2017 MEDIA GUIDE

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2017

PRESEASON

Sunday, Aug. 13	at Los Angeles Chargers	5:00 PM	Q13 FOX
Friday, Aug. 18	**Minnesota Vikings**	**7:00 PM**	**Q13 FOX**
Friday, Aug. 25	**Kansas City Chiefs**	**5:00 PM**	**CBS**
Thursday, Aug. 31	at Oakland Raiders	7:00 PM	Q13 FOX

REGULAR SEASON

Sunday, Sep. 10	at Green Bay Packers	1:25 PM	FOX
Sunday, Sep. 17	**San Francisco 49ers**	**1:25 PM**	**FOX**
Sunday, Sep. 24	at Tennessee Titans	1:05 PM	FOX
Sunday, Oct. 1	**Indianapolis Colts**	**5:30 PM**	**NBC**
Sunday, Oct. 8	at Los Angeles Rams	1:05 PM	CBS
Oct. 15	BYE		
Sunday, Oct. 22	at New York Giants	1:25 PM	CBS
Sunday, Oct. 29	**Houston Texans**	**1:05 PM**	**CBS**
Sunday, Nov. 5	**Washington Redskins**	**1:05 PM**	**FOX**
Thursday, Nov. 9	at Arizona Cardinals	5:25 PM	NBC/NFLN/ Amazon
Monday, Nov. 20	**Atlanta Falcons**	**5:30 PM**	**ESPN**
Sunday, Nov. 26	at San Francisco 49ers	1:05 PM	FOX
Sunday, Dec. 3	**Philadelphia Eagles ***	**5:30 PM**	**NBC**
Sunday, Dec. 10	at Jacksonville Jaguars	10:00 AM	FOX
Sunday, Dec. 17	**Los Angeles Rams**	**1:05 PM**	**FOX**
Sunday, Dec. 24	at Dallas Cowboys	1:25 PM	FOX
Sunday, Dec. 31	**Arizona Cardinals**	**1:25 PM**	**FOX**

Camp Fire · Rainier Scholars · Boys & Girls Clubs of Washington · Big Brothers Big Sisters Puget Sound · outdoors forall Foundation

Each logo above represents one of the Seattle Seahawks Spirit of 12 Partnerships. One hundred percent of the sales from each program, matched by the Paul G. Allen Foundation, supports the Spirit of 12 Partner selling the program during their assigned game.

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CORTEZ KENNEDY

August 23, 1968 – May 23, 2017

WE ARE 12

MISSION

We forge the unique bond between team and 12s. On gameday and throughout the year, we create experiences that encourage and inspire people across the Pacific Northwest.

900 Appearances

3,148 Items Donated to Charity

2,376 Charities Supported

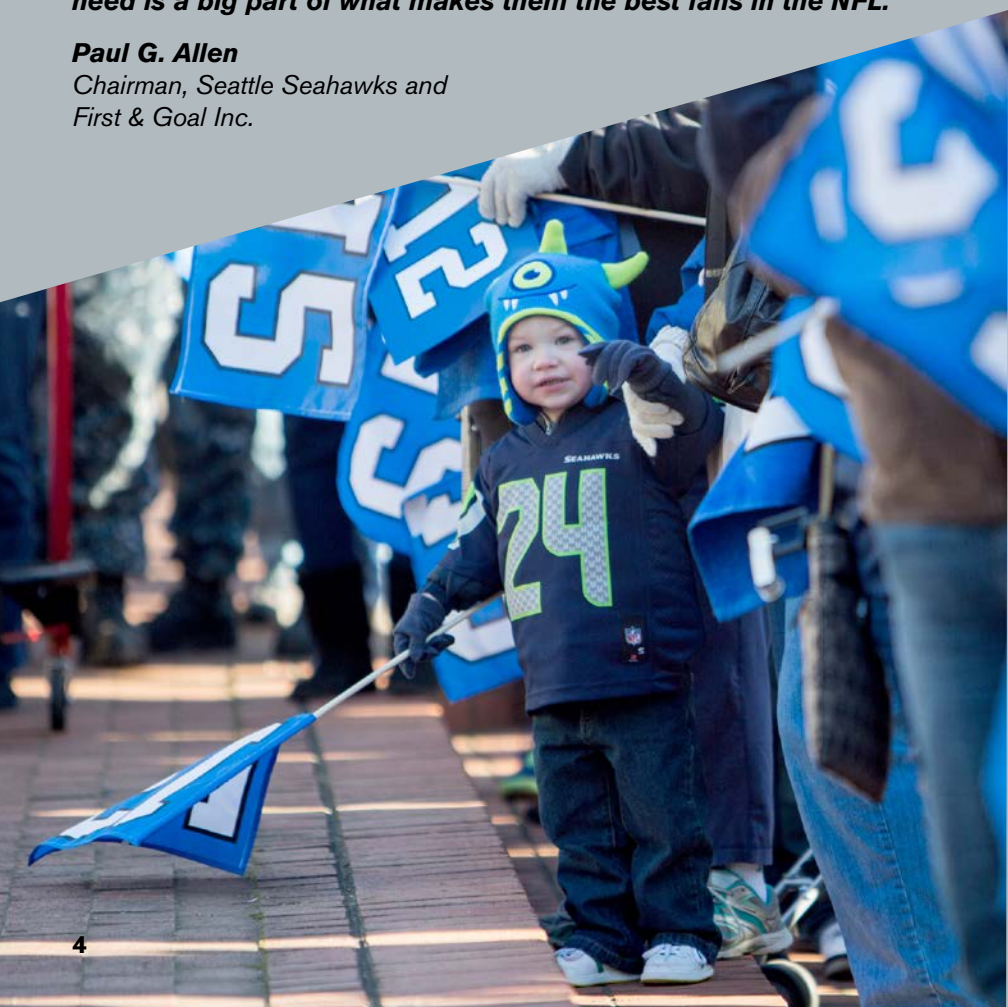
THE PAUL G. ALLEN FAMILY FOUNDATION

The Paul G. Allen Family Foundation has invested nearly half a billion dollars into improving communities throughout the Pacific Northwest and beyond.

In partnership with the Family Foundation, the Seahawks are committed to make this region an even better place to call home. In the spirit of this belief, Paul Allen is steadfast to ensure the Seahawks are a source of pride, inspiration and leadership in the Seattle community.

"Ever since I bought the Seahawks 20 years ago, I have been impressed by the commitment the 12s have shown not just to the team, but to strengthen their communities as well. Whether the cause is homelessness or disaster relief, their support of those in need is a big part of what makes them the best fans in the NFL."

Paul G. Allen
Chairman, Seattle Seahawks and First & Goal Inc.



AREAS OF FOCUS

Our community outreach across the Pacific Northwest region is focused in four key areas:

POSITIVE DEVELOPMENT OF YOUTH

We invest in the future through programs that promote education, encourage healthier and active lives, grow the game and cultivate character.

MILITARY SUPPORT

In the spirit of duty and opportunity, we honor military personnel through partnerships with Northwest bases and military support organizations.

COMMUNITY INVESTMENT

By way of direct involvement and financial support, we champion community organizations who work to make the Northwest a great place to live.

12s4Good

Through our unique relationship with the 12s, we multiply their charitable efforts with support that best addresses each opportunity.

POSITIVE DEVELOPMENT OF YOUTH

We motivate students and educators through visits to schools, community centers and by hosting youth at our training facility to interact with players and coaches. We also invest in programs that provide immediate and long-term assistance for students in need, as well as facility improvements.

COMMITMENT TO EDUCATION

SYMETRA HEROES IN THE CLASSROOM® MVP AWARD

The "MVP Award" grant has contributed $200,000 to local schools, helping to launch 16 innovative educational programs and reaching hundreds of Puget Sound students over the years.

This year's MVP Award winner is Apollo Elementary School in Renton. They will utilize the $20,000 grant to launch the "Apollo Reading Rocket," an innovative student achievement program focused on helping at-risk students maintain critically important reading skills over the summer.

SYMETRA HEROES IN THE CLASSROOM®

Since 2006, some 232 K–12 teachers across the Puget Sound have been celebrated as Symetra Heroes in the Classroom. The honorees are selected based on their ability to make a difference in students' lives, to go beyond their day-to-day responsibilities, and to help students build life skills. The heroes receive tickets to a Seahawks home game, where they are acknowledged during on-field presentations at CenturyLink Field. In addition, Symetra makes a $1,000 donation to each teacher-Hero's school for classroom books and supplies.

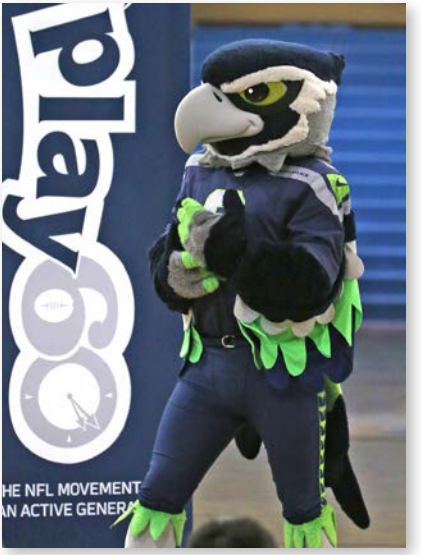
SEAHAWKS LICENSE PLATES

In the spring of 2013, Washington State Governor Jay Inslee signed the bill authorizing Seahawks specialty license plates. Net proceeds benefit InvestED, a Seattle-based nonprofit that provides immediate help for students in schools throughout Washington State with small amounts of item-specific, need-based funding.

- Seahawks license plate sales rose by 7% in 2016.
- 17,410 plates have been sold, second most popular specialty plate behind Washington State University.
- Each year, more than $480,000 is allocated to InvestED.
- 20,793 students in 665 public and private secondary schools have received funds in 2016.

HEALTHY AND ACTIVE LIFESTYLES

Through programs like PLAY 60, Seahawks 12K and Family Football Fest, we leverage the power of our players and Legends to promote healthy, active lifestyles for kids of all ages.



In 2016, Cascade Middle School in Auburn received a $10,000 grant to support their Fuel Up to Play 60 program and enhance the school's "Breakfast in the Courtyard" program.

PLAY 60

Since 2007, the NFL has committed more than $325 million to grants, health and fitness programming for youth and media time for public service announcements.

Throughout the year, Seahawks players, Sea Gals and Blitz visit elementary schools to support the Play 60 platform through an hour-long in-school assembly that encourages students to focus on 60 minutes of daily activity, healthy eating habits, teamwork and tips to develop character.

FUEL UP TO PLAY 60

Fuel Up to Play 60 is an in-school health and wellness program sponsored locally by the Washington State Dairy Council. With more than 1,742 schools and 913,249 students enrolled in Washington, Fuel Up to Play 60 empowers students to take charge by eating right, getting active and making healthy changes.

PLAY 60 CHALLENGE

Through a partnership with the NFL and the American Heart Association, more than 5,000 students across Washington State participated in this four-week program, challenging youth to be active 60 minutes a day. Schools received incentive kits and six elementary schools received health and fitness grants totaling $4,000 to continue their fitness programs.

FAMILY FOOTBALL FEST

Seahawks invite families to participate in the annual Seahawks Family Football Fest held at CenturyLink Field. Fans are allowed onto the playing field to enjoy football activities and combine-type skill tests, including a timed 40-yard dash.

JR. SEA GALS

The Jr. Sea Gals program provides a fun and memorable experience for youth, ages 7-14, in the areas of dance, cheer, teamwork, physical well-being and self-esteem. Juniors participate in three clinics to learn a halftime routine that is performed at a Seahawks pre-season game at CenturyLink Field.

SEAHAWKS 12K

Seahawks, The Landing and the City of Renton held the eighth annual Seahawks 12K Run on April 9, 2017. The event included a 12K run, a 5K run/walk, non-competitive half-mile kids run followed by a block party with free games, activities and entertainment.

YOUTH FITNESS ZONE

Seahawks Legend Sean Locklear and family participate in the grand opening of the Inspiration Playground in downtown Bellevue. The Seahawks provided a $20,000 grant to purchase a Sway Fun Accessible Glider. The grant is part of the over-arching Play 60 platform created to provide access to quality fitness equipment and programs to local youth. Since 2009, the Seahawks have invested $160,000 to refurbish play areas for youth in nine Washington communities.

YOUTH FOOTBALL

GATORADE JUNIOR TRAINING CAMPS

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

SKILLS CAMPS

Seahawks hosted two youth football Skills Camps for youth athletes ages 8-17 under the direction of Seahawks Legend Jim Zorn with assistance from current Seahawks players. The four-hour clinics combined position specific skills, character development, safety awareness and nutritional tips.

NFL FLAG

NFL FLAG Powered by USA Football provides opportunities for boys and girls ages 5-17 to play non-contact football and learn lessons about sportsmanship and teamwork, while also getting their 60 minutes of daily physical activity. As part of the on-going effort to grow NFL Flag, the Seahawks selected a local youth team to participate in the 13-14 year-old boys division of the 2017 NFL FLAG Championships held in conjunction with the NFL Pro Bowl at the ESPN Wide World of Sports Complex at Walt Disney World Resort. In 2016, NFL FLAG had 11,250 participants in Washington State.

PARENTS CLINIC

The Seahawks hosted a Parents Clinic at CenturyLink Field with nearly 100 participants. The two-hour clinic provided an overview of the proper techniques of tackling, equipment fitting, hydration, safety and nutrition. The first hour was conducted in a classroom setting and the second hour was hosted on the field and included interactive drills.

NFL CERTIFIED TRAINER'S GRANT

The Seahawks and NFL Foundation awarded a $50,000 grant to the Department of Orthopedics and Sports Medicine at Seattle Children's and their Athletic Trainers program (AT). The grant provided expanded coverage of certified athletic trainers during sporting events and activities for Renton and Tukwila school districts, including Foster High School, Hazen High School, Lindbergh High School and Renton High School.

HIGH SCHOOL COACH OF THE YEAR

Sid Otton, retired Tumwater high school football coach, was named the 2016 High School Coach of the Year for Washington State and was the Seahawks nominee for the Don Shula NFL High School Coach of the Year. Otton retired as the winningest football coach after a 49-year career. Otton's teams achieved a state-record 394 wins and six state championships (five at Tumwater; he also coached at Colfax and Coupeville).

HIGH SCHOOL COACH OF THE WEEK

Each week during the high school football season, the Seahawks and the Washington State Football Coaches Association select two high school football coaches as the Coach of the Week winners. Each recipient receives a $500 donation to the school's football program plus a framed certificate signed by Seahawks Head Coach Pete Carroll.

STRENGTHEN CHARACTER

We place an emphasis on sharing core values through each interaction and event.

CHARACTER PLAYBOOK™

POWERED BY EVERFI

CHARACTER PLAYBOOK

In partnership with NFL Foundation and United Way of King County, the Seahawks launched Character Playbook, an online course that teaches students the skills to cultivate and maintain healthy relationships throughout their lives. Currently, there are 40 schools in Seattle/King County implementing the program and more than 3,100 student participants.

LEGION OF YOUTH powered by BOEING

LEGION OF YOUTH, POWERED BY BOEING

Legion of Youth is designed to provide a Seahawks gameday experience to community organizations that serve youth throughout the Northwest. Legion of Youth recognizes students who may need a positive boost, are committed to their school work, demonstrate leadership or are active in the community. More than 1,000 tickets were distributed to 10 nonprofit organizations including Boys & Girls Club of Pierce County, FIRST Washington, Special Olympics Washington, Summer Search, Technology Access Foundation, College Success Foundation, Big Brothers Big Sisters of Puget Sound and YouthCare.

COMMUNITY INVESTMENT

The Seahawks invest in organizations that strive to improve the lives of people throughout the region. Highlights from 2016 include the following:

- **$1.6 million raised from 3100 auction donations**
- **$220,000 donated directly to charitable organizations**
- **$367,000 raised for Spirit of 12 Partners program**
- **$677,000 raised to support homelessness charities**

UNITED WAY ALL-STAR SOFTBALL CLASSIC

The Seahawks were represented by current players and Legends at the United Way All-Star Softball Classic at Safeco Field to help raise awareness, donations and community support for homeless youth. The event raised $815,000 to support shelters, counseling, prevention programs and job training skills for at-risk youth.

BOEING CLASSIC
HOMETOWN CHARITY. WORLD-CLASS GOLF.

Rumble AT THE Ridge

BOEING CLASSIC/RUMBLE AT THE RIDGE

As the kickoff event of the Boeing Classic, the Seahawks Rumble at the Ridge brings together sports fans with past and present Seattle stars to "tee it up" for charity at TPC Snoqualmie Ridge. Participants are invited to the exclusive VIP Reception the night before the event at the Virginia Mason Athletic Center. Last year more than $125,000 was raised. All proceeds from Rumble at the Ridge benefit the Benaroya Research Institute at Virginia Mason, Pete Carroll's "A Better Seattle" and additional programs supported by Virginia Mason.

The 2016 Boeing Classic was won by Bernhard Langer. The tournament experienced a record crowd of 86,000 spectators that was supported by more than 1,000 volunteers.

In the event's 12-year history, nearly $6 million has been raised for the Benaroya Research Institute (BRI) at Virginia Mason, the Heart Institute at Virginia Mason Medical Center and additional Greater Seattle charities.

COCOON HOUSE

The Seahawks joined team owner Paul G. Allen to invest in Cocoon House, a non-profit that provides outreach, housing and prevention services to homeless and at-risk youth and their families in Snohomish County.

Through the support of the 12s, members of the communities, and a generous match from owner Paul Allen, more than $280,000 was raised.

STATS FOR KIDS

Every time the Seahawks take the field, they are performing to raise money for local charities, supported by Seahawks partners, including: Redbox, Safeway Foundation, RW Baird & Co., Western Washington Toyota Dealers and Windermere Real Estate.

In 2016, nearly $340,000 was raised for Communities in Schools Washington, Spirit of 12 Partners, Kids Take Heart Nutrition Program in partnership with the Boys & Girls Clubs of Washington, Camp Fire Snohomish County, Make-A-Wish and YouthCare.

A CRUCIAL CATCH

Each October, the Seahawks have supported the league-wide campaign, A Crucial Catch, to expand education and raise awareness for breast cancer screenings. The team designated 10% of sales of "pink" themed merchandise to support the American Cancer Society's Road to Recovery program, which provides transportation for people with cancer who do not have a ride or are unable to drive themselves. Fans also made donations at all registers during checkout for a total of $25,086. In 2017, the Seahawks will emphasize prevention and early detection across multiple cancers.

SAFEWAY SUPER MARKET SWEEPS

In partnership with Safeway, DE Cliff Avril, DE Michael Bennett, WR Tyler Lockett and WR Jermaine Kearse participated in a game show format competition to distribute $85,000 to local charities, including Hope Heart Institute, Juvenile Diabetes Research, Rally Point 6 and Mary's Place.

2018 SPECIAL OLYMPICS SUMMER GAMES

The Seahawks have signed on to support the event with current Seahawks players and Legends serving as Ambassadors. The team is also helping to promote awareness, respect and inclusion of Special Olympics athletes through the expansion of the Special Olympics Unified Flag Football program.

MAKE-A-WISH

Working with the Make-A-Wish Foundation of Alaska and Washington, the Seahawks participated in wishes for 14 children with life-threatening medical conditions in 2016.

FUEL YOUR FUTURE

Seahawks support United Way's Fuel Your Future program to connect kids to nutritious food – during the school year and beyond by harnessing the energy of dozens of AmeriCorps members and community partners. Last summer alone, more than 600,000 free meals were served to hungry kids at parks and community centers.

CenturyLink®

SPIRIT OF 12 PARTNERS PRESENTED BY CENTURYLINK

As Spirit of 12 Partners, members of community-based nonprofits distribute the Seahawks Gameday Magazine, keeping 100 percent of the proceeds that are then matched by The Paul G. Allen Family Foundation. In 2016, Spirit of 12 Partners raised $ 366,876 including: Boys & Girls Clubs Washington State, Camp Fire Snohomish County, Rainier Scholars, Treehouse and YMCA of Greater Seattle. Junior partners were Girls on the Run and Outdoors for All. In the 13-year history of the program, more than $3.8 million dollars has been raised. Over 14,000 volunteers have participated distributing more than 371,000 programs to Seahawks fans at CenturyLink Field.

Annually, Carroll and multiple Seahawks players join 15,000 students from around Washington to participate in the inspirational event at Key Arena.

WE DAY SEATTLE

In 2013, Coach Carroll partnered with Free the Children co-founders, Marc and Craig Kielburger, to bring their signature youth program, WE Day, to the U.S. and Seattle for the first time. Tied to a year-long WE Schools program, WE Day brings together hundreds of thousands of youth and educators with world-renowned speakers, cultural icons and musicians to celebrate the power of youth to create positive change. Students earn their way to WE Day by completing one local and one global action on any issue of their choice.

Since launching in Seattle, WE Day has now expanded in the U.S. to Los Angeles, Minneapolis, Chicago and New York City. Carroll and Russell Wilson co-chair the event and multiple Seahawks players annually join 15,000 students from around Washington State to participate in the inspirational event at KeyArena. In 2015-16, 650 schools and groups were engaged in the program with more than 200,000 youth and 2,000 educator participants committed to making an impact both locally and globally. Last year's participants made the following impacts

- 500,000-plus hours volunteered
- $900,000-plus raised for local and global initiatives
- 241,669 pounds of food collected

A BETTER SEATTLE

A BETTER SEATTLE

Founded and led by Head Coach Pete Carroll, A Better Seattle (ABS), is an initiative working to reduce and prevent youth and gang violence in the greater Seattle area. ABS funds and supports the deployment of Accelerator YMCA of Seattle's Alive & Free professionally trained street outreach workers who serve youth impacted by violence and the juvenile justice system. ABS funds 12 outreach workers working in six cities.

PRIME TIME
a spirited celebrity waiter event

Launched in 2012 by John and Traci Schneider and the Seahawks Women's Association, Prime Time is held each spring to raise money for Ben's Fund and features Seahawks players as waiters. The sixth annual event raised more than $675,000 for a total of more than $2 million since its inception to support Ben's Fund.

BEN'S FUND

Ben's Fund was launched in 2012 by Seahawks Executive Vice President/General Manager John Schneider and his wife, Traci, in honor of their son, Ben, who was diagnosed with autism when he was three years old. Ben's Fund provides grants to families across Washington State to help cover costs associated with medical bills, therapies and numerous other aspects of supporting a child, or children, on the autism spectrum. Ben's Fund is managed in partnership with Families for Effective Autism Treatment (FEAT). Through Ben's Fund, more than 900 grants have already been distributed to families in the state of Washington.

ONE LOVE

The Seahawks Women's Association hosted two events to introduce One Love Foundation and the film "Escalation" to the Seattle community with plans to expand to the Northwest. Founded in 2010 to honor the memory of Yeardley Love, One Love works with young people across the country to raise awareness about the warning signs of abuse and activate communities to work to change the statistics around relationship violence.

MILITARY SUPPORT

The Seahawks honor and support military personnel through partnerships with Pacific Northwest bases and military assistance organizations.

- Hosted 1,000 military members and their families at practices, games and special events
- Visited 700 military personnel at local bases, veteran's hospitals and homes
- Raised or donated more than $80,000 for military causes
- Provided a grant to refurbish the recreation room at Seattle Veterans Hospital

HONORARY UNIT/CHANGE OF COMMAND

Since 2012, the Seahawks and USAA have annually selected a military unit to serve as "honorary unit" for the season. Along with attending games and special events, the unit is responsible for the "colors," a 12 Flag carried by the corps to areas where they are serving. Last season, the Seahawks and USAA held a ceremony to transfer the team's honorary unit designation from the Marine Security Force Battalion – Bangor to Navy Region Northwest. The 12 Flag was transferred between the two units, signaling a "Change of Command."

MILITARY DAY AT TRAINING CAMP

The Seahawks and USAA hosted more than 100 U.S. Navy service members at Seahawks Training Camp. The service members watched practice and interacted with the players and coaches after practice.

PRACTICE VISITS

The Seahawks work with military bases to recognize and thank military personnel. Throughout the season, the team welcomes service members and their families to practice sessions at Virginia Mason Athletic Center, the Seahawks headquarters and training facility.

USAA BOOT CAMP

A select group of service members participated in USAA's NFL Boot Camp on the practice fields at VMAC, a series of football drills similar to those used by NFL coaches to evaluate talent.

GAMEDAY

Seahawks host more than 1,000 local service men and women throughout the season to participate with on-field ceremonies, pregame reenlistments and moments of special recognition.

SALUTE TO SERVICE

In partnership with the NFL, one game is annually designated as the team's "Salute to Service" game. Service men and women are integrated into all elements of the gameday experience including appearances in Touchdown City and on-field ceremonies.

HEROES OF 12 SEAT PROGRAM

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

SEGS4VETS
Mobilizing America's Heroes

During halftime of the "Salute to Service" game, the team awarded eight Segways and four ALLY Chair adapted Segways to combat veterans in partnership with Segs4Vets. The team's retail locations also pledged 10% of sales of all Seahawks "Salute to Service" merchandise throughout the month of November for a total of $39,000.

Segs4Vets is a non-profit organization that provides mobility devices to severely injured service members from Operation Iraqi Freedom and Operation Enduring Freedom.

SUPPORTING THE 12s4Good

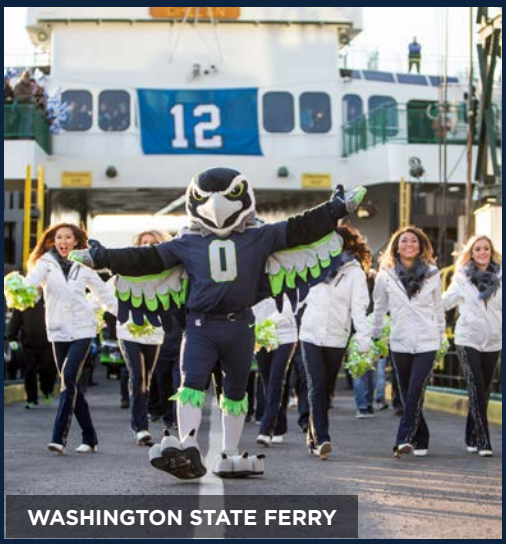
Seahawks fans continuously demonstrate their dependability to rally around their family, friends and neighbors. Whether it is creating the best home field advantage in NFL or responding to needs in their communities, the 12s embody this with fierce loyalty.

As an organization built around community, the Seahawks honor that spirit by coming alongside fans in support of their efforts to do good deeds through #12s4Good program. Whether it is through an appearance, a call for support or a donation, the Seahawks involvement can generate an even broader response and serve as a catalyst to attract additional resources.

MT. ST. HELENS

12 TOUR

Seahawks players, Legends, Sea Gals, Blue Thunder and team mascot Blitz participate in the 12 Tour each summer to thank fans throughout the Pacific Northwest. The team has made official stops in Bellingham, Centralia, Ellensburg, Leavenworth, Moses Lake, Pasco, Portland, Spokane, Tacoma, Vancouver B.C., Wenatchee and Yakima.



WASHINGTON STATE FERRY

MOSES LAKE

LEAVENWORTH

PAUL G. ALLEN

FOUNDER AND CHAIRMAN, VULCAN INC., AND CHAIRMAN SPORTS & ENTERTAINMENT

Mr. Allen's love of football began as a boy when his dad would take him to games at Husky Stadium. The Seahawks moved to Anaheim in 1996 and Paul was asked by community leaders to step in and help keep the Seahawks in Seattle. In 1997, Paul purchased the Seahawks after a public-private partnership was crafted and approved by Washington state voters to a build a new stadium, which turned out to be the loudest in the nation. With the 12s All In, the Seahawks transformed that championship dream into reality in February 2014, winning Super Bowl XLVIII. "As an owner who was born and raised here, it's a very special moment and the fulfillment of a dream, not just for me, but for everyone on the team," Mr. Allen told thousands of cheering fans after the Seahawks' 43-8 Super Bowl victory over the Denver Broncos. And just one year later, in Super Bowl XLIX, the Seahawks came within one play of winning it all again.

In addition to owning the Seahawks, Mr. Allen is the owner of the NBA's Portland Trailblazers and a co-owner of the Seattle Sounders FC.

Mr. Allen established himself as an innovator and entrepreneur as a teenager, launching his first programming business while still in high school. A few years later, as the idea man and original technologist behind Microsoft, Allen helped pioneer the PC software industry – a development that ultimately enabled billions of people to use computers for the first time.

In the decades since, Mr. Allen has used his wealth to tackle a wide range of challenges, and to expand the horizons of human knowledge. His contributions are focused on some of the world's biggest challenges and toughest problems, such as climate change, ocean health, wildlife preservation, brain research, as well as pandemic preparedness and prevention, among others. Paul is also committed to his hometown. In March, Vulcan announced his pledge of $30 million for an innovative, permanent housing and onsite services community to help address the Seattle area's homelessness crisis. In recognition of Mr. Allen's broad philanthropy, as well as his leadership in fighting the 2014 Ebola epidemic in West Africa, the Carnegie Corporation awarded him its prestigious Carnegie Medal of Philanthropy in 2015. "We live in an age of big challenges," Allen said. "But I choose optimism. With the right team, anything is possible." All told, Mr. Allen's philanthropic contributions exceed $2 billion.

JODY ALLEN
VICE-CHAIR OF FIRST & GOAL INC.

As the Vice-chair of First & Goal – the company that oversees the Seahawks' operations – Jody Allen understands the team's tremendous impact on Seattle first-hand – not just economically, but as a powerful catalyst for civic pride. Recognizing this impact early on, she helped negotiate and lead the public-private partnership that built CenturyLink Field, now considered one of the finest stadiums in the NFL.

While Ms. Allen continues to champion the Seahawks, her interests and leadership extend well beyond the football field. As a philanthropist with an intense passion for conservation, she has dedicated herself to protecting marine life, fighting the trafficking of endangered species and saving Africa's elephants from extinction. In this spirit, Ms. Allen recently launched the WildLives Foundation, a nonprofit organization dedicated to wildlife conservation and other philanthropic initiatives.

For more than two decades, Ms. Allen served as CEO of Vulcan Inc. — the company she co-founded with her brother Paul G. Allen — and ran Vulcan Productions, whose award-winning videos, digital content and documentaries often explore social or environmental issues. She was also instrumental in launching The Paul G. Allen Family Foundation, and currently serves as President of the Board of MoPOP – Seattle's critically acclaimed museum of popular culture – and as President of the Board of the Allen Institute for Brain Science.

Ms. Allen also has a deep love for education and the arts, and has served on the boards of ArtsFund, the Theatre Communications Group, the University of Washington Foundation, the Museum of Glass, the Los Angeles International Film Festival and the Oregon Shakespeare Festival. She also continues to oversee the Seahawks Charitable Foundation, which helps young people grow stronger – physically, intellectually, socially and emotionally – by giving them more opportunities to participate in sports.

SEATTLE SEAHAWKS BOARD OF DIRECTORS

PAUL G. ALLEN
Chairman, Vulcan Sports & Entertainment

JODY ALLEN
Vice-Chair of First & Goal, Inc.

BERT KOLDE
Vulcan Inc.

SEAHAWKS AMBASSADORS

JACOB GREEN

STEVE LARGENT

GARY WRIGHT

JOHN NORDSTROM

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

PETER MCLOUGHLIN

PRESIDENT – SEAHAWKS AND FIRST & GOAL, INC.
CEO – VULCAN SPORTS AND ENTERTAINMENT

Named president of the Seattle Seahawks and First & Goal, Inc. on September 23, 2010, Peter McLoughlin is responsible for all financial and business operations, sales and marketing, and administration for the Seahawks. Additionally, as president of First & Goal, Inc., McLoughlin directs the management of CenturyLink Field, CenturyLink Field Event Center, First & Goal Hospitality, and WaMu Theater. He is the club's representative at NFL owners meetings and also serves on NFL committees for Business Ventures, Digital Media, Stadium Security and Fan Behavior, Super Bowl and Major Events.

In the fall of 2012, McLoughlin was promoted to CEO of Vulcan Sports and Entertainment. Additionally, McLoughlin represents Paul Allen's ownership interest in the Seattle Sounders FC.

McLoughlin leads a highly successful business operations staff that is charged with providing the support and resources needed for the Seahawks' football operations to be successful on the field.

Since his arrival in Seattle, it has been McLoughlin's objective to elevate the team's profile and make the Seahawks a national brand. This vision has focused the team to align with industry leaders and led to multi-year partnership agreements with American Express, American Family Insurance, Anheuser-Busch, Boeing, CenturyLink, Delta Air Lines, Microsoft, Starbucks, Toyota, and Verizon.

In March 2017, McLoughlin and the Seahawks finalized a sponsorship and stadium naming rights extension with CenturyLink through the 2033 NFL season.

The Seahawks enter the 2017 season with 122-consecutive sellouts and a 99%-plus season ticket renewal rate for the fourth-straight year. In addition, the Seahawks enjoy a 12,000-seat season ticket waiting list.

After leading the league in merchandise sales the previous three years, the Seahawks finished second in the NFL in 2016. The Seahawks were also named the 2016 NFL Club Retailer of the Year, awarded to the team that demonstrates outstanding and unique programs at retail that activate league initiatives locally and engage fans through multiple marketing touchpoints and community initiatives.

The excitement for Seahawks football has translated to average local TV household ratings of 41.3 in 2016, an 89% increase since 2011, the largest increase in the NFL over that time period.

His goal of a fan-friendly environment at CenturyLink Field has led to significant enhancements in recent years. Since 2011, the Seahawks have committed more than $70 million in stadium upgrades, including the creation of the Toyota Fan Deck, the addition of 14 premium suites and the renovation of the Delta Sky 360 Club. The team also significantly improved the wireless network, added digital video hustle boards and installed a high definition LED board below the upper bowl to display greater in-game content.

In March 2017, The Seahawks became one of four NFL teams to self-operate its food and beverage service when McLoughlin spearheaded the creation of First & Goal Hospitality. The stadium's new food and beverage company provides fans with an enhanced variety of food offerings and the goal of higher quality of service. First & Goal Hospitality manages and operates all general concessions and premium dining at Seahawks games, Sounders FC matches, stadium concerts, and provides catering services for corporate events.

In 2016, First & Goal, Inc. recycled or composted 96.3% of all facility waste with more than 1,800 tons of materials diverted from landfill.

With fan safety and stadium security as a top priority, McLoughlin launched a program in 2013 to employ undercover law enforcement officers wearing opposing team jerseys on game day. In addition to the NFL bag policy and other security measures, in 2016, the Seahawks, in compliance with NFL policy, added to their already comprehensive safety plans with walk-

through metal detectors in an effort to ease access while maintaining a safe environment.

The Seahawks ranked No. 1 in the NFL for overall gameday experience in the 2016 Voice of the Fan Survey. The club's overall gameday experience has ranked in the top four each of the last four seasons.

Before moving to Seattle, McLoughlin served as chief executive officer of the St. Louis Blues Enterprises from 2006-10. As CEO, he oversaw all business operations of the NHL Blues and Scottrade Center including sales, marketing and finance. During his tenure, the Blues achieved significant increases in revenue, season-ticket holders, sponsorship sales and a dramatic re-connection with Blues fans.

McLoughlin negotiated the arena naming rights agreement with Scottrade, a St. Louis-based investment firm, in time for the start of the 2006-07 NHL season. In addition, he negotiated a long-term extension with Fox Sports Network for Blues TV rights.

For 21 years, prior to joining the Blues, McLoughlin served in a variety of executive roles at Anheuser-Busch. From 1998 to 2006, McLoughlin was vice president of Corporate Media and served as an officer of the company. He negotiated media agreements with television networks that included category exclusivity in 15 Super Bowls, 10 Olympics and dominant advertising presence in MLB, NBA, NFL, NHL, NCAA and World Cup soccer telecasts. In addition, McLoughlin led negotiations for beer sponsorship of more than 80% of U.S. professional sports teams and stadiums, as well as league partnerships.

McLoughlin began his professional career at NBC Sports. From July 1979 to March 1984, he served as a senior unit manager at NBC Sports, where he managed production budgets and supervised on-site production of network programming. From March 1984 to October 1985, McLoughlin worked in NBC Sports Sales.

A graduate of Harvard University, he and his wife, Kelly, reside in Seattle.

JOHN SCHNEIDER

EXECUTIVE VP/GENERAL MANAGER

John Schneider enters his eighth season as General Manager of the Seattle Seahawks, having been named to the position January 19, 2010. Schneider added the distinction of Executive Vice President in 2013. In his role, he manages all aspects of the Seahawks roster and draft process while working collaboratively with Pete Carroll in all facets of the football operations department. Schneider begins his 25th 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 winning atmosphere. The signs of that philosophy have been evident during his first seven years in a leading role, advancing to the Divisional Playoffs or better six times. He has constructed a team that appeared in back-to-back Super Bowls and won Super Bowl XLVIII, the first NFL title in franchise history. The 2013 championship was won with the youngest 53-man roster to ever win a Super Bowl. He was named Sports Illustrated's Executive of the Year for 2012 after the Seahawks made the playoffs and just missed playing for the NFC Championship.

Schneider has continued to turn the roster over since 2010, totaling nearly 1,600 transactions through the end of the 2016 season, helping to cultivate depth on one of the NFL's most talented rosters.

He has also made wise decisions in extending the contracts of core players such as Cliff Avril, Doug Baldwin, Michael Bennett, Kam Chancellor, Jermaine Kearse, Jeremy Lane, Ahtyba Rubin, Richard Sherman, Earl Thomas, Bobby Wagner, Russell Wilson and K.J. Wright assuring continuity to the core of the roster while rewarding players for their commitment and performance.

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

Without a Pro Bowl selection on the roster from 2009-10, Schneider's roster has seen 17 different players selected from 2011-16: Thomas (5), Chancellor (4), Marshawn Lynch (4), Wilson (4), Sherman (4), Wagner (3), Okung (2), Max Unger (2), Bennett (2), Avril, Baldwin, Brandon Browner, Jimmy Graham, Tyler Lockett, Michael Robinson, Leon Washington and Wright. His roster has also included 11 first-team All Pro selections since 2012. All of these players, except Unger, were added via draft, trade and free agency after Schneider took over.

Schneider serves on several NFL committees, including the College Relations Committee, GM Advisory Committee and the CEC Working Group. He's also a member of National Football Scouting, Inc.'s board of directors.

Before joining the Seahawks, Schneider produced eight successful seasons with the Green Bay Packers. Originally joining the Packers March 1, 2002, as a personnel analyst to the general manager, he was promoted in May of 2008 to director of football operations. In his role, Schneider served as strategic counsel to General Manager Ted Thompson, addressing and evaluating the needs of the team in both free agency and in the draft while incorporating long-range planning processes that examined the Packers' roster, as well as the rosters of all NFL teams.

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

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

free agents who would help make up the team that won Super Bowl XXXI in New Orleans.

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

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

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

In 2012, John and his wife Traci launched "Ben's Fund" in partnership with Families for Effective Autism Treatment (FEAT) of Washington. Named after their oldest son, "Ben's Fund" provides grants to 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 nearly $2 million for "Ben's Fund" in five short years.

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

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

Born May 25, 1971, Schneider attended De Pere's Abbot Pennings High School and finished as one of the school's all-time leading rushers. He and Traci have two sons, Ben, 14, and Jack, 12.

CHUCK ARNOLD

CHIEF OPERATING OFFICER

Chuck Arnold is in his 24th season with the organization. Arnold is responsible for increasing revenue across Corporate Partnerships, Ticketing, Suites, and Retail, while overseeing the management of Marketing, Game Presentation, Community Relations, Fan Development, and Stadium Operations. Throughout his time with the Seahawks, the team has set franchise records for new season tickets sold, overall season ticket base, average attendance and group sales. For the fourth-consecutive year in 2017, Seattle posted a 99% season ticket renewal rate. Entering this season, the team has sold out 122 consecutive games, has 12,000 members on the team's Blue Pride season ticket wait list and more than 67,000 on the Blue Pride notification list. During his time as COO, the Seahawks corporate partnership team has posted a 37% increase in revenue from 2013-16. The club has sold out suites since 2013 in addition to seeing a 61% increase in revenue. CenturyLink Field continues to be one of the toughest places for opposing teams to play and one of the best in-stadium fan experiences in the NFL, with the game day atmosphere and crowd energy level ranking No. 1 overall in the 2016 NFL Voice of the Fan study. Beyond Seahawks game days, CenturyLink Field remains among the top three busiest stadiums in the NFL with more than 2.1 million annual visitors. The Seahawks brand continues to be one of the strongest in professional sports, both locally and nationally, holding a Top 5 NFL ranking in broadcast ratings, web visitors and social engagement. Arnold has played a crucial role in retail's achievements, leading the team of Seattle officials that collaborated with Nike in the successful redesign of the team's new uniform, which debuted in 2012. The Seahawks ranked No. 2 in the NFL in overall merchandise sales in 2016 after three-consecutive years at No. 1. The club opened its fourth permanent Pro Shop location in 2015. Arnold began his professional career as an intern in the Seahawks public relations department before joining the team's ticket sales department as an account executive from 1994-96. He was promoted to director of ticket operations from 1997-2000, before adding the title of director of ticket sales and service from 2001-09 and becoming vice president of sales & marketing from 2010-13. Arnold was also instrumental in the efforts to build grassroots support for the construction of CenturyLink Field. He was then responsible for coordinating the relocation efforts from the Kingdome to Husky Stadium to CenturyLink Field. He was among the Puget Sound Business Journal's 40 Under 40 recipients in 2010 and was named Ticket Executive of the Year by Major League Soccer in 2009 and 2010 when the Seahawks aided the Seattle Sounders FC in its business operations from 2009-14. Arnold earned a degree in Sports Management from Washington State University. He resides in Newcastle, Wash., with his wife, Jana, and two children, Charlie and Jordan.

KAREN SPENCER

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

Karen Spencer is responsible for the financial oversight of the Seahawks and First & Goal Inc. and First & Goal Hospitality. She is charged with establishing budgets, forecasting and managing cash flow. She also oversees the teams' financial reporting and analysis as well as technology departments. Spencer represents the club at NFL owners meetings alongside President Peter McLoughlin. She also serves as treasurer on the Seattle Seahawks Charitable Foundation and the Seattle Seahawks Women's Association. Spencer originally joined the Seahawks in 1991 as a staff accountant and was promoted to her current position in May 2009. In 1990, Spencer was loaned to the Seahawks from the public accounting firm Arthur Andersen & Company to assist in the Seahawks accounting department before being hired full time the following year. Promoted to controller in 1997, Spencer was promoted to Finance Director of the Seahawks in 2003 and added the same responsibility for First & Goal Inc., in 2005. 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. Spencer grew up in the North Seattle area before moving overseas where she lived in Tehran, Iran, from 1974-78. She returned to the states and graduated from Seattle's Nathan Hale High School at the age of 16. Went on to earn a B.A. in Accounting from Seattle University. She lives in Maple Valley, Wash., along the Cedar River with her husband Phil, and their dogs.

CINDY KELLEY

SENIOR VP HUMAN RESOURCES & ADMINISTRATION

Entering her 35th season with the club in 2017, Cindy Kelley was promoted to senior vice president in 2015. She served as vice president since 2011, after spending 13 seasons as Director of Human Resources. She oversees this area for both the Seahawks and First & Goal, Inc. She began her career in 1983 in the finance department before managing the daily operation of the Kirkland office facility in the 1990s. Kelley is responsible for developing and establishing policies and objectives for all phases of human resources and administration functions in accordance with objectives of organization including: policies and procedures, recruiting, benefits, compliance, training, compensation, labor relations, employee relations/services, performance management, safety, and strategic planning. She also oversees corporate hospitality, security, facilities and food services. Born in Wichita, Kan., she is a graduate of Interlake High in Bellevue and earned her degree in communications from Washington State University.

DAVE PEARSON

SENIOR VP COMMUNICATIONS, BROADCASTING & WEB CONTENT

Dave Pearson, in his 29th NFL season and 20th with the Seahawks, was promoted to senior vice president of communications, broadcasting and web content in 2015. Originally joining the Seahawks as director of public relations in 1998, he added the day-to-day oversight of the team's broadcast department in 2004. He was promoted to vice president of communications and broadcasting on April 29, 2008. Pearson is responsible for managing the public image and overall communications strategy for the Seahawks while serving as the liaison for local and national media outlets and broadcast partners. He also oversees all radio broadcasts, preseason telecasts, team-produced radio and television shows, publications and website content. As senior vice president, he also assumes various responsibilities revolving around game day operations at CenturyLink Field. Under his direction, Seattle's communications department has been nominated by the Pro Football Writers of America for the coveted Pete Rozelle Award six times and won the award in 2007. The teams' broadcasting department has won nine 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.

ED GOINES

GENERAL COUNSEL & VP GOVERNMENT AFFAIRS

Ed Goines enters his fourth season as General Counsel and Vice President, Government Affairs for the Seahawks and First & Goal, Inc. Goines administers the corporate legal affairs for the Seahawks and First & Goal/CenturyLink Field and is responsible for managing the organization's government relations strategy and policies. Goines works closely with the organization's business partners and was instrumental in securing an extension of a nearly 15-year stadium naming rights agreement with CenturyLink. Prior to the Seahawks, Goines was assistant chief counsel for Disney Interactive/The Walt Disney Company. Prior to Disney, he served five years as general counsel and vice president of business affairs for the San Francisco 49ers from 2001-2007, including one year as a legal consultant to the 49ers. Prior to the 49ers, his work in the entertainment and sports fields included 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 the nation-

al law firm, 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.

JEFF DUNN

VP BUSINESS STRATEGY & ANALYTICS

Entering his fifth season with the Seahawks, Jeff Dunn was promoted to Vice President of Business Strategy & Analytics in June 2014, reporting to the CFO. In this role, he provides strategic and analytical support to each department of the Seahawks business operations. He also leads special strategic initiatives including the addition of 1,000 new seats in the Toyota Fan Deck in 2015 and the creation of four new premium suites for the 2016 season. Dunn serves on the Board of Directors of the Portland Trail Blazers, as well as on the Board of Trustees of Make-A-Wish Alaska & Washington and Alex's Army Childhood Cancer Foundation. 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 RELATIONS

Mike Flood joined the Seahawks on July 1, 1997. He helped spearhead the statewide campaign that resulted in the passage of Referendum 48 to build the new football/soccer stadium and exhibition complex. 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 Western Flyer Air Service, an agricultural flying service in Fort Scott, Kansas. He served as a pilot and civil engineering officer in the Coast Guard flying C130s, Dassault Falcon jets, and H60 Jayhawk helicopters. He managed Public Relations, Finance and Administration during tours in New York, Florida, North Carolina, Alaska and Oregon. From 1994-96 he was the Air/Sea Rescue Operations Officer for coastal Oregon and Washington. Flood retired as a Commander in 1996 after 20 years in the service. He and his wife Marty, have a son, Dan, and a daughter, Shannon. Mike serves on the boards of the King County Municipal League, Camp Patriot, and the Association of Washington Generals. In 2012, Flood was awarded the Outstanding Service to Veterans award from the Washington Department of Veterans Affairs, and in 2013 the "I Care About Kids" award from Mentoring Works Washington.

ZACH HENSLEY

VP VENUE OPERATIONS & GUEST EXPERIENCE

Zach Hensley originally joined the Seahawks family in 2015 as managing director of guest experience at CenturyLink Field. He was promoted to vice president of venue operations and guest experience in 2017. In his position, Hensley oversees and directs hospitality operations, guest services, facility operations, field operations, conversion, and event operations for CenturyLink Field, CenturyLink Field Event Center, and WaMu Theater. Most recently, Hensley was instrumental in the creation of First & Goal Hospitality, including the design of the company's organizational structure as project manager for this new entity of the Seattle Seahawks. He has more than 17 years of experience in stadium operations, hospitality, and customer service. Prior to joining the Seahawks, Hensley was involved in project management, planning, concept design, food service design and while managing multiple facilities throughout his career including Levi's Stadium and the KFC Yum Center in 2010. During his career, he has provided operational guidance for the Seahawks, Seattle Sounders FC, San Francisco 49ers, Kansas City Chiefs, Kansas City Royals, the University of Louisville, Super Bowl XLIV, NHL All Star Games, NCAA Football Championships, WrestleMania, NHL Stadium Series and NCAA Final Four Championships. He resides in Bellevue with his wife, Valerie, and two children, Emma and Chase.

MAURICE KELLY
VP PLAYER ENGAGEMENT

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

JEFF RICHARDS
VP MARKETING

Jeff Richards begins his second season as the Seattle Seahawks Vice President of Marketing. Richards is responsible for growing, evolving and communicating the Seahawks brand, as well as developing data-driven fan engagement strategies to help internal and external partners connect with the NFL's fifth-largest fan base (2015 ESPN Sports Poll). His oversight in the area of fan engagement not only includes marketing and design, but also game day presentation and entertainment, production services, fan engagement and marketing through digital media. Since joining the Seahawks, Richards has been instrumental in the brand development of '12s' and 'We Are 12' as it relates to the Seahawks fan base. He has also helped shape and lead fan experiences that include the Super Bowl XLVIII parade, NFL Kickoff 2014 and the Experience Music Project's "We Are 12" exhibit. Before joining the Seahawks as director of marketing in 2011, Richards was the corporate and consumer marketing manager for Bensussen, Deutsch & Associates (Woodinville, Wash.) from 2008-11. From 2005-08, he served as marketing manager for the Seattle Mariners and helped drive the teams fan experience and event management, overseeing an array of events that included Mariners FanFest. He also contributed in areas of brand strategy, game presentation and project management while earning the 2007 President's Award for outstanding achievement and service to the Mariners. Richards began his career at his Alma Mater of Seattle Pacific University as director of promotions and game day programming before working as a ticket office assistant in the athletics department at the University of Washington. After graduating with a Bachelor of Arts in Psychology, while minoring in Business Administration, he earned a Master of Sports Administration degree from Seattle Pacific. Richards and his wife, Stephanie, have two children, son Bennett and daughter Blakely. They live in Issaquah.

AMY SPRANGERS
VP CORPORATE PARTNERSHIPS & SUITES

Amy Sprangers is in her 17th season with the Seahawks and fourth as Vice President of Corporate Partnerships and Suites. In her role, she is responsible for leading all revenue generation across sponsorship sales, local media rights and suite sales with the objective to deliver exceptional programs that measurably grow the team's business and the business of its partners. Sprangers has a proven track record of fostering key corporate relationships. Under her leadership, she provided the foundation by which the Seahawks were able to drive revenues, increase sell-through rates and build strong partnerships. Sprangers began her Seahawks career in 2001 as a corporate sales manager in the corporate partnership department, transitioned to the suite department as a manager in 2004 and director prior to the 2005 season. A Seattle native, she is a graduate from the University of Washington with a degree in speech communications. Amy and her husband, Todd, live in Seattle with their four children, Peyton, Jake, Sydney, and Sloane.

CHIP SUTTLES
VP TECHNOLOGY

Chip Suttles begins his sixth season with the Seahawks as Vice President of Technology. He is the voice in guiding the values and mission for the technology needs of the Seahawks and First & Goal Inc. He is responsible for aligning technology vision with the overall business strategy of the organization and increasing the performance of the organization by modernizing technology to improve the customer experience and drive increased revenue. His areas of focus include maintaining and optimizing the IT infrastructure, modernization of stadium technology, supporting player performance analytics, developing CRM systems and enhancing the organizations' mobile applications. Suttles joined the Seahawks after working most recently for the Vancouver Canucks in 2010-11 as Director of Technology. Prior to his two seasons with the Canucks, Suttles worked as the Director of Broadcast Integration for the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Winter Games (VANOC). Working with VANOC marked Suttles' fourth time participating in the Olympic Games; he had previously served in various technology roles in support of the Olympic Games in Torino, Salt Lake City and Atlanta. Suttles and his wife, Lauren, have two sons and a daughter. He enjoys participating in a variety of recreational sports and founded and actively serves on the board of directors for his community's local youth football organization.

DAVID YOUNG
SENIOR VP OPERATIONS/GENERAL MANAGER CENTURYLINK FIELD

David Young joined the Seahawks family as Vice President of Operations/General Manager of CenturyLink Field in February 2015. In his position, Young oversees and directs all CenturyLink Field, CenturyLink Field Event Center and theatre operations for the Seahawks and First & Goal Inc., which host approximately 150 events and more than 2,000,000 guests annually. He oversees the Seahawks retail operations and has guided the development and implementation of First & Goal Hospitality which launched in March 2017, and oversees all food and beverage service at CenturyLInk Field and CenturyLInk Field Event Center. 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. Before joining First & Goal Inc., Young worked for the Walt Disney Company as the Operations Manager at Walt Disney World in Florida. The Woodland, Wash. native attended the University of Washington and is married to his wife, Ali.

SCOTT FITTERER
CO-DIRECTOR PLAYER PERSONNEL

Scott Fitterer begins his third season as co-director of player personnel. Originally joining the Seahawks' staff on June 25, 2001, as an area scout, he recently served 2011-14 as the club's director of college scouting. In his current role, Fitterer works collaboratively with Trent Kirchner in directing both the college scouting and pro personnel departments to manage and strengthen all aspects of the Seahawks roster. As the director of college scouting he coordinated the Seahawks' entire scouting operation and compiled all of the college scouting information required to set the draft board. He is responsible for the evaluation of all draft eligible players nationally, oversight of the Seahawks college scouting staff and works closely with GM John Schneider and the Seahawks coaching staff regarding the NFL Draft and college free agency. Before joining Seattle, spent three seasons with the New York Giants, 1998-99, as a part-time scout before being assigned to the West Coast region for the 2000 season. Was a 1995 draft pick of the Toronto Blue Jays and spent three years in the Blue Jays system (1995-97) before his career ended due to three shoulder surgeries. Was a two-sport athlete in college, playing quarterback in football and pitcher in baseball at UCLA (1992-94) and LSU (1994-95). In 1998, Fitterer returned to UCLA to earn his undergraduate degree in history. Born in Seattle, he is a graduate of Kennedy High School in Seattle. Scott, his wife Cherish, daughter Ella, and son Cole live in Sammamish, Wash.

TRENT KIRCHNER

CO-DIRECTOR PLAYER PERSONNEL

Trent Kirchner begins his third season as co-director of player personnel after spending two seasons as the Seahawks pro personnel director. He works collaboratively with Scott Fitterer in directing both the college scouting and pro personnel departments to manage and strengthen all aspects of the Seahawks roster. In his previous role as pro personnel director, he oversaw NFL free agency, the advance scouting of Seahawks' upcoming opponents, evaluation of NFL practice squads, as well as the scouting of all professional leagues including the Canadian Football League and the Arena Football Leagues. During the season he coordinated free agent tryouts, monitored NFL transactions and assisted in the recruiting and signing of all free agent players. Since the 2010 season, Kirchner and the pro scouting staff have made nearly 1,600 player transactions to help form one of the youngest rosters in the NFL. Kirchner and the pro scouting staff played integral roles in the trades of Marshawn Lynch (2010) and Jimmy Graham (2015). In addition, they were central to the unrestricted free agent acquisitions Michael Bennett and Cliff Avril – both of whom played key roles in helping Seattle win Super Bowl XLVIII, the first title in team history. Kirchner originally joined the Seahawks as assistant director of pro personnel on February 5, 2010. Before joining Seattle, Kirchner played an important role in helping turn the Panthers around from a 1-15 record to Super Bowl XXXVIII participants in just two years through key free agent acquisitions such as Jake Delhomme and Stephen Davis. Kirchner spent eight seasons in Carolina as a pro scout where they had one Super Bowl appearance, two conference championship appearances and won two division titles. Before his time with the Panthers, he spent one year as the college scouting coordinator for the Washington Redskins. During his senior year in college (spring of 2000) he volunteered with the Kansas City Chiefs at the NFL Scouting Combine in Indianapolis. From there, he joined the Seahawks as an intern splitting time between the public relations and college scouting departments. He also interned with the Minnesota Twins in 1999. A native of Minnesota, he graduated with a degree in business management from St. John's (Minn.) University, where he played quarterback for two years. Trent and his wife, Jessica, have two sons, Carter and Landon.

DAN MORGAN

DIRECTOR PRO PERSONNEL

Dan Morgan enters his seventh season with the Seahawks and third as director of pro personnel. Morgan helps direct a pro personnel department that scouts future Seahawks opponents and assess talent in all professional leagues including the NFL, the Canadian Football League and the Arena Football League. He will coordinate free agent visits, tryouts, and monitor NFL transactions. A former 11th overall selection in the 2001 NFL Draft by Carolina, Morgan started all 59 games played in seven seasons at linebacker for the Panthers. He helped lead the Panthers to a Super Bowl XXXVIII appearance in 2003, where he collected 18 tackles in the game. He was named a starter in the Pro Bowl following a 2004 season in which he led the team with 102 tackles. In 2005, he helped lead the Panthers to the NFC Championship Game versus the Seahawks. Unfortunate ankle and Achilles injuries cut his career short following the 2007 season. Morgan was one of the most decorated players in Big East history following a Hall of Fame career at the University of Miami. He became the first player in team history to be named captain as a sophomore. He went on to win the Nagurski Trophy and the Butkus and Bednarik Awards becoming the first player in NCAA history to win all three in a career (and the same year). He was an All-America selection as a senior and 2000 Big East Player of the Year. Morgan is married to Ashleigh and they have three children, Lexi, Brady and Cali.

MATT BERRY

DIRECTOR COLLEGE SCOUTING

Matt Berry begins his 10th season with Seattle and third as director of college scouting. In his role, he helps coordinate the Seahawks' entire scouting operation and compiles all of the college scouting information required to set the draft board. He is responsible for the evaluation of all draft eligible players nationally, oversight of the Seahawks college scouting staff and works closely with GM John Schneider and the Seahawks coaching staff regarding the NFL Draft and college free agency. 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 season with the Atlanta Falcons before joining Seattle and served his final three seasons as the Falcons' south central scout. Prior to joining the Falcons, Berry worked as a summer intern for the Baltimore Ravens in 2002. 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. Married to professional runner and triathlete, Desiree. They have a daughter, Beau, and currently reside in Austin, Texas.

JASON BARNES
AREA SCOUT (MIDWEST)

Jason Barnes enters his 11th season with the Seahawks, and eighth working with the college scouting department after working with pro scouting the first three years. While working with the pro department, Barnes helped scout future Seahawks' opponents and assess talent in all professional leagues including the NFL, the Canadian Football League and the Arena Football League. Lined up at wide 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 senior season as a cornerback, and was selected to play in the Indiana North South All-State All-Star Game. All Conference in basketball. Is married to Kristin, and has two sons Chase and Christopher and two daughters Jordyn and Jayah.

TODD BRUNNER
AREA SCOUT (NORTHEAST)

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

JOSH GRAFF
AREA SCOUT (MIDLANDS)

Josh Graff enters his fifth full-time season with the Seahawks, eighth overall. He begins his first season as an area scout in 2017 after previously serving as a scout for National Football Scouting and covering the regions of South Carolina, North Carolina and Virginia. Graff spent the 2011-12 seasons as a scouting and personnel intern with Seattle where he helped with advance opponent scouting, 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. Resides in Denver, Colo.

AARON HINELINE
AREA SCOUT (SOUTHWEST)

Aaron Hineline enters his 12th season with the Seahawks and his eighth as a college scout after serving in the pro personnel department four seasons. While serving in the Pro Personnel department, he was responsible for the weekly advance of upcoming opponents as well as assisting in the evaluation and writing of player reports on potential talent in free agency, the Canadian Football League and the Arena Football League. He performed administrative duties for the Director of Pro Personnel, helped coordinate free agent tryouts, and worked on various projects for the Vice President of Player Personnel and Head Coach. Hineline was an all-state linebacker at Woodinville (Wash.) High School and was a USA Today Honorable Mention All-American. Hineline 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.

JIM NAGY
AREA SCOUT (SOUTHEAST)

Jim Nagy enters his fifth season with Seattle after spending the four previous seasons with the Kansas City Chiefs. Nagy was promoted to national scout for the 2012 season. Before joining the Chiefs, he spent seven years as a scout with New England (2002-08). He has been involved with teams that have made a total of six Super Bowls and won four championships, including two Super Bowl championships with the Patriots, one each with Green Bay and Seattle. He also spent one year with Washington and three seasons as the Director of NFL Scouting for War Room Scouting, Inc. (1998-01). Nagy also worked with SFX Sports Group as a recruiting coordinator and draft consultant (1997-00). The Frankfort, Mich., native began his NFL scouting career as an intern with Green Bay during its Super Bowl XXXI season in 1996. He has also written an NFL column for The Sporting News (2000-01) and served as an on-set consultant for The NFL Today (1998-00). He lettered in football, basketball, baseball and track at Traverse City High School in Traverse City, Mich. Earned a B.A. in 1996 from the University of Michigan. He and his wife, Lindsay, have two children - Hayden and Lillian.

TYLER RAMSEY
AREA SCOUT (WEST)

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

RYAN FLORENCE
NFS SCOUT

Ryan Florence serves as a scout for National Football Scouting and covers the regions of North Carolina, South Carolina, and Virginia assisting college scouts with current prospects for the annual NFL Draft. Originally joining the Seahawks as an intern in 2014, he was promoted to his current role in 2017. Florence spent the 2014-16 seasons as a scouting and player personnel assistant with Seattle where he helped with advance opponent scouting, free agent and practice squad evaluations in the NFL and CFL. Prior to the Seahawks, Florence was a recruiting graduate assistant helping Gary Pinkel's Missouri coaching staff to develop and implement the Tigers' recruiting plans along with scouting evaluations, video preparation and recruiting operations. Florence helped Mizzou post a program-record 12 wins and claim both the SEC East title and a Cotton Bowl victory en route to a No. 5 final AP ranking in 2013. Flo-

rence earned a B.A. in Organizational Communication from William Jewell College in Liberty, Mo., where he was a 3-year starter at cornerback. He went on to earn a M.S. in Administrative Studies and Sports Management from Missouri State and added a M.Ed. in Educational and Counseling Psychology from the University of Missouri. Originally from Columbia, Mo., Ryan and his wife, Jacqueline, now reside in the greater Seattle area.

NOLAN TEASLEY

ASSISTANT DIRECTOR PRO PERSONNEL

Nolan Teasley begins his first season as assistant director of pro personnel in 2017 after spending the previous three as a pro scout with the Seahawks. He originally joined the Seahawks in 2013 as an intern in the team's scouting department. In his role, Teasley analyzes talent from other NFL rosters and practice squads, along with evaluating talent from other football leagues including the CFL. Among his other duties, he scouts future opponents, helps coordinate free agent visits and tryouts, and monitors NFL transactions. Before joining the Seahawks, Teasley worked in corporate marketing for six years. A 2007 graduate from Central Washington University with a degree in public relations, he was a running back on the Wildcats football team. Originally hailing from Ellensburg, Washington, Teasley and his wife, Morgan, have a son, Cruz, and live in Issaquah.

WILLIE SCHNEIDER

PRO PERSONNEL SCOUT

Willie Schneider joins the Seahawks scouting department in 2017 as a pro personnel scout after originally joining the team as a scouting intern in 2014. In his role, he helps scout future opponents, coordinate 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 attended the Minnesota football powerhouse Cretin-Derham Hall High School and was a three-sport athlete in football, hockey and baseball.

KIRK PARRISH

COLLEGE SCOUTING COORDINATOR

Kirk Parrish enters his 19th year with the Seahawks. He is responsible for maintaining the day-to-day operations of the College Scouting Department, including organizing all college prospect information (scouting database/player reports/draft boards), managing university relations, and serving as the liaison between the front office and on-the-road scouting staff. He also covers Montana, North Dakota, and South Dakota and evaluates other draft-eligible players in the Pacific Northwest. Prior to joining the Seahawks, Parrish was the administrative assistant/football operations at Texas A&M University from 1997-99. Parrish coached tight ends and quarterbacks at the University of San Diego from 1995-96. Prior to USD, he was a football graduate assistant at Washington State University from 1992-94, where he earned a Ph.D. in educational administration in 2003, and a Master's Degree in athletic administration in 1993. His research focused on the career paths of NCAA Division I-A (FBS) athletic directors. Parrish earned his BA in education from Central Washington University where he was a quarterback for the Wildcat football program. His father, Jerry Parrish, is a member of the Seahawks' High School Coaches Mentorship Academy, Washington State Football Coaches Hall of Fame (North Kitsap HS), and Pacific Northwest Football Hall of Fame. Kirk and his wife, Carol, reside in Bothell, Wash. They have a daughter, Jill, and a son, Jay.

SAM RAMSDEN

DIRECTOR HEALTH & PLAYER PERFORMANCE

In 2017, Sam Ramsden will begin his 19th year with the Seattle Seahawks and his sixth in the role of director of health and player performance. His responsibilities include collaborating with the strength and conditioning, medical,

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

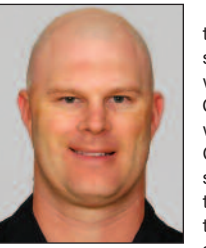
DONALD RICH

HEAD ATHLETIC TRAINER

Donald Rich, in his 14th season with the Seahawks, was promoted to head athletic trainer in 2012. Rich is responsible for the coordination of all aspects of health care for the Seahawks athletes and coaches. He manages the athletic training room, including all full-time athletic trainers and season-long certified intern athletic trainers. Rich and his staff are experienced in risk management and injury prevention, pathology of injuries and illnesses, conditioning and rehabilitation; and the nutritional aspects of injuries and illnesses. He is a certified Corrective Exercise Specialist (CES) through the National Academy of Sports Medicine and has completed a Fellowship in Applied Functional Science through the Gray Institute for Functional Transformation. Rich began his professional career as an intern with Seattle during training camp in 2003 and returned as a season-long intern in 2004. He served as an assistant athletic trainer from 2005-2011 before taking over the department in 2012. Rich served two years with Northwestern University athletic training staff following completion of his undergraduate studies at the University of Florida and before earning a Masters in exercise science from Boise State University. Rich spent one season working in NFL Europe for the Cologne Centurions in the spring of 2004. Rich is originally from Philadelphia, Pa., but grew up in Melbourne, Fla.

