1	126	6.0	0	2	35	0	0	35.1
2020	Vikings	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0
2022	Vikings	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0
TOTALS		**13**	**2**	**74**	**45**	**60.8**	**384**	**5.2**	**0**	**3**	**50**	**3**	**20**	**57.5**

SEAN MANNION'S NFL POSTSEASON PASSING STATISTICS

DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE
2017	Rams	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0
2018	Rams	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0
2019	Vikings	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**

SEAN MANNION'S SINGLE-GAME HIGHS: QUARTERBACK

Pass Attempts	36 at Green Bay Packers, Jan 02, 2022	**Completion Percentage**	61.1 at Green Bay Packers, Jan 02, 2022
Pass Completions	22 at Green Bay Packers, Jan 02, 2022	**Passer Rating**	84.1 at Green Bay Packers, Jan 02, 2022
Yards Passing	189 at Green Bay Packers, Jan 02, 2022	**Rush Attempts**	3 at Los Angeles Chargers, Dec 15, 2019
TD Passes	1 at Green Bay Packers, Jan 02, 2022		...2 more at 3.
Long Passes	50 vs. San Francisco 49ers, Dec 31, 2017	**Rushing Yards**	14 at Green Bay Packers, Jan 02, 2022
		Longest Runs	11 at Green Bay Packers, Jan 02, 2022

76 | TACKLE
JALEN McKENZIE

Height: 6-5
Weight: 315
College: Southern California
Season: Rookie
Born: July 10, 1999
Hometown: Concord, Calif.

TRANSACTIONS:

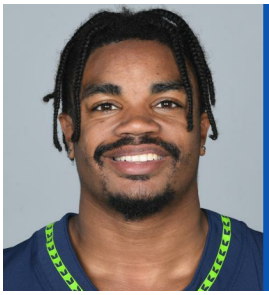
05/13/22: Signed by Tennessee as a UDFA
08/30/22: Released by Tennessee
09/01/22: Signed to Seattle's PS

COLLEGE: Appeared in 42 games in his career for the Trojans, with 19 starts, playing both right guard and right tackle during his time. Played in all 12 games on the offensive line and on special teams as a senior in 2021, while starting the final five contests. He was named a 2020 All-Pac-12 honorable mention and Phil Steele All-Pac-12 third team as a junior.

PERSONAL: He made 2016 Tacoma News Tribune Western 100, Prep Star All-West Region, USA Today All-California second team, Cal-Hi Sports All-State second team, Max Preps All-NorCal second team, San Jose Mercury News All-Bay Area first team and San Francisco Chronicle All-Metro second team as a senior offensive and defensive lineman at Clayton Valley High in Concord (Calif.). His father, Reggie McKenzie, was a linebacker at Tennessee (1981-84) and then played in the NFL with the Los Angeles Raiders (1985-88), Phoenix Cardinals (1989-90) and San Francisco 49ers (1992) and in the World League of American Football with the Montreal Machine (1992), then was an assistant coach at Tennessee in 1993, worked in the Green Bay Packers front office from 1994 to 2011, was the general manager of the Oakland Raiders (2012-18) and now is a senior personnel executive with the Miami Dolphins. His brother, Kahlil, was a defensive lineman at Tennessee (2015-17) who played offensive line for the Cincinnati Bengals (2020), Baltimore Ravens (2021) and the XFL's Los Angeles Wildcats (2020). His uncle, Raleigh McKenzie (Reggie's twin brother), was a center at Tennessee (1981-84) and then played in the NFL with the Washington Redskins (1985-94, where he won two Super Bowls), Philadelphia Eagles (1995-96), San Diego Chargers (1997-98) and Green Bay Packers (1999-2000), and then was a scout with the Oakland Raiders. He earned his bachelor's degree in international relations from USC in the spring of 2021 and is working on a master's in non-governmental organizations and social change.

JALEN MCKENZIE'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2022	Titans	0	0
NFL TOTALS		**0**	**0**



81 | WIDE RECEIVER
BO MELTON

Height: 5-11
Weight: 191
College: Rutgers
Season: Rookie
Born: May 18, 1999

TRANSACTIONS:

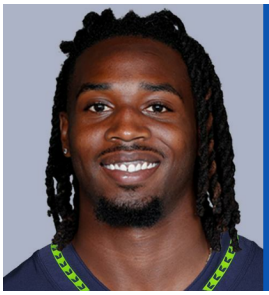
04/30/22: Drafted by Seattle (7th round, 229th overall)
08/30/22: Released by Seattle
08/31/22: Signed to Seattle's PS

COLLEGE: Was Rutgers leading receiver each of the past three seasons, totaling 132 catches for 1,683 yards and 11 touchdowns. He also saw touches out of the backfield, including six carries for 69 yards and two scores in 2020. Started 11 games at wide receiver in 2021. Leaves ranked third in program history with 56 games played, sixth with 164 receptions, tied for eighth with five 100-yard receiving games and 10th with 2,011 receiving yards. Selected All-Big Ten by Pro Football Focus (third-team) and Phil Steele (fourth-team). Led the team with 823 all-purpose yards on the season (618 receiving, 116 kickoff return, 51 rushing, 38 punt return). Was a two-year team captain (2020-21).

PERSONAL: Attended Cedar Creek High and led the Pirates to a 10-2 record and an appearance in the NJSIAA South Jersey, Group 2 final as a senior. Despite an injury sustained early in his final season, finished with 51 receptions for 766 yards and nine touchdowns. Also added 451 rushing yards and seven scores on the ground. Was a first-team all-state and All-Group 2 by the Star-Ledger. Athlete of the Fall and first-team Football All-Star by the Press of Atlantic City. Accumulated 13 rushing touchdowns with 742 yards on the ground and added 31 catches for 676 yards and 11 touchdowns as a junior. Helped Cedar Creek capture 2015 NJSIAA South Jersey, Group 2 Championship as a junior. Was a consensus four-star recruit and top wide receiver in New Jersey. Seventh-best player in New Jersey and a top-50 pass catcher nationally by Rivals. Also played basketball and competed in track and field at Cedar Creek. Captured the Cape-Atlantic League 200m, 400m and long jump titles in 2016.

BO MELTON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2022	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**



32 | CORNERBACK
QUANDRE MOSELY

Height: 6-2 **Weight:** 195
College: Kentucky
Season: Rookie
Born: May 18, 1999
Hometown: Brunswick, Ga.

TRANSACTIONS:

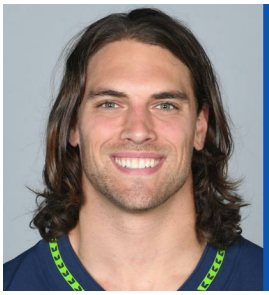
05/13/22: Signed by Dallas as a UDFA
08/23/22: Released by Dallas
08/31/22: Signed to Seattle's PS

COLLEGE: Played in 36 career games, starting four, in his three-years at Kentucky, where he totaled 69 tackles, three tackles for loss, three interceptions, 10 pass breakups and a sack. Appeared in 13 games with two starts in 2021, racking up 26 tackles, two for loss, five breakups and two interceptions, including one that he returned 38 yards for a touchdown against New Mexico State. Recorded 19 tackles and two breakups in 10 games in 2020, including a career-high six tackles at Alabama. Transferred to Kentucky after playing two years (2017-18) at Eastern Arizona Community College. As a sophomore in 2018, totaled 50 tackles, a league-high six interceptions, one for a touchdown, and a fumble recovery while playing safety.

PERSONAL: Attended Glynn Academy in Brunswick, Ga., where he was named all-state honorable mention as a wide receiver by the Georgia High School Association in his senior season. Earned his degree in community and leadership development from Kentucky.

QUANDRE MOSELY'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	TD	YDS	TK	S	A	FF	FR	S	A
2022	Cowboys	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**



58 | LINEBACKER
TANNER MUSE

Height: 6-2	**Weight: 227**
College:	**Clemson**
Seasons:	**NFL : 3rd, Seahawks 2nd**
Born:	**September 6, 1996**
Hometown:	**Belmont, N.C.**

2022 SEASON:

9/12 vs. Den: Activated from the practice squad (standard elevation) and led team with two special teams tackles.

TRANSACTIONS:

04/24/20: Drafted by Las Vegas (3rd round, 100th overall)
09/07/20: Placed on injured reserve (toe)
09/06/21: Released by Las Vegas
09/08/21: Signed to Seattle's PS
10/30/21: Gameday activation
11/01/21: Reverted to Seattle's PS
11/13/21: Gameday activation
11/15/21: Reverted to Seattle's PS
12/15/21: Signed to active roster
08/30/22: Released by Seattle
08/31/22: Signed to Seattle's PS
09/12/22: Gameday activation
09/13/22: Reverted to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Played six games in 2021 and recorded four special teams tackles.

• Spent his rookie campaign on injured reserve after suffering a foot injury prior to the regular season.

COLLEGE: Spent five years at Clemson from 2015-19, appearing in 59 games with 39 starts as a safety. Finished his collegiate career with 192 career tackles (105 solo), four sacks, seven interceptions, including one returned for a touchdown, 15 passes defensed, one forced fumble and one fumble recovery returned for a TD. Left Clemson tied for second for the most career games played (59) in school history. As a senior in 2019, named a Thorpe Award semifinalist, presented annually to the nation's top defensive back. Earned third-team All-American and first-team All-ACC honors. Voted as a permanent team captain…Started in all 15 games, recording 55 tackles (37), two sacks, four interceptions and five passes defensed. Started in all 15 games as a junior in 2018. Finished with 76 tackles, two sacks, two interceptions and five passes defensed. As a sophomore in 2017, appeared in 14 games with nine starts. Finished the season with 64 tackles, four pass defensed and one fumble return for a touchdown. In 2016, played in 15 games and shared Special Teams Defensive Player of the Year honors. Finished with 24 tackles and one interception. Tied for team lead with 10 special teams tackles. Redshirted as a true freshman in 2015.

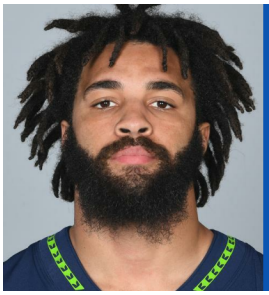
PERSONAL: Attended South Point High School in Belmont, N.C. Rated the No. 17 player in North Carolina by Rivals.com. Had eight interceptions in his last three seasons. Totaled 150 tackles and four interceptions, while adding 1,292 yards on 90 carries and seven receptions for 150 yards as a senior. Named first-team all-state as a defensive player. Was a Shrine Bowl selection. Recorded 47 tackles along with 400 rushing yards and five touchdowns as a junior. Also played baseball, recording .474 batting average with five home runs and 33 RBIs as a junior centerfielder. Helped his team advance to the second round of the state tournament as a senior. Earned his degree in parks, recreation and tourism management.

TANNER MUSE'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	TD	YDS	TK	S	A	FF	FR	S	A
2020	Raiders	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Seahawks	6	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	4	2	2	0	0	0	0
2022	Seahawks	1	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
NFL TOTALS		**7**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**6**	**4**	**2**	**0**	**0**	**0**	**0**

TANNER MUSE'S SINGLE-GAME HIGHS: DEFENSIVE

Special Teams Tackles	2 vs. Denver Broncos, Sep 12, 2022
	...1 more at 2.



49 | LINEBACKER
JOSHUA ONUJIOGU

Height: 6-2 **Weight:** 252
College: Framingham State
Season: Rookie
Born: March 3, 1998
Hometown: Wareham, Mass.
Pronunciation: oh-noo-JIH-oh-go

TRANSACTIONS:

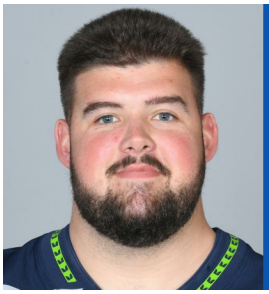
05/06/22: Signed by Seattle as a UDFA
08/31/22: Released by Seattle
09/01/22: Signed to Seattle's PS

COLLEGE: Onujiogu, the 2019 and 2021 MASCAC Defensive Player of the Year, earned All-New England Honors after leading the Rams with 68 tackles including 25 for a loss with 13.5 sacks. Onujiogu, a first team All-MASCAC selection, recorded a pair of forced fumbles with one recovery and added an interception. Played in 47 career games with 228 tackles, 36.0 sacks and one interception.

PERSONAL: Attended Wareham High School. Majored in health & wellness.

JOSHUA ONUJIOGU'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	TD	YDS	TK	S	A	FF	FR	S	A
2022	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**



70 | TACKLE
LIAM RYAN

Height: 6-5 **Weight:** 305
College: Washington State
Season: Rookie
Born: October 29, 1997
Hometown: Chino Hills, Calif.

TRANSACTIONS:

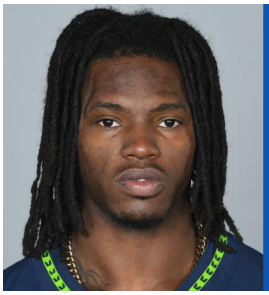
05/16/22: Signed by Seattle as a UDFA
08/30/22: Released by Seattle
08/31/22: Signed to Seattle's PS

COLLEGE: Ryan, who went undrafted out of Washington State in 2021, was an All-Pac-12 honorable mention pick in 2020, starting four games at left tackle. Liam started 13 games at left tackle as a junior, and prior to that he started 13 games at left guard as a sophomore.

PERSONAL: At Damien High as a senior, named to San Gabriel Valley Tribune first-team and Inland Daily Bulletin All-Area first-team and All-Baseline League first-team. Blocked for running back that led league with 1,855 yards and 18 touchdowns. Rated three-star prospect by ESPN.com. Also played basketball, started on Damien High's Division 3 state championship team as a junior. Uncle, Harry Daniels, played offensive line at San Jose State in the early 1990's.

LIAM RYAN'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2022	Seahawks	0	0
NFL TOTALS		**0**	**0**



36 | RUNNING BACK
DARWIN THOMPSON

Height: 5-8 **Weight:** 200
College: Utah State
Seasons: NFL : 4th, Seahawks 1st
Born: February 12, 1997
Hometown: Tulsa, Okla.

TRANSACTIONS:

02/16/22: Signed by Seattle as a FA
08/30/22: Released by Seattle
08/31/22: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Thompson spent 2021 on Tampa Bay's practice squad, then signed to Kansas City's practice squad during the postseason. He spent his first two seasons (2019-20) in Kansas City where he appeared in 26 games for the Chiefs, rushing for 225 yards and two touchdowns on 64 carries, and also had 108 receiving yards and a touchdown on 16 receptions.

COLLEGE: After starting his college career at Northeastern Oklahoma A&M, Thompson transferred to Utah State where he rushed for 1,044 yards and 14 touchdowns in 2018, earning second-team All-Mountain West honors.

PERSONAL: Thompson's uncle, David Thompson, was a tailback at Oklahoma State before spending three seasons with the St. Louis Rams from 1997-99. The elder Thompson saw action in 12 games for the Rams in that time, returning 49 kicks for 1,110 yards.

POSTSEASON COMPARISON: RECEIVING - SAN FRANCISCO 49ERS

DATE	OPP	W/L	GP/GS	REC	YDS.	AVG.	TD	LG	TGTS	YAC
2/2/20	KC vs. SF	W	P	0	0	0	0	0	1	0
TOTALS		**1/0**	**1/0**	**0**	**0**	**0**	**0**	**0**	**1**	**0**

DARWIN THOMPSON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Chiefs	12	0	37	128	3.5	12	1	9	43	4.8	19	0
2020	Chiefs	14	1	27	97	3.6	14	1	7	65	9.3	37	1
2021	Chiefs	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2021	Buccaneers	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2021	TOTAL	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2022	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**26**	**1**	**64**	**225**	**3.5**	**14**	**2**	**16**	**108**	**6.8**	**37**	**1**

DARWIN THOMPSON'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Chiefs	3	0	2	7	3.5	7	0	0	0	0.0	0	0
2020	Chiefs	2	0	0	0	0.0	0	0	0	0	0.0	0	0
2021	Chiefs	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**5**	**0**	**2**	**7**	**3.5**	**7**	**0**	**0**	**0**	**0.0**	**0**	**0**

DARWIN THOMPSON'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	14 vs. Los Angeles Chargers, Jan 03, 2021	**Longest Receptions**	37 vs. Los Angeles Chargers, Jan 03, 2021
Rushing Yards	45 vs. Los Angeles Chargers, Jan 03, 2021	**Receiving TDs**	1 vs. Los Angeles Chargers, Jan 03, 2021
Rushing Average	4.8 vs. Denver Broncos, Dec 15, 2019	**All-Purpose Yards**	110 vs. Los Angeles Chargers, Jan 03, 2021
Longest Runs	14 at Los Angeles Chargers, Sep 20, 2020	**Kickoff Returns**	1 vs. Green Bay Packers, Oct 27, 2019
Rushing TDs	1 vs. Los Angeles Chargers, Jan 03, 2021 ...1 more at 1.	**Kickoff Return Yards**	27 vs. Green Bay Packers, Oct 27, 2019
		Longest Kickoff Return	27 vs. Green Bay Packers, Oct 27, 2019
Receptions	7 vs. Los Angeles Chargers, Jan 03, 2021	**Special Teams Tackles**	2 at Los Angeles Chargers, Sep 20, 2020
Receiving Yards	65 vs. Los Angeles Chargers, Jan 03, 2021	**Most TDs**	2 vs. Los Angeles Chargers, Jan 03, 2021
Receiving Average	9.3 vs. Los Angeles Chargers, Jan 03, 2021		

46 | LONG SNAPPER
CARSON TINKER

Height: 6-0 | Weight: 237
College: Alabama
Seasons: NFL : 9th, Seahawks 1st
Born: November 15, 1989
Hometown: Murfreesboro, Ala.

2022 SEASON:

9/12 vs. Den: Activated from the practice squad (standard elevation) and served as the team's LS with Tyler Ott inactive (shoulder).

TRANSACTIONS:

05/03/13: Signed by Jacksonville as a UDFA
08/03/17: Placed on IR (knee)
02/05/18: Activated from IR
10/12/18: Placed on IR (knee)
03/08/19: Released by Jacksonville
09/02/20: Signed by N.Y. Giants as a FA
09/05/20: Released by N.Y. Giants
09/06/20: Signed to N.Y. Giants PS
08/24/21: Released by N.Y. Giants
09/14/21: Signed by Tampa Bay as a FA
11/23/21: Released by Tampa Bay
12/01/21: Signed by Las Vegas as a FA
12/09/21: Released by Las Vegas
12/18/21: Signed to L.A. Rams PS
02/22/22: Contract expired
09/08/22: Signed to Seattle's PS
09/12/22: Gameday activation
09/13/22: Reverted to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Has snapped in 78 career games spanning eight seasons. Spent six seasons in Jacksonville (2013-18), out of the NFL in 2019, spent the 2020 season on the N.Y. Giants practice squad, and last season with Las Vegas and Tampa Bay, snapping in a total of nine games.

• Served as Jacksonville's 2016 special teams captain.

COLLEGE: Played at Alabama from 2008-12. Appeared in 38 games at long snapper. As a senior in 2012, played in all 13 games and successfully completed 133 of 135 snapping attempts. In 2011, handled both field goal/extra point and punt duties, and successfully completed all 130 snapping opportunities (91 field goal/PAT and 39 punts).

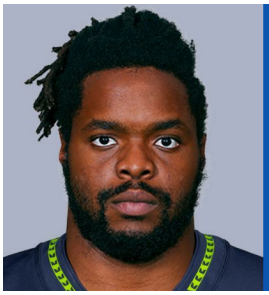
PERSONAL: Attended Riverdale (Tenn.) High School. Led team to an 11-1 record as a senior and 11-2 mark as a junior. Married to Annie, they have one son, Carson Tinker. Given name is James Carson Tinker. Majored in pre-business.

CARSON TINKER'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP
2013	Jaguars	16
2014	Jaguars	16
2015	Jaguars	16
2016	Jaguars	16
2017	Jaguars	0
2018	Jaguars	5
2020	Giants	0
2021	Giants	0
2021	Buccaneers	8
2021	Raiders	1
2021	TOTAL	9
2022	Seahawks	1
NFL TOTALS		**79**

CARSON TINKER'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP
2017	Jaguars	0
NFL TOTALS		**0**



94 | DEFENSIVE END
JABARI ZUNIGA

Height: 6-3 | Weight: 264
College: Florida
Seasons: NFL : 3rd, Seahawks 1st
Born: August 14, 1997
Hometown: Marietta, Ga.

TRANSACTIONS:

04/24/20: Drafted by N.Y. Jets (3rd round, 79th overall)
09/07/20: Placed on IR (quad)
10/28/20: Activated from IR
09/01/21: Released by N.Y. Jets
09/03/21: Signed to N.Y. Jets PS

01/05/22: Signed to N.Y. Jets active roster
08/30/22: Released by N.Y. Jets
09/01/22: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Has seen limited time on defense with the Jets from 2020-21, recording eight tackles (four solo).

COLLEGE: Finished his collegiate career with 118 tackles (54 solo), 34.5 tackles for loss and 18.5 sacks in 42 game appearances. Appeared in six contests (five starts), tallying 14 defensive stops (7 solo), 7.0 tackles for loss (32 yds.) and 3.0 sacks for 20 yards. In 2018, appeared in and started all 13 games. Recorded 45 tackles on the season and finished second on the team with 11.0 tackles-for-loss, 6.5 sacks and four quarterback hurries.

PERSONAL: Played basketball until his junior year at Sprayberry (Ga.) High, like his father, Carlos, a collegiate player at Tulane, before getting noticed by SEC schools as a senior.

JABARI ZUNIGA'S NFL REGULAR SEASON DEFENSIVE STATISTICS

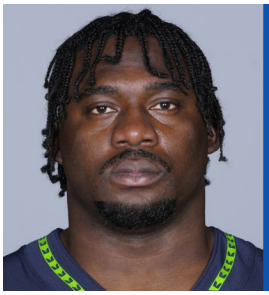
				TACKLES									INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2020	Jets	8	0	5	3	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2021	Jets	3	0	3	1	2	0	0	1.0	8.0	1	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
2022	Jets	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**11**	**0**	**8**	**4**	**4**	**0**	**0**	**1.0**	**8.0**	**1**	**0**	**0**	**0**	**0**	**0**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

JABARI ZUNIGA'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	3 vs. Cincinnati Bengals, Oct 31, 2021	**Sacks**	1.0 vs. Cincinnati Bengals, Oct 31, 2021
Solo Tackles	1 vs. Cincinnati Bengals, Oct 31, 2021	**Forced Fumbles**	1 vs. Cincinnati Bengals, Oct 31, 2021
	...3 more at 1.		

SEAHAWKS
2022

RESERVE / INJURED



91 | DEFENSIVE END
L.J. COLLIER

Height: 6-3 **Weight:** 291
College: TCU
Seasons: NFL : 4th, Seahawks 4th
Born: September 12, 1995
Hometown: Munday, Texas

TRANSACTIONS:

04/25/19: Drafted by Seattle (1st round, 29th overall)
12/27/21: Placed on Reserve/COVID-19
12/31/21: Activated from Reserve/COVID-19
08/31/22: Placed on injured reserve (elbow)

NFL CAREER HIGHLIGHTS:

• Started all 16 games for the first time in his career and posted a career-high 3.0 sacks in 2021. Teamed with Lano Hill on a goal-line stand to tackle Cam Newton to seal a victory (9/20/20).

• 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 firstâ eam Allâ ig 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 careerâ igh 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: Threeâ tar recruit ranked No. 11 in Texas and No. 71 nationally for defensive ends by Scout.com. Was the District 8â Defensive Most Valuable Player as a senior at Munday High School. Was also a firstâ eam selection at tight end. Caught 22 passes for 465 yards his junior year.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

				TACKLES									MISC		
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
11/1/20	SEA vs. SF	W	S	1	1	0	0.0	0.0	0	0	0	1	0	0	0
1/3/21	SEA @ SF	W	S	0	0	0	0.0	0.0	0	0	0	1	0	0	0
12/5/21	SEA vs. SF	W	P	0	0	0	0.0	0.0	0	0	0	1	0	0	0
TOTALS		**3/0**	**3/2**	**1**	**1**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**3**	**0**	**0**	**0**

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	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	11	0	3	2	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	16	16	22	16	6	4	8	3.0	6.0	7	0	0	0	0	2	0	0	0	0	0	0	0	0	0
2021	Seahawks	10	0	8	3	5	1	0	0.0	0.0	5	0	0	0	0	1	0	0	0	0	0	0	0	0	0
2022	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		**37**	**16**	**33**	**21**	**12**	**5**	**8**	**3.0**	**6.0**	**12**	**0**	**0**	**0**	**0**	**3**	**0**	**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	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	1	1	1	0	0	0	0.0	0.0	1	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**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

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

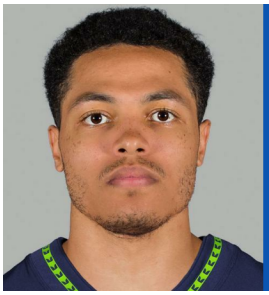
Total Tackles 3 at Philadelphia Eagles, Nov 30, 2020
...1 more at 3.

Solo Tackles 2 at Washington Football Team, Dec 20, 2020
...3 more at 2.

Sacks 1.0 at Washington Football Team, Dec 20, 2020
...2 more at 1.0.

Passes Defensed 1 at Houston Texans, Dec 12, 2021
...2 more at 1.

Tackles For Loss 1 at Houston Texans, Dec 12, 2021
...4 more at 1.



29 | CORNERBACK
JOHN REID

Height: 5-10	**Weight: 187**
College:	**Penn State**
Seasons:	**NFL : 3rd, Seahawks 2nd**
Born:	**May 15, 1996**
Hometown:	**Mt. Laurel, N.J.**

TRANSACTIONS:

04/25/20: Drafted by Houston (4th round, 141st overall)
08/25/21: Traded to Seattle
08/31/21: Released by Seattle
09/01/21: Signed to Seattle's PS
09/07/21: Signed to active roster
08/31/22: Placed on injured reserve

NFL CAREER HIGHLIGHTS:

• Started two of 11 games in his first season with Seattle.

• Appeared in 13 games for the Texans as a rookie, starting one. Reid played 145 defensive snaps and 96 on special teams, recording 13 tackles and one pass defensed.

COLLEGE: Spent five seasons (2015-19) at Penn State University in State College, Pa., where he played in 51 career games (40 starts) and totaled 126 tackles (84 solo), 9.5 tackles for loss, 1.5 sacks, seven interceptions (one returned for a touchdown), 37 passes defensed, one forced fumble and two fumble recoveries. Finished his career ranked 11th in Penn State history with 37 career passes defensed. Given the Lions Pride Outstanding Senior Player Award for greatest career contribution to Penn State Football following his senior season.

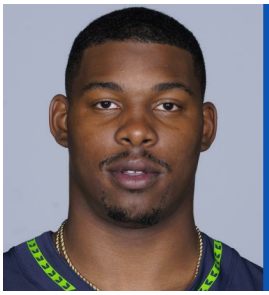
PERSONAL: Attended St. Joseph's Prep School in Philadelphia, where he played both sides of the ball and helped the team to back-to-back PIAA Class AAAA Championships in 2013 and 2014. As a senior in 2014, logged 699 receiving yards (19.4 avg.) and 12 touchdowns on offense and a pick-six on defense, earning him All-Catholic League MVP, first-team All-Catholic League on offense and defense, CBS Philly's Player of the Year, Pennsylvania Football News Defensive Player of the Year and first-team all-state. Earned his degree in data sciences from Penn State.

JOHN REID'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	TD	YDS	TK	S	A	FF	FR	S	A
2020	Texans	13	1	9	8	1	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	4	3	1	0	0	0	0
2021	Seahawks	11	2	9	5	4	0	0	0.0	0.0	0	0	0	0	0	2	0	0	0	0	3	2	1	0	0	0	0
2022	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**24**	**3**	**18**	**13**	**5**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**3**	**0**	**0**	**0**	**0**	**7**	**5**	**2**	**0**	**0**	**0**	**0**

JOHN REID'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	5 vs. Chicago Bears, Dec 26, 2021 ...1 more at 5.	**Passes Defensed**	2 vs. Chicago Bears, Dec 26, 2021
		Special Teams Tackles	2 at Kansas City Chiefs, Sep 10, 2020
Solo Tackles	5 at Kansas City Chiefs, Sep 10, 2020		



98 | LINEBACKER
ALTON ROBINSON

Height: 6-3 **Weight:** 259
College: Syracuse
Seasons: NFL : 3rd, Seahawks 3rd
Born: June 2, 1998
Hometown: Converse, Texas

TRANSACTIONS:

04/25/20: Drafted by Seattle (5th round, 148th overall)
01/03/22: Placed on Reserve/COVID-19
01/11/22: Activated from Reserve/COVID-19
09/12/22: Placed on IR (knee)

NFL CAREER HIGHLIGHTS:

• Played in 16 games with two starts in 2021. Recorded lone sack of the season vs. Tennessee (9/19/21).

• Played in 14 games with one start during rookie season of 2020 and posted 4.0 sacks in limited time along the defensive line.

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.

REGULAR SEASON COMPARISON: DEFENSIVE - SAN FRANCISCO 49ERS

				TACKLES										MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
11/1/20	SEA vs. SF	W	S	3	2	1	1.0	4.0	0	1	0	1	0	0	0
1/3/21	SEA @ SF	W	P	1	1	0	0.0	0.0	0	0	0	1	0	0	0
10/3/21	SEA @ SF	W	S	3	0	3	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**3/0**	**3/2**	**7**	**3**	**4**	**1.0**	**4.0**	**0**	**1**	**0**	**2**	**0**	**0**	**0**

ALTON ROBINSON'S NFL REGULAR SEASON DEFENSIVE STATISTICS

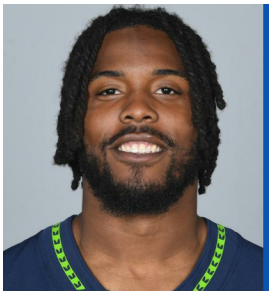
				TACKLES							INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	14	1	22	13	9	5	20	4.0	26.0	4	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
2021	Seahawks	16	2	22	13	9	5	2	1.0	12.0	3	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0
2022	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**30**	**3**	**44**	**26**	**18**	**10**	**22**	**5.0**	**38.0**	**7**	**0**	**0**	**0**	**0**	**1**	**2**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

ALTON ROBINSON'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	TD	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	1	0	1	1	0	1	3	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**	**1**	**1**	**0**	**1**	**3**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

ALTON ROBINSON'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	5 at Minnesota Vikings, Sep 26, 2021	**Passes Defensed**	1 at Houston Texans, Dec 12, 2021
Solo Tackles	3 at Minnesota Vikings, Sep 26, 2021 ...1 more at 3.	**Forced Fumbles**	1 vs. Tennessee Titans, Sep 19, 2021 ...1 more at 1.
Sacks	1.0 vs. Tennessee Titans, Sep 19, 2021 ...4 more at 1.0.	**Tackles For Loss**	2 vs. Chicago Bears, Dec 26, 2021 ...2 more at 2.



92 | LINEBACKER
TYREKE SMITH

Height: 6-3	**Weight: 255**
College:	**Ohio State**
Season:	**Rookie**
Born:	**February 14, 2000**
Hometown:	**Cleveland, Ohio**
Pronunciation:	**ty-REEK**

TRANSACTIONS:

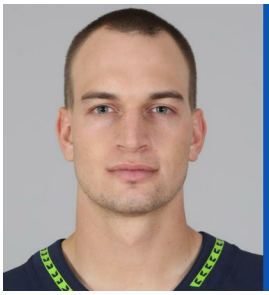
04/30/22: Drafted by Seattle (5th round, 158th overall)
08/30/22: Placed on injured reserve (hip)

COLLEGE: Started 17 of 41 games played and recorded 55 tackles (28 solo) and 7.0 sacks. Was a part of three consecutive Big Ten championship teams and two Ohio State teams that advanced to the College Football Playoffs, including the title game in 2021. Named second-team All-Big Ten following his senior season where he started nine of 10 games with 26 tackles and 3.0 sacks.

PERSONAL: Attended Cleveland Heights High and was one of the top prospects in his class, a Top 50 overall performer with 247Sports and Rivals each ranking him No. 34 nationally. A member of the ESPN300, the No. 3-ranked strong side defensive end by Rivals with 247Sports ranking him as the No. 4 end. A consensus four-star player and one of the top players from the state of Ohio. The No. 41 prospect on the Prepstar Dream Team. As a senior, accounted for 70 tackles, 23 tackles-for-loss and 11.0 sacks, while also hauling in eight receptions for 192 yards and four touchdowns at tight end. Was the 2017 Cleveland.com defensive player of the year and all-Ohio Division I Co-Defensive Player of the Year. Also lettered in basketball. Majored in sport industry.

TYREKE SMITH'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	TD	YDS	TK	S	A	FF	FR	S	A
2022	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**



15 | WIDE RECEIVER
CODY THOMPSON

Height: 6-2 **Weight:** 205
College: Toledo
Seasons: NFL : 4th, Seahawks 4th
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
11/19/19: Signed to Cincinnati's PS
01/06/20: Contract expired
01/08/20: Signed to Seattle's PS
09/05/20: Waived by Seattle
09/06/20: Signed to Seattle's PS
08/31/21: Released by Seattle
09/01/21: Signed to Seattle's PS
09/25/21: Gameday activation
09/27/21: Reverted to Seattle's PS
10/02/21: Gameday activation
10/04/21: Reverted to Seattle's PS
12/25/21: Gameday activation
12/27/21: Reverted to Seattle's PS
01/08/22: Gameday activation
01/10/22: Reverted to Seattle's PS
08/15/22: Placed on IR

NFL CAREER HIGHLIGHTS:

- Made NFL debut at Minnesota (9/26/21) on special teams.
- 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

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	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
2019	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
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
2021	Seahawks	5	0	0	0	0.0	0	0	0	0	0.0	0	0
2022	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**5**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

CODY THOMPSON'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	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**

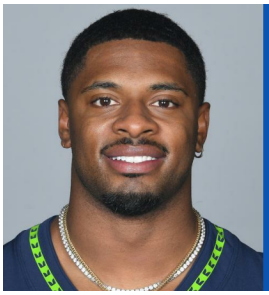
CODY THOMPSON'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Special Teams Tackles 1 at Los Angeles Rams, Dec 21, 2021

Defensive Fumble Recovery: 2021 (1); **Career**: 1.

SEAHAWKS
2022

RESERVE / PUP



22 | CORNERBACK
TRE BROWN

Height: 5-10 **Weight:** 185
College: Oklahoma
Seasons: NFL : 2nd, Seahawks 2nd
Born: September 24, 1997
Hometown: Tulsa, Okla.

TRANSACTIONS:

05/01/21: Drafted by Seattle (4th round, 137th overall)
09/07/21: Placed on IR (knee)
10/15/21: Activated from IR
11/27/21: Placed on IR (knee)
08/28/22: Placed on Reserve/PUP (knee)

NFL CAREER HIGHLIGHTS:

• Rookie season was cut short due to knee injury. Opened season on injured reserve and returned mid-season to start three of five games played.

COLLEGE: Was a 2020 second-team All-Big 12 selection by league coaches and media, and a 2018 second-team All-Big 12 pick by coaches as a kick returner. Earned four Big 12 championship rings and was part of three College Football Playoff squads. Played in 51 career games and made 33 starts (each of his last 32 games). Finished career with 141 tackles, 8.5 tackles for loss, 2.0 sacks, four interceptions and 31 passes defensed (sixth in school history). Served as team's primary kickoff returner his sophomore and junior seasons (finished career with 55 returns for 1,207 yards. Played in 10 games as a senior in 2020 and finished with 31 tackles, a career-high three interceptions and six passes defensed. Made victory-sealing interceptions as a senior in four-overtime game against no. 22 Texas and in Big 12 Championship vs. no. 8 Iowa State (his third interception in 2020 came against Kansas). Played in all 14 games as a junior in 2019 and logged 40 tackles, 11 passes defensed and his first career interception. Majored in African American studies.

PERSONAL: Attended Union High and was a four-star recruit according to 247Sports, ESPN, Rivals and Scout. Rated 120th overall in the 2017 class by Scout, 154th by 247Sports and 209th by ESPN. Ranked as the No. 3 player in the state of Oklahoma by 247Sports and ESPN and No. 4 by Rivals. Named to The Oklahoman's All-State First Team after recording 26 tackles, one interception and five offensive touchdowns while helping lead his team to a state title his senior season.

TRE BROWN'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	TD	YDS	TK	S	A	FF	FR	S	A
2021	Seahawks	5	3	10	9	1	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0
2022	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**5**	**3**	**10**	**9**	**1**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

TRE BROWN'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 3 vs. Jacksonville Jaguars, Oct 31, 2021
...2 more at 3.

Solo Tackles 3 vs. New Orleans Saints, Oct 25, 2021
...1 more at 3.

Passes Defensed 1 at Green Bay Packers, Nov 14, 2021

55 | LINEBACKER
BEN BURR-KIRVEN

Height: 6-0	Weight: 230
College:	Washington
Seasons:	NFL : 4th, Seahawks 4th
Born:	September 8, 1997
Hometown:	Menlo Park, Calif.

TRANSACTIONS:

04/27/19: Drafted by Seattle (5th round, 142nd overall)
08/23/21: Placed on IR (knee)
07/26/22: Released/failed physical
07/27/22: Placed on IR (knee)

NFL CAREER HIGHLIGHTS:

• Missed the 2021 season after tearing his ACL in the preseason.

• A core special teams player, finished tied for fourth on the team with five special teams tackles in 2020.

• 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 (12/15/19) 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 defensed, six forced fumbles, and three fumble recoveries. Among many honors, was selected All Pac-12 first-team and was named the Pacâ 12 Scholar of the Year for football and was also the Pat Tillman Pacâ 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 defensed, 4 forced fumbles and 3 fumble recoveries.

PERSONAL: Named the MaxPreps Allâ 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 PALâ 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

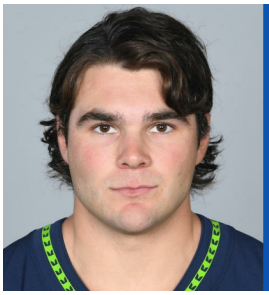
				TACKLES								INTERCEPTIONS					FUMBLES				ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	16	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	8	3	5	1	0
2020	Seahawks	16	0	3	3	0	1	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	5	4	1	0	0
2021	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2022	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		**32**	**0**	**3**	**3**	**0**	**1**	**2**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**13**	**7**	**6**	**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	TD	YDS	TK	S	A	FF	FR
2019	Seahawks	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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
NFL TOTALS		**3**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

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

Total Tackles	3 vs. New York Jets, Dec 13, 2020	**Special Teams Tackles**	2 vs. New York Jets, Dec 13, 2020
Solo Tackles	3 vs. New York Jets, Dec 13, 2020		...1 more at 2.
Tackles For Loss	1 vs. New York Jets, Dec 13, 2020	**Special Teams Forced Fumbles**	1 vs. Cincinnati Bengals, Sep 08, 2019



59 | LINEBACKER
JON RHATTIGAN

Height: 6-0	**Weight: 236**
College:	**Army**
Seasons:	**NFL : 2nd, Seahawks 2nd**
Born:	**February 2, 1999**
Hometown:	**Naperville, Ill.**

TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA
08/31/21: Released by Seattle
09/01/21: Signed to Seattle's PS
09/11/21: Gameday activation
09/13/21: Reverted to Seattle's PS
09/15/21: Signed to active roster
01/01/22: Placed on IR (knee)
08/24/22: Placed on Reserve/PUP

NFL CAREER HIGHLIGHTS:

• Played in 14 games on special teams before tearing his ACL at L.A. Rams (12/21/21). Tied for fourth on the team with 10 special teams tackles.

COLLEGE: Played in 25 games from 2018-20, seeing his most playing time as a senior, when he was named a second-team All-America by USA Today. Was also named third-team All-America by Pro Football Focus. He was Army's first-ever semifinalist for the Bednarik Award, given to the nation's top linebacker. He finished the season with a career-high 78 tackles and two interceptions, returning one for a touchdown and the other 50 yards. Entering 2020, he had just six career tackles in 14 games played, playing behind two-time captain and current L.A. Chargers LB Cole Christiansen.

PERSONAL: Was a three-year letterwinner at Neuqua Valley High and was named Naperville Sun All-Area and Player of the Year. Also named first-team IHSA All-State and a unanimous all-conference selection. He was the team's defensive MVP and team captain as a senior. Was a two-year letter-winner in lacrosse as a midfielder and was an all-conference selection.

JON RHATTIGAN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

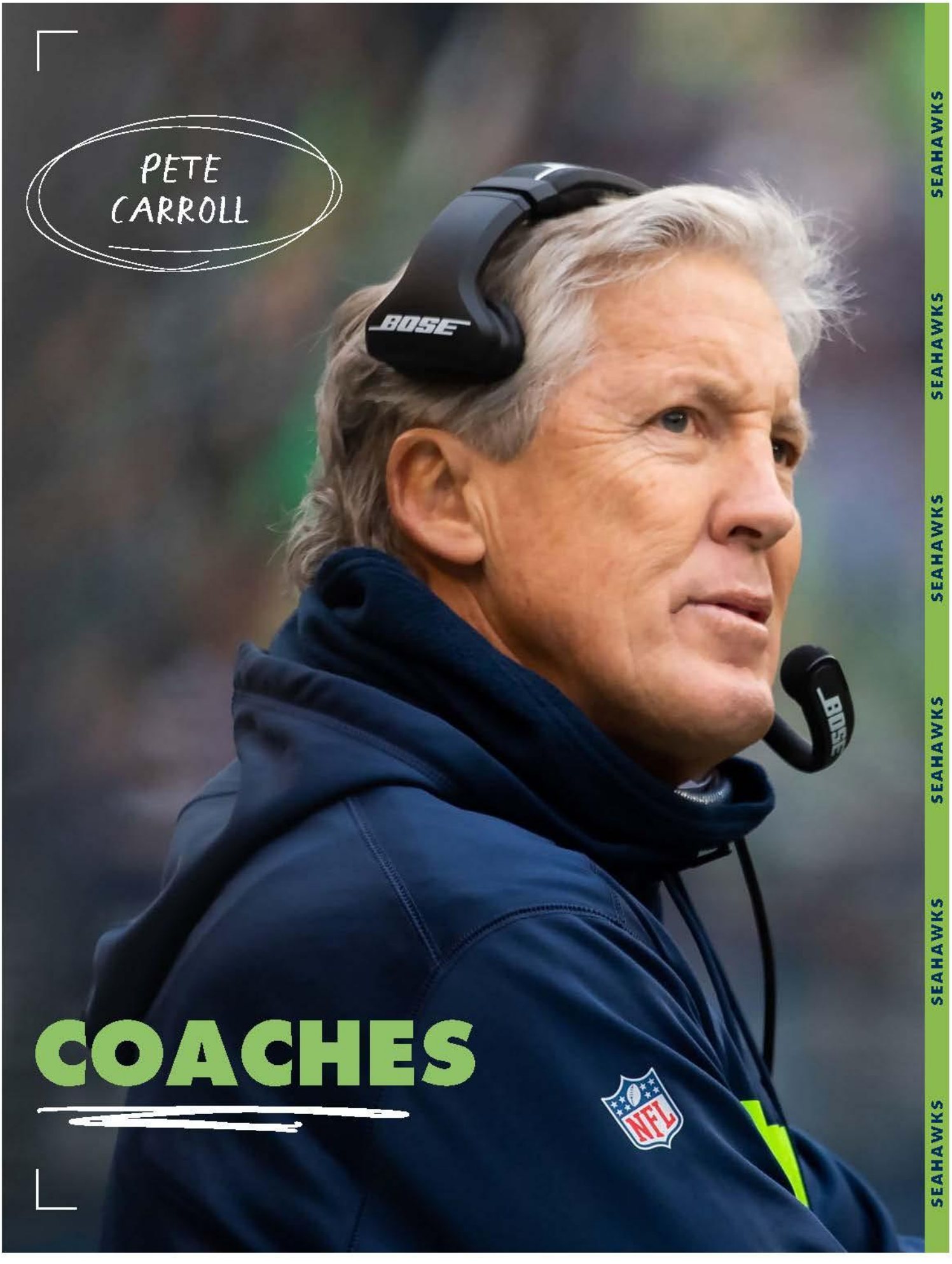
			TACKLES									INTERCEPTIONS					FUMBLES				ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	TD	YDS	TK	S	A	FF	FR	S	A
2021	Seahawks	14	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	10	10	0	0	1	0	0
2022	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**14**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**10**	**10**	**0**	**0**	**1**	**0**	**0**

JON RHATTIGAN'S SINGLE-GAME HIGHS: DEFENSIVE

Special Teams Tackles 2 vs. Jacksonville Jaguars, Oct 31, 2021
...1 more at 2.

Special Teams Fumble Recoveries 1 at San Francisco 49ers, Oct 03, 2021

Special Teams Fumble Recovery: 2021 (1); **Career**: 1.


PETE
CARROLL
BOSE
BOSE
NFL
SEAHAWKS
SEAHAWKS
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SEAHAWKS
SEAHAWKS
SEAHAWKS

COACHES

PETE CARROLL

EXECUTIVE VP OF FOOTBALL OPERATIONS & HEAD COACH

SEAHAWKS EXPERIENCE 13TH YEAR | NFL EXPERIENCE 29TH 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 28 years of NFL experience and 19 years of collegiate experience to Seattle.

Carroll's overall head coaching record is 153-104-1 in the regular season and 11-10 in the postseason in his 17 years of NFL head coaching. In 2021, he became the 22nd head coach in NFL history with 150 wins in the regular season.

In his tenure as head coach in Seattle, Carroll and Executive VP/General Manager John Schneider constructed the best teams in Seahawks history over the past 13 seasons with a 120-73-1 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 eight of the last 10 seasons, and won five NFC West Division titles.

Seattle has advanced to the divisional round in seven of Carroll's 12 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, Carroll has established a winning culture through a foundation of young talent and veteran leadership led by S Jamal Adams, LB Jordyn Brooks, S Quandre Diggs, TE Will Dissly, WR Tyler Lockett, WR DK Metcalf, and DT Al Woods.

2021 was an uncharacteristic season for Seattle as the Seahawks missed the postseason for the first time since 2017. However, after a disappointing 3-8 start, Carroll's Seahawks finished strong, rattling off four wins in their final six games, helped by the emergence of Seattle's running game, finishing the season with 1,056 rushing yards since Week 13, most in the NFL. Seattle scored 30 or more points in each of those wins, creating a strong momentum and optimism for 2022.

In a year with limited or no fans at games around the league due to the COVID-19 pandemic, the 2020 Seahawks concluded the season with a 12-4 record and champions of the NFC West. It was the 11th division title in franchise history and fifth under Carroll, tying Mike Holmgren for the most by a Seattle head coach. It was the 14th time in the last 18 seasons that Seattle qualified for the postseason and ninth time in Carroll's 11 seasons as head coach. The Seahawks scored a franchise-record 459 points while winning 12 or more games for the fifth time in club history.

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

CARROLL VS. THE NFL

	Team	Regular Season	Post-season	Total
AMERICAN FOOTBALL CONFERENCE	Baltimore Ravens	3-1	---	3-1
	Buffalo Bills	7-4	---	7-4
	Cincinnati Bengals	1-2	---	1-2
	Cleveland Browns	3-2	---	3-2
	Denver Broncos	4-4	1-0	5-4
	Houston Texans	3-0	---	3-0
	Indianapolis Colts	8-3	---	8-3
	Jacksonville Jaguars	3-1	0-1	3-2
	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	5-4	---	5-4
	Oakland Raiders	2-1	---	2-1
	Pittsburgh Steelers	3-3	0-1	3-4
	Houston Oilers/Tennessee Titans	2-3	---	2-3
NATIONAL FOOTBALL CONFERENCE	Arizona Cardinals	15-9-1	---	15-9-1
	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	3-2	1-0	4-2
	Green Bay Packers	3-6	1-1	4-7
	L.A./St. Louis Rams	11-14	0-1	11-15
	Minnesota Vikings	7-2	1-0	8-2
	New Orleans Saints	2-4	2-0	4-4
	New York Giants	5-2	---	5-2
	Philadelphia Eagles	6-1	1-0	7-1
	San Francisco 49ers	18-7	1-0	19-7
	Seattle Seahawks	0-0	---	0-0
	Tampa Bay Buccaneers	2-3	---	2-3
	Washington Football Team	2-3	1-0	3-3
	Career Totals	**153-104-1**	**11-10**	**164-114-1**

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 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 postseason, 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).

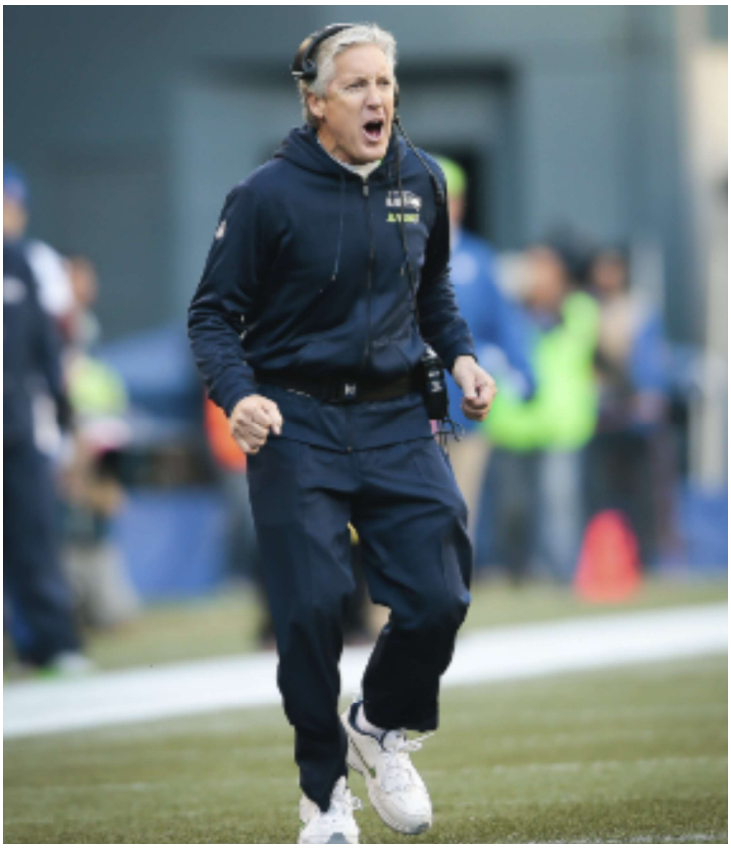
The youngest Super Bowl-winning roster in NFL history (26 years, 162 days) was led by second-year QB Wilson, who became the third-youngest quarterback to win the title game (25 years, 65 days).

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 Lumen 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.

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	12	4	0	.750	**1st, NFC West** *Wild Card loss vs. L.A. Rams, 30-20*
2021	Seattle	7	10	0	.411	**4th, NFC West**
2022	Seattle	1	0	0	1.000	
Reg. Season (17 Yrs.)		**153**	**104**	**1**	**.595**	
Postseason (11 Yrs.)		**11**	**10**	**0**	**.524**	
Combined Record		**164**	**114**	**1**	**.589**	

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	120	73	1	.621	10	8	.556

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

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 CNNSI.com.

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

Carroll was a two-time (1971-72) All-Pacific Coast Conference free safety at Pacific and earned his bachelor's degree in 1973 in business administration. He received his secondary teaching credential and a master's degree in physical education from Pacific in 1976. He was inducted into the Pacific Athletic Hall of Fame in 1995. In May of 2022, Carroll received an honorary doctorate degree from the university.

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.

Carroll's passion for working with people goes beyond the football field and into the community. Throughout his career he founded and championed philanthropic efforts in Seattle, Los Angeles, and around the country.

While at USC, he started A Better L.A., and in Seattle he created A Better Seattle. Both work with community-based street outreach teams serving youth impacted by gangs and the juvenile justice system.

Carroll also spearheaded efforts to bring the youth empowerment and education program WE Day to the United States, resulting in WE Day being held across the country.

In 2020, Carroll hosted the podcast "Flying Coach," along with Steve Kerr, world champion head coach of the NBA's Warriors, combining sports with social justice issues.

In 2021, Carroll also launched the award-winning podcast "Amplify Voices: Conversations from the Heart," spotlighting some of the most inspiring and influential voices today, as well as imparting Carroll's legacy of caring leadership. Today, Carroll continues his philanthropic efforts by supporting organizations and causes addressing social justice and education.

Carroll was born on September 15 in San Francisco. He and his wife, Glena, have three children and seven grandchildren.

CLINT HURTT

DEFENSIVE COORDINATOR

NFL EXPERIENCE: 9th YEAR **SEAHAWKS EXPERIENCE: 6th 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**
2018-21	**Seattle Seahawks**	**Asst. Head Coach/Defensive Line**
2022-	**Seattle Seahawks**	**Defensive Coordinator**

Clint Hurtt enters his first season as defensive coordinator after serving the previous five seasons as defensive line coach, adding the title of assistant head coach in 2018. Originally hired on March 16, 2017, 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 2021, Hurtt's defensive line helped the Seahawks rank second in the league allowing 3.79 yards per rush. Veteran Al Woods had one of the finest seasons of his career, helping free up Jordyn Brooks and Bobby Wagner to set the two highest single-season totals for tackles in franchise history (Brooks - 183; Wagner - 170). After missing his rookie season due to injury, second-year defensive end Darrell Taylor emerged, finishing tied for second on the team with 6.5 sacks.

Seattle's defensive line was boosted by the mid-season addition of Carlos Dunlap II in 2020, helping the Seahawks register an NFL-best 37.0 sacks over the final 10 regular season games. Dunlap II ranked fourth on the team with 5.0 sacks and third with 12 quarterback hits despite only playing only eight games.

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 where he coached Antwan Barnes, who became the first player ever to be drafted out of FIU (Baltimore Ravens, 2005).

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.

LARRY IZZO

SPECIAL TEAMS COORDINATOR

NFL EXPERIENCE: 12th YEAR **SEAHAWKS EXPERIENCE: 5th YEAR**

IZZO'S COACHING CAREER

2011-15	N.Y. Giants	Asst. Special Teams
2016-17	Houston Texans	Special Teams Coordinator
2018-20	**Seattle Seahawks**	**Asst. Special Teams**
2021-	**Seattle Seahawks**	**Special Teams Coordinator**

Hired on February 27, 2018, Larry Izzo begins his fifth season on the Seahawks staff, and second as special teams coordinator. Izzo spent seven seasons coaching with the N.Y. Giants (2011-15) and Houston (2016-17) following a 14-year playing career.

Seattle's special teams unit was once again a strength for the Seahawks last season, ranking third in Rick Gosselin's annual ranking. Punter Michael Dickson led the league with 40 punts inside the 20, breaking his old mark, while setting the single-season franchise record. Seattle scored two touchdowns on special teams, the unit's first time finding the end zone since 2017. Travis Homer had a hand in both scores; returning an onside kick 44 yards vs. Jacksonville (10/31/21) and rushing 73 yards on a fake punt vs. San Francisco (12/5/21). Homer also added a pressure on Arizona (1/9/21) punter Andy Lee, which led to a forced fumble, recovery, and ensuing Seattle touchdown drive. Special Teams captain Nick Bellore ranked third in the NFL with 15 special teams tackles. Kicker Jason Myers made a franchise-record 37 consecutive field goals from 11/11/19-9/26/21. It is tied for the fifth-longest streak in NFL history.

In 2020, Izzo's special teams unit had a spectacular season, finishing second in Gosselin's annual special teams rankings, a list kept for the last 42 seasons. Kicker Jason Myers connected on all 24 field goals, finishing 2020 having made 35-consecutive dating back to 2019, a franchise-record. Punter Michael Dickson ranked second in the NFL with a 49.6 punting average and ranked in the top-five in average, net average, and punts landing inside the 20. Long snapper Tyler Ott and special teamer Nick Bellore were voted to their first Pro Bowls.

In 2019, 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 Woodlands, Texas, 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.

SHANE WALDRON

OFFENSIVE COORDINATOR

NFL EXPERIENCE: 9th YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

WALDRON'S COACHING CAREER

2005-07	Notre Dame	Graduate Assistant
2008	New England Patriots	Quality Control
2009	New England Patriots	Tight Ends
2010	Hartford Colonials (UFL)	Wide Receivers
2011	Buckingham Browne & Nichols HS	Offensive Coordinator
2012-13	University of Massachusetts	Recruiting Coordinator/TEs
2014-15	University of Massachusetts	Offensive Line
2016	Washington Football Team	Quality Control/Offense
2017	Los Angeles Rams	Tight Ends
2018	Los Angeles Rams	Pass Game Coord./TEs
2019-20	Los Angeles Rams	Pass Game Coordinator
2021-	**Seattle Seahawks**	**Offensive Coordinator**

Shane Waldron enters his second season as offensive coordinator after joining the Seahawks staff on January 29, 2021. He spent the previous four seasons with the Los Angeles Rams, including the last three as passing game coordinator.

Waldron's inaugural season in Seattle saw the emergence of Rashaad Penny, who led the NFL in rushing over the final five games with 671 yards to go along with six touchdowns. Overall, the Seahawks' rushing attack finished third in the NFL with an average of 5.02 rushing yards per attempt. Additionally, Seattle's passing game set several records, including Russell Wilson joining Peyton Manning as the only players in NFL history to post at least 3,000 passing yards and 20 TDs in each of their first 10 seasons. Wilson and Duane Brown were both named to the NFC Pro Bowl roster. Tyler Lockett became the seventh player in franchise history to record 1,100 receiving yards in a single-season with a career-high 1,175, and DK Metcalf set a career-high with 12 touchdown receptions, tied for third-most in franchise history.

Waldron's emphasis on ball security produced the fewest giveaways in the NFL with 13 and second fewest in franchise history. Taking care of the football, along with Seattle's ability to marry the run with the pass, helped the Seahawks rank fifth in the NFL in scoring since Week 13, averaging 31.0 points per game, while winning four of those six games.

The 2020 season saw QB Jared Goff pass for a career-high 67.03 completion percentage (370 for 552) and over 3,900 yards for the third-consecutive season, missing his third-straight 4,000-yard season by 48 yards.

Waldron was influential in the continued growth of Goff during the 2019 campaign. Goff became the first quarterback in franchise history to post consecutive seasons with over 4,000 passing yards. Goff finished the season third in the NFL in passing with 4,638 yards and threw for 20-plus touchdowns for the third-consecutive season. WRs Cooper Kupp and Robert Woods finished with 1,161 and 1,134 receiving yards, respectively. It marked the first time the Rams had consecutive seasons with multiple receivers totaling over 1,000 receiving yards since a run of four-straight seasons from 1999-2002.

In 2018, Waldon helped lead a Rams passing attack that finished among the top-10 in passing yards per attempt (4th), passing yards per game (5th) and touchdowns (T8th) and saw Goff set career-bests across the stat sheet.

Under Waldron's guidance in 2017, the tight end duo of Tyler Higbee and Gerald Everett combined for 539 yards, three touchdowns and averaged 13.1 yards per reception. Everett recorded a 69-yard reception in his second game as a professional which tied for the second-longest reception by a tight end during the 2017 season.

Previously, Waldron served as the Washington Football Team's offensive quality control coach for the 2016 season. That season, Washington's offense broke the franchise record for total net yards in a single season (6,454), surpassing the previous team record set in 1989. That same team averaged 403.4 yards per game, becoming the first team in franchise history to average 400 yards per game. In the NFL rankings, Washington ranked third in total offense.

Prior to joining the Washington Football Team, Waldron spent four seasons at UMass, serving as the Minutemen's Recruiting Coordinator/Tight Ends coach from 2012-13 and offensive line coach from 2014-15. Waldron helped guide tight end Rob Blanchflower to a seventh-round selection by the Pittsburgh Steelers in the 2014 NFL Draft after Blanchflower set the school record for most career receiving yards by a tight end.

In 2011, Waldron served as the offensive coordinator at Buckingham Browne & Nichols High School (Mass.) and also as a Northeast Sports Consultant. A year earlier, he served as wide receivers coach for the Hartford Colonials of the United Football League.

Before his stint in the UFL, Waldron worked with the New England Patriots in various capacities across five seasons with the franchise. Beginning in 2002, Waldron served as an operations intern for two seasons before being promoted to the title of an operations assistant in 2004, when he handled special teams quality control duties in addition to overseeing the completion of weekly game plans. After three years coaching at Notre Dame, Waldron returned to New England in 2008 to serve as an offensive quality control coach and later served as the tight ends coach in 2009. That year the tight end duo of Benjamin Watson and Chris Baker combined for 546 yards, seven touchdowns and averaged 12.7 yards per reception.

Waldron spent the 2005-07 seasons as an offensive graduate assistant at Notre Dame. With the Irish, he helped guide two of the most explosive offenses in school history, as both the 2005 and 2006 units averaged at least 31 points per game.

A native of Portland, Ore., Waldron is a 2002 graduate of Tufts University, where he was a three-year letterman playing for Bill Samko. He is married to Meghan with two daughters, Lainey and Rylee.

DAVE CANALES

QUARTERBACKS

NFL EXPERIENCE: 13th YEAR **SEAHAWKS EXPERIENCE: 13th YEAR**

CANALES' COACHING 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**
2020-21	**Seattle Seahawks**	**Offensive Passing Game Coordinator**
2022-	**Seattle Seahawks**	**Quarterbacks**

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 returns to the role as quarterbacks coach in 2022 after two seasons as the Seahawks offensive passing game coordinator (2020-21), two years as the team's quarterbacks coach (2018-19), and three years as the wide receivers coach (2015-2017).

Last season, Seattle's passing game saw Russell Wilson join Peyton Manning as the only players in NFL history to post 3,000 passing yards and 20 TDs in each of their first 10 seasons, despite missing three games due to injury. In Wilson's absence, Geno Smith performed well, posting a 103.0 passer rating, completing 68.4 percent of his passes while throwing five touchdowns with one interception. The Seahawks wide receiver tandem posted another outstanding season as Tyler Lockett became second player in franchise history (Steve Largent) to post three-straight 1,000-yard receiving seasons (1,175), while WR DK Metcalf led Seattle with 12 touchdown receptions, fourth in the NFL and tied for third most in a single season in team history.

In 2020, Russell Wilson set single-season franchise records in touchdown passes (40), completions (384), and completion percentage (68.8), while wide receivers Tyler Lockett and DK Metcalf gave the Seahawks two 1,000-yard receivers in a season for the second time in franchise history (Brian Blades & Joey Galloway). Lockett set a club record with 100 catches and Metcalf established a franchise mark for most receiving yards (1,303).

In Canales' 12 years with the Seahawks, he has played a variety of instrumental roles in helping the team to nine 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.

NATE CARROLL

SENIOR OFFENSIVE ASSISTANT

NFL EXPERIENCE: 12th YEAR **SEAHAWKS EXPERIENCE: 12th YEAR**

CARROLL'S COACHING CAREER

2011-12	**Seattle Seahawks**	**Defensive Assistant**
2013	**Seattle Seahawks**	**Offensive Assistant**
2014-17	**Seattle Seahawks**	**Asst. Wide Receivers**
2018--21	**Seattle Seahawks**	**Wide Receivers**
2022-	**Seattle Seahawks**	**Senior Offensive Assistant**

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

Carroll enters his first season as senior offensive assistant after spending four seasons as the team's wide receivers coach (2018-21), and four seasons as an assistant (2014-17).

Tyler Lockett and DK Metcalf led the wide receiver room once again last season as Lockett joined Steve Largent as the second player in franchise history with three-straight 1,000-yard receiving seasons. Metcalf finished fourth in the NFL with 12 receiving touchdowns, third most in team history.

In 2020, Tyler Lockett and DK Metcalf etched their names in the club's record books after becoming the second pair of 1,000-yard receivers in Seahawks history (Brian Blades and Joey Galloway in 1995). Lockett set a team record with 100 catches and 1,054 yards, the sixth player in club history to register back-to-back 1,000-yard seasons. Metcalf was voted to the Pro Bowl and named to the Associated Press All-Pro Team (second team), after setting a club record for most receiving yards in a season with 1,303. The duo gave Seattle two receivers with 10-plus touchdowns in a season for the second time in franchise history (Steve Largent and Daryl Turner in 1984).

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

ASSISTANT DEFENSIVE LINE/DEFENSIVE ENDS

NFL EXPERIENCE: 4th YEAR **SEAHAWKS EXPERIENCE: 4th YEAR**

CURRY'S COACHING CAREER

2019	**Seattle Seahawks**	**Coaching Assistant**
2020-21	**Seattle Seahawks**	**Defensive Assistant/Linebackers**
2022-	**Seattle Seahawks**	**Assistant Defensive Line/Defensive Ends**

Aaron Curry enters his first season as assistant defensive line/defensive ends after officially joining the Seahawks coaching staff on March 11, 2020. Curry spent the 2019 season 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.

SEAN DESAI

ASSOCIATE HEAD COACH-DEFENSE

NFL EXPERIENCE: 10th YEAR **SEAHAWKS EXPERIENCE: 1st YEAR**

(duh-SY)

DESAI'S COACHING CAREER

2007-10	Temple	Graduate Asst./Special Teams/OLBs
2011	Miami	Asst. Director of Football Operations
2012	Boston College	Special Teams Coord./RBs
2013-18	Chicago Bears	Quality Control-Defense
2019-20	Chicago Bears	Safeties
2021	Chicago Bears	Defensive Coordinator
2022-	**Seattle Seahawks**	**Associate Head Coach-Defense**

Sean Desai joined the Seahawks coaching staff on February 15, 2022, as associate head coach-defense, following one season as defensive coordinator for the Chicago Bears in 2021.

Desai, who has over a decade of experience as a coach at the NFL and collegiate levels, served on Chicago's staff from 2013-21. He served as a defensive quality control coach from 2013-18 before coaching safeties from 2019-20.

During his lone season as defensive coordinator with the Bears in 2021, Chicago's defense ranked sixth in the NFL (316.7 ypg) and passing defense ranked third in the NFL (191.6 ypg). LB Robert Quinn broke Chicago's single-season sack record with 18.5, just a half-sack shy of his career-high of 19.0 set in 2013, was named second-team AP All-Pro and selected to his third Pro Bowl. Quinn registered at least a half-sack in 14 of 16 games played, including 12.0 in the last eight games.

In 2020, the Bears safety position was held down by fourth-year veteran Eddie Jackson and veteran newcomer Tashaun Gipson Sr. The group as a whole helped aid a defense that kept opponent passing attack to 231.6 yards per game. Three of the position highlights were game-winning interceptions on the opponent's final drives as Gipson picked off Matt Ryan in the final seconds of a Week 3 road win at Atlanta, DeAndre Houston-Carson taking one away from Teddy Bridgewater in a Week 6 victory at Carolina and Sherrick McManis on the road at Minnesota on the final play.