MATT CAPURRO

FOOTBALL OPERATIONS COORDINATOR



Matt Capurro enters his 14th NFL season and his eighth 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. Capurro previously 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). He earned his bachelor's degree in Business Administration from the University of San Francisco in 2003. He lettered in football and baseball at St. Vincent High School in Petaluma (Calif.) Married to wife, Emily, and they have two daughters, Gianna and Cecilia.

SEAHAWKS

PETE CARROLL

EXECUTIVE VP FOOTBALL OPERATIONS/ HEAD COACH

SEAHAWKS EXPERIENCE: 8TH YEAR
NFL EXPERIENCE: 24TH YEAR

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 23 years of NFL experience and 19 years of collegiate experience to Seattle.

Carroll's overall head coaching record is 103-72-1 in the regular season and 10-7 in the postseason in his 11 years of NFL head coaching. In 2016, he became the 39th head coach in NFL history to reach 100 wins in the regular season.

Carroll and General Manager John Schneider have constructed the best teams in Seahawks history. Over the last five seasons Seattle has a combined 56-23-1 record, back-to-back Super Bowl appearances in 2013-14, 10-plus wins in five-consecutive seasons for the first time in franchise history and three NFC West Division titles.

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

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, 35 of 77 draft choices since 2010, and 27 of 38 since 2014, remain with the team to build a strong foundation of continuity, including All-Pros S Kam Chancellor, RS Tyler Lockett, CB Richard Sherman, S Earl Thomas, LB Bobby Wagner, four-time Pro Bowl QB Russell Wilson and Pro Bowlers WR Doug Baldwin and LB K.J. Wright.

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, an impressive feat during an era of unprecedented scoring and yardage numbers in NFL history.

Seattle's set an NFL-record of not losing by more than 10 points in 85 consecutive regular season games (95 games including playoffs) from 2011-2016. Seattle also set an NFL record with 88 consecutive regular season games (98 games including playoffs) where they either led or had been within one score in the fourth quarter from 2011-16.

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 Russell Wilson, who became the third-youngest quarterback to win the title game (25 years, 65 days).

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

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

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

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

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

Carroll returned to the NFL after spending nine years (2001-09) as head coach at USC, where he won seven consecutive Pac-10 titles (2002-08), two national championships (2003-04) and led the Trojans to a 97-19 record. He reached a bowl in each of his nine seasons and won seven. His 88 victories from 2001 to 2008 tied Bob Pruett of Marshall for most by a Division I coach in their first eight seasons since 1900 (Penn's George Woodruff - 102). He reached 50 career USC wins faster than any head coach in Trojans history. From 2002-08, his teams appeared in an NCAA-record seven consecutive BCS bowls, recorded at least 11 victories seven times (an NCAA record) and finished ranked in the AP Top 4. USC was the AP's No. 1 team for a national-record 33 straight polls (including two preseason polls) and was ranked in the AP Top 10 for a school-record 63 consecutive games. His teams were ranked in the AP Top 25 for 102 consecutive games, a school record. In 2009, he was named Coach of the Decade by Lindy's.

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

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

In 2007, USC went 11-2 and finished second in the USA Today poll and third in the AP poll, for its sixth AP Top 4 ranking in a row. Its 49-17 win over Illinois in the Rose Bowl equaled

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*

the most points ever in the bowl game. Five players were named All-American first-teamers.

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

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

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

The Trojans won the AP national championship, its first national crown since 1978, and entered the Rose Bowl also ranked No. 1 in the USA Today/ESPN poll, in 2003. USC was 12-1 overall and finished the season ranked second. USC's 534 points was a Pac-10 record. Five Trojans were first-team All-Americans. For this, Carroll was named the 2003 American Football Coaches Association Division I-A Coach of the Year, Home Depot National Coach of the Year, Maxwell Club College Coach of the Year, ESPN.com National Coach of the Year, Pigskin Club of Washington D.C. Coach of the Year and All-American Football Foundation Frank Leahy Co-Coach of the Year. He also was the Pac-10 Co-Coach of the Year.

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

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

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

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

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.

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	70	41	1	.629	9	5	.643

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

CARROLL VS. THE NFL

	Team	Regular Season	Postseason	Total
AMERICAN FOOTBALL CONFERENCE	Baltimore Ravens	3-0	---	3-0
	Buffalo Bills	7-3	---	7-3
	Cincinnati Bengals	0-2	---	0-2
	Cleveland Browns	2-2	---	2-2
	Denver Broncos	3-3	1-0	4-3
	Houston Texans	1-0	---	1-0
	Indianapolis Colts	6-3	---	6-3
	Jacksonville Jaguars	2-0	0-1	2-1
	Kansas City Chiefs	1-3	---	1-3
	L.A./San Diego Chargers	2-2	---	2-2
	Miami Dolphins	4-6	1-0	5-6
	New England Patriots	3-1	0-1	3-2
	New York Jets	4-4	---	4-4
	Oakland Raiders	1-1	---	1-1
	Pittsburgh Steelers	2-2	0-1	2-3
	Houston Oilers/Tennessee Titans	2-1	---	2-1
NATIONAL FOOTBALL CONFERENCE	Arizona Cardinals	9-6-1	---	9-6-1
	Atlanta Falcons	2-2	0-2	2-4
	Carolina Panthers	5-1	1-1	6-2
	Chicago Bears	5-1	0-1	5-2
	Dallas Cowboys	3-2	---	3-2
	Detroit Lions	1-2	1-0	2-2
	Green Bay Packers	2-4	1-0	3-4
	L.A./St. Louis Rams	8-7	---	8-7
	Minnesota Vikings	4-1	1-0	5-1
	New Orleans Saints	2-2	2-0	4-2
	New York Giants	4-1	---	4-1
	Philadelphia Eagles	3-1	---	3-1
	San Francisco 49ers	10-5	1-0	11-5
	Seattle Seahawks	0-0	---	0-0
	Tampa Bay Buccaneers	1-3	---	1-3
	Washington Redskins	1-1	1-0	2-1
	Career Totals	**103-72-1**	**10-7**	**113-79-1**

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

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

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

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

CARROLL'S HEAD COACHING RECORD

Year	Team	W	L	T	Pct.	Finish
1994	N.Y. Jets	6	10	0	.375	**5th, AFC East**
1997	New England	10	6	0	.625	**1st, AFC East** *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*
Reg. Season (11 Yrs.)		103	72	1	.588	
Postseason (8 Yrs.)		10	7	0	.588	
Combined Record		113	79	1	.588	

DARRELL BEVELL
OFFENSIVE COORDINATOR

SEAHAWKS EXPERIENCE: 7TH YEAR
NFL EXPERIENCE: 18TH YEAR

Named offensive coordinator on January 20, 2011, Darrell Bevell enters his seventh season leading Seattle's offense after spending five seasons (2006-10) as the Minnesota Vikings offensive coordinator.

The Seahawks rushing attack leads the NFL since 2011 with 13,144 yards and QB Russell Wilson continues to be the NFL's winningest quarterback to begin a career with 64 victories in his first five seasons (regular and postseason). Wilson also ranks fourth in NFL history with 127 touchdown passes in his first five seasons.

Last season, Wilson set career-highs in attempts (546), completions (franchise-record 353) and yards (franchise-record 4,219), while helping WR Doug Baldwin earn his first Pro Bowl trip with a franchise-record tying 94 receptions in 2016. TE Jimmy Graham also earned his first Pro Bowl nod as a Seahawk, finishing just shy of 1,000 yards with 923 on 65 receptions with six touchdowns.

In 2015, Seattle's fourth-ranked offense set the franchise-record with 6,058 yards, breaking 2014's mark of 6,012 yards. It was the fourth time in franchise history, first since 2005, with a top-five offense and Seattle's 26.4 points per game tied for fourth in the NFL, marking the fourth time in franchise history with a top-five scoring offense, first since 2005. Seattle's 423 points scored were the second-most in franchise history (2005).

Wilson ended 2015 in unprecedented fashion, ending his last seven games with a 132.8 rating and becoming the only player in NFL history to pass for at least 24 touchdowns and have one or zero interceptions in a seven-game span in a single-season. He became the first player in NFL history with 4,000 yards, 30 touchdown passes and 500 rushing yards in a single-season. He set career-highs in completion percentage (franchise-record 68.1), touchdowns (franchise-record 34) and passer rating (franchise-record and NFL-leading 110.1).

Seattle's offense ranked in the top-10 for the first time since 2007 during its run to Super Bowl XLIX in 2014. Led by the no. 1-ranked rushing attack with a franchise-record 2,762 yards on the ground, the Seahawks posted 6,012 total yards (9th NFL) and the franchise-record for most yards in a single-game (596 at Arizona).

A Pro Bowler for the fourth-consecutive season, RB Marshawn Lynch totaled a career-high 17 touchdowns in 2014 (career-high 13 rush, career-high four rec.) and added 1,306 yards on 280 carries.

During Seattle's Super Bowl XLVIII championship run in 2013, the Seahawks offense relied on the NFL's fourth-ranked rushing offense (136.8 ypg) and Wilson's arm in leading the club to 26.1 ppg, ranking eighth in the NFL.

Lynch totaled 14 touchdowns in 2013 (12 rush, two rec.) and added 1,257 yards on 301 carries.

Under center, Wilson became the first player in NFL history to have a 100.0 passer rating in each of his first two seasons in the league, as he broke his own franchise record with a 101.2 rating. He threw 26 touchdowns, giving him 52 in two seasons, tying Peyton Manning for second place in NFL history for the most touchdown passes in a quarterback's first two seasons.

Three players were voted to the Pro Bowl: Lynch, Wilson and C Max Unger.

The 2012 edition of Seattle's offense took off in historic fashion over the last half of the season led by rookie Wilson.

Aided by the NFL's third-ranked rushing attack led by Lynch and his career-highs in carries (315) and yards (1,590, 3rd NFL), along with 11 rushing touchdowns, Wilson gained a comfort level to excel in the offense.

Wilson would go on to end the season as the league's fourth-ranked passer with a franchise-record 100.0 passer rating, tie (Peyton Manning) the NFL rookie-record with 26 touchdown passes and set the NFL rookie-record with three consecutive games with a 125-plus passer rating, in addition to setting several other NFL and franchise records that season.

Bevell saw his offense jump from 30th in the league in Week 8 to 17th to end the season as Seattle set a club record with three consecutive games with 450-plus offensive yards (Weeks 13-15), while outscoring opponents 170-43 to end the regular season. His unit boasted four Pro Bowlers - Lynch, Unger, Wilson and T Russell

Okung. Lynch and Unger were also named first-team AP All-Pro selections.

Under Bevell's direction in 2011, Seattle's offense found its identity: running the football. Over the last-half of the season, the Seahawks running game ranked fifth in the NFL with 1,212 rush yards, posting 100-plus team rushing yards in eight of its last nine games, including a six-game streak that was its longest since the 2002-03 seasons.

With that success came Pro Bowl nods for Lynch and FB Michael Robinson. Robinson paved the way for Lynch's 285 carries, 1,204 yards and 12 rushing touchdowns. Lynch led the league the last-half of the season with 941 yards and nine touchdowns, rushing for 100-plus in six of the last nine games and became Seattle's first 1,000-yard rusher since Shaun Alexander (2005).

Bevell also saw former Vikings starter Tarvaris Jackson battle through a pectoral injury and set career-highs in attempts (450), completions (271), yards (3,091), completion percentage (60.2, min. 290 att.) and touchdowns (14), in compiling a 7-7 record as a starter.

With the Vikings, Bevell guided RB Adrian Peterson and QB Brett Favre to career years.

In 2010, the Vikings running game continued to churn up yardage with Peterson leading the way. Peterson earned his fourth straight Pro Bowl berth and rushed for 1,298 yards on the ground, the fifth-best mark in team history with four of the top five owned by Peterson. Peterson also had 12 rush scores, topping the 10-plus touchdown mark each year in the league. However, his offense was hobbled by injuries to their linemen, starting three different centers, losing both guards to injured reserve and getting only 20 total games out of 2009 Pro Bowl wide receivers Sidney Rice (6) and Percy Harvin (14).

The signing of Favre, who Bevell coached in Green Bay, spurred the Vikings to the eighth-ranked passing offense in the NFL in 2009. The Vikings air attack matched the established productivity of the ground game in 2009. Favre's favorite target was Rice, who led the team in receiving and earned his first Pro Bowl berth, and TE Visanthe Shiancoe, who set a Vikings record for tight ends with 11 touchdowns. Harvin earned AP Offensive Rookie of the Year, marking the second time in three seasons the Vikings drafted the Rookie of the Year, joining Peterson in 2007. On the ground, Peterson posted the third-best single-season rushing total in team history while leading the NFL and setting a team record with 18 rushing scores.

The 2009 Vikings ranked second in the NFL in scoring offense by one point to Super Bowl XLIV champion New Orleans, posting 447 of the Vikings 470 total points for the season on offense. The Vikings ranked fifth in the NFL in total offense. The offense distributed the ball with efficiency, becoming only the second team in NFL history to have six players catch 40-plus passes in a season.

In 2008, Peterson led the NFL and set a Vikings record with 1,760 rushing yards and set a team mark with 10 games over the 100-yard mark. Free agent addition WR Bernard Berrian led the team with 964 yards and tied an NFL record with a 99-yard receiving toss from Gus Frerotte.

The 2007 Vikings featured a dynamic backfield that set team records with 2,634 rushing yards and a 5.33 yard-per-carry average. The Vikings scored 22 rushing touchdowns, an improvement of 10 over the 2006 club.

Peterson burst onto the NFL scene in 2007 and left his name etched throughout the NFL's and the Vikings' record books. He won the 2007 AP Offensive Rookie of the Year. In his fifth NFL game, Peterson broke the Vikings single-game rushing record with 224 yards at Chicago and three games later he set an NFL record with 296 yards on the ground against San Diego. Peterson ended the season with 1,341 yards to finish second in the NFL.

Peterson was the only offensive rookie in 2007 to earn Pro Bowl honors and was joined on the NFC squad by FB Tony Richardson, C Matt Birk and G Steve Hutchinson, who both repeated their trips from 2006.

In his first year as coordinator, the Vikings were led on the ground by RB Chester Taylor, who set a franchise record with 303 rushing attempts and the fourth-highest total in team history with 1,216 yards. The offense saw four different starting groups in the offensive line and only three players starting all 16 games across the front. Of the three players who did start every

BEVELL'S COACHING CAREER

1996	Westmar University *Passing Game Coord./QBs*
1997	Iowa State *Graduate Assistant*
1998-99	University of Connecticut *Wide Receivers*
2000-01	Green Bay Packers *Offensive Assistant/Quality Control*
2002	Green Bay Packers *Offensive Assistant*
2003-05	Green Bay Packers *Quarterbacks*
2006-10	Minnesota Vikings *Offensive Coordinator*
2011-	Seattle Seahawks *Offensive Coordinator*

game, Birk and Hutchinson earned Pro Bowl berths.

Bevell worked in Green Bay for six years, serving the last three as quarterbacks coach, prior to his time in Minnesota.

He stepped into the Packers quarterbacks role in 2003 with solid results. Favre set a career high with a 65.4% completion rate, led the NFL with 32 touchdown passes and earned his eighth career berth in the Pro Bowl.

In 2005, Green Bay led the NFL in completions (383) and attempts (626) and set a team record in both categories. The 2004 Packers set a team record with 4,449 net passing yards, breaking an 11-year old franchise record en route to ranking third in the NFL in total offense. After setting a team record for rushing yards the season before, the Packers became the first NFL team since the 1988-89 San Francisco 49ers to set team marks in rushing and passing in back-to-back seasons.

Along with Favre in his first year in 2000, Bevell worked with Matt Hasselbeck before his trade from Green Bay to Seattle.

Bevell entered the coaching ranks at Westmar University in Lemars, Iowa, in 1996 where he worked as passing game coordinator and quarterbacks coach. He moved on to Iowa State in 1997 as a graduate assistant and then the University of Connecticut for two seasons in 1998-99 as wide receivers coach. The 1998 UConn Huskies posted a 10-3 record, a school-record 461 points, won the Atlantic-10 Conference North Division title and advanced to the Division I-AA playoff quarterfinals.

In college, Bevell helped turn the University of Wisconsin program into a national power. A four-year starter for the Badgers, Bevell helped guide the team to a 10-1-1 mark as a sophomore in 1993. The squad claimed a share of the Big Ten championship for the first time since 1962 and defeated UCLA in the Rose Bowl. Between his sophomore and junior seasons, Bevell helped UW go 18-4-2. He left Madison as the school's all-time leading passer with 19 team records and a pair of Big Ten marks. His 67.8% completion mark set in 1993 stood as the conference record until 2010, and he was a 61.4% passer for his career.

A native of Yuma, Ariz., Bevell was a standout at Chaparral High in Scottsdale where he played under his father, James. After redshirting in 1989 as a freshman at Northern Arizona, Bevell went on a two-year Mormon mission in Cleveland in 1990-91.

Born on January 6, 1970, Bevell and his wife, Tammy, have three daughters, Kylie, Morgan and Hailey.

KRIS RICHARD
DEFENSIVE COORDINATOR

SEAHAWKS EXPERIENCE: 8TH YEAR
NFL EXPERIENCE: 8TH YEAR

Richard begins his 12th season in the NFL, 11th overall in Seattle and eighth in the NFL coaching ranks. He spent three seasons with the Seahawks (2002-04) and one season with the San Francisco 49ers (2005) as a cornerback.

He was promoted to his current position on February 9, 2015, after spending three seasons (2012-14) as defensive backs coach. He joined the club on February 4, 2010 as assistant defensive backs coach.

During his time, S Earl Thomas has become a five-time Pro Bowler and four-time AP All-Pro (three first-team, one second-team selection), CB Richard Sherman a four-time Pro Bowler and four-time All-Pro (three first-team, one second-team selection) and S Kam Chancellor a four-time Pro Bowler and two-time second-team All-Pro. CB Brandon Browner was also a 2011 Pro Bowler while Sherman's 30 interceptions rank fifth in franchise history, two behind Hall of Famer, Kenny Easley.

Seattle's defense has ranked in the top-5 for five-consecutive seasons, finishing fifth in 2016 and led the NFL in opponent rushing yards per attempt (3.4). Since 2011, Seattle has finished in the top-10 in defense for six-consecutive seasons.

In his first season as coordinator in 2015, Seattle continued its defensive dominance since 2012 as it led the NFL in scoring defense for the fourth-consecutive season (2012-15), becoming the first defense in the Super Bowl era to accom-

plish the feat. Cleveland led the league in scoring defense for a record five-straight seasons from 1953-57 in 12-game seasons.

The group led the league in rush defense, allowing 81.5 yards per game and a franchise-record low 1,304 yards for the second-consecutive season.

After their Super Bowl XLIX run in 2014, Sherman and Thomas were named to the AP All-Pro first-team for the third-consecutive season. The three-peat selections for Sherman and Thomas put them among the leaders in franchise history. Easley also was a three-time first-team All-Pro (1983-85). Only the Pro Football Hall of Fame trio of left tackle Walter (six), wide receiver Steve Largent (five) and defensive tackle Cortez Kennedy (four) had more first-team All-Pro selections. S Kam Chancellor earned second-consecutive second-team All Pro honors.

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.

Leader of the best secondary in the NFL in 2013, Richard's unit propelled Seattle's defense to one of the most dominant in NFL history and best in the last 12 seasons at the time. The Seahawks secondary shut down opposing offenses in helping Seattle rank first in the NFL in passing defense (172.0 ypg), interceptions (28) and opposing quarterback passer rating (63.4). In Seattle's Super Bowl XLVIII victory over Denver, Seattle's secondary held Peyton Manning to 280 passing yards (340.3 avg. in regular season), a 73.5 passer rating (115.1 rating in reg. season) and recorded one interception (by Chancellor).

Chancellor (93 tackles), Sherman (NFL-leading and career-high tying eight interceptions) and Thomas (100 tackles and career-high tying five interceptions) were voted to the Pro Bowl and named AP All-Pro. Sherman and Thomas were named to the first-team for the second consecutive season, becoming the fourth and fifth Seahawks players to earn back-to-back first-team honors in franchise history.

Finishing 2012 as the NFL's fourth-ranked defense, Seattle was led by two first-team All-Pro selections in Sherman and Pro Bowl starter Thomas in the secondary.

Sherman led the team with a career-high eight interceptions (T2nd NFL) and NFL-leading 24 passes defensed while Thomas tallied 61 tackles (39 solo) and scored his second career touchdown (first interception-return touchdown) on a 57-yard return at Buffalo.

Richard's 2011 defensive backs squad was one of the NFL's most-improved, totaling 17 of the team's 22 interceptions, its most since the 2004 season. Led by the Pro Bowl tandem of Chancellor and Thomas, the two ranked second and third for most tackles on the team, combining for 186, with six interceptions and 18 passes defensed.

His group saw the emergence of a CFL all-star in training camp in Browner, and a fifth-round find in Sherman after injuries to Marcus Trufant and Walter Thurmond. Browner led the team with six interceptions and set Seattle's single-season record for interception return yards (220) and longest return (94t). A Pro Bowl participant, Browner also tied Seattle records with an interception in four straight games and returning two picks for touchdowns in a single-season.

Sherman made the most of his 10 starts, tying for third in Seattle history in most interceptions by a rookie with four.

Prior to Seattle, Richard spent two seasons (2008-09) as a graduate assistant at USC, working with the defensive backs.

In 2008, S Taylor Mays was an All-American first-team pick for the second consecutive year and also was a finalist for the Thorpe Award, while S Kevin Ellison made his second consecutive All-Pac-10 first team. Ellison and CB Cary Harris were NFL sixth-round draft picks following the season, and Mays was a 2010 second-round pick.

Originally a third-round pick (85th overall) by Seattle, Richard played in 38 games with one start for Seattle before playing one season in San Francisco.

Richard lettered four years (1998-2001) at USC, starting his final three seasons. He had eight career interceptions and returned three for touchdowns, along with 125 tackles, 19 deflections and two fumble recoveries.

He was a prep All-American cornerback, quarterback and wide receiver at Serra High in Gardena, Calif., where he also ran track and was a member of Serra's 1996 state championship 400-meter relay team.

He received his bachelor's degree in sociology from USC in 2002 and is working on his master's degree in communication management.

Born on October 28, 1979, he and his wife, Chandra, have one daughter, Alyssa, and two sons, Aiden and Asher.

RICHARD'S COACHING CAREER

2008-09	USC *Graduate Assistant/Defensive Backs*
2010	Seattle Seahawks *Assistant Defensive Backs*
2011	Seattle Seahawks *Defensive Backs/Cornerbacks*
2012-14	Seattle Seahawks *Defensive Backs*
2015-	Seattle Seahawks *Defensive Coordinator*

MICHAEL BARROW

ASSISTANT HEAD COACH/DEFENSE LINEBACKERS

SEAHAWKS EXPERIENCE: 3RD YEAR
NFL EXPERIENCE: 3RD YEAR

Hired to the Seahawks staff on February 9, 2015, Barrow enters the NFL coaching ranks after spending seven years at the University of Miami (2007-13) following a 13-year NFL career as a linebacker. He was promoted to his current position on March 16, 2017.

Barrow's unit is led by three-time Pro Bowler and three-time All-Pro MLB Bobby Wagner (two first-team, one second-team selection) and K.J. Wright, who was named to his first Pro Bowl after the 2016 season when he posted career-highs in tackles (126) and sacks (4.0).

Wagner became the first player in franchise history to record five-straight 100-tackle seasons with a franchise-record and NFL-leading 167 in 2016.

Barrow served seven seasons as linebackers coach of the Miami Hurricanes, where he played from 1989-92, and had six linebackers drafted during his time.

Following his playing career in 2005, Barrow was the assistant head coach and defensive coordinator at Homestead High School, his alma mater.

Barrow was a second-round choice (47th overall) by the Houston Oilers in the 1993 NFL Draft and played 13 seasons with Houston (1993-96), Carolina (1997-99), the N.Y. Giants (2000-03), Washington (2004) and Dallas (2005). He recorded 1,125 tackles (792 solo), 43.0 sacks and two interceptions in 173 games with 153 starts. He advanced to Super Bowl XXXV with the N.Y. Giants after the 2000 season.

At Miami in 1992, he earned All-America honors, was the Butkus Award runner-up and finished seventh in Heisman Trophy voting. He was also the Big East Defensive Player of the Year and finished his career as the third-leading tackler in school history.

He was inducted into the University of Miami Sports Hall of Fame in 2005 after being a part of two national title teams.

Born on April 19, 1970, Barrow is an ordained Christian minister and he and his wife, Shelley, have one daughter, Mikenzi, and sons, Kaleb, John Michael and Michael II.

BARROW'S COACHING CAREER

2006	Homestead High School *Assistant Head Coach*
2007-13	University of Miami *Linebackers/Special Teams*
2015-16	Seattle Seahawks *Linebackers*
2017-	Seattle Seahawks *Asst. Head Coach/Defense/ Linebackers*

DWAINE BOARD
ASSISTANT DEFENSIVE LINE

SEAHAWKS EXPERIENCE: 9TH YEAR
NFL EXPERIENCE: 25TH YEAR

Hired on March 25, 2015, Board returns to the Seahawks where he spent six seasons (2003-08) as defensive line coach, helping the team rank second in the NFL with 136 sacks from 2005-07 and totaling an NFL-leading 50 sacks during Seattle's Super Bowl XL run in 2005.

Following his time in Seattle, he spent two seasons each with the Oakland Raiders (2009-10), Cleveland Browns (2011-12) and St. Francis High in Mountain View, Calif. (2013-14).

Board helped the defensive line lead the league in opponent rushing yards per attempt with a 3.4 average in 2016. Seattle led the NFL in rush defense in 2015, allowing 81.5 yards per game and allowed a franchise-record low 1,304 yards for the second-consecutive season.

He began his coaching career in San Francisco where he coached the defensive line from 1990-2002, helping the 49ers win Super Bowl XXIX vs. San Diego after the 1994 season.

Board earned three Super Bowl rings (1981, 1984, 1988) with the San Francisco 49ers during his 10-year playing career (1979-88) and was named Super Bowl XIX Defensive Player of the Game after recording four tackles and 2.0 sacks vs. Miami after the 1984 season.

He is one of 20 people in NFL history to win a Super Bowl as both a player and coach.

A graduate of Franklin County (Va.) High, Board was a three-time All-America selection at North Carolina A&T and a fifth-round draft choice of the Pittsburgh Steelers in 1979.

Following his release by Pittsburgh, he signed with the 49ers and registered a team-leading seven sacks as a rookie in 1979. Board tallied double-digit sack totals each year from 1983-85, including a career-high 13.0 in 1983. He retired following the 1988 season, after joining the Saints for the final four games.

Born on November 29, 1956 in Rocky Mount, Va., "Pee Wee" has three daughters, Camille, Allie and Tessa Raine.

BOARD'S COACHING CAREER

1990-93	San Francisco 49ers *Defensive Line Assistant*
1994-02	San Francisco 49ers *Defensive Line*
2003-08	Seattle Seahawks *Defensive Line*
2009	Oakland Raiders *Defensive Line*
2011-12	Cleveland Browns *Defensive Line*
2013-14	St. Francis High (Mtn. View, Calif.) *Assistant Coach*
2015-	Seattle Seahawks *Assistant Defensive Line*

TOM CABLE
ASSISTANT HEAD COACH/ OFFENSIVE LINE

SEAHAWKS EXPERIENCE: 7TH YEAR
NFL EXPERIENCE: 12TH YEAR

Cable joined the Seahawks staff on January 18, 2011, after spending four years with the Oakland Raiders, serving the last two-plus years as head coach.

In collaboration with offensive coordinator Darrell Bevell, the two spearheaded Seattle's rushing attack to become the best since the 2011 season. Behind his lines, the Seahawks running game ranks first in the NFL with 13,144 rush yards since 2011, and had a franchise-record 25-game streak of 100-plus rushing yards from 2014-15.

Seattle's rush offense finished in the top-five for the fourth-consecutive season in 2015, ranking third with 141.8 yards per game. The season saw the emergence of rookie RB Thomas Rawls, who rushed for the second-most yards in franchise history with 209 yards on 30 carries vs. San Francisco, also breaking Curt Warner's 1983 club record by a rookie (207 yards). In addition to his rushing total, he added 46 yards on three receptions and his 255 total yards from scrimmage are the seventh-most by a rookie in NFL history (third in Seahawks history), and most by an undrafted rookie.

Cable was the leader of the no. 1-ranked rushing attack in the NFL during Seattle's run to Super Bowl XLIX with a franchise record 2,762 yards on the ground and saw his unit set the franchise-record for rushing yards in a single-game with 350 vs. the N.Y. Giants.

A Pro Bowler for the fourth-consecutive season, RB Marshawn Lynch totaled a career-high 17 touchdowns in 2014 (career-high 13 rush, career-high four rec.) and added 1,306 yards on 280 carries.

The Seahawks once again ranked in the top-five in rushing in 2013, averaging 136.8 ypg to rank fourth in the NFL. C Max Unger and T Russell Okung earned Pro Bowl nods for the second-consecutive season in helping Lynch to another Pro Bowl season with 1,257 yards and 14 total touchdowns (12 rush, two rec.) on 301 carries.

In Super Bowl XLVIII's win over Denver, Seattle's rushing attacked gained 135 yards on 29 carries and recorded one touchdown.

Sticking with its offensive identity of running the ball, Cable's 2012 line was led by first-team All-Pro and Pro Bowler Unger and Pro Bowler Okung, finishing the season as the league's fourth-youngest starting offensive line. Seattle's rushing attack ranked third in the NFL with 2,579 yards led by first-team All-Pro and Pro Bowler Lynch. Lynch set career-highs in carries (315), yards (1,590, 3rd NFL), average gain (5.0, 4th NFL) and most yards from scrimmage (1,786, 4th NFL). He also scored the third-most rushing touchdowns of his career with 11 and set the franchise's highest yards per carry average (11.64, 11 for 128) vs. Arizona.

Seattle's line once ranked as the third-youngest in the NFL in 2011, but with injuries to rookie RT James Carpenter and RG John Moffitt, and second-year tackle Okung, the Seahawks line finished as the seventh-youngest starting line in the league. Despite that, Cable plugged away and maintained a solid unit as Seattle's line paved the way for Lynch's Pro Bowl season with 285 carries, 1,204 yards and 12 rushing touchdowns, while becoming Seattle's first 1,000-yard rusher since Shaun Alexander (2005).

Cable was named the 17th head coach of the Oakland Raiders on February 3, 2009. He served as the interim head coach for 12 games of the 2008 season following the announcement on September 30, 2008, and led the Raiders to victories in the campaign's final two games.

He led Oakland to an 8-8 record in 2010, its most wins since the 2002 season and went 17-27 in his time leading the Silver and Black. The Raiders rushing attack ranked in the top 10 in the NFL in 2007 (6th) and 2008 (10th) behind his offensive lines.

Cable broke into the NFL ranks in 2006 as the offensive line coach for Atlanta, where he tutored a unit that saw the Falcons lead the NFL in rushing.

From 2004-05, Cable was both the offensive coordinator and offensive line coach at UCLA, where he helped develop one of the most productive offensive units in the nation. In 2005, he coordinated a UCLA offense that averaged 431

yards in total offense per game while earning 10 wins and a bowl berth. In 2004, the Bruins offense under Cable improved by more than 1,000 yards from the previous season while averaging 410 yards per game.

He served as the head coach of the University of Idaho from 2000-03. During his tenure at Idaho, his teams averaged 424.1 yards of total offense per game. Cable also spent two years at the University of Colorado, serving as the offensive line coach and the following year was promoted to offensive coordinator. Under his direction, the Buffaloes offense ranked 14th in the nation in 1999, averaging 424.9 yards per game.

He spent six seasons (1992-97) as offensive line coach at the University of California, where he tutored four first-team All-Pac-10 selections.

Cable began his coaching career at his alma mater, serving as a graduate assistant at Idaho in 1987 and 1988. He was a graduate assistant at San Diego State in 1989, defensive line coach at Cal State Fullerton in 1990 and offensive line coach at Nevada-Las Vegas in 1991.

The Merced, Calif. native played four years at Idaho, three as a starting guard, and spent one season with the Indianapolis Colts before beginning his coaching career.

Cable, born on November 26, 1964, and his wife Carol, have five children, Ryan, Amanda, Alex, Zach and Vincent.

CABLE'S COACHING CAREER

1987-88	University of Idaho *Graduate Assistant*
1989	San Diego State *Graduate Assistant*
1990	Cal State Fullerton *Defensive Line*
1991	UNLV *Offensive Line*
1992-97	University of California *Offensive Line*
1998-99	University of Colorado *Offensive Coordinator/Off. Line*
2000-03	University of Idaho *Head Coach*
2004-05	UCLA *Offensive Coordinator/Off. Line*
2006	Atlanta Falcons *Offensive Line*
2007-08	Oakland Raiders *Offensive Line*
2008-10	Oakland Raiders *Head Coach*
2011-	Seattle Seahawks *Assistant Head Coach/Offensive Line*

DAVE CANALES
WIDE RECEIVERS

SEAHAWKS EXPERIENCE: 8TH YEAR
NFL EXPERIENCE: 8TH YEAR

Named to Seattle's coaching staff on February 4, 2010, Canales entered the NFL after one season as USC's offensive administrative assistant in 2009. He was promoted to wide receivers coach prior to the 2015 season after the retirement of Kippy Brown.

Canales leads a group of wide receivers that were instrumental in winning Super Bowl XLVIII, the 2014 NFC Championship and appearing in five-consecutive postseasons. He prides himself on the toughness and "whatever it takes" mentality that the group has shared with the offense, team, organization and the 12s.

He was an assistant strength coach and video assistant at USC in 2009, the year the Trojans played in 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.

While coaching at El Camino College, 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 three children, Ashby, Benjamin and Beatrice.

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/Off. Quality Control*
2015-	Seattle Seahawks *Wide Receivers*

CHRIS CARLISLE

HEAD STRENGTH & CONDITIONING

SEAHAWKS EXPERIENCE: 8TH YEAR
NFL EXPERIENCE: 8TH YEAR

After nine years as USC's head strength and conditioning coach, Carlisle joined Seattle in the same capacity on February 4, 2010.

Carlisle oversees the Super Bowl XLVIII champion's weight room and the overall physical development of the team's players, helping their movement be efficient as possible.

He was named the 2006 National Collegiate Strength and Conditioning Coach of the Year by the Professional Football Strength and Conditioning Coaches Society.

USC played in the 2001 Las Vegas Bowl, 2003 Orange Bowl, 2004 Rose Bowl, 2005 Orange Bowl (BCS Championship Game), 2006 Rose Bowl (BCS Championship Game), 2007 Rose Bowl, 2008 Rose Bowl, 2009 Rose Bowl and 2009 Emerald Bowl during his tenure.

He came to USC from the University of Tennessee, where he was the associate head strength and conditioning coach for three years (1998-2000). The Volunteers football team won the 1998 BCS Championship Game and Southeastern Conference championship.

While coaching at Tennessee, Carlisle learned he had Hodgkin's Disease in December of 2000 and began radiation treatments. He was hired by USC in February of 2001, kept his illness a secret except to Trojans Head Coach Pete Carroll, continued treatments in Tennessee and at USC/Norris Comprehensive Cancer Center and Hospital, then doctors told him in the summer of 2001 that the cancer was in remission. He informed the USC players of his ordeal at the start of fall 2001 camp. He was one of 17 nominees for the 2003 Most Courageous Award presented by the Football Writers Association of

America and was one of 11 nominees for the 2005 award.

Carlisle began his career as the head football coach and strength coach at Dodge (Neb.) High in 1985. He then spent six seasons (1986-91) as an offensive line coach and strength coach at Blytheville (Ark.) High. He next was a strength and conditioning graduate assistant coach at Arkansas for two years (1992-93) before becoming the head football coach and strength coach at Subiaco (Ark.) Academy, a college prep school, for four seasons (1993-96). He spent 1997 as an offensive line coach and strength coach at Trinity Valley Community College in Athens, Texas, winning the NJCAA national championship that season.

After playing offensive line at North Iowa Area Community College in Mason City, Iowa, in 1980, he was a three-year (1981-83) starting offensive lineman at Chadron (Neb.) State College, earning All-Area honors.

He earned his bachelor's degree in education from Chadron State in 1985 and a master's degree in history from Arkansas in 1997.

Carlisle prepped at Mason City (Iowa) High, where he starred in football. Born on August 7, 1962, he and his wife, Louon, have one son, Alex.

CARLISLE'S COACHING CAREER

1992-93	University of Arkansas *Graduate Asst./Strength & Cond.*
1997	Trinity Valley (Athens, Texas) C.C. *Offensive Line/Strength*
1998-00	University of Tennessee *Associate Head Strength & Cond.*
2001-09	USC *Head Strength & Conditioning*
2010-	Seattle Seahawks *Head Strength & Conditioning*

BRENNAN CARROLL

ASSISTANT OFFENSIVE LINE

SEAHAWKS EXPERIENCE: 3RD YEAR
NFL EXPERIENCE: 3RD YEAR

Named to the Seahawks staff on February 9, 2015, Brennan Carroll joined an NFL staff for the first time in his career after spending 13 years in the college ranks.

In his first season in 2015, he aided Tom Cable and the league's third-ranked rushing attack (141.8 ypg) and fourth-ranked offense (378.6 ypg).

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

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

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

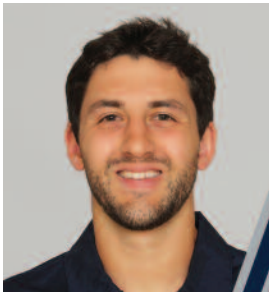
Carroll played tight end in college for Delaware (1997) and Pittsburgh (1999-2001) and recorded four receptions for 37 yards and one touchdown during his career.

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

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

B. CARROLL'S COACHING CAREER

2002-03	USC *Offensive Assistant*
2004-06	USC *Tight Ends*
2007-10	USC *Tight Ends/Recruiting Coordinator*
2011-12	University of Miami *Tight Ends/Recruiting Coordinator*
2013-14	University of Miami *Wide Receivers/Recruiting Coord.*
2015-	Seattle Seahawks *Assistant Offensive Line*



NATE CARROLL
ASSISTANT WIDE RECEIVERS

SEAHAWKS EXPERIENCE: 7TH YEAR
NFL EXPERIENCE: 7TH YEAR

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

Carroll was promoted to assistant receivers coach in 2014. He was joined in 2015 by Dave Canales, who took over for Kippy Brown following his retirement.

Last season, Doug Baldwin earned his first Pro Bowl appearance 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 Russell 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 Tyler 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 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 one son.

N. CARROLL'S COACHING CAREER

2011-12	Seattle Seahawks *Defensive Assistant*
2013	Seattle Seahawks *Offensive Assistant*
2014-	Seattle Seahawks *Assistant Wide Receivers*

ANDRE CURTIS
DEFENSIVE BACKS

SEAHAWKS EXPERIENCE: 3RD YEAR
NFL EXPERIENCE: 12TH YEAR

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

CB Richard Sherman earned his fourth Pro Bowl nod with a team-leading four interceptions in 2016, giving him 30 for his career and ranking fifth in franchise history, two behind Hall of Famer Kenny Easley.

In his first season with Seattle in 2015, the Seahawks secondary boasted three Pro Bowlers in Sherman, S Kam Chancellor and S Earl

Thomas for the third-consecutive season as they helped Seattle rank second in total defense (291.8 ypg) and second in pass defense (210.3 ypg) in the NFL.

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

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

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

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

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

Born on December 8, 1976, Curtis is a native of Beaverdam, Va. and has a bachelor's degree in economics and business from VMI.

CURTIS' COACHING CAREER

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

TOM DONATELL

QUALITY CONTROL/DEFENSE

SEAHAWKS EXPERIENCE: 1ST YEAR
NFL EXPERIENCE: 1ST YEAR

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

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

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

Born on March 29, 1989, Tom is the son of Chicago Bears defensive backs coach, Ed Donatell.

DONATELL'S COACHING CAREER

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

HEATH FARWELL
ASSISTANT SPECIAL TEAMS

SEAHAWKS EXPERIENCE: 2ND YEAR
NFL EXPERIENCE: 2ND YEAR

Hired on August 16, 2016 as a coaching assistant, the 10-year veteran linebacker Farwell returns to the Seahawks where he served as a two-time special teams captain in his four years in Seattle (2011-14). He was promoted to his current position on March 16, 2017.

The former special teams Pro Bowler will focus on aiding Brian Schneider's top-ranked special teams group in Seattle.

Originally signed by the Minnesota Vikings as an undrafted free agent in 2005, Farwell spent six seasons in Minnesota, finishing his Vikings career ranked fourth in team history with 113 special teams tackles and appeared in one Pro Bowl as a special teamer. He collected 46 special teams tackles for the Seahawks in his first three seasons and his fourth season was cut short due to injury and was placed on injured reserve.

Was named Freshman of the Year at San Jose State before transferring to San Diego State and was the Aztecs defensive MVP in 2004. Earned his bachelor degree in criminal justice

Born on December 31, 1981, Farwell and his wife Julie have three children, sons Brock, Beau and daughter, Dylan.

FARWELL'S COACHING CAREER

2016	Seattle Seahawks *Coaching Assistant*
2017-	Seattle Seahawks *Assistant Special Teams*

MONDRAY GEE
ASSISTANT STRENGTH & CONDITIONING

SEAHAWKS EXPERIENCE: 8TH YEAR
NFL EXPERIENCE: 17TH YEAR

Hired on February 4, 2010, Mondray Gee enters his 17th year in the NFL, spending the first seven in Detroit and two in Green Bay's weight room. Recommended to Coach Carroll by GM John Schneider, who also worked in Green Bay before joining Seattle.

In Seattle, Gee works alongside the athletic training staff to conduct comprehensive and rigorous rehabilitation programs for players returning from injured reserve and/or the team's physically unable to perform list.

In 2015, Gee aided safety Earl Thomas' (shoulder) return to the practice field in training camp from the physically unable to perform list.

In 2014, he worked with defensive backs Jeremy Lane (groin) and Tharold Simon (foot) to return from their injuries to compete in a deep secondary unit during the team's run to Super Bowl XLIX.

In 2011, wide receiver Deon Butler, who suffered a broken leg, and cornerback Roy Lewis, who underwent knee surgery returned from the physically unable to perform list during the season to be productive backups. Gee followed this success with another rehabilitation program for cornerback Walter Thurmond in 2012, aiding him in his return to the playing field from multiple lower leg injuries.

While in Green Bay, Gee worked with players on improving power development, speed, recovery & regeneration and flexibility. Was a part of the staff that helped Pro Bowl players Nick Collins,

Aaron Rodgers, Clay Matthews and Charles Woodson earn a trip to the postseason in 2009 with an 11-5 record.

His primary duties in Detroit included designing, organizing and executing strength and conditioning procedures, as well as assisting with practice and assisting the defensive staff on game days.

Prior to his tenure in Detroit, Gee worked in many capacities at Michigan State (1996-2001). At the school, he assisted the strength and conditioning department and the football team. He worked as an intern as an undergrad and served as a graduate assistant from 2000-01.

Gee earned a bachelor's degree in kinesiology education in 1999, and secured a master's degree in athletic administration in 2002.

At Michigan State, he worked with several NFL players including Chris Baker, T.J. Duckett, Julian Peterson, Plaxico Burress and Renaldo Hill. He also worked with other athletes, including NBA players Jason Richardson, Charlie Bell and Zach Randolph.

In the summer of 1999, Gee interned for the Chicago Cubs Class A affiliate, Lansing Lugnuts, assisting major leaguer Carlos Zambrano.

Gee, pronounced like the letter 'G,' is an avid music listener, enjoys working out, bird-watching and was on the 2014 Gatorade advisory board along with fellow NFL strength coaches, athletic trainers and nutritionists.

His cousin, Super Bowl XXXVI champion Karl Williams, who played in the NFL for nine seasons (1996-2004), is the all-time leader in punt return yards for the Tampa Bay Buccaneers (2,279).

Born on June 15, 1976, in Detroit, Mich., Gee attended Wayne Memorial High School in Wayne, Mich., where he played basketball, ran track and was a part of the school choir.

GEE'S COACHING CAREER

2000-01	Michigan State *Graduate Asst./Strength & Cond.*
2001-07	Detroit Lions *Strength & Conditioning Assistant*
2008-09	Green Bay Packers *Strength & Conditioning Assistant*
2010-	Seattle Seahawks *Assistant Strength & Conditioning*

JOHN GLENN
ASSISTANT LINEBACKERS

SEAHAWKS EXPERIENCE: 6TH YEAR
NFL EXPERIENCE: 6TH YEAR

Hired on February 14, 2012, to be the team's special teams coaching assistant, Glenn moved to a new role in 2014 as quality control/defense coach, then defensive assistant in 2016 and now assistant linebackers coach, being promoted on March 16, 2017.

Glenn will support Michael Barrow, who was named Assistant Head Coach/Defense this offseason.

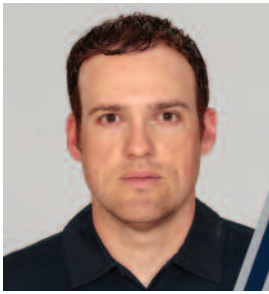
He entered the league after spending two seasons (2010-11) as the University of Washington's quality control coach.

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.

GLENN'S COACHING CAREER

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



WILL HARRIGER
ASSISTANT QUARTERBACKS

SEAHAWKS EXPERIENCE: 4TH YEAR
NFL EXPERIENCE: 4TH YEAR

Will Harriger joined the Seahawks coaching staff as an offensive assistant on May 2, 2014 after spending 10 years coaching collegiately, and beginning in 2015, took on assistant quarterbacks responsibilities.

His primary focus is working with offensive coaches, Darrell Bevell, Tom Cable and Carl Smith, whose offense ranked 12th in the NFL last season (357.2 ypg).

Harriger, whose career began in 2004 at Midwestern State in Wichita Falls, spent the majority of his collegiate time on the defensive side of the ball, focusing on the linebacker position. He has also coached at Tennessee-Martin (2006), Auburn (2007), Texas (2008), Tennessee-Martin (2009), Texas Tech (2010-11) and most recently at Florida (2012-13).

Born on June 20, 1982, Harriger earned his degree in communications from Auburn in 2004. He and his wife, Brooke, have one daughter, Daisy.

HARRIGER'S COACHING CAREER

2004-05	Midwestern State *Graduate Asst./Outside LBs*
2006	University of Tennessee-Martin *Graduate Asst./Tight Ends*
2007	Auburn University *Defensive Administrative Asst.*
2008	University of Texas *Quality Control/Defense*
2009	University of Tennessee-Martin *Linebackers*
2010-11	Texas Tech *Graduate Asst./Defense*
2012-13	University of Florida *Coaching Intern/Defense*
2014	Seattle Seahawks *Offensive Assistant*
2015	Seattle Seahawks *Assistant QBs/Off. Quality Control*
2016-	Seattle Seahawks *Assistant Quarterbacks*

CLINT HURTT
DEFENSIVE LINE

SEAHAWKS EXPERIENCE: 1ST YEAR
NFL EXPERIENCE: 4TH YEAR

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

Hurtt's 2015 linebacker corps of Lamarr Houston (career-high 8.0), 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%) and second in scoring defense (12.2 points per game).

Hurtt came to Louisville from Miami, his alma mater, where he worked as the team's defensive line coach from 2006-09, adding the title of recruiting coordinator in 2007. It was his second stint at his alma mater after beginning his coaching career as a volunteer strength and conditioning coach from 2001-02 before working as a graduate assistant with the Hurricanes from 2003-04. In between stints at Miami, Hurtt spent the 2005 season at Florida International University as the Golden Panthers defensive line coach.

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

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

HURTT'S COACHING CAREER

2001-02	University of Miami *Strength & Conditioning (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 *Assistant Defensive Line*
2015-16	Chicago Bears *Outside Linebackers*
2017-	Seattle Seahawks *Defensive Line*

TRAVIS JONES
SENIOR DEFENSIVE ASSISTANT

SEAHAWKS EXPERIENCE: 5TH YEAR
NFL EXPERIENCE: 13TH YEAR

Hired on February 13, 2013, Jones joined then-defensive coordinator Dan Quinn's staff after spending five seasons as assistant defensive line coach for the New Orleans Saints. He began his NFL career with the Miami Dolphins from 2005-07, where he and Quinn were on the same defensive staff. Named to his current position on March 16, 2017.

In 2016, Cliff Avril set a career-high with 11.5 sacks and was named to the Pro Bowl for the first time in his career, while linemate Michael Bennett made the Pro Bowl for the second-consecutive season. Second-year end Frank Clark also recorded double-digit sacks (career-high 10.0) helping the Seahawks rank third in the NFL with 42.0 sacks.

In 2015, Seattle ranked first in rushing defense allowing a franchise-record low 1,304 yards for the second-consecutive season (81.5 ypg), while Bennett set a career-high with 10.0 sacks.

On its way to Super Bowl XLIX, Seattle's line aided the no. 1-ranked defense by ranking third overall in rushing defense allowing only 81.5 ypg. The unit also ranked second in the NFL in opponent rushing yards per attempt (3.4), despite the loss of stalwart Brandon Mebane midseason.

Jones' Super Bowl XLVIII-winning defensive line was one of the deepest positions on the squad in 2013. Veterans Red Bryant, Chris Clemons and Mebane were joined by free agent additions Avril, Bennett and Tony McDaniel to improve Seattle's pass rush, always a priority in Pete Carroll's defense. Seattle ranked tied for eighth in the NFL with 44.0 sacks, the most in Carroll's four seasons as coach, as Bennett led the team with 8.5 sacks.

In 2009 with the Saints, defensive end Will Smith enjoyed his finest season as he ranked fifth in the NFL with 13.0 sacks, while the trio of Sedrick Ellis, Anthony Hargrove and Remi

Ayodele provided a solid pass rush on the interior line that played an important role in its Super Bowl XLIV victory over Indianapolis.

Prior to arriving in New Orleans, Jones spent three seasons with the Miami Dolphins, his first year as assistant defensive line coach and his final two seasons tutoring the outside linebackers and defensive ends. During his Dolphins tenure, the line recorded 92.0 sacks. Defensive end Jason Taylor was selected to the Pro Bowl each year and was named the 2007 NFL Defensive Player of the Year. The Dolphins ranked second in the league in sacks in 2005 and third in 2006.

He began his coaching career at his alma mater, Georgia, in 1997 as a graduate assistant/defensive line before moving on to Appalachian State (1998-00), Kansas (2001-02) and LSU (2003-04), where he was the defensive line coach/recruiting coordinator for the Tigers.

At LSU, Jones coached a defensive front that featured defensive tackle Chad Lavalais, a consensus All-American, finalist for the Nagurski and Lombardi Awards and the SEC Defensive Player of the Year. Following the 2003 BCS National Championship season, Lavalais and defensive end Marquise Hill were both selected in the NFL Draft. Defensive End Marcus Spears was also named All-SEC in 2003, a consensus All-American in 2004 and a first-round draft pick by the Dallas Cowboys in 2005.

Jones was a four-year letterwinner for the Bulldogs (1990-92, 94) as a defensive lineman and served as team captain as a senior, playing one season with the Baltimore Stallions of the CFL in 1995 following graduation. He earned his master's degree in 1998.

Born on June 6, 1972 in Irwinton, Ga., for the last 11 years Jones has held a football camp for youngsters in central Georgia that teaches the fundamentals of football, sportsmanship and the importance of goal-setting to serve them on and off the field.

Jones and his wife, Melody, have three children, Kennedi, Averi and Mason.

JONES' COACHING CAREER

1997	University of Georgia *Graduate Assistant/Defensive Line*
1998-2000	Appalachian State *Linebackers/Recruiting Coordinator*
2001-02	University of Kansas *Defensive Line*
2003-04	LSU *Defensive Line/Recruiting Coord.*
2005	Miami Dolphins *Assistant Defensive Line*
2006-07	Miami Dolphins *Defensive Ends/Outside Linebackers*
2008-12	New Orleans Saints *Assistant Defensive Line*
2013-16	Seattle Seahawks *Defensive Line*
2017-	Seattle Seahawks *Senior Defensive Assistant*

PAT McPHERSON
TIGHT ENDS

SEAHAWKS EXPERIENCE: 8TH YEAR
NFL EXPERIENCE: 20TH YEAR

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).

In 2016, he helped Jimmy 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. It was Graham's fourth trip to the annual all-star game.

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.

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 *Tight Ends*
2010-	Seattle Seahawks *Tight Ends*

RICKY MANNING, JR.
ASSISTANT DEFENSIVE BACKS

SEAHAWKS EXPERIENCE: 2ND YEAR
NFL EXPERIENCE: 2ND YEAR

Hired on March 29, 2016, former NFL cornerback Ricky Manning, Jr. joins Seattle after three years of collegiate coaching.

A Fresno native, he joins the Seahawks after one season at Fresno State, two seasons at Fresno City College (2013-14), and a coaching internship with the Denver Broncos in the summer of 2014.

Manning, Jr. was originally a third-round pick (82nd overall) by the Carolina Panthers in the 2003 NFL Draft, and also played for Chicago and St. Louis. He played in 84 games with 38 starts, totaling 237 tackles, 4.0 sacks, 14 interceptions (returning two for touchdowns), 33 passes defensed, four forced fumbles and seven fumble recoveries. He added five postseason interceptions and played in Super Bowls XXXVIII with Carolina and XLI with Chicago.

He started 45 consecutive games for UCLA in college, ranking as the second-longest starting streak in school history. He intercepted 13 passes as a Bruin and was a three-time first-team All-Pac 10 selection.

He began his coaching career at his alma mater, Edison High School, leading his team to a 9-4 record and semifinal playoff appearance in 2012.

Manning, Jr. returned to school, and in 2013, graduated with a degree in business administration & organizational leadership from Fresno Pacific. He is also working towards his master's degree from Fresno Pacific.

Born on November 18, 1980, he and his wife, Tosha, have four sons.

MANNING, JR.'S COACHING CAREER

2012	Edison High (Fresno, Calif). *Head Coach*
2013-14	Fresno City College *Secondary/Special Teams Coordinator*
2015	Fresno State *Graduate Assistant/Secondary*
2016-	Seattle Seahawks *Assistant Defensive Backs*

CHAD MORTON
RUNNING BACKS

SEAHAWKS EXPERIENCE: 4TH YEAR
NFL EXPERIENCE: 9TH YEAR

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

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. Cobb 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 11th 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.

MORTON'S COACHING CAREER

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

PAT RUEL

ASSISTANT OFFENSIVE LINE

SEAHAWKS EXPERIENCE: 8TH YEAR
NFL EXPERIENCE: 13TH YEAR

Hired to assist the offensive line on September 6, 2010, Ruel begins his eighth season in Seattle. He joined the Seahawks after coaching five seasons (2005-09) at USC in the same capacity.

In collaboration with Tom Cable, the two spearheaded Seattle's rushing attack to become the best since the 2011 season. The Seahawks running game ranks first in the NFL with 13,144 rush yards since 2011, and had a franchise-record 25-game streak of 100-plus rushing yards from 2014-15.

Seattle's rush offense finished in the top-five for the fourth-consecutive season in 2015, ranking third with 141.8 yards per game.

Seattle was the No. 1-ranked rushing attack in the NFL during Seattle's run to Super Bowl XLIX with a franchise record 2,762 yards on the ground and it set the franchise-record for rushing yards in a single-game with 350 vs. the N.Y. Giants.

The Seahawks once again ranked in the top-five in rushing in 2013, averaging 136.8 ypg to rank fourth in the NFL during their Super Bowl XLVIII championship season.

Seattle's 2012 line was led by first-team All-Pro and Pro Bowl C Max Unger and Pro Bowl LT Russell Okung. Seattle's rushing attack ranked third in the NFL with 2,579 yards led by first-team All-Pro and Pro Bowl RB Marshawn Lynch. Lynch set career-highs in carries (315), yards (1,590, 3rd NFL), average gain (5.0, 4th NFL) and most yards from scrimmage (1,786, 4th NFL). He also set the franchise's highest yards per carry average (11.64, 11 for 128) vs. Arizona.

Assisting Cable in 2011, Seattle's line once ranked as the third-youngest in the NFL, but with injuries to rookie RT James Carpenter and RG

John Moffitt, and second-year tackle Okung, the Seahawks line finished as the seventh-youngest in the league. Despite that, Cable and Ruel plugged away and maintained a solid unit as Seattle's line paved the way for Lynch's 285 carries, 1,204 yards and 12 rushing touchdowns. Lynch also led the league the last-half of the season with 941 yards and nine touchdowns, rushing for 100+ in six of the last nine games and became Seattle's first 1,000-yard rusher since Shaun Alexander (2005).

At the college level in 2008, Ruel was picked as one of the country's top 25 recruiters by Rivals.com.

In 2007, offensive tackle Sam Baker was named an All-American first teamer for the third consecutive year (third Trojan to do so), offensive guard Chilo Rachal made the All-Pac-10 first team and center Kristofer O'Dowd was a freshman All-American first teamer. Baker was a first-round NFL draft pick following the 2007 season, while Rachal was a second rounder.

In 2006, center Ryan Kalil was an All-American first-team pick and a second-round pick in the 2007 NFL draft.

In 2005, Baker and offensive guard Deuce Lutui were All-American first teamers and Kalil was on the All-Pac-10 first team. Lutui and offensive tackle Winston Justice were second-round picks in the 2006 NFL draft, while offensive guard Fred Matua was a seventh rounder.

Ruel spent the 2004 season as an offensive line assistant with the New York Giants after spending the previous four seasons with Buffalo (2003), Green Bay (2001-02) and Detroit (2000). The Packers advanced to the NFC playoffs both seasons.

Prior to that, Ruel worked on the college level for the first 26 years of his career. His coaching career began in 1973 as a graduate assistant at his alma mater, Miami. He was promoted to a full-time assistant handling the offensive line for the Hurricanes for the following three seasons (1974-76).

In 1977, he became the assistant offensive line coach at Arkansas (Pete Carroll was a member of that Razorbacks staff) before spending four seasons (1978-81) at Washington State (first two seasons as the offensive line coach before adding offensive coordinator duties for his final two seasons).

Ruel was the offensive coordinator and offensive line coach at Texas A&M for the next three years (1982-84), before carrying that role (along with assistant head coach) to Northern Illinois (1985-87).

Ruel served at Kansas from 1988-96, with the first three seasons as the offensive coordinator and offensive line coach, then adding assistant head coach to his title the final years. The Jayhawks played in the 1992 and 1995 Aloha Bowls.

After spending 1997 in private business, Ruel coached at Michigan State for two years (1998-99), the first year as the offensive line coach and then adding assistant head coach duties in the second season. The Spartans played in the 2000 Florida Citrus Bowl.

Ruel lettered at offensive guard for Miami in 1971 and 1972 while receiving his bachelor's degree in psychology in 1972. Ruel prepped at Coral Gables High, where he starred in football.

He was born on December 5, 1950. He and his wife, Marti, have a daughter, Sabra. His full name is Golden Pat Ruel.

RUEL'S COACHING CAREER

1973	University of Miami *Graduate Assistant*
1974-76	University of Miami *Offensive Line*
1977	University of Arkansas *Asst. Offensive Line*
1978-79	Washington State *Offensive Line*
1980-81	Washington State *Off. Coordinator/Off. Line*
1982-84	Texas A&M *Asst. Head Coach/OC/Off. Line*
1985-87	Northern Illinois *Asst. Head Coach/OC/Off. Line*
1988-90	University of Kansas *Off. Coordinator/Off. Line*
1991-96	University of Kansas *Asst. Head Coach/OC/Off. Line*
1998	Michigan State *Offensive Line*
1999	Michigan State *Asst. Head Coach/Off. Line*
2000	Detroit Lions *Offensive Line*
2001-02	Green Packers *Asst. Offensive Line*
2003	Buffalo Bills *Offensive Line*
2004	New York Giants *Offensive Line Asst.*
2005-09	University of Southern California *Offensive Line*
2010-	Seattle Seahawks *Assistant Offensive Line*

BRIAN SCHNEIDER
SPECIAL TEAMS COORDINATOR

SEAHAWKS EXPERIENCE: 8TH YEAR
NFL EXPERIENCE: 10TH YEAR

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

Since 2010, his special teams units rank fourth in the NFL in touchdowns/safeties scored (13), rank fifth in takeaways (14), and second in blocked kicks (18).

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

Kickoff returner Tyler Lockett was named a second-team AP All-Pro in 2016, P Jon Ryan set the club record for consecutive games played at 143 and K Steven Hauschka departs Seattle as its all-time leader in field goals made with 175 and leaves the club with the third-highest field goal percentage in NFL history (87.2).

In 2015, Schneider coached rookie Lockett to a first-team AP All-Pro season as a return specialist. Lockett became the second player in NFL history (Hall of Famer Gale Sayers) to return a punt and kickoff for touchdowns and have five receiving touchdowns in a single-season. Lockett returned a kickoff 105 yards for a franchise-record and his 1,915 combined yards are the fourth-most in a season in franchise history, and his 139 punt return yards at Arizona set the club record.

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

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

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

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

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

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

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

Washington tied for the league-lead with three kickoff return touchdowns and became the first player in NFL history to return three kickoffs for touchdowns in two different seasons (2007). He became the 10th player in NFL history to return two kickoffs for touchdowns in a single game.

Those two returns, 101 and 99 yards, helped him become the third player in NFL history with two touchdowns of 99-plus yards in the same game.

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

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

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

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

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

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

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

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

SCHNEIDER'S COACHING CAREER

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

CARL SMITH
QUARTERBACKS

SEAHAWKS EXPERIENCE: 7TH YEAR
NFL EXPERIENCE: 28TH YEAR

Hired on February 1, 2011, Carl Smith reunites with Pete Carroll and brings 27 years of NFL experience to the Seahawks staff, previously spending two years as the Cleveland Browns quarterbacks coach (2009-10). It was his second stint with Cleveland after originally joining the club from 2001-03 in the same capacity.

Over the last five seasons, Smith has mentored Russell Wilson to become one of the most successful quarterbacks in NFL history, winning Super Bowl XLVIII as the third-youngest starting quarterback while continuing as the NFL's winningest quarterback to begin a career with 64 victories (regular and postseason) and rank fourth in NFL history with 127 touchdown passes in his first five seasons, trailing only Dan Marino, Peyton Manning and Andrew Luck.

Wilson became the first player in NFL history to have a 100.0 passer rating in each of his first two seasons in the league. He broke his franchise record (101.2 rating in 2013) with an NFL-leading 110.1 passer rating in 2015.

Despite multiple injuries in 2016, 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). He has never missed a game, starting 92 (80 regular season, 12 postseason).

He finished 2015 in unprecedented fashion, ending his last seven games with a 132.8 rating

and becoming the only player in NFL history to pass for at least 24 touchdowns and have one or zero interceptions in a seven-game span in a single-season. He became the first player in NFL history with 4,000 passing yards, 30 touchdown passes and 500 rushing yards in a single-season.

He set career-highs in completion percentage (franchise-record 68.1), touchdowns (franchise-record 34) and passer rating (franchise-record and NFL-leading 110.1) in 2015.

In 2014, Wilson became the first player in NFL history to record a 300-100 game, with 313 passing yards and 106 rushing yards at St. Louis, and turned in the fifth-best season in NFL history for rushing yards by a quarterback (849).

In 2012, Smith's training camp opened with a three-man race for the starting job with Tarvaris Jackson, Matt Flynn and Wilson battling for the top spot. Throughout the process, it was Wilson's development, maturation and leadership at the position that would lead Seattle in to the regular season.

The NFL's third-ranked rushing attack allowed Wilson a comfort level to excel in the offense and he would go on to end the season as the league's fourth-ranked passer with a 100.0 passer rating, tie (Peyton Manning) the NFL rookie-record with 26 touchdown passes, set the NFL rookie-record with three consecutive games with a 125-plus passer rating, and set other NFL and franchise records, including his 64.12 completion percentage ranking third in NFL history for a rookie quarterback.

With the help of a consistent ground game over the last-half of the 2011 season, Smith helped Jackson to career-highs in attempts (450), completions (271), yards (3,091), completion percentage (60.2, min. 290 att.) and touchdowns (14), in compiling a 7-7 record as a starter.

Of Smith's 27 years as an NFL assistant, 13 have been spent as an offensive coordinator, last

C. 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 *Offensive Coordinator/Running Backs*
1979-80	Lamar University *Offensive Coordinator/Quarterbacks*
1981	Lamar University *Offensive Coordinator/Offensive Line*
1982	North Carolina State *Offensive Coordinator/Quarterbacks*
1983	Philadelphia Stars (USFL) *Special Teams/Tight Ends*
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-	Seattle Seahawks *Quarterbacks*

leading the Jacksonville Jaguars offense from 2005-06. In 2006, Jacksonville's offense ranked 10th in the league and third overall in rushing with an average of 158.8 yards per game. In 2005, the Jaguars scored 361 points, 100 more than the previous season, and compiled a 12-4 record.

Smith worked with Carroll in 2004 at USC, where he mentored Heisman Trophy winner Matt Leinart and helped USC win the national championship.

For 32 of his last 35 seasons, Smith has been an assistant at the professional level, beginning with three years (1983-85) with the Philadelphia/Baltimore Stars of the USFL. The Stars won the league title his final two seasons.

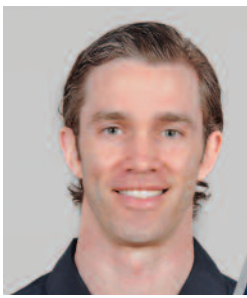
He entered the NFL coaching arena with New Orleans in 1986, serving as its offensive coordinator/quarterbacks coach for the next 11 seasons. During that time, the franchise recorded its first-ever winning season, earned its first playoff berth, won its first division title and qualified for the postseason on four occasions.

Smith and Carroll worked together in New England from 1997-99. Under his watch in 1997, 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 AFC Pro Bowl squad.

Prior to the NFL, Smith was an assistant at the collegiate level for 12 seasons, with the final six as an offensive coordinator. Smith and Carroll first worked together in 1982 at North Carolina State when Smith was the offensive coordinator/quarterbacks coach and Carroll was defensive coordinator/secondary coach.

Smith lettered in football as a defensive back at Cal Poly-SLO 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 SLO, as well as a teaching credential.

Born on April 26, 1948, in Wasco, Calif., Smith and his wife, Dianne, have three sons, Tracy, Tyler and Nicholas, and a grandson, Troy.



NICK SORENSEN
SECONDARY

SEAHAWKS EXPERIENCE: 5TH YEAR
NFL EXPERIENCE: 5TH YEAR

Named to the Seahawks staff as an assistant special teams coach on February 13, 2013, Sorensen joined the NFL coaching ranks after spending 2012 as a volunteer defensive quality control coach at Youngstown State following his NFL career. This season, he and Andre Curtis will lead the defensive backfield after a promotion to secondary coach on March 16, 2017.

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

He signed with the Miami Dolphins as an undrafted rookie free agent in 2001 before signing with St. Louis. He played in 131 games primarily on special teams, collecting 133 special teams tackles, along with 27 tackles on defense (18 solo) and 0.5 sacks. Sorensen played three career postseason games, all with St. Louis, including Super Bowl XXXVI vs. New England after the 2001 season.

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

SORENSEN'S COACHING CAREER

2012	San Francisco 49ers *Training Camp Intern/Defense*
2012	Youngstown State *Quality Control/Defense (volunteer)*
2013-15	Seattle Seahawks *Assistant Special Teams*
2016	Seattle Seahawks *Asst. Def. Backs/Asst. Special Teams*
2017-	Seattle Seahawks *Secondary*

JAMIE YANCHAR
ASSISTANT STRENGTH & CONDITIONING

SEAHAWKS EXPERIENCE: 8TH YEAR
NFL EXPERIENCE: 8TH YEAR

Hired on February 4, 2010, 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.

Winners of Super Bowl XLVIII over Denver, Yanchar works alongside Chris Carlisle and Mondray Gee 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.

YANCHAR'S COACHING CAREER

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

SEAHAWKS

73 ODAY ABOUSHI

GUARD/TACKLE

Height	**6-5**
Weight	**315**
College	**Virginia**
Seasons	**NFL 5th, Seahawks 1st**
Born	**June 5, 1991**
Hometown	**Brooklyn, N.Y.**
Pronunciation	**OH-day ah-BOO-shee**

NFL TRANSACTIONS:

04/27/13: Drafted by N.Y. Jets (5th round, 141st)
09/15/15: Waived by N.Y. Jets
09/16/15: Claimed off waivers by Houston
03/20/17: Signed with Seattle as UFA

NFL CAREER HIGHLIGHTS:

- Has started 18 of 26 career games played at left and right guard for the Jets and Texans from 2013-16.
- Started a career-high 10 games in 2014 after replacing an injured Brian Winters at left guard for the Jets.
- As a rookie fifth-round selection in 2013, earned a place on the N.Y. Jets' 53-man roster for the entire season, but was inactive all 16 games.
- Saw first NFL action at guard in the second quarter at Green Bay (9/14/14) and first start on Thursday Night Football at New England (10/16/14).
- Was active but did not play in the 2015 postseason for the Texans. Split time at left guard vs. Oakland (1/7/17) in the 2016 AFC Wild Card round and came off the bench and played all but six snaps at New England (1/14/17) in the Divisional round.

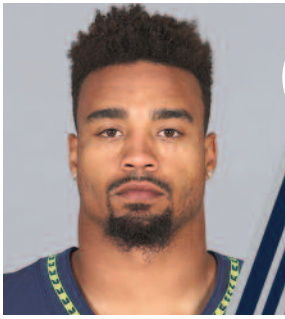
COLLEGE: Played four seasons (2009-12) at the University of Virginia in Charlottesville, Va., where he started 37 of 43 games on the offensive line. As a senior, named to the All-ACC first-team after starting all 12 games and averaging more than 10 knock-down blocks at left tackle. Served as a team captain. Started all 13 games as a junior, earning All-ACC second-team honors and leading an offensive line that limited opponents to 16.0 sacks.

PERSONAL: As a senior at Xaverian High School in Brooklyn, N.Y., earned second-team all-state honors as an offensive lineman. Also recorded 70 tackles and 7.0 sacks playing on defense. The ninth of 10 children. Honored by former Secretary of State Clinton in September of 2011 with about a dozen other Muslim athletes at a reception in Washington D.C., commemorating Eid ul-Fitr.

ABOUSHI'S NFL RECORD

Year	Team	—	GP/GS	Postseason
2013	N.Y. Jets	—	0/0	
2014	N.Y. Jets	—	15/10	
2015	N.Y Jets	—	0/0	
	Houston	—	7/5	0/0
2016	Houston	—	4/3	2/0
NFL TOTALS		**—**	**26/18**	**2/0**

For each of his career-high 11.5 sacks in 2016, Avril pledged to build a house in Haiti for the communities that were affected by Hurricane Matthew. He and a host of teammates visited Haiti in 2016 to follow through on his promise. In 2015, he and several teammates traveled to Haiti to help build an elementary school. Both of Avril's parents are of Haitian decent.



58 D.J. ALEXANDER
LINEBACKER

Height	**6-2**
Weight	**233**
College	**Oregon State**
Seasons	**NFL 3rd, Seahawks 1st**
Born	**September 30, 1991**
Hometown	**Long Beach, Calif.**

PRO BOWL
2016

NFL TRANSACTIONS:

05/02/15: Drafted by K.C. (5th Round, 172nd)
07/28/17: Traded by K.C. to Seattle for LB Kevin Pierre-Louis

NFL CAREER HIGHLIGHTS:

- Earned first Pro Bowl berth as a special teamer in 2016 in just his second season after leading the Chiefs with 12 special teams tackles. In two seasons, has accumulated 23 special teams tackles (20 solo) and seven tackles on defense (six solo).

HONORS: 2015: AFC Special Teams Player of the Week 17.

COLLEGE: Played in 44 games with 32 starts, recording 209 tackles (120 solo), including 8.5 sacks and 23.0 tackles for loss, four passes defensed, two forced fumbles and one interception.

PERSONAL: Played both linebacker and wide receiver at Palm Desert High. Co-Desert Valley League MVP as a senior after making 118 tackles, including 12 tackles for loss and 7.0 sacks. Was a standout in track where he broke the school record in the 100 and 200 meters. Ranked as 22nd best outside linebacker in the country following his senior season by Rivals.com. Majored in human development and family science.

ALEXANDER'S SINGLE-GAME HIGHS

Tackles: 4 vs. Tennessee (12/18/16)
Sacks: None
INT: None
FF: 1 vs. Jacksonville (11/6/16)
FR: None

ADDITIONAL STATS

Special Teams Tackles: 2015 (11), 2016 (12); **Career:** (23).
Postseason Special Teams Tackles: 2015 (1), 2016 (0); **Career:** (1).

ALEXANDER'S NFL RECORD

		Tackles			Sacks		Interceptions								
Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2015 K.C.	16/0	2	1	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2016 K.C.	16/1	5	5	0	0.0	0.0	0	0	0.0	0	0	0	1	0	0
NFL TOTALS	**32/1**	**7**	**6**	**1**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**1**	**0**	**0**

POSTSEASON

		Tackles			Sacks		Interceptions								
Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2015 K.C.	2/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2016 K.C.	1/0	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**

56 CLIFF AVRIL
DEFENSIVE END

Height	**6-3**
Weight	**260**
College	**Purdue**
Seasons	**NFL 10th, Seahawks 5th**
Born	**April 8, 1986**
Hometown	**Green Cove Springs, Fla.**

PRO BOWL
2016

NFL TRANSACTIONS:

04/27/08: Drafted by Detroit (3rd Round, 92nd)
03/05/12: Designated Detroit franchise player
03/13/13: Signed with Seattle as UFA
12/19/14: Signed multi-year extension with Seattle

NFL CAREER HIGHLIGHTS:

- Originally drafted by the Detroit Lions in the third round (92nd overall) in the 2008 NFL Draft.
- In four seasons with Seattle, helped accumulate a 44-19-1 record with four-straight playoff appearances and back-to-back Super Bowls, including a SB XLVIII victory in first season with the team.
- Earned first Pro Bowl selection in 2016 after leading the team and setting a career high with 11.5 sacks.
- Part of a defense that ranked first in total defense, passing defense, points allowed and turnover differential in 2013. Also part of a team that led the NFL in points and yards allowed in consecutive seasons (2013-14), just the fourth time that has happened in League history.
- Set then career-high with 11 sacks during 2011 season, and led the Lions in sacks in 2012 with 9.5. Among all NFL rookies in 2008, finished tied for first with 5.0 sacks and was first with four forced fumbles.
- Ranks fifth in Lions history with 39.5 sacks.

HONORS: 2016: NFC Pro Bowl, Seahawks Man of the Year. **2011:** NFC Defensive Player of the Week for Week 8.

COLLEGE: Moved to defensive end in his final two seasons for the Boilermakers and registered 30 of 35.5 tackles behind the line of scrimmage and 12.5 of 13 sacks from the left end position. Played in 40 games at Purdue, starting 35, with 12 starts coming at strong-side linebacker and the other 23 at left defensive end. Was 12th in school history with 13 sacks. Named All-Big Ten Conference by the *NFL Draft Report* and second-team by the league's media in 2007 after starting all 13 games at left defensive end, where he led the team and tied for 10th in the conference with 6.5 sacks and returned an interception for a touchdown. Started the first four games at strong-side linebacker in 2006 before shifting to left defensive end for the final 10 games. Played in 10 games as a sophomore in 2005 before a midseason back fracture forced him to sit out for the rest of the year and limited him in drills the following spring. Saw considerable action as a true freshman in 2004 while appearing in 12 games, starting four contests at strong-side linebacker.

PERSONAL: Attended Clay High School (Fla.) where he earned second-team All-State honors as a defensive end as a senior and was rated the 37th best outside linebacker in the nation by Rivals.com. Named to the *Florida Times-Union* Super 24 team and twice earned All-Conference accolades. As a senior, led the team to an 11-2 record and registered 80 tackles, 9.0 sacks, 11 stops behind the line of scrimmage and four passes defensed. Named to Class 3A All-State team by the Florida Sports Writers Association senior year. Lettered in basketball, track and field and weight lifting. Retail management major.

AVRIL'S SINGLE-GAME HIGHS

Tackles: 8, vs. Minnesota (12/12/11)
Sacks: 3.0, vs. Chicago (12/5/10)
INT: 1, vs. San Diego (12/24/11)
INT TD: 1, vs. San Diego (12/24/11)
FF: 2, at Denver (10/30/11)
FR: 1, 7 Times, Last at Carolina (10/26/14)
FR TD: 1, at Denver (10/30/11)

ADDITIONAL STATS

Special Teams Tackles: 2008 (1), 2009 (1), 2010 (1); **Career:** (3).

AVRIL'S NFL RECORD

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2008	Detroit	15/4	22	17	5	5.0	30.0	0	0	0.0	0	0	0	4	1	10
2009	Detroit	13/11	40	26	14	5.5	37.5	0	0	0.0	0	0	3	3	0	0
2010	Detroit	13/13	31	22	9	8.5	61.0	0	0	0.0	0	0	5	1	1	10
2011	Detroit	16/16	36	29	7	11.0	92.0	1	4	4.0	4t	1	4	6	3	24
2012	Detroit	16/16	34	27	7	9.5	67.0	0	0	0.0	0	0	1	2	0	0
2013	Seattle	15/2	20	14	6	8.0	43.5	0	0	0.0	0	0	4	5	1	0
2014	Seattle	16/16	23	16	7	5.0	28.5	0	0	0.0	0	0	1	1	1	0
2015	Seattle	16/16	47	31	16	9.0	64.0	0	0	0.0	0	0	7	2	0	0
2016	Seattle	16/16	39	20	19	11.5	83.5	0	0	0.0	0	0	3	5	0	0
NFL TOTALS		**136/110**	**292**	**202**	**90**	**73.0**	**510.0**	**1**	**4**	**4.0**	**4t**	**1**	**28**	**29**	**7**	**44**

POSTSEASON

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2011	Detroit	1/1	2	1	1	0.5	3.0	0	0	0.0	0	0	0	0	0	0
2013	Seattle	3/1	5	4	1	1.5	10.0	0	0	0.0	0	0	3	2	0	0
2014	Seattle	3/3	7	5	2	2.0	15.0	0	0	0.0	0	0	0	0	0	0
2015	Seattle	2/2	8	7	1	1.0	6.0	0	0	0.0	0	0	0	0	0	0
2016	Seattle	2/2	4	4	0	2.0	16.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**11/9**	**26**	**21**	**5**	**7.0**	**50.0**	**0**	**0**	**0.0**	**0**	**0**	**3**	**2**	**0**	**0**

89

DOUG BALDWIN

WIDE RECEIVER

Height	**5-10**
Weight	**192**
College	**Stanford**
Seasons	**NFL 7th, Seahawks 7th**
Born	**September 21, 1988**
Hometown	**Gulf Breeze, Fla.**

PRO BOWL
2016

NFL TRANSACTIONS:

07/28/11: Signed with Seattle as undrafted FA
05/29/14: Signed multi-year extension with Seattle
06/29/16: Signed multi-year extension with Seattle

NFL CAREER HIGHLIGHTS:

- Has led team in receptions four times (51 in 2011, 66 in 2014, 78 in 2015, 94 in 2016).
- Tied a team record (Bobby Engram, 2007) with 94 receptions in 2016 for 1,128 yards and seven TDs en route to first-career Pro Bowl selection.
- Seattle's all-time postseason receiving leader in receptions (55), yards (702), 100-yard games (3) and tied for most TDs (6).
- Had one of the finest receiving seasons in Seahawks history in 2015 setting a franchise record and tying for the NFL lead with 14 TDs.
- In 2015, became one of three players (Galloway, Largent) in team history to record 1,000 receiving yards and double-digit receiving TDs in a single season.
- Led the team in receiving yards (788), receptions (51) and TD receptions (4) in 2011. Became the NFL's first undrafted rookie to lead his team in both receptions and receiving yards since Bill Groman of the Houston Oilers in 1960 (72 catches for 1,473 yards).

HONORS: 2016: NFC Pro Bowl. **2013:** Seahawks Man of the Year. **2011:** NFC Special Teams Player of the Week 12.

COLLEGE: Appeared in 31 career games at Stanford. Proved to be a big-play threat both at wide receiver and in the return game, averaging 26.0 yards in 25 career kickoff returns and 7.6

yards in 23 punt returns. Played in 12 games and made nine starts at wide receiver during his sophomore campaign in 2008, leading the Cardinal with four touchdown receptions and averaging 14.4 yards per catch, finishing second on the team with 23 catches for 332 yards.

PERSONAL: Played football, basketball and was a three-year track letter winner in the high jump and long jump at Gulf Breeze High School in Florida, where he was rated as one of the top wide receiver prospects in the nation. Member of the National Honor Society, Math Honor Society and Spanish Honor Society. Majored in Science, Technology, and Society.

BALDWIN'S NFL RECORD

			Receiving						Rushing				
	Club	G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2011	Seattle	16/1	51	788	15.5	55t	4	1	-2	-2.0	-2	0
2012	Seattle	14/4	29	366	12.6	50	3	0	0	0.0	0	0
2013	Seattle	16/9	50	778	15.6	52	5	2	6	3.0	0	0
2014	Seattle	16/16	66	825	12.5	49	3	1	8	8.0	8	0
2015	Seattle	16/16	78	1,069	13.7	80t	14	0	0	0.0	0	0
2016	Seattle	16/15	94	1,128	12.0	59	7	3	2	0.7	4	0
NFL TOTALS		**94/61**	**368**	**4,954**	**13.5**	**80t**	**36**	**7**	**14**	**2.0**	**8**	**0**

POSTSEASON

			Receiving						Rushing				
	Club	G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2012	Seattle	2/0	3	45	15.0	33	0	0	0	0.0	0	0
2013	Seattle	3/2	13	202	15.5	51	1	0	0	0.0	0	0
2014	Seattle	3/3	10	147	14.7	35	2	1	0	0.0	0	0
2015	Seattle	2/2	13	124	9.5	22	1	0	0	0.0	0	0
2016	Seattle	2/1	16	184	11.5	42	2	2	7	3.5	6	0
NFL TOTALS		**12/8**	**55**	**702**	**12.8**	**51**	**6**	**2**	**6**	**3.0**	**6**	**0**

BALDWIN'S SINGLE-GAME HIGHS

Most Receptions: 8, 2 Times, Last vs. StL (12/27/15)
Longest Reception: 80t, vs. Pittsburgh (11/29/15)
Most Receiving Yards: 145, vs. Pittsburgh (11/29/15)
Most Touchdowns: 3, 2 Times, Last at Balt (12/13/15)

ADDITIONAL STATS

Special Teams: 2011: Blocked punt (1 vs. St. Louis 12/12/11); Kickoff returns (1 for 37 yards vs. St. Louis 12/12/11). **2012:** Tackles 1. Kickoff returns (1 for 3 yards at Carolina 10/7/12). **2013:** Kickoff returns (2 for 57 yards - long 37 - vs. Arizona 12/22/13). **2014:** Kickoff returns (5 for 81 yards - 16.2 avg. - 24 long); Punt returns (6 for 42 yards - 7.0 avg. - 38 long); Blocked punt (1 vs. Dallas 10/12/14). **Passing: 2016:** 1-1 for 15 yards and a TD; **Career**: 1-1 for 15 yards and a TD.
Postseason Special Teams: 2014: Tackles 1. Kickoff returns (3 for 58 yards - 19.3 avg. - 28 long).

Baldwin tied Bobby Engram's franchise record with 94 receptions in 2016, earning his first trip to the Pro Bowl.

BALDWIN'S GAME-BY-GAME RECEIVING

2011	Opponent	No	Yds	Avg	LG	TD
9/11	at San Francisco	4	83	20.8	55t	1
9/18	at Pittsburgh	1	4	4.0	4	0
9/25	Arizona	2	23	11.5	20	0
10/2	Atlanta	5	84	16.8	30	0
10/9	at NY Giants	8	136	17.0	27t	1
10/23	at Cleveland	0	0	0.0	0	0
10/20	Cincinnati	5	73	14.6	31	0
11/6	at Dallas	3	31	10.3	25	0
11/13	Baltimore	1	50	50.0	50	0
11/20	at St. Louis	3	60	20.0	35	0
11/27	Washington	5	60	12.0	24	0
12/1	Philadelphia	1	21	21.0	21	0
12/12	St. Louis	7	93	13.3	29t	1
12/18	at Chicago	1	13	13.0	13	0
12/24	San Francisco	2	17	8.5	13t	1
1/1	at Arizona	3	40	13.3	21	0
TOTALS (16/1)		**51**	**788**	**15.5**	**55t**	**4**

2012	Opponent	No	Yds	Avg	LG	TD
9/9	at Arizona	2	5	2.5	4	0
9/16	Dallas	1	8	8.0	8	0
9/24	GB	Inactive (shoulder)				
9/30	at St. Louis	1	10	10.0	10	0
10/7	at Carolina	3	37	12.3	19	0
10/14	New England	2	74	37.0	50	1
10/18	at San Francisco	2	15	7.5	8	0
10/28	at Detroit	Inactive (ankle)				
11/4	Minnesota	1	6	6.0	6	0
11/11	N.Y. Jets	3	42	14.0	18	0
11/25	at Miami	1	14	14.0	14	0
12/2	at Chicago	4	46	11.5	20	0
12/9	Arizona	2	29	14.5	27	0
12/16	at Buffalo	1	8	8.0	8	0
12/23	San Francisco	4	53	13.3	43	2
12/30	St. Louis	2	19	9.5	12	0
TOTALS (14/4)		**29**	**366**	**12.6**	**50**	**3**
1/6	at Washington	2	39	19.5	33	0
1/13	at Atlanta	1	6	6.0	6	0
PLAYOFF TOTALS (2/0)		**3**	**45**	**15.0**	**33**	**0**

2013	Opponent	No	Yds	Avg	LG	TD
9/8	at Carolina	7	91	13.0	25	0
9/15	San Francisco	1	51	51.0	51	0
9/22	Jacksonville	1	35	35.0	35t	1
9/29	at Houston	3	39	13.0	24	0
10/6	at Indianapolis	5	80	16.0	27	0
10/13	Tennessee	4	48	12.0	28	0
10/17	at Arizona	1	16	16.0	16	0
10/28	at St. Louis	1	12	12.0	12	0
11/3	Tampa Bay	6	75	12.5	28	1
11/10	at Atlanta	5	76	15.2	30	0
11/17	Minnesota	2	63	31.5	44	1
12/2	New Orleans	4	77	19.3	52	1
12/8	at San Francisco	3	36	12.0	14	0
12/15	at N.Y. Giants	6	71	11.8	25	1
12/22	Ariziona	1	8	8.0	8	0
12/29	St. Louis	0	0	0.0	0	0
TOTALS (16/9)		**50**	**778**	**15.6**	**52**	**5**
1/11	New Orleans	2	30	15.0	24	0
1/19	San Francisco	6	106	17.7	51	0
2/2	Denver	5	66	13.2	37	1
PLAYOFF TOTALS (3/2)		**13**	**202**	**15.5**	**51**	**1**

2014	Opponent	No	Yds	Avg	LG	TD
9/4	Green Bay	3	14	4.7	6	0
9/14	at San Diego	3	35	11.7	16	0
9/21	Denver	4	56	14.0	16	0
10/6	at Washington	4	50	12.5	20	0
10/12	Dallas	2	32	16.0	20	0
10/19	at St. Louis	7	123	17.6	49	1
10/26	at Carolina	6	61	10.2	18	0
11/2	Oakland	5	38	7.6	20	0
11/9	N.Y. Giants	4	31	7.8	14	0
11/16	at Kansas City	6	45	7.5	23	1
11/23	Arizona	2	6	3.0	3	0
11/27	at San Francisco	2	28	14.0	24	0
12/7	at Philadelphia	5	97	19.4	25	1
12/14	San Francisco	3	53	17.7	35	0
12/21	at Arizona	7	113	16.1	49	0
12/28	St. Louis	3	43	14.3	38	0
TOTALS (16/16)		**66**	**825**	**12.5**	**49**	**3**
1/10	Carolina	3	38	12.7	16t	1
1/18	Green Bay	6	106	17.7	35	0
2/1	New England	1	3	3.0	3t	1
PLAYOFF TOTALS (3/3)		**10**	**147**	**14.7**	**35**	**2**

2015	Opponent	No	Yds	Avg	LG	TD
9/13	at St. Louis	7	35	5.0	8	0
9/20	at Green Bay	7	92	13.1	32	1
9/27	Chicago	3	35	11.7	22	0
10/5	Detroit	3	36	12.0	24t	1
10/11	at Cincinnati	3	70	23.3	46	0
10/18	Carolina	3	23	7.7	14	0
10/22	at San Francisco	2	19	9.5	15	0
11/1	at Dallas	3	35	11.7	15	0
11/15	Arizona	7	134	19.1	33	1
11/22	San Francisco	6	60	10.0	21	0
11/29	Pittsburgh	6	145	24.2	80t	3
12/6	at Minnesota	5	94	18.8	53t	2
12/13	at Baltimore	6	82	13.7	22t	3
12/20	Cleveland	4	45	11.3	27	2
12/27	St. Louis	8	118	14.8	28	1
1/3	at Arizona	5	46	9.2	15	0
TOTALS (16/16)		**78**	**1,069**	**13.7**	**80t**	**14**
1/10	at Minnesota	5	42	8.4	22	1
1/17	at Carolina	8	82	10.3	20	0
PLAYOFF TOTALS (2/2)		**13**	**124**	**9.5**	**22**	**1**

2016	Opponent	No	Yds	Avg	LG	TD
9/11	Miami	9	92	10.2	22	1
9/18	at L.A. Rams	3	20	6.7	8	0
9/25	San Francisco	8	164	20.5	59	1
10/2	at N.Y. Jets	4	54	13.5	38	0
10/16	Atlanta	4	31	7.8	11	0
10/23	at Arizona	6	69	11.5	27	0
10/30	at New Orleans	4	51	12.8	27	0
11/7	Buffalo	6	89	14.8	50	0
11/13	at New England	6	59	9.8	18t	3
11/20	Philadelphia	4	104	26.0	44	0
11/27	at Tampa Bay	7	34	4.9	12	0
12/4	Carolina	7	65	9.3	29	0
12/11	at Green Bay	6	46	7.7	10	0
12/15	L.A. Rams	5	35	7.0	17	1
12/24	Arizona	13	171	13.2	42t	1
1/1	at San Francisco	2	44	22.0	41	0
TOTALS (16/15)		**94**	**1,128**	**12.0**	**59**	**7**
1/7	Detroit	11	104	9.5	42	1
1/14	at Atlanta	5	80	16.0	31t	1
TOTALS (2/1)		**16**	**184**	**11.5**	**42**	**2**

47 DAVID BASS
DEFENSIVE END

Height	**6-4**
Weight	**267**
College	**Missouri Western State**
Seasons	**NFL 5th, Seahawks 1st**
Born	**September 11, 1990**
Hometown	**St. Louis, Mo.**

NFL TRANSACTIONS:

04/27/13: Drafted by Oakland (7th Round, 233rd)
08/31/13: Released by Oakland
09/01/13: Claimed off waivers by Chicago
10/07/14: Released by Chicago
10/08/14: Signed to Chicago PS
11/03/14: Signed to Chicago 53-man roster
09/05/15: Released by Chicago
09/06/15: Claimed off waivers by Tennessee
05/09/17: Signed with Seattle as an UFA

NFL CAREER HIGHLIGHTS:

- In 2016, played as a reserve at outside linebacker in 13 games and collected 16 tackles, three quarterback pressures and a stop for loss. Notched six special teams tackles on coverage units. Was inactive for three games.
- Had a career year in 2015 with Tennessee. Started seven of 16 games played at outside linebacker. Registered a career-best 42 tackles, 1.5 sacks, an interception, nine quarterback pressures, five tackles for loss, five passes defensed and two fumble recoveries. Finished fifth on the team with eight special teams tackles.
- Collected a career-high seven tackles at Indianapolis (1/3/15).
- Appeared in eight contests in 2014 with one start for the Bears and recorded nine tackles, including three sacks, a stop for loss, a forced fumble and three quarterback pressures. His three sacks ranked third amongst Bears defensive ends. Had a sack in each of the Bears last two regular season contests as his role expanded due to injuries at defensive end. Was inactive for three games and did not play in two contests. Was not on active roster for three games after being waived Oct. 7 and added to practice squad on Oct. 8. Was elevated back to active roster Nov. 3 where he spent the remainder of the season.
- Appeared in 12 games with one start for the Bears as a rookie and collected 23 tackles, including a sack, 2.5 tackles for loss, an interception and two passes defensed. Was inactive for the first four contests of the season.
- Made NFL debut against New Orleans (10/6) and notched a tackle.
- Made first-career start against Detroit (11/10).

COLLEGE: Played four years at Missouri Western State and collected a school record 40.5 sacks during collegiate career. Started 50 consecutive games to set a school record and earned All-American honors following both junior and senior seasons. As a senior, was one of eight finalists for the Gene Upshaw Award, presented to the top lineman in Division II. Was named first-team All-MIAA, earned second-team AP Little-American, second-team Daktronics All-American and third-team Beyond Sports College Network All-American honors. Played in East-West Shrine Game. As a junior, garnered various honors, including first-team All-American (Don Hansen), first-team Daktronics All-American, AP Little-American and first-team All-MIAA. Named the 2009 Mineral Water Bowl Defensive MVP after recording seven tackles, 2.5 tackles for loss, 1.5 sacks, a fumble recovery and an interception.

PERSONAL: Attended University City (St. Louis, Mo.) High School and was a three-sport athlete, participating in football, basketball and track and field. Was a second-team all-conference selection as a tight end and defensive end and earned the Fab-25 Demetrius Johnson football award for defensive line in Missouri and Illinois. Captained both his high school football and basketball teams as a junior and senior. Was also an all-metro selection in football and basketball. Majored in criminal justice at Missouri Western State.

BASS' SINGLE-GAME HIGHS

Tackles: 7, at Indianapolis (1/3/15)
Sacks: 1.0, 5 Times, Last at Indianapolis (1/3/15)
INT: 1, 2 Times, Last vs. Atlanta (10/25/15)
INT TD: 1, vs. Baltimore (11/17/13)
FF: 1, vs. Tampa Bay (11/23/14)
FR: 1, 2 Times, Last vs. Houston (12/27/15)

ADDITIONAL STATS

Special Teams Tackles: 2015 (8), 2016 (6); **Career:** (14).

BASS' NFL RECORD

		Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2013	Chicago	12/1	23	9	14	1.0	9.0	1	24	24.0	24t	1	2	0	0	0
2014	Chicago	8/1	9	5	4	3.0	34.0	0	0	0.0	0	0	0	1	0	0
2015	Tennessee	16/7	42	23	19	1.5	11.5	1	8	8.0	8	0	5	0	2	0
2016	Tennessee	13/0	16	8	8	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**49/9**	**90**	**45**	**45**	**5.5**	**54.5**	**2**	**32**	**16.0**	**24t**	**1**	**7**	**1**	**2**	**0**

72 MICHAEL BENNETT
DEFENSIVE END

Height	**6-4**
Weight	**274**
College	**Texas A&M**
Seasons	**NFL 9th, Seahawks 5th**
Born	**November 13, 1985**
Hometown	**Alief, Texas**

PRO BOWL 2015 PRO BOWL 2016

NFL TRANSACTIONS:

05/01/09: Signed with Seattle as undrafted FA
10/10/09: Waived by Seattle
10/12/09: Claimed off waivers by Tampa Bay
03/16/13: Signed with Seattle as UFA
03/11/14: Signed multi-year contract with Seattle
12/30/16: Signed renegotiated contract with Seattle

Bennett's foundation has put on O.C.E.A.N. (fighting Obesity through Community, Education, Activity and Nutrition) sports camps for the last five years in his hometown of Houston, Honolulu, his offseason home, and Seattle.

NFL CAREER HIGHLIGHTS:

- Earned second Pro Bowl selection in 2016 despite missing five games with a knee injury.
- Led Seahawks with a career-high 10 sacks in 2015, earning first Pro Bowl selection.
- Helped Seattle lead the NFL in scoring defense for a third consecutive year in 2014, only the third team in NFL history to accomplish that feat. Also helped defense lead the NFL in scoring defense and yards allowed in consecutive seasons (2013-14), just the fourth time that has happened in NFL history.
- Led Seattle with 8.5 sacks in 2013 for a defense that led the NFL in total defense, passing defense, turnover margin and points allowed. During the team's postseason Super Bowl XLVIII championship run, tied for team lead with 1.5 postseason sacks and had two forced fumbles and two fumble recoveries.
- Led the Buccaneers with nine sacks in 2012.

HONORS: 2016: NFC Pro Bowl. **2015:** Pro Bowl.

COLLEGE: Full-time starter in 2008 for Texas A&M where he recorded 42 tackles, 12 TFL and two

BENNETT'S SINGLE-GAME HIGHS

Tackles: 6, at Cincinnati (10/11/15)
FF: 1, 8 Times, Last vs. Cleveland (12/20/15)
Sacks: 3.5, at San Francisco (10/22/15)
FR: 1, 3 Times, Last vs. New Orleans (12/2/13)
TDs: 1, 22 yd FR vs. New Orleans (12/2/13)

sacks. Named honorable mention All-Big 12 by the coaches in 2007 despite starting only one game. Majored in agricultural and life sciences.

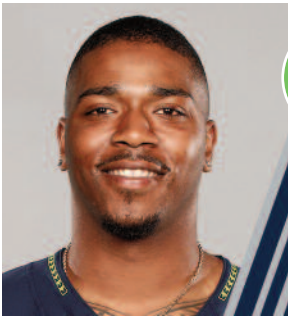
PERSONAL: Earned first-team all-district honors as a defensive lineman as a senior at Alief Taylor High School after compiling 110 tackles and four quarterback sacks. Earned honorable mention all-district honors as a junior. Brother, Martellus, also attended Texas A&M and was originally drafted by the Dallas Cowboys and currently plays for the Green Bay Packers.

BENNETT'S NFL RECORD

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2009	Tampa Bay	7/0	5	4	1	1.0	5.0	0	0	0.0	0	0	0	0	0	0
2010	Tampa Bay	13/2	21	14	7	1.0	2.0	0	0	0.0	0	0	0	0	0	0
2011	Tampa Bay	14/10	47	32	15	4.0	25.0	0	0	0.0	0	0	0	1	2	0
2012	Tampa Bay	16/16	41	34	7	9.0	57.0	0	0	0.0	0	0	2	3	0	0
2013	Seattle	16/3	31	17	14	8.5	59.5	0	0	0.0	0	0	0	1	1	22
2014	Seattle	16/16	39	27	12	7.0	38.0	0	0	0.0	0	0	0	1	0	0
2015	Seattle	16/16	52	33	19	10.0	61.0	0	0	0.0	0	0	0	2	0	0
2016	Seattle	11/11	34	23	11	5.0	40.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**109/74**	**270**	**184**	**86**	**45.5**	**287.5**	**0**	**0**	**0.0**	**0**	**0**	**2**	**8**	**3**	**22**

POSTSEASON

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2013	Seattle	3/1	11	6	5	1.5	4.0	0	0	0.0	0	0	0	2	2	17
2014	Seattle	3/3	9	5	4	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2015	Seattle	2/2	10	7	3	0.0	0.0	0	0	0.0	0	0	2	1	0	0
2016	Seattle	2/2	6	5	1	2.0	11.0	0	0	0.0	0	0	1	0	0	0
NFL TOTALS		**10/8**	**36**	**23**	**13**	**3.5**	**15.0**	**0**	**0**	**0.0**	**0**	**0**	**3**	**3**	**2**	**17**



2

TREVONE BOYKIN
QUARTERBACK

Height	**6-0**
Weight	**213**
College	**TCU**
Seasons	**NFL 2nd, Seahawks 2nd**
Born	**August 22, 1993**
Hometown	**Dallas, Texas**
Pronunciation	**truh-VON**

NFL TRANSACTIONS:

05/06/16: Signed by Seattle as undrafted FA

NFL CAREER HIGHLIGHTS:

- Spent the entire 2016 season as Seattle's backup QB and saw limited action in five games.
- Replaced Russell Wilson (knee) in the second half vs. San Francisco (9/25/16) and completed seven-of-nine passes for 65 yards with a TD and INT.

COLLEGE: Finished career ranked first in TCU history in career passing yards (10,728), passing attempts (1,356), pass completions (830) and touchdown passes (86) in 48 career games with 40 starts. His 61.2 percent completion rate ranked third in TCU history and he became just the fourth player in program history to finish career with a 60.0 percent mark for a career. Compiled 12,777 yards of total offense in college and caught 28 passes as a receiver for 257 yards. He also ran for 2,049 yards on 507 carries with 27 rushing touchdowns.

PERSONAL: Was the district most valuable player and honorable-mention all-state as a senior at West Mesquite (Texas) High. Rushed for 1,799 yards and 30 touchdowns as a senior and also completed 60.7 percent (198-of-326) of his passes for 2,930 yards and 28 touchdowns and 11 interceptions.

BOYKIN'S NFL RECORD

PASSING

Year	Club	G/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	Rate
2016	Seattle	5/0	18	13	145	72.2	1	1	31	1/5	91.2
NFL TOTALS		**5/0**	**18**	**13**	**145**	**72.2**	**1**	**1**	**31**	**1/5**	**91.2**

RUSHING

Year	Club	G/S	Att	Yds	Avg	LG	TD
2016	Seattle	5/0	8	1	0.1	11	0
NFL TOTALS		**5/0**	**8**	**1**	**0.1**	**11**	**0**

POSTSEASON

PASSING

Year	Club	G/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	Rate
2016	Seattle	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**

RUSHING

Year	Club	G/S	Att	Yds	Avg	LG	TD
2016	Seattle	0/0	0	0	0.0	0	0
NFL TOTALS		**0/0**	**0**	**0**	**0.0**	**0**	**0**

BOYKIN'S GAME-BY-GAME

2016 PASSING

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L Rating
Games 1-2			Did Not Play								
09/25	San Francisco	1/0	9	7	65	77.8	1	1	23	0/0	94.2
Games 4-9			Did Not Play								
11/20	Philadelphia	1/0	0	0	0	0.0	0	0	0	0/0	
11/27	at Tampa Bay		Did Not Play								
12/4	Carolina	1/0	3	2	38	66.7	0	0	31	0/0	109.7
12/11	at Green Bay	1/0	0	0	0	0.0	0	0	0	0/0	0.0
12/15	Los Angeles		Did Not Play								
12/24	Arizona		Did Not Play								
1/1/17	at San Francisco	1/0	6	4	42	66.7	0	0	19	1/5	86.8
TOTALS		**(5/0)**	**18**	**13**	**145**	**72.2**	**1**	**1**	**31**	**1/5**	**91.2**
1/7	Detroit		Did Not Play								
1/14	at Atlanta		Did Not Play								
TOTALS		**(0/0)**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0/0**	**0.0**

W/L record reflects games started only

2016 RUSHING

Date	Opponent	P/S	Att	Yds	Avg	LG	TD
Games 1-2			Did Not Play				
09/25	San Francisco	1/0	2	-2	-1.0	0	0
Games 4-9			Did Not Play				
11/20	Philadelphia	1/0	1	-5	-5.0	-5	0
11/27	at Tampa Bay		Did Not Play				
12/4	Carolina	1/0	1	1	1.0	1	0
12/11	at Green Bay	1/0	0	0	0.0	0	0
12/15	Los Angeles		Did Not Play				
12/24	Arizona		Did Not Play				
1/1/17	at San Francisco	1/0	4	7	1.8	11	0
TOTALS		**(5/0)**	**8**	**1**	**0.1**	**11**	
1/7	Detroit		Did Not Play				
1/14	at Atlanta		Did Not Play				
TOTALS		**(0/0)**	**0**	**0**	**0.0**	**0**	**0**

BOYKIN'S SINGLE-GAME HIGHS

Attempts:	9 vs. San Francisco	(9/25/16)
Completions:	7 vs. San Francisco	(9/25/16)
Completion %:*	77.8 vs. San Francisco (7/9)	(9/25/16)
Yards:	65 vs. San Francisco	(9/25/16)
Longest, No TD:	31 vs. Carolina	(12/4/16)
Longest TD:	16 vs. San Francisco	(9/25/16) to Doug Baldwin
Most TDs:	1 vs. San Francisco	(9/25/16)
Highest Pass Rating (Home):	109.7 vs. Carolina	(12/4/16)
Highest Pass Rating (Away):	86.8 at San Francisco	(1/1/17)
Interceptions:	1 vs. San Francisco	(9/25/16)
Rushes:	4 at San Francisco	(1/1/17)
Rushing Yds.:	7 at San Francisco	(1/1/17)
Longest Rush:	11 at San Francisco	(1/1/17)
Rushing TD:	None	

68

JUSTIN BRITT

CENTER

Height	**6-6**
Weight	**315**
College	**Missouri**
Seasons	**NFL 4th, Seahawks 4th**
Born	**May 29, 1991**
Hometown	**Lebanon, Missouri**

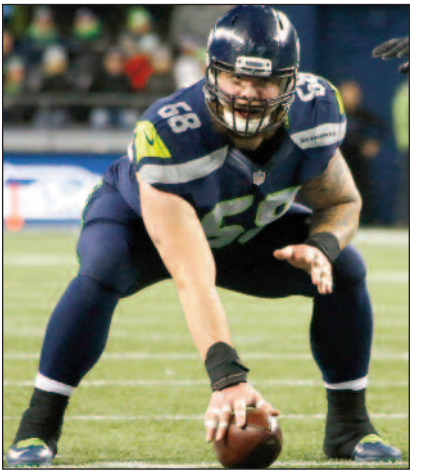
NFL TRANSACTIONS:

05/09/14: Drafted by Seattle (2nd round, 64th)

NFL CAREER HIGHLIGHTS:

- Moved to center in 2016 and started all 15 games played missing one (ankle).
- Started all 16 games in 2015 at LG, with two postseason starts. Started all 16 games at right tackle as a rookie and two postseason games. Missed the 2014 NFC Championship game with a knee injury.
- Helped Seattle set a franchise record in 2014 for most rushing yards in a season (2,762), the third-highest total in the NFL since 1985. Also helped team set club records for most total yards in a season (6,012), total yards in a game (596 at Arizona, 12/21) and rushing yards in a game (350 vs. NY Giants, 11/9).
- Was the fourth tackle chosen in the second round in club history (Last: Todd Weiner, 1998). Highest player drafted out of Missouri and only the second player drafted out of Missouri in club history (Last: Tony Davis, 1985).

COLLEGE: Started 36 of the 49 games games played for Missouri, starting 30 of those contests at left tackle and six 2012 games on the right side. As a senior, was an *Associated Press* All-Southeastern Conference first-team selection and received second-team honors from the league's coaches. Started all 14 games at left tackle playing a major role in the rushing attack establishing a school single-season record with 3,330 yards, topping the old mark of 3,230 yards by the 1942 team. Started nine games as a junior and received the team's



Britt was named an alternate to the Pro Bowl in 2016, his first season at center.

Underclassman Leadership Award. Had three starting assignments at left tackle around six more starts at right tackle. As a sophomore, started all 13 games at left tackle for the Tigers and helped an explosive offense generate 6,182 yards, ranking 12th in the nation with an average of 475.54 yards per game. Was an academic All-Big 12 Conference second-team choice as a freshman. Appeared in all 13 games to earn his first varsity letter. Performed as a key reserve at both offensive guard positions.

PERSONAL: Attended Lebanon (Mo.) High School. Played on both sides of the line of scrimmage during his prep career, concentrating at left tackle on offense. His senior campaign resulted in a regional championship and won a state playoff game for only the second time in school history. Earned first-team All-State, All-District and All-Conference honors as a senior. Allowed only one sack in 2008 in 434 pass attempts. Also excelled in wrestling and track at Lebanon High. Won the Class IV Missouri state heavyweight championship as a senior in 2009, going a perfect 45-0 on the schedule. Graduated from the University of Missouri's School of Education. Son of Kelly and Chris Britt. Married to Alicia with daughter Navy Noelle and son, Miller Everett.

BRITT'S NFL RECORD

Year	Team	—	GP/GS	Postseason
2014	Seattle	—	16/16	2/2
2015	Seattle	—	16/16	2/2
2016	Seattle	—	15/15	2/2
NFL TOTALS		**—**	**47/47**	**6/6**

31 KAM CHANCELLOR

SAFETY

Height	**6-3**
Weight	**225**
College	**Virginia Tech**
Seasons	**NFL 7th, Seahawks 7th**
Born	**April 3, 1988**
Hometown	**Norfolk, Virginia**

PRO BOWL 2011 PRO BOWL 2013 PRO BOWL 2014 PRO BOWL 2015

ALL PRO:

2013 (2nd Team) **2014** (2nd Team)

NFL TRANSACTIONS:

04/24/10: Drafted by Seattle (5th round, 133rd)
04/23/13: Signed multi-year extension with Seattle
08/01/17: Signed multi-year extension with Seattle

NFL CAREER HIGHLIGHTS:

• Has seen action in 14 career postseason games, tied with Jon Ryan for most in franchise history. His 91 career postseaon tackles rank second all-time (Bobby Wagner - 120).

• Voted a captain in 2014 and helped lead the team back to a second-consecutive Super Bowl. Helped Seattle's defense lead the NFL in scoring for a third-straight season and lead the NFL in both scoring and yards allowed for a second-straight season. Missed two games with a groin injury.

• Totaled 25 tackles in the 2014 postseason, including 10 each in the Divisional game vs. Carolina and the Super Bowl vs. New England. Returned an interception 90 yards for a TD in the Divisional game vs. Carolina.

• Totaled 93 tackles and three interceptions in 2013 for a Super Bowl championship defense that led the NFL in scoring defense for the second-consecutive season. Part of a defense that led the NFL in total defense, passing defense, total takeaways and turnover margin.

Chancellor has played in 14 postseason games, tied with Jon Ryan for most in franchise history.

• Set the tone early for Seattle vs. Denver in Super Bowl XLVIII with his powerful tackling technique totaling nine tackles, an interception and two passes defensed. Tied for the team lead with 34 postseason tackles and two interceptions.

• Totaled 91 tackles in 2012 for a side that led the NFL in scoring defense for the first time in club history, finished fourth in total defense and tied for fifth in total takeaways.

• Started all 15 games played in 2011 and earned a trip to the Pro Bowl after finishing second on the team in tackles (94) and interceptions (4). Did not play versus Atlanta (10/2/11) due to a quadriceps injury.

• Saw action in all 16 games as a rookie, mostly as an extra defensive back in nickel and dime packages, totaling 12 tackles including one sack. Finished second on the team with 11 special teams tackles.

COLLEGE: Started 41 of 54 career games played for the Hokies, recording 208 tackles, six interceptions, four fumble recoveries and two forced fumbles. Finished career starting 41 consecutive games. Moved into starting free safety position prior to 2008 after spending sophomore season as the rover.

PERSONAL: Passed for more than 2,000 yards and rushed for 500 his senior season at Maury High School (Virginia). Team finished 10-2 after losing in the Group AAA Division 5 playoffs. During one of the playoff games, rushed for 89 yards and two touchdowns and threw for 224 yards and two more touchdowns. Also played safety. Was team MVP. Named first-team All-Eastern District quarterback. Also played on the basketball team.

CHANCELLOR'S NFL RECORD

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2010	Seattle	16/0	12	10	2	1.0	3.0	0	0	0.0	0	0	1	0	0	0
2011	Seattle	15/15	94	73	21	1.0	10.0	4	27	6.7	9	0	13	1	1	0
2012	Seattle	16/16	94	71	23	0.0	0.0	0	0	0.0	0	0	5	1	1	0
2013	Seattle	16/16	93	61	32	0.0	0.0	3	78	26.0	32	0	6	1	0	0
2014	Seattle	14/14	76	58	18	0.0	0.0	1	52	52.0	52	0	6	1	0	0
2015	Seattle	11/11	74	44	30	0.0	0.0	2	6	3.0	6	0	4	1	0	0
2016	Seattle	12/12	80	46	34	0.0	0.0	2	5	2.5	5	0	8	1	0	0
NFL TOTALS		**100/84**	**523**	**363**	**160**	**2.0**	**13.0**	**12**	**168**	**14.0**	**52**	**0**	**43**	**6**	**2**	**0**

POSTSEASON

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2010	Seattle	2/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2012	Seattle	2/2	9	4	5	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2013	Seattle	3/3	34	14	20	0.0	0.0	2	2	1.0	2	0	6	0	0	0
2014	Seattle	3/3	25	19	6	0.0	0.0	1	90	90.0	90t	1	1	0	0	0
2015	Seattle	2/1	8	4	4	0.0	0.0	0	0	0.0	0	0	1	1	0	0
2016	Seattle	2/2	15	12	3	0.0	0.0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**14/11**	**91**	**53**	**38**	**0.0**	**0.0**	**3**	**92**	**30.7**	**90t**	**1**	**8**	**1**	**0**	**0**

CHANCELLOR'S SINGLE-GAME HIGHS

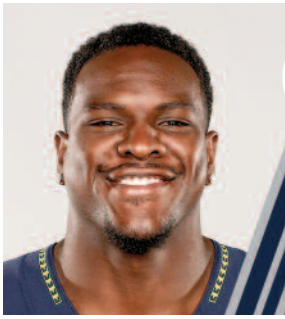
Tackles: 19* vs. Arizona (11/15/15)
Sacks: 1, 2 Times, Last at Cleveland (10/23/11)
Interceptions: 1, 12 Times, Last at Tampa Bay (11/27/16)
FF: 1, 6 Times, Last at New England (11/13/16)
FR: 1, 2 Times, Last vs. San Francisco (12/23/12)

ADDITIONAL STATS

Special Teams Tackles: 2010 (11, FF), 2011 (3, FF), 2012 (6, FR) 2013 (6), 2014 (2), 2015 (2), 2016 (5); **Career: 35, 2 FF, 1 FR.**

Postseason: 2010 (1), 2012 (1), 2014 (1), 2015 (1), 2016 (1); **Career:** (5).

** Club Record*



55 FRANK CLARK
DEFENSIVE END

Height	**6-3**
Weight	**260**
College	**Michigan**
Seasons	**NFL 3rd, Seahawks 3rd**
Born	**June 14, 1993**
Hometown	**Cleveland, Ohio**

NFL TRANSACTIONS:

05/01/15: Drafted by Seattle (2nd round, 63rd)

NFL CAREER HIGHLIGHTS:

- Started five games in 2016 in place of Michael Bennett (knee). Saw action in 15 games and posted 10.0 sacks, including three multi-sack games, finishing second on the team (Cliff Avril - 11.5).
- Saw action in 15 games with 3.0 sacks as a rookie.
- Was the third player drafted out of Michigan in club history (Last: Steve Hutchinson, 2001).

COLLEGE: Three-year letterman who appeared in 48 games, making 26 starts at defensive end. Recorded 120 tackles (67 solo), 11 sacks, 35 tackles for a loss, one forced fumble, four fumble recoveries, six passes defensed and one interception over the course of his career. Recorded 19.5 TFLs over last 16 games. Posted a tackle for loss in nine of 10 games.

PERSONAL: Attended Glenville High School coached by Ted Ginn, Sr. Ran 40-yard dash in 4.53 seconds. Recorded 70 tackles and 19 sacks as a senior. Also caught 12 passes his senior year, including three for touchdowns. Born June 14, 1993. Majored in general studies.

CLARK'S NFL RECORD

		Tackles			Sacks		Interceptions								
Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2015 Seattle	15/0	16	15	1	3.0	16.0	0	0	0.0	0	0	2	1	0	0
2016 Seattle	15/5	47	25	22	10.0	68.5	0	0	0.0	0	0	1	2	1	27
NFL TOTALS	**30/5**	**63**	**40**	**23**	**13.0**	**84.5**	**0**	**0**	**0.0**	**0**	**0**	**3**	**3**	**1**	**27**

POSTSEASON

		Tackles			Sacks		Interceptions								
Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2015 Seattle	2/0	3	2	1	1.0	10.0	0	0	0.0	0	0	1	0	0	0
2016 Seattle	2/0	1	1	0	1.0	6.0	0	0	0.0	0	0	0	1	0	0
NFL TOTALS	**4/0**	**4**	**3**	**1**	**2.0**	**16.0**	**0**	**0**	**0.0**	**0**	**0**	**1**	**1**	**0**	**0**

CLARK'S SINGLE-GAME HIGHS

Tackles: 6, at New Orleans (10/30/16)
Sacks: 2, 2 Times, Last at L.A. (9/18/16)
Interceptions: None
FF: 1, 3 Times, at San Francisco (1/1/17)
FR: 1 at San Francisco (1/117)

36 ALEX COLLINS
RUNNING BACK

Height	**5-10**
Weight	**210**
College	**Arkansas**
Seasons	**NFL 2nd, Seahawks 2nd**
Born	**August 26, 1994**
Hometown	**Ft. Lauderdale, Fla.**

NFL TRANSACTIONS:

04/30/16: Drafted by Seattle (5th round, 171st)

COLLEGE: Played in 38 games with 14 starts. Totaled 3,703 yards rushing and 36 touchdowns on 271 carries. Became only the third player in SEC history to open his career with three consecutive 1,000-yard seasons on ground, joining former Razorback Darren McFadden and Georgia great Herschel Walker on the esteemed list. Added 27 receptions for 167 yards. Ranks second all-time in Arkansas history in career yards rushing (3,703), 100-yard games (17) and is fourth in touchdowns rushing (36). Was a Doak Walker Award Semifinalist as a junior after putting together one of the best individual seasons in program history at any position. Played in 13 contests with 12 starts. Finished junior season ranked third in the SEC in rushing yards (1,577; 12th in FBS), touchdowns rushing (20; T-6th in FBS) and yards per game (121.31; 12th in FBS). Tied program records in 100-yard rushing games (10), 150-yard rushing games (5), and 100-yard rushing games in SEC action (6). Set the program record for touchdowns rushing in a single season (20). Started twice at running back as a sophomore and played in 13 games. Finished the season with 1,100 rushing yards on 204 carries and 12 rushing touchdowns, marking back-to-back 1,000-yard seasons. Named SEC Freshman of the Year, a Freshman All-American and to the SEC All-Freshman Team. Became the first freshman in SEC history to begin career with three straight 100-yard rushing games and the first true freshman in FBS since Oklahoma's Adrian Peterson in 2004. Became the second freshman in school history, 10th true freshman in SEC history and 68th true freshman in NCAA history to reach 1,000 rushing yards, finishing the season with 1,026 on 190 carries with four touchdowns. Added 63 yards on 11 receptions for a team-high 1,089 all-purpose yards. Led all NCAA freshmen in rushing yards and ranked seventh in the SEC with an average of 85.5 rushing yards per game.

PERSONAL: Ranked as the No. 1 running back in the country, No. 5 prospect in Florida and No. 17 overall in the nation by 247Sports.com. Tabbed as the No. 3 running back in the nation by Scout.com and as the No. 20 overall prospect in Florida. Rushed for 1,400 yards and 14 touchdowns as a senior at South Plantation High School despite missing three games due to injury, helping team to nine wins, the district title and a berth in the 8A state playoffs. Named Broward County Player of the Year as a junior after rushing for 1,786 yards and 28 touchdowns. Coached by Doug Gatewood. Also played lacrosse and ran the third leg on South Plantation's state-champion 4×100 relay. Son of Johnny Collins, Jr. and Andrea McDonald. Majored in criminal justice.

COLLINS' NFL RECORD

		Rushing						Receiving				
	Club	G/S	Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2016	Seattle	10/0	31	125	4.0	26	1	11	84	7.5	14	0
NFL TOTALS		**10/0**	**31**	**125**	**4.0**	**26**	**1**	**11**	**84**	**7.5**	**14**	**0**

POSTSEASON

		Rushing						Receiving				
	Club	G/S	Att	Yds	Avg	LG	TD	No	Yds	Avg.	LG	TD
2016	Seattle	2/0	8	27	3.4	10	0	3	28	9.3	12	0
NFL TOTALS		**2/0**	**8**	**27**	**3.4**	**10**	**0**	**3**	**28**	**9.3**	**12**	**0**

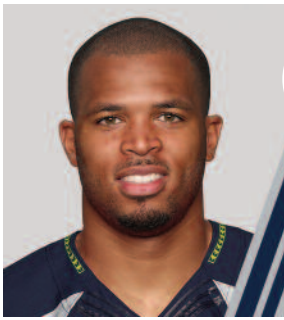
COLLINS' SINGLE-GAME HIGHS

Rushing
Rush Attempts: 7, 3 Times, Last at SF (1/1/17)
Rush Yards: 55 at San Francisco (1/1/17)
Longest Rush: 26 at San Francisco (1/1/17)
Most Rush TDs: 1 vs. Atlanta (10/16/16)

Receiving
Most Rec.: 4 vs. Arizona (12/24/16)
Most Rec. Yards: 33 at Green Bay (12/11/16)
Longest Reception: 14 at Green Bay (12/11/16)
Most Rec. TDs: None

COLLINS' GAME-BY-GAME

		Rushing					Receiving					
2016	**Opponent**	**Att**	**Yds**	**Avg**	**LG**	**TD**	**Rec**	**Yds**	**Avg**	**LG**	**TD**	**Total**
09/11	Miami	Inactive										
09/18	at L.A. Rams	2	0	0.0	0	0	0	0	0.0	0	0	0
09/25	San Francisco	4	12	3.0	4	0	2	19	9.5	10	0	31
10/02	at N.Y. Jets	1	1	1.0	1	0	0	0	0.0	0	0	1
10/16	Atlanta	1	2	2.0	2t	1	1	9	9.0	9	0	11
10/23	at Arizona	1	2	2.0	2	0	0	0	0.0	0	0	2
10/30	at New Orleans	Did Not Play										
11/7	Buffalo	Did Not Play										
11/13	at New England	1	2	2.0	2	0	0	0	0.0	0	0	2
11/20	Philadelphia	Inactive										
11/27	at Tampa Bay	0	0	0.0	0	0	0	0	0.0	0	0	0
12/4	Carolina	Inactive										
12/11	at Green Bay	7	23	3.3	8	0	3	33	11.0	14	0	56
12/15	L.A. Rams	Did Not Play										
12/24	Arizona	7	28	4.0	13	0	4	19	4.8	9	0	47
1/1/17	at San Francisco	7	55	7.9	26	0	1	4	4.0	4	0	59
TOTALS (10/0)		**31**	**125**	**4.0**	**26**	**1**	**11**	**84**	**7.6**	**14**	**0**	**209**
1/7	Detroit	6	13	2.2	3	0	1	11	11.0	11	0	24
1/14	at Atlanta	2	14	7.0	10	0	2	17	8.5	12	0	31
TOTALS (2/0)		**8**	**27**	**3.4**	**10**	**0**	**3**	**28**	**9.3**	**12**	**0**	**55**



43 MARCUS CROMARTIE
SAFETY

Height	**6-0**
Weight	**195**
College	**Wisconsin**
Seasons	**NFL 5th, Seahawks 1st**
Born	**December 3, 1990**
Hometown	**Mansfield, Texas**

NFL TRANSACTIONS:

04/27/13: Signed with San Diego as undrafted FA
08/31/13: Waived by San Diego
09/01/13: Signed to San Diego PS
12/17/13: Signed to San Diego 53-man roster
08/26/14: Placed on IR by San Diego
09/23/14: Waived by San Diego from IR
10/29/14: Signed to Cleveland PS
10/30/14: Released by Cleveland
11/18/14: Signed to San Francisco PS
12/13/14: Signed to San Francisco 53-man roster
09/05/15: Released by San Francisco
09/06/15: Signed to San Francisco PS
11/07/15: Signed to San Francisco 53-man roster
04/17/17: Signed with Buffalo as FA
05/11/17: Released by Buffalo
05/31/17: Signed with Seattle as FA

NFL CAREER HIGHLIGHTS:

- Played in a career-high 10 games in 2016 and totaled three tackles and a fumble recovery.
- Made the first start of his NFL career vs. Atlanta on November 8, 2015, and recorded a career-high seven tackles.
- Spent the first part of the 2014 season with San Diego on Injured Reserve before being waived on September 23. Spent time on Cleveland's practice squad and was later waived. Joined the 49ers practice squad and was later activated to the 53-man roster on December 13 and finished the season with four tackles.
- Promoted to the Chargers active roster on December 17, 2013, where he spent the remainer of the season, although did not appear in a game.

COLLEGE: Played in 39 games and registered 66 tackles, 15 passes defensed, one interception and one forced fumble. As a senior, started all 14 games and was an All-Big Ten Honorable Mention selection. Recorded the second-most passes defensed (12) and returned his first-career interception 29 yards for a touchdown in the Big Ten Championship game versus Nebraska for a berth in the Rose Bowl. In 2011, played in 14 games and recorded 26 tackles and one pass deflection. Appeared in 11 games from 2009 to 2010, recording two tackles. Redshirted his freshman season in 2008.

PERSONAL: Attended Timberview (Mansfield, Texas) HS, where he was selected First-Team All-District and All-Area team in his senior season. Set his high school's record in the 200 meter (21.77). Father, Julius, spent 20 years in the Marine Corps. Mother, Judith, spent 20 years in the US Navy. Has many family ties to the NFL. He is cousins with Dominque Rodgers-Cromartie, a cornerback for the New York Giants, and NFL cornerback Antonio Cromartie. He is also cousins with Da'Mon Cromartie-Smith and Terrelle Smith, who formerly played in the NFL. Majored in agricultural business.

CROMARTIE'S NFL RECORD

			Tackles			Sacks		Interceptions							
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR Yds
2013	San Diego	0/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0 0
2014	San Francisco	3/0	4	4	0	0.0	0.0	0	0	0.0	0	0	1	0	0 0
2015	San Francisco	8/1	10	9	1	0.0	0.0	0	0	0.0	0	0	2	0	0 0
2016	San Francisco	10/0	3	3	0	0.0	0.0	0	0	0.0	0	0	0	0	0 0
NFL TOTALS		**21/1**	**17**	**16**	**1**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**3**	**0**	**0 0**

CROMARTIE'S SINGLE-GAME HIGHS

Tackles: 7 vs. Atlanta (11/8/15)
Sacks: None
INTs: None
FF: None
FR: None

ADDITIONAL STATS

Special Teams Tackles: 2015 (1), 2016 (4, FR); **Career:** 5, FR.

6

AUSTIN DAVIS
QUARTERBACK

Height	6-2
Weight	221
College	Southern Mississippi
Seasons	NFL 6th, Seahawks 1st
Born	June 2, 1989
Hometown	Collinsville, Miss.

NFL TRANSACTIONS:

05/08/12: Signed by St. Louis as undrafted FA
08/31/13: Waived by St. Louis
09/10/13: Signed to Miami PS
09/17/13: Released from Miami PS
10/23/13: Signed as FA with St. Louis
09/05/15: Waived by St. Louis
09/07/15: Signed with Cleveland as FA
08/29/16: Released by Cleveland
09/04/16: Signed with Denver as FA
12/23/16: Waived by Denver
06/05/17: Signed with Seattle as FA

NFL CAREER HIGHLIGHTS:

- Spent 2016 with the Denver Broncos and was inactive 12 games, did not play in two and was waived before Week 16.
- Saw action in three games during the 2015 season for Cleveland.
- With the Rams, made his first career start versus Tampa Bay (9/14/14) and passed for 235 yards on 22 completions. First-career TD came versus Dallas (9/21/14), a 1-yard TD pass to TE Lance Kendricks.

- Had back-to-back 300-yard passing games in 2014 versus Dallas (9/21) and Philadelphia (10/05).
- In 2013, spent training camp with the Rams before being signed to the Dolphins' practice squad. Signed to Rams active roster during Week 8 and was active for the final nine games, but did not play.
- Originally signed as an undrafted college free agent with St. Louis in 2012 and dressed in Week 1 and was inactive the remainder of the season.

COLLEGE: Led Southern Miss to 12 wins and a Conference USA championship as a senior. Set single-season and career school records for touchdowns, passing yards and completion percentages. Passed Brett Favre in nearly every major statistical record in school history. Threw for a school record 3,331 yards in 2011. Named the 2011 Burlsworth Trophy winner and won the Connerly Trophy as the nation's top former walk-on and top player in Mississippi, respectively. Earned All-Conference USA second team honors as a sophomore and junior. Became the school's all-time leader in TD passes during junior season. Became first USM freshman quarterback to lead Golden Eagles to a bowl victory in 2008. Was a C-USA All-Freshman selection. Tossed a school freshman-record 23 touchdowns, passing Favre's mark of 15 in 1987. Earned a degree in business administration.

PERSONAL: Attended West Lauderdale School in Collinsville, Miss. As a high school senior, threw for 1,100 yards passing with 15 TDs and rushed for 600 yards with six TDs. Received all-area honors and participated in the Mississippi/Alabama All-Star game. Also named all-state in baseball. Drafted by the Boston Red Sox in the 2012 MLB Draft in the 31st round. Brother, Bo, played for the San Diego Padres.