In 2019, Desai helped guide Jackson (60 tackles, two interceptions) to his second-straight Pro Bowl while safety Ha Ha Clinton-Dix shined in his first season with the Bears (78 tackles, two inteceptions). Jackson and Clinton-Dix played a key role in limiting opposing offenses to 222.1 passing yards per game (9th NFL).

As a quality control assistant from 2013-18, Desai worked with the Bears' defensive backs and linebackers while also assisting the special teams coaches.

Desai joined the Bears after spending the 2012 season as the running backs coach/special teams coordinator at Boston College. In 2012, the Eagles led the NCAA in punt returns (21.7 yards per return). That season, Desai also coached Boston College running back Andre Williams, who went on to win the Doak Walker Award as the nation's top running back a year later.

Prior to his time at BC, Desai was the assistant director of football operations at the University of Miami in 2011 after spending five seasons at Temple (2006-10) as a defensive and special teams coach. In 2010, Desai was Temple's special teams coordinator/outside linebackers coach. At age 27, he was one of the youngest coordinators in the country. That season, Temple's special teams ranked second in the nation in kickoff coverage, allowing just 17.4 yards per return. The defense ranked 16th in the nation in both total defense (317.7 ypg) and scoring defense (19.1 ppg). Temple's defense also finished 15th in passing yards per game allowed (178.2 ypg) and their nine passing touchdowns allowed were tied for the second fewest in the FBS.

From 2007-10, Desai served as a graduate assistant for the Owls defense/special teams and academics. During his time as a graduate assistant, Temple's special teams had the nation's top kickoff return unit in 2008, averaging 26.6 yards per return while tying for second in the nation with two kickoff return touchdowns. In 2009, the Owls compiled their longest winning streak in program history (9), en route to the Mid-American Conference East Division Co-Championship and their first bowl game in 30 years.

Desai earned his doctorate in educational administration, with an emphasis in higher education, at Temple in May 2008, serving as an adjunct professor at the school in 2009 and 2010, teaching in the master's and doctoral programs in education administration.

Desai and his wife have two sons and a daughter.

ANDY DICKERSON

OFFENSIVE LINE

NFL EXPERIENCE: 17th YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

DICKERSON'S COACHING CAREER

2003	Tufts University	Graduate Assistant
2006-08	New York Jets	Coaching Asst./Def. Quality Control
2009	Cleveland Browns	Quality Control/Defense
2010	Cleveland Browns	Assistant Offensive Line
2011	New York Jets	Coaching Assistant
2012-20	St. Louis/L.A. Rams	Assistant Offensive Line
2021	**Seattle Seahawks**	**Run Game Coordinator**
2022-	**Seattle Seahawks**	**Offensive Line**

Andy Dickerson enters his first season as the team's offensive line coach after originally joining the team on January 29, 2021, as the Seahawks run game coordinator. He spent the previous nine seasons with the Rams after serving in similar roles with the Cleveland Browns and New York Jets.

Last season, Dickerson helped guide Seattle's running game that finished third in the NFL in rushing yards per attempt (5.02). The Seahawks ground attack finished strong as RB Rashaad Penny led the NFL with 671 yards rushing since Week 14.

The Rams continued to rank in the top-10 in fewest sacks allowed in 2020, as the offensive line allowed the sixth-fewest (25) in the NFL. The o-line also helped RB Cam Akers to a successful rookie season. Akers finished the second half of the season with 110 carries for 477 yards and two

touchdowns, plus a 171-yard performance that was the second-most by a Rams running back in franchise history.

Dickerson was influential in the success of L.A.'s ever-changing offensive line in 2019, which was forced to make adjustments throughout the season due to injury. Despite losing two starters, the unit went on to not allow a sack in a franchise-best six games while also allowing the fewest sacks in the league (22).

With the assistance of Dickerson in 2018, the Rams' offensive line was amongst the best in the league and featured the same starting five for all 16 games and three postseason games during Los Angeles' run to Super Bowl LIII.

Third-year QB Jared Goff was provided the time to throw for career highs in yards (4,688), touchdowns (32) and passer rating (101.1) in L.A.'s No. 2 ranked offense. For the second consecutive season, the Rams' O-line also ranked in the top 10 for fewest sacks allowed.

In 2017, the offensive line paved the way for one of the biggest offensive turnarounds in NFL history, helping the team improve from the 32nd-ranked scoring offense in 2016 to the league's top-scoring team the following year.

During the 2017 campaign, the offensive line provided time for Goff to have a break-out campaign and allowed RB Todd Gurley II to lead the league in total touchdowns (19) and scrimmage yards (2,093) en route to earning AP Offensive Player of the Year accolades.

Dickerson helped coach an offensive line that protected QB Case Keenum, who set career-highs in attempts, completions, completion percentage, passing yards and passing touchdowns in 2016.

For the third-consecutive year, the Rams boasted one of the NFL's top rookie runners in 2015. The Rams offensive line blocked for Offensive Rookie of the Year and rookie Pro Bowler Gurley to rush for 1,106 yards, which placed him third in the NFL in rushing yards. The Rams finished seventh in the NFL in rushing offense and allowed the fewest sacks in the league (18).

With the help of the St. Louis offensive line, RB Tre Mason finished second among all rookies and led the Rams with 765 rushing yards in 2015. As a team, St. Louis averaged 102.2 rushing yards per game, giving them at least 100 yards per game in each of Dickerson's three seasons with the Rams.

In 2013, St. Louis averaged 21.8 points per game, the club's highest point total since 2006, and the team's offensive line had a great impact on the team's play. RB Zac Stacy rushed for 973 yards, third-most by a rookie in team history. Over the last 11 games, only six NFL backs rushed for more yards than Stacy. In the passing game, the Rams allowed 36 sacks in 2014, the eighth lowest total in the NFL.

In his first season with the Rams, Dickerson helped guide an offensive line that allowed just 35 sacks after giving up 55 the previous year. St. Louis' offensive line was forced to deal with its share of adversity as nine different linemen started at least one game. The unit led the league in sacks allowed after seeing significant action from five rookies.

Dickerson spent the 2011 season with the Jets as a coaching assistant. He first broke into coaching as a member of their staff from 2006-08, with coaching assistant and defensive quality control responsibilities. He also spent two years with the Cleveland Browns, serving as assistant offensive line coach in 2010 and defensive quality control in 2009.

Before joining the Jets staff, Dickerson worked in the operations department of the New England Patriots, first as an intern in 2004 and then on a full-time basis the following year. He began his NFL career with the Washington Football Team as a training camp intern in 2003 before spending that season as a graduate assistant on the offensive staff at Tufts University.

Dickerson played collegiate football at Tufts from 1999-2002. He also performed in the shot put, discus and hammer throw on the school's track & field squad. Before that, he was a three-sport captain in football, wrestling, and track and field at Tower Hill School in his hometown of Wilmington, Del.

GARCIA'S COACHING CAREER

2019-	**Seattle Seahawks**	**Strength & Conditioning Asst.**

Thomas Garcia enters his fourth 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 duel 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: 11th YEAR **SEAHAWKS EXPERIENCE: 11th 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.

Last season, Glenn led a linebacker room that saw Jordyn Brooks have a breakout campaign in 2021, ranking second in the NFL with a franchise-record 183 tackles. LB Bobby Wagner finished with 170 tackles, second most in franchise history, while being selected to his eighth consecutive Pro Bowl, tying Cortez Kennedy for third most in franchise history. Wagner was also named second-team All-Pro by the Associated Press, the only player in franchise history with eight All-Pro nominations.

In 2020, Bobby Wagner became the first player in franchise history to record nine-consecutive 100-tackle seasons. Wagner was voted to the Pro Bowl for the seventh time and selected to the Associated Press All-Pro Team first team. It was Wagner's fifth year in a row and sixth time in his career being named to the first-team (second-team in 2015; seven total), adding to a total that was already the most in franchise history.

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: 4th YEAR **SEAHAWKS EXPERIENCE: 4th YEAR**

IDZIK'S COACHING CAREER

2014-18	Stanford University	Graduate Assistant
2019	**Seattle Seahawks**	**Assistant Wide Receivers**
2020-21	**Seattle Seahawks**	**Quality Control-Off./Assistant QBs**
2022-	**Seattle Seahawks**	**Assistant Wide Receivers**

Hired on February 22, 2019, Brad Idzik returns to the role as assistant wide receivers coach, after two seasons as quality control-offense/assistant quarterbacks (2020-21), and one seasons as assistant wide receivers (2019). Prior to joining Seattle, Idzik spent 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. He served as the special assistant to the general manager for the Jacksonville Jaguars from 2015-20. 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.

KERRY JOSEPH

ASSISTANT QUARTERBACKS

NFL EXPERIENCE: 3rd YEAR **SEAHAWKS EXPERIENCE: 3rd YEAR**

JOSEPH'S COACHING 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**
2021	**Seattle Seahawks**	**Assistant Wide Receivers**
2022-	**Seattle Seahawks**	**Assistant Quarterbacks**

Kerry Joseph enters his first season as assistant quarterbacks after spending one season as assistant wide receivers (2021), and offensive assistant/running backs (2020). 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

ASSISTANT OFFENSIVE LINE

NFL EXPERIENCE: 2nd YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

KEKUEWA'S COACHING 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**
2021-	**Seattle Seahawks**	**Assistant Offensive Line**

Keli'I Kekuewa (Keli'I pronounced Kay-lee-EE) enters his second season as assistant offensive line after originally joining the staff on March 11, 2020, as offensive assistant. He spent 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 tights 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 Puna, 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

OFFENSIVE PASSING GAME COORDINATOR/WIDE RECEIVERS

NFL EXPERIENCE: 16th YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

LAL'S COACHING CAREER

2003	Los Medanos College	Wide Receivers
2004	St. Mary's College	QBs/Strength, Speed & Cond.
2004-06	California	Offensive Assistant/QBs
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**
2021	Jacksonville Jaguars	Wide Receivers
2022-	**Seattle Seahawks**	**Offensive Passing Game Coordinator/WRs**

Sanjay Lal re-joined Seattle's coaching staff on February 15, 2022, as offensive passing game coordinator/wide receivers after spending one year as Jacksonville's wide receivers coach (2021). Lal served as the Seahawks senior offensive assistant in 2020. He also coached receivers previously with Dallas (2018-19), Indianapolis (2017), Buffalo (2015-16), the N.Y. Jets (2012-14) and Oakland (2007-11).

In 2020, the Seahawks featured two 1,000-yard receivers in Tyler Lockett and DK Metcalf. Lockett led the team with a franchise-record 100 receptions for 1,054 yards and 10 touchdowns while Metcalf earned AP All-Pro second-team honors after totaling a franchise-record 1,303 yards and 10 touchdowns en route to his first Pro Bowl nod.

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 WR Randall Cobb's 55 receptions for 828 yards and three scores, helped QB Dak Prescott enjoy a career year with more than 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 WR Dez Bryant. WR 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 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 among the top 10 of all NFL wide receivers from Weeks 9-17.

In his lone season with the Colts, Lal oversaw a receiving corps that was led by WR 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.

Before Indianapolis, he spent two seasons as the Bills wide receivers coach (2015-16). In 2015, WR 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 N.Y. Jets and coached WR 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 WRs 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 receivers coach.

Lal attended the University of Washington where he played wide receiver. 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

ASSISTANT DEFENSIVE LINE/DEFENSIVE TACKLES

NFL EXPERIENCE: 3rd YEAR **SEAHAWKS EXPERIENCE: 3rd YEAR**

LEWIS' COACHING CAREER

2020-21	**Seattle Seahawks**	**Defensive Assistant/Defensive Line**
2022-	**Seattle Seahawks**	**Assistant Defensive Line/Defensive Tackles**

Lewis joined the Seahawks coaching staff on March 11, 2020, as defensive assistant/defensive line and moves in to new role as assistant defensive line/defensive tackles this season. He 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 defensed, 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: 6th YEAR **SEAHAWKS EXPERIENCE: 4th 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: 25th YEAR **SEAHAWKS EXPERIENCE: 13th 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).

Last season, McPherson helped lead a tight end group that combined for more than 700 yards receiving yards and five touchdowns. Will Dissly's biggest impact may have been his blocking in the running game, while Gerald Everett finished as the team's third leading receiver despite missing two games on the COVID-19 list with 48 catches for 478 yards and four touchdowns. Colby Parkinson appeared in 14 games after a strong training camp was cut short by a foot injury that caused him to miss the start of the season.

In 2020, three different tight ends recorded at least 20 receptions for more than 200 yards. Will Dissly (24-251), Jacob Hollister (25-209), and Greg Olsen (24-239) helped the tight end group register 75 catches for 715 yards and six touchdowns. Dissly played in 16 games (10 starts) for the first time in his career. Olsen finished his career with 8,683 yards, fifth most by a tight end in NFL history.

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

RUN GAME COORDINATOR/RUNNING BACKS

NFL EXPERIENCE: 14th YEAR **SEAHAWKS EXPERIENCE: 9th 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**
2017-21	**Seattle Seahawks**	**Running Backs**
2022-	**Seattle Seahawks**	**Run Game Coordinator/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. This season, Morton added the title of run game coordinator.

Last season, Chris Carson was limited to just four games due to a neck injury. Alex Collins started six games before Rashaad Penny put together one of the best stretches of rushing production in franchise history, rushing for 135 yards or more in four of Seattle's final five games, including 170 yards and two touchdowns in Week 17 (vs, Detroit, 1/2), and 190 yards and a score in Week 18 (at Arizona 1/9). Penny's 671 yards over the final five weeks of the season were the most in the NFL over that span, and despite having only 119 carries during the season, his eight rushes of 25 or more yards were tied for most in the NFL (Jonathan Taylor). Penny's 6.3 yards-per-carry average was the best in the NFL.

In 2020, Chris Carson was one of only three players (Kareem Hunt, Alvin Kamara) with four-plus touchdowns (5) and four-plus receiving touchdowns (4) despite playing only 12 games. Carson also set career highs in yards per attempt (4.8), catches (37), and receiving yards (287). Carlos Hyde, DeeJay Dallas and Travis Homer all played significant roles and Rashaad Penny returned to the field (at Washington, 12/20) for the first time in more than a year after suffering an ACL injury on 12/8/19.

In 2019, 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: 4th YEAR **SEAHAWKS EXPERIENCE: 4th 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.

KARL SCOTT

DEFENSIVE PASSING GAME COORDINATOR/DEFENSIVE BACKS

NFL EXPERIENCE: 2nd YEAR **SEAHAWKS EXPERIENCE: 1st YEAR**

SCOTT'S COACHING CAREER

2007	Delta State	Graduate Assistant
2008-11	Tusculum	Defensive Backs/Linebackers
2012-13	Southeastern Louisiana	Linebackers
2014	Southeastern Louisiana	Defensive Coordinator/DBs
2015	Louisiana Tech	Assistant Coach/Safeties
2016-17	Texas Tech	Secondary
2018-20	Alabama	Cornerbacks
2021	Minnesota Vikings	Defensive Backs
2022-	**Seattle Seahawks**	**Defensive Passing Game Coordinator/DBs**

Karl Scott was hired as defensive passing game coordinator/defensive backs on February 15, 2022, after serving one season (2021) as the defensive backs coach with the Vikings in his inaugural season in the NFL. Prior to Minnesota, he served as Alabama's cornerbacks coach from 2018-20.

Scott played a big role in helping Harrison Smith garner his sixth Pro Bowl selection in 2021. Under Scott's leadership, Smith also tied his career high in sacks with 3.0, while registering 114 tackles, seven passes defensed and one interception. With Xavier Woods playing on a one-year deal, Scott assisted Woods in revitalizing his career, tying for the team-lead in interceptions with three and being the only Viking to play 100% of the team's snaps in 2021.

In 2020, Scott helped Alabama to a National Championship as the defense allowed just 19.4 points per game, ranking 13th in the nation. The Crimson Tide ranked third in the SEC in pass defense and opposing quarterbacks completed just 58.1% of passes, throwing 12 interceptions. Alabama finished the 2020 season leading the SEC in pass efficiency defense and scoring defense. Under Scott, CB Patrick Surtain II led the SEC with 13 passes defended and 12 pass breakups, en route to unanimous All-America honors and being drafted in the first round (ninth overall).

Scott tutored 2020 second round NFL draftee (51st overall) Trevon Diggs on one side and Surtain II on the other while senior Shyheim Carter manned the star position in 2019. Diggs had three interceptions, 37 tackles and eight pass breakups. Surtain II made 42 stops with two interceptions and two forced fumbles, while Carter added 43 tackles and seven pass breakups. Under Scott's direction, Alabama ranked fourth nationally and first in the SEC in pass efficiency defense (109.75), finishing with 17 interceptions and 50 pass breakups.

In 2018, Scott was charged with replacing five starters in the secondary from the Tide's 2017 National Championship team with Minkah Fitzpatrick, Ronnie Harrison, Anthony Averett, Levi Wallace and Tony Brown all off to the NFL.

The completely overhauled secondary turned in a quality season, ranking 26th nationally in pass efficiency defense (115.79) and 33rd in pass yards allowed (198.3). Led by consensus All-America safety Deionte Thompson, the Tide allowed just 22 passing touchdowns while intercepting 15 passes. Thompson was second on the team in tackles with 79 while picking off two passes and breaking up six more. Safety Xavier McKinney also excelled at safety with 73 stops, six tackles for loss, 3.0 sacks and two inteceptions. Surtain II earned freshman All-America honors on the opposite side with 37 tackles and an interceptions while Carter played the nickel and added 44 tackles and two inteceptions.

Scott spent the 2016-17 seasons as the secondary coach at Texas Tech before being named the defensive coordinator at Louisiana-Lafayette in late December of 2017. In 2017, his unit posted an impressive turnaround, helping produce 29 turnovers, including 14 inteceptions. He mentored All-Big 12 selections in Jah'Shawn Johnson and Justus Parker.

Prior to his time at Texas Tech, Scott spent one season (2015) as the safeties coach at Louisiana Tech under head coach Skip Holtz. He helped the Bulldogs to a 9-4 record and a second-place finish in the Western Division of Conference USA. Louisiana Tech defeated Arkansas State in the New Orleans Bowl as the Bulldogs finished eighth nationally in defensive touchdowns after forcing 22 turnovers, including 13 interceptions.

Scott worked at Southeastern Louisiana for three years, serving as the defensive coordinator in 2014 and linebackers coach in 2012-13. During his tenure with the Lions, he helped lead the program to back-to-back Southland Conference Championships (2013-14) and two NCAA Football Championship Division playoff appearances.

His 2014 defense at Southeastern led the Southland Conference in total defense while ranking seventh in the FCS. The Lions also led the nation in pass efficiency defense (94.3), and ranked fifth in red zone defense, eighth in scoring defense (17.7 ppg) and 11th in turnovers (28).

Isiah Corbett and Harlan Miller were two mainstays on Scott's defense at Southeastern Louisiana, both earning All-America honors in 2014, while seven other defenders – Denzel Thompson, Jacob Newman, Tyler Stoddard, A.J. Bowen, Drew Misita, Jordan Batiste and Micah Eugene – joined the pair on the All-Southland Conference teams.

Scott's linebackers unit was a key factor in Southeastern's 2013 Southland Conference championship campaign. His corps benefited from the emergence of Cqulin Hubert, who was named Southland Defensive Player of the Year after recording a team-leading 90 tackles, including 11 tackles for loss.

Before his time at Southeastern Louisiana, Scott served as recruiting coordinator/defensive backs/linebackers coach for four years at Tusculum College from 2008-11.

He made an immediate impact at Tusculum, as he mentored two all-conference selections in Justin Scott and Jarvis Littlejohn. Scott collected all-region honors following the 2008 season, establishing new school records for single-season (22) and career (51) tackles for loss while finishing the season with 113 tackles and 277 for his career.

Scott's coaching career began at Delta State as a graduate assistant in 2007. In his lone season at DSU, he helped lead the Statesman to a 10-2 record, a no. 10 final national ranking, Gulf South Conference championship and NCAA Division II playoff appearance.

A native of Houston, Scott played at McMurry University in Abilene, Texas, where he earned his degree in exercise and sports studies in 2007. Scott and his wife Taron have two daughters, Kina Bailey and Kari Mae.

DESHAWN SHEAD

ASSISTANT DEFENSIVE BACKS

NFL EXPERIENCE: 2nd YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

SHEAD'S COACHING CAREER

2021	**Seattle Seahawks**	**Defensive Assistant/DBs**
2022-	**Seattle Seahawks**	**Assistant Defensive Backs**

DeShawn Shead enters his first season as assistant defensive backs after joining Seattle as defensive assistant/defensive backs on February 24, 2021, and an eight-year career in the NFL (Seattle Seahawks, 2012-17; Detroit Lions, 2018; New Orleans Saints, 2019). Shead was a part of Seattle's Super Bowl XLVIII-winning team during the 2013 season.

He was originally signed by Seattle as an undrafted free agent out of Portland State in 2012. In seven seasons with Seattle (2012-17) and Detroit (2018), Shead played in 66 contests with 22 starts at cornerback and one at strong safety, recording career totals of 146 tackles (108 solo) one sack, two interceptions, 23 passes defensed, three forced fumbles, 25 special teams tackles, one blocked punt and one special teams forced fumble. In 10 postseason contests with three starts for the Seahawks, he had 11 tackles (seven solo), four passes defensed and five special teams tackles. He signed with New Orleans in December of 2019, but did not play in a game.

Proposed to his wife, Jessica, following the Seahawks overtime victory vs. the Denver Broncos at Lumen Field on September 21, 2014. They have two children, Savannah and Carson.

CARL SMITH

ASSOCIATE HEAD COACH

NFL EXPERIENCE: 33rd YEAR **SEAHAWKS EXPERIENCE: 10th YEAR**

SMITH'S COACHING CAREER

1971	Cal Poly-SLO	Graduate Assistant
1972	University of Colorado	Graduate Assistant
1973	University of Colorado	Linebackers
1974	University of Louisiana-Lafayette	Defensive Line
1975-76	University of Louisiana-Lafayette	Defensive Backs
1977-78	University of Louisiana-Lafayette	
1979-80	Lamar University	Offensive Coordinator/Quarterbacks
1981	Lamar University	Offensive Coordinator/Off. Line
1982	North Carolina State	Offensive Coordinator/Quarterbacks
1983	Philadelphia Stars (USFL)	Tight Ends/Special Teams
1984-85	Philadelphia/Baltimore Stars (USFL)	Quarterbacks/Wide Receivers
1986-96	New Orleans Saints	Offensive Coordinator/Quarterbacks
1997	New England Patriots	Assistant Head Coach/Quarterbacks
1998-99	New England Patriots	Tight Ends
2001-03	Cleveland Browns	Quarterbacks
2004	USC	Quarterbacks
2005-06	Jacksonville Jaguars	Offensive Coordinator
2007-08	Bartram Trail High School	Quarterbacks
2009-10	Cleveland Browns	Quarterbacks
2011-17	**Seattle Seahawks**	**Quarterbacks**
2018	**Seattle Seahawks**	**Associate Head Coach**
2019	Houston Texans	Quarterbacks
2020	Houston Texans	Offensive Consultant
2021-	**Seattle Seahawks**	**Associate Head Coach**

Carl Smith re-joined the Seattle staff on February 24, 2021, and enters his 33rd season as an NFL assistant coach. He returns after two years away from the Seahawks as he served as an assistant coach with the Houston Texans. He owns more than 42 years of overall coaching experience and has been a part of six division titles, two conference championships and won a Super Bowl.

As offensive consultant for Houston in 2020, Smith watch the league's fourth-ranked passing attack led by three-time Pro Bowler QB Deshaun Watson. Watson had a career-year in attempts (544), completions (382), completion percentage (70.22), yards (4,823), touchdowns (33), fewest interceptions (7) and passer rating (112.4). He also added 444 rushing yards, the second-most of his career. With his play, Watson qualified for the all-time NFL passer rating rankings and places second in NFL history in passer rating (104.5), home passer rating (106.8) and road passer rating (102.1).

In 2019, the Texans went 10-6 and captured the AFC South title. With Smith on staff, Watson directed a Texans offense that tied the team record for most total touchdowns scored (46) in a single season in team history (2009, 2012) and set franchise records for highest redzone touchdown percentage (64.2) and fewest three-and-outs (24). He was named to a second consecutive Pro Bowl after a stellar season that saw him win AFC Offensive Player of the Month in October and a franchise-record three player of the week awards.

Watson logged five games with over 250 passing yards and 40 rushing yards on the season, which led the NFL and tied Randall Cunningham (five in 1988) for the most in a season in NFL history. In Week 5 vs. Atlanta, Watson posted the highest quarterback rating by a player in a game in franchise history (158.3) and set a single-game career high with 426 passing yards. As a team, Houston scored the second-most points in a game (53) in franchise history and scored over 50 points for just the second time. His performance made him the first player to throw for at least 400 yards and five touchdowns with five-or-fewer incompletions in a single game in NFL history. He also tallied a franchise-record seven rushing touchdowns in 2019, which only trailed Bills QB Josh Allen among quarterbacks.

Smith previously served as the associate head coach of the Seattle Seahawks in 2018 after spending the prior seven seasons as the Seahawks quarterbacks coach (2011-17).

From 2012-17, Smith mentored Seahawks QB Russell Wilson to become one of the most successful quarterbacks in the NFL, winning Super Bowl XLVIII as the third-youngest starting quarterback in NFL history. Smith guided Wilson to 73 victories (regular season and postseason), which marks the most victories in a player's first six seasons in league history. Under Smith, Wilson threw the third-most touchdown passes (161) in a player's first six seasons in NFL history, trailing only Dan Marino and Peyton Manning.

Wilson became the first player in NFL history to record a 100.0 passer rating in each of his first two seasons in the league, and broke his own franchise record (101.2 rating in 2013) with a league-leading 110.1 passer rating in 2015. Wilson also became the first quarterback in NFL history with a winning record in each of his first six seasons.

In 2016, Wilson tied his career high and a Seahawks franchise record with 34 touchdown passes and had a hand in 37 of Seattle's 38 offensive touchdowns while being named to his fifth-career Pro Bowl. Wilson led Seattle to another double-digit win season while setting career highs in attempts (546), completions (franchise-record 353) and yards (franchise-record 4,219).

Wilson finished the final seven games of the 2015 season with a132.8 rating and became the only player in NFL history to pass for at least 24 touchdowns and have one or fewer interceptions in a seven-game span in a single-season. He became the first player in league history with 4,000 passing yards, 30 touchdown passes and 500 rushing yards in a single season.

Prior to joining the Seahawks, Smith spent two seasons as the Cleveland Browns quarterbacks coach from 2009-10, which marked his second stint with the Browns, having coached quarterbacks in Cleveland from 2001-03.

He spent 13 seasons as an offensive coordinator, last leading the Jacksonville Jaguars offense from 2005-06. In 2006, Jacksonville's offense ranked 10th in the NFL in total offense and third in rushing yards per game with an average of 158.8. In 2005, the Jaguars scored 361 points, 100 more than the previous season, and finished with a 12-4 record.

Prior to his time in Jacksonville, Smith worked with Seahawks Head Coach Pete Carroll in 2004 at the University of Southern California, where he mentored Heisman Trophy winner Matt Leinart and helped the Trojans win the National Championship.

Smith served as the assistant head coach/quarterbacks coach for the New England Patriots in 1997. Under Smith's tutelage, Patriots QB Drew Bledsoe completed more than 60 percent of his passes, threw for more than 3,700 yards and set career highs in touchdown passes (28) and passer rating (87.7) as he was voted to the Pro Bowl in 1997. Smith would later transition to the Patriots tight ends coach from 1998-99.

Smith began his NFL coaching career with the New Orleans Saints in 1986, serving as offensive coordinator/quarterbacks coach for 11 seasons. During that time, the franchise recorded its first-ever winning season, earned its first playoff berth, won its first division title and qualified for the postseason on four occasions.

Prior to the NFL, Smith was an assistant at the collegiate level for 12 seasons, with the final six as an offensive coordinator.

Smith lettered in football as a defensive back at California Poly-San Luis

Obispo from 1969-70 after transferring from Bakersfield College where he played quarterback from 1966-67. He earned his bachelor's (1971) and master's (1972) degrees in physical education from Cal Poly.

A native of Wasco, Calif., Smith and his wife, Dianne, have three sons, Tracy, Tyler and Nicholas, two grandsons, Troy and Bo, and a granddaughter, Lane. Smith's son, Tracy, serves as Seattle's assistant special teams coach.

TRACY SMITH

ASSISTANT SPECIAL TEAMS

NFL EXPERIENCE: 14th YEAR **SEAHAWKS EXPERIENCE: 3rd YEAR**

SMITH'S COACHING CAREER

2004	Stephen F. Austin	Tight Ends/Video Coordinator
2005	LSU	Graduate Assistant/Offense
2006-08	Utah State	Tight Ends
2009-10	Cleveland Browns	Special Teams Assistant
2011	**Seattle Seahawks**	**Coaching Assistant**
2012-14	San Francisco 49ers	Special Teams Assistant
2015-17	Oakland Raiders	Assistant Special Teams
2018-19	Houston Texans	Assistant Special Teams Coordinator
2020	Houston Texans	Special Teams Coordinator
2021-	**Seattle Seahawks**	**Assistant Special Teams**

Tracy Smith re-joined the Seahawks staff on February 24, 2021, as assistant special teams coach after spending three seasons with Houston (2018-20), serving as the special teams coordinator for the Texans during the 2020 season. Smith was previously with Seattle in 2011 as a coaching assistant.

Seattle's special teams was among the NFL's best in 2021 as punter Michael Dickson led the league with 40 punts inside the 20, a single-season franchise record. Kicker Jason Myers made a franchise-record 37 consecutive field goals from 11/11/19-9/26/21. It is tied for the fifth-longest streak in NFL history. Seattle scored two touchdowns on special teams, the unit's first time finding the end zone since 2017. Nick Bellore ranked third in the NFL with 15 special teams tackles.

With Smith's help, the 2019 Texans turned in one of the best all-around special teams performances in team history. Behind standout coverage units, the Texans led the NFL and set the single-season franchise record in opponent punt return average, allowing just 3.4 yards per return, and also led the league in opponent field position after kickoffs. P Bryan Anger finished second in the NFL in net punting average (44.5) and led the NFL in percentage of punts pinned inside the 20-yardline (53.3 percent) and tied for the longest punt in franchise history with a 71-yarder in Week 4. Houston also had multiple field goal blocks in a season for the fourth time in team history (2003, 2011, 2013), tying the club record.

In Smith's first season in Houston in 2018, the Texans made a big leap in a number of special teams categories. Houston led the NFL in opponent starting field position with an average of the 25.5-yardline after finishing 26th in 2017. The Texans also ranked second in the NFL in starting field position (31.3) in 2018 after ranking 32nd the previous season. K Ka'imi Fairbairn led the NFL and set single-season franchise records in points scored (150) and field goals made (37). He became the first kicker to hit game-winning field goals in overtime in consecutive games (Weeks 4-5) since David Akers in 2000.

Smith spent three seasons coaching the Oakland Raiders (2015-17), with the special teams unit ranking fourth in punts inside of the 20-yard line (102), fifth in punting average (46.6), fifth in net punting average (41.3), eighth in kickoff return yards (2,540), ninth in punt returns (110) and 10th in punting yards (10,904) over that span.

In 2017, the Raiders finished fifth in the NFL in punting average (47.4) and seventh in opponent kickoff return average (19.9). K Giorgio Tavecchio became the first player to hit two 50-plus yard field goals on his debut in NFL history, earning AFC Special Teams Player of the Week in Week 1.

In 2016, Raiders K Sebastian Janikowski kicked three field goals of 50-or-more yards to become the NFL's all-time leader with 55 field goals at that distance. Janikowski also concluded the season with 414 career field goals, the ninth-most in NFL history, and moved into 10th on the NFL's all-time scoring list with 1,799 points scored. Smith also helped P Marquette King earn Associated Press All-Pro second-team honors after recording 81 punts for 3,937 yards (48.6 avg.) while placing 34 punts inside the 20-yard line.

In his first season in Oakland, Smith helped the special teams unit lead the league in kickoff return yards (1,268) and total return yards (1,540). The Raiders allowed only 22.7 yards per kickoff return, improving from 32nd in the league in 2014 to 13th in 2015.The team also blocked five combined extra points and field goals that season, tied for the most by any NFL team since 1995, and King set a franchise record by pinning 40 of his 83 punts inside of the 20-yard line.

Prior to joining the Raiders, Smith spent 2012-14 with the San Francisco 49ers, helping produce one of the top units in the NFL. During that time span, the 49ers ranked in the top 10 in field goals made (ninth, 86) and opponents punt return average (ninth, 8.3). San Francisco also ranked in the top five in net punting average (fourth, 41.3) and gross punting average (third, 47.5).

The 2013 49ers special teams unit ranked second in the NFL according to Rick Gosselin's annual special teams rankings. K Phil Dawson set a franchise record with 27 consecutive field goals made while producing a career-best 140 points, 44 extra points made and 32 field goals made.

The 49ers fielded one of the strongest special teams units in the NFL in 2012. P Andy Lee led the NFL with a 43.2 net punting average while also ranking fifth in the league with a 48.0 punting average on his way to All-Pro honors.

Smith spent the 2011 season with the Seattle Seahawks as a coaching assistant. Prior to joining Seattle, Smith's first NFL experience came with the Cleveland Browns in 2010, where he helped Cleveland lead the NFL in kickoff coverage, finish fifth in punt coverage and sent KR Josh Cribbs to the Pro Bowl.

Before making the jump to the NFL, Smith coached tight ends at Utah State from 2006-08 and spent the 2005 season as the offensive graduate assistant at LSU, working with the team's quarterbacks.

Smith's first job in football came at Stephen F. Austin in 2004, where he worked with the tight ends in addition to serving as the team's video coordinator.

A native of Beaumont, Texas, Smith received a bachelor's degree in business while working for the athletic department's video staff at LSU. His father, Carl, is Seattle's associate head coach. Smith has a son, Troy, and he and his wife, Megan, are parents of one daughter, Lane, and a son, Bo.

GRANT STEEN

STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 4th YEAR **SEAHAWKS EXPERIENCE: 4th 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.

WILL TUKUAFU

QUALITY CONTROL-DEFENSE

NFL EXPERIENCE: 2nd YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

TUKUAFU'S COACHING CAREER

2021	**Seattle Seahawks**	**Coaching Assistant**
2022-	**Seattle Seahawks**	**Quality Control-Defense**

Will Tukuafu enters his first season as quality control-defense after officially joining the Seahawks coaching staff on February 15, 2022, and spending the 2021 as a coaching assistant aiding the special teams units.

He played seven seasons in the NFL as a fullback, four seasons with the San Francisco 49ers (2010-2013), and three with the Seattle Seahawks (2014-2016) after coming in as an undrafted rookie free agent from the University of Oregon where he played defensive end. He played in 50 career games with four starts, seeing time at defensive end, fullback and special teams during his career.

Tukuafu last played in the NFL in 2016 for Seattle, under head coach Pete Carroll. He appeared in 30 games for Seattle, including the 2014 season as Seattle made its second consecutive Super Bowl appearance as the reigning NFC champions.

DANNY VAN DIJK

STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 4th YEAR **SEAHAWKS EXPERIENCE: 4th 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: 13th YEAR **SEAHAWKS EXPERIENCE: 13th 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.

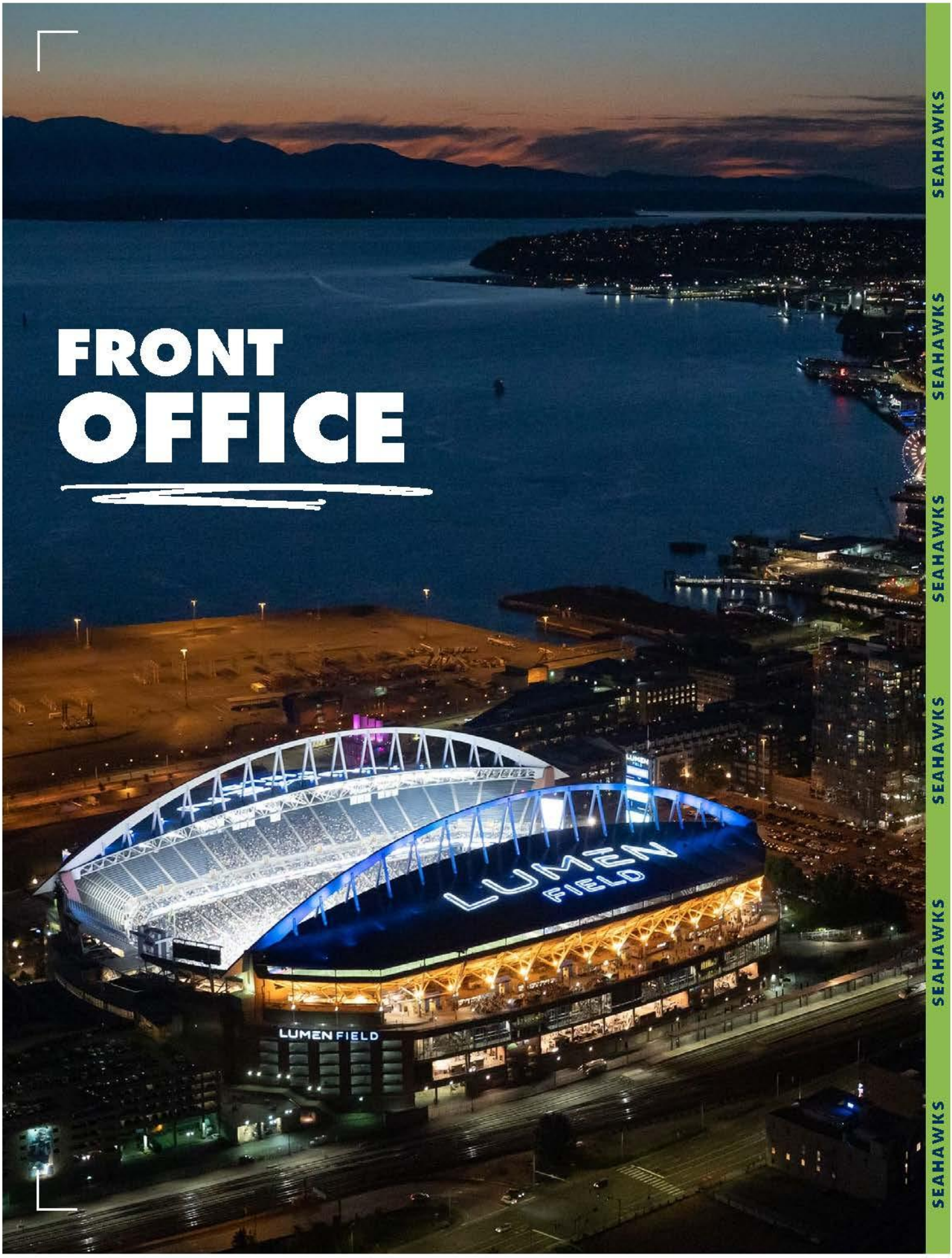
In his time at USC, he was responsible for designing and implementing strength and conditioning programs for baseball, football, women's tennis and volleyball.

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.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JODY ALLEN

CHAIR, SEAHAWKS; 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, 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 Lumen Field and Lumen 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, 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

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, 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 Lumen 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.

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 Lumen Field, Lumen Field Event Center, and WAMU Theater. Arnold is in his 29th season with the organization and fourth as team president, after serving as the team's COO from 2013-18. In April 2021, the team announced his extension as president through 2027.

Under Arnold's leadership, the Seahawks organization continues to be one of the strongest in the NFL, setting franchise records for overall ticket, suite and sponsorship revenue, and maintaining a streak of 154 consecutive home game sellouts going into the 2022 season.

The team consistently ranks in the NFL's top 10 in numerous categories, including local and national fanbase, fan experience, retail, and digital engagement. In 2021, three Seahawks games were in the top 100 most-watched TV programs nationally, and the team ranked eighth in the NFL in local TV ratings.

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 nearly 2,500 charities around the Pacific Northwest and beyond and uses its unique and powerful platform to support community programs around the region. In light of COVID-19's impact on the community, Arnold led the Seahawks and FGI to support numerous COVID-related efforts including utilizing Lumen Field's vast stadium and event center space to host an army field hospital and blood donation center. The stadium's kitchens also made more than 120,000 emergency meals that were distributed throughout the Seattle area. In March 2021, Lumen Field opened the country's largest civilian-led vaccination site in partnership with the City of Seattle, that went on to vaccinate more than 100,000 people.

Lumen 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 consistently rank in the top-five in the NFL's Voice of the Fan Survey, including the No. 1 overall ranking in 2013 and 2016.

Arnold is currently a member of the Washington Chapter of the American Cancer Society's CEO's Against Cancer and serves on the Boeing Classic Advisory Board.

JOHN SCHNEIDER

EXECUTIVE VP/GENERAL MANAGER

John Schneider enters his 13th season as General Manager of the Seattle Seahawks, having been named to the position on 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 Executive VP/Head Coach Pete Carroll in all facets of the football operations department. Schneider begins his 30th 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 playmakers and veteran leadership. He continues to build and maintain a younger roster that breeds a sustained championship caliber atmosphere.

The signs of that philosophy have been evident during the last decade-plus, 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.

Together with Carroll, the Seahawks have compiled the sixth-best record in the NFL since 2010 with a 119-73-1 mark and is one of seven teams to win at least 115 games over that span. The club posted 10-plus wins in five-consecutive seasons (2012-16) for the first time in franchise history, including eight of the last 10 seasons, and won five NFC West Division titles.

Schneider has continued to turn the roster over since 2010, totaling more than 3,000 transactions prior to the 2022 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 since his inaugural season. 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 Pro Bowler Russell Okung and a starting free safety with the selection of three-time first-team All-Pro Earl Thomas.

He orchestrated 13 trades in 2010 as general manager, 12 in 2017 and 13 in 2019 to build draft capital and add veteran leadership. His trades have netted game-changing veterans and young talent in Jamal Adams, Duane Brown, Chris Carson, Kam Chancellor, Chris Clemons, Jadeveon Clowney, Michael Dickson, Quandre Diggs, Carlos Dunlap II, Jimmy Graham, Percy Harvin, Bruce Irvin, Tyler Lockett, Marshawn Lynch, DK Metcalf, Jarran Reed, Richard Sherman, Golden Tate, Darrell Taylor and Bobby Wagner.

His roster has included 15 first-team All-Pro selections since 2012 and without a Pro Bowl selection on the roster from 2009-10, Schneider's roster has seen 25 different players selected from 2011-21: Russell Wilson (9), Wagner (8), Thomas (6), Chancellor (4), Lynch (4), Sherman (4), Michael Bennett (3), Doug Baldwin (2), Brown (2), Diggs (2), Graham (2), Max Unger (2), Adams, Cliff Avril, Nick Bellore, Brandon Browner, Dickson, Shaquill Griffin, Lockett, Metcalf, Okung, Tyler Ott, Michael Robinson, Leon Washington and K.J. Wright. All of these players, except Unger, were added via draft, trade and free agency after Schneider took over.

Before joining the Seahawks, Schneider produced eight successful seasons with the Green Bay Packers. Originally joining the Packers on 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 Commanders (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 Europa 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 in Washington 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 $4.6 million for "Ben's Fund" in 11 years.

Schneider serves on the GM Advisory Committee and the CEC Working Group.

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 on 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, 20, and Jack, 18.

SENIOR MANAGEMENT

ED GOINES

CHIEF LEGAL OFFICER

Ed Goines is entering his ninth season with the Seahawks in 2022, having recently added the title of Chief Legal Officer. As Chief Legal Officer, Goines oversees the corporate legal affairs and government relations strategy and policies for the Seahawks and First & Goal Inc./Lumen Field. Goines works closely with the organization's business partners and was instrumental in securing an agreement with Lumen Technologies for renaming our stadium to Lumen Field (formerly CenturyLink Field). During the worldwide COVID-19 pandemic, Goines worked with local, state and federal government leaders and public health officials across a range of significant projects, including transforming Lumen Field into a U.S. Army Corp of Engineers temporary medical facility, negotiating a state order permitting the safe return of player training, practice and spectator-less sporting events at Lumen Field, establishing protocols for the safe and orderly return-to-workplace for coaching and football operations staff, negotiating an agreement to transform Lumen Field Event Center into the largest civilian-operated vaccination site in the U.S., and establishing protocols for the safe and orderly return of spectators to Lumen Field. Prior to his work with the Seahawks, Goines was Assistant Chief Counsel for The Walt Disney Company. Before 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

CHIEF HUMAN RESOURCES OFFICER

Entering her 40th season with the club in 2022, Cindy Kelley was promoted to senior vice president in 2015. She served as vice president between 2011-2015, 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 leading all human resources functions and developing strategies that meet the goals and objectives of the organization including: policies and procedures, talent and diversity recruiting strategies, workplace culture, benefits, compliance, training, compensation, labor relations, employee relations, performance management, safety, and strategic planning. She also oversees administration, corporate hospitality and security. 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

CHIEF COMMUNICATIONS OFFICER

Dave Pearson, in his 34th NFL season and 25th with the Seahawks, was promoted to the team's senior management group 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 Lumen 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 more than 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.

KAREN SPENCER

CHIEF FINANCIAL OFFICER

Karen Spencer is responsible for the financial oversight of the Seahawks and First & Goal Inc. 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 Vice Chair Bert Kolde and President Chuck Arnold. She also serves as treasurer on the Seattle Seahawks Charitable Foundation and the NFL's Club Technology Advisory Board comprised of team CFOs. 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. 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 and 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.

AMY SPRANGERS

CHIEF REVENUE OFFICER

Entering her 22nd season with the club, Amy Sprangers serves as the Seahawks Chief Revenue Officer. 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 Lumen 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.

In 2018, Amy was promoted to her current role, adding season tickets to her management responsibilities and now overseeing a team that enters the 2022 season with 154 consecutive sellouts. Sponsorship revenue has increased +19% over the past five years and ranked 12th in the NFL for the 2021 season, despite only being the 14th-ranked DMA in the NFL by market size. 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 led the naming rights extension negotiation for CenturyLink Field in 2017 and later the 2020 rebrand to Lumen Field, one of the top three busiest stadiums in the NFL, typically hosting more than 300 event days and over 2.4 million visitors annually.

Amy is actively involved in the sports business landscape and frequently speaks on the topic of women in leadership. In 2021 she participated in a National Women's History Month panel for the Seattle chapter of Women in Sports & Events (WISE), where she spoke about her career in sports. 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

CHIEF OPERATING OFFICER

David Young enters his 19th NFL season and 14th overall with the Seahawks in 2022. As Chief Operating Officer for the Seahawks, 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.

The Seahawks brand continues to be among the strongest in professional sports and 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.

Continually enhancing the guest experience has also 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 Lumen Field. In 2018, FGH scored the highest ever rating for F&B at Lumen 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 Lumen Field and Event Center during Young's tenure, including a threefold increase in concerts held each year in the Washington Music Theater. In total, the Lumen Field event complex manages more than 300 event days and 2.4 million attendees annually. Lumen Field has also continued to set high standards for sustainability becoming the first Smart Catch certified stadium and maintaining an average waste diversion rate greater than 96% over the last several years. Lumen Field has earned a variety of recognition, including "Seattle Business Magazine Community Impact Award for Sustainability" in 2019 and "Environment Protection Agency Very Large Business Partner of the Year Award" 2020. Young oversees a marketing team that is responsible for growing and evolving the Seahawks brand both locally and nationally.

In light of COVID-19's impact on the community, Young led the stadium's efforts to support numerous community programs in 2020 including utilizing the vast stadium and event center space to host an army field hospital, blood donation center, and make more than 120,000 emergency meals that were distributed throughout the Seattle area. He also oversaw the stadium's partnership with King County Elections to host a voter resource center, as well as the opening of the country's largest civilian-led COVID-19 community vaccination site at the Lumen Field Event Center in partnership with the City of Seattle, which opened in March 2021.

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, Wash. with their children, Ella and Owen.

SARITA CARTER

VP/HUMAN RESOURCES

Sarita Carter is entering her 34th season with the Seattle Seahawks in 2022. She was promoted to Vice President of Human Resources in May 2021 after spending 19 seasons in the Human Resources department. Her career started in 1988 as the Front Desk Receptionist and later worked in Community Relations prior to joining the Human Resources department where she has been the Managing Director since 2016. She is responsible for the day-to-day human resources functions for the Seahawks and First & Goal Inc. including; employee relations & engagement, benefits administration, performance management, recruiting & onboarding, HRIS, compliance, training, policies and strategic planning. She also oversees the hospitality department and office administrative staff. Sarita serves on the Seattle Leadership Council for UNCF, as well as the Seattle University – MBA Sports & Entertainment Management Advisory Board. She has also completed the McKinsey Black Executive Leadership Program. Born in Seattle, Wash., she is a graduate of Cleveland High in Seattle and earned her degree in Business Administration from Central Washington University. She and her husband Bryan reside in Federal Way, Wash. and have two sons, Bryan Jr. (BJ) and Isaiah, and daughter Deneya.

ALEN CISIJA

VP/GENERAL COUNSEL

Alen Cisija (he/him) joined the Seahawks in 2018 and is a trusted advisor to the Seahawks and Lumen Field personnel and senior leadership. He counsels clients on a variety of transactions and oversees litigation and organizational compliance with NFL rules and regulations.

Prior to the Seahawks, Alen was an associate at Covington & Burling in Washington, D.C., where he represented the NFL in litigating player grievances and several leading video game publishers in esports transactions. Before Covington, Alen worked at the NFL Management Council in New York.

Alen is a graduate of the University of Michigan Law School and Oberlin College. In his free time, he enjoys skiing, playing soccer, and exploring the Pacific Northwest. He serves as a Special Advisor to the Washington State Football Coalition and is a member of Law360's Sports and Betting editorial board. He resides in Seattle with his wife, Carly. Alen was born and raised in Sarajevo, Bosnia and Herzegovina.

JEFF DUNN

VP/BUSINESS STRATEGY & ANALYTICS

Jeff Dunn joined the Seahawks in 2013 and was promoted to Vice President of Business Strategy & Analytics in June 2014. In this role, he provides strategic and analytical support to each department of the Seahawks business operations. 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 PNW Regional Advisory Board 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 2011-18. 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 OUTREACH

Mike Flood joined the Seahawks on July 1, 1997. He helped spear¬head the state¬wide 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, Be Kind Snoqualmie Valley. 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.

PETER FONFARA

VP/FINANCE

Fonfara is entering his 11th season with the Seahawks after initially joining the team in 2012 as Director of Finance. Most recently he was Managing Director of Finance before being promoted to Vice President of Finance in May 2021. In his role, Fonfara oversees the

Seahawks and First & Goal Inc. finance teams and manages the team's financial and accounting policies, systems and processes, treasury management, and ongoing financial modeling and budgeting of Football Northwest LLC and First & Goal Inc. He is also responsible for ensuring operational efficiency as well as providing accurate and reliable financial information for the team's ownership, senior management, the National Football League, and the Public Stadium Authority. Prior to the Seahawks, he worked as an auditor for Deloitte. He currently serves on the board for Big Brothers Big Sisters of Puget Sound and the Downtown Seattle Association. A graduate of Gonzaga University, he lives in Mercer Island, Wash. with his wife Margot.

ZACH HENSLEY

VP/OPERATIONS & GENERAL MANAGER OF LUMEN FIELD

Zach Hensley is the Vice President of Operations and General Manager of Lumen Field, Lumen Field Event Center and WAMU Theater since 2021. Hensley originally joined the Seahawks family in 2015 as Managing Director of Guest Experience. In his position, Hensley oversees and directs all event booking, FGI business development, ticket operations, traffic, parking, security, guest services, facility operations, project development, housekeeping, sustainability, labor analytics, field operations, conversion, and event operations for Lumen Field, Lumen Field Event Center and WAMU Theater.

Under Hensley's leadership, Lumen Field has expanded its game day experience by adding a new communal field view bar area under the Hawks Nest, multiple Amazon Just Walk Out Markets and several Verizon AiFi Express Shop markets. In 2017, Hensley led the creation and implementation of First and Goal Hospitality which oversaw all food and beverage operations at Lumen Field. During the pandemic, Hensley led all stadium efforts to follow Washington State and King County COVID guidelines to allow Lumen Field to host fans safely.

Hensley 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 Bowls, MLS Cups, MLS CONACAF Champions League, NHL All Star Games, NCAA Football Championships, WrestleMania, NHL Stadium Series and NCAA Final Four Championships.

Zach serves on the City Year King County Board, an organization supporting education in Seattle Public School District. He also serves on the Seattle Chamber of Commerce Board.

He resides in Bellevue with his wife, Valerie, and two children, Emma and Chase.

MAURICE KELLY

VP/PLAYER ENGAGEMENT

Maurice Kelly enters his 18th season with Seattle and seventh as a vice president. 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. He 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. He and his wife, Dionne, have one son, Miles.

CHRIS LAWRENCE

VP/TICKETS & PREMIUM

Chris Lawrence is in his 24th season with the organization and fourth as Vice President of Tickets & Premium, 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 tenure with the organization, the Seahawks have set franchise records for new season tickets sold, overall season ticket base, average attendance, suite sales, and group sales. Entering the 2022 season, the team has sold out 154 consecutive games, has 12,000 members on the team's Blue Pride season ticket wait list and close to 85,000 fans on the Blue Pride notification list. Lawrence is a graduate of 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 seventh 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 family of brands, as well as leading the team's community engagement efforts and youth and high school football programs. Through data-driven fan and community engagement strategies, Richards leads cross-organiza-

tional groups to help internal and external partners connect with the 11.4M Seahawks fans across the U.S. and the NFL's .

His oversight in the area of fan engagement includes marketing, design, gameday entertainment, digital and social media, video production and fan engagement. The Seahawks brand continues to grow in strength, diversity and numbers, holding a top 5 NFL ranking in BrandIndex, national and international fan base size, total social media audience and engagement, digital traffic and percent youth and female fans. Richards has also helped shape and lead one of the most exciting, entertaining and loud gameday fan experiences in North American sports. Seahawks gamedays at Lumen Field have become a bucket list sports experience for fans across the globe, thanks in large part to the passion of the 12s.

The Seahawks community impact is felt from Seattle to Spokane, Portland to Vancouver, BC to Anchorage and across the country, and has community ambassadors in regions across the globe doing good works in the name of the team. The Seahawks focus the majority of community impact efforts in five key areas – Youth Empowerment, Social Justice, the PNW Military Community, the Future of Football and Being A Good Neighbor by responding to emerging crisis and community needs in the Pacific Northwest. In 2021, the Seahawks organization donated $1.3M to a wide variety of Pacific Northwest causes like the Black Future Co-Op Fund, Seattle's Youth Achievement Center, Urban Artworks, InvestED, WIAA, Merging Vets & Players, Outdoors for All, King County Boys & Girls Clubs and more.

Before joining the Seahawks and Sounders FC 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 serves on the Board of Commissioners for the Seattle Sports Commission and is an executive officer on the Board of Directors for InvestED, a Washington state non-profit that provides funding to almost 700 secondary schools across Washington State. InvestED's mission is to help children from low-income families and communities get to school, engage in school, and graduate.

CHIP SUTTLES

VP/TECHNOLOGY

Chip Suttles is entering his 11th season with the Seahawks as Vice President of Technology. He is the voice in guiding the values and mission related to the technology needs of the Seahawks and First & Goal Inc. He is responsible for aligning cutting edge technology with the overall business strategy of the organization -- by modernizing technology, his team aims to enhance the performance of the organization, improve the customer/fan experience, and drive increased revenue. His areas of focus include maintaining, securing, and optimizing the IT infrastructure, investing in the modernization of stadium technology, supporting player performance analytics, and enhancing the organizations' mobile phone applications. Suttles joined the Seahawks after working for the Vancouver Canucks as Director of Technology in 2010-2011. Prior to his tenure 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. Suttles was the recipient of a 2020 Seattle CIO of the Year ORBIE Award and the 2021 HMG, CIO Award winner for executive technology leadership. He enjoys participating in a variety of recreational sports and actively supports his community's local youth football organization.

KAREN WILKINS-MICKEY

VP/DIVERSITY, EQUITY & INCLUSION

Karen Wilkins-Mickey (she/her) joined the Seahawks in January 2021 and brings over 20 years of DEI leadership experience to the team. In her role, Karen leads the Seahawks' overall DEI strategy, and acts as a liaison for the team, its senior management group, players and the community to drive strategic DEI initiatives and programs. She also oversees the team's internal DEI Council, represents the team for NFL social justice initiatives, and acts as an internal consultant to department leaders across the team's football and business operations to ensure diversity, equity and inclusion are part of the decision-making process throughout the organization.

Prior to the Seahawks, Karen was Director of Diversity & Inclusion for Alaska Airlines, and has previously held diversity and inclusion leadership roles within Expedia Group and Microsoft. She is an alumni of the first McKinsey Black Executive Leadership Program and is a founding member of the DEI Community of Practice, which is a growing network of professionals committed to establishing and enhancing diversity, equity and inclusion practices within Seattle-area organizations. She was recently appointed to the Leadership Council for UNCF, which supports a goal of providing every local minority student with the funds they need to support their college education. She was honored in 2018 by the Seattle Mariners as part of African American Heritage Day, where she was recognized for her contributions to the Northwest community. She is also a Certified Diversity Recruiter as well as recently earning her certification in DEI through E-Cornell.

A native of New York City, Karen has Bachelor's Degree in Communications from California State University Chico. She lives in Bothell, Wash. with her husband Korey and two teenage children, Kyra and Kaden.

LISA YOUNG

VP/CORPORATE PARTNERSHIPS

Lisa Young joined the Seahawks in 2005 and has since worked her way up through the organization's partnerships department over the years, including her most recent role as Managing Director of Corporate Partnerships. She was promoted to Vice President of Corporate Partnerships in May 2021. In her role, Young oversees all business operations for the team's Corporate Partnerships group, including all departmental sales, as well as activation strategy and execution. Prior to the Seahawks, she started her career in advertising at a boutique firm in San Diego. A graduate of Washington State University, Young lives in Woodinville, Wash. with her husband Jeremy and two children, Caroline and Harrison.

TRENT KIRCHNER

VP/PLAYER PERSONNEL

Trent Kirchner begins his third season as VP/Player Personnel, following five seasons (2015-19) as co-director of player personnel and two seasons as the Seahawks pro personnel director (2013-14). Kirchner directs 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 3,000 player transactions to help maintain one of the most competitive rosters in the NFL. He 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 it 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 Commanders. 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. Kirchner and his wife, Jessica, have two sons, Carter and Landon.

MATT BERRY

DIRECTOR OF COLLEGE SCOUTING

Matt Berry begins his 15th season with Seattle and eighth as director of college scouting in 2022. 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 OF PRO PERSONNEL

Nolan Teasley begins his fifth season as director of pro personnel in 2022 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 evaluates talent from NFL rosters and practice squads, along with talent from other football leagues including the CFL. Teasley is involved in the club's NFL draft process throughout and provides input and analysis on draft weekend. 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 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, Wash., Teasley and his wife, Morgan, live in Gig Harbor with their three sons, Cruz, Jax and Jude.

AARON HINELINE

ASSISTANT DIRECTOR OF COLLEGE SCOUTING

Aaron Hineline enters his 17th season with the Seahawks, 13th as a college scout, and third as the assistant director of college scouting. He is responsible for the evaluation of all draft eligible players in the Southeast region, along with assigned cross checks. While serving in the pro personnel department in his first four years with the team, Hineline helped provide weekly advances for 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. Hineline 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 fullback. 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 Gentrie and they have two daughters, Peyton and Harper, and a son, Grady.

WILLIE SCHNEIDER

ASSISTANT DIRECTOR OF PRO PERSONNEL

Willie Schneider enters his fourth season as assistant director of pro personnel in 2022. He originally joined the Seahawks scouting department in 2017 as a pro personnel scout after serving as a scouting intern in 2014. 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 the two live in West Seattle.

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

PERSONNEL EXECUTIVE

Jason Barnes enters his 17th season with the Seahawks in 2022, and 14th working with the college scouting depart¬ment after work¬ing with pro scouting the first three years. In 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. He lined up at wide receiver 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 honors following his senior season as a cornerback, and was selected to play in the Indiana North/South All-State All-Star Game. Was also 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. He 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.

RYAN FLORENCE

AREA SCOUT (SOUTHWEST)

Ryan Florence enters his ninth season with the Seahawks. He begins his second season as an area scout in 2022 after previously serving as an NFS Scout covering the Mid-Atlantic Region. Originally joining the Seahawks as an intern in 2014, he was promoted to a National Football Scouting (NFS) 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. He earned a B.A. in Organizational Communication from William Jewell College in Liberty, Mo., where he was a three-year starter at cornerback. He went

on to earn an 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., Florence and his wife, Jacqueline, live in the greater Kansas City area with their two sons, Kohen and Kyle.

JOSH GRAFF

AREA SCOUT (WEST)

Josh Graff enters his 10th full-time season with the Seahawks, 12th overall. He begins his sixth season as an area scout in 2022 after previously serving four years as an insert scout for National Football Scout¬ing 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 and 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. He resides in Denver, Colo.

KIRK PARRISH

SR. COLLEGE SCOUTING COORDINATOR/AREA SCOUT

Kirk Parrish enters his 24th year with the Seahawks. He is responsible for maintaining the day-to-day operations of the 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 Illinois, Iowa, Minnesota, Montana, Nebraska, North Dakota, South Dakota, and Wisconsin – 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 H.S.), and Pacific Northwest Football Hall of Fame. He and his wife, Carol, reside in Bothell, Wash. They have a daughter, Jill, and a son, Jay.

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. He attended Notre Dame where he played wide receiver while earning his degree, followed by earning a masters degree from Northern Iowa. He attended Rockhurst High School in Kansas City, Mo.

ARMANI PEREZ

PRO SCOUTING PERSONNEL ASSISTANT

Perez enters his fourth season with the Seahawks, second in a full-time role, as pro scouting personnel assistant, after spending two seasons (2019-20) as a scouting intern. He is responsible for scouting future opponents, writing pro and draft prospect evaluation reports from college, NFL, CFL, XFL and The Spring League, coordinating free agent workouts and monitoring pro transactions. Perez joined Seattle after serving the University of Arkansas as director of off-campus recruiting in the spring of 2019. He spent four years (2015-19) at Louisiana Tech, with the last three as director of recruiting, where he served as an NFL liaison and was responsible for initial identification and evaluation of prospective student-athletes. While attending Florida State, where he earned his degree in business & sport management in 2014, he was a recruiting assistant from 2013-15. Perez lettered in football at Columbus High School in Miami and is married to wife, Macy.

HAILEY HOLTZ

PERSONNEL ASSISTANT

Hailey Holtz is entering her first season with the Seahawks where she serves as a personnel assistant where she will work with both pro and college personnel departments. Holtz began her college career as an on-campus recruiting assistant at the University of Alabama before transferring to Louisiana Tech and working as a recruiting assistant for four years with the Bulldogs. Since graduating in 2022 with a bachelor's degree in communications, Holtz has worked for the University of North Carolina-Charlotte as the on-campus recruiting coor-

dinator, where she has been responsible for planning and executing all recruiting visits, including travel and logistics, as well as compliance with conference and NCAA rules.

SAM RAMSDEN

VP/HEALTH & PLAYER PERFORMANCE

With 30 years of total NFL experience, Sam Ramsden begins his 24th year with the Seahawks in 2022 and his second in the role of VP of player performance. His responsibilities include collaborating with the strength and conditioning, athletic medicine, 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 30 seasons in the NFL has been centered on the physical rehabilitation and conditioning of professional football players. Ramsden also served as the infection control officer (ICO) for the team during the Covid pandemic from 2020 to 2022. Originally, Sam joined the Seahawks as an associate athletic trainer in February of 1999. He was promoted to head athletic trainer in 2004 and was responsible for coordinating the overall healthcare provided for the Seahawks' players and staff. Before Seattle, he served six seasons with the Green Bay Packers as an assistant athletic trainer and was a member of the Super Bowl XXXI championship team. As a student athletic trainer at the University of Wisconsin-La Crosse, Ramsden worked with several intercollegiate sports teams before joining the Packers staff. He received a bachelor's degree in physical education with an emphasis in athletic training from the La Crosse school in 1992. A La Crescent, Minn. native, he and his wife, Lisa, together with their two sons, Henry and Lachlan, live near Fall City, Wash.

DAVID STRICKLIN

HEAD ATHLETIC TRAINER

David Stricklin is the Seahawks head athletic trainer and enters his 14th 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. Stricklin serves on the Executive Committee for the Professional Football Athletic Trainer's Society and the Seahawks' DEI council. Married to Courtney, they have two daughters, Olivia and Avery.

MATT CAPURRO

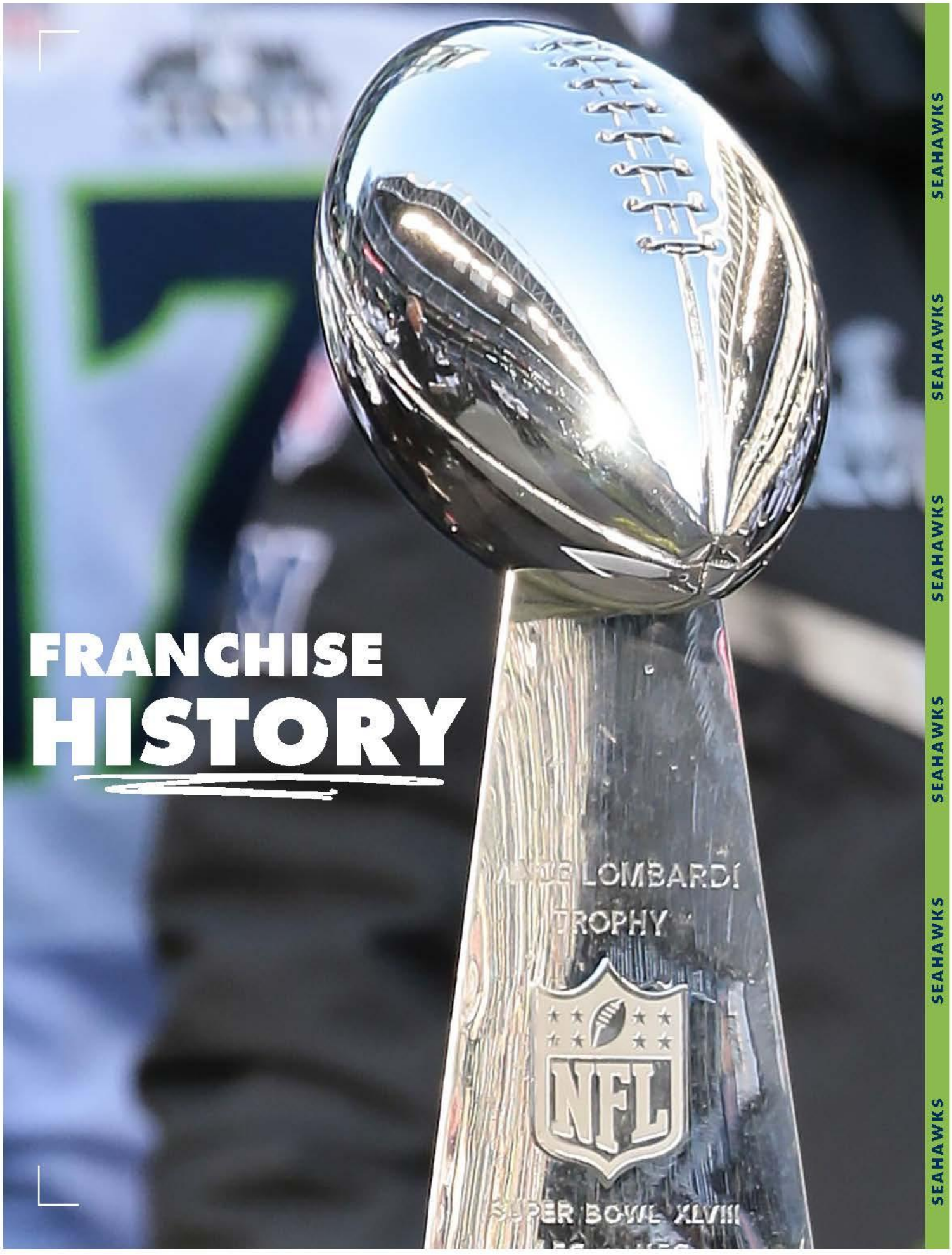
VP/COACHING OPERATIONS

Matt Capurro enters his 19th NFL season in 2022 and his 13th 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, they have two daughters, Gianna and Cecilia.