A. DAVIS' NFL RECORD

PASSING

Year	Club	G/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	Rate
2012	St. Louis	0/0	0	0	0	0.0	0	0	0	0/0	0.0
2013	St. Louis	0/0	0	0	0	0.0	0	0	0	0/0	0.0
2014	St. Louis	10/8	284	180	2,001	63.4	12	9	59t	29/179	85.1
2015	Cleveland	3/2	94	56	547	59.6	1	3	42t	11/96	66.2
2016	Denver	0/0	0	0	0	0.0	0	0	0	0.0	0.0
NFL TOTALS		**13/10**	**378**	**236**	**2,548**	**62.4**	**13**	**12**	**59t**	**40/275**	**80.4**

RUSHING

Year	Club	G/S	Att	Yds	Avg	LG	TD
2012	St. Louis	0/0	0	0	0.0	0	0
2013	St. Louis	0/0	0	0	0.0	0	0
2014	St. Louis	10/8	16	36	2.3	12	0
2015	Cleveland	3/2	7	33	4.7	17	0
2016	Denver	0/0	0	0	0.0	0	0
NFL TOTALS		**13/10**	**23**	**69**	**3.0**	**17**	**0**

A. DAVIS' SINGLE-GAME HIGHS

Attempts:	49 at Philadelphia	(10/5/14)
Completions:	30 vs. Dallas	(9/21/14)
Completion %:*	85.0 vs. Seattle (17/20)	(10/19/14)
Yards:	375 at Philadelphia	(10/5/14)
Longest, No TD:	43, 2 Times, Last at Kansas City	(10/26/14)
Longest TD:	59 at Arizona	(11/9/14)
Most TDs:	3, 2 Times, Last at Philadelphia	(10/5/14)
Highest Pass Rating (Home):	132.3 vs. Seattle	(10/19/14)
Highest Pass Rating (Away):	103.7 at Philadelphia	(10/5/14)
Interceptions:	2, 4 Times, Last vs. Pittsburgh	(1/3/16)
Rushes:	3, 4 Times Last vs. Pittsburgh	(1/3/16)
Rushing Yds.:	30 at Philadelphia	(10/5/14)
Longest Rush:	17 vs. Pittsburgh	(1/3/16)
Rushing TD:	None	

A. DAVIS' GAME-BY-GAME

2012 PASSING

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
9/9	at Detroit	Did Not Play										
Games 2-16		Inactive										
TOTALS		**(0/0)**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0/0**	**0-0**	**0.0**

W/L record reflects games started only

2013 PASSING

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
Games 1-7		Not with a team										
Games 8-16		Did Not Play										
TOTALS		**(0/0)**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0/0**	**0-0**	**0.0**

W/L record reflects games started only

2014 PASSING

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/07	Minnesota	1/0	23	16	192	69.6	0	1	28	4/21		76.7
09/14	at Tampa Bay	1/1	29	22	235	75.9	0	0	27	2/15	W	99.1
09/21	Dallas	1/1	42	30	327	71.4	3	2	51t	0/0	L	98.0
10/05	at Philadelphia	1/1	49	29	375	59.2	3	0	43	4/34	L	103.7
10/13	San Francisco	1/1	42	21	236	50.0	1	1	39	5/20	L	65.2
10/19	Seattle	1/1	20	17	155	85.0	2	0	30	0/0	W	132.3
10/26	at Kansas City	1/1	25	15	160	60.0	1	1	43	7/44	L	75.4
11/02	at San Francisco	1/1	24	13	105	54.2	1	2	21t	1/3	W	44.6
11/09	at Arizona	1/1	30	17	216	56.7	1	2	59t	6/42	L	62.6
11/30	Oakland	1/0	0	0	0	0.0	0	0	0	0/0		0.0
TOTALS		**(10/8)**	**284**	**180**	**2,001**	**63.4**	**12**	**9**	**59t**	**29/179**	**3-5**	**85.1**

W/L record reflects games started only

2014 RUSHING

Date	Opponent	P/S	Att	Yds	Avg	LG	TD
09/07	Minnesota	1/0	1	0	0.0	0	0
09/14	at Tampa Bay	1/1	1	0	0.0	0	0
09/21	Dallas	1/1	2	-1	-0.5	0	0
10/05	at Philadelphia	1/1	3	30	10.0	12	0
10/13	San Francisco	1/1	1	-1	-1.0	-1	0
10/19	Seattle	1/1	2	-2	-1.0	-1	0
10/26	at Kansas City	1/1	1	1	1.0	1	0
11/02	at San Francisco	1/1	2	9	4.5	10	0
11/09	at Arizona	1/1	3	0	0.0	3	0
11/30	Oakland	1/0	0	0	0.0	0	0
TOTALS		**(10/8)**	**16**	**36**	**2.3**	**12**	**0**

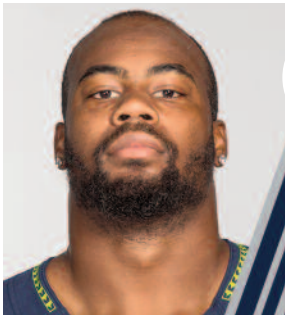
2015 PASSING

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
11/30	Baltimore	1/0	10	7	77	70.0	1	0	42t	1/8		125.8
12/06	Cincinnati	1/1	38	25	230	65.8	0	1	24	3/25	L	71.2
01/03/16	Pittsburgh	1/1	46	24	240	52.2	0	2	42	7/63	L	49.2
TOTALS		**(3/2)**	**94**	**56**	**547**	**59.6**	**1**	**3**	**42t**	**11/96**	**0-2**	**66.2**

W/L record reflects games started only

2015 RUSHING

Date	Opponent	P/S	Att	Yds	Avg	LG	TD
11/30	Baltimore	1/0	1	7	7.0	7	0
12/06	Cincinnati	1/1	3	4	1.3	8	0
1/3/16	Pittsburgh	1/1	3	22	7.3	17	0
TOTALS		**(3/2)**	**7**	**33**	**4.7**	**17**	**0**



39 MIKE DAVIS
RUNNING BACK

Height	5-9
Weight	217
College	South Carolina
Seasons	NFL 3rd, Seahawks 1st
Born	February 19, 1993
Hometown	Atlanta, Ga.

NFL TRANSACTIONS:

05/02/15: Drafted by San Francisco (4th Round, 126th)
11/07/15: Placed on IR/Designated to Return
01/02/16: Activated from IR/Designated to Return
05/05/17: Waived by San Francisco
05/08/17: Claimed off waivers by Seattle

NFL CAREER HIGHLIGHTS:

• Recorded career-highs of 34 rushing yards and 15 receiving yards vs. St. Louis (1/3/16).

COLLEGE: Played in 37 games (21 starts) and rushed for 2,440 yds. and 22 TDs on 454 carries. Ranks in the top 10 in South Carolina history with 2,440 rushing yards (9th), rushing TDs (22, T8), yards per carry (5.4, T8) and total TDs (24, T9). Also notched 70 receptions for 755 yards and two TDs. As a junior, played in 13 games (10 starts) and rushed for 982 yards and nine TDs on 199 carries while adding 32 receptions for 368 yards and two TDs. In 2013, earned Second-Team All-SEC honors as he played in 12 games (11 starts) and registered 203 carries for 1,183 yards and 11 TDs. Tallied 34 recepts. for 352 yards. As a freshman, played in 12 games and recorded 52 carries for 275 yards and two TDs.

PERSONAL: Attended Stephenson (Stone Mountain, Ga.) High School and rushed for 1,923 yards and 21 TDs on 213 carries as a senior. Named to the AAAAA All-State team by the Atlanta Journal-Constitution and selected to the 2011 Super Southeast 120 by the Mobile Register. Brother, James, played RB at Clemson and was drafted by the Cleveland Browns in the sixth round (195th overall) of the 2009 NFL Draft. Majored in sociology.

M. DAVIS' NFL RECORD

			Rushing					Receiving				
	Club	G/S	Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2015	San Francisco	6/0	35	58	1.7	13	0	7	38	5.4	11	0
2016	San Francisco	8/1	19	50	2.6	8	1	3	25	8.3	10	0
NFL TOTALS		**14/1**	**54**	**108**	**2.0**	**13**	**1**	**10**	**63**	**6.3**	**11**	**0**

M. DAVIS' GAME-BY-GAME

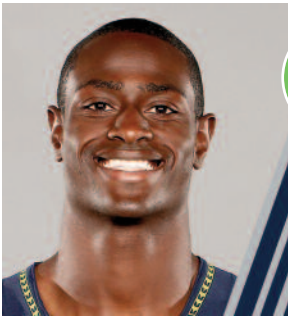
		Rushing					Receiving					
2015	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total
09/20	at Pittsburgh	7	14	2.0	5	0	2	4	2.0	3	0	18
09/27	at Arizona	7	6	0.9	4	0	1	5	5.0	5	0	11
10/18	Baltimore	1	0	0.0	0	0	0	0	0.0	0	0	0
10/22	Seattle	0	0	0.0	0	0	0	0	0.0	0	0	0
11/01	at St. Louis	10	4	0.4	5	0	2	14	7.0	11	0	18
1/3/16	St. Louis	10	34	3.4	13	0	2	15	7.5	8	0	49
TOTALS (6/0)		**35**	**58**	**1.7**	**13**	**0**	**7**	**38**	**5.4**	**11**	**0**	**96**

		Rushing					Receiving					
2016	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total
09/12	L.A. Rams	3	1	0.3	2	0	0	0	0.0	0	0	1
09/19	at Carolina	0	0	0.0	0	0	1	10	10.0	10	0	10
09/25	at Seattle	0	0	0.0	0	0	0	0	0.0	0	0	0
10/02	Dallas	0	0	0.0	0	0	0	0	0.0	0	0	0
10/06	Arizona	2	4	2.0	2	0	0	0	0.0	0	0	4
10/16	at Buffalo	5	13	2.6	7	0	1	6	6.0	6	0	19
10/23	Tampa Bay	7	21	3.0	8	1	0	0	0.0	0	0	21
11/06	New Orleans	2	11	5.5	7	0	1	9	9.0	9	0	20
TOTALS (8/1)		**19**	**50**	**2.6**	**8**	**1**	**3**	**25**	**8.3**	**10**	**0**	**75**

DAVIS' SINGLE-GAME HIGHS

Rushing
Rush Att.: 10, 2 Times, Last vs. St. Louis (1/3/16)
Rush Yards: 34 vs. St. Louis (1/3/16)
Longest Rush: 13 vs. St. Louis (1/3/16)
Most Rush TDs: 1 vs. Tampa Bay (10/23/16)

Receiving
Most Rec.: 2, 3 Times, Last vs. St. Louis (1/3/16)
Most Rec. Yards: 15 vs. St. Louis (1/3/16)
Longest Reception: 11 at St. Louis (11/1/15)
Most Rec. TDs: None



28 PIERRE DESIR
CORNERBACK

Height	**6-2**
Weight	**198**
College	**Lindenwood (Mo.)**
Seasons	**NFL 5th, Seahawks 1st**
Born	**September 8, 1990**
Hometown	**St. Peters, Mo.**
Pronunciation:	**duh-ZEER**

NFL TRANSACTIONS:

05/11/14: Drafted by Cleveland (4th round, 127th)
09/03/16: Waived by Cleveland
09/04/16: Claimed off waivers by San Diego
10/22/16: Waived by San Diego
11/02/16: Signed to Seattle PS
01/16/17: Signed reserve/future contract with Seattle

NFL CAREER HIGHLIGHTS:

• Saw action in a career-high 14 games with six starts in 2015 for Cleveland.

• Played in five games with one start after being inactive in first 11 games of 2014. Helped the Browns finish first in the NFL in opponent passer rating (74.1) and passes defensed (99).

• Made NFL debut in 2014 at Buffalo (11/30), playing on kickoff coverage unit. Played first NFL defensive snaps, posting two tackles vs. Cincinnati (12/14).

COLLEGE: Played first two seasons at Washburn before transferring to Lindenwood to be closer to his family. Earned the Cliff Harris Award, given to the top small-college defensive player as a senior in 2013. Finished career tied for 11th in Division II history with 25 interceptions. Set a Mid America Intercollegiate Athletic Association record with 52 passes defended. Three-time NCAA Division II All-American and four-time All-MAIAA selection. Became the first Lindenwood player to earn All-America honors. Finished second among all levels of NCAA football with nine interceptions in 2012 and tied for first in NCAA Division II with 18 passes defended. Became just the sixth player in MIAA history to collect more than 20 interceptions in a career. Tied the school's single-game record with two interceptions, accomplishing the feat in three games. Recorded five interceptions as a sophomore at Washburn and seven as a freshman.

PERSONAL: Attended Francis Howell Central High School in St, Louis, Mo. Earned all-state honors as a defensive back and set school records in track, and lettered in basketball. Born in Port-au-Prince, Haiti, his family immigrated to the U.S. when he was four-years old. Married to Morgan and has two daughters, Keeli and Kamryn and a son, Pierre Alexander.

DESIR'S SINGLE-GAME HIGHS

Tackles: 12 vs. Denver (10/18/15)
Sacks: None
INTs: None
FF: None
FR: None)

ADDITIONAL STATS

Special Teams Tackles: 2015 (3); **Career: 3.**

DESIR'S NFL RECORD

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2014	Cleveland	5/1	9	9	0	0.0	0.0	0	0	0.0	0	0	2	0	0	0
2015	Cleveland	14/6	36	29	7	0.0	0.0	0	0	0.0	0	0	5	0	0	0
2016	San Diego	5/0	3	3	0	0.0	0.0	0	0	0.0	0	0	1	0	0	0
NFL TOTALS		**24/7**	**48**	**41**	**7**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**8**	**0**	**0**	**0**

21 DeANDRE ELLIOTT
CORNERBACK

Height	**6-1**
Weight	**189**
College	**Colorado State**
Seasons	**NFL 2nd, Seahawks 2nd**
Born	**November 21, 1992**
Hometown	**Dallas, Texas**

NFL TRANSACTIONS:

05/06/16: Signed with Seattle as an undrafted FA

NFL CAREER HIGHLIGHTS:

• Saw action in 13 games, mostly on special teams and five at cornerback, as an undrafted free agent in 2016.

• Finished tied for third with six special teams tackles in 2016.

• Totaled four tackles (3 solo) in Divisional playoff loss at Atlanta (1/14) after replacing an injured Deshawn Shead.

COLLEGE: Started 34 of 47 games at Colorado State, collecting 124 tackles (92 solo), seven interceptions, 27 passes defensed and two fumble recoveries in his career.

PERSONAL: Played cornerback, wide receiver and running back as a three-year letterman at Carter High in southern Dallas. Had nine career interceptions, helping the Cowboys to consecutive appearances in the Texas 4A area playoffs. Was a first-team All-District 11 cornerback as a senior in 2010 with 33 tackles and five interceptions. Out of the offensive backfield, had three rushing touchdowns and two receiving scores. A small forward, played basketball three seasons averaging 10 points and six rebounds. Graduated with four letters in track, contributing to Carter's relay teams in addition to the high jump and and long jump. Majored in communications.

ELLIOTT'S NFL RECORD

			Tackles			Sacks		Interceptions							
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2016	Seattle	13/0	2	2	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**13/0**	**2**	**2**	**0**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**

POSTSEASON

			Tackles			Sacks		Interceptions							
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2016	Seattle	2/0	4	3	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**2/0**	**4**	**3**	**1**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**

ELLIOTT'S SINGLE-GAME HIGHS

Tackles: 1, 2 Times, Last vs. L.A. Rams (12/15/16)
Sacks: None
INTs: None
FF: None
FR: None)

ADDITIONAL STATS

Special Teams Tackles: 2016 (6); **Career: 6.**

74 GEORGE FANT
TACKLE

Height	6-5
Weight	322
College	Western Kentucky
Seasons	NFL 2nd, Seahawks 2nd
Born	July 19, 1992
Hometown	Bowling Green, Ky.

NFL TRANSACTIONS:

05/06/16: Signed with Seattle as an undrafted FA

NFL CAREER HIGHLIGHTS:

• Played in 14 total games and started the final 10 at left tackle as a rookie in 2016. Was inactive two contests. Started both 2016 playoff games at LT.

COLLEGE: Used his fifth year of eligibility at Western Kentucky to play football for the first time since eighth grade, after four years on the Hilltoppers basketball team. He played in 12 football games, recording one catch for seven yards and also had two assisted tackles along the defensive line in 2015. Fant ranked 13th in career scoring and eighth in career rebounding in Hilltoppers basketball history, and was a three-time All-Conference selection during his career. As a senior in 2014-15, Fant led the team in rebounding with 8.4 boards per game and averaged a career-best 13.8 points per game.

PERSONAL: Attended Warren Central High and started all four years on the basketball team. Helped the Dragons to back-to-back 4th Region titles in 2009-10 and 2010-11 and a Kentucky High School Athletic Association Sweet 16 appearance as a senior in 2010-11. Averaged 21.5 points and 11.7 rebounds per game as a senior. Left Warren Central having pulled down a school-record 1,039 rebounds and scored 1,805 points, which ranked third in school history. Cousin, Jim McDaniels, was a three-time All-American at Western Kentucky, helped lead the Hilltoppers to the 1971 Final Four and is the school's all-time leading scorer. Mother, Kim (Norman), also played basketball at Western Kentucky. Majored in recreation.

FANT'S NFL RECORD

Year	Team	—	GP/GS	Postseason
2016	Seattle	—	14/10	2/2
NFL TOTALS		**—**	**14/10**	**2/2**

48 NOLAN FRESE
LONG SNAPPER

Height	6-2
Weight	233
College	Houston
Seasons	NFL 2nd, Seahawks 2nd
Born	July 29, 1992
Hometown	Roanoke, Texas
Pronunciation	Rhymes with crease

NFL TRANSACTIONS:

06/28/16: Signed with Seattle as an undrafted FA
01/03/16: Placed on IR

NFL CAREER HIGHLIGHTS:

• Served as Seattle's longsnapper for all 16 regular season games as an undrafted rookie in 2016. Was placed on injured reserve (ankle) prior to the playoffs.

COLLEGE: Attended the University of Houston from 2011-15 and played in 40 games, starting his final three seasons. Was named third-team

FRESE'S NFL RECORD

Year	Team	—	GP/GS	Postseason
2016	Seattle	—	16/0	IR
NFL TOTALS		**—**	**16/0**	

All-American by Chris Sailer Kicking & Rubio Long Snapping after his senior year, connecting on all 156 of his snaps.

PERSONAL: Attended Keller High and was ranked as the No. 1 long snapper in the state of Texas and No. 7 nationally by Chris Sailer Kicking in 2010. He was a two-year lacrosse team captain and helped his team win the 2009 lacrosse state championship. Majored in business.

ADDITIONAL STATS

Special Teams Tackles: 2016 (3, FF); **Career:** 3, FF.

52 TERENCE GARVIN

LINEBACKER

Height	**6-3**
Weight	**235**
College	**West Virginia**
Seasons	**NFL 5th, Seahawks 1st**
Born	**January 1, 1991**
Hometown	**Upper Marlboro, Md.**

NFL TRANSACTIONS:

05/06/13: Signed with Pittsburgh as undrafted FA
08/31/13: Waived by Pittsburgh
09/01/13: Signed to Pittsburgh PS
09/03/13: Signed to Pittsburgh 53-man roster
03/18/16: Signed with Washington as FA
03/27/17: Signed with Seattle as UFA

NFL CAREER HIGHLIGHTS:

- Has totaled 41 career special teams tackles in 59 games played over four seasons.
- In 2015, appeared in 12 regular season games and two postseason contests. Was inactive Weeks 7-10 with a knee injury.
- Appeared in 15 games with one start as a rookie in 2013. Made first-career start at GB (12/22). Was inactive with a knee injury vs. Cleveland (12/29).

COLLEGE: Played in 47 games for the Mountaineers, making 37 starts and seeing action at both safety and outside linebacker. Finished career with 235 tackles, 10.5 sacks, 11 passes. defensed, three forced fumbles and four fumbles recovered. As a senior in 2012, started all 13 games and led team with six sacks. His 77 total tackles placed him third on the squad. Started 11 games in 2011, missing one game with a head injury and one game with a knee injury. Registered 72 tackles and finished fourth on the team with 3.5 sacks and tied for second on the squad with a pair of interceptions. In 2012, started all 13 games and was named a third-team All-Big East selection by Phil Steele. Finished the season with 76 tackles, and one sack. Also posted a forced fumble, a pair of fumble recoveries and four passes defensed. Saw action in 10 games as a freshman in 2009, tallying 10 tackles.

PERSONAL: Attended Loyola Blakefield H.S. in Baltimore, where he was an all-state selection at defensive back. Selected to play in the Maryland Crab Bowl, the state's all-star game, after finishing his senior season with 32 tackles and two interceptions. Majored in interdisciplinary studies.

GARVIN'S NFL RECORD

		Tackles			Sacks		Interceptions								
Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2013 Pittsburgh	15/1	2	2	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2014 Pittsburgh	16/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2015 Pittsburgh	12/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2016 Washington	16/0	8	6	2	0.5	4.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS	**59/1**	**10**	**8**	**2**	**0.5**	**4.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**

POSTSEASON

		Tackles			Sacks		Interceptions								
Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2014 Pittsburgh	1/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2015 Pittsburgh	2/0	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**

GARVIN'S SINGLE-GAME HIGHS

Tackles: 5, at Chicago (12/24/16)
Sacks: 0.5, at Baltimore (10/9/16)
INT: None
FF: None
FR: None

ADDITIONAL STATS

Special Teams Tackles: 2013 (9), 2014 (15), 2015 (9), 2016 (8); **Career:** (41).

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MARK GLOWINSKI

GUARD

Height	**6-4**
Weight	**310**
College	**West Virginia**
Seasons	**NFL 3rd, Seahawks 3rd**
Born	**May 3, 1992**
Hometown	**Wilkes-Barre, Pa.**

NFL TRANSACTIONS:

05/02/15: Drafted by Seattle (4th round, 134th)

NFL CAREER HIGHLIGHTS:

- Started all 16 games and both playoff contests in 2016 at LG.
- Saw action in nine games as a rookie with one start in season finale at Arizona (1/3/16).
- Selected with the second of two fourth-round choices in the 2015 NFL Draft. Third player drafted out of West Virginia in club history (Last: Bruce Irvin, 2012).

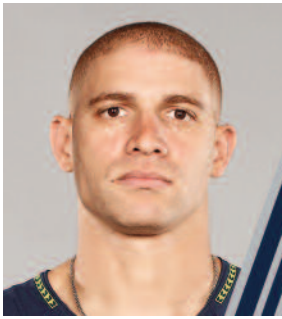
COLLEGE: Earned All-Big 12 First Team honors from the Associated Press and All-Big 12 Second Team honors from coaches following his senior season of 2014. Started all 25 career games in two seasons at West Virginia after starting his career at Lackawanna College (2010-2011) and redshirting at West Virginia in 2012.

PERSONAL: Played for GAR Memorial High in Wilkes-Barre, Pa. Was a three-year starter on both sides of the ball. Helped lead team to a 26-8 record while he was there. Born on May 3, 1992. Son of Mark and Dawn Glowinski. One of two children. Graduated in December 2014 with a bachelor's degree in multidisciplinary studies. Received Garrett Ford Academic Honor Roll honors.

GLOWINSKI'S NFL RECORD

Year	Team	—	GP/GS	Postseason
2015	Seattle	—	9/1	0/0
2016	Seattle	—	16/16	2/2
NFL TOTALS		**—**	**25/17**	**2/2**

Since CenturyLink Field opened in 2002, the Seahawks have the NFC's second-best record with an 85-35 record. Only Green Bay (85-34-1) has a better winning percentage.



88 JIMMY GRAHAM
TIGHT END

Height	**6-7**
Weight	**265**
College	**Miami (Fla.)**
Seasons	**NFL 8th, Seahawks 3rd**
Born	**November 24, 1986**
Hometown	**Goldsboro, N.C.**

PRO BOWL **2011** PRO BOWL **2013** PRO BOWL **2014** PRO BOWL **2016**

ALL PRO:

2011 (2nd Team) **2013** (1st Team)

NFL TRANSACTIONS:

04/23/10: Drafted by New Orleans (3rd round, 95th)
03/10/15: Traded to Seattle from New Orleans
11/30/15: Placed on IR (knee)

NFL CAREER HIGHLIGHTS:

• Acquired via trade with the New Orleans Saints on the first day of free agency, March 10, 2015. Seattle also obtained the Saints 2015 fourth-round draft selection in exchange for the Seahawks 2015 first-round choice and center Max Unger.

• Returned to form in 2016 following a season-ending knee injury in 2015. Made fourth-career Pro Bowl after setting Seahawks single-season franchise records by a tight end in receptions (65) and yards (923).

• Owns the second and third highest average per reception seasons by a tight end in franchise history with a career-high 14.2 in 2016 and 12.6 in 2015.

• Finished the final five games of 2015 on injured reserve after injuring knee versus Pittsburgh (11/30).

• The Saints all-time receiving leader by a tight end, started 50 of 78 career games for New Orleans from 2010-14 totalling 386 receptions for 4,752 yards and 51 TDs. Led the Saints in receptions four consecutive seasons from 2011-14.

• Along with New England's Rob Gronkowski, became the only tight ends in NFL history to record multiple seasons with 1,000 receiving yards and 10-plus TDs.

• Led Saints in receiving for fourth-consecutive season in 2014 and finished second in the NFL among tight ends totalling 85 receptions for 889 yards and 10 TDs.

• Had one of the best seasons by a tight end in NFL history in 2013 after leading the Saints with 86 receptions for 1,215 yards and a team-record 16 TDs. Was the second-highest TD total by a tight end in NFL history and led the NFL in scoring grabs and ranked second in scoring among non-kickers. Tied a Saints record for 100-yard receiving games (6), which tied the NFL record for most by a TE.

• Became the first TE in NFL history to be named NFC Offensive Player of the Month (September 2013). During a four-game streak between September and October, totaled 548 yards which was the most over any four-game span in a single season in NFL history. Also tied an NFL record with four-consecutive 100-yard receiving games by a TE.

• Between 2011-12, had a streak of six-consecutive games with at least one TD reception. That stretch set a Saints record for consecutive games with a receiving TD and tied the club record for consecutive games with a TD. The streak tied the second-longest NFL mark among tight ends since the 1970 AFL-NFL merger.

• Totalled career highs and set a Saints record with 99 receptions for 1,310 yards in 2011.

HONORS: 2013: All-Pro (CBSSports.com, ESPN.com, *Sports Illustrated* & *The Sporting News*), PFWA All-NFL and All-NFC, NFC Offensive Player of the Week 3. NFC Offensive Player of the Month (September). **2012:** NFC Offensive Player of the Week 10. **2011:** *Pro Football Weekly*/PFWA All-NFC, Saints Ed Block Courage Award

COLLEGE: Appeared in 13 games with one start in a multiple-tight end set in only season of football at the University of Miami. Made 17 receptions for 213 yards (12.5 avg.) with five touchdowns. Appeared in 120 games with 39 starts for the Miami basketball team as a four-year letterwinner and averaged 4.2 points per game and 4.2 rebounds per game, while 104 blocked shots ranked eighth in school history. A two-time Academic All-ACC selection, earned a business degree with a double major in marketing and management in 2009.

PERSONAL: Attended Charis Preparatory (Goldsboro, N.C.) Academy, where he played basketball, football, baseball and tennis. On the hardwood, earned All-American honorable mention from Street & Smith Magazine, in addition to garnering All-State and conference and team Most Valuable Player honors. As a senior, averaged 20.7 points, 13.8 rebounds and 4.6 blocks per game. During junior season, grabbed 15.1 rebounds per game and scored an average of 18.2 points per game. Earned airplane pilot's license in 2012.

GRAHAM'S NFL RECORD

		Receiving						Rushing				
	Club	G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2010	New Orleans	15/5	31	356	11.5	52	5	1	3	3.0	3	0
2011	New Orleans	16/11	99	1,310	13.2	59	11	0	0	0.0	0	0
2012	New Orleans	15/9	85	982	11.6	46	9	0	0	0.0	0	0
2013	New Orleans	16/12	86	1,215	14.1	56t	16	0	0	0.0	0	0
2014	New Orleans	16/13	85	889	10.5	29	10	0	0	0.0	0	0
2015	Seattle	11/11	48	605	12.6	45	2	0	0	0.0	0	0
2016	Seattle	16/15	65	923	14.2	42	6	1	0	0.0	0	0
NFL TOTALS		**105/76**	**499**	**6,280**	**12.6**	**59**	**59**	**2**	**3**	**1.5**	**0**	**0**

POSTSEASON

		Receiving						Rushing				
	Club	G/S	No	Yds	Avg	LG	TD	Att	Yds	Avg	LG	TD
2011	New Orleans	2/2	12	158	13.2	66t	3	0	0	0.0	0	0
2013	New Orleans	2/1	4	52	13.0	21	0	0	0	0.0	0	0
2015	Seattle	Injured Reserve (knee)										
2016	Seattle	2/2	6	59	9.8	14	1	0	0	0.0	0	0
NFL TOTALS		**6/5**	**22**	**269**	**12.2**	**66t**	**4**	**0**	**0**	**0.0**	**0**	**0**

GRAHAM'S SINGLE-GAME HIGHS

Most Receptions: 10, 5 Times, Last vs. SF (11/9/14)
Longest Reception: 59, at Jacksonville (10/2/11)
Most Receiving Yards: 179, at Tampa Bay (9/15/13)
Most TDs: 2, 13 Times, Last vs. Buffalo (11/7/16)

ADDITIONAL STATS

Special Teams: 2010: Tackles (1). **Career:** Tackles 1.

100-YARD RECEIVING GAMES (17)

Yards	Opponent	Date	Rec.	Avg.	LG	TD
179	Tampa Bay	9/15/13	10	17.9	56t	1
146	Atlanta	11/11/12	7	20.9	46	2
140	Carolina	10/18/15	8	17.5	45	0
135	at Chicago	10/6/13	10	13.5	38	0
134	Arizona	9/22/13	9	14.9	29	2
132	at Jacksonville	10/2/11	10	13.2	59	1
129	at Carolina	10/9/11	8	16.1	30	0
124	at Tampa Bay	10/16/11	7	17.7	43	0
118	at Cleveland	9/16/14	10	11.8	23	2
115	Carolina	12/30/12	9	12.8	27	1
115	at N.Y. Jets	11/3/13	9	12.9	51t	2
113	at N.Y. Jets	10/2/16	6	18.8	27	0
103	Buffalo	11/7/16	8	12.9	18t	2
100	Houston	9/25/11	4	25.0	32	1
100	Miami	9/30/13	4	25.0	43t	2
100	at Atlanta	11/21/13	5	20.0	44t	1
100	San Francisco	9/25/16	6	16.7	40	1

TOP RECEIVING TOTALS BY TE SINCE 2011

	Player	Team	Rec.	Yds.	Avg.	TD
1.	Jason Witten	Dallas	472	4,921	10.4	27
2.	***Jimmy Graham***	***Seattle***	***468***	***5,924***	***12.7***	***54***
3.	Greg Olsen	Carolina	428	5,384	12.6	32
4.	Antonio Gates	San Diego	368	4,187	11.4	42
5.	Rob Gronkowski	New England	363	5,549	15.3	58

GRAHAM'S GAME-BY-GAME RECEIVING

2010	Opponent	No	Yds	Avg	LG	TD
9/9	Minnesota	Did Not Play				
9/20	at San Francisco	0	0	0.0	0	0
9/26	Atlanta	0	0	0.0	0	0
10/3	Carolina	0	0	0.0	0	0
10/10	at Arizona	0	0	0.0	0	0
10/17	at Tampa Bay	1	11	11.0	11	0
10/24	Cleveland	4	38	9.5	14	0
10/31	Pittsburgh	0	0	0.0	0	0
11/7	at Carolina	3	49	16.3	19t	1
11/21	Seattle	5	72	14.4	27	0
11/25	at Dallas	3	23	7.7	14	0
12/5	at Cincinnati	3	72	24.0	52	0
12/12	St. Louis	1	21	21.0	21	0
12/19	at Baltimore	5	29	5.8	18t	2
12/27	at Atlanta	4	26	6.5	10	1
1/2/11	Tampa Bay	2	15	7.5	11	1
TOTALS (15/5)		**31**	**356**	**11.5**	**52**	**5**

2011	Opponent	No	Yds	Avg	LG	TD
9/8	at Green Bay	4	56	14.0	21	1
9/18	Chicago	6	79	13.2	31	0
9/25	Houston	4	100	25.0	32	1
10/2	at Jacksonville	10	132	13.2	59	1
10/9	at Carolina	8	129	16.1	30	0
10/16	at Tampa Bay	7	124	17.7	43	0
10/23	Indianapolis	6	54	9.0	16	2
10/30	at St. Louis	4	39	9.8	13	0
11/6	Tampa Bay	6	78	13.0	23	0
11/13	at Atlanta	7	82	11.7	29	1
11/28	N.Y. Giants	5	84	16.8	29t	2
12/4	Detroit	8	89	11.1	16	0
12/11	at Tennessee	5	55	11.0	33	0
12/18	at Minnesota	7	70	10.0	18	1
12/26	Atlanta	4	42	10.5	17	1
1/1/12	Carolina	8	97	12.1	29	1
TOTALS (16/11)		**99**	**1310**	**13.2**	**59**	**11**
1/7	Detroit	7	55	7.9	14	1
1/14	at San Francisco	5	103	20.6	66t	2
PLAYOFF TOTALS (2/2)		**12**	**158**	**13.2**	**66t**	**3**

2012	Opponent	No	Yds	Avg	LG	TD
9/9	Washington	6	85	14.2	23	1
9/16	at Carolina	7	71	10.1	17	1
9/23	Kansas City	4	16	4.0	7	1
9/30	at Green Bay	7	76	10.9	24	0
10/7	San Diego	1	4	4.0	4	0
10/21	at Tampa Bay	Inactive (ankle)				
10/28	at Denver	5	63	12.6	20	1
11/5	Philadelphia	8	72	9.0	17	1
11/11	Atlanta	7	146	20.9	46	2
11/18	at Oakland	6	29	4.8	10	1
11/25	San Francisco	4	33	8.3	12	0
11/29	at Atlanta	4	59	14.8	25	0
12/9	at N.Y. Giants	5	56	11.2	27	0
12/16	Tampa Bay	5	69	13.8	24	0
12/23	at Dallas	7	88	12.6	26	0
12/30	Carolina	9	115	12.8	27	1
TOTALS (15/9)		**85**	**982**	**11.6**	**46**	**9**

2013	Opponent	No	Yds	Avg	LG	TD
9/8	Atlanta	4	45	11.3	21	1
9/15	at Tampa Bay	10	179	17.9	56t	1
9/22	Arizona	9	134	14.9	29	2
9/30	Miami	4	100	25.0	43t	2
10/6	at Chicago	10	135	13.5	38	0
10/13	at New England	0	0	0.0	0	0
10/27	Buffalo	3	37	12.3	15t	2
11/3	at N.Y. Jets	9	116	12.9	51t	2
11/10	Dallas	5	59	11.8	26	0
11/17	San Francisco	6	41	6.8	13	0
11/21	at Atlanta	5	100	20.0	44t	1
12/2	at Seattle	3	42	14.0	20	1
12/8	Carolina	6	58	9.7	22	2
12/15	at St. Louis	2	25	12.5	13	0
12/22	at Carolina	5	73	14.6	46	1
12/29	Tampa Bay	5	71	14.2	33	1
TOTALS (16/12)		**86**	**1215**	**14.1**	**56t**	**16**
1/4	at Philadelphia	3	44	14.7	21	0
1/8	at Seattle	1	8	8.0	8	0
PLAYOFF TOTALS (2/1)		**4**	**52**	**13.0**	**21**	**0**

2014	Opponent	No	Yds	Avg	LG	TD
9/7	at Atlanta	8	82	10.3	17	0
9/14	at Cleveland	10	118	11.8	23	2
9/21	Minnesota	6	54	9.0	15	0
9/28	at Dallas	8	86	10.8	17	1
10/5	Tampa Bay	2	36	18.0	23	0
10/19	at Detroit	0	0	0.0	0	0
10/26	Green Bay	5	59	11.8	22t	1
10/30	at Carolina	7	83	11.9	27	1
11/9	San Francisco	10	76	7.6	15	2
11/16	Cincinnati	3	29	9.7	13	0
11/24	Baltimore	6	47	7.8	11	2
11/30	at Pittsburgh	0	0	0.0	0	0
12/7	Carolina	3	25	8.3	10	0
12/15	at Chicago	5	87	17.4	29	0
12/21	Atlanta	6	53	8.8	15	1
12/28	at Tampa Bay	6	54	9.0	14	0
TOTALS (16/13)		**85**	**889**	**10.5**	**29**	**10**

2015	Opponent	No	Yds	Avg	LG	TD
9/13	at St. Louis	6	51	8.5	19	1
9/20	at Green Bay	1	11	11.0	11	0
9/27	Chicago	7	83	11.9	30t	1
10/5	Detroit	4	29	7.3	13	0
10/11	at Cincinnati	3	30	10.0	22	0
10/18	Carolina	8	140	17.5	45	0
10/22	at San Francisco	2	31	15.5	23	0
11/1	at Dallas	7	75	10.7	19	0
11/15	Arizona	3	41	13.7	30	0
11/22	San Francisco	3	39	13.0	20	0
11/29	Pittsburgh	4	75	18.8	36	0
TOTALS (11/11)		**48**	**605**	**12.6**	**45**	**2**

2016	Opponent	No	Yds	Avg	LG	TD
09/11	Miami	1	11	11.0	11	0
09/18	at L.A. Rams	3	42	14.0	17	0
09/25	San Francisco	6	100	16.7	40	1
10/02	at N.Y. Jets	6	113	18.8	27	0
10/16	Atlanta	6	89	14.8	25	0
10/23	at Arizona	5	53	10.6	14	0
10/30	at New Orleans	3	34	11.3	15	0
11/7	Buffalo	8	103	12.9	18t	2
11/13	at New England	4	48	12.0	19	0
11/20	Philadelphia	3	46	15.3	35t	1
11/27	at Tampa Bay	6	67	11.2	21	0
12/4	Carolina	6	63	10.5	18	1
12/11	at Green Bay	1	16	16.0	16	0
12/15	L.A. Rams	1	31	31.0	31	0
12/24	Arizona	2	43	21.4	37t	1
1/1/17	at San Francisco	4	64	16.0	42	0
TOTALS (16/15)		**65**	**923**	**14.2**	**42**	**6**
1/7	Detroit	3	37	12.3	14	0
1/14	at Atlanta	3	22	7.3	11	1
TOTALS (2/2)		**6**	**59**	**9.8**	**14**	**1**

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JOEY HUNT

CENTER

Height	**6-2**
Weight	**299**
College	**TCU**
Seasons	**NFL 2nd, Seahawks 2nd**
Born	**February 22, 1994**
Hometown	**El Campo, Texas**

NFL TRANSACTIONS:

04/30/16: Drafted by Seattle (6th Round, 215th)

NFL CAREER HIGHLIGHTS:

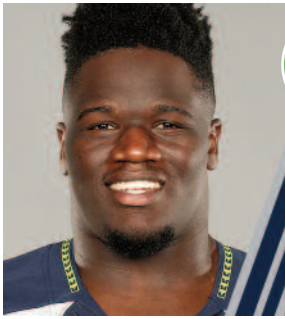
- Made first career start at center at Tampa Bay (11/27/16).

COLLEGE: Snapped for Seahawks teammate Trevone Boykin at Texas Christian. Played in 43 games with 36 starts, 34 of which were at center. Earned first-team All-Big 12 honors after his senior season and second-team All-Big 12 honors after his junior year.

PERSONAL: A Rivals.com three-star defensive tackle. Ranked by 247sports.com as the nation's third-best center. An all-state selection on offense as a senior. Was an all-state pick on defense his junior year, when he was also named the District 23-4A Defensive Most Valuable Player. Totaled 210 tackles, including 66 for loss, with 16 sacks in his high school career. Forced 15 fumbles while recovering 10. Recorded 240 pancake blocks while allowing just one sack. A three-time selection to the Victoria Advocate's All-Area team, including twice as the Lineman of the Year.

HUNT'S NFL RECORD

Year	Team	—	GP/GS	Postseason
2016	Seattle	—	9/1	2/0
NFL TOTALS		**—**	**9/1**	**2/0**



76 GERMAIN IFEDI
GUARD/TACKLE

Height	**6-5**
Weight	**325**
College	**Texas A&M**
Seasons	**NFL 2nd, Seahawks 2nd**
Born	**June 2, 1994**
Hometown	**Houston, Texas**
Pronunciation	**Jermaine ih-FEH-dee**

NFL TRANSACTIONS:

04/28/16: Drafted by Seattle (1st Round, 31st)

NFL CAREER HIGHLIGHTS:

• Rookie-year starter at right guard for 13 games and both postseason contests.

COLLEGE: Three-year starter after redshirting in 2012. Started all 37 games played in his Aggies career. Voted team captain his junior season and was named second-team All-SEC after starting 13 games at right tackle. Named to the Sporting News Freshman All-America team.

PERSONAL: Prepped at Houston Westside High. First-team All-Greater Houston by the Houston Chronicle in 2011. Earned second-team All-State honors by the Associated Press and first-team All-District 20-5A honors. Recorded 96 pancakes as a senior, and also blocked a kick. ESPN rated him as a four-star recruit and the No. 26 guard prospect. Rated as a four-star recruit and the No. 15 guard nationally by Scout.com. SuperPrep ranked him as the No. 102 player in Texas and the No. 20 offensive lineman in Texas. Ranked No. 22 on the Austin American-Stateman's Texas Fab 55. Majored in construction science.

IFEDI'S NFL RECORD

Year	Team	—	GP/GS	Postseason
2016	Seattle	—	13/13	2/2
NFL TOTALS		**—**	**13/13**	**2/2**

99 QUINTON JEFFERSON
DEFENSIVE TACKLE

Height	**6-4**
Weight	**291**
College	**Maryland**
Seasons	**NFL 2nd, Seahawks 2nd**
Born	**March 31, 1993**
Hometown	**Pittsburgh, Pa.**

NFL TRANSACTIONS:

04/30/16: Drafted by Seattle (5th Round, 147th)

10/25/16: Placed on injured reserve (knee)

NFL CAREER HIGHLIGHTS:

• 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 ithe 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.

JEFFERSON'S SINGLE-GAME HIGHS

Tackles: 1 vs. Miami (9/11/16)
Sacks: None
Int.: None
FF: None
FR: None

JEFFERSON'S NFL RECORD

		Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2016	Seattle	3/0	1	0	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**3/0**	**1**	**0**	**1**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**

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LUKE JOECKEL

GUARD/TACKLE

Height	**6-6**
Weight	**307**
College	**Texas A&M**
Seasons	**NFL 5th, Seahawks 1st**
Born	**November 6, 1991**
Hometown	**Arlington, Texas**
Pronunciation	**JOKE-ull**

NFL TRANSACTIONS:

04/25/13: Drafted by Jacksonville (1st Round, 2nd)
03/09/17: Signed with Seattle as UFA

NFL CAREER HIGHLIGHTS:

- Has made 39 career starts: 32 at left tackle, three at left guard and four at right tackle.
- His 2016 season was cut short after four games and was placed on injured reserve (knee).
- Had his rookie season cut short by injury after fracturing his right ankle on October 6, 2013.

COLLEGE: Three-year letterman and left school following his junior season. Started all 39 games of his college career at left tackle, including 13 as a true freshman. Career totals include 327 key blocks/knockdowns and 42 touchdown-resulting blocks. Recognized as the nation's best offensive lineman in college football as the 67th recipient of the Outland Trophy in 2012.

PERSONAL: Attended Arlington High. Earned consensus All-America honors as a senior, while protecting his twin brother, Matt, who played quarterback (also played quarterback at Texas A&M). Older brother, David, played on the offensive line at DePauw. Father, Dave, was a four-year letterman and three-year starter as an offensive lineman at Texas Tech and now serves as a trial lawyer in Fort Worth. Grandfather, Reece Washington, played tight end for Texas Tech. Majored in business.

JOECKEL'S NFL RECORD

Year	Team	—	GP/GS	Postseason
2013	Jacksonville	—	5/5	-
2014	Jacksonville	—	16/16	-
2015	Jacksonville	—	14/14	-
2016	Jacksonville	—	4/4	-
NFL TOTALS		**—**	**39/39**	**-**

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DION JORDAN

DEFENSIVE END

Height	**6-6**
Weight	**275**
College	**Oregon**
Seasons	**NFL 4th, Seahawks 1st**
Born	**March 5, 1990**
Hometown	**Chandler, Ariz.**

NFL TRANSACTIONS:

04/25/13: Drafted by Miami (1st Round, 3rd)
08/30/16: Placed on non-football injury list (knee)
03/31/17: Released by Miami
04/14/17: Signed by Seattle as FA

NFL CAREER HIGHLIGHTS:

- Played in 26 games with one start for the Dolphins from 2013-14, collecting 37 tackles (31 solo), 3.0 sacks and three passes defensed.

COLLEGE: Four-year letterman (2009-12) and two-year starter at Oregon. Played in 45 games with 25 starts. Finished with 121 tackles (48 solo), 14.5 sacks, 29 tackles for loss, four forced fumbles and two passes defensed. Started 12 games as a senior in 2012 and recorded 44 tackles (26 solo), 5.0 sacks and 10.5 tackles for loss. Was named a finalist for the Butkus Award, given to the nation's top linebacker. Began career at tight end before moving to the defensive side of the ball in 2010.

PERSONAL: Attended Chandler High School. Played both tight end and defensive end and posted five sacks and 55 tackles on the defensive line and caught 13 passes for 292 yards with three scores in six games as a senior. Caught 54 passes for 804 yards and 13 touchdowns as a junior. Born in San Francisco, Calif. Majored in sociology.

JORDAN'S SINGLE-GAME HIGHS

Tackles: 4 at Buffalo (12/22/13) **FF:** None
Sacks: 1.0 three times, last vs. Minnesota (12/21/14)
FR: None **Int.:** None

JORDAN'S NFL RECORD

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2013	Miami	16/0	24	18	6	2.0	18.0	0	0	0.0	0	0	2	0	0	0
2014	Miami	10/1	13	13	0	1.0	7.0	0	0	0.0	0	0	1	0	0	0
2015		Suspended by NFL														
2016	Miami	0/0	Reserve/Non-Football Injury List													
NFL TOTALS		**26/1**	**37**	**31**	**6**	**3.0**	**25.0**	**0**	**0**	**0**	**0**	**0**	**3**	**0**	**0**	**0**

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JERMAINE KEARSE

WIDE RECEIVER

Height	**6-1**
Weight	**209**
College	**Washington**
Seasons	**NFL 6th, Seahawks 6th**
Born	**February 6, 1990**
Hometown	**Lakewood, Wash.**

NFL TRANSACTIONS:

05/07/12: Signed with Seattle as an undrafted FA
09/01/12: Released by Seattle
09/03/12: Signed to Seattle PS
10/30/12: Signed to Seattle active roster
03/11/16: Re-signed with Seattle as UFA

NFL CAREER HIGHLIGHTS:

- Set career-highs in catches (49), yards (685) and touchdowns (5) in 2015.

- Started 14 of 15 games played in 2014 and had 38 catches, 537 yards and one touchdown. Started all three postseason games and set the franchise-record with a 63-yard touchdown vs. Carolina (1/10/15), caught the game-winning 35-yard touchdown pass in overtime vs. Green Bay (1/18/15) to send Seattle to Super Bowl XLIX and made one of the best catches in Super Bowl history on a 33-yard juggling catch late in the game. In the 2014 postseason, posted seven receptions for 209 yards (29.9 avg.) with a long of 63t and two touchdowns.

- Started five of 15 games played in 2013 and one of three postseason games. Posted 22 catches, 346 yards and four touchdowns. In Super Bowl XLVIII, tallied four receptions for 65 yards and broke four tackles en route to a 23-yard touchdown in the 43-8 win over Denver.

COLLEGE: Appeared in 50 games in four years for the Huskies, starting 36. Finished his career ranked second in school history in receptions (180), receiving yards (2,871) and receiving touchdowns (29), and averaged 57.4 receiving yards per game.

PERSONAL: Attended Lakes High School, catching 54 passes for 903 yards and eight touchdowns as a senior in 2007, leading the team to a 10-1 record and to a record of 30-4 over his three seasons, which included three trips to the state tournament. Also named the league's defensive MVP his senior year with 89 tackles, six interceptions and two blocked kicks as a defensive back. A PrepStar and SuperPrep All-American who totaled 3,500 yards and 39 touchdowns during his high school career. Starred on the school's basketball team, averaging 15 points per game, leading the team to the state championship game and was a standout on the track team, participating in the triple jump and 4x100 relay.

KEARSE'S GAME-BY-GAME RECEIVING

2012	Opponent	No	Yds	Avg	LG	TD
Games 1-8		Practice Squad				
11/4	Min	1	6	6.0	6	0
11/11	NYJ	0	0	0.0	0	0
11/25	at Mia	1	8	8.0	8	0
12/2	at Chi	Inactive				
12/9	Ari	0	0	0.0	0	0
12/16	at Buf	0	0	0.0	0	0
12/23	SF	1	17	17.0	17	0
12/30	Ari	0	0	0.0	0	0
TOTALS (7/1)		**3**	**31**	**10.3**	**17**	**0**
1/6	at Was	0	0	0.0	0	0
1/13	at Atl	0	0	0.0	0	0
PLAYOFFS (2/0)		**0**	**0**	**0**	**0**	**0**

2013	Opponent	No	Yds	Avg	LG	TD
9/8	at Carolina	2	49	24.5	43t	1
9/15	San Francisco	0	0	0.0	0	0
9/22	Jacksonville	1	17	17.0	17	0
9/29	at Houston	0	0	0.0	0	0
10/6	at Indianapolis	1	28	28.0	28t	1
10/13	Tennessee	3	17	5.7	11	0
10/17	at Arizona	1	17	17.0	17	0
10/28	at St. Louis	0	0	0.0	0	0
11/3	Tampa Bay	2	43	21.5	27	1
11/10	at Atlanta	3	75	25.0	43t	1
11/17	Minnesota	0	0	0.0	0	0
12/2	New Orleans	2	26	13.0	19	0
12/8	at San Francisco	2	15	7.5	9	0
12/15	at N.Y. Giants	2	21	10.5	13	0
12/22	Arizona	3	38	12.7	18	0
12/29	St. Louis	Did Not Play (ankle)				
TOTALS (15/5)		**22**	**346**	**15.7**	**43t**	**4**
1/11	New Orleans	1	25	25.0	25	0
1/19	San Francisco	2	44	22.0	35t	1
2/2	Denver	4	65	16.3	24	1
PLAYOFFS (3/1)		**7**	**134**	**19.1**	**35t**	**2**

2014	Opponent	No	Yds	Avg	LG	TD
9/04	Green Bay	1	8	8.0	8	0
9/14	at San Diego	4	61	15.3	30	0
9/21	Denver	2	22	11.0	12	0
10/06	at Washington	1	15	15.0	15t	1
10/12	Dallas	3	62	20.7	53	0
10/19	at St. Louis	3	50	16.7	29	0
10/26	at Carolina	2	15	7.5	12	0
11/02	Oakland	1	4	4.0	4	0
11/09	N.Y. Giants	3	70	23.3	60	0
11/16	at Kansas City	5	54	10.8	24	0
11/23	Arizona	1	19	19.0	19	0
11/27	at San Francisco	3	34	11.3	17	0
12/07	at Philadelphia	3	37	12.3	20	0
12/14	San Francisco	5	78	15.6	47	0
12/21	at Arizona	1	8	8.0	8	0
12/28	St. Louis	Inactive (hamstring)				
TOTALS (15/14)		**38**	**537**	**14.1**	**60**	**1**
1/10	Carolina	3	129	43.0	63t	1
1/18	Green Bay	1	35	35.0	35t	1
2/1	New England	3	45	15.0	33	0
PLAYOFFS (3/3)		**7**	**209**	**29.9**	**63t**	**2**

2015	Opponent	No	Yds	Avg	LG	TD
9/13	at St. Louis	8	76	9.5	23	0
9/20	at Green Bay	0	0	0.0	0	0
9/27	Chicago	6	76	12.7	22	0
10/5	Detroit	2	84	42.0	50	0
10/11	at Cincinnati	2	38	19.0	30t	1
10/18	Carolina	0	0	0.0	0	0
10/22	at San Francisco	3	64	21.3	36	0
11/1	at Dallas	0	0	0.0	0	0
11/15	Arizona	1	10	10.0	10	0
11/22	San Francisco	3	34	11.3	18	0
11/29	Pittsburgh	4	47	11.8	22	2
12/6	at Minnesota	0	0	0.0	0	0
12/13	at Baltimore	7	74	10.6	20	0
12/20	Cleveland	7	110	15.7	39	0
12/27	St. Louis	3	38	12.7	18t	1
1/3	at Arizona	3	34	11.3	24t	1
TOTALS (16/16)		**49**	**685**	**14.0**	**50**	**5**
1/10	at Minnesota	3	18	6.0	8	0
1/17	at Carolina	11	110	10.0	17	2
PLAYOFF TOTALS (2/2)		**14**	**128**	**9.1**	**17**	**2**

2016	Opponent	No	Yds	Avg	LG	TD
9/11	Miami	5	57	11.4	24	0
9/18	at L.A.	2	11	5.5	9	0
9/25	San Francisco	2	11	5.5	9	0
10/2	at N.Y. Jets	3	23	7.7	10	0
10/16	Atlanta	3	35	11.7	16	0
10/23	at Arizona	3	51	17.0	31	0
10/30	at New Orleans	4	57	14.3	23	0
11/7	Buffalo	2	36	18.0	20	0
11/13	at New England	2	26	13.0	20	0
11/20	Philadelphia	2	29	14.5	17	0
11/27	at Tampa Bay	1	18	18.0	18	0
12/4	Carolina	5	68	13.6	31	0
12/11	at Green Bay	1	7	7.0	7	0
12/15	Los Angeles	0	0	0.0	0	0
12/24	Arizona	4	37	9.3	16	1
1/1/17	at San Francisco	2	45	22.5	36	0
TOTALS (16/15)		**41**	**511**	**12.5**	**36**	**1**
1/7	Detroit	2	14	7.0	8	0
1/14	at Atlanta	1	8	8.0	8	0
TOTALS (2/1)		**3**	**22**	**7.3**	**8**	**0**

KEARSE'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2012	Seattle	7/1	3	31	10.3	17	0
2013	Seattle	15/5	22	346	15.7	43t	4
2014	Seattle	15/14	38	537	14.1	60	1
2015	Seattle	16/16	49	685	14.0	50	5
2016	Seattle	16/15	41	511	12.5	36	1
NFL TOTALS		**69/51**	**153**	**2,110**	**13.8**	**60**	**11**

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2012	Seattle	2/0	0	0	0.0	0	0
2013	Seattle	3/1	7	134	19.1	35t	2
2014	Seattle	3/3	7	209	29.9	63t	2
2015	Seattle	2/2	14	128	9.1	17	2
2016	Seattle	2/1	3	22	7.3	8	0
NFL TOTALS		**12/7**	**31**	**501**	**16.4**	**63t**	**6**

KEARSE'S SINGLE-GAME HIGHS

Most Rec.: 8, at St. Louis (9/13/15)
Most Yards: 110 vs. Cleveland (12/20/15)
Most TDs: 2 vs. Pittsburgh (11/29/15)
Longest Reception: 60, vs. N.Y. Giants (11/9/14)

ADDITIONAL STATS

Rushing: 2014 (2 attempts for 15 yards, long of 11); **Career** (2 attempts for 15 yards, long of 11).
Special Teams Tackles: 2012 (3), 2013 (5, blocked punt), 2014 (2, FF), 2015 (3); **Career** (13, FF, blocked punt).
Kickoff Returns: 2013 (13 returns for 283 yards, 21.8 avg., long of 40)
Postseason Special Teams Tackles: 2012 (1); **Career** (1).

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EDDIE LACY

RUNNING BACK

Height	**5-11**
Weight	**250**
College	**Alabama**
Seasons	**NFL 5th, Seahawks 1st**
Born	**June 2, 1990**
Hometown	**Geismar, La.**

PRO BOWL
2013

NFL TRANSACTIONS:

04/26/13: Drafted by Green Bay (2nd Round, 61st)
10/20/16: Placed on injured reserve (ankle)
03/14/17: Signed by Seattle as UFA

NFL CAREER HIGHLIGHTS:

• Played in 51 games with 48 starts for the Green Bay Packers, rushing 788 times for 3,435 yards and 23 touchdowns before signing with Seattle as an unrestricted free agent in 2017.

• Following a rookie season of 284 carries, 1,178 yards and 11 touchdowns, Lacy was selected to the Pro Bowl and named the AP Offensive Rookie of the Year, the PFWA Rookie of the Year and named to the PFWA All-Rookie Team.

COLLEGE: Lettered in all three of his participating seasons and was a member of three national championship teams during his four years on campus. Moved into a starting role as a junior after backing up Heisman Trophy winner Mark Ingram and finalist Trent Richardson earlier in his career. Finished his career with 2,402 rushing yards and 30 touchdowns on 355 carries (6.8 avg.) and added 35 receptions for 338 yards (9.7 avg.) and two touchdowns…His 6.8-yard average per carry ranked No. 1 in school history among players with 300-plus attempts.

PERSONAL: Started his prep career at Helen Cox High in Harvey, La., but was forced to transfer following Hurricane Katrina and finished his final three years at Dutchtown High in Geismar. Lettered all four years in football and was one of the most highly sought-after running back recruits in the nation. Was the No. 13 running back in the country according to Rivals.com and was rated as an All-American by both SuperPrep and Tom Lemming's Prep Football Report. Also was named to the Mobile Press-Register's Super Southeast 120 and The Atlanta Journal-Constitution's Super Southern 100. Played in seven games as a senior in 2008, but still ran for 1,046 yards and 17 touchdowns. Earned all-state acclaim following his junior season in 2007 when he ran for 1,800 yards and 26 touchdowns. Half-brother, Donovan Grayson, played linebacker at LSU. Was a high school teammate of 49ers safety Eric Reid. Saw his family's home in Gretna, La., destroyed by Hurricane Katrina in 2005. The family was displaced and moved between Texas and Louisiana before finally settling in Geismar, La., where he finished high school. Majored in consumer science.

LACY'S NFL RECORD

			Rushing					Receiving				
	Club	G/S	Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2013	Green Bay	15/15	284	1,178	4.1	60	11	35	257	7.3	34	0
2014	Green Bay	16/16	246	1,139	4.6	44t	9	42	427	10.2	67	4
2015	Green Bay	15/12	187	758	4.1	29	3	20	188	9.4	28t	2
2016	Green Bay	5/5	71	360	5.1	31	0	4	28	7.0	17	0
NFL TOTALS		**51/48**	**788**	**3,435**	**4.4**	**60**	**23**	**101**	**900**	**8.9**	**67**	**6**

POSTSEASON

			Rushing					Receiving				
	Club	G/S	Att	Yds	Avg	LG	TD	No	Yds	Avg.	LG	TD
2013	Green Bay	1/1	21	81	3.9	8	0	2	7	3.5	4	0
2014	Green Bay	2/2	40	174	4.4	29	0	1	10	10.0	10	0
2015	Green Bay	2/2	24	152	6.3	61	1	2	2	1.0	4	0
NFL TOTALS		**5/5**	**85**	**407**	**4.8**	**61**	**1**	**5**	**19**	**3.8**	**10**	**0**

LACY'S SINGLE-GAME HIGHS

Rushing
Rush Attempts: 29 at Minnesota (10/27/13)
Rush Yards: 150 vs. Chicago (11/4/13)
Longest Rush: 60 at Dallas (12/15/13)
Most Rush TDs: 2 twice, last vs. Minnesota (10/2/14)

Receiving
Most Rec.: 8 at New Orleans (10/26/14)
Most Rec. Yards: 123 at New Orleans (10/26/14)
Longest Reception: 67 at New Orleans (10/26/14)
Most Rec. TDs: 1 six times, last at Arizona (12/27/15)

LACY'S GAME-BY-GAME

		----------Rushing----------					----------Receiving----------					
2013	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total
9/8	at San Francisco	14	41	2.9	7	1	1	31	31.0	31	0	72
9/15	Washington	1	10	10.0	10	0	0	0	0.0	0.0	0	10
9/22	at Cincinnati	Inactive (concussion)										
10/6	Detroit	23	99	4.3	13	0	1	-2	-2.0	-2	0	97
10/13	at Baltimore	23	120	5.2	37	0	1	5	5.0	5	0	125
10/20	Cleveland	22	82	3.7	13	1	5	26	5.2	7	0	108
10/27	at Minnesota	29	94	3.2	17	1	4	18	4.5	9	0	112
11/4	Chicago	22	150	6.8	56	1	0	0	0.0	0	0	150
11/10	Philadelphia	24	73	3.0	11	0	2	11	5.5	13	0	84
11/17	at N.Y. Giants	14	27	1.9	5	1	2	21	10.5	16	0	48
11/24	Minnesota	25	110	4.4	17	1	6	48	8.0	16	0	158
11/28	at Detroit	10	16	1.6	4	0	2	23	11.5	20	0	39
12/8	Atlanta	20	65	3.3	11	1	3	25	8.3	16	0	90
12/15	at Dallas	21	141	6.7	60	1	4	30	7.5	34	0	171
12/22	Pittsburgh	15	84	5.6	14t	2	2	6	3.0	5	0	90
12/29	at Chicago	21	66	3.1	17	1	2	15	7.5	8	0	81
TOTALS (15/15)		**284**	**1,178**	**4.1**	**60**	**11**	**35**	**257**	**7.3**	**34**	**0**	**1,435**
1/5	San Francisco	21	81	3.9	8	0	2	7	3.5	4	0	88
PLAYOFFS (1/1)		**21**	**81**	**3.9**	**8**	**0**	**2**	**7**	**3.5**	**4**	**0**	**88**

LACY'S GAME-BY-GAME

		Rushing					Receiving					
2014	**Opponent**	**Att**	**Yds**	**Avg**	**LG**	**TD**	**Rec**	**Yds**	**Avg**	**LG**	**TD**	**Total**
9/4	at Seattle	12	34	2.8	15	0	3	11	3.7	12	0	45
9/14	N.Y. Jets	13	43	3.3	10	0	2	18	9.0	11	0	61
9/21	at Detroit	11	36	3.3	17	0	1	9	9.0	9	0	45
9/28	at Chicago	17	48	2.8	10	1	1	11	11.0	11	0	59
10/2	Minnesota	13	105	8.1	29	2	3	27	9.0	21	0	132
10/12	at Miami	14	40	2.9	10	0	0	0	0.0	0	0	40
10/19	Carolina	12	63	5.3	11	1	3	10	3.3	5	0	73
10/26	at New Orleans	13	59	4.5	19	0	8	123	15.4	67	0	182
11/9	Chicago	14	50	3.6	16	0	3	68	22.7	56t	1	118
11/16	Philadelphia	10	69	6.9	37	1	3	45	15.0	32t	1	114
11/23	at Minnesota	25	125	5.0	16	1	2	13	6.5	10t	1	138
11/30	New England	21	98	4.7	24	0	2	17	8.5	12	0	115
12/8	Atlanta	13	73	5.6	22	1	5	33	6.6	13	1	106
12/14	at Buffalo	15	97	6.5	22	1	2	11	5.5	12	0	108
12/21	at Tampa Bay	17	99	5.8	44t	1	1	5	5.0	5	0	104
12/28	Detroit	26	100	3.8	22	0	3	26	8.7	15	0	126
TOTALS (16/16)		**246**	**1,139**	**4.6**	**44t**	**9**	**42**	**427**	**10.2**	**67t**	**4**	**1,566**
1/11	Dallas	19	101	5.3	29	0	1	10	10.0	10	0	111
1/18	at Seattle	21	73	3.5	13	0	0	0	0.0	0	0	73
PLAYOFFS (2/2)		**40**	**174**	**4.4**	**29**	**0**	**1**	**10**	**10.0**	**10**	**0**	**184**

		Rushing					Receiving					
2015	**Opponent**	**Att**	**Yds**	**Avg**	**LG**	**TD**	**Rec**	**Yds**	**Avg**	**LG**	**TD**	**Total**
9/13	at Chicago	19	85	4.5	16	1	2	14	7.0	9	0	99
9/20	Seattle	3	9	3.0	8	0	0	0	0.0	0	0	9
9/28	Kansas City	10	46	4.6	13	0	3	41	13.7	26	0	87
10/4	at San Francisco	18	90	5.0	15	0	1	3	3.0	3	0	93
10/11	St. Louis	13	27	2.1	8	0	1	8	8.0	8	0	35
10/18	San Diego	4	3	0.8	3	0	2	17	8.5	12	0	20
11/1	at Denver	11	38	3.5	15	1	1	9	9.0	0	0	47
11/8	at Carolina	5	10	2.0	7	0	0	0	0.0	0	0	10
11/15	Detroit	Inactive (groin)										
11/22	at Minnesota	22	100	4.5	27	0	1	6	6.0	6	0	106
11/26	Chicago	17	105	6.2	29	0	4	34	8.5	25t	1	139
12/3	at Detriot	5	4	0.8	2	0	1	-3	-3.0	-3	0	1
12/13	Dallas	24	124	5.2	24	1	1	24	24.0	24	0	148
12/20	at Oakland	11	23	2.1	8	0	0	0	0.0	0	0	23
12/27	at Arizona	12	60	5.0	25	0	1	28	28.0	28t	1	88
1/3	Minnesota	13	34	2.6	11	0	2	7	3.5	14	0	41
TOTALS (15/12)		**187**	**758**	**4.1**	**29**	**3**	**20**	**188**	**9.4**	**28t**	**2**	**946**
1/10	at Washington	12	63	5.3	30	1	0	0	0.0	0	0	63
1/16	at Arizona	12	89	7.4	61	0	2	2	1.0	4	0	91
PLAYOFF TOTALS (2/2)		**24**	**152**	**6.3**	**61**	**1**	**2**	**2**	**1.0**	**4**	**0**	**154**

		Rushing					Receiving					
2016	**Opponent**	**Att**	**Yds**	**Avg**	**LG**	**TD**	**Rec**	**Yds**	**Avg**	**LG**	**TD**	**Total**
9/11	at Jacksonville	14	61	4.4	28	0	1	17	17.0	17	0	78
9/18	at Minnesota	12	50	4.2	13	0	0	0	0.0	0	0	50
9/25	Detroit	17	103	6.1	25	0	1	2	2.0	2	0	105
10/9	N.Y. Giants	11	81	7.4	31	0	1	3	3.0	3	0	84
10/16	Dallas	17	65	3.8	25	0	1	6	6.0	6	0	71
Games 6-16		Injured Reserve (ankle)										
TOTALS (5/5)		**71**	**360**	**5.1**	**31**	**0**	**4**	**28**	**7.0**	**17**	**0**	**388**

20 JEREMY LANE
CORNERBACK

Height	**6-0**
Weight	**190**
College	**Northwestern St. (La.)**
Seasons	**NFL 6th, Seahawks 6th**
Born	**July 14, 1990**
Hometown	**Tyler, Texas**

NFL TRANSACTIONS:

04/28/12: Drafted by Seattle (6th round, 172nd)
09/08/14: Placed on IR/designated to return (groin)
11/08/14: Activated from IR
08/31/15: Placed on PUP (arm/knee)
11/28/15: Activated from PUP
03/10/16: Re-signed with Seattle

NFL CAREER HIGHLIGHTS:

- Set career-high with nine starts in 2016.
- Missed the first 10 games on the 2015 season on the physically unable to perform list (knee).
- Came off the IR/designated to return list after Week 1 to play in seven games with one start in 2014. Played in all three postseason games and recorded one interception in Super Bowl XLIX but was injured (wrist/knee) on the return and did not return to the game.
- Saw time in 15 games in 2013, with extended time at corner over the final four games of the season in the nickel package. Recorded a career-high 12 tackles (nine solo). Led the team with 13 special teams tackles (nine solo). Played in all three postseason games and had one tackle and three special teams tackles.
- Played in 13 games in 2012, starting the final three at right corner, and posted 10 tackles (five solo) on the season. Added five special teams tackles (three solo) in the regular season and two special teams tackles (one solo) in the postseason.

COLLEGE: Played in 43 games with 14 starts, totaling 137 tackles (57 solo), 24 pass breakups, four interceptions and three fumble recoveries. Started at cornerback (10 games, missed 1 with an injury) and had 42 tackle (29 solo), 1.0 sack, two interceptions, three pass breakups, two fumble recoveries and one fumble forced during his senior year.

PERSONAL: As a senior, earned first team all-district honors as a defensive back at Tyler High School. Also competed on school's track team in the 400 meters, 200 meters, long jump and on the 4x100 relay team. Majored in criminal justice.

LANE'S NFL RECORD

			Tackles			Sacks		Interceptions							Fum	
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012	Seattle	13/3	10	5	5	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2013	Seattle	15/0	12	9	3	0.0	0.0	0	0	0.0	0	0	4	0	0	0
2014	Seattle	7/1	12	8	4	0.0	0.0	0	0	0.0	0	0	3	1	0	0
2015	Seattle	6/2	11	10	1	0.0	0.0	2	60	30.0	54	0	6	0	0	0
2016	Seattle	16/9	46	33	13	0.0	0.0	0	0	0.0	0	0	3	0	0	0
NFL TOTALS		**57/15**	**91**	**65**	**26**	**0.0**	**0.0**	**2**	**60**	**30.0**	**54**	**0**	**16**	**1**	**0**	**0**

POSTSEASON

			Tackles			Sacks		Interceptions							Fum	
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012	Seattle	2/0	Special Teams Only													
2013	Seattle	3/0	1	1	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2014	Seattle	3/0	7	5	2	0.0	0.0	1	14	14.0	14	0	1	0	0	0
2015	Seattle	2/1	4	2	2	0.0	0.0	0	0	0.0	0	0	1	0	0	0
2016	Seattle	2/1	7	5	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**12/2**	**19**	**13**	**6**	**0.0**	**0.0**	**1**	**14**	**14.0**	**14**	**0**	**2**	**0**	**0**	**0**

LANE'S SINGLE-GAME HIGHS

Tackles: 7 at Arizona (10/23/16)
Sacks: None
Int.: 1 twice, last at Arizona (1/3/16)
FF: 1 vs. Arizona (11/23/14)
FR: None

ADDITIONAL STATS

Special Teams Tackles: 2012 (5), 2013 (13), 2014 (1), 2015 (1), 2016 (3); **Career:** (23).
Postseason Special Teams Tackles: 2012 (2), 2013 (3), 2014 (3), 2015 (0); **Career:** (8).

11 KENNY LAWLER

WIDE RECEIVER

Height	**6-2**
Weight	**203**
College	**California**
Seasons	**NFL 2nd, Seahawks 2nd**
Born	**June 25, 1994**
Hometown	**Pomona, Calif.**

NFL TRANSACTIONS:

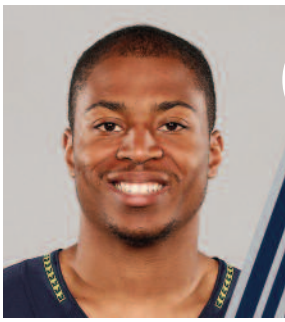
04/30/16: Drafted by Seattle (7th Round, 243rd)
09/03/16: Released by Seattle
09/05/16: Signed to Seattle PS
11/08/16: Released by Seattle
11/16/16: Signed to Seattle PS

NFL CAREER HIGHLIGHTS:

- Spent 2016 on Seattle's practice squad.

COLLEGE: Lawler finished his collegiate career tied for second on Cal's all-time list for touchdown receptions and tied for 12th in the Pac-12 with 27 scoring grabs among 143 catches for 1,706 yards receiving over 35 games and 19 starts. Led Cal in both touchdown receptions and overall catches in both his sophomore and junior seasons in 2014 and 2015 while also pacing the club in receiving yards as a junior after co-leading the squad in touchdown receptions as a 2013 redshirt freshman.

PERSONAL: A Prepstar All-American for his play during a 2011 senior season in which he caught 53 passes for 1,267 yards and 12 touchdowns to lead both the Southern Section and the Baseline League. Other honors as a senior included first-team All-State (MaxPreps), second-team All-State (ESPN High School California), first-team All-Southern Section, All-Southland (Los Angeles Times), All-Inland Valley, All-Inland Division and All-Baseline League. Registered 42 catches for 887 yards and nine TDs as a 2010 junior when his squad was 8-4 overall. Majored in sociology.



16 TYLER LOCKETT

WIDE RECEIVER

Height	**5-10**
Weight	**182**
College	**Kansas State**
Seasons	**NFL 3rd, Seahawks 3rd**
Born	**September 28, 1992**
Hometown	**Tulsa, Okla.**

PRO BOWL
2015

ALL PRO:

2015 (1st Team, Return Specialist)
2016 (2nd Team, Kickoff Returner)

NFL TRANSACTIONS:

05/01/15: Drafted by Seattle (3rd round, 69th)
12/27/16: Placed on injured reserve (leg)

NFL CAREER HIGHLIGHTS:

- 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).

COLLEGE: One of the top wide receivers and all-purpose players in school history who is 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.

LOCKETT'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2015	Seattle	16/8	51	664	13.0	49t	6
2016	Seattle	15/9	41	597	14.6	57t	1
NFL TOTALS		**31/17**	**92**	**1,261**	**13.7**	**57t**	**7**

			-------Kickoff Returns-------					----------Punt Returns---------				
Year	**Club**	**G/S**	**No**	**Yds**	**Avg**	**LG**	**TD**	**No**	**Yds**	**Avg**	**LG**	**TD**
2015	Seattle	16/8	33	852	25.8	105t	1	40	379	9.5	66	1
2016	Seattle	15/9	23	606	26.3	46	0	29	243	8.4	62	0
NFL TOTALS		**31/17**	**56**	**1,458**	**26.0**	**105t**	**1**	**69**	**622**	**9.0**	**66**	**1**

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2015	Seattle	2/0	4	110	27.5	35	1
NFL TOTALS		**2/0**	**4**	**110**	**27.5**	**35**	**1**

			-------Kickoff Returns-------					----------Punt Returns---------				
Year	**Club**	**G/S**	**No**	**Yds**	**Avg**	**LG**	**TD**	**No**	**Yds**	**Avg**	**LG**	**TD**
2015	Seattle	2/0	4	104	26.0	50	0	4	18	4.5	8	0
NFL TOTALS		**2/0**	**4**	**104**	**26.0**	**50**	**0**	**4**	**18**	**4.5**	**8**	**0**

LOCKETT'S SINGLE-GAME HIGHS

Most Rec.: 7 twice, last vs. L.A. Rams (12/15/16)
Most Yards: 130 vs. L.A. Rams (12/15/16)
Most TDs: 2 twice, last at Baltimore (12/13/15)
Longest Rec.: 57t vs. L.A. Rams (12/15/16)

ADDITIONAL STATS

Rushing: 2015: (Rushed 5 times for 20 yards, 4.0 avg., with a long of 8.), 2016: (Rushed 6 times for 114 yards, 19.0 avg, with a long of 75 and 1 TD); **Career:** (Rushed 11 times for 134 yards, 12.2 avg, with a long of 75 and 1 TD).

LOCKETT'S GAME-BY-GAME RECEIVING

2015	Opponent	No	Yds	Avg	LG	TD
9/13	at St. Louis	4	34	8.5	12	0
9/20	at Green Bay	2	17	8.5	17	0
9/27	Chicago	0	0	0.0	0	0
10/5	Detroit	4	58	14.5	23	0
10/11	at Cincinnati	2	29	14.5	22	0
10/18	Carolina	0	0	0.0	0	0
10/22	at San Francisco	5	79	15.8	43t	1
11/1	at Dallas	3	36	12.0	16	0
11/15	Arizona	1	7	7.0	7	0
11/22	San Francisco	4	48	12.0	24t	2
11/29	Pittsburgh	3	38	12.7	16	0
12/6	at Minnesota	7	90	12.9	29	0
12/13	at Baltimore	6	104	17.3	49t	2
12/20	Cleveland	5	55	11.0	27t	1
12/27	St. Louis	3	33	11.0	16	0
1/3	at Arizona	2	36	18.0	36	0
TOTALS (16/8)		**51**	**664**	**13.0**	**49t**	**6**
1/10	at Minnesota	1	35	35.0	35	0
1/17	at Carolina	3	75	25.0	33t	1
PLAYOFF TOTALS (2/0)		**4**	**110**	**27.5**	**35**	**1**

2016	Opponent	No	Yds	Avg	LG	TD
9/11	Miami	3	17	5.7	6	0
9/18	at L.A. Rams	4	99	24.8	53	0
9/25	San Francisco	0	0	0.0	0	0
10/2	at N.Y. Jets	1	13	13.0	13	0
10/16	Atlanta	3	23	7.7	10	0
10/23	at Arizona	2	13	6.5	8	0
10/30	at New Orleans	4	32	8.0	10	0
11/7	Buffalo	1	17	17.0	17	0
11/13	at New England	3	72	24.0	36	0
11/20	Philadelphia	2	39	19.5	30	0
11/27	at Tampa Bay	0	0	0.0	0	0
12/4	Carolina	5	63	12.6	40	0
12/11	at Green Bay	4	41	10.3	15	0
12/15	L.A. Rams	7	130	18.6	57t	1
12/24	Arizona	2	38	19.0	28	0
TOTALS (15/9)		**41**	**597**	**14.6**	**57t**	**1**

39 DEMETRIUS McCRAY
CORNERBACK

Height	**6-2**
Weight	**198**
College	**Appalachian State**
Seasons	**NFL 4th, Seahawks 1st**
Born	**May 11, 1991**
Hometown	**Covington, Ga.**

NFL TRANSACTIONS:

04/27/13: Drafted by Jacksonville (7th Round, 210th)
08/29/16: Released by Jacksonville
01/19/17: Signed by Seattle

NFL CAREER HIGHLIGHTS:

- Did not play in the NFL in 2016.
- Played in 46 games with 16 starts for the Jaguars before signing a future contract with Seattle in 2017. Totaled 73 tackles (63 solo) and six passes defensed in Jacksonville.

COLLEGE: Played in 48 games and recorded 123 tackles and 10 interceptions in his career. Was a Buck Buchanan Award finalist (NCAA Division 1 FCS Defensive Player of the Year) his senior year and was a two-time first-team All-Southern Conference selection his senior and junior seasons, respectively.

PERSONAL: Played at Newton High and named the county's Athlete of the Year after a standout senior season at quarterback and defensive back. First-team all-conference and 2-AAAA All-Region selection at defensive back. Helped lead Berkeley High (Moncks Corner, S.C.) to the South Carolina state semifinals before transferring to Newton.

McCRAY'S SINGLE-GAME HIGHS

Tackles: 7 at Houston (12/28/14)
FF: None
Sacks: None
FR: None
Int.: None

ADDITIONAL STATS

Special Teams Tackles: 2013 (6); 2014 (2); 2015 (4); **Career:** (12).

McCRAY'S NFL RECORD

			Tackles			Sacks		Interceptions							
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR Yds
2013	Jacksonville	16/1	5	3	2	0.0	0.0	0	0	0.0	0	0	2	0	0 0
2014	Jacksonville	16/12	47	40	7	0.0	0.0	0	0	0.0	0	0	3	0	0 0
2015	Jacksonville	14/3	21	17	4	0.0	0.0	0	0	0.0	0	0	1	0	0 0
2016						Did not play in NFL									
NFL TOTALS		**46/16**	**73**	**60**	**13**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**6**	**0**	**0 0**

41 DEWEY McDONALD

LINEBACKER

Height	**6-0**
Weight	**229**
College	**California Univ. (Pa.)**
Seasons	**NFL 4th, Seahawks 2nd**
Born	**June 10, 1990**
Hometown	**Ranson, W. Va.**

NFL TRANSACTIONS:

05/12/14: Signed with Indianapolis as undrafted FA
08/30/14: Waived by Indianapolis
09/01/14: Signed to Indianapolis PS
09/29/14: Signed to Indianapolis active roster
10/27/15: Waived by Indianapolis
10/28/15: Claimed by New England
11/12/15: Waived by New England
12/02/15: Signed to Oakland PS
12/29/15: Signed to Oakland active roster
09/03/16: Traded by Oakland to Seattle

NFL CAREER HIGHLIGHTS:

- Ranked second on Seattle with eight special teams tackles in 2016.
- Prior to Seattle, saw action in 15 career games between 2014-15 with Indianapolis (13), New England (1) and Oakland (1). Played in three total games with three different teams in 2015.
- Totaled 13 special teams tackles in 15 games played from 2014-15. Ranked second for the Colts in 2014 with 13 special teams tackles.

COLLEGE: Started at Fairmont State before transferring to California University (Pa.). Tallied a career-best 89 tackles, six tackles for loss, three interceptions (all returned for TDs) and eight passes defensed at California. Named a Don Hansen All-American third-team choice, D2football.com All-American honorable mention selection, Don Hansen first-team All-Super Region One choice, first-team All-Daktronics Super

McDONALD'S NFL RECORD

			Tackles			Sacks		Interceptions							
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR Yds
2014	Indianapolis	12/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0 0
2015	Indianapolis	1/0	1	0	1	0.0	0.0	0	0	0.0	0	0	0	0	0 0
	New England	1/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0 0
	Oakland	1/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0 0
2016	Seattle	14/0	0	0	0	0.0	0.0	0	0	0.0	0	0	1	0	0 0
NFL TOTALS		**29/0**	**1**	**0**	**1**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**1**	**0**	**0 0**

POSTSEASON

			Tackles			Sacks		Interceptions							
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR Yds
2014	Indianapolis	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0 0
2016	Seattle	2/0	0	0	0	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**	**0**	**0**	**0**	**0 0**

Region One selection and first-team PSAC West choice.

PERSONAL: Attended Jefferson High in Shenandoah Junction, W. Va., where he was a three-time all-conference and all-area pick. Named the Martinsburg Journal Defensive Player of the Year as a junior. Recorded 17 interceptions and more than 1,500 yards and 22 touchdowns during high school career. Won state championships in the high jump, long jump and as a member of the 4x100 relay.

McDONALD'S SINGLE-GAME HIGHS

Tackles: 1 vs. New Orleans (10/25/15)
Sacks: None
Int.: None
FF: None
FR: None

ADDITIONAL STATS

Special Teams Tackles: 2014 (13), 2015 (0), 2016 (8); **Career:** 21.

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BRADLEY McDOUGALD

SAFETY

Height	**6-1**
Weight	**215**
College	**Kansas**
Seasons	**NFL 5th, Seahawks 1st**
Born	**November 15, 1990**
Hometown	**Columbus, Ohio**
Pronunciation	**mick-DOO-gull**

NFL TRANSACTIONS:

05/01/13: Signed by Kansas City as undrafted FA
09/01/13: Released by Kansas City
09/03/13: Signed by Kansas City
09/16/13: Released by Kansas City
09/18/13: Signed to Kansas City PS
10/12/13: Signed to Kansas City active roster
11/05/13: Released by Kansas City
11/06/13: Acquired by Tampa Bay off waivers
03/22/17: Signed by Seattle as UFA

NFL CAREER HIGHLIGHTS:

- Prior to Seattle, played in 51 career games, with 36 starts, totaling 224 tackles, five interceptions, 21 passes defensed and one fumble recovery with Kansas City and Tampa Bay.
- Started all 16 contests and ranked second on Tampa Bay with a career-high 91 tackles, while adding two interceptions, 10 passes defensed and one fumble recovery in 2016.
- One of two NFL safeties to record 90+ tackles and 10+ passes defensed (NYG Landon Collins) in 2016.

COLLEGE: Played in 47 games with 33 starts at Kansas (2009-12), playing on both offense and defense. Finished his career with 194 tackles, 16 tackles for loss, six interceptions, three forced fumbles and 2.0 sacks. Also added 52 catches for 558 yards with one touchdown and six rushes for 31 yards.

PERSONAL: Attended Scioto High, earning second-team all-district honors. Played running back and defensive back. Also earned all-district honors playing basketball.

McDOUGALD'S NFL RECORD

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2013	Kansas City	1/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
	Tampa Bay	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2014	Tampa Bay	15/5	46	37	9	0.0	0.0	1	0	0.0	0	0	7	0	0	0
2015	Tampa Bay	16/15	87	67	20	0.0	0.0	2	1	0.5	1	0	4	0	0	0
2016	Tampa Bay	16/16	91	79	12	0.0	0.0	2	32	16.0	32	0	10	0	1	6
NFL TOTALS		**51/36**	**224**	**183**	**41**	**0.0**	**0.0**	**5**	**33**	**6.6**	**32**	**0**	**21**	**0**	**1**	**6**

McDOUGALD'S SINGLE-GAME HIGHS

Tackles: 15 at Carolina (12/14/14)
Sacks: None
Int.: 1 five times, last vs. Seattle (11/27/16)
FF: None
FR: 1 vs. Chicago (11/13/16)

ADDITIONAL STATS

Special Teams Tackles: 2014 (4); **Career:** (4).

19 TANNER McEVOY

WIDE RECEIVER

Height	6-6
Weight	230
College	Wisconsin
Seasons	NFL 2nd, Seahawks 2nd
Born	January 26, 1993
Hometown	Hillsdale, N.J.

NFL TRANSACTIONS:

05/06/16: Signed by Seattle as an undrafted FA

NFL CAREER HIGHLIGHTS:

- During rookie season, had a hand in a blocked punt, completed one pass for 43 yards and contributed nine receptions for 140 yards and two touchdowns.

COLLEGE: Played safety, running back, quarterback and wide receiver over three seasons at Wisconsin (2013-15), after transferring from Arizona Western (2012) and South Carolina (2011). Played in 38 games with 21 starts for the Badgers. Saw action in 24 games on defense, recording 74 tackles, seven interceptions and 11 passes defensed. Finished with 72 carries for 706 yards and eight rushing touchdowns as a running back and recorded 10 receptions for 109 yards as a wide receiver. Under center, he completed 65 of 112 attempts for 709 yards with five touchdowns and six interceptions. He was named first-team All-Arizona Community College Athletic Conference and ACCAC Offensive Player of the Year at Arizona Western after redshirting his freshman year at South Carolina.

PERSONAL: Was a three-star prospect according to Rivals at Bergen Catholic. Threw for 2,264 yards and 32 touchdowns while rushing for 1,196 yards and 14 touchdowns as a senior on his way to being named the 2010 New Jersey Offensive Player of the Year. Also lettered in basketball. Majored in sociology.

McEVOY'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2016	Seattle	14/0	9	140	15.6	42t	2
NFL TOTALS		**14/0**	**9**	**140**	**15.6**	**42t**	**2**

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2016	Seattle	2/0	0	0	0.0	0	0
NFL TOTALS		**2/0**	**0**	**0**	**0.0**	**0**	**0**

MCEVOY'S SINGLE-GAME HIGHS

Most Rec.: 3 at Green Bay (12/11/16)
Most TDs: 1 twice, last Green Bay (12/11/16)
Most Yards: 42 at N.Y. Jets (10/2/16)
Longest Reception: 42t at N.Y. Jets (10/2/16)

ADDITIONAL STATS

Special Teams Tackles: 2016 (blocked punt). Passing: 2016 (1 for 1, 43 yards).

14 J.D. McKISSIC
RUNNING BACK

Height	**5-10**
Weight	**195**
College	**Arkansas State**
Seasons	**NFL 2nd, Seahawks 2nd**
Born	**August 15, 1993**
Hometown	**Phenix City, Ala.**

NFL TRANSACTIONS:

05/05/16: Signed by Atlanta as undrafted FA
09/03/16: Released by Atlanta
09/04/16: Signed to Atlanta PS
12/16/16: Signed to Atlanta active roster
12/19/16: Released by Atlanta
12/20/16: Acquired by Seattle off waivers

NFL CAREER HIGHLIGHTS:

• After being claimed by Seattle, played in the season finale at San Francisco (1/1/17) and both postseason contests.

COLLEGE: Was the Sun Belt Freshman of the Year in 2012, when he caught 103 passes for 1,022 yards and five touchdowns and surpassed that career-high with 104 catches his finals season. In 2013, he led the Sun Belt with 82 receptions for 662 yards and four scores. McKissic holds six Arkansas State records, including most career catches with 289.

PERSONAL: Prepped at Central High. Named to the Columbus Ledger-Enquirer's All-Bi-City football team. Recorded 25 receptions for 571 yards and six touchdowns, 411 rushing yards and 22 kickoff returns for 486 yards and accounted for 26 total touchdowns and 1,454 all-purpose yards. Named first team all-area (large school) as a senior by the Opelika-Auburn News. Helped lead the Red Devils to the Alabama Class 6A state playoffs and a 9-2 record in 2010. Also lettered in basketball.

McKISSIC'S NFL RECORD

			Rushing					Receiving				
	Club	G/S	Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2016	Seattle	1/0	1	2	2.0	2	0	2	16	8.0	10	0
NFL TOTALS		**1/0**	**1**	**2**	**2.0**	**2**	**0**	**2**	**16**	**8.0**	**10**	**0**

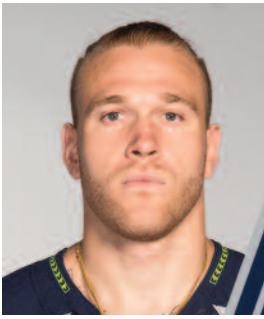
POSTSEASON

			Rushing					Receiving				
	Club	G/S	Att	Yds	Avg	LG	TD	No	Yds	Avg.	LG	TD
2016	Seattle	2/0	1	3	3.0	3	0	1	5	5.0	5	0
NFL TOTALS		**2/0**	**1**	**3**	**3.0**	**3**	**0**	**1**	**5**	**5.0**	**5**	**0**

McKISSIC'S SINGLE-GAME HIGHS

Rushing
Rush Attempts: 1 at San Francisco (1/1/17)
Rush Yards: 2 at San Francisco (1/1/17)
Longest Rush: 2 at San Francisco (1/1/17)
Most Rush TDs: None

Receiving
Most Rec.: 2 at San Francisco (1/1/17)
Most Rec. Yards: 16 at San Francisco (1/1/17)
Longest Reception: 10 at San Francisco (1/1/17)
Most Rec. TDs: None



91 CASSIUS MARSH
DEFENSIVE END

Height	**6-4**
Weight	**245**
College	**UCLA**
Seasons	**NFL 4th, Seahawks 4th**
Born	**July 7, 1992**
Hometown	**Simi Valley, Calif.**
Pronunciation	**CASH-iss**

NFL TRANSACTIONS:

05/10/14: Drafted by Seattle (4th round, 108th)
10/18/14: Placed on injured reserve (foot)

NFL CAREER HIGHLIGHTS:

- Posted a career-high three sacks in 2016, the first sacks of his career. Also blocked one field goal in Seattle's two-point win vs. Miami (9/11).
- Played five games before landing on injured reserve (foot) in 2014. Tallied five tackles (one solo).

COLLEGE: Started 38 of 50 games at UCLA – his first four at weak-side defensive tackle, followed by eight starts at strong-side tackle as a sophomore and then 26 games at right end to close out his career. Recorded 155 tackles (97 solos) with 16 sacks for minus-111 yards and 25.5 stops for losses of 135 yards. Posted three quarterback pressures, recovering five fumbles and causing two others. Blocked three kicks and caught two touchdown passes for a total of six yards.

PERSONAL: Attended Oaks Christian (Westlake Village, Calif.) High School. As a junior, earned first-team All-State Underclass honors in 2008 and was an all-CIF pick after finishing with 55 tackles (33 solos), 16 sacks and two fumbles caused. As a senior, recorded 83 tackles, including 23 sacks, as a defensive tackle. Concluded his prep career by playing in the U.S. Army All-America Game. Son of Holly Ann LeBlanc and Curtis Marsh, Sr. Father was a wide receiver in the NFL for three seasons, playing for the Jacksonville Jaguars and Pittsburgh Steelers before concluding his career playing for the Saskatchewan Roughriders. Older brother, Curtis Marsh, Jr., played cornerback for the Philadelphia Eagles and Cincinnati Bengals from 2011-13. Graduated with a degree in Communications Studies.

MARSH'S NFL RECORD

		Tackles			Sacks		Interceptions							Fumbles	
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2014	Seattle	5/0	5	1	4	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2015	Seattle	16/0	18	12	6	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2016	Seattle	16/1	17	11	6	3.0	29.0	0	0	0.0	0	0	0	1	1	0
NFL TOTALS		**37/1**	**40**	**24**	**16**	**3.0**	**29.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**1**	**1**	**0**

POSTSEASON

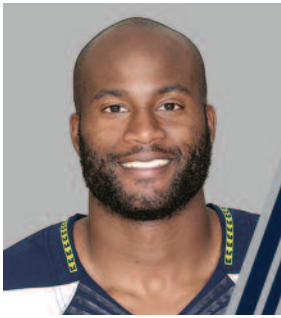
		Tackles			Sacks		Interceptions							Fumbles	
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2015	Seattle	2/0	1	0	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2016	Seattle	2/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**4/0**	**1**	**0**	**1**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**

MARSH'S SINGLE-GAME HIGHS

Tackles: 4 vs. Denver (9/21/14)
Sacks: 1.0 three times, last vs. L.A. Rams (12/15/16)
Int.: None
FF: 1 vs. Miami (9/11/16)
FR: 1 vs. Carolina (12/4/16)

ADDITIONAL STATS

Special Teams Tackles: 2015 (10); 2016 (5, blocked FG) **Career:** (15, blocked FG).
Postseason: 2015 (1), 2016 (1); **Career:** (2).



51 MIKE MORGAN
LINEBACKER

Height	**6-3**
Weight	**235**
College	**Southern California**
Seasons	**NFL 7th, Seahawks 7th**
Born	**January 16, 1988**
Hometown	**Dallas, Texas**

NFL TRANSACTIONS:

07/26/11: Signed by Seattle as an undrafted FA
09/03/11: Released by Seattle
10/11/11: Signed to Seattle's PS
12/01/11: Signed to Seattle's active roster
03/24/16: Re-signed with Seattle
10/03/16: Placed on IR
12/03/16: Returned from IR
07/31/17: Re-signed with Seattle as UFA

NFL CAREER HIGHLIGHTS:

- Started a career-high three games in 2016. Was placed on injured reserve/designated to return with a core injury on October 3, and returned to the 53-man roster December 3.
- Started two games in 2015 and posted his first-career sack.
- In 2014, scored his first-career touchdown returning a Doug Baldwin blocked punt 25 yards vs. Dallas (10/12/14). Added six special teams tackles.
- Played in all 16 games and appeared in 11 games at linebacker in a reserve role in 2013. Tallied five tackles on defense (three solo) and six special teams tackles. Played in all three postseason games.
- Played in all 16 games with first-career start in place of K.J. Wright (concussion) vs. the N.Y. Jets (11/11/12). Tallied a career-high six tackles (two solo) in that Jets game. Also contributed seven special teams tackles (five solo).
- Saw action in the final five games of 2011, mostly on special teams and limited action at linebacker at Chicago (12/18).

COLLEGE: A four-year contributor for the Trojans, playing in 50 games while collecting 139 tackles (73 solo) and 5.5 sacks. Racked up a team-high 13 tackles for loss in 2009 (with 4.0 sacks).

PERSONAL: Named the 2005 Parade All-American, Prep Star Dream Team, ESPN 150, Prep Star All-American, EA Sports All-American third team, Super Prep All-Southwest, Prep All-Midlands and All-State honorable mention squads as a senior linebacker at Skyline High in Dallas, Texas. Also sprinted for Skyline's track team. Received bachelor's degree in public policy, management and planning.

MORGAN'S NFL RECORD

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2011	Seattle	5/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2012	Seattle	16/1	12	6	6	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2013	Seattle	16/0	5	3	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2014	Seattle	16/0	4	4	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2015	Seattle	14/2	11	7	4	1.0	4.0	0	0	0.0	0	0	0	0	0	0
2016	Seattle	9/3	10	6	4	0.0	0.0	1	14	14.0	14	0	1	0	0	0
NFL TOTALS		**76/6**	**42**	**26**	**16**	**1.0**	**4.0**	**1**	**14**	**14.0**	**14**	**0**	**1**	**0**	**0**	**0**

POSTSEASON

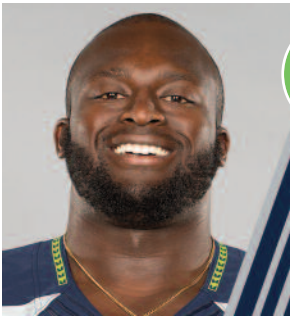
			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012	Seattle	2/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2013	Seattle	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2014	Seattle	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2015	Seattle	2/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2016	Seattle	2/1	2	0	2	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**12/1**	**2**	**0**	**2**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**

MORGAN'S SINGLE-GAME HIGHS

Tackles: 6 vs. N.Y. Jets (11/11/12)
Sacks: 1.0 vs. Carolina (10/18/15)
Int.: 1 vs. Carolina
FF: None
FR: None

ADDITIONAL STATS

Special Teams Tackles: 2012 (7); 2013 (6), 2015 (6), 2016 (2); **Career:** (21).
Postseason Special Teams Tackles: 2012 (1), 2015 (1); **Career:** (2).



70 REES ODHIAMBO
GUARD

Height	**6-4**
Weight	**315**
College	**Boise State**
Seasons	**NFL 2nd, Seahawks 2nd**
Born	**September 23, 1992**
Hometown	**Mansfield, Ohio**
Pronunciation	**Reece oh-dee-AHM-bo**

NFL TRANSACTIONS:

04/29/16: Drafted by Seattle (3rd Round, 97th)

NFL CAREER HIGHLIGHTS:

- Saw most extensive action in 2016 at Atlanta at right guard when Germain Ifedi went down in the NFC Divisional Playoff Game (1/14/17).

COLLEGE: Started 25 of 32 games during his career. Was on the Rotary Lombardi Award Preseason Watch List and the Outland Trophy Preseason Watch List in 2015. Earned All-Mountain West First-Team (2015) and All-Mountain West Second-Team (2014), in addition to being three-time Academic All-Mountain West (2012-14).

PERSONAL: Earned two varsity letters playing for coach Chris Melson at Mansfield Legacy High. Named second-team all-conference as a senior and honorable mention all-conference as a junior. Recorded 26 knockdowns and 14 pancakes, while only allowing one sack as a senior. Tallied 10 knockdowns and four pancakes as a junior. Also recorded 10 tackles and one tackle for loss at nose guard as a junior. Academic all-district as a junior and senior. Earned one varsity letter in track and field. Majored in Exercise Science. Born in Nairobi, Kenya and moved to the United States when he was six years old.

ODHIAMBO'S NFL RECORD

Year	Team	—	GP/GS	Postseason
2016	Seattle	—	8/0	1/0
NFL TOTALS		—	**8/0**	**1/0**

69 TYLER OTT
LONG SNAPPER

Height	**6-3**
Weight	**253**
College	**Harvard**
Seasons	**NFL 3rd, Seahawks 2nd**
Born	**February 28, 1992**
Hometown	**Tulsa, Okla.**

NFL TRANSACTIONS:

05/16/14: Signed by New England as undrafted FA
08/18/14: Released by New England
03/04/15: Signed by New England
05/05/15: Released by New England
05/11/15: Signed by St. Louis
08/31/15: Released by St. Louis
12/31/15: Signed by N.Y. Giants
08/29/16: Released by N.Y. Giants
10/18/16: Signed to N.Y. Giants PS
10/25/16: Released from N.Y. Giants PS

11/22/16: Signed to Cincinnati PS
11/26/16: Signed to Cincinnati active roster
12/20/16: Released by Cincinnati
01/03/17: Signed by Seattle

NFL CAREER HIGHLIGHTS:

- Snapped both postseason games for Seattle 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.

OTT'S NFL RECORD

Year	Team		GP/GS	Postseason
2015	N.Y. Giants	—	1/0	-
2016	Cincinnati	—	3/0	-
	Seattle	—	-	2/0
NFL TOTALS		—	**4/0**	**2/0**

59 RONALD POWELL

LINEBACKER

Height	**6-3**
Weight	**247**
College	**Florida**
Seasons	**NFL 4th, Seahawks 2nd**
Born	**May 14, 1991**
Hometown	**Moreno Valley, Calif.**

NFL TRANSACTIONS:

05/10/14: Drafted by New Orleans (5th, 169th)
09/07/15: Released by New Orleans
11/04/15: Signed to Tampa Bay PS
11/10/15: Released by Tampa Bay
09/21/16: Signed to Chicago PS
12/13/16: Signed by Seattle off Chicago PS

NFL CAREER HIGHLIGHTS:

- Played in 14 games with the Saints in 2014 and recorded six special teams tackles.

COLLEGE: Two-year starter at the University of Florida in 2011 and 2013. Played in 36 career games with 21 starts. Finished his career with 84 tackles (55 solo), 11 sacks, one forced fumble and two passes defensed, leading the Gators in quarterback takedowns in two of his final three campaigns.

PERSONAL: Attended Rancho Verde High. Regarded as a five-star prospect by Rivals.com during senior season as the nation's top weak-side defensive end. Also received a five-star grade and was ranked the best overall defensive end in prep ranks by Scout.com. As a senior, totaled over 80 tackles and 13 sacks. Named a USA Today, Parade and EA Sports high school All-American. Selected to play in 2010 U.S. Army All-American Bowl and earned Most Valuable Player honors in addition to being a finalist for U.S. Army Player of the Year Award. Majored in sociology.

POWELL'S SINGLE-GAME HIGHS

Tackles: None
Sacks: None
Int.: None
FF: None
FR: None

ADDITIONAL STATS

Special Teams Tackles: 2014 (6); **Career:** (6).

POWELL'S NFL RECORD

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2014	New Orleans	14/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2015	Tampa Bay	Practice Squad														
2016	Seattle	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**

22 C.J. PROSISE
RUNNING BACK

Height	**6-1**
Weight	**225**
College	**Notre Dame**
Seasons	**NFL 2nd, Seahawks 2nd**
Born	**May 20, 1994**
Hometown	**Petersburg, Va.**

NFL TRANSACTIONS:

04/29/16: Drafted by Seattle (3rd, 90th)

NFL CAREER HIGHLIGHTS:

- Recorded the eighth-longest rush in franchise history with a 72-yard touchdown run vs. Philadelphia (11/20/16).

COLLEGE: Played in 37 games, starting nine games at receiver duing his sophomore and junior seasons before making the switch to running back before his senior season, where he started nine games. In his one season at running back, led the team in carries (156), yards (1,032), touchdowns (11) and rushing yards per game (93.8). Had 36 receptions for 588 yards and two touchdowns as a wide receiver during his career.

PERSONAL: Earned first-team Virginia all-state honors in both 2011 and 2010 while playing receiver, safety and kick returner at Woodberry Forest School. Named Central Virginia defensive player of the year for 2011 by Charlottesville Daily Progress. First-team defensive back on all-Central Virginia squad. Listed as ninth-best player in Virginia and 24th defensive back nationally by SuperPrep. Prep League player of the year and first-team defensive back on Richmond Times-Dispatch Prep League all-district team for 2011. Won the long jump and 55-meter dash at Virginia Independent Schools Athletic Association indoor state track and field championship in 2012. Placed second in 100-meter dash at VISAA state outdoor track meet as a junior and senior. Enrolled in Mendoza College of Business, majoring in management consulting.

PROSISE'S NFL RECORD

			Rushing					Receiving				
	Team	G/S	Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2016	Seattle	6/2	30	172	5.7	72t	1	17	208	12.2	43	0
NFL TOTALS		**6/2**	**30**	**172**	**5.7**	**72t**	**1**	**17**	**208**	**12.2**	**43**	**0**

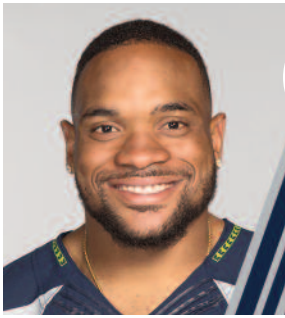
PROSISE'S SINGLE-GAME HIGHS

RUSHING
Rush Attempts: 17 at New England (11/13/16)
Rush Yards: 76 vs. Philadelphia (11/20/16)
Longest Rush: 72t vs. Philadelphia (11/20/16)
Most Rush TDs: 1 vs. Philadelphia (11/20/16)

RECEIVING
Most Rec.: 7 at New England (11/13/16)
Most Rec. Yards: 87 at New England (11/13/16)
Longest Reception: 43 at New Orleans (10/30/16)
Most Rec. TDs: None

PROSISE'S GAME-BY-GAME

		----------Rushing----------					----------Receiving----------					
2016	**Opponent**	**Att**	**Yds**	**Avg**	**LG**	**TD**	**Rec**	**Yds**	**Avg**	**LG**	**TD**	**Total**
9/11	Miami	1	-2	-2.0	-2	0	1	13	13.0	13	0	11
Games 2-5		Inactive (wrist)										
10/23	at Arizona	1	0	0.0	0	0	2	17	8.5	9	0	17
10/30	at New Orleans	4	23	5.8	8	0	4	80	20.0	43	0	103
11/7	Buffalo	3	9	3.0	4	0	1	6	6.0	6	0	15
11/13	at New England	17	66	3.9	10	0	7	87	12.4	38	0	153
11/20	Philadelphia	4	76	19.0	72t	1	2	5	2.5	5	0	81
Games 11-16		Inactive (shoulder)										
TOTALS (6/2)		**30**	**172**	**5.7**	**72T**	**1**	**17**	**208**	**12.2**	**43**	**0**	**380**
1/7	Detroit	Inactive (shoulder)										
1/14	at Atlanta	Inactive (shoulder)										
TOTALS (0/0)		**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**



34 THOMAS RAWLS
RUNNING BACK

Height	**5-9**
Weight	**215**
College	**Central Michigan**
Seasons	**NFL 3rd, Seahawks 3rd**
Born	**August 3, 1993**
Hometown	**Flint, Mich.**

NFL TRANSACTIONS:

05/08/15: Signed with Seattle as undrafted FA
12/15/15: Placed on injured reserve (ankle)

NFL CAREER HIGHLIGHTS:

• Set the franchise postseason record with 161 rushing yards on 27 carries with one touchdown in the NFC Wild Card Game vs. Detroit (1/7/17). Missed time in 2016 due to a fractured fibula, playing in only nine regular season games with seven starts.

• Rushed for the second-most yards in franchise history with 209 yards on 30 carries vs. San Francisco (11/22/15), also breaking Curt Warner's 1983 club record by a rookie (207 yards). Along with his 23-carry 169-yard day at Cincinnati (10/11/15), no undrafted free agent has ever rushed for 160 or more yards twice in his rookie season.

• In addition to his rushing total versus San Francisco, added 46 yards on three receptions and his 255 total yards from scrimmage are the seventh-most by a rookie in NFL history at the time, third in Seahawks history, and most by an undrafted rookie. His 209 yards are the second-most in NFL history in a single-game by an undrafted player in his rookie season, trailing Tommy Wilson's 223 yards for the Los Angeles Rams vs. Green Bay (12/16/56).

COLLEGE: Transferred to Central Michigan after three years at the University of Michigan and ran for 1,103 yards and 10 touchdowns in nine games during his senior season, earning second-team All-MAC honors. Played in 19 games at Michigan as a reserve, carrying the ball 73 times for 333 yards and five touchdowns.

PERSONAL: Attended Flint Northern High and carried the ball 150 times for 1,585 yards and scored 19 touchdowns as a senior. Was a three-star player and the no. 19 overall player in the state of Michigan by Rivals.com. Earned all-state honorable mention, all-conference and all-city as a sophomore, junior and senior.

RAWLS' NFL RECORD

			Rushing					Receiving				
Club	**Team**	**G/S**	**Att**	**Yds**	**Avg**	**LG**	**TD**	**No**	**Yds**	**Avg**	**LG**	**TD**
2015	Seattle	13/7	147	830	5.6	69t	4	9	76	8.4	31t	1
2016	Seattle	9/7	109	349	3.2	45t	3	13	96	7.4	20	0
NFL TOTALS		**22/14**	**256**	**1,179**	**4.6**	**69t**	**7**	**22**	**172**	**7.8**	**31t**	**1**

POSTSEASON

			Rushing					Receiving				
Club	**Team**	**G/S**	**Att**	**Yds**	**Avg**	**LG**	**TD**	**No**	**Yds**	**Avg**	**LG**	**TD**
2015	Seattle	Injured Reserve (ankle)										
2016	Seattle	2/2	38	195	5.1	32	1	1	1	1.0	1	0
NFL TOTALS		**2/2**	**38**	**195**	**5.1**	**32**	**1**	**1**	**1**	**1.0**	**1**	**0**

RAWLS' SINGLE-GAME HIGHS

RUSHING
Rush Attempts: 30 vs. San Francisco (11/22/15)
Rush Yards: 209 vs. San Francisco (11/22/15)
Longest Rush: 69t at Cincinnati (10/11/15)
Most Rush TDs: 2 vs. Carolina (12/4/16)

RECEIVING
Most Rec.: 3 three times, last at L.A. Rams (9/18/16)
Most Rec. Yards: 46 vs. San Francisco (11/22/15)
Longest Reception: 31t vs. San Francisco (11/22/15)
Most Rec. TDs: 1 vs. San Francisco (11/22/15)

RAWLS' GAME-BY-GAME

		Rushing					Receiving					
2015	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total
9/13	at St. Louis	2	5	2.5	4	0	0	0	0.0	0	0	5
9/20	at Green Bay	0	0	0.0	0	0	0	0	0.0	0	0	0
9/27	Chicago	16	104	6.5	21	0	0	0	0.0	0	0	104
10/5	Detroit	17	48	2.8	10	0	1	-1	-1.0	-1	0	47
10/11	at Cincinnati	23	169	7.3	69t	1	0	0	0.0	0	0	169
10/18	Carolina	1	8	8.0	8	0	0	0	0.0	0	0	8
10/22	at San Francisco	6	32	5.3	17	0	2	9	4.5	5	0	41
11/1	at Dallas	4	10	2.5	7	0	0	0	0.0	0	0	10
11/15	Arizona	2	19	9.5	13	0	0	0	0.0	0	0	19
11/22	San Francisco	30	209	7.0	30	1	3	46	15.3	31t	1	255
11/29	Pittsburgh	21	81	3.9	17	1	0	0	0.0	0	0	81
12/6	at Minnesota	19	101	5.3	20	1	3	22	7.3	9	0	123
12/13	at Baltimore	6	44	7.3	16	0	0	0	0.0	0	0	44
TOTALS (13/7)		**147**	**830**	**5.6**	**69t**	**4**	**9**	**76**	**8.4**	**31t**	**1**	**906**

		Rushing					Receiving					
2016	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total
9/11	Miami	12	32	2.7	8	0	3	26	8.7	11	0	58
9/18	at L.A. Rams	7	-7	-1.0	-11	0	3	15	5.0	11	0	8
Games 3-9					Inactive (fibula)							
11/20	Philadelphia	14	57	4.1	18	0	3	31	10.3	20	0	88
11/27	at Tampa Bay	12	38	3.2	8	0	0	0	0.0	0	0	38
12/4	Carolina	15	106	7.1	45t	2	1	12	12.0	12	0	118
12/11	at Green Bay	12	67	5.6	15	0	1	7	7.0	7	0	74
12/15	L.A. Rams	21	34	1.6	12	0	2	5	2.5	6	0	39
12/24	Arizona	8	8	1.0	4	0	0	0	0.0	0	0	8
1/1/17	at San Francisco	8	14	1.8	7	1	0	0	0.0	0	0	14
TOTALS (9/7)		**109**	**349**	**3.2**	**45t**	**3**	**13**	**96**	**7.4**	**20**	**0**	**393**
1/7	Detroit	27	161	6.0	32	1	1	1	1.0	1	0	162
1/14	at Atlanta	11	34	3.1	11	0	0	0	0.0	0	0	34
TOTALS (2/2)		**38**	**195**	**5.1**	**32**	**1**	**1**	**1**	**1.0**	**1**	**0**	**196**

90 JARRAN REED

DEFENSIVE TACKLE

Height	**6-3**
Weight	**306**
College	**Alabama**
Seasons	**NFL 2nd, Seahawks 2nd**
Born	**December 16, 1992**
Hometown	**Goldsboro, N.C.**
Pronunciation	**JAIR-in**

NFL TRANSACTIONS:

04/29/16: Drafted by Seattle (2nd, 49th)

NFL CAREER HIGHLIGHTS:

- Started six of 15 games played during his rookie season of 2016.

COLLEGE: Chose to return for his senior season after an outstanding junior campaign. A junior college transfer who arrived in January of 2014 and bolstered the Alabama defensive front. Made 28 career starts in Tuscaloosa, playing in 29 career games. In his two seasons, recorded 112 tackles (49 solo), 2.0 sacks, 11 tackles for loss, one fumble recovery and seven passes defensed. Came to Alabama as one of the top junior college defensive linemen in the country after spending two seasons at East Mississippi Community College.

PERSONAL: Spent the 2011 season at Hargrave Military Academy after graduating from Goldsboro High. As a senior at Goldsboro in 2010, recorded 118 tackles with four sacks while causing a fumble, recovering a fumble and blocking a kick. Chose Alabama over Tennessee, Florida, Mississippi State, Arkansas, Ole Miss, Nebraska and Kentucky.

REED'S NFL RECORD

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2016	Seattle	15/6	35	13	22	1.5	3.5	0	0	0.0	0	0	3	0	0	0
NFL TOTALS		**15/6**	**35**	**13**	**22**	**1.5**	**3.5**	**0**	**0**	**0.0**	**0**	**0**	**3**	**0**	**0**	**0**

REED'S SINGLE-GAME HIGHS

Tackles: 5 at New England (11/13/16)
Sacks: 1.0 vs. Atlanta (10/16/16)
Int.: None
FF: None
FR: None

44 MARCEL REECE
FULLBACK

Height	**6-1**
Weight	**250**
College	**Washington**
Seasons	**NFL 8th, Seahawks 2nd**
Born	**June 23, 1985**
Hometown	**Inglewood, Calif.**

NFL TRANSACTIONS:

05/02/08: Signed with Miami as undrafted FA
05/05/08: Waived by Miami
05/13/08: Signed as FA by Oakland
08/30/08: Waived by Oakland
09/01/08: Signed to Oakland's PS
12/26/08: Signed to Oakland's 53-man roster
09/05/09: Waived by Oakland
09/07/09: SIgned to Oakland's PS
12/25/09: Signed to Oakland's 53-man roster
09/26/16: Released by Oakland
12/06/16: Signed with Seattle
07/29/17: Re-signed with Seattle as UFA

NFL CAREER HIGHLIGHTS:

- Selected to four-straight Pro Bowls from 2012-15.
- Named second-team All-Pro in 2013.
- Served as a Raiders team captain from 2012-15.
- Has totaled 844 rushing yards on 185 carries (4.6 avg.) and 2,087 receiving yards on 210 receptions (9.9 avg.) with 15 total TDs.
- After originally entering the NFL in 2008 with Miami as an undrafted free agent wide receiver, spent eight seasons (2008-15) with Oakland as a fullback after signing with the team following a mini camp in which he participated on a tryout basis.

COLLEGE: Played two years as a wide receiver at Washington after transferring from El Camino Community College in Torrance, Calif. Had 48 career receptions for 980 yards and nine TDs.

REECE'S SINGLE-GAME HIGHS

Rushing
Rush Att: 19, 2 Times, Last at NY Jets (12/8/13)
Rush Yards: 123 at NY Jets (12/8/13)
Longest Rush: 63t at NY Jets (12/8/13)
Most Rush TDs: 1, 3 Times, Last at NY Jets (12/8/13)

Receiving
Most Rec.: 8 vs. Tampa Bay (11/4/12)
Most Rec. Yards: 95 vs. Tampa Bay (11/4/12)
Long Reception: 73t vs. Denver (12/19/10)
Most Rec. TDs: 2 vs. Baltimore (9/20/15)

ADDITIONAL STATS

Special Teams Tackles: 2014 (5), 2015 (2): **Career:** (7).
Kickoff Returns: 2009 (3 for 58 yards), 2010 (1 for 7 yards), 2012 (1 for 36 yards), 2015 (2 for 32 yards); **Career:** (7 for 133 yards, 19.0 avg.).
Passing: 2013 (1-1, 22 yards); **Career:** 2013 (1-1, 22 yards).
Punt Blocks: 2013 (1), 2014 (1): **Career:** (2).

Started all 13 games as a senior and earned team award for most improved offensive player. Set Washington record in 2007 for longest play from scrimmage with a 98-yard TD reception against Arizona. Finished season with 39 receptions for 761 yards and eight TDs. Played in 11-of-12 games as a junior and totaled nine receptions for 219 yards and one TD. At El Camino Community College, led Warriors to 11-1 record and berth in California state semifinals. Ranked No. 2 receiver and No. 24 nationally by Rivals.com. In first collegiate season, at Chaffey Junior College in Rancho Cucamonga, Calif., recorded 25 receptions for 600 yards and seven TDs. Majored in American ethnic studies.

PERSONAL: Attended Hesperia (Calif.) High School and was First-team All-league performer in football, basketball and track. Had 41 receptions for 989 yards and 11 TDs in his senior season. Works with the Marcel Reece Foundation Youth Football Camp of Hesperia, Calif.

REECE'S NFL RECORD

			Rushing					Receiving				
Club	Team	G/S	Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2008	Oakland	0/0	0	0	0.0	0	0	0	0	0.0	0	0
2009	Oakland	2/0	0	0	0.0	0	0	2	20	10.0	11	0
2010	Oakland	16/10	30	122	4.1	31	1	25	333	13.3	73t	3
2011	Oakland	12/6	17	112	6.6	26	0	27	301	11.1	47	2
2012	Oakland	16/14	59	271	4.6	17	0	52	496	9.5	56	1
2013	Oakland	16/15	46	218	4.7	63t	2	32	331	10.3	45	2
2014	Oakland	15/15	21	85	4.0	11	0	37	265	7.2	19	1
2015	Oakland	15/7	10	36	3.6	12	0	30	269	9.0	55	3
2016	Seattle	4/0	2	0	0.0	0	0	5	72	14.4	31	0
NFL TOTALS		**96/67**	**185**	**844**	**4.6**	**63t**	**3**	**210**	**2,087**	**9.9**	**73t**	**12**

POSTSEASON

			Rushing					Receiving				
Club	Team	G/S	Att	Yds	Avg	LG	TD	No	Yds	Avg	LG	TD
2016	Seattle	2/1	1	0	0.0	0	0	2	15	7.5	10	0
NFL TOTALS		**2/1**	**1**	**0**	**0.0**	**0**	**0**	**2**	**15**	**7.5**	**10**	**0**

REECE'S GAME-BY-GAME

		----------Rushing----------					----------Receiving----------					
2008	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total
12/28	at Tampa Bay	Inactive										
TOTALS (0/0)		**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**

		----------Rushing----------					----------Receiving----------					
2009	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total
12/27	at Cleveland	0	0	0.0	0	0	1	9	9.0	9	0	9
1/3/10	Baltimore	0	0	0.0	0	0	1	11	11.0	11	0	11
TOTALS (2/0)		**0**	**0**	**0.0**	**0**	**0**	**2**	**20**	**10.0**	**11**	**0**	**20**

		----------Rushing----------					----------Receiving----------					
2010	Opponent	Att	Yds	Avg	LG	TD	Rec	Yds	Avg	LG	TD	Total
09/12	at Tennessee	0	0	0.0	0	0	0	0	0.0	0	0	0
09/19	St. Louis	3	9	3.0	5	0	2	21	10.5	19	0	30
09/26	at Arizona	1	2	2.0	2	0	2	2	1.0	6	0	4
10/03	Houston	2	7	3.5	6	0	1	13	13.0	13t	1	20
10/10	San Diego	0	0	0.0	0	0	2	7	3.5	4	0	7
10/17	at San Francisco	1	2	2.0	2	0	0	0	0.0	0	0	2
10/24	at Denver	7	39	5.6	14	1	1	19	19.0	19	0	58
10/31	Seattle	2	32	16.0	31	0	3	90	30.0	51	1	122
11/07	Kansas City	1	4	4.0	4	0	2	8	4.0	7	0	12
11/21	at Pittsburgh	1	2	2.0	2	0	0	0	0.0	0	0	2
11/28	Miami	1	-2	-2.0	-2	0	1	2	2	2.0	2	0
12/05	at San Diego	1	5	5.0	5	0	3	42	14.0	22	0	47
12/12	at Jacksonville	2	3	1.5	2	0	4	48	12.0	13	0	51
12/19	Denver	3	9	3.0	4	0	2	79	39.5	73t	1	88
12/26	Indianapolis	3	6	2.0	4	0	2	2	1.0	2	0	8
1/2/11	at Kansas City	2	4	2.0	3	0	0	0	0.0	0	0	4
TOTALS (16/10)		**30**	**122**	**4.1**	**31**	**1**	**25**	**333**	**13.3**	**73t**	**3**	**455**

REECE'S GAME-BY-GAME

		Rushing					Receiving					
2011	**Opponent**	**Att**	**Yds**	**Avg**	**LG**	**TD**	**Rec**	**Yds**	**Avg**	**LG**	**TD**	**Total**
09/12	at Denver	1	11	11.0	11	0	3	23	7.7	16	1	34
09/18	at Buffalo	1	4	4.0	4	0	3	20	6.7	12	0	24
09/25	N.Y. Jets	0	0	0.0	0	0	0	0	0.0	0	0	0
10/02	New England			Inactive (ankle)								
10/09	at Houston			Inactive (ankle)								
10/16	Cleveland			Inactive (ankle)								
10/23	Kansas City			Inactive (ankle)								
11/06	Denver	0	0	0.0	0	0	3	51	17.0	40	1	51
11/10	at San Diego	1	3	3.0	3	0	0	0	0.0	0	0	3
11/20	at Minnesota	6	45	7.5	20	0	2	16	8.0	12	0	61
11/27	Chicago	2	0	0.0	3	0	5	92	18.4	47	0	92
12/04	at Miami	1	10	10.0	10	0	1	38	38.0	38	0	48
12/11	at Green Bay	2	12	6.0	9	0	4	7	1.8	12	0	19
12/18	Detroit	1	26	26.0	26	0	3	16	5.3	18	0	42
12/24	at Kansas City	2	1	0.5	1	0	1	10	10.0	10	0	11
1/1/12	San Diego	0	0	0.0	0	0	2	28	14.0	22	0	28
TOTALS (12/6)		**17**	**112**	**6.6**	**26**	**0**	**27**	**301**	**11.1**	**47**	**2**	**413**

		Rushing					Receiving					
2012	**Opponent**	**Att**	**Yds**	**Avg**	**LG**	**TD**	**Rec**	**Yds**	**Avg**	**LG**	**TD**	**Total**
09/10	San Diego	1	0	0.0	0	0	2	20	10.0	15	0	20
09/16	at Miami	0	0	0.0	0	0	2	17	8.5	14	0	17
09/23	Pittsburgh	0	0	0.0	0	0	4	27	6.8	10	0	27
09/30	at Denver	0	0	0.0	0	0	5	54	10.8	31	0	54
10/14	at Atlanta	0	0	0.0	0	0	1	1	1.0	1	0	1
10/21	Jacksonville	0	0	0.0	0	0	4	58	14.5	35	0	58
10/28	at Kansas City	0	0	0.0	0	0	0	0	0.0	0	0	0
11/04	Tampa Bay	0	0	0.0	0	0	8	95	11.9	26	1	95
11/11	at Baltimore	13	48	3.7	9	0	7	56	8.0	24	0	104
11/18	New Orleans	19	103	5.4	17	0	4	90	22.5	56	0	193
11/25	at Cincinnati	15	74	4.9	15	0	4	29	7.3	11	0	103
12/02	Cleveland	7	36	5.1	12	0	5	20	4.0	11	0	56
12/06	Denver	4	10	2.5	5	0	1	5	5.0	5	0	15
12/16	Kansas City	0	0	0.0	0	0	1	6	6.0	6	0	6
12/23	at Carolina	0	0	0.0	0	0	4	18	4.5	19	0	18
12/30	at San Diego	0	0	0.0	0	0	0	0	0.0	0	0	0
TOTALS (16/14)		**59**	**271**	**4.6**	**17**	**0**	**52**	**496**	**9.5**	**56**	**1**	**767**

		Rushing					Receiving					
2013	**Opponent**	**Att**	**Yds**	**Avg**	**LG**	**TD**	**Rec**	**Yds**	**Avg**	**LG**	**TD**	**Total**
09/08	at Indianapolis	0	0	0.0	0	0	1	9	9.0	9	0	9
09/15	Jacksonville	2	15	7.5	11t	1	0	0	0.0	0	0	15
09/23	at Denver	0	0	0.0	0	0	4	45	11.3	19	1	45
09/29	Washington	0	0	0.0	0	0	1	-2	-2.0	-2	0	-2
10/06	San Diego	7	32	4.6	14	0	3	25	8.3	9	0	57
10/13	at Kansas City	0	0	0.0	0	0	1	9	9.0	9	0	9
10/27	Pittsburgh	3	10	3.3	6	0	0	0	0.0	0	0	10
11/03	Philadelphia	1	0	0.0	0	0	2	22	11.0	16	0	22
11/10	at N.Y. Giants	0	0	0.0	0	0	3	30	10.0	16	0	30
11/17	at Houston	4	6	1.5	2	0	2	17	8.5	20	0	23
11/24	Tennessee	5	14	2.8	5	0	4	44	11.0	27t	1	58
11/28	at Dallas	0	0	0.0	0	0	2	5	2.5	5	0	5
12/08	at N.Y. Jets	19	123	6.5	63t	1	2	38	19.0	26	0	161
12/15	Kansas City	5	18	3.6	8	0	2	52	26.0	45	0	70
12/22	at San Diego	0	0	0.0	0	0	4	26	6.5	14	0	26
12/29	Denver	0	0	0.0	0	0	1	11	11.0	11	0	11
TOTALS (16/15)		**46**	**218**	**4.7**	**63t**	**2**	**32**	**331**	**10.3**	**45**	**2**	**549**

REECE'S GAME-BY-GAME CONT.

		Rushing					Receiving					
2014	**Opponent**	**Att**	**Yds**	**Avg**	**LG**	**TD**	**Rec**	**Yds**	**Avg**	**LG**	**TD**	**Total**
09/07	at N.Y. Jets	1	0	0.0	0	0	2	1	0.5	1	0	1
09/14	Houston	0	0	0.0	0	0	1	11	11.0	11	0	11
09/21	at New England	1	7	7.0	7	0	3	19	6.3	12	0	26
09/28	Miami	0	0	0.0	0	0	1	5	5.0	5	0	5
10/12	San Diego	1	2	2.0	2	0	1	11	11.0	11	0	13
10/19	Arizona	Inactive (Quadriceps)										
10/26	at Cleveland	0	0	0.0	0	0	5	34	6.8	19	0	34
11/02	at Seattle	1	10	10.0	10	0	1	12	12.0	12	0	22
11/09	Denver	1	3	3.0	3	0	2	6	3.0	6	0	9
11/16	at San Diego	1	1	1.0	1	0	2	-4	-2.0	0	0	-3
11/20	Kansas City	8	37	4.6	9	0	1	8	8.0	8	0	45
11/30	at St. Louis	4	12	3.0	8	0	6	48	8.0	13	0	60
12/07	San Francisco	2	2	1.0	3	0	7	64	9.1	14	1	66
12/14	at Kansas City	0	0	0.0	0	0	0	0	0.0	0	0	0
12/21	Buffalo	0	0	0.0	0	0	2	20	10.0	16	0	20
12/28	at Denver	1	11	11.0	11	0	3	30	10.0	14	0	41
TOTALS (15/15)		**21**	**85**	**4.0**	**11**	**0**	**37**	**265**	**7.2**	**19**	**1**	**350**

		Rushing					Receiving					
2015	**Opponent**	**Att**	**Yds**	**Avg**	**LG**	**TD**	**Rec**	**Yds**	**Avg**	**LG**	**TD**	**Total**
09/13	Cincinnati	0	0	0.0	0	0	3	26	8.7	11t	2	26
09/20	Baltimore	0	0	0.0	0	0	1	16	16.0	16	0	16
09/27	at Cleveland	1	1	1.0	1	0	1	55	55.0	55	0	56
10/04	at Chicago	0	0	0.0	0	0	2	16	8.0	10	0	16
10/11	Denver	1	6	6.0	6	0	7	49	7.0	13	1	55
10/25	at San Diego	0	0	0.0	0	0	3	15	5.0	6	0	15
11/01	N.Y. Jets	0	0	0.0	0	0	3	26	8.7	15	0	26
11/08	at Pittsburgh	3	21	7.0	12	0	0	0	0.0	0	0	21
11/15	Minnesota	0	0	0.0	0	0	1	0	0.0	0	0	0
11/22	at Detroit	2	2	1.0	2	0	0	0	0.0	0	0	2
11/29	at Tennessee	0	0	0.0	0	0	1	7	7.0	7	0	7
12/06	Kansas City	1	4	4.0	4	0	3	19	6.3	15	0	23
12/13	at Denver	2	2	1.0	2	0	0	0	0.0	0	0	2
12/20	Green Bay	0	0	0.0	0	0	3	37	12.3	29	0	37
12/24	San Diego	0	0	0.0	0	0	2	3	1.5	3	0	3
1/3/16	at Kansas City	Reserve/Suspended List										
TOTALS (15/7)		**10**	**36**	**3.6**	**12**	**0**	**30**	**269**	**9.0**	**55**	**3**	**305**

		Rushing					Receiving					
2016	**Opponent**	**Att**	**Yds**	**Avg**	**LG**	**TD**	**Rec**	**Yds**	**Avg**	**LG**	**TD**	**Total**
Weeks 1-13		Not on a roster										
12/11	at Green Bay	0	0	0.0	0	0	2	38	19.0	31	0	38
12/15	L.A. Rams	1	0	0.0	0	0	1	9	9.0	9	0	9
12/24	Arizona	0	0	0.0	0	0	0	0	0.0	0	0	0
1/1/17	at San Francisco	1	0	0.0	0	0	2	25	12.5	19	0	25
TOTALS (4/0)		**2**	**0**	**0.0**	**0**	**0**	**5**	**72**	**14.4**	**31**	**0**	**72**
1/7	Detroit	1	0	0.0	0	0	1	5	5.0	5	0	5
1/14	at Atlanta	0	0	0.0	0	0	1	10	10.0	10	0	10
TOTALS (2/1)		**1**	**0**	**0.0**	**0**	**0**	**2**	**15**	**7.5**	**10**	**0**	**15**

10 PAUL RICHARDSON
WIDE RECEIVER

Height	**6-0**
Weight	**183**
College	**Colorado**
Seasons	**NFL 4th, Seahawks 4th**
Born	**April 13, 1992**
Hometown	**Los Angeles, Calif.**

NFL TRANSACTIONS:

05/09/14: Drafted by Seattle (2nd round, 45th)
01/12/15: Placed on IR (knee)
08/31/15: Placed on PUP (knee)
11/14/15: Activated from PUP
12/05/15: Placed on IR (hamstring)

NFL CAREER HIGHLIGHTS:

- Bounced back from injuries and played in 15 games in 2016, posting a career-high 288 yards on 21 receptions.
- His 2015 season ended after one game and was placed on injured reserve on December 5 (hamstring) after beginning the season on the physically unable to perform list (knee).
- Played in 15 games with six starts in 2014. Set career-highs in catches (5) and yards (60) vs. St. Louis (12/28/14). Injured knee in divisional playoff game vs. Carolina (1/10/15) and was placed on injured reserve.