ANDREA VANDERWOUDE

TEAM PERFORMANCE DIETITIAN

Andrea Vanderwoude enters her fourth season with the Seahawks in 2022. Prior to joining Seattle, and after completion of the Gatorade Sports Nutrition Immersion Intern (GSNI) program, she served as the Sports Dietitian for the University of Southern California football team from 2016-18. She completed her undergraduate degree in Nutrition and Dietetics from the University of Idaho followed by her Master's in Sports Nutrition from the University of Colorado–Colorado Springs where she worked with athletes at the University of Colorado and The United States Olympic Training Center. Upon completion of her Master's Degree, she was selected for the GSNI program, which places selected dietitians at top sports nutrition facilities within the United States. Vanderwoude is a Registered Dietitian (RD/RDN) and board-Certified Specialist in Sports Dietetics (CSSD) through the Academy of Nutrition and Dietetics (AND). Additionally, she has spent time conducting scientific research and believes in a personalized nutrition approach for athletes to help meet their physical requirements.



FRANCHISE HISTORY

SEAHAWKS SEAHAWKS SEAHAWKS SEAHAWKS SEAHAWKS SEAHAWKS

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 (72-47-1)

ARIZONA CARDINALS (23-22-1)

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
11/19/20	—	W		28-21	0
11/21/21	—	L		13-21	68,833
1/9/22	—	W	@	38-30	63,858

Franchise moved from St. Louis to Arizona in 1988.

Points: Arizona 922 (20.0), Seattle 1,149 (24.9)

LOS ANGELES RAMS (25-22)

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
11/15/20	—	L	@	16-23	0
12/27/20	—	W		20-9	0
10/7/21	—	L		17-26	68,747
12/21/21	—	L	@	10-20	71,565

Moved from Los Angeles to St. Louis in 1995. Moved from St. Louis to Los Angeles in 2016.

Points: L.A. 970 (20.6), Seattle 1,001 (21.3)

SAN FRANCISCO 49ERS (29-17)

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
11/1/20	—	W		37-27	0
1/3/21	—	#W	@	26-23	0
10/3/21	—	W	@	28-21	68,912
12/5/21	—	W		30-23	68,758

Played at State Farm Stadium in Glendale, Arizona.

Points: San Francisco 855 (18.6), Seattle 1,129 (24.5)

NFC EAST (23-18)

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		23-30	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 (9-10)

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
12/6/20	—	L		12-17	0

Points: N.Y. Giants 415 (21.8), Seattle 356 (18.7)

PHILADELPHIA EAGLES (11-7)

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

SERIES BREAKDOWN, continued

PHILADELPHIA EAGLES (11-7), CONT.

11/20/16	—	W		26-15	69,190
12/3/17	—	W		24-10	69,075
11/24/19	—	W		17-9	69,796
11/30/20	—	W	@	23-17	0

Points: Philadelphia 322 (17.9), Seattle 377 (20.9)

WASHINGTON COMMANDERS (6-13)

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
12/20/20	—	W	@	20-15	0
11/29/21	—	L	@	15-17	52,680

Points: Washington 360 (18.9), Seattle 298 (15.7)

NFC NORTH (24-17)

CHICAGO BEARS (11-6)

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
12/26/21	—	L		24-25	68,492

Points: Chicago 339 (19.9), Seattle 374 (22.0)

DETROIT LIONS (10-5)

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
1/2/22	—	W		51-29	68,043

Points: Detroit 294 (19.6), Seattle 385 (25.7)

GREEN BAY PACKERS (8-12)

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	@	10-38	78,057
9/10/17	—	L	@	9-17	78,381
11/15/18	—	W		27-24	69,007
11/14/21	—	L	@	0-17	78,235

1981 & 1999 games played in Green Bay. 1976, 1978, 1984 & 1990 games played in Milwaukee. Games since 2003 played in Green Bay.

Points: Green Bay 503 (25.1), Seattle 387 (19.4)

MINNESOTA VIKINGS (12-6)

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
9/26/21	—	L	@	17-30	66,729

Points: Minnesota 417 (23.1), Seattle 476 (26.4)

NFC SOUTH (23-15)

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

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 (6-9)

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
10/25/21	—	L		10-13	68,563

Points: New Orleans 312 (20.8), Seattle 347 (23.1)

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 (10-11)

DENVER BRONCOS (20-35)

10/2/77	—	L		13-24	53,108
10/1/78	—	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

SERIES BREAKDOWN, continued

DENVER BRONCOS (20-35), CONT.

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
9/12/22	—	W		17-16	68,695

Points: Denver 1,285 (23.3), Seattle 1,078 (19.6)

KANSAS CITY CHIEFS (19-33)

12/11/77	—	W	@	34-31	22,562
11/19/78	—	W	@	13-10	32,252
12/17/78	—	W		23-19	58,490
9/30/79	—	L		6-24	61,169
12/2/79	—	L	@	21-37	42,160
9/14/80	—	W	@	17-16	42,403
11/9/80	—	L		30-31	58,976
9/27/81	—	L		14-20	59,255
11/22/81	—	L	@	13-40	49,002
9/4/83	—	L	@	13-17	42,531
11/27/83	—	*W		51-48	56,795
11/4/84	—	W		45-0	61,396
12/9/84	—	L	@	7-34	34,855
9/29/85	—	L	@	7-28	50,485
12/1/85	—	W		26-6	52,655
9/14/86	—	W		23-17	61,068
11/9/86	—	L	@	7-27	53,268
9/20/87	—	W		43-14	61,667
12/27/87	—	L	@	20-41	20,370
9/11/88	—	W		31-10	61,512
11/20/88	—	L	@	24-27	33,152
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 1,230 (23.7), Seattle 1,017 (19.6)

LAS VEGAS 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. Moved to Las Vegas in 2020. 2018 game was played in London's Wembley Stadium.

Points: Oakland 1,177 (22.2), Seattle 1,135 (21.4)

LOS ANGELES CHARGERS (26-25)

11/27/77	—	L		28-30	55,338
9/3/78	—	L		20-24	55,778
12/10/78	—	L	@	10-37	49,975
9/2/79	—	L		16-33	62,287
10/14/79	—	L	@	10-20	50,077
9/7/80	—	L		13-34	62,042
12/13/80	—	L	@	14-21	49,980
10/4/81	—	L	@	10-24	51,463
11/16/81	—	W		44-23	58,628
9/18/83	—	W		34-31	61,714
10/9/83	—	L	@	21-28	49,132
9/9/84	—	W		31-17	61,314
10/29/84	—	W	@	24-0	53,974
9/15/85	—	W	@	49-35	54,420
10/6/85	—	W		26-21	61,300
10/6/86	—	W		33-7	63,207
12/14/86	—	W	@	34-24	47,096
11/22/87	—	W		34-3	62,444
9/18/88	—	L	@	6-17	44,449
10/30/88	—	W		17-14	59,641
10/15/89	—	W	@	17-16	50,079
10/29/89	—	W		10-7	59,961
11/4/90	—	L		14-31	59,646
11/25/90	—	*W	@	13-10	50,097
10/27/91	—	W		20-9	58,025
11/10/91	—	L	@	14-17	43,597
10/4/92	—	L	@	6-17	36,783
12/27/92	—	L		14-31	49,324
9/5/93	—	L	@	12-18	58,039
10/3/93	—	W		31-14	54,778
9/18/94	—	L	+	10-24	65,536
10/30/94	—	L	@	15-35	59,001
9/10/95	—	L	@	10-14	54,420
10/22/95	—	L		25-35	45,821
9/1/96	—	L	@	7-29	58,780
10/27/96	—	W		32-13	38,143
9/21/97	—	W		26-22	51,110
11/9/97	—	W	@	37-31	64,616
10/25/98	—	W	@	27-20	58,512
12/13/98	—	W		38-17	62,690
10/17/99	—	L	@	10-13	59,432
12/12/99	—	L		16-19	66,318
9/24/00	—	W	@	20-12	47,233
11/05/00	—	W	+	17-15	59,884
12/2/01	—	*W	+	13-10	55,466
12/30/01	—	W	@	25-22	51,412
12/29/02	—	*W	@	31-28	52,159
12/24/06	—	L		17-20	68,174
9/26/10	—	W		27-20	67,106
9/14/14	—	L	@	21-30	67,916
11/4/18	—	L		17-25	68,989

Points: L.A. 1,067 (20.9), Seattle 1,066 (20.9)

Franchise moved from San Diego to Los Angeles in 2017.

AFC EAST (12-8)

BUFFALO BILLS (8-6)

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
11/8/20	—	L	@	34-44	0

Points: Buffalo 355 (25.6), Seattle 360 (25.7)

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

Points: Miami 247 (20.6), Seattle 199 (16.6)

SERIES BREAKDOWN, continued

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 (12-8)

11/13/77	—	W	@	17-0	43,973
9/17/78	—	W	@	24-17	46,911
11/26/79	—	W		30-7	59,977
10/19/80	—	W	@	27-17	52,496
10/25/81	—	W	@	19-3	49,678
12/6/81	—	W		27-23	53,105
9/11/83	—	W	@	17-10	50,066
10/27/85	—	L	@	14-17	69.320
11/28/86	—	L		7-38	62,497
11/9/87	—	L	@	14-30	60,452
9/8/91	—	W		20-13	56,770
11/26/95	—	L		10-16	41,160
8/31/97	—	L		3-41	53,893
12/6/98	—	L	@	31-32	72,200
1/2/00	—	L	@	9-19	78,154
12/19/04	—	L	@	14-37	77,894
12/21/08	—	W		13-3	68,181
11/11/12	—	W		28-7	67,841
10/2/16	—	W	@	27-17	78,160
12/13/20	—	W		40-3	0

Points: N.Y. Jets 350 (17.5), Seattle 391 (19.6)

AFC NORTH (11-10)

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 re-activated in 1999.

Points: Cleveland 318 (16.7), Seattle 428 (22.5)

PITTSBURGH STEELERS (10-9)

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
10/17/21	—	*L	@	20-23	60,821

Points: Pittsburgh 321 (16.9), Seattle 366 (19.3)

AFC SOUTH (12-8)

HOUSTON TEXANS (4-1)

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
12/12/21	—	W	@	33-13	67,610

Points: Houston 115 (23.0), Seattle 146 (29.2)

INDIANAPOLIS COLTS (6-7)

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
9/12/21	—	W	@	28-16	63,347

Franchise moved from Baltimore to Indianapolis in 1984.

Points: Indianapolis 275 (21.2), Seattle 322 (24.8)

JACKSONVILLE JAGUARS (6-3)

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
10/31/21	—	W		31-7	67,243

Points: Jacksonville 166 (18.4), Seattle 267 (29.7)

TENNESSEE TITANS (10-7)

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
9/19/21	—	*L		30-33	68,585

Franchise moved from Houston in 1997 and changed name from Oilers to Titans in 1999.

Points: Tennessee 340 (20.0), Seattle 355 (20.9)

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	12	4	0	.750	459	371	1st	7-1-0	5-3-0	4-2-0	3-1-0	9-3-0	0-1
2021	7	10	0	.411	395	366	4th	3-5-0	4-5-0	3-3-0	3-2-0	4-8-0	---
2022	1	0	0	1.000	17	16		1-0-0	0-0-0	0-0-0	1-0-0	0-0-0	---
	375	**350**	**1**	**.517**	**15,711**	**15,348**		**221-143-0**	**154-207-1**	**153-160-1**	**188-197-0**	**187-153-1**	**17-18**

* 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 moved back to the NFC West in 2002.

+ Conference finish. Schedule shortened to nine 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.

VS. THE NFL

	Total	— — Regular Season — — Home	Road	OT	Post-season	Pre-season
Arizona	23-22-1	12-12	11-10-1	0-4-1	0-0	9-5
Arizona	23-20-1	12-11	11-9-1	0-4-1	0-0	7-3
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	8-6	6-3	2-3	0-0	0-0	2-1
Carolina	8-3	3-1	5-2	0-0	2-1	0-0
Chicago	11-6	5-3	6-3	1-0	0-2	3-2
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	4-3
Denver	20-35	15-13	5-22	2-5	2-0	4-11
Detroit	10-5	7-2	3-3	0-0	1-0	5-2
Green Bay	8-12	5-2	3-10	0-0	1-3	3-2
Houston	4-1	2-0	2-1	1-0	0-0	0-0
Indianapolis	6-7	4-4	2-3	0-0	0-0	9-10
Indianapolis	6-5	4-2	2-3	0-0	0-0	8-10
Baltimore	0-2	0-2	0-0	0-0	0-0	1-0
Jacksonville	6-3	4-0	2-3	0-0	0-0	0-0
Kansas City	19-33	14-12	5-21	1-1	0-0	7-1
Las Vegas	25-28	15-10	10-18	0-1	1-1	13-6
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
Las Vegas	0-0	0-0	0-0	0-0	0-0	0-1
L.A. Chargers	26-25	16-11	10-14	3-0	0-0	13-5
Los Angeles	0-1	0-1	0-0	0-0	0-0	3-1
San Diego	26-24	16-10	10-14	3-0	0-0	10-4
L.A. Rams	25-22	16-8	9-14	0-2	0-2	2-6
Los Angeles	5-12	4-5	1-7	0-0	0-1	1-6
St. Louis	20-10	12-3	8-7	0-2	0-1	1-0
Miami	5-8	3-2	2-6	0-0	1-2	0-1
Minnesota	12-6	9-2	3-4	0-0	1-0	8-10
New England	10-8	4-4	6-4	0-0	0-1	1-1
New Orleans	6-9	4-5	2-4	0-1	2-0	3-0
N.Y. Giants	9-10	5-4	4-6	1-0	0-0	0-0
N.Y. Jets	12-8	6-3	6-5	0-0	0-0	0-0
Philadelphia	11-7	5-5	6-2	0-1	1-0	0-0
Pittsburgh	10-9	7-1	3-8	0-1	0-1	0-1
San Francisco	29-17	16-8	13-9	1-2	1-0	13-15
Tampa Bay	9-5	5-2	4-3	2-0	0-0	3-0
Tennessee	10-7	7-3	3-4	1-1	0-1	3-0
Tennessee	4-3	3-2	1-1	0-1	0-0	2-0
Houston	6-4	4-1	2-3	1-0	0-1	1-0
Washington	6-13	1-7	5-6	0-1	3-0	0-0
TOTALS	**375-350-1**	**221-143**	**154-207-1**	**14-24-1**	**17-18**	**108-82**

RECORD BY MONTH

REGULAR SEASON

Year	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Record
1976		0-3	1-4	1-3	0-2		2-12
1977		0-2	2-3	1-3	2-1		5-9
1978		2-2	2-3	3-1	2-1		9-7
1979		1-4	3-1	3-1	2-1		9-7
1980		2-2	2-2	0-5	0-3		4-12
1981		1-3	1-3	2-3	2-1		6-10
1982		0-2		2-0	1-3	1-0	4-5
1983		2-2	3-2	2-2	2-1		9-7
1984		4-1	3-1	4-0	1-2		12-4
1985		2-2	2-2	2-2	2-2		8-8
1986		3-1	2-2	2-3	3-0		10-6
1987		1-1	3-1	3-2	2-2		9-6
1988		2-2	3-2	2-2	2-1		9-7
1989		1-2	3-2	0-4	3-1		7-9
1990		0-3	3-1	2-2	4-1		9-7
1991		2-3	3-1	1-2	1-3		7-9
1992		1-3	0-4	1-3	0-4		2-14
1993		2-2	2-2	1-2	1-3	0-1	6-10
1994		3-1	0-4	2-2	1-3		6-10
1995		1-2	1-4	3-1	3-1		8-8
1996		1-4	2-1	2-2	2-2		7-9
1997	0-1	2-2	3-0	1-4	2-1		8-8
1998		3-1	1-2	2-3	2-2		8-8
1999		2-1	2-1	4-1	1-3	0-1	9-7
2000		2-2	0-5	2-1	2-2		6-10
2001		1-2	2-1	2-2	3-2	1-0	9-7
2002		1-3	1-2	2-2	3-2		7-9
2003		3-0	2-2	3-2	2-2		10-6
2004		3-0	1-3	2-2	2-2	1-0	9-7
2005		2-1	3-1	4-0	4-0	0-1	13-3
2006		3-0	1-3	3-1	2-3		9-7
2007		3-1	1-2	3-1	3-2		10-6
2008		1-2	1-3	0-5	2-2		4-12
2009		1-2	1-2	2-3	1-3	0-1	5-11
2010		2-1	2-2	1-3	1-3	1-0	7-9
2011		1-2	1-3	2-2	3-1	0-1	7-9
2012		2-2	2-2	2-1	5-0		11-5
2013		4-0	3-1	3-0	3-2		13-3
2014		2-1	2-2	4-1	4-0		12-4
2015		1-2	2-2	3-1	3-1	1-0	10-6
2016		2-1	2-1-1	3-1	2-2	1-0	10-5-1
2017		1-2	4-0	2-2	2-3		9-7
2018		2-2	2-1	2-2	4-1		10-6
2019		3-1	3-1	3-0	2-3		11-5
2020		3-0	2-1	3-2	3-1	1-0	12-4
2021		1-2	2-3	0-3	2-2	2-0	7-10
2022		1-0					1-0
Total	**0-1**	**83-80**	**87-91-1**	**97-90**	**99-83**	**9-5**	**375-350-1**

INCLUDING PLAYOFFS

Yr.	Aug.	Sept.	Oct.	Nov.	Dec.	Jan./Feb.	Record	Post.
1976		0-3	1-4	1-3	0-2		2-12	
1977		0-2	2-3	1-3	2-1		5-9	
1978		2-2	2-3	3-1	2-1		9-7	
1979		1-4	3-1	3-1	2-1		9-7	
1980		2-2	2-2	0-5	0-3		4-12	
1981		1-3	1-3	2-3	2-1		6-10	
1982		0-2		2-0	1-3	1-0	4-5	
1983		2-2	3-2	2-2	4-1*	0-1*	11-8*	2-1
1984		4-1	3-1	4-0	2-3*		13-5*	1-1
1985		2-2	2-2	2-2	2-2		8-8	
1986		3-1	2-2	2-3	3-0		10-6	
1987		1-1	3-1	3-2	2-2	0-1*	9-7*	0-1
1988		2-2	3-2	2-2	2-2*		9-8*	0-1
1989		1-2	3-2	0-4	3-1		7-9	
1990		0-3	3-1	2-2	4-1		9-7	
1991		2-3	3-1	1-2	1-3		7-9	
1992		1-3	0-4	1-3	0-4		2-14	
1993		2-2	2-2	1-2	1-3	0-1	6-10	
1994		3-1	0-4	2-2	1-3		6-10	
1995		1-2	1-4	3-1	3-1		8-8	
1996		1-4	2-1	2-2	2-2		7-9	
1997	0-1	2-2	3-0	1-4	2-1		8-8	
1998		3-1	1-2	2-3	2-2		8-8	
1999		2-1	2-1	4-1	1-3	0-2*	9-8*	0-1
2000		2-2	0-5	2-1	2-2		6-10	
2001		1-2	2-1	2-2	3-2	1-0	9-7	
2002		1-3	1-2	2-2	3-2		7-9	
2003		3-0	2-2	3-2	2-2	0-1*	10-7*	0-1
2004		3-0	1-3	2-2	2-2	1-1*	9-8*	0-1
2005		2-1	3-1	4-0	4-0	2-2*	15-4*	2-1
2006		3-0	1-3	3-1	2-3	1-1*	10-8*	1-1
2007		3-1	1-2	3-1	3-2	1-1*	11-7*	1-1
2008		1-2	1-3	0-5	2-2		4-12	
2009		1-2	1-2	2-3	1-3	0-1	5-11	
2010		2-1	2-2	1-3	1-3	2-1*	8-10*	1-1
2011		1-2	1-3	2-2	3-1	0-1	7-9	
2012		2-2	2-2	2-1	5-0	1-1	12-6*	1-1
2013		4-0	3-1	3-0	3-2	3-0*	16-3*	3-0
2014		2-1	2-2	4-1	4-0	2-1*	14-5*	2-1
2015		1-2	2-2	3-1	3-1	2-1*	11-7*	1-1
2016		2-1	2-1-1	3-1	2-2	2-1*	11-6-1*	1-1
2017		1-2	4-0	2-2	2-3		9-7	
2018		2-2	2-1	2-2	4-1	0-1*	10-7*	0-1
2019		3-1	3-1	3-0	2-3	1-1*	12-6*	1-1
2020		3-0	2-1	3-2	3-1	1-1*	12-5*	0-1
2021		1-2	2-3	0-3	2-2	2-0	7-10	
2022		1-0					1-0	
Total	**0-1**	**83-80**	**87-91-1**	**97-90**	**102-85***	**23-21***	**392-368-1***	**17-18**

***** includes playoffs

PRIMETIME RECORD (66-37-1)

MONDAY NIGHT FOOTBALL (28-12)

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	vs. 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
November 30, 2020	W	23-17	at Philadelphia
October 25, 2021	L	13-10	vs. New Orleans
November 29, 2021	L	17-15	at Washington
September 12, 2022	W	17-16	vs. Denver

THURSDAY-SUNDAY NIGHT (38-25-1)

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
Sunday, December 15, 1996	ESPN	L	20-13	at Jacksonville
Sunday, December 21, 1997	ESPN	W	38-9	vs. San Francisco
Sunday, October 4, 1998	ESPN	L	17-6	at Kansas City
Sunday, November 1, 1998	ESPN	L	31-18	vs. Oakland
Sunday, October 2, 1999	ESPN	W	22-21	vs. Oakland
Sunday, November 14, 1999	ESPN	W	20-17	vs. Denver
Saturday, December 23, 2000	ESPN	L	42-23	vs. Buffalo
Sunday, November 11, 2001	ESPN	W	34-27	vs. Oakland
Sunday, December 9, 2001	ESPN	L	20-7	at Denver
Sunday, September 29, 2002	ESPN	W	48-23	vs. Minnesota
Sunday, October 12, 2003	ESPN	W	20-19	vs. San Francisco
Sunday, October 16, 2005	ESPN	W	42-10	vs. Houston
Sunday, October 1, 2006	NBC	L	37-6	at Chicago
Sunday, December 3, 2006	NBC	W	23-20	at Denver
Thursday, December 14, 2006	NFLN	L	24-14	vs. San Francisco
Sunday, October 14, 2007	NBC	L	28-17	vs. New Orleans
Sunday, October 19, 2008	NBC	L	20-10	at Tampa Bay
Thursday, November 27, 2008*	FOX	L	34-9	at Dallas
Sunday, January 2, 2011	NBC	W	16-6	vs. St. Louis
Thursday, December 1, 2011	NFLN	W	31-14	vs. Philadelphia
Thursday, October 18, 2012	NFLN	L	13-6	at San Francisco
Sunday, December 23, 2012	NBC	W	42-13	vs. San Francisco
Sunday, September 15, 2013	NBC	W	29-3	vs. San Francisco
Thursday, October 17, 2013	NFLN	W	34-22	at Arizona
Thursday, September 4, 2014	NBC	W	36-16	vs. Green Bay
Thursday, November 27, 2014*	NBC	W	19-3	at San Francisco
Sunday, December 21, 2014	NBC	W	35-6	at Arizona
Sunday, September 20, 2015	NBC	L	27-17	at Green Bay
Thursday, October 22, 2015	NFLN	W	20-3	at San Francisco
Sunday, November 15, 2015	NBC	L	39-32	vs. Arizona
Sunday, October 23, 2016	NBC	T	6-6 (OT)	at Arizona
Sunday, November 13, 2016	NBC	W	31-24	at New England
Sunday, December 4, 2016	NBC	W	40-7	vs. Carolina
Thursday, December 15, 2016	NBC/NFLN Twitter	W	24-3	vs. L.A. Rams
Sunday, October 1, 2017	NBC	W	46-18	vs. Indianapolis
Thursday, November 9, 2017	NBC/NFLN Amazon	W	22-16	at Arizona
Sunday, December 3, 2017	NBC	W	24-10	vs. Philadelphia
Sunday, October 14, 2018^	FOX	W	27-3	at Oakland
Thursday, November 15, 2018	FOX/NFLN Amazon	W	27-24	vs. Green Bay
Sunday, December 23, 2018	NBC	W	38-31	vs. Kansas City
Thursday, October 3, 2019	FOX/NFLN Amazon	W	30-29	vs. L.A. Rams
Sunday, December 8, 2019	NBC	L	28-12	at L.A. Rams
Sunday, December 29, 2019	NBC	L	26-21	vs. San Francisco
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
Thursday, November 19, 2020	FOX/NFLN Amazon	W	28-21	vs. Arizona
Thursday, October 7, 2021	FOX/NFLN Amazon	L	26-17	vs. L.A. Rams
Sunday, October 17, 2021	NBC	L	23-20 (OT)	at Pittsburgh

*Thanksgiving Day Game, ^ NFL London Series

ATTENDANCE TOP 10

HOME ATTENDANCE

	Att.	Opponent	Stadium	Date	W/L	Score
1	69,190	Philadelphia	Lumen Field	Nov. 20, 2016	W	26-15
2	69,162	San Francisco	Lumen Field	Dec. 29, 2019	L	26-21
3	69,104	Carolina	Lumen Field	Dec. 4, 2016	W	40-7
4	69,084	Buffalo	Lumen Field	Nov. 7, 2016	W	31-25
5	69,080	St. Louis	Lumen Field	Dec. 27, 2015	L	23-17
	69,080	Minnestoa	Lumen Field	Dec. 2, 2019	W	37-30
7	69,078	Arizona	Lumen Field	Dec. 31, 2017	L	26-24
8	69,077	L.A. Rams	Lumen Field	Dec. 17, 2017	L	42-7
9	69,075	Philadelphia	Lumen Field	Dec. 3, 2017	W	24-10
10	69,071	Atlanta	Lumen 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	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	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 Stad.	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

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	Jananuary 16, 2011	L	35-24
8	25	vs. Chicago	December 26, 2021	L	25-24
9	26	at Green Bay	December 11, 2016	L	38-10
	26	at Pittsburgh	December 6, 1992	L	20-14

* Playoff game; % Third-coldest game in NFL history; ^Overtime

WARMEST GAMES

	Temp.	Opponent	Date	W/L	Score
1	98	at Arizona	September 14, 2003	W	38-0
2	95	at N.Y. Jets	September 11, 1983	W	17-10
3	94	at Kansas City	September 4, 1987	L	17-13
	94	at San Diego	September 14, 2014	L	30-21
5	93	at Philadelphia	September 10, 1989	L	31-7
6	91	at Denver	September 19, 2010	L	31-14
7	89	at Miami	September 3, 2000	L	23-0
8	88	at L.A. Rams	September 18, 2016	L	9-3
	88	at Cincinnati	September 8, 1985	W	28-24
	88	at Tampa Bay	September 19, 2004	W	10-6
	88	at Tennessee	September 24, 2017	L	33-27
	88	at San Francisco	October 3, 2021	W	28-21

RECORD BY STARTING QB

BY YEAR

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

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	12-4

2021	
Russell Wilson	6-8
Geno Smith	1-2

2022	
Geno Smith	1-0

BY COMBINED WINS

Quarterback	Combined Record	Regular Season	Postseason
Russell Wilson	113-60-1	104-53-1	9-7
Matt Hasselbeck	74-68	69-62	5-6
Dave Krieg	73-53	70-49	3-4
Jim Zorn	40-60	40-60	
Rick Mirer	20-31	20-31	
Jon Kitna	18-16	18-15	0-1
Warren Moon	11-13	11-13	
Trent Dilfer	8-4	8-4	
Tarvaris Jackson	7-7	7-7	
John Friesz	6-5	6-5	
Seneca Wallace	5-9	5-9	
Kelly Stouffer	5-11	5-11	
Jeff Kemp	3-4	3-4	
Geno Smith	2-2	2-2	
Dan McGwire	2-3	2-3	
Glenn Foley	1-0	1-0	
Bruce Mathison	1-1	1-1	
Steve Myer	1-3	1-3	
Charlie Whitehurst	1-3	1-3	
Stan Gelbaugh	1-8	1-8	
Charlie Frye	0-1	0-1	
Gale Gilbert	0-2	0-2	
Brock Huard	0-4	0-4	

PRESEASON RESULTS

1976 • PRESEASON (1-5)

Sun.	8/1	L	27-20	San Francisco 49ers	60,825
Sat.	8/7	L	27-16	Chicago Bears (Spokane, Washington)	14,484
Sat.	8/14	L	16-13	Los Angeles Rams	62,532
Sat.	8/21	L	52-7	at Denver Broncos	22,887
Sun.	8/29	W	17-16	San Diego Chargers	59,092
Sat.	9/4	L	45-28	at Oakland Raiders	51,487

1977 • PRESEASON (3-3)

Sun.	8/7	W	34-24	at San Francisco 49ers	38,024
Sat.	8/13	W	23-17 (OT)	Dallas Cowboys	58,789
Thurs.	8/18	W	12-10	Oakland Raiders	62,187
Sat.	8/27	L	16-14	Detroit Lions	56,345
Fri.	9/2	L	27-10	Denver Broncos	54,916
Sun.	9/11	L	38-20	at San Diego Chargers	27,505

1978 • PRESEASON (3-1)

Fri.	8/4	W	17-9	San Diego Chargers	58,853
Sat.	8/12	W	20-6	at San Francisco 49ers	36,069
Thurs.	8/17	L	26-7	Los Angeles Rams	63,235
Thurs.	8/24	W	16-7	Chicago Bears	54,844

1979 • PRESEASON (3-1)

Thurs.	8/2	W	12-9 (OT)	Minnesota Vikings	60,881
Sun.	8/12	W	27-17	Dallas Cowboys	59,960
Sat.	8/18	L	21-17	at Los Angeles Rams	46,083
Fri.	8/24	W	55-20	San Francisco 49ers	59,941

1980 • PRESEASON (3-1)

Thurs.	8/7	W	14-10	Atlanta Falcons	59,555
Mon.	8/18	L	24-7	Miami Dolphins	59,550
Sat.	8/23	W	10-7	at San Francisco 49ers	41,841
Fri.	8/29	W	30-23	New England Patriots	56,947

1981 • PRESEASON (1-3)

Wed.	8/5	L	27-24 (OT)	San Francisco 49ers	56,958
Fri.	8/14	L	30-21	St. Louis Cardinals	55,520
Sat.	8/22	L	24-17	at San Francisco 49ers	37,563
Fri.	8/28	W	31-17	Baltimore Colts	55,794

1982 • PRESEASON (1-3)

Fri.	8/13	W	14-0	St. Louis Cardinals	55,575
Sat.	8/21	L	7-3	at Minnesota Vikings	57,880
Sat.	8/28	L	23-13	at Los Angeles Rams	54,537
Fri.	9/3	L	17-13	San Francisco 49ers	57,839

1983 • PRESEASON (2-2)

Fri.	8/5	L	10-7	at Denver Broncos	53,887
Fri.	8/12	W	38-21	Green Bay Packers	54,443
Fri.	8/19	L	19-17	Minnesota Vikings	54,402
Sat.	8/27	W	20-6	at San Francisco 49ers	47,074

1984 • PRESEASON (4-1)

Sat.	7/28	W	38-0	Tampa Bay Buccaneers (Hall of Fame Game, Canton, Ohio)	22,250
Sat.	8/4	W	7-3	Buffalo Bills	53,360
Sat.	8/11	W	28-24	at Detroit Lions	41,414
Fri.	8/17	W	17-7	St. Louis Cardinals	53,772
Fri.	8/24	L	17-7	at San Francisco 49ers	49,219

1985 • PRESEASON (2-2)

Sat.	8/10	L	19-7	at Indianapolis Colts	60,014
Fri.	8/16	W	28-3	Detroit Lions	57,751
Sat.	8/24	W	27-10	at Minnesota Vikings	56,562
Fri.	8/30	L	23-21	San Francisco 49ers	60,403