COLLEGE: Emerged as the school's third-best all-time receiver with 156 catches, ranking fifth with 2,412 receiving yards and second with 21 touchdown grabs. He established a school record with three 200-yard receiving performances and his nine 100-yard efforts rank third in school annals. On the way to setting or tying 44 school marks, he recorded 13 receptions for 50-yards or longer. His 21 touchdown receptions rank second in school history and included 11 that went past the 50-yard distance and totaled 841 yards, an average gain of 40.05 yards per scoring grab. Appeared in 33 games, started 25 contests for Colorado.

PERSONAL: Transferred to Serra High School for his final prep season. Earned Prep Star and Super Prep All-American honors, the latter of which ranked him as the 26th-best receiver in the nation and 20th-best player in the Far West region. Caught 31 passes for 552 yards and seven touchdowns. Serra High claimed the state title in 2009 with a 15-0 record. Attended Los Alamitos High School until the end of his junior season. Recorded 79 receptions for 1,396 yards and 21 touchdowns in two seasons at Los Alamitos. His father, Paul Sr., played wide receiver at UCLA and was in camps in the National Football League with Philadelphia (played in one game with the Eagles in 1993), Oakland, Green Bay and the New York Jets. Majored in communications.

RICHARDSON'S SINGLE-GAME HIGHS

Most Receptions: 5 twice, last vs. St. Louis (12/28/14)
Most Yards: 60 vs. St. Louis (12/28/14)
Most TDs: 1 twice, last vs. Arizona (12/24/16)
Longest Reception: 40 vs. SF (11/22/15)

ADDITIONAL STATS

Special Teams Tackles: 2016 (2); **Career:** (2).
Kickoff Returns: 2014 (16 for 376 yards, 23.5 avg., long of 47), 2016 (5 for 105 yards, 21.0 avg., long of 32); **Career:** (21 for 481 yards, 22.9 avg. long of 47).
Rushing: 2016 (1 for 5 yards); **Career:** (1 for 5 yards).

RICHARDSON'S NFL RECORD

Year	Club	G/S	No	Yds	Avg	LG	TD
2014	Seattle	15/6	29	271	9.3	32	1
2015	Seattle	1/0	1	40	40.0	40	0
2016	Seattle	15/0	21	288	13.7	39	1
NFL TOTALS		**31/6**	**51**	**599**	**11.7**	**40**	**2**

POSTSEASON

Year	Club	G/S	No	Yds	Avg	LG	TD
2014	Seattle	1/0	1	21	21.0	21	0
2015	Seattle		Injured Reserve (hamstring)				
2016	Seattle	2/1	7	131	18.7	40	1
NFL TOTALS		**3/1**	**8**	**152**	**19.0**	**40**	**1**

RICHARDSON'S GAME-BY-GAME RECEIVING

2014	Opponent	No	Yds	Avg	LG	TD
09/04	Green Bay	0	0	0.0	0	0
09/14	at San Diego	0	0	0.0	0	0
09/21	Denver	1	7	7.0	7	0
10/06	at Washington	0	0	0.0	0	0
10/12	Dallas	Inactive				
10/19	at St. Louis	4	33	8.3	11	0
10/26	at Carolina	2	20	10.0	11	0
11/02	Oakland	3	12	4.0	10	0
11/09	NY Giants	0	0	0.0	0	0
11/16	at Kansas City	3	24	8.0	10	0
11/23	Arizona	0	0	0.0	0	0
11/27	at San Francisco	1	6	6.0	6	0
12/07	at Philadelphia	2	27	13.5	20	0
12/14	San Francisco	3	30	10.0	11	1
12/21	at Arizona	5	52	10.4	22	0
12/28	St. Louis	5	60	12.0	32	0
TOTALS (15/6)		**29**	**271**	**9.3**	**32**	**1**
1/10	Carolina	1	21	21.0	21	0
PLAYOFFS (1/0)		**1**	**21**	**21.0**	**21**	**0**

2015	Opponent	No	Yds	Avg	LG	TD
Games 1-8		PUP (Knee)				
11/15	Arizona	1	40	40.0	40	0
11/22	San Francisco	Inactive (Hamstring)				
11/29	Pittsburgh	Inactive (Hamstring)				
TOTALS (1/0)		**1**	**40**	**40.0**	**40**	**0**

2016	Opponent	No	Yds	Avg	LG	TD
9/11	Miami	1	11	11.0	11	0
9/18	at L.A. Rams	3	35	11.7	14	0
9/25	San Francisco	0	0	0.0	0	0
10/2	at N.Y. Jets	1	27	27.0	27	0
10/16	Atlanta	0	0	0.0	0	0
10/23	at Arizona	1	10	10.0	10	0
10/30	at New Orleans	2	33	16.5	23	0
11/7	Buffalo	1	15	17.0	15	0
11/13	at New England	2	52	26.0	39	0
11/20	Philadelphia	1	6	6.0	6	0
11/27	at Tampa Bay	1	17	17.0	17	0
12/4	Carolina	Inactive (hamstring)				
12/11	at Green Bay	0	0	0.0	0	0
12/15	L.A. Rams	0	0	0.0	0	0
12/24	Arizona	4	42	10.5	16	1
1/1/17	at San Francisco	4	40	10.0	18	0
TOTALS (15/0)		**21**	**288**	**13.7**	**39**	**1**
1/7	Detroit	3	48	16.0	27	1
1/14	at Atlanta	4	83	20.8	40	0
TOTALS (2/1)		**7**	**131**	**18.7**	**40**	**1**

77 AHTYBA RUBIN

DEFENSIVE TACKLE

Height	**6-2**
Weight	**310**
College	**Iowa State**
Seasons	**NFL 10th, Seahawks 3rd**
Born	**July 25, 1986**
Hometown	**Pensacola, Fla.**
Pronunciation	**ah-TAH-buh**

NFL TRANSACTIONS:

04/27/08: Drafted by Cleveland (6th round, 190th)
09/10/11: Re-signed with Cleveland
03/20/15: Signed by Seattle as an UFA
03/13/16: Re-signed with Seattle

NFL CAREER HIGHLIGHTS:

• Started all 16 games for second-consecutive season, fourth time overall, and started 100th game of career at New England (11/13/16).

• Started all 16 games in his first season in Seattle, helping the team lead the NFL in rush defense (81.5 ypg) for the first time in franchise history and tie the franchise-record for fewest rushing yards allowed with 1,304.

• Originally drafted by the Cleveland Browns with the 24th pick in the sixth round (190th overall) of the 2008 NFL Draft. In seven seasons with the Browns, Rubin played in 100 games with 75 starts and recorded 338 tackles (212 solo), 12.0 sacks, one interception, five passes defensed, three forced fumbles and one fumble recovery. In 2010, he led all NFL defensive linemen with 82 tackles and finished second in 2011 with 83 tackles.

COLLEGE: In two years at Iowa State (2006-07), played in 24 games, starting 21 contests, recording 76 tackles, 2.5 sacks, one pass breakup, one fumble recovery and one forced fumble. Named All-Big 12 Conference honorable mention as a senior. Lettered twice at Trinity Valley (Texas) Community College. In 2005, earned All-Southwest Football Junior College Conference first-team and NJCAA All-America honorable mention as an offensive tackle, the first time that he ever lined up on the offensive line during his career. In 2004, lettered as a defensive lineman.

PERSONAL: First name is pronounced ah-TAH-buh. Married to wife, Lameesa. Moved multiple times in his youth as his father, Ronnie, served in the Army. Attended Escambia (Pensacola, Fla.) High School, the same high school as Hall of Fame running back Emmitt Smith. Lettered as a defensive lineman and earned all-area and all-conference recognition as a senior. Also was on the power weight-lifting team. Helps sponsor a program at his alma mater, Escambia High, that rewards students with gifts and prizes for positive performance and behavior. Majored in history.

RUBIN'S NFL RECORD

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2008	Cleveland	12/0	11	7	4	0.0	0.0	0	0	0.0	0	0	0	0	1	0
2009	Cleveland	16/5	38	23	15	0.0	0.0	0	0	0.0	0	0	0	1	0	0
2010	Cleveland	16/16	82	57	25	2.0	17.0	1	1	1.0	1	0	2	0	0	0
2011	Cleveland	16/16	83	56	27	5.0	36.5	0	0	0.0	0	0	0	0	0	0
2012	Cleveland	13/13	44	30	14	2.0	13.0	0	0	0.0	0	0	2	2	0	0
2013	Cleveland	14/14	52	25	27	2.0	9.0	0	0	0.0	0	0	0	0	0	0
2014	Cleveland	13/11	28	14	14	1.0	6.0	0	0	0.0	0	0	1	0	0	0
2015	Seattle	16/16	36	20	16	2.0	9.0	1	2	2.0	2	0	1	0	0	0
2016	Seattle	16/16	38	24	14	1.0	9.0	0	0	0.0	0	0	1	3	0	0
NFL TOTALS		**132/107**	**412**	**256**	**156**	**15.0**	**99.5**	**2**	**3**	**1.5**	**2**	**0**	**7**	**6**	**1**	**0**

POSTSEASON

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2015	Seattle	2/2	10	5	5	1.0	9.0	0	0	0.0	0	0	0	0	1	0
2016	Seattle	2/2	4	2	2	1.0	5.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**4/4**	**14**	**7**	**7**	**2.0**	**14.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**1**	**0**

RUBIN'S SINGLE-GAME HIGHS

Tackles: 10 at Cincinnati (12/19/10)
Sacks: 1.5 vs. Miami (9/25/11)
Int.: 1 twice, last vs. Pittsburgh (11/29/15)
FF: 1 six times, last at San Francisco(1/1/17)
FR: 1 at Buffalo (11/17/08)

9 JON RYAN
PUNTER

Height	**6-0**
Weight	**217**
College	**Regina**
Seasons	**NFL 12th, Seahawks 10th**
Born	**November 26, 1981**
Hometown	**Regina, Saskatchewan**

NFL TRANSACTIONS:

02/01/06: Signed reserve/future contract with Green Bay
09/01/08: Waived by Green Bay
09/09/08: Signed with Seattle as FA
01/02/10: Signed contract extention with Seattle
03/15/16: Signed multi-year contract with Seattle as UFA

NFL CAREER HIGHLIGHTS:

- Originally signed by Green Bay as a free agent on February 1, 2006, after spending two years in the CFL with the Winnipeg Blue Bombers from 2004-05.
- Has recorded 822 career punts for 36,754 yards (44.7 avg.) with 282 punts inside the 20 in his career.
- Seattle's career leader in punting average (44.77), punts inside the 20 (247) and long punt (77 yards at San Francisco, 9/11/11).
- In the 2014 NFC Championship Game vs. Green Bay (1/18/15), completed a 19-yard TD pass to Garry Gilliam on a fake field goal, giving Seattle its first score in a game it would win and advance to Super Bowl XLIX.
- Kicked his way into the NFL record books vs. New England (10/14/12) after averaging 60.0 yards on four punts, ranking third in NFL history (min. four attempts) for highest average in a single-game. He is the first player since 1946 to accomplish the feat and third player all-time.
- Seattle's single-season leader in average (46.64 in 2011), net average (40.8 in 2012), and tied for most punts downed inside the 20 (34 in 2011).

RYAN'S NFL RECORD

	Club	G/S	No	Yds	Avg	Net Avg	LG	I20	TB	Blk
2006	Green Bay	16/0	84	3,739	44.5	35.7	66	17	12	0
2007	Green Bay	16/0	60	2,664	44.4	37.6	72	18	11	2
2008	Seattle	15/0	78	3,557	45.6	37.9	63	22	12	1
2009	Seattle	16/0	88	4,068	46.2	38.7	70	28	9	0
2010	Seattle	16/0	78	3,254	41.7	37.3	63	27	1	0
2011	Seattle	16/0	95	4,431	46.6*	39.3	77*	34	8	0
2012	Seattle	16/0	65	2,963	45.6	40.8*	73	30	3	0
2013	Seattle	16/0	74	3,159	42.7	39.2	69	28	5	2
2014	Seattle	16/0	61	2,688	44.1	38.3	66	28	6	1
2015	Seattle	16/0	68	3,105	45.7	37.9	73	24	7	0
2016	Seattle	16/0	71	3,126	44.0	39.3	64	26	3	1
NFL TOTALS		**175/0**	**822**	**36,754**	**44.7**	**38.3**	**77**	**282**	**77**	**7**

POSTSEASON

	Club	G/S	No	Yds	Avg	Net Avg	LG	I20	TB	Blk
2007	Green Bay	2/0	9	298	33.1	28.2	43	3	1	0
2010	Seattle	2/0	13	470	36.2	33.0	52	4	0	0
2012	Seattle	2/0	6	214	35.7	30.3	50	2	1	0
2013	Seattle	3/0	9	356	39.6	28.9	46	2	0	0
2014	Seattle	3/0	15	635	42.3	36.2	61	6	0	0
2015	Seattle	2/0	8	286	35.8	34.9	42	4	0	0
2016	Seattle	2/0	5	232	46.4	44.4	60	2	0	0
NFL TOTALS		**16/0**	**65**	**2,491**	**38.3**	**35.1**	**61**	**23**	**2**	**0**

* Club Record

COLLEGE: In 2003, led Canadian college punters with a 45.9-yard average. Was named first-team All-Canadian and Canada West all-star. Also played flanker for the Regina Rams and caught a 109-yard touchdown pass as a sophomore.

PERSONAL: Played lacrosse, hockey, football, basketball and track at Sheldon-Williams High. Was a three-time all-star in lacrosse. Hosts football youth camps in hometown of Saskatchewan. Majored in psychology.

RYAN'S SINGLE-GAME HIGHS

Punts: 11 vs. Philadelphia (11/2/08)
Avg. (3 min.): 61.0 at Dallas (11/6/11)
Net (3 min.): 58.3 at Dallas (11/6/11)
Longest: 77* at San Francisco (9/11/11)
Inside 20: 6,3, Times, Last at Miami (11/25/12)

ADDITIONAL STATS

Special Teams Tackles: 2006 (1), 2007 (FR), 2009 (3), 2011 (3), 2015 (2); **Career:** (9, FR). **Passing:** 2007: 1-1 for 18 yards, 2009: 1-1 for 42 yards, 2016: 0-1 for 0 yards; **Career:** 2-3 for 60 yards.
Rushing: 2006: One for -11, 2007: Two for 7, 2009: One for 0, 2010: One for -9; 2014: Two for 5 (fake FG and fumble punt snap), 2016: One for 26 (fake punt); **Career**: Eight for 18 yards.
Postseason Special Teams Passing: 2014 (1-1, 19-yard TD on Fake FG). **Rushing:** 2015 (One for 4 yards following a low snap).

35 DESHAWN SHEAD
DEFENSIVE BACK

Height	**6-2**
Weight	**212**
College	**Portland State**
Seasons	**NFL 6th, Seahawks 6th**
Born	**June 28, 1989**
Hometown	**Palmdale, Calif.**
Pronunciation	**Shed**

NFL TRANSACTIONS:

05/07/12: Signed with Seattle as undrafted FA
08/31/12: Waived by Seattle
09/02/12: Signed to Seattle PS
12/05/12: Signed to Seattle 53-man roster
08/31/13: Waived by Seattle
09/02/13: Signed to Seattle PS
11/27/13: Signed to Seattle 53-man roster
11/10/15: Signed contract extension with Seattle
03/17/17: Re-signed with Seattle as UFA

NFL CAREER HIGHLIGHTS:

• Started 15 of 15 games played in 2016 after becoming a regular starter at corner in 2015, and set career highs in tackles (80) and passes defensed (14), while notching his second-career interception at New England (11/13). Injured his knee in the Divisional Round of the playoffs at Atlanta (1/14).

COLLEGE: A four-year starter in the defensive backfield for the Vikings, registering 211 tackles, 11 interceptions, five fumble recoveries, four forced fumbles and 29 passes defensed throughout 44 games in his career, while also handling kickoff return duties. Transitioned from cornerback to safety toward the end of his junior season and made all 11 starts at the position his senior year, racking up 64 tackles including five for loss, a sack, three forced fumbles, one fumble recovery, two interceptions and eight passes defensed. An All-Big Sky conference selection his senior year and second-team All-Big Sky his junior year, earning his teammates' vote as the team's Most Outstanding Defensive Back.

PERSONAL: A two-time All-Conference DB at Highland High School, also earning All-Conference as a WR in 2006. Ran track in high school, setting the school's pole vault record. Proposed to his now wife Jessica following the team's overtime victory over the Denver Broncos at CenturyLink Field on September 21, 2014. They have two children, Savannah and Carson.

SHEAD'S SINGLE-GAME HIGHS

Tackles: 10, vs. Pittsburgh (11/29/15)
Sacks: 1.0, at Cincinnati (10/11/15)
Int.: 1, 2 Times, Last at New England (11/13/16)
FF: 1, 2 Times, Last vs. San Francisco (9/25/16)
FR: None

ADDITIONAL STATS

Special Teams Tackles: 2013 (1), 2014 (6, blocked punt), 2015 (4, FF), 2016 (1); **Career:** 12, FF.
Postseason Special Teams Tackles: 2013 (2), 2014 (6), 2015 (1); **Career:** 9.

SHEAD'S NFL RECORD

			Tackles			Sacks		Interceptions							
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012	Seattle	0/0	0	0	0	0.0	0.0	0	0.0	0.0	0	0	0	0	0	0
2013	Seattle	5/0	0	0	0	0.0	0.0	0	0.0	0.0	0	0	0	0	0	0
2014	Seattle	16/1	7	6	1	0.0	0.0	0	0.0	0.0	0	0	2	0	0	0
2015	Seattle	16/6	49	38	11	1.0	5.0	1	40	40.0	40	0	8	1	0	0
2016	Seattle	15/15	80	56	24	0.0	0.0	1	2	2.0	2	0	14	1	0	0
NFL TOTALS		**52/22**	**136**	**100**	**36**	**1.0**	**5.0**	**2**	**42**	**21.0**	**40**	**0**	**24**	**2**	**0**	**0**

POSTSEASON

			Tackles			Sacks		Interceptions							
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012	Seattle	0/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2013	Seattle	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2014	Seattle	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2015	Seattle	2/1	9	6	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2016	Seattle	2/2	2	1	1	0.0	0.0	0	0	0.0	0	0	4	0	0	0
NFL TOTALS		**10/3**	**11**	**7**	**4**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**4**	**0**	**0**	**0**

25 RICHARD SHERMAN

CORNERBACK

Height	**6-3**
Weight	**195**
College	**Stanford**
Seasons	**NFL 7th, Seahawks 7th**
Born	**March 30, 1988**
Hometown	**Compton, Calif.**

PRO BOWL 2013 PRO BOWL 2014 PRO BOWL 2015 PRO BOWL 2016

ALL PRO

2012 (1st Team) **2013** (1st Team)
2014 (1st Team) **2015** (2nd Team)

NFL TRANSACTIONS:

04/30/11: Drafted by Seattle (5th round, 154th)
05/07/14: Signed multi-year extension with Seattle

NFL CAREER HIGHLIGHTS:

- Since 2011, leads the league in interceptions (30) and passes defensed (96).
- Started all 16 games and both postseason games in 2016. Recorded 58 tackles (38 solo), four interceptions and 13 passes defensed.
- Started all 16 games and both postseason games in 2015. Recorded 50 tackles (32 solo), two interceptions and 15 passes defensed. Was selected the 2015 Seahawks Man of the Year, in addition to being the 2015 Steve Largent Award winner.
- Started all 16 games at left cornerback in 2014

CORNERSTONE

MOST INTERCEPTIONS SINCE 2011

Player	Team	No.
Richard Sherman	***Seattle***	***30***
Reggie Nelson	Oakland	26
Curt Coleman	Carolina	20
Patrick Peterson	Arizona	20
Five players tied with 18		

MOST PASSES DEFENSED SINCE 2011

Player	Team	No.
Richard Sherman	***Seattle***	***96***
Joe Haden	Cleveland	83
Johnathan Joseph	Houston	83
D. Rodgers-Cromartie	N.Y. Giants	82
Brent Grimes	Tampa Bay	81

Sherman's Blanket Coverage Foundation hosts families each Christmas at the Virginia Mason Athletic Center, providing gifts and a chance for kids to play on the Seahawks' practice field and interact with some of their favorite players. In 2016, Sherman hosted 38 families in need, more than the 25 he had hosted in previous years.

in addition to all three postseason games. He recorded 57 tackles (45 solo), four interceptions, eight passes defensed and one forced fumble. He also recorded two interceptions in the playoffs.

- Led the NFL in 2013 with eight interceptions. Started all 16 games played at left cornerback as well as all three playoff games, leading the team in interceptions (8) and passes defensed (19).
- Started all 16 games played in 2012 at left cornerback as well as both playoff games, leading the team in interceptions (8) and passes defensed (24).
- Played in all 16 games in 2011 and moved in to starting lineup after Marcus Trufant (back) and Walter Thurmond (ankle) were placed on injured reserve, starting final 10 games at left corner.
- Tied for third in franchise history with four interceptions as a rookie, along with 53 tackles (46 solo) and ranked second on team with 17 passes defensed.

HONORS: 2016, *2017 Pro Bowl;* **2015,** *2016 Pro Bowl, Associated Press Second-Team All-Pro, 2015 Seahawks Man of the Year, 2015 Steve Largent Award;* **2014,** *2015 Pro Bowl, Associated Press First-Team All-Pro, PFWA All-NFL, Sporting News All-Pro, MMQB All-Pro, NFC Defensive Player of the Week at San Francisco (11/27);* **2013,** *2014 Pro Bowl, Associated Press First-Team All-Pro, Pro-Football Weekly All-NFL Team, Sporting News All-Pro, Sports Illustraded All-Pro, NFC Defensive Player of the Week vs. 49ers (9/15/13) & at Giants (12/15/14)*; **2012,** *Associated Press First-Team All-Pro, Pro Football Weekly All-NFL Team, Sporting News All-Pro, Sports Illustrated All-Pro, NFC Defensive Player of the Week vs. Jets (11/11/12);* **2011**, *All-Rookie Team (Pro Football Weekly).*

COLLEGE: Played in 52 career games with 37 starts (27/15 at wide receiver, 25/22 at cornerback). Played his first three seasons at wide receiver before transitioning to cornerback prior to his senior season. Was granted a fifth season after his junior season was cut short after four games due to a knee injury. Registered 81 career catches for 1,340 yards (16.5 avg) and seven touchdowns. Tallied 112 career tackles and six interceptions at cornerback.

PERSONAL: Graduated from Dominguez High School in Compton. Ranked among the best wide receiver prospects in the nation. PrepStar All-West selection and *SuperPrep* All-Far West pick. Named to the *Long Beach Press-Telegram's* Dream Team as one of the premier recruits in the West. Listed as the 50th-best recruit in the nation by SuperPrep. Accounted for 1,030 all-purpose yards as a senior, including 870 yards on 28 catches and three punt returns for touchdowns. Recorded 45 tackles, eight pass breakups and one interception as a defensive back. First team All-CIF and *Long Beach Press-Telegram* Dream Team selection in track as a senior. Communications major.

SHERMAN'S SINGLE-GAME HIGHS

Tackles: 8, 5 Times, Last at New Orleans (10/30/16)
Interceptions: 2, 5 Times, Last at N.Y. Jets (10/2/16)
Sacks: 1.0, vs. N.Y. Jets (11/11/12)
Forced Fumbles: 1, 5 Times, Last vs. Oakland (12/9/14)
Fumble Recoveries: 1, 2 Times, Last vs. N.E. (12/9/12)

ADDITIONAL STATS

Special Teams Tackles: 2011 (2); **Career:** (2).
Punt Returns: 2013 (1 for -6), 2014 (1 for 0), 2015 (1 for 64), 2016 (1 for 6); **Career:** (4 for 64, 16.0 avg.).
Touchdowns: 2012 (19 yd. INT return, 90 yd. FG block return); 2013 (58 yd. INT return).

SHERMAN'S NFL RECORD

			Tackles			Sacks		Interceptions								
Club		G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2011	Seattle	16/10	53	46	7	0.0	0.0	4	45	11.3	33	0	17	1	0	0
2012	Seattle	16/16	62	52	10	1.0	16.0	8	57	7.1	29	1	24	3	1	0
2013	Seattle	16/16	49	38	11	0.0	0.0	8	125	15.6	58t	1	19	0	0	0
2014	Seattle	16/16	57	45	12	0.0	0.0	4	81	10.3	53	0	8	1	0	0
2015	Seattle	16/16	50	32	18	0.0	0.0	2	30	15.0	26	0	15	0	0	0
2016	Seattle	16/16	58	38	20	0.0	0.0	4	37	9.3	31	0	13	0	1	14
NFL TOTALS		**96/90**	**329**	**251**	**78**	**1.0**	**16.0**	**30**	**375**	**12.5**	**58t**	**2**	**96**	**5**	**2**	**14**

POSTSEASON

			Tackles			Sacks		Interceptions								
Club		G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012	Seattle	2/2	0	0	0	0.0	0.0	0	0	0.0	0	0	3	0	0	0
2013	Seattle	3/3	10	4	6	0.0	0.0	0	0	0.0	0	0	2	0	0	0
2014	Seattle	3/3	10	7	3	0.0	0.0	2	0	0.0	0	0	3	0	0	0
2015	Seattle	2/2	9	8	1	0.0	0.0	0	0	0.0	0	0	2	0	0	0
2016	Seattle	2/2	13	7	6	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**10/10**	**42**	**26**	**16**	**0.0**	**0.0**	**2**	**0**	**0.0**	**0**	**0**	**10**	**0**	**0**	**0**

98

GARRISON SMITH

DEFENSIVE TACKLE

Height	**6-1**
Weight	**295**
College	**Georgia**
Seasons	**NFL 4th, Seahawks 2nd**
Born	**October 9, 1991**
Hometown	**Atlanta, Ga.**

NFL TRANSACTIONS:

05/12/14: Signed with Miami as undrafted FA
08/30/14: Waived by Miami
09/01/14: Signed to Miami PS
09/06/14: Waived by Miami
11/27/14: Signed to New Orleans PS
12/16/14: Waived by New Orleans
12/23/14: Signed to San Francisco PS
12/30/14: Signed to reserve/future contract with San Francisco
09/05/15: Waived by San Francisco
09/06/15: Signed to San Francisco PS
01/05/16: Signed to reserve/future contract with San Francisco
09/03/16: Waived by San Francisco
09/04/16: Claimed off waivers by Seattle
10/18/16: Placed on IR

NFL CAREER HIGHLIGHTS:

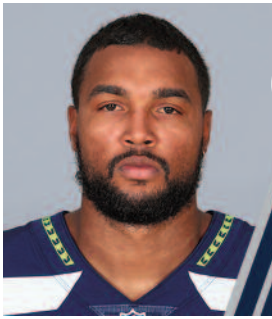
- Originally signed by Miami as an undrafted free agent and spent the start of 2014 on the Dolphins practice squad. Later spent time on the New Orleans practice squad and ended the season on San Francisco's practice squad.
- Spent the entire 2015 season on the 49ers practice squad.

COLLEGE: Played in 48 games (23 starts) during his four-year career at Georgia and recorded 145 tackles, 16 TFLs, 7 sacks, 2 FFs and 1 FR. Started all 13 games as a senior, recording 63 tackles, 10 TFLs, 6 sacks and 2 FFs. Named to SEC Academic honor roll in 2013. Appearing in 14 games (8 starts), recorded 57 tackles, 2 TFLs and 1 sack as a junior. In 2011, registered 22 tackles and 3 TFLs in 14 appearances (2 starts). As a sophomore, named to SEC Academic Honor Roll for the fall semester. In 2010, saw action in 7 games, recording 3 tackles and 1 TFL as a freshman.

PERSONAL: Graduated with a degree in history. Attended Douglass (Atlanta, Ga.) HS, where he was named Class 5A All-State First-Team and earned an invititation to the U.S. Army All-America Bowl in 2009. During free time, he enjoys listening to music, hunting, fishing and speaking to local youth. Is cousins with Buffalo Bills T Cordy Glenn.

G. SMITH'S NFL RECORD

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2014	Miami		Practice Squad													
	New Orleans		Practice Squad													
	San Francisco		Practice Squad													
2015	San Francisco		Practice Squad													
2016	Seattle	3/0	5	1	4	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**3/0**	**5**	**1**	**4**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**



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MARCUS SMITH
DEFENSIVE END

Height	**6-3**
Weight	**258**
College	**Louisville**
Seasons	**NFL 4th, Seahawks 1st**
Born	**March 31, 1992**
Hometown	**Columbus, Ga.**

NFL TRANSACTIONS:

05/08/14: Drafted by Philadelphia (1st Round, 26th)
07/26/17: Waived by Philadelphia
07/28/17: Signed with Seattle as UFA

NFL CAREER HIGHLIGHTS:

- Registered career highs in tackles (16), sacks (2.5), TFL (3.0) and hurries (4) in 2016
- Made his NFL debut vs. Washington (9/21/14)

COLLEGE: Finished his career ranked seventh on Louisville's all-time sack list with 24. Named the American Athletic Conference Defensive Player of the Year and earned *USA Today* second-team All-America honors as a senior in 2013 after notching 14.5 sacks (second in NCAA) and 18.5 TFL. Finished senior campaign with a career-high 42 tackles (33 solo). Finished second on the team with four sacks and led the defensive line with 29 tackles (16 solo) as a junior in 2012. Also had two receptions for two-point conversions. Appeared in 10 games as a sophomore in 2011, making five starts and leading the team with 5.5 sacks.

PERSONAL: Played quarterback at Hardaway (GA) High School where he was selected to the 2009 AAA All-Region second team as a quarterback, throwing for more than 1,800 yards and 14 touchdowns. Added 227 yards and four touchdowns on the ground. As a standout basketball player, Smith was on the same AAU team as Steelers LB Jarvis Jones. In fact, all five starters on the squad went on to play football for Divison-I schools. Son of Elba Wilson and Marcus Smith, Sr. His mother was a student-athlete at Walter State College, who played point guard for the school's basketball team. Smith earned his bachelor's degree in communications.

M. SMITH'S SINGLE-GAME HIGHS

Tackles: 3, 2 times, Last vs. NYG (12/22/16)
FF: None
Sacks: 1.0, 3 times, Last vs. Dallas (1/1/17)
FR: None
INT: None

ADDITIONAL STATS

Special Teams Tackles: 2015 (3), 2016 (4); **Career:** (7).

M. SMITH'S NFL RECORD

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2014	Philadelphia	8/0	1	0	1	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2015	Philadelphia	13/0	7	2	5	1.5	8.5	0	0	0.0	0	0	0	0	0	0
2016	Philadelphia	16/0	16	9	7	2.5	4.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**37/0**	**24**	**11**	**13**	**4.0**	**12.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**

17 RODNEY SMITH
WIDE RECEIVER

Height	**6-5**
Weight	**225**
College	**Florida State**
Seasons	**NFL 4th, Seahawks 1st**
Born	**March 11, 1990**
Hometown	**Miami, Fla.**

NFL TRANSACTIONS:

05/03/13: Signed with Minnesota as undrafted FA
08/31/13: Waived by Minnesota
09/02/13: Signed to Minnesota PS
10/17/13: Signed to Minnesota 53-man roster
10/02/14: Waived by Minnesota
10/03/14: Claimed by Cleveland via waivers
08/10/15: Waived by Cleveland
09/08/15: Signed to Dallas PS
12/30/15: Signed to Dallas 53-man roster
08/30/16: Waived by Dallas
09/04/16: Signed to Seattle PS
09/13/16: Released from Seattle PS
01/19/17: Signed reserve/future contract with Seattle

NFL CAREER HIGHLIGHTS:

- Was signed by Minnesota as an undrafted free agent in 2013. Has played in a total of eight games.

COLLEGE: Started 34 of 48 career games played at Florida State. Set a school record with a catch in 39 straight games. Ended his career with 106 catches for 1,540 yards and 10 touchdowns.

PERSONAL: Earned All-Dade County honors at Archbishop Carroll High in Miami as a senior from Miami Herald. Played in Dade-Broward All-Star game as a senior. Standout WR despite playing in a primarily running offense. Competed in track, basketball and played soccer for 1 year. Excelled in long jump, 200m, 400m, and 4x400 relay. Advanced to regional meet in 200 and 400. Graduated from FSU with a degree in sociology. Was born March 11, 1990 and is the oldest of five children.

R. SMITH'S NFL RECORD

RECEIVING

	Club	G/S	No	Yds	Avg	LG	TD
2013	Minnesota	4/0	0	0	0.0	0	0
2014	Minnesota	1/0	0	0	0.0	0	0
	Cleveland	3/0	0	0	0.0	0	0
2015	Dallas	0/0	0	0	0.0	0	0
NFL TOTALS		**8/0**	**0**	**0**	**0.0**	**0**	**0**

SMITH'S SINGLE-GAME HIGHS

Receptions: None
Receiving Yards: None
Touchdowns: None
Longest Reception: None

ADDITIONAL STATS

Special Teams Tackles: 2013 (2); **Career:** (2).

29 EARL THOMAS
SAFETY

Height	**5-10**
Weight	**202**
College	**Texas**
Seasons	**NFL 8th, Seahawks 8th**
Born	**May 7, 1989**
Hometown	**Orange, Texas**

PRO BOWL 2011 | PRO BOWL 2012 | PRO BOWL 2013 | PRO BOWL 2014 | PRO BOWL 2015

ALL PRO:

2011 (2nd Team), **2012** (1st Team), **2013** (1st Team), **2014** (1st Team)

NFL TRANSACTIONS:

04/22/10: Drafted by Seattle (1st round, 14th)
04/29/14: Signed multi-year contract extension with Seahawks

NFL CAREER HIGHLIGHTS:

- Started 11 games in 2016 before being placed on injured reserve on Dec. 6, 2016 after breaking his leg against Carolina. Recorded 46 tackles (24 solo), 2 interceptions and 10 passes defensed.
- Voted to his fifth-consecutive Pro Bowl following the 2015 season, when he recorded 61 tackles and tied a career-high with five interceptions, which led the team.
- Voted to his fourth-consecutive Pro Bowl and third-consecutive Associated Press First-Team All-Pro in 2014.
- Voted to his third consecutive Pro Bowl, along with being selected as an Associated Press First-Team All-Pro for 2013. He and Richard Sherman were fourth and fifth players to earn back-to-back first-team All-Pro honors in franchise history.
- Recorded a career-high 100 tackles (75 solo) in 2013 and tied a career-high with five interceptions. Also notched eight passes defensed and two forced fumbles.
- Only safety in past decade to record 100+ tackles, 5+ INTs & 2+ FFs in a single season.
- Voted to his second all-star game as a backup in the 2013 Pro Bowl.
- Recorded 61 tackles and three interceptions in 2012, returning one for a TD. Also recorded two interceptions in the postseason, with one at Washington and one at Atlanta.
- Voted a starter to the 2012 Pro Bowl, becoming the first Seahawk voted to the all-star game since 2008 and first Seahawks safety to earn a spot since Darryl Williams in 1997.
- Recorded a career-high 92 tackles (67 solo), finishing third on the team after starting all 16 games in 2011.
- Led team with five interceptions (T5th NFC, T10th NFL) in 2010, tying the club's mark for most interceptions by a rookie (Michael Boulware, 2005).
- In 2010, finished fifth on team with 71 tackles (60 solo) during rookie campaign.
- Collected the first two interceptions of career vs. San Diego (9/26/10) with the final pick coming at the goal-line to preserve the win. Became the first Seahawks rookie since Kenny Easley in 1981 to have two interceptions in one game.

Thomas has been selected as an All-Pro four times during his career.

HONORS: 2015, *Pro Bowl, Sporting News All-Pro;* **2014,** *Pro Bowl, Associated Press First-team All-Pro, PFWA All-NFL, Sporting News All-Pro;* **2013,** *NFC Pro Bowl, Associated Press First-team All-Pro, Pro Football Weekly All-NFL Team, Sporting News All-Pro, Sports Illustrated All-Pro;* **2012,** *NFC Pro Bowl, Associated Press First-team All-Pro, Pro Football Weekly All-NFL Team, Sporting News All-Pro;* **2011**, *NFC Pro Bowl starter, Associated Press Second-team All-Pro.*

COLLEGE: Named a Thorpe Award finalist (nation's top defensive back). Left school after redshirt-sophomore season and started all 27 games at Texas, posting 135 tackles (97 solo) with 7.5 stops for loss. Added 19 tackles (17 solo) with a blocked punt performing on UT's special team coverage units. Deflected 21 passes and intercepted 10 others for 149 yards in returns. His 10 interceptions rank 11th on the school's career record list. As a sophomore, earned All-American first-team honors from *The NFL Draft Report*, *Walter Camp Football Foundation, American Football Coaches Association AP,* and *Football Writers Association of America*, adding second-team honors from *The Sporting News*. Finalist for Jim Thorpe Award, given to the Nation's top defensive back. Unanimous All-Big 12 Conference first-team choice. Recorded 65 tackles (46 solo), one forced fumble and led the league (third in nation) with eight interceptions. His eight interceptions in 2009 set the school single-season record, topping the previous mark of seven.

PERSONAL: Attended West Orange-Stark High School (Texas). Earned all-state selection and three-year starter at DB, RB and WR. Recorded 112 career tackles with 11 interceptions, two kickoff return TDs and two punt return TDs. Also had 1,850 rushing yards and 2,140 receiving yards. Helped team to a 24-2 record over his final two seasons. Also lettered in basketball, baseball and track and field. An active member of his church in which his late grandfather, Earl Thomas, was the pastor. Was part of a rebuilding project following Hurricane Katrina. His uncle, Anthony Thomas, was a linebacker at Stephen F. Austin (1997-99).

THOMAS' NFL RECORD

			Tackles			Sacks		Interceptions								
Club		G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2010	Seattle	16/16	71	60	11	0.0	0.0	5	68	13.6	34	0	7	1	0	0
2011	Seattle	16/16	92	67	25	0.0	0.0	2	19	9.5	11	0	6	1	2	0
2012	Seattle	16/16	61	39	22	0.0	0.0	3	80	26.7	57t	1	10	1	1	0
2013	Seattle	16/16	100	75	25	0.0	0.0	5	9	1.8	11	0	8	2	0	0
2014	Seattle	16/16	95	69	26	0.0	0.0	1	47	47.0	47	0	6	3	1	0
2015	Seattle	16/16	61	42	19	0.0	0.0	5	67	13.4	32	0	9	1	0	0
2016	Seattle	11/11	46	24	22	0.0	0.0	2	5	2.5	5	0	10	0	1	34t
NFL TOTALS		**107/107**	**526**	**376**	**150**	**0.0**	**0.0**	**23**	**295**	**12.8**	**57t**	**1**	**56**	**9**	**5**	**34**

POSTSEASON

			Tackles			Sacks		Interceptions								
Club		G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2010	Seattle	2/2	12	12	0	0.0	0.0	0	0	0.0	0	0	1	0	0	0
2012	Seattle	2/2	8	3	5	0.0	0.0	2	1	0.5	2	0	2	0	0	0
2013	Seattle	3/3	24	17	7	0.0	0.0	0	0	0.0	0	0	3	0	0	0
2014	Seattle	3/3	25	17	8	0.0	0.0	0	0	0.0	0	0	2	1	0	0
2015	Seattle	2/2	13	5	8	0.0	0.0	0	0	0.0	0	0	1	0	0	0
NFL TOTALS		**12/12**	**82**	**54**	**28**	**0.0**	**0.0**	**2**	**1**	**0.5**	**2**	**0**	**9**	**1**	**0**	**0**

THOMAS' SINGLE-GAME HIGHS

Tackles: 12, 2 Times, Last vs. St. Louis (12/28/14)
Interceptions: 2, vs. San Diego (9/26/10)
Sacks: None
Forced Fumbles: 2, at Kansas City (11/16/14)
Fumble Recoveries: 1, 5 Times, Last at NO (10/30/16)
Touchdowns: 1, 3 Times
Kansas City (11/28/10) - blocked punt return
at Buffalo (12/16/12) - 57 INT return
at New Orleans (10/30/16) - 34 fumble return

ADDITIONAL STATS

Special Teams Tackles: 2010 (4), 2011 (6), 2012 (5, FR), 2013 (5), 2014 (2), 2015 (3), 2016 (2);
Career: (27, FR).
Punt Returns: 2014 (2 punt returns for 3 yards, 1.5 avg.)
Special Teams Touchdowns: 10-yard return of a blocked punt for a TD.

23 NEIKO THORPE
CORNERBACK

Height	**6-2**
Weight	**210**
College	**Auburn**
Seasons	**NFL 5th, Seahawks 2nd**
Born	**February 11, 1990**
Hometown	**Tucker, Ga.**

NFL TRANSACTIONS:

03/30/12: Signed with KC as undrafted FA
08/31/12: Waived by KC
09/01/12: Signed to Kansas City PS
10/06/12: Signed to Kansas City 53-man roster
10/09/12: Waived by Kansas City
10/11/12: Signed to Kansas City PS
11/12/12: Signed to Kansas City 53-man roster
08/25/13: Waived by Kansas City
01/13/14: Signed reserve/future contract with Oakland
04/08/15: Re-signed with Oakland as exclusive rights FA
04/18/16: Re-signed with Oakland as restricted FA
09/03/16: Waived by Oakland
09/04/16: Claimed off waivers by Indianapolis
09/06/16: Waived by Indianapolis
09/13/16: Signed by Seattle as a FA
03/15/17: Signed by Seattle as UFA

NFL CAREER HIGHLIGHTS:

- Played in 15 games in 2016, seeing time at cornerback in five games. Recorded 10 tackles (7 solo).
- Played in 14 games in 2015, including first two career starts. Totaled a career-best 36 tackles (33 solo) and first-career interception to go along with six passes defensed.
- Made first-career start at cornerback at Cleveland (9/27/15) and notched five solo tackles.
- Played in 14 games in first season with the Raiders in 2014, missing two with a hand injury.
- Spent 2013 with the Toronto Argonauts of the CFL after spending the offseason and training camp with the Kansas City Chiefs. Totaled six tackles and one fumble recovery with Toronto.
- Made NFL debut with Kansas City versus Baltimore (10/7/12), playing primarily on special teams. Appeared in nine games as a rookie with K.C., primarily on special teams. Spent eight weeks on the Chiefs practice squad.

COLLEGE: Played in 51 games with 40 starts at Auburn, compiling 279 tackles (172 solo), seven interceptions, 35 passes defensed, one fumble recovery and one blocked field goal returned for a TD. Started all 13 contests as a senior in 2011, registering 102 tackles (51), six passes defensed and a fumble recovery. Appeared in 14 games (13 starts) as a junior in 2010, earning second-team Preseason All-SEC honors and helping the Tigers capture the 2010 BCS National Championship. Ranked third on the team with 64 tackles and finished with a team-best nine passes defensed that same year. Started all 13 games as a sophomore in 2009, tying for 20th in the SEC with an average of 6.5 tackles per game and finishing third on team with 84 tackles. Played in 11 games (one start) as a true freshman in 2008, earning a spot on the Coaches' All-SEC Freshman Team. Majored in philosophy.

PERSONAL: Attended Tucker (Ga.) High School. Named an Under Armour All-American as a senior. Had 64 tackles including six tackles for loss, 11 passes defensed, three interceptions and forced a fumble as a senior. Registered 18 sacks as a junior and was honorable mention all-county. Rated as 11th best cornerback in nation by Scouts.com and ranked 53rd best player in Georgia by SuperPrep. Also ran track.

THORPE'S SINGLE-GAME HIGHS

Tackles: 7 vs. N.Y. Jets (11/1/15)
Interceptions: 1 vs. Baltimore (9/20/15)
Sacks: None
Forced Fumbles: None
Fumble Recoveries: None
Touchdowns: None

ADDITIONAL STATS

Special Teams Tackles: 2014 (6), 2015 (4), 2016 (9); **Career:** (19).
Postseason Special Teams Tackles: 2016 (1); **Career:** (1).

THORPE'S NFL RECORD

		Tackles			Sacks		Interceptions								
Club		G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012	Kansas City	9/0	4	4	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2014	Oakland	14/0	2	1	1	0.0	0.0	0	0	0.0	0	0	3	0	0	0
2015	Oakland	14/2	36	33	3	0.0	0.0	1	-12	-12.0	-12	0	6	0	0	0
2016	Seattle	15/0	10	7	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**52/2**	**52**	**45**	**7**	**0.0**	**0.0**	**1**	**-12**	**-12.0**	**-12**	**0**	**9**	**0**	**0**	**0**

POSTSEASON

		Tackles				Sacks		Interceptions								
Club		G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2016	Seattle	2/2	2	2	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**2/0**	**2**	**2**	**0**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**

81

NICK VANNETT

TIGHT END

Height	**6-6**
Weight	**261**
College	**Ohio State**
Seasons	**NFL 2nd, Seahawks 2nd**
Born	**March 6, 1993**
Hometown	**Westerville, Ohio**
Pronunciation	**VAN-NET**

NFL TRANSACTIONS:

04/29/16: Drafted by Seattle (3rd round, 94th)

NFL CAREER HIGHLIGHTS:

- Played in 9 games with 2 starts in his rookie season, recording 3 receptions for 32 yards.

COLLEGE: Played in 53 games for the Buckeyes and started 15 times, including 12 starts as a senior in 2015. He totaled 55 receptions for 585 yards (10.6 yards per catch) and six touchdowns over the course of his career. He finished his career ranking ninth all-time among Ohio State tight ends in receptions and tied for 10th in touchdown receptions. Was invited to the Reese's Senior Bowl following his sennior season after recording 19 catches for 162 yards on the season. Played in all 15 games his junior season and had 19 receptions for 220 yards and five touchdowns. Scored a touchdown against Oregon in the National Championship game. As a sophomore, played in 13 games and had eight catches for 80 yards. Caught his first collegiate touchdown pass against Purdue. After redshirting the 2011 season as a true freshman, played in all 12 games, starting two (vs. Alabama-Birmingham and Nebraska), ranking fifth on the team with nine receptions and 123 receiving yards.

PERSONAL: Played his high school football at Central High School in Westerville, Ohio. He graduated from Ohio State in August 2015 with his degree in sport industry.

VANNETT'S NFL RECORD

RECEIVING

	Club	G/S	No	Yds	Avg	LG	TD
2016	Seattle	9/2	3	32	10.7	21	0
NFL TOTALS		**9/2**	**3**	**32**	**10.7**	**21**	**0**

POSTSEASON

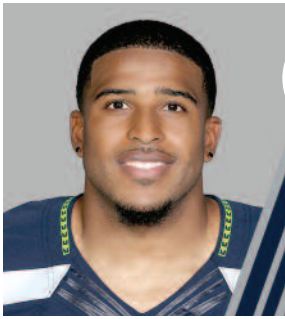
	Club	G/S	No	Yds	Avg	LG	TD
2016	Seattle	0/0	0	0	0.0	0	0
NFL TOTALS		**0/0**	**0**	**0**	**0.0**	**0**	**0**

VANNETT'S GAME-BY-GAME

		Receiving				
2016	Opponent	No	Yds	Avg	LG	TD
Games 1-4		Inactive (Ankle)				
10/16	Atlanta	0	0	0.0	0	0
10/23	at Arizona	0	0	0.0	0	0
10/30	at New Orleans	1	7	7.0	7	0
11/7	Buffalo	0	0	0.0	0	0
11/13	at New England	0	0	0.0	0	0
11/20	Philadelphia	Inactive				
11/27	at Tampa Bay	0	0	0.0	0	0
12/4	Carolina	2	25	12.5	21	0
12/11	at Green Bay	0	0	0.0	0	0
12/15	L.A. Rams	0	0	0.0	0	0
12/24	Arizona	Inactive				
1/1/17	at San Francisco	Inactive				
TOTALS (9/2)		**3**	**32**	**10.7**	**21**	**0**
1/7	Detroit	Inactive				
1/14	at Atlanta	Inactive				
Playoff Totals (0/0)		**0**	**0**	**0.0**	**0**	**0**

VANNETT'S SINGLE-GAME HIGHS

Receptions: 2 vs. Carolina (12/4/16)
Receiving Yards: 25 vs. Carolina (12/4/16)
Touchdowns: None
Longest Reception: 21 vs. Carolina (12/4/16)



54

BOBBY WAGNER

LINEBACKER

Height	**6-0**
Weight	**245**
College	**Utah State**
Seasons	**NFL 6th, Seahawks 6th**
Born	**June 27, 1990**
Hometown	**Ontario, Calif.**

PRO BOWL 2014 PRO BOWL 2015 PRO BOWL 2016

ALL PRO:

2014 (1st Team) **2015** (2nd Team) **2016** (1st Team)

NFL TRANSACTIONS:

04/27/12: Drafted by Seattle (2nd round, 47th)
08/02/15: Signed multi-year contract extension with Seattle

NFL CAREER HIGHLIGHTS:

- In 2016, started all 16 games and led the NFL with a career-high 167 tackles (85 solo). Also logged 4.5 sacks, one interception, three passes defensed and a fumble recovery. Was voted to his third consecutive Pro Bowl and was selected Associated Press First-Team All-Pro for the second time. Also named to the PFWA All-NFL team, as well as the Sporting News All-Pro team.
- Started all 15 games played and finished second on the team with 114 tackles (67 solo) in 2015. Also recorded 0.5 sacks, seven passes defensed, two forced fumbles and three fumble recoveries, two of which he returned for touchdowns (10/11 at Cin, and 11/15 vs. Ari). Was voted to his second consecutive Pro Bowl and was selected Associated Press Second-Team All-Pro.
- Started 11 of 11 games played in 2014. Despite missing five games due to a foot injury, tallied 104 tackles (67 solo), 2.0 sacks and three passes defensed and was voted to his first Pro Bowl, in addition to being selected Associated Press First-Team All-Pro. Also started all three postseason games.
- Started 14 of 14 games played in 2013. Missed two games due to a high-ankle sprain. Recorded 119 tackles (71 solo) and a career-high five sacks. Also notched two interceptions, six passes defensed and a fumble recovery.
- Started all three postseason games in 2013 and tied Kam Chancellor for team lead in tackles with 34 (17 solo).
- Set club record for tackles by a rookie with 140 (Terry Beason, 136 in 1977) and ranked second among all rookies in 2012.
- Started 15 of 16 games played at middle linebacker as well as both postseason games in 2012,

leading the team in tackles (140) in addition to recording three interceptions, two sacks and four passes defensed.

HONORS: 2016, *Pro Bowl, Associated Press First-Team All-Pro; PFWA All-NFL, Sporting News ALl-Pro,* **2015,** *Pro Bowl, Associated Press Second-Team All-Pro;* **2014,** *Pro Bowl, Associated Press First-Team All-Pro, NFC Defensive Player of the Month (December);* **2012,** *Pro Football Weekly* All Rookie Team, *Sports Illustrated* Defensive Rookie of the Year

COLLEGE: A three-time All-Western Athletic Conference first-team choice by the league's coaches and media who started 46-of-48 games at Utah State (21 at strong-side linebacker and 25 at weak-side linebacker). Finished his career with 446 tackles (201 solo), 4.5 sacks for minus 35 yards, 29.5 tackles for losses of 80 yards and eight quarterback pressures. Caused two fumbles and recovered three others, while recording seven passes defensed and intercepting four balls for 51 yards in returns. His 446 tackles tied the school career-record that was first set by Del Lyles (1988-91), becoming only the fourth player in WAC history to record more than 400 tackles, breaking the league all-time record of 443 tackles by Robert Rodriguez of Texas-El Paso (2001-04). Named an All-American Dream Team choice and WAC Defensive Player of the Year by The NFL Draft Report after his senior season.

PERSONAL: Dubbed the "Hardest Hitter" in college by *The Sporting News,* becoming the first player to ever lead the conference in tackles three consecutive seasons and is one of four to accomplish that feat at Utah State. One of 30 NCAA Football Bowl Subdivision (FBS) student-athletes selected as a candidate for the 2011 Lowe's Award for excellence both on and off the field. Attended Colony High School where he lettered as a tight end and linebacker, guiding the team in each of his final two seasons to consecutive 12-2 finishes, capturing the CIF division title. Named to the All-CIF Central Division squad as a senior and picked up All-State California Division II second-team honors, as he recorded 125 tackles (92 solo) and four sacks, while hauling in 37 receptions for 595 yards and 11 touchdowns. A business entrepreneurship major at Utah State. Active in the community. Son of Bobby and the late Phenia Wagner. Born on June 27, 1990 in Los Angeles.

WAGNER'S NFL RECORD

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012	Seattle	16/15	140	86	54	2.0	11.0	3	55	18.3	45	0	4	0	0	0
2013	Seattle	14/14	119	71	48	5.0	36.5	2	9	4.5	9	0	6	0	1	0
2014	Seattle	11/11	104	67	37	2.0	13.0	0	0	0.0	0	0	3	0	0	0
2015	Seattle	15/15	114	67	47	0.5	4.5	0	0	0.0	0	0	7	2	3	55
2016	Seattle	16/16	167	85	82	4.5	27.0	1	9	9.0	9	0	3	0	1	0
NFL TOTALS		**72/71**	**644**	**376**	**268**	**14.0**	**92.0**	**6**	**73**	**12.2**	**45**	**0**	**23**	**2**	**5**	**55**

POSTSEASON

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012	Seattle	2/2	17	12	5	0.0	0.0	1	4	4.0	4	0	1	0	0	0
2013	Seattle	3/3	34	17	17	0.0	0.0	0	0	0.0	0	0	1	0	0	0
2014	Seattle	3/3	31	16	15	0.0	0.0	1	0	0.0	0	0	1	0	0	0
2015	Seattle	2/2	20	12	8	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2016	Seattle	2/2	18	11	7	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**12/12**	**120**	**68**	**52**	**0.0**	**0.0**	**2**	**4**	**4.0**	**4**	**0**	**3**	**0**	**0**	**0**

WAGNER'S SINGLE-GAME HIGHS

Tackles: 16, vs. Buffalo (11/7/16)
Forced Fumbles: 1 vs. Pittsburgh (11/29/15)
Fumble Recoveries: 1, 5 Times, Last at SF (1/1/17)
Sacks: 2.0, at San Francisco (1/1/17)
Interceptions: 2, vs. Arizona (12/9/12)
Touchdowns: 1, 2 Times, Last FR vs. Ari. (11/15/15)

ADDITIONAL STATS

Special Teams Tackles: 2016 (Block FG); **Career:** (Block FG).

7 BLAIR WALSH

KICKER

Height	5-10
Weight	175
College	Georgia
Seasons	NFL 6th, Seahawks 1st
Born	January 8, 1990
Hometown	Fort Lauderdale, Fla.

NFL TRANSACTIONS:

04/28/12: Drafted by Minnesota in 6th round (175th)
07/26/15: Signed multi-year contract extension with Minnesota
11/15/16: Waived by Minnesota
02/09/17: Signed by Seattle as FA

NFL CAREER HIGHLIGHTS:

- In five seasons with Minnesota, connected on 24 FGs of 50+ yards, most in Vikings history. Made 133 of 158 FGs while in Minnesota and 154 of 162 extra point attempts, while playing in 72 games.
- Led NFL with 34 FGs made in 2015.
- Earned 1st-Team AP All-Pro and Pro Bowl honors as a rookie in 2012, setting NFL records with 10 FGs of 50+ in a season and three FGs of 50+ in a single game.

HONORS: 2012, Pro Bowl, First-Team AP All-Pro, Pro Football Weekly/PFWA All-Pro, NFC Special Teams Player of the Week vs. Jacksonville (9/9/12), vs. St. Louis (12/16/12), vs. Green Bay (12/30/12) and vs. N.Y. Giants (12/27/15), NFC Special Teams Player of the Month in December 2012.

COLLEGE: Named to Georgia's Team of the Decade. Set NCAA record with at least 1 FG in 45 games. His 412 points is a Georgia and SEC record and is also ranked 2nd in NCAA history. Holds Georgia record with 184 career PATs. Set school record for consecutive PATs made when he made the opening 119 of his career. Made career-long 56-yard FG against Coastal Carolina in 2011. Appeared in 2011 East-West Shrine Game. Semifinalist for the Lou Groza Award in 2010. Named All-SEC 1st Team by conference's coaches in 2010.

PERSONAL: Attended Cardinals Gibbons High School in Boca Raton, Fla. USA Today All-USA 1st-Team offense. Appeared in 2008 U.S. Army All-American Bowl. Made 14 of 20 FGs, including 2 from 59 yards and 30 of 31 PATs as a senior. Majored in Speech Communications at Georgia. Born January 8, 1990.

WALSH'S NFL RECORD

KICKING

	Club	G	PAT-Att	FG-Att	1-19	20-29	30-39	40-49	50+	FG%	LG	Pts
2012	Minnesota	16/0	36-36	35-38	0-0	10-10	8-9	7-9	10-10	92.1	56	141
2013	Minnesota	16/0	43-44	26-30	0-0	7-7	12-12	5-6	2-5	86.7	54	121
2014	Minnesota	16/0	29-29	26-35	2-2	4-5	8-10	7-9	5-9	74.3	55	107
2015	Minnesota	16/0	33-37	34-39	0-0	9-9	13-15	6-7	6-8	87.2	54	135
2016	Minnesota	9/0	15-19	12-16	1-1	1-1	5-6	4-6	1-2	75.0	50	51
NFL TOTALS		**73/0**	**156-165**	**133-158**	**3-3**	**31-32**	**46-52**	**29-37**	**24-34**	**84.2**	**56**	**555**

POSTSEASON

	Club	G	PAT-Att	FG-Att	1-19	20-29	30-39	40-49	50+	FG%	LG	Pts
2012	Minnesota	1/0	1-1	1-1	0-0	0-0	1-1	0-0	0-0	100.0	33	4
2015	Minnesota	1/0	0-0	3-4	0-0	1-2	0-0	2-2	0-0	75.0	47	9
PLAYOFFS		**2/0**	**1-1**	**4-5**	**0-0**	**1-2**	**1-1**	**2-2**	**0-0**	**80.0**	**47**	**13**

WALSH'S SINGLE-GAME HIGHS

Most FGs Att.: 6 at Tennessee (9/11/16)
Most FGs Made: 5, 3 Times, Last vs. NYG (12/27/15)
Longest FG Att.: 57* vs. Chicago (12/1/13)
Longest FG Made: 56 at Houston (12/23/12)
Most PATs Att.: 6 vs. Philadelphia (12/15/13)
Most PATs Made: 6 vs. Philadelphia (12/15/13)
Points Scored: 18, 2 Times, Last vs. NYG (12/27/15)
Consecutive Games with FG: 11 (12/21/14 - 1/15/15)

* - *Minnesota franchise record*

WALSH'S GAME-BY-GAME KICKING

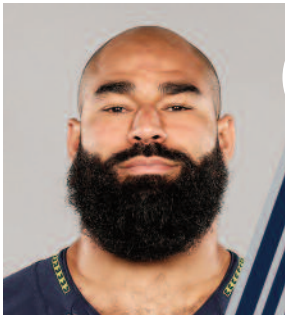
2012	Opp	Pts	PAT-Att	FG-FGA	Made
9/9	Jac	14	2-2	4-4	20,42,55,38
9/16	at Ind	8	2-2	2-2	51,29
9/23	SF	6	3-3	1-1	52
9/30	at Det	8	2-2	2-3	49,27,(46)
10/7	Tenn	12	3-3	3-3	42,36,26
10/14	at Was	12	0-0	4-4	20,27,27,37
10/21	Ari	3	3-3	0-0	
10/25	TB	5	2-2	1-1	51
11/4	at Sea	8	2-2	2-2	36,55
11/11	Det	14	2-2	4-4	48,23,23,33
11/25	at Chi	4	1-1	1-2	40,(30B)
12/2	at GB	2	2-2	0-1	(42)
12/9	Chi	3	3-3	0-0	
12/16	at StL	18	3-3	5-5	50,38,42,53,51
12/23	at Hou	11	2-2	3-3	56,41,39
12/30	GB	13	4-4	3-3	54,37,29
TOTALS (16/0)		**141**	**36-36**	**35-38**	**Long: 56**
1/5/13	at GB	4	1-1	1-1	33
PLAYOFFS (1/0)		**4**	**1-1**	**1-1**	**Long: 33**

2013	Opp	Pts	PAT-Att	FG-FGA	Made
9/8	at Det	6	3-3	1-1	52
9/15	at Chi	12	3-3	3-3	28,28,22
9/22	Cle	9	3-3	2-2	43,30
9/29	Pit	10	4-4	2-3	54,37,(44)
10/13	Car	4	1-1	1-1	22
10/21	at NYG	1	1-1	0-1	(54)
10/27	GB	7	4-4	1-1	36
11/3	at Dal	5	2-3	1-1	23
11/7	Was	10	4-4	2-2	39,40
11/17	at Sea	8	2-2	2-2	32,45
11/24	at GB	14	2-2	4-4	36,47,29,35
12/1	Chi	11	2-2	3-4	32,30,(57)34
12/8	at Bal	8	2-2	2-2	39,40
12/15	Phi	12	6-6	2-3	(55),21,38
12/22	at Cin	2	2-2	0-0	
12/29	Det	2	2-2	0-0	
TOTALS (16/0)		**121**	**43-44**	**26-30**	**Long: 54**

2014	Opp	Pts	PAT-Att	FG-FGA	Made
9/7	at StL	10	4-4	2-2	52,46
9/14	NE	1	1-1	0-1	(48)
9/21	at NO	9	0-0	3-3	25,30,40
9/28	Atl	15	3-3	4-5	18,33,41,55,(48)
10/2	at GB	4	1-1	1-1	26
10/12	Det	3	0-0	1-1	40
10/19	at Buf	10	1-1	3-3	33,40,55
10/26	at TB	7	1-1	2-3	38,46,(56)
11/2	Was	3	3-3	0-0	
11/16	at Chi	7	1-1	2-3	26,50,(38)
11/23	GB	7	1-1	2-2	39,51
11/30	Car	7	4-4	1-1	39
12/7	NYJ	6	3-3	1-3	20,(39),(56)
12/14	at Det	2	2-2	0-3	(26),(53),(68)
12/21	at Mia	9	3-3	2-2	18,33
12/28	Chi	7	1-1	2-2	37,44
TOTALS (16/0)		**107**	**29-29**	**26-35**	**Long: 54**

2015	Opp	Pts	PAT-Att	FG-FGA	Made
9/14	at SF	3	0-0	1-2	(44),37
9/20	Det	8	2-3	2-2	28,23
9/27	SD	7	4-4	1-1	24
10/4	at Den	8	2-2	2-3	(38),38,33
10/18	KC	10	1-1	3-3	24,45,45
10/25	at Det	16	1-2	5-5	37,53,51,35,22
11/1	at Chi	11	2-2	3-3	43,48,36
11/8	StL	7	1-1	2-2	34,40
11/15	at Oak	12	3-3	3-5	20,38,(53),(39),34
11/22	GB	1	1-2	0-0	
11/29	at Atl	8	2-2	2-3	(51),29,39
12/6	Sea	1	1-1	0-0	
12/10	at Ari	8	2-2	2-2	44,54
12/20	Chi	8	5-5	1-1	53
12/27	NYG	18	3-4	5-5	32,52,22,53,27
1/3/16	at GB	8	2-2	2-2	39,32
TOTALS (16/0)		**135**	**33-37**	**34-39**	**Long:54**

2016	Opp	Pts	PAT-Att	FG-FGA	Made
9/11	at Ten	13	1-2	4-6	(37),(56),50,33,45,30
9/18	GB	5	2-2	1-1	46
9/25	at Car	6	0-1	2-2	28,31
10/3	NYG	6	3-3	1-2	(46),44
10/9	Hou	7	4-4	1-1	19
10/23	at Phi	4	1-1	1-1	48
10/31	at Chi	4	1-1	1-1	30
11/6	Det	4	1-2	1-2	33,(46B)
11/13	at Was	2	2-3	0-0	
TOTALS (9/0)		**51**	**15-19**	**12-16**	**Long:50**



57 MICHAEL WILHOITE
LINEBACKER

Height	**6-0**
Weight	**245**
College	**Washburn**
Seasons	**NFL 6th, Seahawks 1st**
Born	**December 7, 1986**
Hometown	**Topeka, Kansas**

NFL TRANSACTIONS:

12/15/11: Signed to San Francisco PS
01/30/12: Practice squad contract expired
02/10/12: Signed with San Francisco as FA
08/31/12: Released by San Francisco
09/02/12: Signed to San Francisco PS
11/30/12: Signed to San Francisco 53-man roster
04/21/14: Exclusive rights signing with San Francisco
06/10/15: Exclusive rights signing with San Francisco
08/01/15: Declared non-football injury
08/25/15: Passed physical with San Francisco
01/02/16: Placed on reserve/injured list
05/04/16: Asked to re-sign with San Francisco
03/09/17: Contract expired with San Francisco
03/27/17: Signed with Seattle as UFA

NFL CAREER HIGHLIGHTS:

• Originally started his professional football career with the Omaha Nighthawks of the United Football League (UFL) in 2011, where he appeared in four games. Following the UFL season, he returned home and earned a spot on the 49ers practice squad in December of 2011 after a workout.

• In five seasons with San Francisco, played in 65 games with 36 starts, recording 290 tackles (192 solo), 0.5 sacks, three interceptions, eight passes defensed, two forced fumbles and one fumble recovery. He also logged 36 special teams tackles.

COLLEGE: Played collegiately at Washburn University, a Division II school located in Topeka, Kansas. With two redshirt years, one due to an injury, Wilhoite spent six years developing his skills as a safety. Was selected to play in the Cactus Bowl, the Division II all-star game, following his senior season in 2010. Made the switch to linebacker when he signed with the UFL's Omaha Nighthawks.