1986 • PRESEASON (2-2)

Fri.	8/8	W	21-14	Indianapolis Colts	55,443
Fri.	8/15	L	30-27 (OT)	at Detroit Lions	37,875
Fri.	8/22	W	27-17	Minnesota Vikings	57,730
Fri.	8/29	L	21-10	at San Francisco 49ers	52,419

1987 • PRESEASON (2-2)

Thurs.	8/13	L	23-14	at Los Angeles Rams	57,772
Sat.	8/22	L	28-21	at St. Louis Cardinals	25,309
Fri.	8/28	W	38-10	Detroit Lions	59,695
Fri.	9/4	W	34-10	San Francisco 49ers	59,653

1988 • PRESEASON (3-1)

Thurs.	8/4	W	21-14	Phoenix Cardinals	54,778
Thurs.	8/11	W	16-13 (OT)	at Detroit Lions	37,993
Fri.	8/19	W	30-13	Buffalo Bills	57,000
Fri.	8/26	L	27-21	at San Francisco 49ers	53,357

1989 • PRESEASON (3-1)

Fri.	8/11	W	16-10 (OT)	at Phoenix Cardinals	37,158
Sat.	8/19	L	17-12	New England Patriots (at St. Louis, Missouri)	48,746
Fri.	8/25	W	13-7	Detroit Lions	55,829
Fri.	9/1	W	28-17	San Francisco 49ers	58,641

1990 • PRESEASON (4-1)

Sat.	8/4	L	10-7	Denver Broncos (American Bowl, Tokyo, Japan)	48,827
Sat.	8/11	W	34-9	at Phoenix Cardinals	31,316
Fri.	8/17	W	13-10	Indianapolis Colts	52,475
Fri.	8/24	W	10-3	Tampa Bay Buccaneers	52,301
Fri.	8/31	W	30-10	at San Francisco 49ers	55,269

1991 • PRESEASON (2-2)

Sat.	8/3	L	31-13	Phoenix Cardinals	49,448
Sat.	8/10	W	17-7	at Indianapolis Colts	47,943
Sat.	8/17	W	23-7	at Los Angeles Rams	47,834
Fri.	8/23	L	28-16	San Francisco 49ers	54,111

1992 • PRESEASON (2-2)

Thurs.	8/6	L	21-7	Los Angeles Rams	52,360
Sat.	8/15	W	27-10	at Indianapolis Colts	43,272
Sat.	8/22	W	17-10	Phoenix Cardinals	51,007
Fri.	8/29	L	24-17	at San Francisco 49ers	52,822

1993 • PRESEASON (2-2)

Sat.	8/7	L	16-13 (OT)	Indianapolis Colts	45,055
Sat.	8/14	L	23-10	at Minnesota Vikings	42,240
Sat.	8/21	W	30-0	San Francisco 49ers	51,086
Sat.	8/28	W	20-10	at Houston Oilers	43,678

1994 • PRESEASON (2-2)

Fri.	8/5	L	13-9	at Indianapolis Colts	40,469
Sat.	8/13	W	29-6	Tampa Bay Buccaneers*	43,633
Sat.	8/20	W	30-19	Minnesota Vikings*	45,497
Fri.	8/26	L	13-9	at San Francisco 49ers	54,004

1995 • PRESEASON (2-2)

Sat.	8/5	W	34-20	St. Louis Rams	35,607
Sat.	8/12	L	20-17	Indianapolis Colts	38,006
Sun.	8/20	W	24-19	at New Orleans Saints	38,228
Fri.	8/26	L	17-7	at San Francisco 49ers	53,280

1996 • PRESEASON (3-1)

Sat.	8/3	W	19-17	Atlanta Falcons	30,284
Thurs.	8/8	W	24-19	at Oakland Raiders	38,219
Sat.	8/17	L	15-13	at Indianapolis Colts	38,930
Fri.	8/23	W	20-3	San Francisco 49ers	38,144

PRESEASON RESULTS, continued

1997 • PRESEASON (3-2)

Sat.	7/26	L	28-26	Minnesota Vikings (Hall of Fame Game, Canton, Ohio)	23,846
Sat.	8/2	W	34-6	Arizona Cardinals	49,445
Sat.	8/9	L	21-17	at San Francisco 49ers	50,153
Sat.	8/16	W	45-3	Indianapolis Colts	52,844
Fri.	8/22	W	31-28	at Cincinnati Bengals	43,637

1998 • PRESEASON (4-1)

Sat.	7/31	W	20-19	at Dallas Cowboys	59,357
Sat.	8/8	W	24-21	Indianapolis Colts	52,645
Sat.	8/15	L	24-21	San Francisco 49ers (American Bowl, Vancouver, B.C.)	45,202
Sat.	8/22	W	31-24	at Arizona Cardinals	32,683
Fri.	8/28	W	21-20	San Francisco 49ers	57,014

1999 • PRESEASON (1-3)

Sat.	8/14	L	24-10	Buffalo Bills	66,285
Thurs.	8/19	L	24-23	at San Francisco 49ers	66,193
Sat.	8/28	W	41-7	Arizona Cardinals	66,277
Thurs.	9/2	L	31-28	at Indianapolis Colts	41,074

2000 • PRESEASON (2-2)

Sat.	8/5	W	28-16	Indianapolis Colts*	68,578
Sat.	8/12	L	21-3	at Arizona Cardinals	34,774
Sat.	8/19	W	25-21	San Francisco 49ers*	68,579
Thurs.	8/24	L	20-0	at Oakland Raiders	32,012

2001 • PRESEASON (2-2)

Sat.	8/11	L	28-21	at Indianapolis Colts	45,089
Sat.	8/18	L	16-13 (OT)	Arizona Cardinals*	47,553
Sat.	8/25	W	28-18	at San Francisco 49ers	63,887
Sat.	9/1	W	28-14	New Orleans Saints*	68,665

2002 • PRESEASON (1-3)

Sat.	8/10	L	28-10	Indianapolis Colts	52,902
Fri.	8/16	L	24-14	at San Diego Chargers	N/A
Sat.	8/24	W	17-14	Kansas City Chiefs	49,036
Thurs.	8/29	L	31-0	at Denver Broncos	71,755

2003 • PRESEASON (2-2)

Sat.	8/9	W	20-7	San Diego Chargers	37,763
Fri.	8/15	L	21-7	at Indianapolis Colts	37,469
Sat.	8/23	W	42-31	Kansas City Chiefs	39,833
Fri.	8/29	L	20-3	at Denver Broncos	73,038

2004 • PRESEASON (3-1)

Mon.	8/16	W	21-3	at Green Bay Packers	69,718
Sat.	8/21	L	19-3	Denver Broncos	48,090
Fri.	8/27	W	26-20	at San Diego Chargers	35,536
Thurs.	9/2	W	23-21	Minnesota Vikings	50,198

2005 • PRESEASON (2-2)

Sat.	8/12	W	34-15	at New Orleans Saints	38,529
Mon.	8/22	L	18-10	Dallas Cowboys	47,641
Fri.	8/26	W	23-17	at Kansas City Chiefs	74,158
Fri.	9/2	L	23-21	Minnesota Vikings	63,746

2006 • PRESEASON (2-2)

Fri.	8/12	L	13-3	Dallas Cowboys	66,304
Sun.	8/20	W	30-17	at Indianapolis Colts	56,596
Sat.	8/26	L	31-20	at San Diego Chargers	51,878
Thurs.	8/31	W	30-7	Oakland Raiders	67,158

2007 • PRESEASON (3-1)

Sun.	8/12	W	24-16	at San Diego Chargers	57,500
Sat.	8/18	L	48-13	at Green Bay Packers	69,761
Sat.	8/25	W	30-13	Minnesota Vikings	66,723
Thurs.	8/30	W	19-14	Oakland Raiders	66,700

2008 • PRESEASON (3-1)

Fri.	8/8	W	34-17	at Minnesota Vikings	62,545
Sat.	8/18	W	29-26	Chicago Bears	67,360
Mon.	8/25	L	18-17	at San Diego Chargers	52,763
Fri.	8/29	W	23-16	Oakland Raiders	67,163

2009 • PRESEASON (4-0)

Sat.	8/15	W	20-14	at San Diego Chargers	58,373
Sat.	8/22	W	27-13	Denver Broncos	67,052
Sat.	8/29	W	14-10	at Kansas City Chiefs	66,553
Thurs.	9/3	W	31-21	Oakland Raiders	66,697

2010 • PRESEASON (1-3)

Sat.	8/14	W	20-18	Tennessee Titans	65,352
Sat.	8/21	L	27-24	Green Bay Packers	65,586
Sat.	8/28	L	24-13	at Minnesota Vikings	63,550
Thurs.	9/2	L	27-24	at Oakland Raiders	23,957

2011 • PRESEASON (2-2)

Thurs.	8/11	W	24-17	at San Diego Chargers	55,318
Sat.	8/20	L	20-7	Minnesota Vikings	65,599
Sat.	8/27	L	23-20	at Denver Broncos	72,347
Fri.	9/2	W	20-3	Oakland Raiders	65,418

2012 • PRESEASON (4-0)

Sat.	8/11	W	27-17	Tennessee Titans	65,589
Sat.	8/18	W	30-10	at Denver Broncos	74,012
Fri.	8/24	W	44-14	at Kansas City Chiefs	63,870
Thurs.	8/30	W	21-3	Oakland Raiders	66,157

2013 • PRESEASON (4-0)

Thurs.	8/8	W	31-10	at San Diego Chargers	54,709
Sat.	8/17	W	40-10	Denver Broncos	67,635
Fri.	8/23	W	17-10	at Green Bay Packers	74,030
Thurs.	8/29	W	22-6	Oakland Raiders	67,341

2014 • PRESEASON (2-2)

Thurs.	8/7	L	21-16	at Denver Broncos	75,583
Fri.	8/15	W	41-14	San Diego Chargers	67,615
Fri.	8/22	W	34-6	Chicago Bears	67,608
Thurs.	8/28	L	41-31	at Oakland Raiders	50,831

2015 • PRESEASON (2-2)

Fri.	8/14	L	22-20	Denver Broncos	68,677
Fri.	8/21	L	14-13	at Kansas City Chiefs	71,915
Sat.	8/29	W	16-15	at San Diego Chargers	58,556
Thurs.	9/3	W	31-21	Oakland Raiders	68,032

2016 • PRESEASON (3-1)

Sat.	8/13	W	17-16	at Kansas City Chiefs	69,816
Thurs.	8/18	L	18-11	Minnesota Vikings	68,469
Thurs.	8/25	W	27-17	Dallas Cowboys	68,505
Thurs.	9/1	W	23-21	at Oakland Raiders	53,473

2017 • PRESEASON (4-0)

Sun.	8/13	W	48-17	at L.A. Chargers	21,054
Fri.	8/18	W	20-13	Minnesota Vikings	68,550
Fri.	8/25	W	26-13	Kansas City Chiefs	68,541
Thurs.	8/31	W	17-13	at Oakland Raiders	53,812

2018 • PRESEASON (0-4)

Thurs.	8/9	L	19-17	Indianapolis Colts	68,418
Sat.	8/18	L	24-14	at L.A. Chargers	23,211
Fri.	8/24	L	21-20	at Minnesota Vikings	66,676
Thurs.	8/30	L	30-19	Oakland Raiders	68,554

2019 • PRESEASON (3-1)

Thurs.	8/8	W	22-14	Denver Broncos	68,295
Sun.	8/18	L	25-19	at Minnesota Vikings	66,636
Sat.	8/24	W	23-15	at L.A. Chargers	23,377
Thurs.	8/29	W	17-15	Oakland Raiders	68,461

2020 • PRESEASON (0-0)

No games played due to the COVID-19 pandemic.

2021 • PRESEASON (1-2)

Sat.	8/14	L	20-7	at Las Vegas Raiders	50,101
Sat.	8/21	L	30-3	Denver Broncos	68,027
Sat.	8/28	W	27-0	L.A. Chargers	68,003

2022 • PRESEASON (0-3)

Sat.	8/13	L	32-25	at Pittsburgh Steelers	48,197
Thurs.	8/18	L	27-11	Chicago Bears	68,305
Fri.	8/26	L	27-26	at Dallas Cowboys	81,598

*Game played at Husky Stadium

CAREER TOP 10

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	Russell Wilson, 2012-21	158
8	Cortez Kennedy, 1990-00	153
9	Eugene Robinson, 1985-95	152
10	Bobby Wagner, 2012-21	150

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, 19	398
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, 19	66
4	Curt Warner, 1983-89	62
5	Doug Baldwin, 2011-18	49
	Tyler Lockett, 2015-	**49**
7	Chris Warren, 1990-97	48
8	Darrell Jackson, 2000-06	47
9	Joey Galloway, 1995-99	42
10	Sherman Smith, 1976-82	38

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	**Jason Myers, 2019-**	**65**
8	Efren Herrera, 1978-81	64
9	Rian Lindell, 2000-02	58
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
7	Olindo Mare, 2008-10	83
8	Rian Lindell, 2000-02	78

FIELD GOAL ATTEMPTS, CONT.

9	**Jason Myers, 2019-**	**76**
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	**Jason Myers, 2019-**	**135**
7	Rian Lindell, 2000-02	96
8	John Kasay, 1991-94	95
9	Olindo Mare, 2008-10	89
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	**Jason Myers, 2019**	**146**
7	John Kasay, 1991-94	97
8	Rian Lindell, 2000-02	96
9	Olindo Mare, 2008-10	89
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, 19	1,469
5	John L. Williams, 1986-93	1,148
6	Ricky Watters, 1998-01	994
7	Russell Wilson, 2012-21	846
8	Sherman Smith, 1976-82	810
9	Chris Carson, 2017-21	769
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, 19	6,381
5	Russell Wilson, 2012-21	4,689
6	John L. Williams, 1986-93	4,579
7	Ricky Watters, 1998-01	4,009
8	Chris Carson, 2017-21	3,502
9	Sherman Smith, 1976-82	3,429
10	Maurice Morris, 2002-08	2,612

RUSHING TOUCHDOWNS

	Player, Seasons	No.
1	Shaun Alexander, 2000-07	100
2	Marshawn Lynch, 2010-15, 19	58
3	Curt Warner, 1983-89	55
4	Chris Warren, 1990-97	44
5	Sherman Smith, 1976-82	28
6	Chris Carson, 2017-21	24
7	Russell Wilson, 2012-21	23
8	Ricky Watters, 1998-01	22
9	Derrick Fenner, 1989-91	19
	David Sims, 1977-79	19

PASSING ATTEMPTS

	Player, Seasons	No.
1	Russell Wilson, 2012-21	4,735
2	Matt Hasselbeck, 2001-10	4,250
3	Dave Krieg, 1980-91	3,576
4	Jim Zorn, 1976-84	2,990

PASSING ATTEMPTS, CONT.

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, 2012-21	3,079
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, 2012-21	37,059
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, 2012-21	292
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, 2012-21	87
5	Rick Mirer, 1993-96	56
6	Jon Kitna, 1997-00	45
7	Warren Moon, 1997-98	24
8	Kelly Stouffer, 1988-92	19
9	Jeff Kemp, 1987-91	18
10	Trent Dilfer, 2001-04	14
	Steve Myer, 1976-79	14
	Seneca Wallace, 2003-09	14

TIMES SACKED

	Player, Seasons	No.
1	Russell Wilson, 2012-21	427
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

CAREER TOP 10, continued

QUARTERBACK RATING (MINIMUM 350 ATTEMPTS)

	Player, Seasons	No.
1	Russell Wilson, 2012-21	101.8
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	John Friesz, 1995-98	78.3
8	Jon Kitna, 1997-00	76.4
9	Trent Dilfer, 2001-04	73.7
10	Jim Zorn, 1976-84	67.9

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	**Tyler Lockett, 2015-**	**452**
6	Darrell Jackson, 2000-06	441
7	Bobby Engram, 2001-08	399
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	**Tyler Lockett, 2015-**	**6,095**
6	Bobby Engram, 2001-08	4,859
7	Joey Galloway, 1995-99	4,457
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, 2011-18	49
3	Darrell Jackson, 2000-06	47
4	**Tyler Lockett, 2015-**	**45**
5	Joey Galloway, 1995-99	37
6	Daryl Turner, 1984-87	36
7	Brian Blades, 1988-98	34
8	**DK Metcalf, 2019-**	**29**
9	Sam McCullum, 1976-81	21
10	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
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	**Michael Dickson, 2018-**	**298**
6	Herman Weaver, 1977-80	257
7	Ruben Rodriguez, 1987-89	192
8	Ryan Plackemeier, 2006-08	181
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	**Michael Dickson, 2018-**	**14,124**
5	Jeff West, 1981-85	11,518
6	Herman Weaver, 1977-80	10,182
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	**Michael Dickson, 2018-**	**134**
4	Jeff Feagles, 1998-02	133
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	**Michael Dickson, 2018-**	**26**
6	Ryan Plackemeier, 2006-08	21
7	Herman Weaver, 1977-80	20
8	Ruben Rodriguez, 1987-89	17
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-**	**144**
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-**	**95**
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	David Moore, 2017-20	24
10	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	**Tyler Lockett, 2015-**	**1,071**
3	Leon Washington, 2010-12	1,069
4	Bobby Joe Edmonds, 1986-88	1,010
5	Charlie Rogers, 1999-01	925
6	Paul Johns, 1981-84	843
7	Joey Galloway, 1995-99	823
8	Chris Warren, 1990-97	819
9	Golden Tate, 2010-13	787
10	Bobby Engram, 2001-08	773

PUNT RETURN TD

	Player, Seasons	No.
1	Joey Galloway, 1995-99	4
2	Paul Johns, 1981-84	2
	Bobby Engram, 2001-08	2
	Nate Burleson, 2006-09	2
5	Will Lewis, 1980-81	1
	Bobby Joe Edmonds, 1986-88	1
	Chris Warren, 1990-97	1
	Charlie Rogers, 1999-01	1
	Tyler Lockett, 2015-	**1**

KICKOFF RETURNS

	Player, Seasons	No.
1	Steve Broussard, 1995-98	165
2	Charlie Rogers, 1999-01	134
3	Maurice Morris, 2002-08	129
4	Leon Washington, 2010-12	127
	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

CAREER TOP 10, continued

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
	Travis Homer, 2019-	**1**

FUMBLES

	Player, Seasons	No.
1	Dave Krieg, 1980-91	108
2	Russell Wilson, 2012-21	87
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, 2012-21	34
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
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, 2011-20	11

FUMBLE RECOVERIES

	Player, Seasons	No.
1	Jacob Green, 1980-91	17
2	Eugene Robinson, 1985-95	14
3	Chad Brown, 1997-04	13

FUMBLE RECOVERIES, CONTINUED

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, 2011-20	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, 2012-21	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, 2012-21	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, 2012-21	1,381
2	Eugene Robinson, 1985-95	984
3	K.J. Wright, 2011-20	934
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	275.5
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

BLOCKED PUNTS RETURNED FOR TOUCHDOWNS, CONTINUED

	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	19 tied with	1

BLOCKED PATS

	Player, Seasons	No.
1	Mike White, 1981-82	3
2	Jeff Bryant, 1982-93	2
	Jacob Green, 1980-91	2
	Joe Nash, 1982-96	2
5	Dennis Boyd, 1977-79, 1981-82	1
	Brian Flones, 1981-82	1
	Terry Wooden, 1990-96	1
	Red Bryant, 2008-13	1
	Jeremy Lane, 2012-17	1
	Tre Flowers, 2018-2021	1
	Rasheem Green, 2018-21	**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, 2012-21	2
	Rasheem Green, 2018-21	2
10	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, 2012-21	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

SINGLE-GAME TOP 10

RUSHING ATTEMPTS

	Player, Game	Date
40	Shaun Alexander vs. Green Bay	11/27/06
36	Chris Warren at New England	9/19/93
35	Shaun Alexander vs. Oakland	11/11/01
33	Lamar Smith at Detroit	11/17/96
	Shaun Alexander vs Denver	10/14/01
	Shaun Alexander vs. St. Louis	11/13/05
32	Curt Warner vs Kansas City	11/27/83
	Ricky Watters vs. Indianapolis	12/20/98
	Shaun Alexander vs. Carolina	10/31/04
	Marshawn Lynch vs. Baltimore	11/13/11
	Chris Carson vs. Dallas	9/23/18

RUSHING YARDS

	Player, Game	Date
266	Shaun Alexander vs. Oakland	11/11/01
209	Thomas Rawls vs. San Francisco	11/22/15
207	Curt Warner vs. Kansas City	11/27/83
201	Shaun Alexander vs. Green Bay	11/27/06
195	Shaun Alexander vs. Carolina	10/31/04
192	Curt Warner vs. Denver	12/20/86
190	Rashaad Penny vs. Arizona	1/9/22
185	Chris Warren at Houston	12/11/94
178	Ricky Watters vs. Indianapolis	12/20/98
176	Shaun Alexander vs. Jacksonville	10/7/01
	Shaun Alexander at St. Louis	11/14/04

RUSHING TOUCHDOWNS

	Player, Game	Date
4	Curt Warner vs. Denver	12/11/88
	Shaun Alexander vs. Minnesota	9/29/02
	Shaun Alexander vs. Houston	10/16/05
	Shaun Alexander vs. Arizona	9/25/05
	Marshawn Lynch vs. N.Y. Giants	11/9/14
3	15 times (Last: R. Wilson at Buf, 12/16/12)	

LONGEST RUSH

	Player, Game	Date
88t	Shaun Alexander vs. Oakland	11/11/01
	Shaun Alexander at Arizona	11/6/05
86t	Joey Galloway at Jacksonville	11/12/95
79t	Marshawn Lynch at Arizona	12/21/14
77t	Steve Broussard vs. Tennessee	10/5/97
	Marshawn Lynch at Detroit	10/28/12
75t	Tyler Lockett vs. Carolina	12/4/16
73t	Travis Homer vs. San Francisco	12/5/21
72t	C.J. Prosise vs. Philadelphia	11/20/16
69t	Thomas Rawls at Cincinnati	10/11/15

HIGHEST RUSH AVG. (MIN. 10 ATT.)

	Player, Game	Date
11.6	Marshawn Lynch vs. Arizona	12/9/12
11.3	Marshawn Lynch at Arizona	12/21/14
	Marshawn Lynch at Buffalo	12/16/12
11.0	Russell Wilson at Washington	10/6/14
9.2	Rashaad Penny at Philadelphia	11/24/19
9.0	Rashaad Penny at L.A. Rams	11/11/18
8.8	Sherman Smith vs. Atlanta	11/7/76
8.7	Marshawn Lynch at Detroit	10/28/12
8.6	Lawrence McCutcheon at Dallas	11/27/80
8.5	Rashaad Penny at Houston	12/12/21

PASS ATTEMPTS

	Player, Game	Date
55	Matt Hasselbeck at San Francisco	12/1/02
53	Matt Hasselbeck at San Diego	12/29/02
52	Matt Hasselbeck at Arizona	11/15/09
51	Dave Krieg vs. Atlanta	10/13/85
	Matt Hasselbeck vs Detroit	11/8/09

PASS ATTEMPTS, CONTINUED

	Player, Game	Date
50	Dave Krieg vs. Atlanta	12/15/84
	Jeff Kemp at Denver	9/15/91
	Matt Hasselbeck at New England	10/17/04
	Russell Wilson vs. New Orleans	9/22/19
	Russell Wilson at Arizona	10/25/20

PASSING COMPLETIONS

	Player, Game	Date
39	Matt Hasselbeck vs. Detroit	11/8/09
36	Matt Hasselbeck at San Diego	12/29/02
33	Dave Krieg vs. Atlanta	10/13/85
	Seneca Wallace at Indianapolis	10/4/09
	Russell Wilson at Arizona	10/25/20
32	Matt Hasselbeck at New Orleans	11/21/10
	Russell Wilson at St. Louis	9/13/15
	Russell Wilson vs. New Orleans	9/22/19
31	Jim Zorn vs. Kansas City	9/27/81
	Dave Krieg at Denver	11/20/83
	Russell Wilson at Atlanta	9/13/20

COMPLETION %

	Player, Game	Date
88.6	Russell Wilson vs. Atlanta	9/13/20
86.4	Matt Dave Krieg vs. Denver	12/11/88
84.0	Matt Hassellbeck vs. San Francisco	12/11/05
83.3	**Geno Smith vs. Jacksonville**	**10/31/21**
	Matt Hasselbeck vs. Detroit	9/10/06
82.9	Russell Wilson vs. Pittsburgh	9/15/19
82.8	Russell Wilson vs. San Francisco	11/22/15
82.1	**Geno Smith vs. Denver**	**9/12/22**
	Russell Wilson vs. Arizona	11/19/20
81.1	Russell Wilson vs. San Francisco	12/5/21

PASSING YARDS

	Player, Game	Date
452	Russell Wilson at Houston	10/29/17
449	Matt Hasselbeck at San Diego	12/29/02
427	Matt Hasselbeck at San Francisco	12/1/02
418	Dave Krieg at Denver	11/20/83
414	Matt Hasselbeck vs. Dallas	12/6/04
410	Dave Krieg at L.A. Raiders	12/18/88
409	Warren Moon vs. Oakland	10/26/97
406	Dave Krieg at L.A. Raiders	11/25/84
	Russell Wilson vs. New Orleans	9/22/19
405	Dave Krieg vs. Atlanta	10/13/85

PASSING TOUCHDOWNS

	Player, Game	Date
5	Dave Krieg vs. Detroit	12/2/84
	Dave Krieg at San Diego	9/15/85
	Dave Krieg vs. L.A. Raiders	11/28/88
	Warren Moon vs. Oakland	10/26/97
	Matt Hasselbeck at Baltimore	11/23/03
	Matt Hasselbeck vs. N.Y. Giants	9/24/06
	Russell Wilson vs. Pittsburgh	11/29/15
	Russell Wilson at Baltimore	12/13/15
	Russell Wilson vs. Tampa Bay	11/3/19
	Russell Wilson vs. New England	9/20/20
	Russell Wilson vs. Dallas	9/27/20

INTERCEPTIONS

	Player, Game	Date
6	Jim Zorn vs. Detroit	10/24/76
5	Jim Zorn vs. Kansas City	11/9/80
	Dave Krieg at Kansas City	12/9/84
	Jon Kitna vs. Tampa Bay	11/28/99
	Russell Wilson at Green Bay	12/11/16
4	13 times (Last: Hasselbeck at SF, 12/12/10)	

PASSER RATING

	Player, Game	Date
158.3	Dave Krieg vs. Buffalo	11/24/94
	Russell Wilson at Detroit	10/28/18
153.3	Dave Krieg at San Diego	12/14/86
152.3	Russell Wilson at Indianapolis	9/12/21
151.8	Russell Wilson vs. L.A. Rams	10/3/19
151.4	Russell Wilson vs. Minnesota	11/17/13
150.8	Jim Zorn vs. New Orleans	11/18/79
147.9	Russell Wilson vs. Pittsburgh	11/29/15
147.7	Matt Hasselbeck at Tennessee	12/18/05
146.0	Russell Wilson at Minnesota	12/6/15

LONGEST PASS COMPLETION

	Player, Game	Date
90t	Seneca Wallace to Koren Robinson vs. Philadelphia	11/2/08
87t	Matt Hasselbeck to Ben Obomanu vs. Kansas City	11/28/10
84t	Geno Smith to DK Metcalf vs. New Orleans	10/25/21
83	Trent Dilfer to Koren Robinson at St. Louis	10/20/02
81t	John Friesz to Joey Galloway at San Diego	10/25/98
80t	John Friesz to Brian Blades at Miami	10/6/96
	Trent Dilfer to Shaun Alexander vs Minnesota	9/29/02
	Matt Hasselbeck to Darrell Jackson at Baltimore	11/23/03
	Russell Wilson to Golden Tate at St. Louis	10/28/13
	Russell Wilson to Luke Willson at Arizona	12/21/14
	Russell Wilson to Doug Baldwin vs. Pittsburgh	11/29/15

RECEPTIONS

	Player, Game	Date
15	Steve Largent at Detroit	10/18/87
	Tyler Lockett at Arizona	10/25/20
14	Bobby Engram at Cleveland	11/4/07
13	Doug Baldwin vs. Arizona	12/24/16
	Tyler Lockett vs. Tampa Bay	11/3/19
12	David Hughes vs. Kansas City	9/27/81
	Steve Largent at Denver	11/25/84
	John L. Williams vs. L.A. Raiders	12/17/89
	Brian Blades at New Orleans	9/1/91
	DK Metcalf vs. San Francisco	11/1/20
	Tyler Lockett at San Francisco	1/3/21
	Tyler Lockett vs. Jacksonville	10/31/21

RECEIVING YARDS

	Player, Game	Date
261	Steve Largent at Detroit	10/18/87
200	Tyler Lockett at Arizona	10/25/20
191	Steve Largent at Denver	11/25/84
180	John L. Williams at L.A. Raiders	12/18/88
178	Tyler Lockett vs. Tennessee	9/19/21
177	DK Metcalf at Philadelphia	11/30/20
174	Darrell Jackson vs. Arizona	9/15/02
173	Sam McCullum at Oakland	12/16/79
171	Doug Baldwin vs. Arizona	12/24/16
169	Steve Largent vs. N.Y. Jets	12/6/81

RECEIVING TOUCHDOWNS

SINGLE-GAME TOP 10, continued

	Player, Game	Date
4	Daryl Turner at San Diego	9/15/85
3	Steve Largent at St. Louis	11/13/83
	Steve Largent at San Diego	10/29/84
	Steve Largent at Detroit	10/18/87
	Joey Galloway vs. Oakland	10/26/97
	Doug Baldwin vs. Pittsburgh	11/29/15
	Doug Baldwin at Baltimore	12/13/15
	Doug Baldwin at New England	11/13/16
	Tyler Lockett vs. Dallas	9/27/20
	Tyler Lockett at Arizona	10/25/20
	DK Metcalf at Philadelphia	11/30/20

LONGEST RECEPTION

	Player, Game	Date
90t	Koren Robinson from Seneca Wallace vs. Philadelphia	11/2/08
87t	Ben Obomanu from Matt Hasselbeck vs. Kansas City	11/28/10
84t	DK Metcalf from Geno Smith vs. New Orleans	10/25/21
83	Koren Robinson from Trent Dilfer at St. Louis	10/20/02
81t	Joey Galloway from John Friesz at San Diego	10/25/98
80t	Brian Blades from John Friesz at Miami	10/6/96
	Shaun Alexander from Trent Dilfer vs. Minnesota	9/29/02
	Darrell Jackson from Matt Hasselbeck at Baltimore	11/23/03
	Golden Tate from Russell Wilson at St. Louis	10/28/13
80t	Luke Willson from Russell Wilson at Arizona	12/21/14
	Doug Baldwin from Russell Wilson vs. Pittsburgh	11/29/15

HIGHEST REC. AVG. (MIN. 5 REC.)