PERSONAL: Played his high school football at Highland Park H.S. in Topeka, Kansas. Was a three-year letterman in football at safety, in addition to playing multiple other positions on occasion, including quarterback. Was a second-team all-league pick at safety following his senior season. Was a member of the National Honor Society and the National Honor Roll. Son of Greg Wilhoite and Jan Buckheim. Born December 7, 1986. Majored in Mass Media.

WILHOITE'S NFL RECORD

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012	San Fran	5/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2013	San Fran	16/2	24	14	10	0.0	0.0	0	0	0.0	0	0	1	0	0	0
2014	San Fran	16/16	121	72	49	0.0	0.0	2	1	1.0	1	0	6	1	0	0
2015	San Fran	12/12	86	65	21	0.0	0.0	1	0	0.0	0	0	1	0	0	0
2016	San Fran	16/6	59	41	18	0.5	4.0	0	0	0.0	0	0	0	1	1	0
NFL TOTALS		**65/36**	**290**	**192**	**98**	**0.5**	**4.0**	**3**	**1**	**0.3**	**1**	**0**	**8**	**2**	**1**	**0**

POSTSEASON

			Tackles			Sacks		Interceptions								
	Club	G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012	San Fran	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2013	San Fran	3/0	0	0	0	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**6/0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**

WILHOITE'S SINGLE-GAME HIGHS

Tackles: 15, at N.Y. Giants (10/11/15)
Forced Fumbles: 1, 2 Times, Last vs. S.D. (12/20/14)
Fumble Recoveries: 1, at Atlanta (12/18/16)
Sacks: 0.5, vs. Arizona (10/6/16)
Interceptions: 1, 3 Times, Last at Baltimore (10/18/15)
Touchdowns: None

ADDITIONAL STATS

Special Teams Tackles: 2012 (7), 2013 (17), 2014 (3), 2016 (9); **Career:** 36.
Postseason Special Teams Tackles: 2012 (3), 2013 (3); **Career:** 6.

18 KASEN WILLIAMS

WIDE RECEIVER

Height	**6-1**
Weight	**219**
College	**Washington**
Seasons	**NFL 3rd, Seahawks 3rd**
Born	**December 5, 1992**
Hometown	**Sammamish, Wash.**
Pronunciation	**KAY-sin**

NFL TRANSACTIONS:

06/15/15: Signed with Seattle as undrafted FA
09/05/15: Waived by Seattle
09/07/15: Signed to Seattle PS
12/26/15: Signed to Seattle 53-man roster
09/03/16: Waived by Seattle
09/04/16: Signed to Seattle PS
09/13/16: Released from Seattle PS
09/20/16: Signed to Seattle PS
12/27/16: Signed to Seattle 53-man roster

NFL CAREER HIGHLIGHTS:

- Spent much of 2016 on the practice squad, playing in just one game.
- Began the 2015 season on practice squad and was signed to the active roster on December 26. Played in two games, making his NFL debut vs. St. Louis (12/27). Had first-career reception, an 8-yard catch, at Arizona (1/3/16). Also played in both postseason games.

COLLEGE: Played in 48 games during his four years at Washington. Recorded 162 receptions for 1,915 yards and 15 touchdowns. Returned punts as a freshman and junior, totaling 153 yards on 20 returns (7.3 avg.). His 162 receptions finished third all-time in Huskies history, while his 1,915 yards ranked him seventh on the all-time yardage list in Huskies history.

PERSONAL: Attended Skyline High School (Issaquah, Wash.) and helped lead Skyline to the state title game four times, winning three state championships. Was named the Parade All-America National Player of the Year his senior year, the first player from Washington ever so honored. Named MaxPrep.com's National Athlete of the Year (all sports) for 2010-11. Also named a first-team All-American by USA Today, ESPN and MaxPreps.com. The state's player of the year (all levels), according to the Associated Press. Gatorade State Football Player of the Year in 2010 and in Track and Field for 201. Two-time Seattle Times all-state selection and the newspaper's state player of the year as a senior. Named the Seattle Times' boy's athlete of the year three years in a row (all sports). Three-time member of the Times' "Star Times" all-area team. KingCo 4A Crest Division Offensive Player of the Year, first-team All-KingCo wide receiver and second-team kick/punt returner in 2010.

K. WILLIAMS' SINGLE-GAME HIGHS

Receptions: 1 at Arizona (1/3/16)
Touchdowns: None
Receiving Yards: 8 at Arizona (1/3/16)
Longest Reception: 8 at Arizona (1/3/16)

ADDITIONAL STATS

Rushing: 2015 (1 for 5 yards, 5.0 avg., 5 long).
Postseason Special Teams Tackles: 2015 (1); **Career** (1).

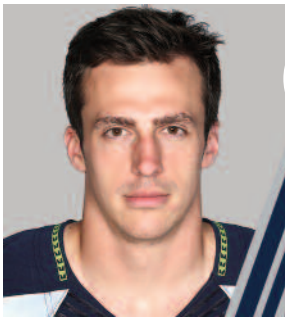
WILLIAMS' NFL RECORD

RECEIVING

	Club	G/S	No	Yds	Avg	LG	TD
2015	Seattle	2/0	1	8	8.0	8	0
2016	Seattle	1/0	0	0	0.0	0	0
NFL TOTALS		**3/0**	**1**	**8**	**8.0**	**8**	**0**

POSTSEASON

	Club	G/S	No	Yds	Avg	LG	TD
2015	Seattle	2/0	0	0	0.0	0	0
2016	Seattle	0/0	0	0	0.0	0	0
NFL TOTALS		**2/0**	**0**	**0**	**0.0**	**0**	**0**



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LUKE WILLSON

TIGHT END

Height	**6-5**
Weight	**254**
College	**Rice**
Seasons	**NFL 5th, Seahawks 5th**
Born	**January 15, 1990**
Hometown	**Lasalle, Ontario, Can.**

NFL TRANSACTIONS:

04/27/13: Drafted by Seattle (5th round, 158th)
03/09/17: Contract expired
03/20/17: Signed with Seattle as UFA

NFL CAREER HIGHLIGHTS:

- Started 6 of 11 games played in 2016, recording 15 receptions for 129 yards and two touchdowns.
- Started 7 of 14 games played in 2015, recording 17 receptions for 213 yards and one TD.
- Played in 15 games with 10 starts in 2014. Set career-highs with 22 receptions, 362 yards, three touchdowns and an 80-yard TD reception. Also started all three postseason games, recording six receptions for 79 yards and a touchdown.
- Played in all 16 games with seven starts in 2013. Caught 20 passes for 272 yards and one touchdown. Also played in all three postseason games, catching two passes in Super Bowl XLVIII vs. Denver (2/2/14) for 17 yards.
- Caught his first-career touchdown at San Francisco (12/8/13) on a 39-yard catch-and-run.

COLLEGE: Played in 45 career games at Rice. Named a team captain his senior season, completed his career with 78 catches for 986 yards and nine touchdowns. Drafted by the Toronto Argonauts in the 4th round of the CFL Draft. After redshirt junior season was named second-team All C-USA by Phil Steele and Honorable mention All C-USA selection by conference coaches. Named to Dave Campbell's Texas Football All Texas College postseason first team. Second on the team with 313 receiving yards and three touchdown catches. Third with 29 catches. Redshirt sophomore season led the team with 425 yards receiving and second with 33 receptions in 11 games and added 3 TDs. Caught a 52-yard scoring pass from Nick Fanuzzi for his first career reception in his debut at UAB his redshirt freshman season. Redshirted his first year after reporting late to camp because of his commitment to the Canadian Junior National Baseball team.

PERSONAL: Attended St. Thomas of Villanova High School in LaSalle, Ontario, Canada. Was a three-year all-conference selection. Caught 29 passes for 638 yards and eight touchdowns as a senior on offense, while racking up 60 tackles, including five sacks, on defense. Named his school's Athlete of the Year as both a junior and a senior. Also played on a summer team, the Essex Ravens, and caught 18 passes for 473 yards and 10 touchdowns. played hockey, baseball and soccer in addition to competing in track in high school. Played with the Canadian Junior National baseball team after his senior year of high school. Team toured major league spring training sites to play against various Extended Spring Training teams as well as the Dominican Republic to play several MLB teams' Dominican Summer League entries before competing with the Canadian Juniors at the World Championships in Calgary. Carried a 4.0 GPA in high school. Parents are Mike and Wilma Willson. Majored in philosophy and political science with a business minor.

WILLSON'S NFL RECORD

RECEIVING

	Club	G/S	No	Yds	Avg	LG	TD
2013	Seattle	16/7	20	272	13.6	39t	1
2014	Seattle	15/10	22	362	16.5	80t	3
2015	Seattle	14/7	17	213	12.5	24	1
2016	Seattle	11/6	15	129	8.6	19	2
NFL TOTALS		**56/30**	**74**	**976**	**13.2**	**80t**	**7**

POSTSEASON

	Club	G/S	No	Yds	Avg	LG	TD
2013	Seattle	3/0	2	17	8.5	12	0
2014	Seattle	3/3	6	79	13.2	29	1
2015	Seattle	1/1	4	54	13.5	22	0
2016	Seattle	2/1	1	4	4.0	4	0
NFL TOTALS		**9/5**	**13**	**154**	**11.8**	**29**	**1**

WILLSON'S SINGLE-GAME HIGHS

Receptions: 5 vs. Jacksonville (9/22/13)
Receiving Yards: 139 at Arizona (12/21/14)
Touchdowns: 2 at Arizona (12/21/14)
Longest Reception: 80t at Arizona (12/21/14)

WILLSON'S GAME-BY-GAME

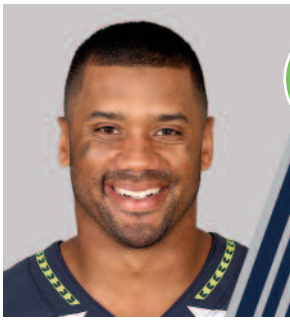
		----------Receiving----------				
2013	**Opponent**	**No**	**Yds**	**Avg**	**LG**	**TD**
9/8	at Carolina	0	0	0.0	0	0
9/15	San Francisco	0	0	0.0	0	0
9/22	Jacksonville	5	76	15.2	35	0
9/29	at Houston	0	0	0.0	0	0
10/6	at Indianapolis	2	28	14.0	17	0
10/13	Tennessee	2	17	8.5	14	0
10/17	at Arizona	1	23	23.0	23	0
10/28	at St. Louis	0	0	0.0	0	0
11/3	Tampa Bay	0	0	0.0	0	0
11/10	at Atlanta	1	19	19.0	19	0
11/17	Minnesota	1	7	7.0	7	0
12/2	New Orleans	1	2	2.0	2	0
12/8	at San Francisco	3	70	23.3	39t	1
12/15	at NY Giants	2	23	11.5	15	0
12/22	Arizona	1	3	3.0	3	0
12/29	St. Louis	1	4	4.0	4	0
TOTALS (16/7)		**20**	**272**	**13.6**	**39t**	**1**
1/11	New Orleans	0	0	0.0	0	0
1/19	San Francisco	0	0	0.0	0	0
2/2	Denver	2	17	8.5	12	0
Playoff Totals (3/0)		**2**	**17**	**8.5**	**12**	**0**

		----------Receiving----------				
2014	**Opponent**	**No**	**Yds**	**Avg**	**LG**	**TD**
9/04	Green Bay	1	1	1.0	1	0
9/14	at San Diego	0	0	0.0	0	0
9/21	Denver	0	0	0.0	0	0
10/06	at Washington	3	28	9.3	19	0
10/12	Dallas	2	11	5.5	10	0
10/19	at St. Louis	Inactive (groin)				
10/26	at Carolina	1	23	23.0	23t	1
11/02	Oakland	1	16	16.0	16	0
11/09	NY Giants	0	0	0.0	0	0
11/16	at Kansas City	3	51	17.0	27	0
11/23	Arizona	1	21	21.0	21	0
11/27	at San Francisco	4	39	9.8	15	0
12/07	at Philadelphia	1	1	1.0	1	0
12/14	San Francisco	0	0	0.0	0	0
12/21	at Arizona	3	139	46.3	80t	2
12/28	St. Louis	2	32	16.0	28	0
TOTALS (15/10)		**22**	**362**	**16.5**	**80t**	**3**
1/10	Carolina	4	68	17.0	29	1
1/18	Green Bay	2	11	5.5	8	0
2/1	New England	0	0	0.0	0	0
TOTALS (3/3)		**6**	**79**	**13.2**	**29**	**1**

WILLSON'S GAME-BY-GAME CONT.

		Receiving				
2015	Opponent	No	Yds	Avg	LG	TD
9/13	at St. Louis	0	0	0.0	0	0
9/20	at Green Bay	2	36	18.0	24	0
9/27	Chicago	Inactive (Back)				
10/05	Detroit	2	15	7.5	9	0
10/11	at Cincinnati	2	17	8.5	9	0
10/18	Carolina	1	16	16.0	16	0
10/22	at San Francisco	0	0	0.0	0	0
11/01	at Dallas	2	41	20.5	22t	1
11/15	Arizona	0	0	0.0	0	0
11/22	San Francisco	2	15	7.5	10	0
11/29	Pittsburgh	1	12	12.0	12	0
12/06	at Minnesota	2	36	18.0	22	0
12/13	at Baltimore	1	8	8.0	8	0
12/20	Cleveland	2	17	8.5	11	0
12/27	St. Louis	0	0	0.0	0	0
1/03	at Arizona	Inactive (Concussion)				
TOTALS (14/7)		**17**	**213**	**12.5**	**24**	**1**
1/10	at Minnesota	Inactive (Concussion)				
1/17	at Carolina	4	54	13.5	22	0
TOTALS (1/1)		**4**	**54**	**13.5**	**22**	**0**

		Receiving				
2016	Opponent	No	Yds	Avg	LG	TD
9/11	Miami	2	26	13.0	19	0
9/18	at L.A. Rams	1	6	6.0	6	0
9/25	San Francisco	2	9	4.5	7	0
10/2	at N.Y. Jets	0	0	0.0	0	0
10/16	Atlanta	1	9	9.0	9	0
Games 6-9		Inactive (Knee)				
11/20	Philadelphia	1	12	12.0	12	0
11/27	at Tampa Bay	1	11	11.0	11	0
12/4	Carolina	Inactive (Knee)				
12/11	at Green Bay	1	11	11.0	11	0
12/15	L.A. Rams	3	19	6.3	9	1
12/24	Arizona	0	0	0.0	0	0
1/1/17	at San Francisco	3	26	8.7	11t	1
TOTALS (11/6)		**15**	**129**	**8.6**	**19**	**2**
1/7	Detroit	1	4	4.0	4	0
1/14	at Atlanta	0	0	0.0	0	0
TOTALS (2/1)		**1**	**4**	**4.0**	**4**	**0**



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RUSSELL WILSON

QUARTERBACK

Height	**5-11**
Weight	**215**
College	**Wisconsin**
Seasons	**NFL 6th, Seahawks 6th**
Born	**November 29, 1988**
Hometown	**Richmond, Va.**

PRO BOWL 2012 PRO BOWL 2013 PRO BOWL 2014 PRO BOWL 2015

NFL TRANSACTIONS:

04/27/12: Drafted by Seattle (3rd round, 75th)
07/31/15: Signed multi-year contract extension with Seattle

NFL CAREER HIGHLIGHTS:

- Has won 56 regular season games, which is tied (Matt Ryan) for the most regular season wins by a starting quarterback in his first five seasons in the Super Bowl era (since 1966). Including the postseason, has won 64 games, the most combined wins in a quarterback's first five seasons.
- Has started every game played since entering the league in 2012 with 92 starts (80 regular season, 12 postseason), and ranks third on Seattle's all-time touchdown passes list.
- Set career-highs in 2016 in attempts (514), completions (334) and yards (4,219)
- In 2015, became first Seahawks QB to lead the NFL in passer rating (110.1). Set club single-season records for passing yards (4,024), TDs (34) and completion percentage (.681). Became first player in NFL history to pass for more than 4,000 yards, rush for more than 500 yards and have 30 or more TDs. Was selected to his fourth consecutive Pro Bowl in as many years in the league.
- Started all 16 games in 2014, completing 285 of 452 passes (63.1%) for a career-high 3,475 yards, a passer rating of 95.0, 20 touchdowns and a career-low seven interceptions. Also set career-high in rushes (118), rushing yards (849) and rushing touchdowns (six).
- Became the third youngest quarterback in NFL history to win the Super Bowl, leading the team to a 43-8 win over the Denver Broncos in Super Bowl XLVIII, completing 18 of 25 (72.0%) passes for 206 yards, two TDs and a 123.1 passer rating.
- Started all 16 games in his second season, completing 257 of 407 passes (63.1%) with

career highs in yards (3,357) and passer rating (101.2), tying a career high with 26 touchdowns, and a career-low nine interceptions. Added one rushing touchdown while setting career-highs with 96 rushes for 539 yards.

• Tied Peyton Manning's 1998 record for most TD passes by a rookie (26). Became the first rookie in NFL history to lead his team to an undefeated home record. Set a club record with a 100.0 passer rating - second-best ever by a rookie and 64.1 completion percentage was third all time.

• Set an all-time NFL record for a rookie at Miami with 16 consecutive completions. That game also marked his third-consecutive game with a 125.0 or better passer rating, also a record for a rookie. Became the first player in NFL history to record three rushing TDs and pass for a TD in the first half of a game (at Buffalo 12/16). Set franchise record for most rushing yards in a season by a QB (489), most rushing yards in a game (92) and most rushing TDs in a game (3) by a QB at Buffalo.

• Started all 16 games as a rookie, completing 252 of 393 passes (64.1%) for 3,118 yards and 26 TDs and a 100.0 passer rating. Also ran 94 times for 489 yards with 4 TDs.

HONORS: 2015, *Pro Bowl, NFC Offensive Player of the Week vs. Steelers (11/29/15);* **2014,** *Pro Bowl, NFC Offensive Player of the Week at Redskins (10/6/14); NFC Offensive Player of the Week at Cardinals (12/21/14);* **2013,** *NFC Pro Bowl; NFC Offensive Player of the Week vs. Saints (12/2/13);* **2012,** *NFC Pro Bowl; Pepsi Max NFL Rookie of the Year; Sports Illustrated Offensive Rookie of the Year.*

COLLEGE: Wilson started 50 consecutive games, throwing 379 consecutive passes without an interception to establish an NCAA Football Bowl Subdivision record. Completed 907 of 1,489 passes (60.9%) for 11,720 yards, 109 touchdowns and 29 interceptions. Rushed 441 times for 1,421 yards (3.2 avg.) and 23 touchdowns, becoming the fifth player in the NCAA FBS ranks to rush for over 1,000 yards and throw for over 5,000 yards in a career. During his 36-game career at North

WINNING WAYS

MOST REGULAR SEASON WINS AMONG QBS - FIRST FIVE SEASONS

Player	Team	No.
Russell Wilson	***Seattle***	***56***
Matt Ryan	Atlanta	56
Joe Flacco	Baltimore	54
Ben Roethlisberger	Pittsburgh	57
Andy Dalton	Cincinnati	50

MOST HOME WINS TO BEGIN CAREER

Player	Team	Record
Russell Wilson	***Seattle***	***34-6***
Matt Ryan	Atlanta	33-5
Joe Flacco	Baltimore	33-7
John Elway	Denver	28-6
Ben Roethlisberger	Pittsburgh	28-8
Dan Marino	Miami	25-9

4TH-QUARTER WINS (BEHIND OR TIED ENTERING 4TH QUARTER)

Date	Opp	Situation		Result		Play/Drive & Time Remaining
09/24/12	GB	Behind	12-7	Won	14-12	24 yd TD pass as time expired
10/14/12	NE	Behind	23-17	Won	24-23	46 yd TD pass @1:18
12/02/12	at Chi	Behind	14-10			14 yd TD pass @ :24
		Tied	17-17	Won	23-17 (ot)	13 yd TD pass @7:33 in OT
12/30/12	StL	Tied	13-13	Won	20-13	1 yd TD run @ 1:39
01/06/13*	at Wash	Behind	14-13	Won	24-14	TD drive @ 7:08
09/08/13	at Car	Behind	7-6	Won	12-7	43 yd TD pass at 10:13
09/29/13	at Hou	Behind	20-6	Won	23-20 (ot)	45 yd FG @ 3:19 in OT
10/13/13	Tenn	Tied	10-10	Won	20-13	Lynch 3-yd TD run @ 7:33
11/03/13	TB	Behind	24-14	Won	27-24 (ot)	27 yd FG @ 8:11 in OT
01/19/14*	SF	Behind	17-13	Won	23-17	35-yd TD pass @ 13:44
09/21/14	Den	Tied	20-20	Won	26-20 (ot)	TD drive @ 9:14 in OT
10/26/14	at Car	Behind	9-6	Won	13-9	23-yd TD pass @0:47
11/09/14	NYG	Tied	17-17	Won	38-17	TD drive @ 12:47
12/28/14	StL	Tied	6-6	Won	20-6	TD drive @ 12:07
01/18/15*	GB	Tied	22-22	Won	28-22	35-yd TD pass @ 11:41 in OT
11/01/15	at Dal	Behind	12-10	Won	13-12	24-yard FG drive @ 1:04
11/29/15	Pitt	Behind	27-26	Won	39-30	30-yd TD pass @ 8:12
01/10/16*	at Minn	Behind	9-0	Won	10-9	46-yd FG drive @ 8:04
09/11/16	Mia	Behind	10-6	Won	12-10	2-yd TD pass @ 0:31
10/16/16	Atlanta	Behind	24-23	Won	26-24	44-yd FG @ 1:57
11/13/16	at NE	Behind	24-22	Won	31-24	23 yd FG @ 8:56

**Playoffs*

Carolina State, Wilson connected on 682 of 1,180 passes (57.8%) for 8,545 yards, 76 touchdowns and 25 interceptions, as he piled up 9,628 yards in total offense and was responsible for 93 touchdowns, in addition to rushing 362 times for 1,083 yards (2.9 avg.) and 17 scores. Finished his Wolfpack career ranking second in school annals for pass attempts and touchdown passes, and third for pass completions, pass completion percentage and yards in total offense. His eight 300-yard passing games in 2010 rank second on the NC State season-record chart, while his total of 12 300-yard efforts for the Wolfpack rank second on the career list. Set NC State season-records with 308 pass completions in 2009, ranking second with 527 pass attempts, 3,563 yards passing and 3,998 yards in total offense in 2010, along with 31 touchdown tosses in 2009. His 28 touchdown throws in 2010 rank third and his 3,287 yards in total offense in 2009 rank fourth on the State annual record chart. His five touchdown passes vs. Florida State in 2009 tied the Wolfpack single-game record. In just one season at Wisconsin, Wilson connected on 225 of 309 passes (72.8%) for 3,175 yards, 33 touchdowns and only four interceptions, adding 79 carries for 338 yards (4.2 avg.) and six scores, compiling an NCAA record 191.7 pass efficiency rating and gaining 3,513 yards in total offense, along with being responsible for 39 touchdowns.

PERSONAL: Attended Collegiate High in Richmond, playing football and baseball. Earned all-state, all-region and all-district honors, in addition to being named the 2005 *Richmond Times-Dispatch* Player of the Year as a junior. That season, Wilson threw for 3,287 yards and 40 touchdowns while rushing for another 634 yards and 15 scores. The Cougars won the state title, as the team compiled a perfect 11-0 record. In 2006, was featured in *Sports Illustrated*'s "Faces in the Crowd" for his state title game performance after completing 21-37 passes for 291 yards and two touchdowns while rushing 30 times for 223 yards and three more scores in a 38-17 win. Passed for 3,009 yards, 34 touchdowns and just seven interceptions as a senior. Also rushed for 1,132 yards, adding 18 mores scores while again earning all-state, all-conference and conference player of the year accolades. On the baseball diamond, the shortstop batted .467 as a senior, enticing the Colorado Rockies to begin following him to North Carolina State and drafting him in the fourth round of the 2010 major league baseball draft. Communications major. His father, the late Harrison Wilson, III, played football and baseball at Dartmouth and was on the San Diego Chargers preseason squad. His older brother, Harrison, IV, played football and baseball at Richmond.

WILSON'S ADDITIONAL STATS

Receiving: 2014 (1 for 17 yards); 2016 (2 for 14 yards, 7.0 avg., 15 long (TD), 1 TD); Career: (3 for 31 yards, 10.3 avg., 17 long, 1 TD)

Wilson continues to visit Seattle Children's Hospital every Tuesday during the regular season. Wilson's Why Not You Foundation, hosted the Wilson Celebrity Invitational, formally, The DRIVE, in June to support Strong Against Cancer. In three short years, the event has donated more than $1.8 million to Seattle area charities, including more than $1 million, in partnership with Safeway and Albertsons, in 2016 alone to Strong Against Cancer.

WILSON'S NFL RECORD

PASSING

Year	Club	G/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	Rate
2012	Seattle	16/16	393	252	3,118	64.1	26	10	67	33/203	100.0
2013	Seattle	16/16	407	257	3,357	63.1	26	9	80t	44/272	101.2
2014	Seattle	16/16	452	285	3,475	63.1	20	7	80t	42/242	95.0
2015	Seattle	16/16	483	329	4,024	*68.1	*34	8	80t	45/265	*110.1
2016	Seattle	16/16	546	*353	*4,219	64.7	21	11	59	41/293	92.6
NFL TOTALS		**80/80**	**2,281**	**1,476**	**18,193**	**64.7**	**127**	**45**	**80t**	**205/1,275**	**99.6**

RUSHING

Year	Club	G/S	Att	Yds	Avg	LG	TD
2012	Seattle	16/16	94	489	5.2	25t	4
2013	Seattle	16/16	96	539	5.6	27	1
2014	Seattle	16/16	**118	**849	**7.2	**55	**6
2015	Seattle	16/16	103	553	5.4	24	1
2016	Seattle	16/16	72	259	3.6	18	1
NFL TOTALS		**80/80**	**483**	**2,689**	**5.6**	**55**	**13**

*Club record **Club record by QB

POSTSEASON

PASSING

Year	Club	G/S	Att	Comp	Yds	Pct	TD	Int	LG	Sacked	Rate
2012	Seattle	2/2	62	39	572	62.9	3	1	34	7/48	101.0
2013	Seattle	3/3	68	43	524	63.2	3	0	51	7/22	101.6
2014	Seattle	3/3	72	41	724	56.9	6	5	63t	10/58	81.9
2015	Seattle	2/2	74	44	508	59.5	4	3	35	7/54	81.4
2016	Seattle	2/2	60	40	449	66.7	4	2	42	6/31	97.2
NFL TOTALS		**12/12**	**336**	**207**	**2,777**	**61.6**	**20**	**11**	**63t**	**37/213**	**94.1**

RUSHING

Year	Club	G/S	Att	Yds	Avg	LG	TD
2012	Seattle	2/2	15	127	8.5	17	1
2013	Seattle	3/3	11	42	3.8	16	0
2014	Seattle	3/3	17	86	5.1	17	1
2015	Seattle	2/2	8	53	6.6	14	0
2016	Seattle	2/2	9	46	5.1	14	0
NFL TOTALS		**12/12**	**60**	**354**	**5.9**	**28**	**2**

SINGLE-GAME HIGHS

Attempts:	45 vs. Arizona	(12/24/16)
Completions:	32 at St. Louis	(9/13/15)
Completion %:*	82.8 vs. San Francisco (24/29)	(11/22/15)
Yards:	350 vs. Arizona	(12/24/16)
Longest, No TD:	67 vs. Arizona	(12/9/12) to Anthony McCoy
Longest TD:	80t, 3 Times, Last vs. Pittsburgh	(11/29/15) to Doug Baldwin
Most TDs:	5, 2 Times, Last at Baltimore	(12/13/15)
Highest Pass Rating (Home):	151.4 vs. Minnesota	(11/17/13)
Highest Pass Rating (Away):	146.0 at Minnesota	(12/6/15)
Interceptions:	5 at Green Bay	(12/11/16)
Rushes:	14** vs. N.Y. Giants	(10/6/13)
Rushing Yds.:	122** at Washington	(10/6/13)
Longest Rush:	55**, at Arizona	(12/21/14)
Rushing TD:	3** at Buffalo	(12/16/12)

*Min. 20 attempts **Club record by QB

WILSON'S GAME-BY-GAME

2012 PASSING

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/09	at Arizona	(S)	34	18	153	52.9	1	1	27	3/14	L	62.5
09/16	Dallas	(S)	20	15	151	75.0	1	0	22t	2/18	W	112.7
09/24	Green Bay	(S)	21	10	130	47.6	2	0	41t	1/19	W	99.3
09/30	at St. Louis	(S)	25	17	160	68.0	0	3	17	2/20	L	45.8
10/07	at Carolina	(S)	25	19	221	76.0	1	2	30	2/9	W	82.3
10/14	New England	(S)	27	16	293	59.3	3	0	51	2/10	W	133.7
10/18	at San Francisco	(S)	23	9	122	39.1	0	1	36	2/7	L	38.7
10/28	at Detroit	(S)	35	25	236	71.4	2	1	19	0/0	L	96.8
11/04	Minnesota	(S)	24	16	173	66.7	3	0	23	1/8	W	127.3
11/11	N.Y. Jets	(S)	19	12	188	63.2	2	0	38t	4/22	W	131.0
11/25	at Miami	(S)	27	21	224	77.8	2	0	32	2/8	L	125.9
12/02	at Chicago	(S)	37	23	293	62.2	2	0	49	2/0	W	104.9
12/09	Arizona	(S)	13	7	148	53.8	1	1	67	1/7	W	88.0
12/16	at Buffalo	(S)	23	14	205	60.9	1	0	44	2/9	W	104.4
12/23	San Francisco	(S)	21	15	171	71.4	4	1	43	1/1	W	115.3
12/30	St. Louis	(S)	19	15	250	78.9	1	0	49	6/41	W	136.3
TOTALS		**(16/16)**	**393**	**252**	**3,118**	**64.1**	**26**	**10**	**67**	**33/203**	**11-5**	**100.0**
01/06/13	at Washington	(S)	26	15	187	57.7	1	0	33	5/31	W	92.9
01/13/13	at Atlanta	(S)	36	24	385	66.7	2	1	34	2/17	L	109.1
PLAYOFF TOTALS		**(2/2)**	**62**	**39**	**572**	**62.9**	**3**	**1**	**34**	**7/48**	**1-1**	**101.0**

W/L record reflects games started only

2012 RUSHING

Date	Opponent	P/S	Att	Yds	Avg	LG	TD
09/09	at Arizona	(S)	8	20	2.5	5	0
09/16	Dallas	(S)	4	28	7.0	14	0
09/24	Green Bay	(S)	3	18	6.0	12	0
09/30	at St. Louis	(S)	7	14	2.0	8	0
10/07	at Carolina	(S)	5	12	2.4	9	0
10/14	New England	(S)	5	17	3.4	9	0
10/18	at San Francisco	(S)	3	10	3.3	9	0
10/28	at Detroit	(S)	1	9	9.0	9	0
11/04	Minnesota	(S)	9	27	3.0	13	0
11/11	N.Y. Jets	(S)	7	34	4.9	18	0
11/25	at Miami	(S)	5	38	7.6	20	0
12/02	at Chicago	(S)	9	71	7.9	13	0
12/09	Arizona	(S)	3	12	4.0	6	0
12/16	at Buffalo	(S)	9	92	10.2	25t	3
12/23	San Francisco	(S)	6	29	4.8	9	0
12/30	St. Louis	(S)	10	58	5.8	15	1
TOTALS		**(16/16)**	**94**	**489**	**5.2**	**25t**	**4**
01/06/13	at Washington	(S)	8	67	8.4	28	0
01/13/13	at Atlanta	(S)	7	60	8.6	17	1
PLAYOFF TOTALS		**(2/2)**	**15**	**127**	**8.5**	**28**	**1**

WILSON'S GAME-BY-GAME

2013 PASSING

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/8	at Carolina	(S)	33	25	320	75.8	1	0	43t	2/20	W	115.7
09/15	San Francisco	(S)	19	8	142	42.1	1	1	51	4/24	W	63.9
09/22	Jacksonville	(S)	21	14	202	66.7	4	1	30	2/8	W	117.5
09/29	at Houston	(S)	23	12	123	52.2	0	1	24	5/32	W	49.7
10/06	at Indianapolis	(S)	31	15	210	48.4	2	1	28t	2/5	L	78.7
10/13	Tennessee	(S)	31	23	257	74.2	0	0	55	2/4	W	98.5
10/17	at Arizona	(S)	29	18	235	62.1	3	0	32	3/26	W	122.1
10/28	at St. Louis	(S)	18	10	139	55.6	2	0	80t	7/48	W	117.6
11/03	Tampa Bay	(S)	26	19	217	73.1	2	2	28	0/0	W	91.3
11/10	at Atlanta	(S)	26	19	287	73.1	2	0	46	1/8	W	134.6
11/17	Minnesota	(S)	18	13	230	72.2	2	0	44	1/6	W	151.4
12/02	New Orleans	(S)	30	22	310	73.3	3	0	60	1/8	W	139.6
12/08	at San Francisco	(S)	25	15	199	60.0	1	1	39t	2/21	L	81.9
12/15	at NY Giants	(S)	27	18	206	66.7	1	1	30	4/29	W	86.3
12/22	Arizona	(S)	27	11	108	40.7	1	1	28	4/19	L	49.6
12/29	St. Louis	(S)	23	15	172	65.2	1	0	47t	4/14	W	102.1
TOTALS		**(16/16)**	**407**	**257**	**3,357**	**63.1**	**26**	**9**	**80t**	**44/272**	**13-3**	**101.2**
01/11	New Orleans	(S)	18	9	103	50.0	0	0	25	3/0	W	67.6
01/19	San Francisco	(S)	25	16	215	64.0	1	0	51	4/22	W	104.6
02/02	Denver	(S)	25	18	206	72.0	2	0	37	0/0	W	123.1
PLAYOFF TOTALS		**(3/3)**	**68**	**43**	**524**	**63.2**	**3**	**0**	**51**	**7/22**	**3-0**	**101.6**

W/L record reflects games started only

2013 RUSHING

Date	Opponent	P/S	Att	Yds	Avg	LG	TD
09/08	at Carolina	(S)	5	7	1.4	7	0
09/15	San Francisco	(S)	10	33	3.3	11	0
09/22	Jacksonville	(S)	2	14	7.0	10	0
09/29	at Houston	(S)	10	77	7.7	25	0
10/06	at Indianapolis	(S)	13	102	7.8	22	0
10/13	Tennessee	(S)	10	61	6.1	23	0
10/17	at Arizona	(S)	8	29	3.6	11	0
10/28	at St. Louis	(S)	3	16	5.3	17	0
11/03	Tampa Bay	(S)	6	36	6.0	16	1
11/10	at Atlanta	(S)	3	20	6.7	10	0
11/17	Minnesota	(S)	2	14	7.0	12	0
12/02	New Orleans	(S)	8	47	5.9	15	0
12/08	at San Francisco	(S)	1	2	2.0	2	0
12/15	at NY Giants	(S)	8	50	6.3	16	0
12/22	Arizona	(S)	2	32	16.0	27	0
12/29	St. Louis	(S)	5	-1	-0.2	8	0
TOTALS		**(16/16)**	**96**	**539**	**5.6**	**27**	**1**
01/11	New Orleans	(S)	3	16	5.3	8	0
01/19	San Francisco	(S)	5	0	0.0	3	0
02/02	Denver	(S)	3	26	8.7	16	0
PLAYOFF TOTALS		**(3/3)**	**11**	**42**	**3.8**	**16**	**0**

WILSON'S GAME-BY-GAME

2014 PASSING

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/04	Green Bay	(S)	28	19	191	67.9	2	0	33t	1/0	W	110.9
09/14	at San Diego	(S)	25	17	202	68.0	2	0	32	2/22	L	119.1
09/21	Denver	(S)	34	24	258	70.6	2	1	39t	3/20	W	99.9
10/06	at Washington	(S)	24	18	201	75.0	2	0	36	3/23	W	127.3
10/12	Dallas	(S)	28	14	126	50.0	0	1	53	2/0	L	47.6
10/19	at St. Louis	(S)	36	23	313	63.9	2	0	49	3/21	L	110.1
10/26	at Carolina	(S)	32	20	199	62.5	1	1	23t	1/8	W	77.5
11/02	Oakland	(S)	35	17	179	48.6	0	0	39	1/2	W	63.9
11/09	NY Giants	(S)	17	10	172	58.8	0	2	60	2/12	W	53.7
11/16	at Kansas City	(S)	32	20	178	62.5	2	0	27	2/10	L	98.2
11/23	Arizona	(S)	22	17	211	77.3	1	0	48	7/42	W	121.6
11/27	at San Francisco	(S)	22	15	236	68.2	1	0	63	4/14	W	118.8
12/07	at Philadelphia	(S)	37	22	263	59.5	2	0	25	2/11	W	99.3
12/14	San Francisco	(S)	24	12	168	50.0	1	1	47	5/30	W	69.4
12/21	at Arizona	(S)	31	20	339	64.5	2	0	80t	1/10	W	122.9
12/28	St. Louis	(S)	25	17	239	68.0	0	1	38	3/17	W	81.9
TOTALS		**(16/16)**	**452**	**285**	**3,475**	**63.1**	**20**	**7**	**80t**	**42/242**	**12-4**	**95.0**
01/10	Carolina	(S)	22	15	268	68.2	3	0	63t	2/20	W	149.2
01/18	Green Bay	(S)	29	14	209	48.3	1	4	35t	5/25	W	44.3
02/01	New England	(S)	21	12	247	57.1	2	1	45	3/13	L	110.6
TOTALS		**(3/3)**	**72**	**41**	**724**	**56.9**	**6**	**5**	**63t**	**10/58**	**2-1**	**81.9**

W/L record reflects games started only

2014 RUSHING

Date	Opponent	P/S	Att	Yds	Avg	LG	TD
09/04	Green Bay	(S)	7	29	4.1	13	0
09/14	at San Diego	(S)	2	18	9.0	13	0
09/21	Denver	(S)	9	40	4.4	9	0
10/06	at Washington	(S)	11	122*	11.1	29	1
10/12	Dallas	(S)	2	12	6.0	9t	1
10/19	at St. Louis	(S)	7	106	15.1	52	1
10/26	at Carolina	(S)	6	35	5.8	15	0
11/02	Oakland	(S)	8	31	3.9	19	0
11/09	NY Giants	(S)	14*	107	7.6	26	1
11/16	at Kansas City	(S)	8	71	8.9	14	0
11/23	Arizona	(S)	10	73	7.3	40	0
11/27	at San Francisco	(S)	7	35	5.0	12	0
12/07	at Philadelphia	(S)	10	48	4.8	26t	1
12/14	San Francisco	(S)	5	27	5.4	19	0
12/21	at Arizona	(S)	6	88	14.7	55*	1
12/29	St. Louis	(S)	6	7	1.2	6	0
TOTALS		**(16/16)**	**118**	**849**	**7.2**	**55**	**6**
01/10	Carolina	(S)	7	22	3.1	14	0
01/18	Green Bay	(S)	7	25	3.6	15	1
02/01	New England	(S)	3	39	13.0	17	0
TOTALS		**(3/3)**	**17**	**86**	**5.1**	**17**	**1**

**Club record by QB*

WILSON'S GAME-BY-GAME

2015 PASSING

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/13	at St. Louis	(S)	41	32	251	78.0	1	1	23	6/32	L	90.1
09/20	at Green Bay	(S)	30	19	206	63.3	2	1	32	2/1	L	91.8
09/27	Chicago	(S)	30	20	235	66.7	1	0	30t	4/23	W	101.4
10/05	Detroit	(S)	26	20	287	76.9	1	0	50	6/52	W	125.0
10/11	at Cincinnati	(S)	23	15	213	65.2	1	1	46	4/16	L	91.4
10/18	Carolina	(S)	30	18	241	60.0	1	0	45	4/22	L	96.7
10/22	at San Francisco	(S)	24	18	235	75.0	1	2	43t	5/23	W	84.5
11/01	at Dallas	(S)	30	19	210	63.3	1	1	22t	0/0	W	81.3
11/15	Arizona	(S)	32	14	240	43.8	1	1	40	2/12	L	67.2
11/22	San Francisco	(S)	29	24	260	82.8	3	0	31t	2/7	W	138.6
11/29	Pittsburgh	(S)	30	21	345	70.0	5	0	80t	2/9	W	147.9
12/06	at Minnesota	(S)	27	21	274	77.8	3	0	53t	1/8	W	146.0
12/13	at Baltimore	(S)	32	23	292	71.9	5	0	49t	0/0	W	139.6
12/20	Cleveland	(S)	30	21	249	70.0	3	0	39	2/8	W	128.3
12/27	St. Louis	(S)	41	25	289	61.0	2	1	28	4/36	L	88.4
01/03	at Arizona	(S)	28	19	197	67.9	3	0	36	1/16	W	123.7
TOTALS		**(16/16)**	**483**	**329**	**4,024**	**68.1**	**34**	**8**	**80t**	**45/265**	**10-6**	**110.1**
01/10	at Minnesota	(S)	26	13	142	50.0	1	1	35	2/13	W	63.3
01/17	at Carolina	(S)	48	31	366	64.6	3	2	33t	5/41	L	91.1
PLAYOFF TOTALS		**(2/2)**	**74**	**44**	**508**	**59.5**	**4**	**3**	**35**	**7/54**	**1-1**	**81.4**

W/L record reflects games started only

2015 RUSHING

Date	Opponent	P/S	Att	Yds	Avg	LG	TD
09/13	at St. Louis	(S)	8	31	3.9	10	0
09/20	at Green Bay	(S)	10	78	7.8	17	0
09/27	Chicago	(S)	6	28	4.7	13	0
10/05	Detroit	(S)	10	40	4.0	15	0
10/11	at Cincinnati	(S)	3	21	7.0	9	0
10/18	Carolina	(S)	8	53	6.6	24	0
10/22	at San Francisco	(S)	7	20	2.9	9	0
11/01	at Dallas	(S)	6	32	5.3	10	0
11/15	Arizona	(S)	6	52	8.7	20	0
11/22	San Francisco	(S)	9	30	3.3	8	0
11/29	Pittsburgh	(S)	4	14	3.5	10	0
12/06	at Minnesota	(S)	9	51	5.7	14	1
12/13	at Baltimore	(S)	1	6	6.0	6	0
12/20	Cleveland	(S)	5	46	9.2	16	0
12/27	St. Louis	(S)	6	38	6.5	21	0
01/03	at Arizona	(S)	5	13	2.6	9	0
TOTALS		**(16/16)**	**103**	**553**	**5.4**	**24**	**1**
01/10	at Minnesota	(S)	5	21	4.2	11	0
01/17	at Carolina	(S)	3	32	10.7	14	0
PLAYOFF TOTALS		**(2/2)**	**8**	**53**	**6.6**	**14**	**0**

WILSON'S GAME-BY-GAME

2016 PASSING

Date	Opponent	P/S	Att	Com	Yds	Pct	TD	Int	LG	Sacked	W/L	Rating
09/11	Miami	(S)	43	27	258	62.8	1	1	24	3/18	W	77.5
09/18	at L.A.	(S)	35	22	254	62.9	0	0	53	2/15	L	84.7
09/25	San Francisco	(S)	23	15	243	65.2	1	0	59	2/17	W	114.9
10/02	at N.Y. Jets	(S)	32	23	309	71.9	3	0	42t	2/21	W	133.5
10/16	Atlanta	(S)	37	25	270	67.6	0	0	25	1/9	W	88.8
10/23	at Arizona	(S)	37	24	225	64.9	0	0	31	1/20	T	81.5
10/30	at New Orleans	(S)	34	22	253	64.7	0	1	27	1/11	L	74.8
11/07	Buffalo	(S)	26	20	282	76.9	2	0	50	4/37	W	137.0
11/13	at New England	(S)	37	25	348	67.6	3	0	39	3/24	W	124.6
11/20	Philadelphia	(S)	31	18	272	58.1	1	0	44	1/0	W	97.8
11/27	at Tampa Bay	(S)	33	17	151	51.5	0	2	21	6/33	L	38.8
12/4	Carolina	(S)	36	26	277	72.2	1	1	40	3/21	W	92.0
12/11	at Green Bay	(S)	39	22	240	56.4	1	5	31	3/22	L	43.7
12/15	L.A. Rams	(S)	26	19	229	73.1	3	1	57t	2/2	W	122.1
12/24	Arizona	(S)	45	29	350	64.4	4	0	42t	6/37	L	117.8
1/1/17	at San Francisco	(S)	32	19	258	59.4	1	0	42	1/6	W	95.6
TOTALS		**(16/16)**	**546**	**353**	**4,219**	**64.7**	**21**	**11**	**59**	**41/293**	**10-5-1**	**92.6**
1/7	Detroit	(S)	30	23	224	76.7	2	0	42	3/14	W	119.3
1/14	at Atlanta	(S)	30	17	225	56.7	2	2	40	3/17	L	75.0
TOTALS		**(2/2)**	**60**	**40**	**449**	**66.7**	**4**	**2**	**42**	**6/31**	**1-1**	**97.2**

W/L record reflects games started only

2016 RUSHING

Date	Opponent	P/S	Att	Yds	Avg	LG	TD
09/11	Miami	1/1	4	16	4.0	9	0
09/18	at L.A.	1/1	5	14	2.8	8	0
09/25	San Francisco	1/1	1	3	3.0	3	0
10/02	at N.Y. Jets	1/1	5	-5	-1.0	2	0
10/16	Atlanta	1/1	6	7	1.2	6	0
10/23	at Arizona	1/1	1	-2	-2.0	-2	0
10/30	at New Orleans	1/1	3	11	3.7	5	0
11/07	Buffalo	1/1	3	10	3.3	8	1
11/13	at New England	1/1	3	6	2.0	6	0
11/20	Philadelphia	1/1	8	19	2.4	7	0
11/27	at Tampa Bay	1/1	8	80	10.0	17	0
12/4	Carolina	1/1	3	29	9.7	18	0
12/11	at Green Bay	1/1	4	19	4.8	8	0
12/15	L.A. Rams	1/1	6	12	2.0	9	0
12/24	Arizona	1/1	10	36	3.6	15	0
1/1/17	a San Francisco	1/1	2	4	2.0	4	0
TOTALS		**(16/16)**	**72**	**259**	**3.6**	**18**	**1**
1/7	Detroit	1/1	3	-3	-1.0	-1	0
1/14	at Atlanta	1/1	6	49	8.2	14	0
PLAYOFF TOTALS		**(2/2)**	**9**	**46**	**5.1**	**14**	**0**

50 K.J. WRIGHT
LINEBACKER

Height	**6-4**
Weight	**246**
College	**Mississippi State**
Seasons	**NFL 7th, Seahawks 7th**
Born	**July 23, 1989**
Hometown	**Olive Branch, Miss.**

NFL TRANSACTIONS:

04/30/11: Drafted by Seattle (4th round, 99th)
12/18/14: Signed multi-year contract extension with Seattle

NFL CAREER HIGHLIGHTS:

- Started all 16 games in 2016 and set career-highs in tackles (126, 72 solo) and sacks (4.0) and tied a career high with five passes defensed. Was selected to his first Pro Bowl.
- Started all 16 games in 2015 and set a career high in tackles (116), which led the team for the second consecutive season. Also recorded a sack and three passes defensed, four forced fumbles and two fumble recoveries, returning one for a 22-yard touchdwon at Dallas (11/1).
- Started all 16 games in 2014 and led the team in tackles with a career-high 107 (74 solo). Also recorded 2.0 sacks, four passes defensed, two forced fumbles and a fumble recovery.
- Started all three postseason games, recording 23 tackles (16 solo) with 11 tackles (10 solo) coming vs. New England in Super Bowl XLIX.
- Moved to weakside linebacker and started 13 of 13 games in 2013 played, missing the last three games with a broken foot suffered at San Francisco (12/8). Missed the Divisional Playoff Game vs. New Orleans but returned to play in both the NFC Championship and Super Bowl XLVIII.
- Despite missing three games, ranked fourth on team with 80 tackles (46 solo) in the 2013 regular season. Also recorded 1.5 sacks, four passes defensed and a fumble recovery.
- Played in two postseason games, starting Super Bowl XLVIII. Recorded 8 tackles (5 solo) in the postseason with seven tackles (5 solo) coming in SBXLVIII.
- Started all 15 games played in his second season, sitting vs. NYJ (11/11) after sustaining a concussion the week prior (vs. Minn, 11/4). Also started both playoff games.
- Ranked second on the team with 96 tackles (66 solo) in 2012 and also recorded a sack, an interception and a forced fumble.
- His emergence during rookie season led to team trading Aaron Curry to Oakland on October 13, 2011.
- Started 12 of 16 games played and recorded 61 tackles (46 solo) and 2.0 sacks in 2011. Posted a career-high eight tackles in back-to-back games (vs. St. Louis, 12/12/11 and at Chicago, 12/18/11).

COLLEGE: Started 35 of 47 games at Mississippi State (22 at strong-side outside linebacker and 13 at weak-side linebacker). Finished career with 259 tackles (131 solo), including nine sacks for minus 60 yards, 23.5 stops for loss totaling 104 yards and 11 quarterback pressures. Forced and recovered three fumbles and had 14 passes defensed.

PERSONAL: Attended Olive Branch (Miss.) High School. Regarded as the nation's 45th best strong-side outside linebacker. Selected to play in the Mississippi/Alabama All-Star Classic. Named first-team, all-state on the defensive line by the *Clarion-Ledger* in all classifications following his senior season. Also earned first-team, all-state mention by the Mississippi Association of Coaches at outside linebacker in Class 5A. Recorded 91 total tackles, 13 sacks and an interception. Helped Olive Branch to a 12-2 overall record as a senior. Also a standout for an undefeated basketball team as a senior. Born Kenneth Bernard Wright Jr. in Memphis, Tenn.

WRIGHT'S SINGLE-GAME HIGHS

Tackles: 13, vs. Oakland (11/2/14)
Forced Fumbles: 1, 9 Times, Last vs. Carolina (12/4/16)
Interceptions: 1, at Buffalo (12/16/12)
Fumble Recoveries: 1, 6 Times, Last vs. Arizona (12/24/16)
Sacks: 1.0, 11 Times, Last at San Francisco (1/1/17)
Touchdowns: 1, FR at Dallas (11/1/15)

ADDITIONAL STATS

Special Teams Tackles: 2011 (4), 2012 (3); **Career:** (7). **Postseason:** 2013 (1), 2014 (1); **Career:** (2).

WRIGHT'S NFL RECORD

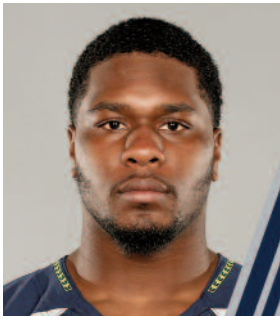
			Tackles			Sacks		Interceptions								
Club		G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2011	Seattle	16/12	61	46	15	2.0	9.0	0	0	0.0	0	0	2	1	1	30
2012	Seattle	15/15	96	66	30	1.0	13.0	1	24	24.0	24	0	5	1	0	0
2013	Seattle	13/13	80	46	34	1.5	4.5	0	0	0.0	0	0	4	0	1	0
2014	Seattle	16/16	107	74	33	2.0	8.0	0	0	0	0	0	4	2	1	0
2015	Seattle	16/16	116	71	45	1.0	11.0	0	0	0	0	0	3	4	2	4
2016	Seattle	16/16	126	72	54	4.0	7.0	0	0	0.0	0	0	5	1	1	0
NFL TOTALS		**92/88**	**586**	**375**	**211**	**11.5**	**52.5**	**1**	**24**	**24.0**	**24**	**0**	**23**	**9**	**6**	**34**

POSTSEASON

			Tackles			Sacks		Interceptions								
Club		G/S	Tkl	So	Ast	QB	Yds	No	Yds	Avg	LG	TD	PD	FF	FR	Yds
2012	Seattle	2/2	16	8	8	0.0	0.0	0	0	0.0	0	0	2	0	0	0
2013	Seattle	2/1	8	5	3	0.0	0.0	0	0	0.0	0	0	0	0	0	0
2014	Seattle	3/3	23	16	7	0.0	0.0	0	0	0.0	0	0	1	0	0	0
2015	Seattle	2/2	21	11	10	0.5	3.0	0	0	0.0	0	0	0	0	0	0
2016	Seattle	2/2	16	8	8	0.0	0.0	0	0	0.0	0	0	0	0	0	0
NFL TOTALS		**11/10**	**84**	**48**	**36**	**0.5**	**3.0**	**0**	**0**	**0.0**	**0**	**0**	**3**	**0**	**0**	**0**

2017 DRAFT CHOICES

Rd	Pick	Overall	Pos	Player	College
2	3	35	DT	Malik McDowell	Michigan State
2	26	58	G/T	Ethan Pocic	LSU
3	26	90	CB	Shaquill Griffin	Central Florida
3	31	95	S	Delano Hill	Michigan
3	38	102	DT	Nazair Jones	North Carolina
3	42	106	WR	Amara Darboh	Michigan
4	4	111	S	Tedric Thompson	Colorado
6	3	187	CB	Mike Tyson	Cincinnati
6	26	210	T	Justin Senior	Mississippi State
7	8	226	WR	David Moore	East Central (Okla.)
7	31	249	RB	Chris Carson	Oklahoma State



94 MALIK McDOWELL
DEFENSIVE TACKLE

Height	**6-6**
Weight	**299**
College	**Michigan State**
NFL Seasons	**Rookie**
Born	**June 20, 1996**
Hometown	**Detroit, Mich.**
Pronunciation	**muh-LEEK**

HOW ACQUIRED: Selected with the 3rd pick of the 2nd round (35th overall) in the 2017 NFL Draft. First player taken out of Michigan State since 2002 (Craig Jarrett).

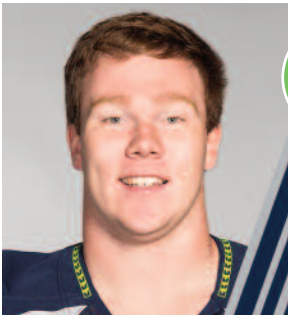
COLLEGE: Three-year letterwinner. Collected 90 tackles, including 24.5 for losses and 7.5 sacks, in 36 career games (23 starts). Was named a 2016 Second-Team All-American by SI.com and CBS Sports. Named 2016 First-Team All-Big Ten by the Associated Press and Phil Steele.

Junior: Was named a 2016 Second-Team All-American by SI.com and CBS Sports. Named 2016 First-Team All-Big Ten by the Associated Press and Phil Steele. Named second-team All-American by CBS Sports and SI.com. Selected first-team All-Big Ten by The Associated Press and Phil Steele. Second-team All-Big Ten choice by the coaches and media. Led the Spartan defensive line with 34 tackles, including a team-best seven for losses (31 yards), in nine games. Started in eight games (five at nose tackle; three at defensive end) before missing the final three games of the season with an injury (Rutgers, Ohio State, Penn State).

Sophomore: Second-team All-Big Ten selection by both the coaches and media. Named first-team All-Big Ten by ESPN.com and second-team by The Associated Press and Athlon Sports. Named to CampusInsiders.com All-Sophomore Team (first team). Named recipient of the team's Outstanding Underclass Lineman Award (defense). Ranked second on the team in tackles for loss (13 for 54 yards), tied for second in QB hurries (8) and third in sacks (4.5 for 38 yards). Ranked second among Spartan defensive linemen with 41 tackles. Named to ESPN.com Big Ten All-Bowl Team after recording two tackles, including a 2-yard loss, vs. No. 2 Alabama in the College Football Playoff Semifinal at the Cotton Bowl Classic. Had two tackles and was credited with a half tackle for loss and a QB hurry in the Big Ten Championship Game vs. No. 4 Iowa.

Freshman: True freshman played in all 13 games at defensive tackle. One of four true freshmen to letter for the Spartans in 2014. Named a Freshman All-American by the Football Writers Association of America. Also named a Freshman All-American (third team) by Athlon Sports. Named to ESPN.com and BTN.com Big Ten All-Freshman Teams. Finished his first season with 15 tackles, including 4.5 for losses (21 yards) and 1.5 sacks (15 yards). Earned the start in the 2015 Cotton Bowl Classic victory over No. 4 Baylor.

PERSONAL: Played on the defensive line in the inaugural Border Classic as Team Michigan defeated Team Ohio, 27-14, on June 14, 2014, in Findlay, Ohio. Participated in the U.S. Army All-American Bowl Jan. 4 in San Antonio. PrepStar All-American for Southfield High. Recorded 89 tackles, including eight sacks, with three forced fumbles and a fumble recovery as a senior and was named first-team All-State by The Associated Press. Collected 70 tackles, including 19 tackles for loss with 15 sacks, as a junior at Detroit Loyola and was named the 2012 Associated Press Player of the Year in Division 7-8. Helped lead Loyola to a 13-1 record and a berth in the Division 7 state championship game in 2012. Son of Greg McDowell and Joya Crowe. Born June 20, 1996.



79 ETHAN POCIC
GUARD/TACKLE

Height	**6-6**
Weight	**309**
College	**Louisiana State**
NFL Seasons	**Rookie**
Born	**August 5, 1995**
Hometown	**Lemont, Ill.**
Pronunciation	**POE-sick**

HOW ACQUIRED: Drafted with the 26th pick in the second round (58th overall) of the 2017 NFL Draft. Ninth player drafted out of LSU by the Seahawks.

COLLEGE: One of the top offensive linemen in LSU history. Three-year starter with 37 career stars (27 at center, 9 at right guard, 1 at left tackle). LSU was 25-12 with Pocic in the starting lineup, which included a 20-7 record with him at center. LSU produced a 1,000-yard rusher in each of his years as a starter. First-Team All-America by Football Writers Association of America (FWAA) in 2016. Second Team All-America as a senior in 2016 from both Walter Camp, Sporting News and American Football Coaches Association. Named SEC Offensive Lineman of the Week five times during his career, including an SEC-best three times in 2016. Senior Bowl invitee.

Senior: Started all 12 games for the Tigers, 11 at center and once at right tackle due to injuries. Named Permanent Team Captain for the 2016 season. Led all LSU offensive linemen in snaps (752), knockdowns (106) and "great effort" plays (38). Earned SEC Offensive Lineman of the Week honors three times – vs. Missouri, Ole Miss and Arkansas. Gave up just one sack all season (vs. Missouri) and was whistled for only three penalties (on 752 snaps) all year (1 vs. Mississippi State, 1 vs. Missouri, 1 vs. Arkansas). As a unit, LSU averaged 233.0 rushing yards per game.

Junior: Starter at center in all 12 games as a junior in 2015. Named to the All-SEC Second Team by the league's coaches. Earned SEC Offensive Lineman of the Week against Mississippi State and South Carolina. Helped paved the way for Leonard Fournette's single-season LSU rushing record of 1,953 yards. Major key to LSU's running game that ranked No. 7 nationally in rushing at 256.8 yards per game. Earned a spot on the SEC Academic Honor Roll.

Sophomore: Played and started 12 games for the Tigers as a sophomore in 2014. Missed the Louisiana-Monroe game with an injury. Played a total of 743 snaps and did not miss an offensive play in the last five games of the season. Finished third on team with 72.5 knockdown blocks. Starts came at center (3 games) and right guard (9 games).

Freshman: Played in six games with one start in 2013. Started in place of an injured Elliott Porter against Furman and helped the Tigers to a 48-16 win. Played all 64 offensive snaps against Furman. Other action came against UAB (9 snaps), Kent State (7), Ole Miss (1), and Arkansas. For the year, played 102 offensive snaps with 11 knockdowns.

PERSONAL: Played his high school ball at Lemont H.S. in Lemont, Ill. where he was coached by Eric Michaelsen. Ranked as one of the top prep linemen in the nation in 2013. First-team Parade All-American as a senior. Graduated from high school in December and enrolled at LSU in January. Took part in spring practice and earned Newcomer Most Improved Award after the spring game. Led Lemont to a state semifinal appearance as a senior. Parents are Kim and Gary Pocic. His brother, Graham, played at the University of Illinois where he started 36 games on the offensive line in his four years with the Illini. Graduated in December of 2016 with a degree in sports administration.

26 SHAQUILL GRIFFIN
CORNERBACK

Height	**6-0**
Weight	**198**
College	**Central Florida**
NFL Seasons	**Rookie**
Born	**July 20, 1995**
Hometown	**St. Petersburg, Fla.**

HOW ACQUIRED: Selected with the first of four third-round choices (90th overall) in the 2017 NFL Draft.

COLLEGE: In four seasons, Griffin played in 46 career games and totaled 125 tackles, 36 passes defended and seven interceptions. He also ran two picks back for touchdowns and blocked one kick as a Knight.

Senior: Named Second Team all-conference by The American. Grabbed a team-high four interceptions. Broke up a team-best 15 passes. Pass break-ups combined with interceptions totaled 19 passes defended, which ranked No. 5 in the nation and No. 1 in The American Athletic Conference. Four interceptions ranked No. 31 in the nation and No. 5 in the conference. Racked up 50 tackles, including three tackles for loss.

Junior: Racked up 50 tackles with two interceptions and 13 break-ups for 15 overall passes defended in 12 games played with 11 starts (two at safety and nine at cornerback). Returned his two interceptions for 102 yards and a touchdown. Broke up two passes and ran back an interception 81 yards for a touchdown against Temple (10/17). Ended the year with three tackles in each of the final three games, highlighted by two break-ups against Tulsa and one vs. USF.

Sophomore: Posted 17 tackles including 13 solo, and one interception on the year. Hauled in his first career interception vs. SMU (11/22) in the fourth quarter.

Freshman: Participated in eight games with one start at Temple. Collected eight tackles and a break-up on the year. Notched first career solo tackle at FIU (9/6). Made his first career start at Temple (11/16), making one assisted stop and breaking up a pass.

PERSONAL: Coached by Cory Moore at Lakewood, which advanced to the 2012 5A regional semifinals. Received three stars from Rivals and ESPN. Ranked as the No. 57 cornerback in the nation by Rivals, and No. 104 by ESPN. Earned a spot on the 2012 class 5A all-state first team. Recorded three interceptions with 44 tackles, 12 break-ups, three forced fumbles and scored five touchdowns for the Lakewood Spartans in 2012. Amassed 48 tackles with three interceptions, one touchdown, four forced fumbles and eight break-ups in 2011. Two-time selection to the all-county team. With twin brother Shaquem, started their own track club in St. Petersburg. Born in St. Petersburg, Fla. Nickname is Quill (pronounced "Keel"). Parents are Terry and Tangie Griffin, and was born a minute before twin brother Shaquem, who he played with at UCF.

44 DELANO HILL
SAFETY

Height	**6-1**
Weight	**216**
College	**Michigan**
NFL Seasons	**Rookie**
Born	**November 26, 1995**
Hometown	**Detroit, Mich.**
Pronunciation	**duh-LAY-no**

HOW ACQUIRED: Selected with the second of four third-round choices (95th overall) in the 2017 NFL Draft. Fourth player drafted out of Michigan in club history (Last: Frank Clark, 2015).

COLLEGE: 2016 All-Big Ten second team (coaches). 2016 All-Big Ten honorable mention (media). Played in 46 games, making 26 starts at safety. Contributed 119 tackles, seven tackles for loss, one forced fumble, one fumble recovery, three interceptions and eight pass breakups during his career.

Senior: All-Big Ten second team (coaches). All-Big Ten honorable mention (media). Started all 13 games at strong safety. Recorded 52 tackles, 4.5 tackles for loss, three interceptions, six pass breakups and forced one fumble. Made first career interception and returned 27 yards for a touchdown against Hawaii (Sept. 3). Recorded a game-high 11 solo tackles at Michigan State (Oct. 29), earning co-Defensive Player of the Game honors. Picked off two passes against Maryland (Nov. 5) and made six stops, earning co-Defensive Player of the Game honors. Contributed eight stops at Ohio State (Nov. 26). Posted four tackles and one TFL vs. Florida State in the Orange Bowl (Dec. 30).

Junior: Appeared in all 13 games, making eight starts at safety. Tallied a career-best 42 tackles, two TFLs and one pass breakup. Recorded his first career TFL against Oregon State (Sept. 12). Had five stops against UNLV (Sept. 19). Broke up the game-saving play on a 4th-and-2 situation at Indiana (Nov. 14), preserving U-M's 2OT victory. Registered a career-best 10 stops against the Hoosiers. Contributed four tackles and an assisted TFL vs. Florida in the Citrus Bowl (Jan. 1).

Sophomore: Appeared in seven games at safety, making five starts. Recorded 20 tackles (14 solo) and one fumble recovery. Made first collegiate start, recording two tackles, against Miami (Ohio). Posted a career-high five tackles at Michigan State (Oct. 25). Notched first career fumble recovery against the Spartans. Tallied five tackles at Ohio State (Nov. 29).

Freshman: Appeared in one game as a reserve defensive back. Also contributed on special teams.

PERSONAL: Attended Cass Technical High School (2013) coached by Tom Wilcher. Helped lead his team to back-to-back Michigan Division 1 State titles. Tallied 60 tackles and two interceptions as a senior. Selected to the Detroit News Blue Chip List as a senior. Born on November 26, 1995. Majored in general studies in the school of kinesiology.

92 NAZAIR JONES
DEFENSIVE TACKLE

Height	**6-5**
Weight	**304**
College	**North Carolina**
NFL Seasons	**Rookie**
Born	**December 13, 1994**
Hometown	**Roanoke Rapids, N.C.**
Pronunciation	**nah-ZAIR**

HOW ACQUIRED: Drafted with the third of four third-round draft picks (102nd overall) in the 2017 NFL Draft. Third player drafted out of North Carolina in club history (Last: E.J. Wilson, 2010).