	Player, Game	Date
31.8	Ben Obomanu vs. Kansas City 5 for 159 yards	11/28/10
28.4	Tyler Lockett at Houston 5 for 142 yards	12/12/21
27.8	Steve Largent vs. Oakland 5 for 139 yards	9/16/79
27.4	Joey Galloway at Miami 5 for 137 yards	10/6/96
25.7	John L. Williams at L.A. Raiders 7 for 180 yards	12/18/88
25.5	Brian Blades vs N.Y. Giants 6 for 153 yards	11/5/95
25.4	Darrell Jackson vs. Arizona 5 for 127 yards	9/17/06
25.0	Darrell Jackson at Oakland 5 for 125 yards	9/30/01
24.2	Darrell Jackson vs Miami 5 for 121 yards	10/28/01
	Doug Baldwin vs. Pittsburgh 6 for 145 yards	11/29/15

MOST FIELD GOALS ATTEMPTED

	Player, Game	Date
6	Norm Johnson vs. Kansas City	9/20/87
	Todd Peterson at Pittsburgh	9/26/99
	Todd Peterson vs. San Diego	12/12/99
	Olindo Mare vs. Chicago	9/27/09
	Olindo Mare at Arizona	11/14/10
5	11 times (Last: Hauschka vs. Ari, 11/23/14)	

MOST FIELD GOALS MADE

	Player, Game	Date
5	Norm Johnson vs. Kansas City	9/20/87
	Norm Johnson at L.A. Raiders	12/18/88
	Todd Peterson at Pittsburgh	9/26/99
	Olindo Mare vs. Arizona	10/24/10
	Olindo Mare at Arizona	11/14/10
	Steven Hauschka vs. Baltimore	11/13/11
4	26 times (Last: S. Hauschka at SF, 1/1/17)	

LONGEST FIELD GOAL MADE

	Player, Game	Date
61	Jason Myers at L.A. Rams	11/15/20
58	Josh Brown at Green Bay	10/5/03
	Steven Hauschka at Carolina	10/26/14
56	Sebastian Janikowski at Chicago	9/17/18
55	John Kasay at Kansas City	1/2/94
	Josh Brown vs. Dallas	10/23/05
	Jason Myers at Miami	10/4/20
54	11 times (Last: J. Myers at Atl, 10/27/19)	

MOST PUNTS

	Player, Game	Date
12	Rick Tuten vs. Denver	11/28/93
11	Herman Weaver vs. L.A. Rams	11/4/79
	Vince Gamache at Kansas City	11/9/86
	Rick Tuten vs. Philadelphia	12/13/92
	Ryan Plackemeier at Buffalo	9/7/08
	Jon Ryan vs. Philadelphia	11/2/08
10	8 times (Last: J. Ryan at Chi, 10/17/10)	

MOST PUNTS INSIDE THE 20

	Player, Game	Date
6	Rick Tuten vs. Minnesota	11/10/96
	Jeff Feagles vs. Kansas City	12/26/99
	Jeff Feagles at N.Y. Giants	12/23/01
	Jon Ryan vs. San Francisco	12/6/09
	Jon Ryan at Chicago	10/17/10
	Jon Ryan at Miami	11/25/12
5	9 times (Last: M. Dickson at Phi, 11/24/19)	

LONGEST PUNT

	Player, Game	Date
77	Jon Ryan at San Francisco	9/11/11
74	Jon Ryan at San Francisco	11/26/17
73	Rick Tuten at Buffalo	10/15/95
	Jon Ryan vs. Green Bay	9/24/12
	Jon Ryan at St. Louis	9/13/15
72	Ryan Plackemeier vs. San Diego	12/24/06

LONGEST PUNT, CONTINUED

71	Jon Ryan at St. Louis	11/20/11
70	Jon Ryan vs. St. Louis	9/13/09
	Jon Ryan at Dallas	11/6/11
	Jon Ryan vs.Detroit	10/5/15

MOST TACKLES

	Player, Game	Date
20	Bobby Wagner vs. Tennessee	9/19/21
	Jordyn Brooks at Arizona	1/9/22
19	Bobby Wagner vs. New Orleans	9/22/19
17	Isaiah Kacyvenski at Oakland	9/8/02
	Kam Chancellor vs. Arizona	11/15/15
16	Rod Stephens vs. Cincinnati	11/6/94
	Dean Wells vs. Green Bay	9/29/96
	David Hawthorne vs. Chicago	9/27/09
	Bobby Wagner vs. Buffalo	11/7/16
15	9 times (Last: B. Wagner at Hou, 12/12/21)	

MOST SACKS

	Player, Game	Date
4.0	Jacob Green vs. N.Y. Giants	10/19/86
	Michael Sinclair vs. Denver	9/8/96
	Michael McCrary at Oakland	12/22/96
	Darryl Tapp vs. St. Louis	10/21/07
	Chris Clemons vs. Green Bay	9/24/12
3.5	Jacob Green vs. L.A. Raiders	10/16/83
	Michael Bennett at San Francisco	10/22/15
3.0	25 times (Last: Dunlap II at LAR, 12/21/21)	

MOST INTERCEPTIONS

	Player, Game	Date
3	Kenny Easley at San Diego	10/29/84
	Eugene Robinson at Pittsburgh	10/6/92
	Darryl Williams vs. San Diego	9/21/97
	Lofa Tatupu at Philadelphia	12/2/07
	Marcus Trufant vs. Arizona	12/9/07
2	64 times (Last: K. Wright at Car, 12/15/19)	

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
2020	Tyler Lockett	16	10	0	10	0	0/0	60
	DK Metcalf	16	10	0	10	0	0/0	60
2021	DK Metcalf	17	12	0	12	0	0/0	72

* 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

KICK SCORING, CONT.

		G	PATs	FGs	Pts.
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
998	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
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
2020	Jason Myers	16	49-53	24-24	121
2021	Jason Myers	17	44-47	17-23	95

^ 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!*

YEARLY LEADERS, continued

RUSHING, CONT.

		G	Att.	Yds.	Avg.	LG	TD
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
2020	Chris Carson	12	141	681	4.8	29t	5
2021	Rashaad Penny	10	119	749	6.3*	62t	6

! NFL single-season record; * Led NFL; + Led AFC; ^ Led NFC

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
2020	Russell Wilson	16/16	558	384	4212	68.8	40	13	105.1
2021	Russell Wilson	14/14	400	259	3113	64.8	25	6	103.1

* 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
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
2020	Tyler Lockett	16	100	1054	10.5	47t	10
2021	DK Metcalf	17	75	967	12.9	84t	12

* Led NFL; + Led AFC; ^ Led NFC

YEARLY LEADERS, continued

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
2020	DK Metcalf	16	1303	83	15.7	62	10
2021	Tyler Lockett	16	1175	73	16.1	69t	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

INTERCEPTIONS, CONT.

		G	No.	Yds.	Avg.	LG	TD
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
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
2020	Quandre Diggs	16	5!	57	11.4	32	0
2021	Quandre Diggs	17	5	68	13.6	29	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

YEARLY LEADERS, continued

PUNTING, CONT.

			G	No.	Yds.	Avg.		LG		TD
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
2020	Michael Dickson	16	61	3028	49.6^	44.4	67	6	32*	0
2021	Michael Dickson	17	83	3895	46.9	41.7	68	10	40*	0

* Led NFL; + Led AFC; # Tied AFC; ! Tied NFC; ^ Led NFC

PUNT RETURNS

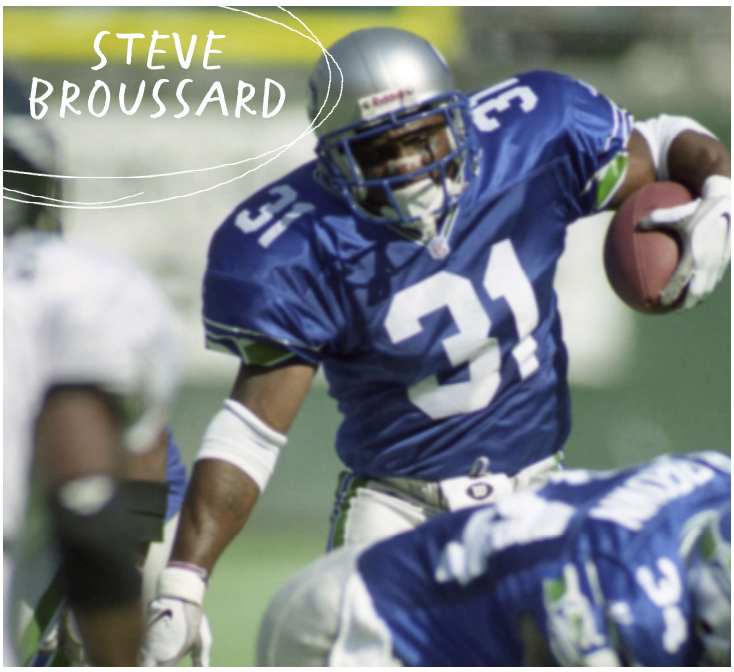
		G	No.	FC	Yds.	Avg.	LG	TD
1976	Lyle Blackwood	11	19	2	132	6.9	26	0
1977	Walter Packer	10	20	0	131	6.5	31	0
1978	Rufus Crawford	16	34	4	284	8.4	22	0
1979	Tony Green	11	16	3	121	7.6	30	0
1980	Will Lewis	16	41	9	349	8.5	75t	1
1981	Paul Johns	16	16	4	177	11.1	34	0
1982	Paul Johns	9	19	10	210	11.1	37	0
1983	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
2020	David Moore	16	12	14	111	9.3	20	0
2021	Freddie Swain	17	22	22	189	8.6	22	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
2020	Travis Homer	9	12	291	24.3	44	0
2021	DeeJay Dallas	17	33	764	23.2	40	0

* Led NFL; + Led AFC



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*
2020	Bobby Wagner	16	138
2021	Jordyn Brooks	17	183

*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

SACKS, CONTINUED

2001	John Randle	15	11.0
2002	John Randle	12	7.0
2003	Chike Okeafor	16	8.0
2004	Chike Okeafor	16	8.5
2005	Bryce Fisher	16	9.0
2006	Julian Peterson	16	10.0
2007	Patrick Kerney	16	14.5^
2008	Brandon Mebane	16	5.5
	Darryl Tapp	16	5.5
2009	Patrick Kerney	14	5.0
2010	Chris Clemons	16	11.0
2011	Chris Clemons	16	11.0
2012	Chris Clemons	16	11.5
2013	Michael Bennett	16	8.5
2014	Michael Bennett	16	7.0
2015	Michael Bennett	16	10.0
2016	Cliff Avril	16	11.5
2017	Frank Clark	16	9.0
2018	Frank Clark	16	13.0
2019	Rasheem Green	16	4.0
2020	Jamal Adams	12	9.5
2021	Carlos Dunlap II	17	8.5

* 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

SPECIAL TEAMS TACKLES, CONTINUED

1988	Rufus Porter	16	16
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
2020	Cody Barton	16	16
2021	Nick Bellore	17	15

TEAM JERSEY COMBO W/L RECORD SINCE 2012

College Navy/College Navy: 61-22; **White/College Navy:** 23-16; **Wolf Grey/Wolf Grey:** 12-2-1; **Action Green/Action Green:** 5-1; **Action Green/College Navy:** 3-0; **College Navy/Wolf Grey:** 3-5; **White/White:** 6-8; **White/Wolf Grey:** 2-8; **Overall:** 115-62-1.

2012

Date	W/L	Score	Opponent	Jersey	Pants
9/9	L	20-16	at Arizona	White	Grey
9/16	W	27-7	Dallas	Navy	Navy
9/24	W	14-12	Green Bay	Navy	Navy
9/30	L	19-13	at St. Louis	White	Grey
10/7	W	16-12	at Carolina	Navy	Grey
10/14	W	24-23	New England	Navy	Navy
10/18	L	13-6	at San Francisco	White	Grey
10/28	L	28-24	at Detroit	White	Navy
11/4	W	30-20	Minnesota	Navy	Navy
11/11	W	28-7	N.Y. Jets	Navy	Navy
11/25	L	24-21	at Miami	Navy	Grey
12/2	W	23-17	at Chicago	White	White
12/9	W	58-0	Arizona	Navy	Navy
12/16	W	50-17	at Buffalo	Grey	Grey
12/23	W	42-13	San Francisco	Navy	Navy
12/30	W	20-13	St. Louis	Navy	Navy
1/6	W	24-14	at Washington	*White	White
1/13	L	30-28	at Atlanta	*White	White

* postseason

2013

Date	W/L	Score	Opponent	Jersey	Pants
9/8	W	12-7	at Carolina	Navy	Grey
9/15	W	29-3	San Francisco	Navy	Navy
9/22	W	45-17	Jacksonville	Navy	Navy
9/29	W	23-20	at Houston	Grey	Grey
10/6	L	34-28	at Indianapolis	White	White
10/13	W	20-13	Tennessee	Navy	Navy
10/17	W	34-22	at Arizona	Grey	Grey
10/28	W	14-9	at St. Louis	White	White
11/3	W	27-24	Tampa Bay	Navy	Navy
11/10	W	33-10	at Atlanta	White	Navy
11/17	W	41-20	Minnesota	Navy	Navy
12/2	W	34-7	New Orleans	Navy	Navy
12/8	L	19-17	at San Francisco	White	White
12/15	W	23-0	at N.Y. Giants	White	Navy
12/22	L	17-10	Arizona	Navy	Navy
12/29	W	27-9	St. Louis	Navy	Navy
1/11	W	23-15	New Orleans	*Navy	Navy
1/19	W	23-17	San Francisco	*Navy	Navy
2/2	W	43-8	Denver	*White	Navy

* postseason

2014

Date	W/L	Score	Opponent	Jersey	Pants
9/4	W	36-16	Green Bay	Navy	Navy
9/14	L	30-21	at San Diego	Navy	Grey
9/21	W	26-20	Denver (OT)	Navy	Navy
10/6	W	27-17	Washington	White	White
10/12	L	30-23	at Dallas	Navy	Navy
10/19	L	28-26	at St.Louis	White	Grey
10/26	W	13-9	at Carolina	Grey	Grey
11/2	W	30-24	at Oakland	Navy	Navy
11/9	W	38-17	N.Y. Giants	Navy	Navy
11/16	L	24-20	at Kansas City	White	Navy
11/23	W	19-3	at Arizona	Navy	Navy
11/27	W	19-3	at San Francisco	Grey	Grey
12/7	W	24-14	at Philadelphia	White	Navy
12/14	W	17-7	at San Francisco	Navy	Navy
12/21	W	35-6	at Arizona	White	Navy
12/28	W	20-6	St. Louis	Navy	Navy
1/10	W	31-17	Carolina	*Navy	Navy
1/18	W	28-22	Green Bay (OT)	*Navy	Navy
2/1	L	28-24	New England	*Navy	Navy

* postseason

2015

Date	W/L	Score	Opponent	Jersey	Pants
9/13	L	34-31	at St. Louis	White	Navy
9/20	L	27-17	at Green Bay	White	White
9/27	W	26-0	Chicago	Navy	Navy
10/5	W	13-10	Detroit	Navy	Navy
10/11	L	27-24	at Cincinnati	White	Navy
10/18	L	27-23	Carolina	Navy	Navy
10/22	W	20-3	at San Francisco	Grey	Grey
11/1	W	13-12	at Dallas	Navy	Navy
11/15	L	39-32	Arizona	Navy	Navy
11/22	W	29-13	San Francisco	Navy	Navy
11/29	W	39-30	at Pittsburgh	Navy	Navy
12/6	W	38-7	at Minnesota	White	Grey
12/13	W	35-6	Baltimore	White	Navy
12/20	W	30-13	Cleveland	Navy	Navy
12/27	L	23-17	St. Louis	Navy	Navy
1/3	W	36-6	at Arizona	Grey	Grey
1/10	W	10-9	at Minnesota	*White	Navy
1/17	L	31-24	at Carolina	*Navy	Grey

* postseason

2016

Date	W/L	Score	Opponent	Jersey	Pants
9/11	W	12-10	Miami	Navy	Navy
9/18	L	9-3	at L.A. Rams	White	Navy
9/25	W	37-18	San Francisco	Navy	Navy
10/2	W	27-17	at New York Jets	Navy	Navy
10/16	W	26-24	Atlanta	Navy	Navy
10/23	T	6-6	at Arizona (OT)	Grey	Grey
10/30	L	25-20	at New Orleans	White	White
11/7	W	31-25	Buffalo	Navy	Navy
11/13	W	31-24	at New England	White	Navy
11/20	W	26-15	Philadelphia	Navy	Navy
11/27	L	14-5	at Tampa Bay	White	Grey
12/4	W	40-7	Carolina	Navy	Navy
12/11	L	38-10	at Green Bay	Grey	Grey
12/15	W	24-3	L.A.Rams	Green	Green
12/24	L	34-31	Arizona (OT)	Navy	Navy
1/1	W	25-23	at San Francisco	White	Navy
1/7	W	26-6	Detroit	*Navy	Navy
1/14	L	36-20	at Atlanta	*White	Navy

* postseason

2017

Date	W/L	Score	Opponent	Jersey	Pants
9/10	L	17-9	at Green Bay	White	Navy
9/17	W	12-9	San Francisco	Navy	Navy
9/24	L	33-27	at Tennessee	White	Grey
10/1	W	46-18	Indianapolis	Navy	Navy
10/8	W	16-10	at L.A. Rams	White	White
10/22	W	24-7	at N.Y. Giants	Grey	Grey
10/29	W	41-38	Houston	Navy	Navy
11/5	L	17-14	Washington	Navy	Navy
11/9	W	22-16	at Arizona	Green	Green
11/20	L	34-31	Atlanta	Navy	Navy
11/26	W	24-13 at	San Francisco	White	Navy
12/3	W	24-10	Philadelphia	Navy	Navy
10-Dec	L	30-24	at Jacksonville	White	Navy
17-Dec	L	42-7	L.A. Rams	Navy	Navy
24-Dec	W	21-12	at Dallas	Navy	Navy
31-Dec	L	26-24	Arizona	Navy	Navy

TEAM JERSEY COMBO, continued

2018

Date	W/L	Score	Opponent	Jersey	Pants
9/9	L	27-24	at Denver	White	Navy
9/17	L	24-7	at Chicago	White	White
9/23	W	24-13	Dallas	Navy	Navy
9/30	W	20-17	at Arizona	Grey	Grey
10/7	L	33-31	L.A. Rams	Navy	Navy
10/14	W	27-3	at Oakland	White	Navy
10/28	W	28-14	at Detroit	White	Navy
11/4	L	25-17	L.A. Chargers	Navy	Navy
11/11	L	36-31	at L.A. Rams	White	Grey
11/15	W	27-24	Green Bay	Navy	Navy
11/25	W	30-27	at Carolina	White	Navy
12/2	W	43-16	San Francisco	Navy	Navy
12/10	W	21-7	Minnesota	Green	Green
12/16	L	26-23	at San Francisco	White	Navy
12/23	W	38-31	Kansas City	Navy	Navy
12/30	W	27-24	Arizona	Navy	Navy
1/5	L	24-22	at Dallas	*Navy	Grey

* postseason

2019

Date	W/L	Score	Opponent	Jersey	Pants
9/8	W	21-20	Cincinnati	Navy	Navy
9/15	W	28-26	at Pittsburgh	White	Navy
9/22	L	33-27	New Orleans	Navy	Navy
9/29	W	27-10	at Arizona	Grey	Grey
10/3	W	30-29	L.A.Rams	Green	Green
10/13	W	32-28	at Cleveland	White	Navy
10/20	L	30-16	Baltimore	Navy	Navy
10/27	W	27-20	atAtlanta	White	Navy
11/3	W	40-34	Tampa Bay	Navy	Navy
11/11	W	27-24	at San Francisco	Grey	Grey
11/24	W	17-9	at Philadelphia	White	Navy
12/2	W	37-30	Minnesota	Green	Navy
12/8	L	28-12	at L.A.Rams	White	Navy
12/15	W	30-24	at Carolina	White	Navy
12/22	L	27-13	Arizona	Navy	Navy
12/29	L	26-21	San Francisco	Navy	Navy
1/5	W	17-9	at Philadephia	*White	Navy
1/12	L	28-23	at Green Bay	*White	Navy

* postseason

2020

Date	W/L	Score	Opponent	Jersey	Pants
9/13	W	38-25	at Atlanta	White	White
9/20	W	35-30	New England	Navy	Navy
9/27	W	38-31	Dallas	Navy	Navy
10/4	W	31-23	at Miami	Navy	Grey
10/11	W	27-26	Minnesota	Green	Navy
10/25	L	37-34	at Arizona	Grey	Grey
11/1	W	37-27	San Francisco	Navy	Navy
11/8	L	44-34	at Buffalo	White	Grey
11/15	L	23-16	at L.A. Rams	White	Navy
11/19	W	28-21	Arizona	Green	Navy
11/30	W	23-17	at Philadelphia	White	Navy
12/6	L	17-12	N.Y. Giants	Navy	Navy
12/13	W	40-3	N.Y. Jets	Navy	Navy
12/20	W	20-15	at Washington	White	Navy
12/27	W	20-9	L.A. Rams	Navy	Navy
1/3	W	26-23	at SF (in Arizona)	Navy	Navy
1/9	L	30-20	L.A. Rams	*Navy	Navy

* postseason

2021

Date	W/L	Score	Opponent	Jersey	Pants
9/12	W	28-16	at Indianapolis	White	Navy
9/19	L	33-30	Tennessee (OT)	Navy	Navy
9/26	L	20-7	at Minnesota	White	Navy
10/3	W	28-21	at San Francisco	White	Navy
10/7	L	26-17	L.A. Rams	Green	Green
10/17	L	23-20	at Pittsburgh (OT)	White	Navy
10/25	L	13-10	New Orleans	Navy	Navy
10/31	W	31-7	Jacksonville	Navy	Navy
11/14	L	17-0	at Green Bay	White	Navy
11/21	L	23-13	Arizona	Navy	Navy
11/29	L	17-15	at Washington	White	White
12/5	W	30-23	San Francisco	Navy	Navy
12/12	W	33-13	at Houston	White	Grey
12/21	L	20-10	at L.A. Rams	White	White
12/26	L	25-24	Chicago	Navy	Grey
1/2	W	26-23	Detroit	Navy	Navy
1/9	W	38-30	at Arizona	Grey	Grey

2022

Date	W/L	Score	Opponent	Jersey	Pants
9/12	W	17-16	Denver	Green	Green

20
RASHAAD PENNY
SEAHAWKS
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 - Lumen 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 Games Won, Season

13 2005, 2013
12 1984, 2014, 2020
11 2012, 2019

Most Consecutive Games Won

11 2005
9 2012-13
8 1984

Most Consecutive Games Without Defeat

11 2005
9 2012-13
8 1984

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
4 2020

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, 2020-21

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 NFLâ ˆrecord)

GAMES LOST

Most Games Lost, Season

14 1992
12 1976, 1980, 2008
11 2009

Most Consecutive Games Lost

10 1980-81
9 1976-77
8 1992

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 10 Times (Last: 2021)

Most Consecutive Shutout Games, Lost or Tied, Season

2 1992
1 10 Times (Last: 2021)

Most Consecutive Overtime Games Lost, Season

1 24 Times (Last: 2021)

SCORING

POINTS

Most Points, Season

459 2020
452 2005
428 2018

Fewest Points, Season

127 1982 (9 games)
140 1992 (NFLâ ˆrecord 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)
vs. Detroit 1/2/2022

Fewest Points, Game

0 12 Times (Last: at Green Bay 11/14/2021)

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.â ˆGiants 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

166 2011-2021
121 1992-99
115 2000-07

TOUCHDOWNS

Most Touchdowns, Season

57 2005
55 2020
52 2018

Fewest Touchdowns, Season

14 1982 (9 games)
1992
28 1989

TEAM RECORDS - REGULAR SEASON

Most Touchdowns, Game

8	vs. Buffalo 10/30/1977
7	vs. San Diego 9/15/1985
	vs. Arizona 12/9/2012
6	18 Times (Last: vs. Detroit 1/2/2022)

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	9 Times (Last: Seattle [6] vs. Detroit [4] 1/2/2022)

Most Consecutive Games Scoring Touchdowns

71	2017-2021
58	2012-16
48	1982-85

POINTS AFTER TOUCHDOWN

Most Points After Touchdown, Season

56	2005
50	1984
49	1983, 2020

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	14 Times (Last: vs. Detroit 1/2/2022)

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:â ˆSeattle [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 NFLâ ˆrecord)
3	2020
2	2013, 2017

Most Safeties, Game

1	Many Times	(Last: vs. SF 12/5/2021)

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. SF [0] 12/5/2021)

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
356	2020
347	2002

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)
	atArizona 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
	vs. L.A. Raiders 10/18/1992
	vs. Arizona 10/18/2009

BY PASSING

Most First Downs, Passing, Season

224	2019
216	2020
207	2008

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)

TEAM RECORDS - REGULAR SEASON

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

7	vs. Denver 09/12/2022
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

400	2021
376	2020
371	1981

Fewest First Downs Allowed, Season

167	1982(9 games)
247	1992
262	1991

Most First Downs Allowed, Game

33	vs. Tennessee 9/19/2021 (OT)
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 Diego11/22/1987
	vs. San Francisco11/12/2007
7	vs. Chicago9/27/2015
8	at N.Y. Jets11/13/1977
	vs. San Francisco12/11/2005
	at San Francisco10/22/2015

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

253	2020
240	2021
224	2019

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	atAtlanta 9/13/2020

Fewest First Downs Allowed, Passing, Game

2	4 Times (Last:â ˆvs. 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
	vs. Tennessee 9/19/21 (OT)
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
15	2019-20
13	2019

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

6,445	2021
6,391	2000
6,106	2019

Fewest Yards Allowed, Game

113	vs. San Francisco 12/11/2005
118	at Indianapolis 9/14/1997
120	vs. Cleveland 9/3/1984

Most Net Yards Allowed, Game

580	vs. San Francisco 9/25/1988
579	vs. Buffalo 12/23/2000
557	at San Diego 9/15/1985

OPPONENTS PLAYS

Fewest Opponents Plays Allowed, Season

600	1982 (9 games)
924	2014
947	2015
950	1990

Most Opponents Plays Allowed, Season

1,201	2021
1,137	1998
1,126	1981

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

TEAM RECORDS - REGULAR SEASON

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

674	2020
658	2021
650	1998

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. Jets9/11/1983
56	vs. San Diego9/18/1983
54	vs. San Diego11/22/1987

Fewest Rushing Attempts, Game

7	vs. L.A. Raiders11/17/1991
9	vs. Washington12/23/1989
11	at Carolina10/8/2000
	vs. Arizona10/18/2009

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. Giants11/9/2014
320	vs. Houston10/16/2005
319	vs. Oakland11/11/2001

Fewest Yards Gained Rushing, Game

4	at Minnesota11/22/2009
14	vs. Arizona10/18/2009
20	vs. New England12/4/1988
	vs. Kansas City11/28/2010

AVERAGE GAIN

Highest Average Gain, Rushing, Season

5.26	2014 (525-2,762)
5.02	2021 (413-2,074)
4.81	2012 (536-2,579)

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 Bay12/9/1990
	vs. St. Louis12/29/2013
15	vs. Minnesota11/10/1996
17	vs. San Diego11/22/1987
	vs. St. Louis12/22/2002

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 Bay12/27/2009
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

388	2020
372	2009
371	2007

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
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

TEAM RECORDS - REGULAR SEASON

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

68.91	2020 (563-388)
68.10	2015 (489-333)
65.95	2019 (517-341)

Lowest Completion Percentage, Season

45.22	1977 (387-175)
47.71	1976 (480-229)
48.32	1992 (476-230)

TOUCHDOWNS

Most Touchdowns, Passing, Season

40	2020
35	2018
34	2015, 2017

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, 2021
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

4,560	2020
4,513	2021
4,223	2019

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, 2020
62	2014

Most Punts, Game

12	vs. Denver 11/28/1993
11	5 Times (Last: vs. Philadelphia 11/2/2008)

Fewest Punts, Game

1	20 Times (Last: vs. Detroit 1/02/2022)

AVERAGE YARDAGE

Highest Average Distance, Punting, Season

49.64	2020 (61-3,028)
47.58	2018 (79-3,759)
46.93	2021 (83-3,895)

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

40	2021
34	1999, 2011, 2019
33	1994

Fewest Punts Inside Opponents' 20-Yard Line, Season

9	1982 (9 games)
10	1977, 1986
11	1979, 1991

Most Punts Inside Opponents' 20-Yard Line, Game

7	vs. San Francisco 12/6/2009
6	vs. Minnesota 11/10/1996
	vs. Kansas City 12/26/1999
	at N.Y. Giants 12/23/2001
	at Chicago 10/17/2010
	at Miami 11/25/2012

OPPONENTS PUNTING

Fewest Opponent Punts, Season

50	1982 (9 games)
54	1977
55	1981

Most Opponent Punts, Season

97	1985
96	1992
93	2007

Fewest Opponent Punts, Game

0	at Oakland 12/16/1979
	vs. Oakland 12/5/1999
	at N.Y. Jets 12/19/2004
1	Many Times (Last: vs. Denver 09/12/2022)

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

35.00	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

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)
12	2020
13	1987

TEAM RECORDS - REGULAR SEASON

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:â ˆvs. 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)
22 2020
23 2019, 2021

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
28 2020
29 1982 (9 games)
2012, 2018

Most Kickoff Returns, Game

9 vs. New Orleans 11/21/1976
vs. Kansas City 11/27/1983 (OT)
8 Many Times (Last: vs. N.Y. Giants 11/7/2010)

Fewest Kickoff Returns, Game

0 Many Times

YARDS GAINED

Most Yards, Kickoff Returns, Season

1,948 2008
1,932 2000
1,620 1995

Fewest Yards, Kickoff Returns, Season

432 2019
544 1982 (9 games)
629 2020

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 10 Times (Last: 2021)

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
vs. Jacksonville 10/31/2021

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)

TEAM RECORDS - REGULAR SEASON

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:â ˆat San Francisco 12/16/2018)

FUMBLES

FUMBLES

Most Fumbles, Season

43	1989
41	1981
38	1980

Fewest Fumbles, Season

14	2020
16	2012
17	2021

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, 2020
6	2016, 2021

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
7	2021
8	1982, 2015, 2016, 2020

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, 2020
19	2016, 2021

Most Opponent Fumbles, Season

47	1984
44	1983
43	1981

Most Opponent Fumbles, Game

9	vs. Cleveland 12/20/1981
	at Oakland 12/22/1996
7	4 Times (Last: vs. Miami 10/6/1996)

TURNOVERS

TURNOVERS (NUMBER OF TIMES LOSING BALL ON INTS AND FUMS)

Most Turnovers, Season

48	1976 (30 ints, 18 fums)
46	1977 (32 ints, 14 fums)
43	1991 (26 ints, 17 fums)

Fewest Turnovers, Season

11	2018 (7 ints, 4 fums)
13	2021 (7 ints, 6 fums)
14	2014 (7 ints, 7 fums)

Most Turnovers, Game

8	vs. Detroit 10/24/1976 (6 ints, 2 fums)
	at Denver 11/20/1983 (4 ints, 4 fums)
7	4 Times (Last: at Arizona 10/29/1995 [OT],[4 ints, 3 fums])

Most Turnovers, Both Teams, Game

14	Seattle (4) vs. Cleveland (10) 12/20/1981
11	Seattle (7) at Kansas City (4) 9/29/1985
	Seattle (7) at Arizona (4) 10/29/1995 (OT)
	Seattle (3) vs. San Diego (8) 12/13/1998

Fewest Turnovers, Both Teams, Game

0	Many Times

TAKEAWAYS (NO. OF TIMES TAKING BALL FROM OPPT. ON INTS AND FUMBL

Seasons Leading League in Most Takeaways

1984, 2013

Fewest Opponent Turnovers, Season

18	2021 (11 ints, 7 fums)
19	2016 (11 ints, 8 fums)
20	2008 (9 ints, 11 fums)

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.â ˆJets (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

TEAM RECORDS - REGULAR SEASON

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

25:15 2021
26:30 2008
26:59 1981

Highest Time of Possession, Game

41:56 at Philadelphia 12/7/2014
41:35 vs. San Diego 11/22/1987
40:21 vs. Denver 10/22/1989 (OT)

Lowest Time of Possession, Game

14:28 vs. L.A. Rams 11/4/1979
17:04 at Cleveland 10/23/2011
17:10 vs. San Francisco 9/25/1988
vs. Arizona 10/18/2009

TIME OF POSSESSION ALLOWED

Lowest Average Time of Possession Allowed, Season

27:49 2014
28:20 2015
28:24 2012

Highest Average Time of Possession Allowed, Season

34:45 2021
33:30 2008
33:01 1981

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, 2021
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
92 2021

Most Yards Returning Interceptions, Game

325 vs. Kansas City 11/4/1984 (NFL record)
148 at Philadelphia 12/5/2005
146 vs. Philadelphia 12/1/2011

TOUCHDOWNS

Most TDs Returning Interceptions, Season

8 1998 (2nd in NFL history)
7 1984 (3rd in NFL history)
4 2011

Most Touchdowns Returning Interceptions, Game

4 vs. Kansas City 11/4/1984 (NFL record)
2 vs. Chicago 9/23/1984
vs. Arizona 9/13/1998
at Philadelphia 12/5/2005
at Chicago 12/18/2011

Most TDs Returning Interceptions, Both Teams, Game

4 Seattle (4) vs. Kansas City (0) 11/4/1984 (NFL record)
2 9 Times (Last: Seattle [2] at Chicago [0] 12/18/2011)

SACKS

SACKS

Most Sacks, Season

61 1985
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
149 Russell Wilson, 2012-21
135 Chris Gray, 1998-06

Most Games Started

197 Steve Largent, 1976-89
180 Walter Jones, 1997-08
176 Jacob Green, 1980-91

Most Consecutive Games Started

149 Russell Wilson, 2012-21
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.â ˜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.â ˜Rams 12/17/2017 (4-R)
3 Many Times (Last: Derrick Henry, vs. Tennessee 9/19/2021 [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
53 Jason Myers, 2020
51 Norm Johnson, 1984
Sebastian Janikowski, 2018

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: Jason Myers, vs. Detroit 1/2/2022)

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
Jason Myers, 2020

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: Jason Myers, vs. Detroit 1/2/2022)

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 14 Times (Last: Jason Myers, vs. Detroit 1/2/2022)

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
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)

INDIVIDUAL RECORDS - REGULAR SEASON

Most Consecutive Games Scoring Field Goals

19 Steven Hauschka, 2015-16
14 Steven Hauschka, 2011-12
12 Todd Peterson, 1997-98
Steven Hauschka, 2014

Most Consecutive Field Goals Made

37 Jason Myers, 2019-21
30 Olindo Mare, 2009-10
22 Steven Hauschka, 2013

Longest Field Goal Made

61 Jason Myers, at L.A. Rams 11/15/2020
58 Josh Brown, at Green Bay 10/5/2003
Steven Hauschka, at Carolina 10/26/2014
56 Sebastian Janikowski, at Chicago 9/17/2018

Longest Field Goal Attempted

61 Steven Hauschka, vs. Atlanta 10/2/2011
Steven Hauschka, at Detroit 10/28/2012
Jason Myers, at L.A. Rams 11/15/2020
60 Efren Herrera, vs. Kansas City 11/9/1980

PERCENTAGE

Highest Field Goal %, Career (Min. 25 att.)

88.8 Steven Hauschka, 2011-16 (175-197)
88.1 Olindo Mare, 2008-10 (73-83)
85.6 Jason Myers, 2019- (65-76)

Highest FG %, Season (Min. 1 att. per game)

100.0 Jason Myers, 2020 (24-24)
94.3 Steven Hauschka, 2013 (33-35)
93.6 Steven Hauschka, 2015 (29-31)

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
Jason Myers, 2021

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 Dallas12/24/2017

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

61 Ka'imi Fairbairn, at Houston 12/13/2021
60 Greg Zuerlein, at St. Louis 9/30/2012
58 Greg Zuerlein, at St. Louis 9/30/2012

Longest Field Goal Attempted

66 Jason Elam, at Denver 12/10/1995
64 Jason Elam, at Denver 12/19/1999
Brandon McManus, vs. Denver 09/12/2022
61 Ali Haji-Sheikh, at N.Y. Giants 12/11/1983
Michael Husted, vs. Oakland 10/3/1999
Ka'imi Fairbairn, at Houston 12/13/2021

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:â ˜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, 2012â ˆ(2 Times)
3 Shaun Alexander, 2004, 2005
Marshawn Lynch, 2011
Chris Carson, 2018, 2019
Rashaad Penny, 2021
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 Rashaad Penny, 2018- (292-1,632)
5.5 Russell Wilson, 2012-21 (845-4,689)
5.5 Steve Broussard, 1995-98 (136-750)

Highest Average Gain, Season (Min. 100 att.)

7.2 Russell Wilson, 2014 (118-849)
6.3 Rashaad Penny, 2021 (119-749)
5.7 Thomas Rawls, 2015 (147-830)

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

INDIVIDUAL RECORDS - REGULAR SEASON

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
	Shaun Alexander, 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	13 Times (Last: Derrick Henry, vs. Tennessee 09/19/2021)

PASSING

PASS RATING

Highest Pass Rating, Career (Min. 500 att.)

101.8	Russell Wilson, 2012-21
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
152.3	Russell Wilson, at Indianapolis, 9/12/21

ATTEMPTS

Most Passes Attempted, Career

4,735	Russell Wilson, 2012-21
4,250	Matt Hasselbeck, 2001-10
3,576	Dave Krieg, 1980-91

Most Passes Attempted, Season

562	Matt Hasselbeck, 2007
558	Russell Wilson, 2020
553	Russell Wilson, 2017

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

3,079	Russell Wilson, 2012-21
2,559	Matt Hasselbeck, 2001-10
2,096	Dave Krieg, 1980-91

Most Passes Completed, Season

384	Russell Wilson, 2020
353	Russell Wilson, 2016
352	Matt Hasselbeck, 2007

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.)

65.0	Russell Wilson, 2012-21 (4,735-3,079)
60.2	Matt Hasselbeck, 2001-10 (4,250-2,559)
59.9	Seneca Wallace, 2003-09 (556-333)

Highest Completion %, Season (Min. 100 att.)

68.8	Russell Wilson, 2020 (558-384)
68.1	Russell Wilson, 2015 (483-329)
66.1	Russell Wilson, 2019 (516-341)

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

37,059	Russell Wilson, 2012-21
29,434	Matt Hasselbeck, 2001-10
26,132	Dave Krieg, 1980-91

Most Yards Gained, Season

4,219	Russell Wilson, 2016
4,212	Russell Wilson, 2020
4,110	Russell Wilson, 2019

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

10	Russell Wilson, 2012-21
7	Matt Hasselbeck, 2002-05, 2007, 2009-10
4	Dave Krieg, 1984-85, 1989-90

Most Consecutive Seasons, 3,000+ Yds. Passing

10	Russell Wilson, 2012-21
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, 2012-21

Most Games, 300 or More Yards Passing, Career

21	Russell Wilson, 2012-21
19	Matt Hasselbeck, 2001-10
11	Dave Krieg, 1980-91

Most Games, 300 or More Yards Passing, Season

5	Russell Wilson, 2020
4	Matt Hasselbeck, 2002, 2003
3	Jim Zorn, 1979
	Dave Krieg, 1984
	Matt Hasselbeck, 2004, 2007
	Russell Wilson, 2016, 2017, 2019

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
84t	Geno Smith (to DK Metcalf)
	vs. New Orleans 10/25/2021

AVERAGE GAIN

Highest Average Gain, Career (Min. 300 att.)

7.8	Russell Wilson, 2012-21 (4,735-37,059)
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

292	Russell Wilson, 2012-21
195	Dave Krieg, 1980-91
174	Matt Hasselbeck, 2001-10

Most Touchdown Passes, Season

40	Russell Wilson, 2020
35	Russell Wilson, 2018
34	Russell Wilson, 2015, 2017

INDIVIDUAL RECORDS - REGULAR SEASON

Most Touchdown Passes, Game

5 11 Times (Last:â ˆRussell Wilson, vs. Dallas (9/27/2020)

Most Games, 5 or More TD Passes, Career

5 Russell Wilson, 2012-21
3 Dave Krieg, 1980-91
2 Matt Hasselbeck, 2001-10
1 Warren Moon, 1997-98

Most Games, 4 or More TD Passes, Career

17 Russell Wilson, 2012-21
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:â ˆRussell Wilson, 2019)

Most Games, 4 or More TD Passes, Season

5 Russell Wilson, 2020
3 Dave Krieg, 1985
2 Jim Zorn, 1977
Dave Krieg, 1988
Warren Moon, 1997
Russell Wilson, 2015, 2017, 2019, 2021

Most Consecutive Games, 4 or More TD Passes

3 Russell Wilson, 2020
1 Many Times (Last: Russell Wilson, 2021)

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.)

6.17 Russell Wilson, 2012-21 (4,735-292)
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.)

1.84 Russell Wilson, 2012-21 (4,735-87)
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)
1.50 Russell Wilson, 2021 (400-6)

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
38 Dwayne Haskins Jr., at Washington 12/20/2020

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 (31-26)

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:â ˆDeshaun 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.â ˆGiants 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

100 Tyler Lockett, 2020
94 Bobby Engram, 2007
Doug Baldwin, 2016
87 Darrell Jackson, 2004

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
13 Doug Baldwin, vs. Arizona 12/24/2016

Most Seasons, 80 or More Pass Receptions

2 Brian Blades, 1993-94
Tyler Lockett, 2019-20
1 Darrell Jackson, 2004
Bobby Engram, 2007
Doug Baldwin, 2016
DK Metcalf, 2020

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
Tyler Lockett, 2019-21

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

1,303 DK Metcalf, 2020
1,287 Steve Largent, 1985
1,240 Koren Robinson, 2002

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
DK Metcalf, 2020
Tyler Lockett, 2021

Most Consecutive Games, 100+ Yards Receiving

2 19 Times (Last: Tyler Lockett, 2021)

INDIVIDUAL RECORDS - REGULAR SEASON

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
84t DK Metcalf (from Geno Smith), vs. New Orleans 10/25/2021

AVERAGE PER RECEPTION

Highest Avg. Per Reception, Career (Min. 100 rec.)

18.5 Daryl Turner, 1984-87 (101-1,872)
16.0 Steve Largent, 1976-89 (819-13,089)
15.8 Joey Galloway, 1995-99 (283-4,457)

Highest Avg. Per Reception, Season (Min. 50 rec.)

18.7 Steve Largent, 1979 (66-1,237)
17.3 Joey Galloway, 1996 (57-987)
17.1 Sean Dawkins, 1999 (58-992)

Highest Avg. Per Reception, Game (Min. 5 rec.)

31.8 Ben Obomanu, vs. Kansas City 11/28/2010 (5-159)
28.4 Tyler Lockett, at Houston 12/12/2021 (5-142)
27.8 Steve Largent, vs. Oakland 9/16/1979 (5-139)

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
DK Metcalf, 2021

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 10 Times (Last: DK Metcalf, vs. Detroit 1/2/2022)

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
Logan Thomas, at Washington 12/20/2020
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
Robert Woods, vs. Los Angeles Rams 10/7/2021

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 20 Times (Last:â ˆMichael Gallup [138], Cedrick Wilson [107] vs. Dallas 9/27/2020)

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
Kennyâ ˆEasley, 1984
Eugene Robinson, 1991
Brandon Browner, 2011
3 By 9 Players (Last: Darryl Williams, 1997)

YARDS RETURNED

Most Yards Returned, Career

643 Dave Brown, 1976-86
586 Eugene Robinson, 1985-95
538 Kenny Easley, 1981-87

Most Yards Returned, Season

220 Brandon Browner, 2011
179 Dave Brown, 1984
172 Darryl Williams, 1997

Most Yards Returned, Game

148 Dave Brown, vs. Kansas City 11/4/1984
125 Kenny Easley, vs. Cleveland 12/20/1981
100 Lofa Tatupu, at Philadelphia 12/2/2007

Longest Return

98t Bobby Wagner, vs. San Francisco 12/2/2018
94t Brandon Browner, at N.Y. Giants 10/9/2011
91t Sammy Green, vs. San Francisco 10/7/1979

TOUCHDOWNS

Most Touchdowns, Career

5 Dave Brown, 1976-86
3 Keith Simpson, 1978-85
Kenny Easley, 1981-87
Willie Williams, 1997-03
Josh Wilson, 2007-10

Most Touchdowns, Season

2 10 Times (Last: Justin Coleman, 2017)

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 (NFLâ ˆrecord)
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)

47.4 Michael Dickson, 2018- (298-14,128)
44.8 Jon Ryan, 2008-17 (770-34,492)
43.8 Rick Tuten, 1991-97 (554-24,266)

Highest Average, Season

49.6 Michael Dickson, 2020 (61-3,028)
48.2 Michael Dickson, 2018 (78-3,759)
46.9 Michael Dickson, 2021 (83-3,895)

INDIVIDUAL RECORDS - REGULAR SEASON

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)

42.3 Michael Dickson, 2018- (298-12,651)
38.7 Jon Ryan, 2008-17 (775-30,018)
36.8 Rick Tuten, 1991-97 (556-20,460)

Highest Net Average, Season

44.4 Michael Dickson, 2020
42.5 Michael Dickson, 2018
41.7 Michael Dickson, 2021

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
134 Michael Dickson, 2018-

Most Punts Inside the 20, Season

40 Michael Dickson, 2021
34 Jeff Feagles, 1999
Jon Ryan, 2011
Michael Dickson, 2019
33 Rick Tuten, 1994

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:â ˆMichael 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
Michael Dickson, 2021

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:â ˆJon Ryan, 2013)

Most Punts Had Blocked, Game

2 Herman Weaver, vs. Kansas City 9/30/1979
1 Many Times (Last:â ˆMichael 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.â ˆDallas 10/23/2005
4 Many Times, (Last: Blake Gilikin vs. New Orleans 10/26/21)

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

144 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

95 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
Freddie Swain, 2021

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
1,071 Tyler Lockett, 2015-
1,069 Leon Washington, 2010-12

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)

INDIVIDUAL RECORDS - REGULAR SEASON

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 9/2219)

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 9 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
	Travis Homer, 2021

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: Travis Homer, vs. Jacksonville 10/31/2021)

COMBINED KICK RETURNS

Most Combined Kick Returns, Career

271	Tyler Lockett, 2015- (144-P, 127-K)
231	Leon Washington, 2010-12 (104-P, 127-K)
207	Charlie Rogers, 1999-01 (73-P, 134-K)

Most Combined Kick Returns, Season

92	Charlie Rogers, 2000 (26-P, 66-K)
85	Nate Burleson, 2007 (58-P, 27-K)
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)
4,259	Tyler Lockett, 2015- (1,071-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: Travis Homer, vs. Jacksonville 10/31/2021)

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])

INDIVIDUAL RECORDS - REGULAR SEASON

FUMBLES

FUMBLES

Most Fumbles, Career

108	Dave Krieg, 1980-91
87	Russell Wilson, 2012-21
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:â ˆJon Kitna, vs. Buffalo 12/23/2000)

FUMBLES RECOVERED

Most Fumbles Recovered, Career, Own and Opp.

35	Russell Wilson, 2012-21 (34-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)
	Russellâ ˆWilson, 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

34	Russell Wilson, 2012-21
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:â ˆMichael 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:â ˆMichael Sinclair, 2000)

Most Fumbles Recovered, Game

3	Darryl Williams, at Kansas City 10/4/1998
2	18 Times (Last: Red Bryant, vs. San Diego 9/26/2010)

DEFENSE - FUMBLE RETURN YARDS

Longest Fumble Return

83t	Antonio Edwards, at Denver 12/10/1995
79t	Jacob Green, vs. N.Y. Jets 10/27/1985
	Nick Reed, vs. Jacksonville 10/11/2009
71	Shawn Springs, at Oakland 9/8/2002

TOUCHDOWNS

Most Touchdowns, Career (Total)

3	Chad Brown, 1997 (3-opp)
	Bobby Wagner, 2012- (3-opp)
2	Jacob Green, 1980-91 (2-opp)
	Shelton Robinson, 1982-85 (2-opp)
	Michael Sinclair, 1991-01 (2-opp)

Most Touchdowns, Season (Total)

2	Shelton Robinson, 1983 (2-opp)
	Chad Brown, 1997 (2-opp)
	Bobby Wagner, 2015 (2-opp)

Most Touchdowns, Game (Total)

1	Many Times (Last: Jadeveon Clowney, at San Francisco 11/11/2019)

OPPONENT INDIVIDUAL RECORDS

FUMBLES

Most Fumbles, Game

5	Dave Walter, vs. Cincinnati 10/11/1987
4	4 Times (Last: Kurt Warner, vs. Arizona 9/17/2006)

FORCED FUMBLES

Most Forced Fumbles, Game

2	Many Times (Last: K'Waun Williams, at San Francisco 11/11/2019)

FUMBLES RECOVERED

Most Fumbles Recovered, Game

2	Many Times (Last: DeForest Buckner, at San Francisco 11/11/2019)

Most Own Fumbles Recovered, Game

3	Craig Erickson, at Miami 10/6/1996
	Kurt Warner, vs. Arizona 9/17/2006
	Colt McCoy, vs. Arizona 11/22/2021
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: Zach Allen, at Arizona 1/9/2022)

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 (NFLâ ˆrecord)
308	Jermaine Lewis, vs. Baltimore 12/7/1997
307	Priest Holmes, vs. Kansas City 11/24/2002

TACKLES

TACKLES

Most Tackles, Career

1,381	Bobby Wagner, 2012-21
984	Eugene Robinson, 1985-95
934	K.J. Wright, 2011-20

Most Tackles, Season

183	Jordyn Brooks, 2021
170	Bobby Wagner, 2021
167	Bobby Wagner, 2016

Most Tackles, Game

20	Bobby Wagner, vs. Tennessee 9/20/2021
	Jordyn Brooks, at Arizona 01/09/2022
19	Bobby Wagner, vs. New Orleans 9/22/2019
18	Terry Beeson, vs. Houston 11/20/1977
	Sammy Green, vs. Minnesota 10/8/1978

INDIVIDUAL RECORDS - REGULAR SEASON

OPPONENT INDIVIDUAL RECORDS

TACKLES

Most Tackles, Game

19 Randy Gradishar, vs. Denver 10/29/1978
19 Paul Worrilow, 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 33 Times (Last: Ryan Neal, vs. New York Giants 12/6/2020)

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 14 Players (Last: Rasheem Green, 2021)

Most Blocked PATs, Game

1 14 Times (Last:Rasheem Green, at Washington 11/29/2021)

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:â ˜Rasheem Green, 2019)

Most Blocked Kicks, Game

2 Red Bryant, at Cleveland 10/23/2011
Red Bryant, vs. Washington 11/27/2011
1 Many Times (Last: Rasheem Green, at Washington 11/29/2021)

BLOCKED KICK RETURNS

Longest Return of Blocked Punt

32 Jessie Green, vs. N.Y. Jets 10/19/1980
26 Steve Raible, vs. Green Bay 10/10/1976
25t Mike Morgan, vs. Dallas 10/12/2014

Longest Return of Blocked Field Goal

90t Richard Sherman, vs. San Francisco 12/23/2012
62 Paul Moyer, vs. Cleveland 10/9/1988
62t Vernon Dean, vs. L.A. Rams 10/23/1988
61t Robert Blackmon, vs. Houston 11/3/1996
Shawn Springs, at Green Bay 11/1/1999

OPPONENT INDIVIDUAL RECORDS

BLOCKED PUNTS

Most Blocked Punts, Game

1 Many Times(Last: Cameron Malveaux, vs. Arizona 12/30/2018)

BLOCKED FIELD GOALS

Most Blocked Field Goals, Game

1 Many Times(Last: Rodney Gunter, vs. Arizona 12/24/2016)

BLOCKED PATS

Most Blocked PATs, Game

1 Many Times(Last: Chris Jones, at San Francisco 1/1/2017)

BLOCKED KICKS (FIELD GOALS AND PATS)

Most Blocked Kicks, Game

1 Many Times (Last: Cameron Malveaux, vs. Arizona 12/30/2018)

BLOCKED KICK RETURNS

Longest Return of Blocked Punt

28t Andre King, vs. Cleveland 11/30/2003
23 Frank Duncan, vs. San Diego 9/7/1980
16t Ed Reed, at Baltimore 11/23/2003

Longest Return of Blocked Field Goal

61t Delano Howell, at Indianapolis 10/6/2013
58t Dave Waymer, vs. New Orleans 10/16/1988

Touchdowns with Blocked Kick Recovery

1 Dave Waymer, vs. New Orleans 10/16/1988 (FG, 58 yds)
Albert Lewis, at Kansas City 1/2/1994 (punt, 0 yds)
Ed Reed, at Baltimore 11/23/2003 (punt, 16 yds)
Andre King, vs. Cleveland 11/30/2003 (punt, 28 yds)
Delano Howell, at Indianapolis 10/6/2013 (FG, 61 yds)
Brice Butler, vs. Oakland 11/2/2014 (punt, 0 yds)
Dennis Gardeck, vs. Arizona 12/30/2018 (punt, 0 yds)

SAFETIES

SAFETIES

Most Safeties, Career

2 Rod Stephens, 1989-94
1 Many Times

Most Safeties, Season

2 Rod Stephens, 1993 (NFL record)
1 By Many Players (Last: Carlos Dunlap II, 2021)

Most Safeties, Game

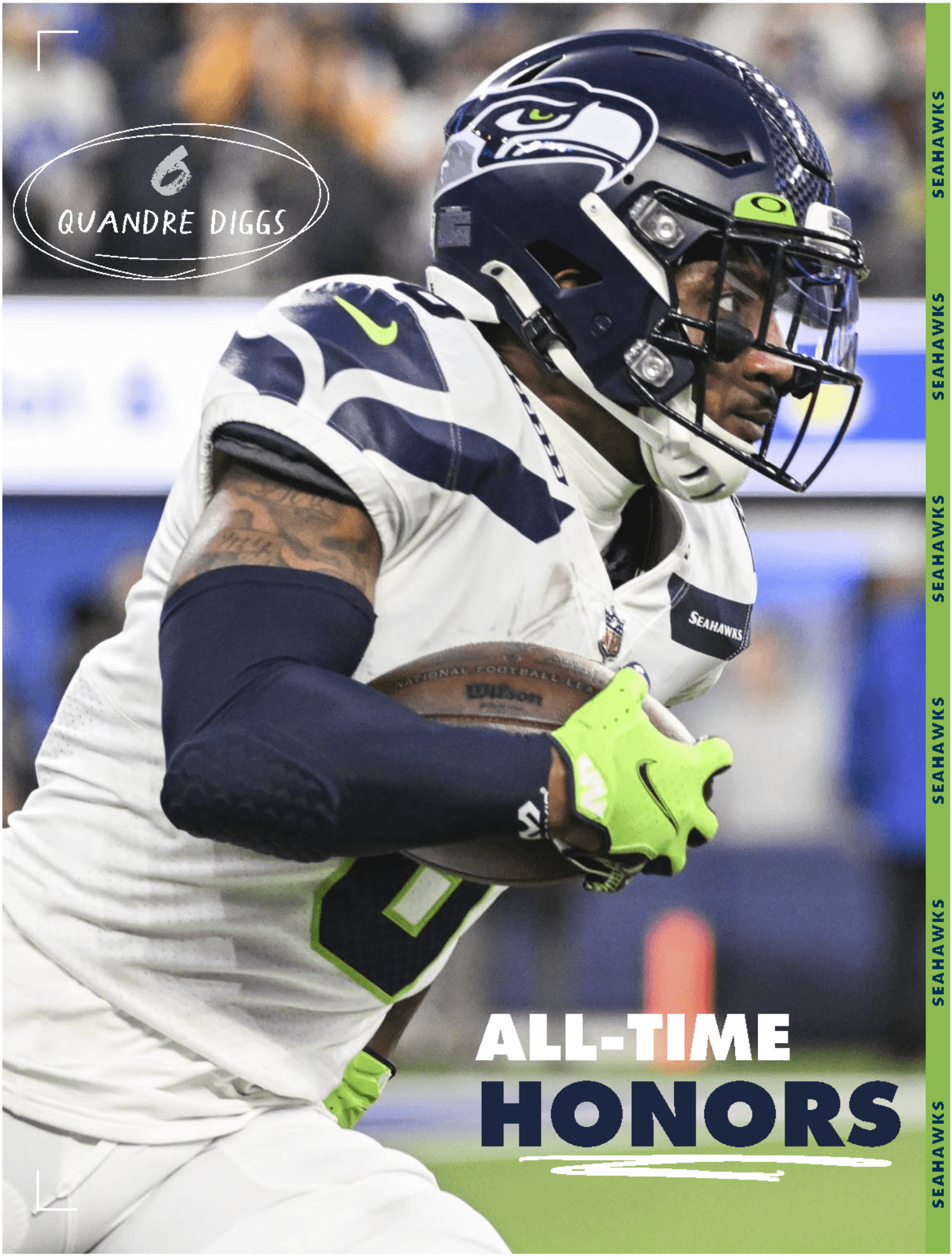
1 By Many Players (Last: Carlos Dunlap II, vs. San Francisco 49ers 12/5/2021)

OPPONENT INDIVIDUAL RECORDS

SAFETIES

Most Safeties, Game

1 Many Times (Last: Nate Hairston, vs. Indianapolis 10/1/2017)


6
QUANDRE DIGGS
SEAHAWKS
SEAHAWKS
SEAHAWKS
SEAHAWKS
SEAHAWKS
ALL-TIME
HONORS

ALL-TIME HONORS

CAPTAINS

	Offense	Defense	Special Teams
1976	Norm Evans, T	Mike Curtis, LB	Ed Bradley, LB
1977	Norm Evans, T	Eddie McMillan, S	Steve Preece, S
1978	Norm Evans, T	Dennis Boyd, DT	Autry Beamon, S
1979	Steve Largent, WR	Dennis Boyd, DE	Autry Beamon, S
1980	Steve Largent, WR	Keith Simpson, S	
1981	Steve Largent, WR	Keith Simpson, CB	Don Dufek, S
1982	Steve Largent, WR	Keith Simpson, CB	Don Dufek, S
1983	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1984	Charle Young, TE	Dave Brown, CB	Eric Lane, RB
1985	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1986	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1987	Steve Largent, WR Curt Warner, RB	Kenny Easley, S	Paul Moyer, S
1988	Steve Largent, WR	Jacob Green, DE Eugene Robinson, S	Game-to-Game
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 Chris Warren, RB	Winston Moss, LB Terry Wooden, LB	Rick Tuten, P
1997	John Friesz, QB	Winston Moss, LB	Jay Bellamy, S
1998	Warren Moon, QB Kevin Glover, C	Darryl Williams, S Michael Sinclair, DE	Jay Bellamy, S
1999	Jon Kitna, QB **Ricky Watters, RB*	Chad Brown, LB *Cortez Kennedy, DT*	Fabien Bownes, WR *James Logan, LB*

Season captains discontinued in 1999 and 2000

2001	Matt Hasselbeck, QB Robbie Tobeck, C Ricky Watters, RB	Chad Brown, LB Levon Kirkland, LB Marcus Robertson, S	
2002	Trent Dilfer, QB Robbie Tobeck, C Mack Strong, FB	Chad Brown, LB Chad Eaton, DT 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 Shaun Alexander, RB*	Grant Wistrom, DE Lofa Tatupu, LB*	Alex Bannister, WR Josh Scobey, KR*
2006	Matt Hasselbeck, QB Walter Jones, T	Lofa Tatupu, LB Ken Hamlin, FS	J.P. Darche, LS Jimmy Williams, CB
2007	Matt Hasselbeck, QB Mack Strong, FB	Lofa Tatupu, LB Deon Grant, SS	Josh Brown, K Niko Koutouvides, LB
2008	Matt Hasselbeck, QB Walter Jones, T	Lofa Tatupu, LB Deon Grant, SS	Lance Laury, LB D.D. Lewis, LB
2009	Matt Hasselbeck, QB Walter Jones, T	Lofa Tatupu, LB Deon Grant, SS	Lance Laury, LB 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
2012	Max Unger, C	Red Bryant, DE	Heath Farwell, LB M. Robinson, CB
2013	Russell Wilson, QB	Red Bryant, DE	Heath Farwell, LB
2014	Russell Wilson, QB	Kam Chancellor, S	Steve Hauschka, K Jon Ryan, P
2015	Russell Wilson, QB	Bobby Wagner, LB	Jon Ryan, P
2016	Russell Wilson, QB	Kam Chancellor, S	Jon Ryan, P DeShawn Shead, CB
2017	Russell Wilson, QB	K. Chancellor, S B. Wagner, LB	Jon Ryan, P
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
2021	Russell Wilson, QB	Bobby Wagner, LB	Nick Bellore, LB

** Playoff Captains*

RING OF HONOR

1989	Steve Largent	WR	2004	Dave Krieg	QB
1991	Jim Zorn	QB	2005	Chuck Knox	Head Coach
1992	Dave Brown	CB	2006	Cortez Kennedy	DT
1992	Pete Gross	Broadcaster	2014	Walter Jones	T
1994	Curt Warner	RB	2019	Paul G. Allen	Chairman
1995	Jacob Green	DE	2021	Matt Hasselbeck	QB
2002	Kenny Easley	S	2021	Mike Holmgren	Head Coach

STEVE LARGENT AWARD

(Presented to the player, or coach, who best exemplifies the spirit, dedication, and integrity of the Seahawks)

1989	Steve Largent	WR	2005	Mack Strong	FB
1990	Jacob Green	DE	2006	Mack Strong	FB
1991	Rufus Porter	LB	2007	Bobby Engram	WR
1992	Jeff Bryant	DE	2008	Mike Holmgren	Coach
	Joe Nash	DT	2009	Matt Hasselbeck	QB
1993	Eugene Robinson	S	2010	Roy Lewis	CB
1994	Brian Blades	WR	2011	Red Bryant	DE
1995	Terry Wooden	LB	2012	Russell Wilson	QB
1996	Cortez Kennedy	DT	2013	Earl Thomas	S
1997	Winston Moss	LB	2014	Kam Chancellor	S
1998	Michael Sinclair	DE	2015	Richard Sherman	CB
1999	Chad Brown	LB	2016	Kam Chancellor	S
2000	Ricky Watters	RB	2017	Bobby Wagner	LB
2001	Mack Strong	FB	2018	Russell Wilson	QB
2002	Mack Strong	FB	2019	Russell Wilson	QB
2003	Trent Dilfer	QB	2020	K.J. Wright	LB
2004	Mack Strong	FB	2021	Tyler Lockett	WR

MAN OF THE YEAR

1976	Norm Evans	T	2001	Brock Huard	QB
1980	Jim Zorn	QB	2002	Trent Dilfer	QB
1981	Manu Tuiasosopo	DT	2003	Matt Hasselbeck	QB
1982	Dave Brown	CB	2004	Mack Strong	FB
1983	Paul Johns	WR	2005	Shaun Alexander	RB
1984	Jeff West	P	2006	Marcus Trufant	CB
1985	Mike Tice	TE	2007	Bobby Engram	WR
1986	Mike Tice	TE	2008	Patrick Kerney	DE
1987	Mike Tice	TE	2009	Josh Wilson	CB
1988	Steve Largent*	WR	2010	Roy Lewis	CB
1989	Norm Johnson	K	2011	John Carlson	TE
1990	Jacob Green	DE	2012	Russell Okung	T
1991	Eugene Robinson	S	2013	Doug Baldwin	WR
1992	Eugene Robinson	S	2014	Russell Wilson	QB
1993	Eugene Robinson	S	2015	Richard Sherman	CB
1994	Brian Blades	WR	2016	Cliff Avril	DE
1995	Eugene Robinson	S	2017	Michael Bennett	DE
1996	Todd Peterson	K	2018	K.J. Wright	LB
1997	Rick Tuten	P	2019	Bobby Wagner	LB
1998	Sam Adams	DT	2020	Russell Wilson*	QB
1999	Jon Kitna	QB	2021	Tyler Lockett	WR
2000	Jon Kitna	QB	** Walter Payton NFL Man of the Year*		

RETIRED JERSEYS

#12	Seattle's fans, the 12s	(1984)	#96	DT Cortez Kennedy	(2012)
#80	WR Steve Largent	(1995)	#45	Kenny Easley	(2017)
#71	T Walter Jones	(2010)			

BART STARR AWARD

(Given each year to the NFL player who best exemplifies outstanding character and leadership in the home, on the field and in the community)

1988	WR Steve Largent	2021	QB Russell Wilson
2002	QB Trent Dilfer		

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	Discontinued in 1999		

ALL-TIME HONORS, continued

AP ALL-PRO

	1st Team	2nd Team
1978		Steve Largent
		Jim Zorn
1979		Steve Largent
1983	Kenny Easley	Curt Warner
1984	Norm Johnson	Steve Largent
	Joe Nash	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
1994	Cortez Kennedy	Chris Warren
		Rick Tuten
1995		Chris Warren
1996		Cortez Kennedy
1998		Chad Brown
		Michael Sinclair
2001	Walter Jones	
2003	Steve Hutchinson	
2004	Walter Jones	Shaun Alexander
		Steve Hutchinson
2005	Shaun Alexander	
	Steve Hutchinson	
	Walter Jones	
	Mack Strong	
2006		Walter Jones
2007	Walter Jones	
	Patrick Kerney	
	Lofa Tatupu	
2008		Walter Jones
2010		Leon Washington
2011		Earl Thomas
2012	Marshawn Lynch	
	Richard Sherman	
	Earl Thomas	
	Max Unger	
2013	Richard Sherman	Kam Chancellor
	Earl Thomas	
2014	Richard Sherman	Kam Chancellor
	Earl Thomas	Marshawn Lynch
	Bobby Wagner	
2015	Tyler Lockett	Richard Sherman
		Bobby Wagner
2016	Bobby Wagner	Tyler Lockett
2017	Bobby Wagner	Tyler Lockett
		Earl Thomas
2018	Michael Dickson	Duane Brown
	Bobby Wagner	
2019	Bobby Wagner	Russell Wilson
2020	Bobby Wagner	Jamal Adams
		DK Metcalf
2021		Bobby Wagner

PRO BOWL

Year	Player	Nominations
1978	Steve Largent, WR	1
1979	Steve Largent, WR	2
1981	Steve Largent, WR	3
1982	Kenny Easley, S	1
1983	Kenny Easley, S, starter	2
	Curt Warner, RB, starter	1
1984	Dave Brown, CB	1
	Kenny Easley, S, unanimous	3
	Norm Johnson, K	1
	Dave Krieg, QB	1
	Steve Largent, WR	4
	Joe Nash, DT, starter	1
	Fredd Young, special teams	1
1985	Kenny Easley, S, starter	4
	Steve Largent, WR, starter	5
	Fredd Young, special teams	2
1986	Bobby Joe Edmonds, KR	1
	Jacob Green, DE	1
	Steve Largent, WR, starter	6
	Curt Warner, RB, starter	2
	Fredd Young, LB, starter	3
1987	Kenny Easley, S, starter	5
	Jacob Green, DE	2
	Steve Largent, WR, starter	7
	Curt Warner, RB, starter	3
	Fredd Young, LB, starter	4
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
	Earl Thomas, S, starter	1
2012	Marshawn Lynch, RB	2, 3 total
	Russell Okung, T, starter	1
	Earl Thomas, S, starter	2
	Max Unger, C, starter	1
	Leon Washington, RS/KR	1, 2 total
	Russell Wilson, QB	1
2013	Kam Chancellor, S	2
	Marshawn Lynch, RB	3, 4 total
	Richard Sherman, CB	1
	Earl Thomas, S	3
	Max Unger, C	2
	Russell Wilson, QB	2
2014	Kam Chancellor, S	3
	Marshawn Lynch, RB	4, 5 total
	Russell Okung, T	2
	Richard Sherman, CB	2
	Earl Thomas, S	4
	Bobby Wagner, LB	1
	Russell Wilson, QB	3
2015	Michael Bennett, DE	1
	Kam Chancellor, S	4
	Tyler Lockett, RS	1
	Richard Sherman, CB	3
	Earl Thomas, S	5
	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
2020	Jamal Adams, S	1, 3 total
	Nick Bellore, ST	1
	Quandre Diggs, S	1
	DK Metcalf, WR	1
	Tyler Ott, LS	1
	Bobby Wagner, LB	7
	Russell Wilson, QB	8
2021	Duane Brown, T	2, 5 total
	Quandre Diggs, S	2
	Bobby Wagner, LB	8
	Russell Wilson, QB	9

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
2019	Kevin Mawae, C, 1994-97
2020	Steve Hutchinson, G, 2001-05
	Edgerrin James, RB, 2009
2021	Tom Flores, President/GM/Head Coach, 1989-94

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)

ALL-TIME HONORS, continued

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)
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)
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)
2020 Jamal Adams, S (PFWA All-NFC Team)
Nick Bellore, FB (PFWA All-Special Teams Team)
Damien Lewis, G (PFWA All-Rookie Team)
Russell Wilson, QB (NFL Man of the Year)
2021 Quandre Diggs (PFWA All-NFC Team)

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)
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 and12)
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), Bobby Wagner, LB (Week 8), Michael Dickson, P (Week 15)
2021 Travis Homer, ST (Week 13), Rashaad Penny, RB (Week 17)

**Rookie*