COLLEGE: Named third-team All-ACC by ACSMA in 2015 and 2016. Started 22 of 35 career games played. Totaled 83 tackles (44 solo), 13.5 TFLs, 3.5 sacks, two interceptions, 10 PBUs, three forced fumbles and 3 fumble recoveries.

RS Junior: Started all 12 games played in 2016. Finished the year fourth on the team with 70 tackles, a team-high 9.5 tackles for loss, 2.5 sacks, a forced fumble, a fumble recovery and three pass breakups. Named the Jimmy Rogers, Jr. Most Valuable Lineman Trophy after recording eight tackles, two tackles for loss and one sack in the Sun Bowl vs. Stanford. Made a career-high eight tackles and a tackle for loss in a 48-20 win over Georgia Tech. Missed the JMU game with an injury. Had seven tackles and two tackles for loss in the win at Illinois. Made seven tackles and assisted on a sack in the season opener vs. No. 18 Georgia.

RS Sophomore: Named to the All-ACC third team by ACSMA. Started 10 games and finished with 40 tackles, 4.0 tackles for loss, three quarterback hurries, three pass breakups, two fumble recoveries, one forced fumble and one interception. Missed the bowl game vs. Baylor with an injury. Matched a season high with six tackles in the ACC Championship Game against Clemson, also made an incredible interception, batting the ball at the line and then diving to make the catch. Played one of the best games of his career in the win at Virginia Tech, finishing with six tackles, a tackle for loss and strip to force a fumble, which he then recovered. Had five solo stops, a tackle for loss, a quarterback hurry and a fumble recovery in the win over Miami. Returned from missing a month due to injury with three tackles, one TFL and two quarterback hurries in the win over Duke.

RS Freshman: Finished the season with 35 tackles, 2.5 sacks, four pass breakups and an interception. Also finished with a team-best 7.5 tackles for loss. Made two tackles in the Quick Lane Bowl vs. Rutgers. Matched a season high with five tackles, including 1.5 for loss, a shared sack and a forced fumble in the win at Duke. Earned ACC Defensive Lineman of the Week honors for his play at Duke. Grabbed his first career interception to fuel Carolina's come-from-behind win at Virginia. Established a career high with five tackles, including two for a loss, and a sack against Virginia Tech. Had two solo tackles, both for a loss, a pass breakup and his first career sack at Clemson. Finished with a pair of tackles, including one for a loss of nine yards, at East Carolina.

Freshman: Redshirted his freshman season (2013).

PERSONAL: Played H.S. football at Roanoke Rapids High School. Prepstar All-Atlantic Region. Competed in the Offense-Defense All-American Bowl in Houston. Considered the No. 10 player in North Carolina and the nation's No. 26 strong-side defensive end by Rivals.com. Also played at defensive tackle and on the offensive line. at While at UNC, started his own foundation called MADE Men Mentoring, an non-profit that aims to provide a support system for underprivileged young men in North Carolina by pairing them with college student-athletes who will mentor and support them in the areas of academics, competitive athletics, and manhood. Nickname is "Naz." Birthday is Dec. 13. Son of Tammy Jones. Communication studies major.

84 AMARA DARBOH

WIDE RECEIVER

Height	**6-2**
Weight	**219**
College	**Michigan**
NFL Seasons	**Rookie**
Born	**February 1, 1994**
Hometown	**West Des Moines, Iowa**
Pronunciation	**uh-MAR-uh DAR-bo**

HOW ACQUIRED: Drafted with the fourth of four third-round draft picks (106th overall) of the 2017 NFL Draft. Fifth player selected out of Michigan in club history (Last: Delano Hill, 2017).

COLLEGE: He finished his career starting 28 of 49 games played with 151 receptions, 2,062 yards and 14 touchdowns.

Fifth-Year Senior: All-Big Ten second team (coaches and media). Biletnikoff Award candidate. Started at receiver in 11 contests and played in all 13 games. Led team with 57 receptions for 862 yards and seven touchdowns. Had a team-best 15 catches of 20 yards or more, including four receptions over 45 yards. Tallied five receptions for a career-best 111 yards and two TDs against UCF (Sept. 10), earning Offensive Player of the Game honors. Made the game-winning touchdown reception against Wisconsin (Oct. 1), a 46-yard career-long catch in the fourth quarter that garnered him Offensive Player of the Game honors, finishing the contest with six receptions for 87 yard. Led the team with eight receptions for 165 yards against Michigan State (Oct. 29), with a long of 43 yards, to earning Offensive Player of the Game honors. Led Wolverines with eight catches for 68 yards and one TD at Ohio State (Nov. 26) and caught game-tying five-yard touchdown on fourth down in the first overtime session against the Buckeyes. Had a team-high five catches for 36 yards vs. Florida State in the Orange Bowl (Dec. 30).

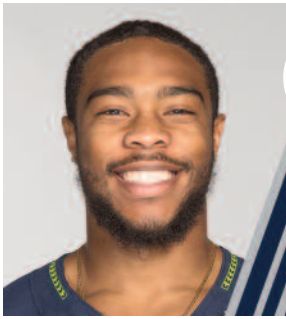
Senior: All-Big Ten honorable mention (coaches and media). Appeared in all 13 games, making nine starts. Team-leader with 58 receptions totaling 727 yards and five touchdowns. Hauled in eight catches for 101 yards and a touchdown against Utah (Sept. 3). Hauled in a season-long 32-yard catch against Michigan State (Oct. 17). Had his second 100-yard effort of the year against Indiana (Nov. 14), catching eight passes for 109 yards and one score.

Junior: Appeared in 12 games, making seven starts. Recorded 36 receptions for 473 yards and two touchdowns. Posted first career reception for 26 yards against Appalachian State (Aug. 30). Made first collegiate start, hauling in six receptions for a career-high 88 yards and a touchdown against Miami (Ohio). Tallied a career-high nine receptions for 107 yards and a touchdown against Indiana (Nov. 1).

Sophomore: Suffered season-ending foot injury prior to the season.

Freshman: Appeared in four games at wide receiver and 11 games on special teams. Made career debut as a reserve wide receiver against Alabama (Sept. 1). Made first career tackle on special teams against Purdue (Oct. 6).

PERSONAL: Attended Dowling Catholic High School (2012) coached by Tom Wilson. Recorded 765 yards and 11 scores on 48 catches as a senior. Tallied six touchdowns to go along with his 646 yards on 49 catches as a junior. Des Moines Sunday Register Elite all-state team as a senior (2011). Also lettered in basketball and track and field and was all-conference choice in basketball. Born on February 1, 1994. Born in Sierra Leone and moved to the United States with his brothers and sisters when he was seven years old. Majored in sociology.



33 TEDRIC THOMPSON
SAFETY

Height	6-0
Weight	204
College	Colorado
NFL Seasons	Rookie
Born	January 20, 1995
Hometown	Valencia, Calif.
Pronunciation	TEH-drik

HOW ACQUIRED: Selected with the fourth pick of the fourth round (111th overall) in the 2017 NFL Draft. Seventh player selected out of Colorado in club history (Last: Paul Richardson, 2014).

COLLEGE: Played in 43 games with 37 starts. Finished his career with 13 interceptions, tied for fifth on CU's all-time list as well as tied for the most over the last 23 seasons. He also concluded his career tied for sixth in pass deflections (34) and 38th in tackles with 246 (172 solo).

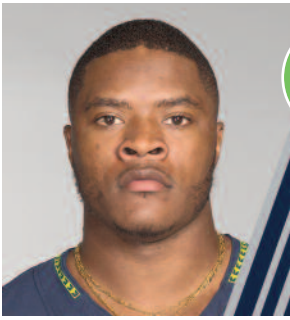
Senior: Started all 13 games at strong safety, earning second-team All-America honors as selected by CBSSports.com. First-team All-Pac-12 selection by the Associated Press, college-footballnews.com and Phil Steele's College Football (while the coaches voted him to their second-team). The CU coaches presented him with the team's Dave Jones Award that goes to the outstanding defensive player. Led the Pac-12 in interceptions with seven, a mark that tied for the most in CU single-season history and tied for the third-most of any player in the country in 2016. He finished third on the team in tackles with 75 (47 solo, three for losses); credited with 15 third down stops, a team-high eight touchdown saves and three quarterback pressures. He twice collected Pac-12 Defensive Player of the Week honors (Stanford, Utah games).

Junior: Started all 13 games at strong safety, tying for third on the team in tackles with 80 (58 solo) and interceptions with three. Phil Steele's College Football selected him as a third-team All-Pac-12 performer, while the coaches tabbed him as an honorable mention pick. He returned the three picks a total of 112 yards, including a 71-yard effort against Stanford, tied for the 23rd-longest in school history. Against Oregon, he had a career-high 12 tackles (nine solo).

Sophomore: Started the first eight games of the season at strong safety until he was sidelined for the remainder of the year (concussion). Led the team in tackles at that point, finishing season fourth with 59 stops (45 solo, three for losses and another two for zero gains). He led the team with three interceptions (CU's only three of the season).

Freshman: Played in nine games with three starts – at free safety against Oregon and at strong safety versus California and USC. Played 323 plays from scrimmage and recorded 32 tackles (22 solo), along with three passes broken up and two third down stops. He had a season-high six tackles on two occasions, versus Oregon (four solo) and at Arizona State (three unassisted).

PERSONAL: He earned PrepStar All-West Region honors at defensive back as a senior. A three-time, first-team All-Foothill League performer, he was second-team All-State (MaxPreps) and All-CIF Southern Section (North Division) as a senior. A three-and-a-half year starter at safety, he recorded 170 career tackles, six interceptions and approximately 40 passes broken up. Majored in Sociology at Colorado. Born January 20, 1995 in Inglewood, Calif. His hobbies include playing basketball and spending time with friends and family. An older brother, Cedric, played safety at the University of Minnesota and was a fifth round pick by Miami in the 2015 NFL Draft.



40 MIKE TYSON
CORNERBACK

Height	**6-1**
Weight	**207**
College	**Cincinnati**
NFL Seasons	**Rookie**
Born	**July 27, 1993**
Hometown	**Norfolk, Va.**

HOW ACQUIRED: Drafted with the 3rd pick in the sixth round (187th overall) of the 2017 NFL Draft. First of two sixth round draft picks. First player selected out of Cincinnati in club history.

COLLEGE: Played in 43 games with 16 starts during four seasons at Cincinnati. Played safety and nickel. Recorded 137 tackles (72 solo), 7.5 tackles for a loss, seven interceptions, 11 passes defensed and one fumble recovery. Tabbed as the UC Jim Kelly Sr. Spirit Award winner following his senior season.

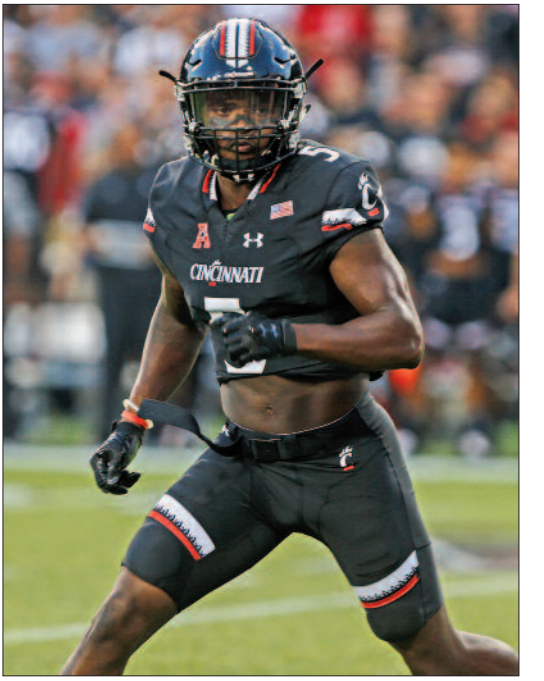
Senior: Saw action in 10 games with 9 starts at nickel back. Recorded 46 tackles (29 solo) on the season. Also recorded a team-high five interceptions and 4.5 tackles for a loss. Led the Bearcats with 10 passes defended. Logged a career-high three interceptions at Purdue. Set career-high with eight tackles against USF. Set another career-high with nine tackles at UCF. Closed out season with eight tackles and two interceptions at Tulsa.

Junior: Played in 11 games with 4 starts in 2015. Made 32 tackles (21 solo). Had three tackles and a pair of pass break-ups at Miami (Ohio). Made four tackles, including one for a loss, at Memphis. Posted five tackles in consecutive games against Miami (Fla.) and at BYU. Had a pair of solo tackles in the regular season finale at East Carolina.

Sophomore: Played in all 13 games with three starts. Tallied 41 tackles (14 solo), one fumble recovery and one pass defensed. Grabbed seven tackles in the season opener against Toledo (9/12). Recovered a fumble and had four tackles in the win over Miami (Ohio) (9/20). Recorded five tackles and had a pass break-up in the loss to Ohio State (9/27). Posted a season high nine tackles in the loss to Memphis (10/4). Had one tackle against Miami (Fla.) (10/11). Capped the season off with seven tackles in the Military Bowl loss to Virginia Tech (12/27).

Freshman: Played in nine games with no starts. Recorded 18 tackles (8 solo), two interceptions and one pass defensed. Snatched an interception, which he returned 95 yards, and had two tackles against UConn (10/19). Grabbed an interception and assisted on two tackles in the rout of Rutgers (11/16).

PERSONAL: Played his senior season at Hargrave Military Academy where he was coached by Troy Davis. A four-star prospect by Scout.com. Earned three stars from Rivals.com and 247Sports.com. Posted eight interceptions in 2011 at Lake Taylor HS in Norfolk, Va. Also had 43 tackles, five sacks and two forced fumbles on defense. Added 26 receptions for 600 yards and nine TDs including a pair of returns taken back for scores. Earned player of the year honors on offense in the district as well as first team all-district defensive back. He earned Second Team All-Eastern District honors. Picked UC over Clemson, TCU and Texas Tech. Born July 27, 1993.



65 JUSTIN SENIOR
TACKLE

Height	**6-4**
Weight	**329**
College	**Mississippi State**
NFL Seasons	**Rookie**
Born	**July 8, 1994**
Hometown	**Montreal, Quebec**

HOW ACQUIRED: Drafted with the 26th pick in the sixth round (210th overall) of the 2017 NFL Draft. Second of two sixth-round draft picks. Sixth player selected out of Mississippi State in club history (Last: K.J. Wright, 2011).

COLLEGE: Started three straight years at tackle, playing in 49 games with 39 starts. 38 starts came at right tackle while one was at left tackle. One of the few FBS players hailing from Canada and one of only two in the SEC in 2016. Three-time member of the SEC Academic Honor Roll. Invited to the Senior Bowl following his final season.

RS Senior: Started all 13 games at right tackle. Recipient of the Kent Hull Trophy as the state of Mississippi's top offensive lineman. Recorded over 30 knockdowns during the season. Saw action in over 920 snaps during the season. Anchored a Bulldog line that gave up the second fewest sacks in the league.

RS Junior: Started all 12 of the games he played in, all at right tackle. Missed the Arkansas game. Saw action on 686 snaps during the regular season. Took 89 snaps against LSU (9/12). Named to the SEC Academic Honor Roll for the third straight year.

RS Sophomore: Started all 13 games at right tackle. Helped MSU to the best offensive season in program history, shattering 15 single-season team records, including: total offense (6,679 yards), yards per play (6.7), yards per game (513.8), points per game (36.9) and first downs (334). Helped team to 29 rushing touchdowns, which tied for second in school history. Helped offense to 60 offensive touchdowns, the most in MSU history. Member of the SEC Academic Honor Roll.

RS Freshman: Experienced action in 11 games and started one, against Bowling Green (10/12). Two games missed were against Alabama and Arkansas. Made first career start against Bowling Green (10/12) and helped team to 188 yards in the first half, the most by MSU in the opening half since 234 against Memphis Sept. 1, 2011. Entered as a reserve versus Oklahoma State (8/31) to make Mississippi State debut.

Freshman: Redshirted his freshman year (2012).

PERSONAL: Grew up in Montreal and was a Canadian Football League fan. Versatile offensive lineman who was awarded three stars from Rivals.com and Scout.com coming out of Hargrave Military Academy in Chatham, Va. Played for head coach Troy Davis. Born Justin Anthony Senior on July 8, 1994. Son of Yvette Reece and Ricardo Senior. Earned his undergraduate degree in sociology in summer 2015 and did course work for a second degree in political science as a senior.

83 DAVID MOORE
WIDE RECEIVER

Height	**6-0**
Weight	**219**
College	**East Central (Okla.)**
NFL Seasons	**Rookie**
Born	**January 15, 1995**
Hometown	**Gainesville, Texas**

HOW ACQUIRED: Drafted with the 8th pick in the seventh round (226th overall) of the 2017 NFL Draft. First of two seventh-round picks in 2017. First player selected out of East Central in club history.

COLLEGE: Recorded 2,776 receiving yards and 35 TDs, both setting new career records for ECU. Was one of the most decorated ECU football players in recent history, earning three All-GAC honors, 2015 Don Hansen All-America Offensive Third Team, D2Football.com All-American honorable mention, Don Hansen and CCA D2 All-Super Region Three First Team honors, and 2017 Don Hansen All-Super Region Three Offensive Third Team honors.

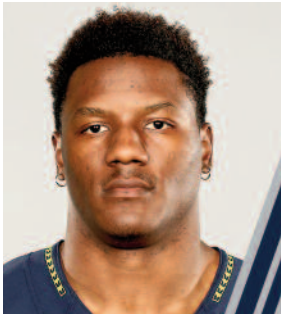
Senior: 2016 All-GAC First Team selection. Finished the season with 878 receiving yards, 10 receiving TDs, 74 rushing yards and one rushing TD. Added 421 yards on kick returns and 46 on punt returns for 1,419 all-purpose yards.

Junior: Don Hansen All-America Offense Third Team. D2Football.com All-America Honorable Mention. Don Hansen and CCA D2 All-Super Region Three First Team. All-GAC First Team. First ECU receiver to record over 1,000 receiving yards (1,079) in a single season. Set single season receiving TD record (13) and the career receiving TD record (25).

Sophomore: Earned All-GAC Honorable Mention honors as a wide receiver. Will be the leading GAC returning receiver with 10 touchdowns. Second on the team with 526 receiving yards on 33 catches. Returned two kicks for 35 yards. Averaged 15.9 yards per catch, 17.5 yards per kick return and 51.0 all-purpose yards per game.

Freshman: Played in eight games. Caught 12 passes for 275 yards and two TDs. Returned three kicks for 15 yards. Added one solo and three assisted tackles.

PERSONAL: Tallied 40 catches for 700 yards as a senior at Gainsville H.S. (Tex.). Averaged 17.5 yards per catch, with 12 total touchdowns. A first team all-district pick on both sides of the ball. Also named to the All-Cooke County first team and all-region first team. Born January 15 1995. Son of David and Angie Moore. Majored in kinesiology.



32 CHRIS CARSON
RUNNING BACK

Height	**5-11**
Weight	**218**
College	**Oklahoma State**
NFL Seasons	**Rookie**
Born	**September 16, 1994**
Hometown	**Lilburn, Ga.**

HOW ACQUIRED: Drafted with the 31st pick in the seventh round (249th overall) of the 2017 NFL Draft. Second of two seventh-round picks in 2017. Third player selected out of Oklahoma State in club history (Last: Russell Okung, 2010).

COLLEGE: In two seasons at Oklahoma State, played in 21 games, rushing 213 times for 1,076 yards for a 5.1 avg. and 13 TDs. Was selected the 2016 Thurman Thomas Award (Team's outstanding offensive player) and was 2016 Team Captain as voted by teammates.

Senior: OSU's second leading rusher with 559 yards on 82 carries (6.8 yards per attempt) despite missing four games early in the season due to injury. His nine rushing touchdowns led the team. Averaged 92.8 rushing yards per game in his final four games of the season and added five rushing touchdowns during that span. Added 13 catches for 128 yards on the year. Had a career-high 146 rushing yards in OSU's win over TCU. Scored three touchdowns against Kansas - two rushing and one receiving.

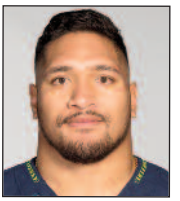
Junior: Led OSU in rushing with 131 attempts and 517 yards. Added 170 receiving yards on 17 catches. Started nine times in his first year with the program and played in every game but the Kansas State game, which he missed due to injury. Fifth on the team with 687 all-purpose yards. His 104 yards on the ground versus UTSA marked OSU's best individual rushing performance of the year and earned him OSU's offensive player of the game award. Scored twice vs. UTSA.

Junior College: Played for coach Troy Morrell at Butler C.C. Ran for 994 yards and nine touchdowns on 139 attempts during his final junior college season. Also made 12 receptions for 63 yards and two scores. Totaled 611 yards and eight touchdowns on 109 rushing attempts as a freshman. Also caught seven passes for 94 yards. A late addition to the 2015 signing class who was previously committed to Georgia.

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

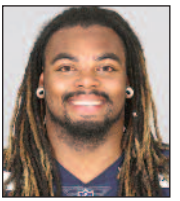
ADDITIONAL BIOS

Algernon Brown, FB, 6-0, 235, Rookie, BYU (Magna, Utah)



Signed by Seattle as a rookie free agent on May 12, 2017. Brown played both fullback and running back for the Cougars during his 46-game career, including 17 starts, with over 1,300 rushing yards. In 2016, Brown led the way for all-time BYU leading rusher Jamaal Williams after switching over to fullback. As a junior in 2015, Brown was the primary ball carrier, leading BYU with 709 rushing yards on 127 attempts and had 11 rushing scores. As a pass catcher, had 35 career receptions for 285 yards and three touchdowns. Prepped at Skyline High and was the fourth-ranked prospect in Utah by Rivals.com and no. 13 by Scout.com. Had a career total of 271 carries for 1,983 yards and 30 touchdowns in his high school career and recorded 92 carries for 783 yards and 13 touchdowns as a senior. Was a four-time track letterwinner, competing in javelin, 100m, 200m and 110m hurdles, and holds javelin school record. Born on November 29, 1991.

Rodney Coe, DT, 6-3, 315, 2nd Year, Akron, (Fulton, Mo.)

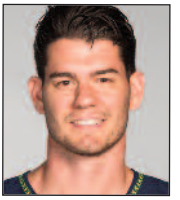


Rodney Coe was originally signed as an undrafted FA by Dallas on May 6, 2016, but was waived following training camp. Spent most of 2016 on Tampa Bay's practice squad and the final week of the season on Jacksonville's practice squad. Signed a Reserve/Future contract with Seattle on January 19, 2017, but was waived May 9. Re-signed as a free agent with Seattle July 30, 2017. Played for three schools over five collegiate seasons, starting at Iowa Western Junior College before making the jump to Iowa State and later Akron. Tallied 125 tackles, 22.5 tackles for loss, 3.5 sacks, five pass breakups and two forced fumbles, with 468 rushing yards and nine touchdowns as a running back his freshman JUCO season. Was a third-team All-MAC selection as a senior in 2015, playing in 12 games with 11 starts at defensive tackle. As a junior at Iowa State in 2013, started four-of-12 games and recorded 37 tackles, five tackles for loss, and two pass breakups. Played two seasons for Iowa Western Junior College and helped the Reivers win the 2012 JUCO National Championship as a sophomore. Played running back as a freshman and gained 468 yards on 80 carries with nine touchdowns. Rushed for more than 2,000 yards at Edwardsville High School in Fulton, Mo., also playing linebacker. Grandfather Charlie Coe has over 40 years of experience coaching in the NFL and in college. Majored in organizational supervision at Akron.

Kyle Coleman, FB, 6-0, 231, 1st Year, Arkansas-Pine Bluff (Pine Bluff, Ark.)

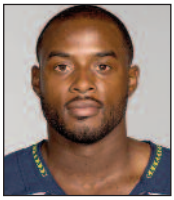
Signed by Seattle on May 15, 2017, after participating in the team's rookie minicamp on a tryout basis from May 12-14. Originally signed by Seattle on June 2, 2016 after participating in the team's rookie minicamp on a tryout basis from May 6-8 and released after training camp. Played in 44 games with 11 starts during his collegiate career, spending his first three seasons at Arkansas State (2011-13) and final season at Arkansas – Pine Bluff (2015), being coached by his father, Monte, a former Washington Redskins linebacker. Following two seasons as a reserve, he started all 11 games at linebacker in 2013, collecting 51 tackles and 2.0 sacks. At Pine Bluff, he moved to tight end where he caught 10 passes for 117 yards. For his career, he collected 79 tackles. Attended Watson Chapel High and passed for 1,659 yards, rushed for 661 yards and scored 32 total touchdowns as a quarterback, and on defense, recorded three interceptions in being named an Arkansas Activities Association Class 5A All-State selection. Born on September 30, 1993.

Steve Donatell, TE, 6-5, 241, Rookie, Western Kentucky (Lone Tree, Colo.)



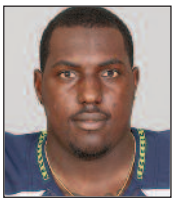
Signed as a rookie free agent on June 8, 2017 after participating in Seattle's rookie minicamp on May 12-14. As a senior for the Hilltoppers, he had 13 catches for 125 yards and two touchdowns in 14 games played. Prior to transferring to Western Kentucky, Donatell played at Wake Forest, beginning his college career at linebacker before moving to tight end in 2015. Also was a long snapper. Played football, basketball, track and baseball at Highlands Ranch High School. Selected as the first-team All-Colorado 5A punter by the Denver Post and threw for 1,686 yards and 23 touchdowns as a senior quarterback, adding 625 yards rushing and seven touchdowns. He is the younger brother of Seahawks quality control coach Tom Donatell and their father, Ed, is the defensive backs coach for the Chicago Bears. Born on March 5, 1994.

Cyril Grayson, Jr., WR, 5-9, 183, Rookie, Louisiana State (Kenner, La.)



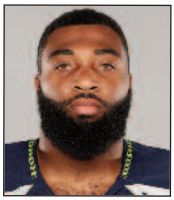
Signed as a free agent on April 11, 2017. One of the most decorated relay runners in the history of the LSU Track & Field program. Ended his career as a four-time NCAA Champion and seven-time All-American between the indoor and outdoor seasons from 2013-16. Member of two NCAA Indoor Champion relay teams in 2014 and 2016 and back-to-back NCAA Outdoor Champion relay teams in 2015 and 2016. Ran on four of the 10 fastest outdoor mile relay teams in school history, including second-fastest at 3 minutes, 0.38 seconds; No. 3 at 3:00.48; No. 4 at 3:00.69 and No. 10 at 3:01.63. Also a member of five of the seven-fastest indoor 4x400-meter relay teams in the program's history, including No. 2 at 3:04.04, No. 3 at 3:04.28, No. 5 at 3:04.46, No. 6 at 3:04.54 and No. 7 at 3:04.60. Ran personal bests of 46.51 indoors and 45.91 outdoors in the 400 meters during his collegiate career. Last played football as a senior at Rummel High when he posted 28 receptions for 731 yards and eight touchdowns. Majored in kinesiology with a concentration in human movement. Born on December 5, 1993.

Tylor Harris, DE, 6-3, 306, 2nd Year, Wake Forest (Baton Rouge, La.)



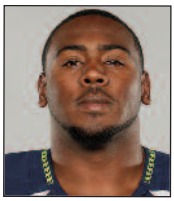
Signed by Seattle on August 11, 2016, as an undrafted free agent. Released on September 3 and signed to Seattle's practice squad two days later where he spent the 2016 season. Started 25 of 44 games at Wake Forest and tallied 73 tackles, 4.5 sacks and five blocked kicks in his college career. Also threw the shot put as a freshman for the Demon Deacons. A 2012 graduate of Episcopal High, was named a first-team all-state Class 2A defensive end by the Louisiana Sports Writers Association. Team defensive MVP as a senior when he recorded 98 tackles, eight passes defensed and 17 tackles for loss. Versatile player who saw action at offensive guard, defensive end and tight end, helping the Knights to a 20-3 record over his final two seasons. Also participated in track where he threw the shot put and discus. Was the state champion in the shot put as a sophomore with a throw of 58'-9.5." Father, Jefferson, played football at Louisiana Tech. Born on February 16, 1994.

Shaneil Jenkins, DT, 6-3, 284, 2nd Year, Shepherd (District Heights, Md.)



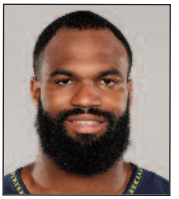
Originally signed by Denver on May 3, 2016, as an undrafted free agent. Released on August 3 and signed with the Dallas Cowboys on August 7. Released on September 2 and signed to the Seahawks practice squad on December 6. Started 28 of 47 games played for Shepherd University and recorded 100 tackles (60 solo) and 27.0 sacks in his career, including 13.5 sacks his senior season helping him become the MEC Defensive Player of the Year. Attended Suitland High School and majored in sports management. Born on February 7, 1994.

Jeremy Liggins, DT, 6-3, 315, Rookie, Mississippi (Oxford, Miss.)



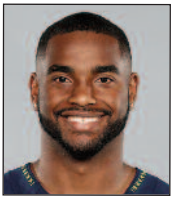
Signed with Seattle as a rookie free agent on May 12, 2017. Played in 28 games with seven starts in his three years at Ole Miss. Played a majority of his games at tight end, but also saw time at quarterback in wildcat formations near the goal-line, before converting to the offensive line prior to his senior season, playing two games in limited duty. Spent one season at Northeast Mississippi CC where he played along the defensive line and at quarterback. Originally committed to LSU out of Lafayette High where he led the school to 32 straight wins and back-to-back 4A state titles as the team's quarterback. Threw for 1,678 yards and 16 touchdowns and ran for 953 yards and 18 scores as a senior. Named the 2010 and 2011 MHSSA All-Division 2-4A Player of the Year. Awarded first team All-State honors by The Clarion-Ledger and All-Area by the Northeast Mississippi Daily Journal his junior and senior seasons. Also played baseball. Majored in criminal justice. Born on March 31, 1993.

Marcus Lucas, TE, 6-4, 250, 4th Year, Missouri (Liberty, Mo.)



Originally signed by Carolina on May 12, 2014, released on August 30 and added to the Panthers practice squad on August 31 where he spent the season. Released on September 5, 2015 and signed to the Dolphins practice squad on September 29 but released the next day. Signed to the Chicago Bears practice squad on December 15 and released on May 16, 2016. Acquired on waivers by the Panthers on May 17 and released on September 3. Added to Seattle's practice squad on September 5 where he spent the 2016 season. Played in 49 games with 23 starts at Missouri. Tallied 130 receptions for 1,638 yards and 11 touchdowns. Prepped at Liberty High School. Majored in business. Born on March 1, 1992.

Tre Madden, RB, 6-0, 235, 2nd Year, USC (Aliso Viejo, Calif.)



Signed by Seattle on May 6, 2016, as an undrafted free agent. Spent the 2016 season on injured reserve. Started 13 of 32 games for the Trojans during a career with various injuries, rushing 223 times for 1,155 yards and eight touchdowns, while recording 15 tackles on defense. He entered USC as a linebacker in 2011 and made the switch to running back before the 2012 season, but missed that season with a knee injury. He started the first six games in 2013 before a hamstring injury slowed him, rushing for 703 yards on 138 carries with three touchdowns, and became the first Trojan to open a season with three-consecutive 100-yard rushing games since Marcus Allen had 11 straight to open his 1981 Heisman Trophy season. He missed the 2014 season with a turf toe injury and played in 10 games with six starts in 2015 before being slowed by a knee injury. Earned USA Today All-USA second team honors as a senior linebacker and quarterback at Mission Viejo High. Despite missing four games with a foot injury in 2010, had 81 tackles, 3.0 sacks and one interception on defense, while he completed 13 of 26 passes for 311 yards and two touchdowns and ran for 310 yards with seven touchdowns on offense. His father, Curtis, was a fullback and defensive end at Kansas State (1988-91). His grandfather is Lawrence McCutcheon, a Colorado State and NFL All-Pro running back with the Los Angeles Rams (1972-79), Denver Broncos (1980) and Buffalo Bills (1981) who set the since-broken Rams career rushing record (6,186 yards). His uncle is former USC (1995-98) cornerback Daylon McCutcheon who played with the Cleveland Browns (1999-2006). Double major in communications and sociology. Born on August 16, 1993.

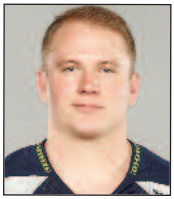
Robert Myers, T, 6-5, 325, 3rd Year, Tennessee State (La Vergne, Tenn.)

Originally drafted by the Baltimore Ravens in the fifth-round (176th overall) of the 2015 NFL Draft but was released after training camp on September 5, 2015. Acquired off waivers by Indianapolis the following day but released and added to the Colts practice squad on September 15. Was released on September 18 and signed to the Ravens practice squad on September 21. He then signed to Denver's active roster on December 31 and was inactive Week 17 and all three postseason games, including Super Bowl 50. Denver released him after camp on September 3, 2016 and Seattle signed him to the practice squad on September 26, where he spent the majority of the season. Appeared in 46 games (35 starts) at Tennessee State, opening the final 29 games of his collegiate career. Named second-team All-Ohio Valley Conference as a junior (tackle) and senior (right guard). Invited to attend the Reese's Senior Bowl following his senior campaign. Played left tackle and defensive line at La Vergne High. Lettered in football and placed in the regional finals in wrestling. Recorded 37 tackles and two sacks his last two seasons of high school. Born on December 26, 1991 in Chicago.

Kache Palacio, LB, 6-1, 237, 2nd Year, Washington State (Los Angeles, Calif.)

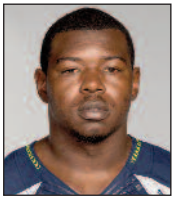
Originally signed with the Los Angeles Rams on May 6, 2016 but released on May 18. Signed by Seattle as a free agent on August 7, released after training camp and signed to the Seahawks practice squad on September 5 for the remainder of the 2016 season. Finished his Cougars career with the tenth-most sacks in program history with 16.0, playing in 50 games with 22 starts, collecting 146 tackles, seven forced fumbles and two fumble recoveries. Prepped at Serra High and was named co-MVP of the Mission League after recording 92 tackles, 13.5 sacks, one interception, five passes defensed and three forced fumbles. Rated three stars by Rivals.com and Scout.com. Born on January 30, 1994.

Will Pericak, C/G, 6-3, 300, 3rd Year, Colorado (Boulder, Colo.)



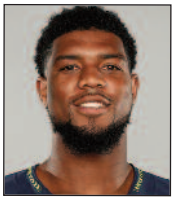
Originally signed with the Baltimore Ravens as an undrafted defensive tackle free agent on May 3, 2013 but was released and spent time on San Diego's and Jacksonville's practice squads that season. He went to training camp with Denver in 2014 but was released and was not on an NFL roster that season. Signed to a future 2015 contract with Seattle on February 9, 2015, he made the transition to the offensive side of the ball and spent the 2015 and 2016 seasons on the practice squad. He started a school-record 49 games at Colorado and finished his career with 207 tackles (125 solo), 7.5 sacks, 19 tackles for a loss, five forced fumbles, four fumble recoveries and eight passes defensed. Born on December 30, 1989.

Otha Peters, LB, 6-0, 238, Rookie, Louisiana-Lafayette (Covington, La.)



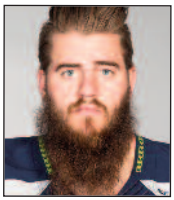
Signed as a rookie free agent with Seattle on May 12, 2017. Played in 25 games for the Ragin' Cajuns and collected 162 tackles (85 solo) and 2.0 sacks in two seasons at the school (2015-16). Was named first-team All-Sun Belt after a senior season posting 94 stops. Sat out the 2014 season after transferring from Arkansas where he played for two seasons (2012-13). Played in 17 games with three starts for the Razorbacks and collected 41 tackles and a half-sack in two seasons. Was named to the 2012 All-SEC freshman team. Attended Covington High and was named the Defensive MVP and National Linebacker of the Year at the Offense-Defense All-American Bowl held at Cowboys Stadium. Ranked as the no. 6 inside linebacker in the country, the no. 4 overall player in Louisiana by Rivals.com. Recorded 153 tackles, including 7.5 sacks, and earned a spot on the Class 5A all-state team as a senior after helping Covington finish the 2011 season 7-4 with an appearance in the state playoffs. Born on February 27, 1994.

Darreus Rogers, WR, 6-1, 218, Rookie, USC (Compton, Calif.)



Signed by Seattle as an undrafted rookie free agent on May 12, 2017. Started 31 of 49 games played for the Trojans and recorded 127 catches for 1,487 yards (11.7 avg) with 11 touchdowns in his career. During his All-Pac 12 honorable mention senior season, he started all 13 games with career-highs in catches (56), yards (696) and touchdowns (4). Started his enrollment at USC in spring of 2013. Prepped at Carson High and his senior honors included Super Prep All-American, Prep Star All-American, Prep Star Top 150 Dream Team, Super Prep All-Farwest, Prep Star All-West, Orange County Register Fab 15 second team, Tacoma News Tribune Western 100, Cal-Hi Sports All-State first team, Max Preps All-State Division I first team, All-L.A. City first team, Los Angeles Times All-Area, Wave Newspapers All-Area, South Bay Daily Breeze All-South Bay first team and All-Marine League Co-Offensive Player of the Year after collecting 64 receptions for 1,251 yards (19.5 avg.) with 10 touchdowns in 2011. Majored in communications. Born on September 3, 1993.

Jordan Roos, G, 6-3, 302, Rookie, Purdue (Celina, Texas)

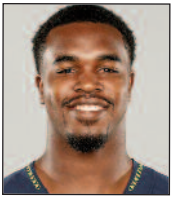


Signed as a rookie free agent on May 12, 2017. Was a four-year starter at right guard, starting 42 of 47 games played, including the last 38 in a row. Attended Celina High and was a four-year letterwinner in football and three-star prospect by Rivals.com and Scout.com. Missed the majority of his senior season after injuring his knee but his team went 11-1 his junior season, winning the league title with a 4-0 record. Also earned four varsity letters in track and field. Was the 2009 USATF national champion in the shot put and the three-time 3A shot put state champion. Also won the 2012 3A state title in discus. Father, Peter, played football at East Texas State. Majored in organization leadership & supervision. Born on July 6, 1993.

Jordan Simone, SS, 5-11, 191, 1st Year, Arizona State (Sammamish, Wash.)

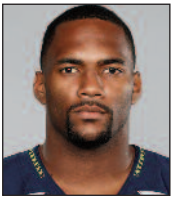
Signed by Seattle on May 31, 2017, after participating in the team's rookie minicamp from May 12-14. Was a two-year letterwinner for the Sun Devils (2014-15), playing in 22 games with 21 starts after transferring from Washington State following the 2011 season. He sat out 2012 due to transfer rules and was a redshirt for the 2013 season. Was a two-time All-Pac-12 honorable mention selection after recording 191 career tackles, five sacks, four interceptions and eight passes defensed for the Sun Devils. Attended Skyline High where he was a member of the state championship football team in 2009 and 2010. Was also the defensive MVP and team captain in 2010. Also lettered in basketball. Majored in criminal justice/criminology. Born on July 21, 1992.

Tyrone Swoopes, TE, 6-4, 254, Rookie, Texas (Whitewright, Texas)



Signed as a rookie free agent on May 12, 2017. Makes the switch from college quarterback to tight end in Seattle. A four-year quarterback for the Longhorns who played in 41 career games with 14 starts (6-8), he finished his career ranked 13th on the UT career passing yards list (3,038), sixth in school history among quarterbacks with 967 rushing yards and third in rushing touchdowns among quarterbacks (24). His three 300-yard passing games are sixth-most in school history. Swoopes enrolled at Texas in spring of 2013, became the starter early in 2014 and then became a reserve with his feature package, called the "18-wheeler," early in the 2015 season. For his career, he was 281 for 499 for 3,038 yards with 17 touchdowns and 13 interceptions and rushed 256 times for 966 yards and 24 touchdowns. Prepped at Whitewright High where he was a four-year starter, including three at quarterback. Rated No. 4 overall and the No. 2 quarterback in the nation by MaxPreps, selected No. 88 overall on PrepStar Magazine's Dream Team and the No. 6 quarterback in the nation, ranked the No. 6 quarterback in the nation by FoxSports.com and tabbed the No. 13 quarterback in the nation by Rivals.com and 247Sports. Rushed for 5,341 yards and 73 touchdowns while passing for 3,850 yards and 41 touchdowns during his career. Named honorable mention 2A All-State by the Associated Press as a senior. Also played guard in basketball, outfield in baseball and participated in track and field in high school; competing in the long jump, triple jump, 4x400m, 4x200m, 4x100m and shot put. Born on November 14, 1994.

Nick Usher, LB, 6-3, 235, Rookie, Texas-El Paso (Los Angeles, Calif.)



Signed by Seattle as a rookie free agent on May 12, 2017. Started 36 of 49 games played for the Miners and moved to linebacker his senior season after three years along the defensive line. He recorded 179 tackles (89 solo) and 12.0 sacks (tenth in school history) during his career. Earned All-Conference-USA honorable mention after collecting 77 tackles (35 solo), 5.5 sacks and eight tackles for loss during his final season. Attended Serra High and produced 11.5 sacks on his way to earning All-CIF honors as a senior in 2012. Also recognized as a Mission League first-team member and a first-team all-area honoree. Finished with 61 tackles while leading Serra to a 14-2 record and an appearance in the CIF championship. Majored in communications. Born on January 22, 1995.

On Seattle's final 53-man roster of 2016, 27 players originally entered the league as undrafted free agents (15 with Seattle). That was the most of any team in the NFL and four more than Carolina who was next with 23. Michael Bennett originally signed with Seattle as an undrafted free agent in 2009.

2016 SEASON

GAME 1

Seattle Seahawks 12, Miami Dolphins 10
Sunday, September 11, 2016 • CenturyLink Field

The Seattle Seahawks won their eighth-consecutive home opener dating back to 2009, as Russell Wilson led a game-winning touchdown drive scoring with 31 seconds remaining in the game and defeating the Miami Dolphins by a score of 12-10. Seattle's defense gave up just 214 yards on the day. The Seahawks scored first with a Steven Hauschka field goal during the first quarter. The Dolphins scored after a Wilson interception led to field position on the Seattle 42-yard line, and Seattle's defense held Miami to a 39-yard field goal. Seattle added a Hauschka field goal as time expired in the first half, giving the team a 6-3 lead at the half. Ryan Tannehill led the Dolphins on an 86-yard drive late in the fourth quarter and ran it in from two yards out, giving Miami the 10-6 lead with just over four minutes remaining. Wilson and the Seahawks offense drove 75 yards, converting two fourth down attempts, before Wilson connected with Doug Baldwin on a two-yard touchdown pass with 31 seconds remaining. A blocked extra point gave Seattle the 12-10 lead, and Seattle's defense closed the victory with a pair of sacks of Tannehill.

	1	2	3	4	Total
Miami	**0**	**3**	**0**	**7**	**10**
Seattle	**3**	**3**	**0**	**6**	**12**

				Miami	Seattle
SEA	1	5:11	Hauschka 39 FG (12-46, 6:08)	0	3
MIA	2	8:45	Franks 41 FG (6-19, 2:06)	3	3
SEA	2	0:00	Hauschka 38 FG (10-72, 1:52)	3	6
MIA	4	4:08	Tannehill 2 run (Franks kick) (7-86, 3:01)	10	6
SEA	4	0:31	Baldwin 2 pass Wilson (kick blocked) (14-75, 3:37)	10	12

Att. 69,012

STATISTICS

RUSHING

Miami	Att	Yds	Avg	LG	TD	Seattle	Att	Yds	Avg	LG	TD
A. Foster	13	38	2.9	9	0	C. Michael	15	66	4.4	12	0
R. Tannehill	5	17	3.4	11	1	T. Rawls	12	32	2.7	8	0
D. Williams	2	9	4.5	5	0	R. Wilson	4	16	4.0	9	0
						C. Prosise	1	-2	-2.0	-2	0
TOTAL	**20**	**64**	**3.2**	**11**	**1**	**TOTAL**	**32**	**112**	**3.5**	**12**	**0**

PASSING

Miami	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
R. Tannehill	29	16	186	0	0	74.8	R. Wilson	43	27	258	1	1	77.5
TOTAL	**29**	**16**	**186**	**0**	**0**	**74.8**	**TOTAL**	**43**	**27**	**258**	**1**	**1**	**77.5**

RECEIVING

Miami	No	Yds	Avg	LG	TD	Seattle	No	Yds	Avg	LG	TD
J. Landry	7	59	8.4	28	0	D. Baldwin	9	92	10.2	22	1
A. Foster	3	62	20.7	50	0	J. Kearse	5	57	11.4	24	0
L. Carroo	2	14	7.0	12	0	T. Rawls	3	26	8.7	11	0
J. Cameron	2	6	3.0	5	0	T. Lockett	3	17	5.7	6	0
D. Williams	1	29	29.0	29	0	L. Willson	2	26	13.0	19	0
K. Stills	1	16	16.0	16	0	C. Michael	2	5	2.5	5	0
						C. Prosise	1	13	13.0	13	0
						P. Richardson	1	11	11.0	11	0
						J. Graham	1	11	11.0	11	0
TOTAL	**16**	**186**	**11.6**	**50**	**0**	**TOTAL**	**27**	**258**	**9.6**	**24**	**1**

TEAM STATISTICS

	Miami	Seattle
Total First Downs	11	21
Third Down Eff.	3-14-21%	5-16-31%
Total Net Yards	214	352
Total Off. Plays	54	78
Avg. per Play	4.0	4.5
Net Yards Rushing	64	112
Total Rushing Plays	20	32
Net Yards Passing	150	240
Times Sacked/Yards Lost	5/36	3/18
Pass Atts-Comps-Ints	29-16-0	43-27-1
Punts-No. and Avg.	7-46.7	6-42.2
Penalties-No. and Yards	4-40	8-69
Fumbles-No. and Lost	2-0	1-1
Touchdowns	1	1
Field Goals Made-Att	1-2	2-2
Time of Possession	25:28	34:32

DEFENSE

Miami	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
R. Jones	12	6	6	0.0	0.0	0	0	1	0	0
X. Howard	11	6	5	0.0	0.0	0	0	0	0	0
K. Alonso	11	3	8	0.0	0.0	0	0	0	0	1
K. Misi	10	5	5	0.0	0.0	0	0	0	0	0
I. Abdul-Quddus	8	3	5	0.0	0.0	1	9	2	0	0

Additional Stats: Sacks: N. Suh 1.0, M. Williams 1.0, J. Phillips 0.5, J. Jones 0.5.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
K. Wright	11	3	8	1.0	2.0	0	0	0	0	0
K. Chancellor	7	3	4	0.0	0.0	0	0	0	0	0
B. Wagner	6	6	0	0.0	0.0	0	0	0	0	0
M. Bennett	6	2	4	1.0	9.0	0	0	0	0	0
E. Thomas	4	2	2	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: C. Avril 1.0, F. Clark 1.0, C. Marsh 1.0. FF: C. Marsh 1.

GAME 2

L.A. Rams 9, Seattle Seahawks 3
Sunday, September 18, 2016 • L.A. Memorial Coliseum

The Seattle Seahawks offense struggled to sustain drives and fumbled on their final drive of the game, losing the ball and losing to the Los Angeles Rams by a score of 9-3 in what was the Rams' first home game in Los Angeles since 1994. The Rams opened the game with a scoring drive, as Greg Zuerlein connected on a 39-yard field goal. After trading punts, Seattle evened the score as Steven Hauschka made a 23-yard field goal. The Rams added a 28-yard field goal late in the first half, giving L.A. the 6-3 lead at halftime. Zuerlein made his third field goal of the game on the Rams' second possession of the second half, pushing their lead to 9-3. After four straight second half drives ending in a punt, the Seahawks got the ball on their 12-yard line with 1:53 remaining. Russell Wilson hit Tyler Lockett for 53 yards on the first play from scrimmage. On third down, Wilson found Christine Michael out of the backfield but Rams linebacker Alex Ogletree hit Michael, forcing a fumble which Ogletree recovered for the Rams, securing the L.A. victory. With a crowd of 91,046, it was the second-largest crowd the Seahawks have played in front of in team history.

Seattle	**0**	**3**	**0**	**0**	**3**
Los Angeles	**3**	**3**	**0**	**3**	**9**

				Seattle	Los Angeles
LA	1	10:38	Zuerlein 39 FG (9-54, 4:22)	0	3
SEA	2	14:45	Hauschka 23 FG (14-76, 7:08)	3	3
LA	2	1:04	Zuerlein 28 FG (9-70, 3:15)	3	6
LA	4	14:10	Zuerlein 47 FG (9-58, 4:28)	3	9

Att. 91,046

STATISTICS

RUSHING

Seattle	Att	Yds	Avg	LG	TD	Los Angeles	Att	Yds	Avg	LG	TD
C. Michael	10	60	6.0	16	0	T. Gurley	19	51	2.7	11	0
R. Wilson	5	14	2.8	8	0	T. Austin	2	6	3.0	8	0
A. Collins	2	0	0.0	0	0	C. Keenum	3	5	1.7	7	0
T. Rawls	7	-7	-1.0	4	0	B. Cunningham	1	2	2.0	2	0
TOTAL	**24**	**67**	**2.8**	**16**	**0**	**TOTAL**	**25**	**64**	**2.6**	**11**	**0**

PASSING

Seattle	A	C	Yds	TD	INT	RT	Los Angeles	A	C	Yds	TD	INT	RT
R. Wilson	35	22	254	0	0	84.7	C. Keenum	30	18	239	0	0	85.3
TOTAL	**35**	**22**	**254**	**0**	**0**	**84.7**	**TOTAL**	**30**	**18**	**239**	**0**	**0**	**85.3**

RECEIVING

Seattle	No	Yds	Avg	LG	TD	Los Angeles	No	Yds	Avg	LG	TD
T. Lockett	4	99	24.8	53	0	K. Britt	6	94	15.7	36	0
J. Graham	3	42	14.0	17	0	T. Austin	5	50	10.0	27	0
P. Richardson	3	35	11.7	14	0	L. Kendricks	4	61	15.3	44	0
C. Michael	3	26	8.7	13	0	T. Gurley	1	19	19.0	19	0
D. Baldwin	3	20	6.7	8	0	B. Quick	1	8	8.0	8	0
T. Rawls	3	15	5.0	11	0	B. Cunningham	1	7	7.0	7	0
J. Kearse	2	11	5.5	9	0						
L. Willson	1	6	6.0	6	0						
TOTAL	**22**	**254**	**11.5**	**53**	**0**	**TOTAL**	**18**	**239**	**13.3**	**44**	**0**

TEAM STATISTICS

	Seattle	Los Angeles
Total First Downs	17	17
Third Down Eff.	4-13-31%	3-12-25%
Total Net Yards	306	283
Total Off. Plays	61	58
Avg. per Play	5.0	4.9
Net Yards Rushing	67	64
Total Rushing Plays	24	25
Net Yards Passing	239	219
Times Sacked/Yards Lost	2/15	3/20
Pass Atts-Comps-Ints	35-22-0	30-18-0
Punts-No. and Avg.	7-44.1	6-39.5
Penalties-No. and Yards	10-114	9-78
Fumbles-No. and Lost	3-1	0-0
Touchdowns	0	0
Field Goals Made-Att	1-1	3-3
Time of Possession	30:03	29:57

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
K. Wright	9	7	2	0.0	0.0	0	0	0	0	0
B. Wagner	8	5	3	0.0	0.0	0	0	0	0	0
K. Chancellor	5	4	1	0.0	0.0	0	0	0	0	0
M. Bennett	4	4	0	1.0	9.0	0	0	0	0	0
D. Shead	4	4	0	0.0	0.0	0	0	0	0	0
F. Clark	4	3	1	2.0	11.0	0	0	0	0	0

Additional Stats: None

Los Angeles	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
M. Barron	10	9	1	0.0	0.0	0	0	1	0	0
A. Ogletree	9	8	1	0.0	0.0	0	0	1	1	1
T. Johnson	6	5	1	0.0	0.0	0	0	0	0	1
L. Joyner	5	4	1	0.0	0.0	0	0	2	0	0
W. Hayes	5	1	4	1.0	8.0	0	0	0	0	0

Additional Stats: Sacks: R. Quinn 1.0, FF: R. Quinn 1.

GAME 3

Seattle Seahawks 37, San Francisco 49ers 18
Sunday, September 25, 2016 • CenturyLink Field

The Seattle Seahawks offense totaled 418 yards while the defense held the San Francisco 49ers to 254 total yards in a 37-18 Seahawks victory at CenturyLink Field. Christine Michael rushed for 106 yards, Doug Baldwin caught 8 passes for 164 yards and Jimmy Graham caught 6 passes for 100 yards as the offense found its rhythm, pushing Seattle's record to 2-1 on the season. Seattle opened the game with a 3-play, 75-yard drive as Michael ran for a 41-yard touchdown. On the Seahawks' second drive, Michael rushed for a 4-yard touchdown, giving Seattle the 14-0 lead. The 49ers scored on a Phil Dawson field goal and Russell Wilson found Graham on an 18-yard TD pass, giving Seattle the 24-3 lead. Three Steven Hauschka field goals pushed the score to 30-3. Trevone Boykin entered the game after Wilson injured his left knee, and Boykin connected with Baldwin on a 16-yard TD pass for the 37-3 lead. Carlos Hyde scored twice late in the fourth quarter for the 49ers on two runs of eight yards each, for a final score of 37-18.

San Francisco	**0**	**3**	**0**	**15**	**18**	
Seattle	**14**	**10**	**6**	**7**	**37**	

				San Francisco	Seattle
SEA	1	14:17	Michael 41 run (Hauschka kick) (3-75, 0:43)	0	7
SEA	1	4:08	Michael 4 run (Hauschka kick) (14-62, 8:24)	0	14
SF	2	9:41	Dawson 22 FG (5-26, 1:58)	3	14
SEA	2	7:53	Graham 18 pass Wilson (Hauschka kick) (4-73, 1:48)	3	21
SEA	2	1:13	Hauschka 33 FG (7-42, 2:39)	3	24
SEA	3	6:53	Hauschka 33 FG (6-12, 4:08)	3	27
SEA	3	2:29	Hauschka 22 FG (7-16, 3:34)	3	30
SEA	4	12:53	Baldwin 16 pass Boykin (Hauschka kick) (7-58, 3:37)	3	37
SF	4	7:50	Hyde 8 run (Dawson kick) (11-75, 5:03)	10	37
SF	4	0:56	Hyde 8 run (Hyde run) (8-47, 2:44)	18	37

Att. 69,010

STATISTICS

RUSHING

San Francisco	Att	Yds	Avg	LG	TD	Seattle	Att	Yds	Avg	LG	TD
C. Hyde	21	103	4.9	34	2	C. Michael	20	106	5.3	41t	2
B. Gabbert	5	22	4.4	10	0	A. Collins	4	12	3.0	4	0
S. Draughn	5	10	2.0	7	0	T. Magee	3	12	4.0	5	0
						R. Wilson	1	3	3.0	3	0
						T. Boykin	2	-2	-1.0	0	0
						D. Baldwin	1	-4	-4.0	-4	0
TOTAL	**31**	**135**	**4.4**	**34**	**2**	**TOTAL**	**31**	**127**	**4.1**	**41t**	**2**

PASSING

San Francisco	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
B. Gabbert	25	14	119	0	1	51.9	R. Wilson	23	15	243	1	0	114.9
							T. Boykin	9	7	65	1	1	94.2
TOTAL	**25**	**14**	**119**	**0**	**1**	**51.9**	**TOTAL**	**32**	**22**	**308**	**2**	**1**	**107.3**

RECEIVING

San Francisco	No	Yds	Avg	LG	TD	Seattle	No	Yds	Avg	LG	TD
T. Smith	3	35	11.7	13	0	D. Baldwin	8	164	20.5	59	1
G. Celek	3	25	8.3	18	0	J. Graham	6	100	16.7	40	1
J. Kerley	2	24	12.0	20	0	A. Collins	2	19	9.5	10	0
V. McDonald	2	4	2.0	2	0	J. Kearse	2	11	5.5	9	0
R. Streater	1	19	19.0	19	0	L. Willson	2	9	4.5	7	0
Q. Patton	1	8	8.0	8	0	C. Michael	2	5	2.5	5	0
S. Draughn	1	2	2.0	2	0						
C. Hyde	1	2	2.0	2	0						
TOTAL	**14**	**119**	**8.5**	**20**	**0**	**TOTAL**	**22**	**308**	**14.0**	**59**	**2**

TEAM STATISTICS

	San Francisco	Seattle
Total First Downs	12	18
Third Down Eff.	4-15-27%	9-14-64%
Total Net Yards	254	418
Total Off. Plays	56	65
Avg. per Play	4.5	6.4
Net Yards Rushing	135	127
Total Rushing Plays	31	31
Net Yards Passing	119	291
Times Sacked/Yards Lost	0/0	2/17
Pass Atts-Comps-Ints	25-14-1	32-22-1
Punts-No. and Avg.	7-45.6	2-51.0
Penalties-No. and Yards	4-35	6-50
Fumbles-No. and Lost	1-0	1-1
Touchdowns	2	4
Field Goals Made-Att	1-2	3-3
Time of Possession	24:03	35:57

DEFENSE

San Francisco	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
E. Reid	12	7	5	0.0	0.0	0	0	1	0	0
D. Buckner	8	1	7	0.0	0.0	0	0	0	0	0
N. Bowman	7	6	1	0.0	0.0	0	0	0	1	0
G. Hodges	6	1	5	0.0	0.0	0	0	0	0	1
M. Purcell	6	0	6	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: A. Brooks 1.0, G. Dorsey 1.0. INT: N. Bellore 1.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
K. Chancellor	8	5	3	0.0	0.0	0	0	1	0	0
D. Shead	7	7	0	0.0	0.0	0	0	1	1	0
K. Wright	7	3	4	0.0	0.0	0	0	0	0	0
B. Wagner	6	0	6	0.0	0.0	1	9	2	0	0
A. Rubin	5	1	4	0.0	0.0	0	0	0	0	0

Additional Stats: None

GAME 4

Seattle Seahawks 27, N.Y. Jets 17
Sunday, October 2, 2016 • MetLife Stadium

The Seattle Seahawks found success on the road, travelling across the country to play the New York Jets in a 10 a.m. PT start in which Russell Wilson was sharp with a 133.5 passer rating, passing for 309 yards while Jimmy Graham recorded his second 100-yard receiving game in as many games, and the Seahawks defense forced three interceptions as the Seahawks beat the Jets by a score of 27-17. The Jets scored on the opening drive of the game with a Nick Folk field goal. Seattle scored in the second quarter when Wilson found newly-signed running back C.J. Spiller for an 8-yard touchdown pass, giving Seattle the 7-3 lead. The Seahawks scored again on their next drive as Wilson hit Tanner McEvoy on a 42-yard TD for the 14-3 Seahawks lead. But the Jets responded with a 75-yard drive and Ryan Fitzpatrick hit Brandon Marshall on a 17-yard TD, pulling the score to 14-10. Steven Hauschka connected on a 33-yard field goal late in the third quarter and a Richard Sherman interception led to Wilson hitting Christine Michael on a 6-yard TD pass to give Seattle the 24-10 lead. A few drives later, Earl Thomas intercepted Fitzpatrick, setting up a 53-yard Hauschka field goal. Later in the fourth quarter, Cliff Avril sacked Fitzpatrick, who fumbled the football forwards and Charone Peake recovered for New York, and ran it 42 yards for a touchdown. Sherman notched his second interception of the game on the Jets' final possession, securing the 27-17 victory.

Seattle			**0**	**14**	**3**	**10**	**27**
N.Y. Jets			**3**	**7**	**0**	**7**	**17**

				Seattle	N.Y. Jets
NYJ	1	6:27	Folk 34 FG (14-62, 8:33)	0	3
SEA	2	11:34	Spiller 8 pass Wilson (Hauschka kick) (7-92, 3:32)	7	3
SEA	2	3:44	McEvoy 42 pass Wilson (Hauschka kick) (7-85, 3:58)	14	3
NYJ	2	0:13	Marshall 17 pass Fitzpatrick (Folk kick) (10-75, 3:31)	14	10
SEA	3	4:13	Hauschka 33 FG (9-41, 3:30)	17	10
SEA	4	12:20	Michael 6 pass Wilson (Hauschka kick) (4-61, 2:07)	24	10
SEA	4	4:04	Hauschka 53 FG (4- -15, 1:38)	27	10
NYJ	4	2:15	Peake 42 offensive fumble recovery (Folk kick) (7-75, 1:49)	27	17

Att. 78,160

STATISTICS

RUSHING

Seattle	Att	Yds	Avg	LG	TD	N.Y. Jets	Att	Yds	Avg	LG	TD
C. Michael	18	58	3.2	10	0	M. Forte	14	27	1.9	5	0
C. Spiller	2	12	6.0	13	0	B. Powell	4	26	6.5	10	0
A. Collins	1	1	1.0	1	0	R. Fitzpatrick	2	5	2.5	3	0
R. Wilson	5	-5	-1.0	2	0						
TOTAL	**26**	**66**	**2.5**	**13**	**0**	**TOTAL**	**20**	**58**	**2.9**	**10**	**0**

PASSING

Seattle	A	C	Yds	TD	INT	RT	N.Y. Jets	A	C	Yds	TD	INT	RT
R. Wilson	32	23	309	3	0	133.5	R. Fitzpatrick	41	23	261	1	3	53.0
TOTAL	**32**	**23**	**309**	**3t**	**0**	**133.5**	**TOTAL**	**41**	**23**	**261**	**1**	**3**	**53.0**

RECEIVING

Seattle	No	Yds	Avg	LG	TD	N.Y. Jets	No	Yds	Avg	LG	TD
J. Graham	6	113	18.8	27	0	Q. Enunwa	6	60	10.0	15	0
C. Michael	5	32	6.4	9	1	B. Powell	6	54	9.0	18	0
D. Baldwin	4	54	13.5	38	0	B. Marshall	4	89	22.3	41	1
J. Kearse	3	23	7.7	10	0	C. Peake	3	30	10.0	16	0
C. Spiller	2	5	2.5	8t	1	M. Forte	2	16	8.0	12	0
T. McEvoy	1	42	42.0	42t	1	R. Anderson	2	12	6.0	7	0
P. Richardson	1	27	27.0	27	0						
T. Lockett	1	13	13.0	13	0						
TOTAL	**23**	**309**	**13.4**	**42t**	**3**	**TOTAL**	**23**	**261**	**11.3**	**41**	**1**

TEAM STATISTICS

	Seattle	N.Y. Jets
Total First Downs	21	20
Third Down Eff.	3-10-30%	7-15-47%
Total Net Yards	354	305
Total Off. Plays	60	65
Avg. per Play	5.9	4.7
Net Yards Rushing	66	58
Total Rushing Plays	26	20
Net Yards Passing	288	247
Times Sacked/Yards Lost	2/21	4/14
Pass Atts-Comps-Ints	32-23-0	41-23-3
Punts-No. and Avg.	5-40.6	5-40.4
Penalties-No. and Yards	7-71	7-60
Fumbles-No. and Lost	0-0	1-0
Touchdowns	3	2
Field Goals Made-Att	2-2	1-1
Time of Possession	30:45	29:15

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	11	7	4	1.0	6.0	0	0	0	0	0
E. Thomas	6	3	3	0.0	0.0	1	0	2	0	0
K. Wright	6	2	4	1.0	4.0	0	0	0	0	0
R. Sherman	5	3	2	0.0	0.0	2	6	2	0	0
K. Chancellor	5	2	3	0.0	0.0	0	0	1	0	0

Additional Stats: Sacks: C. Avril 1.0, M. Bennett 1.0, FF: C. Avril 1.

N.Y. Jets	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
C. Pryor	7	5	2	0.0	0.0	0	0	0	0	0
D. Lee	7	5	2	0.0	0.0	0	0	0	0	0
M. Gilchrist	6	5	1	0.0	0.0	0	0	0	0	0
B. Skrine	4	3	1	1.0	14.0	0	0	0	0	0
D. Harris	4	2	2	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: L. Williams 1.0,

GAME 5

Seattle Seahawks 26, Atlanta Falcons 24
Sunday, October 16, 2016 • CenturyLink Field

The Seattle Seahawks gave away a 17-3 halftime lead in the third quarter but responded with a strong fourth quarter, scoring nine unanswered points to regain the lead and secure a 26-24 victory over the high-powered Atlanta Falcons. Near the end of the first quarter, Cliff Avril sacked Matt Ryan, forcing a fumble that Tony McDaniel recovered at the Falcons' 9-yard line, setting up a 9-yard TD run by Christine Michael. The Falcons responded with a field goal. Alex Collins scored his first-career TD run for Seattle and Steven Hauschka added a 42-yard field goal to give Seattle the 17-3 lead at the half. The Falcons offense came out strong in the third quarter as Ryan led them to scores on all three drives, hitting Julio Jones on a 36-yard TD, Mohamed Sanu on a 10-yard TD, and Levine Toilolo on a 46-yard TD, giving Atlanta the 24-17 lead heading into the fourth quarter. Seattle's offense put together a 70-yard drive and Michael scored on a 1-yard run, but Hauschka's extra point attempt was blocked, leaving the Seahawks down one point, 24-23, with 4:43 remaining in the game. Earl Thomas intercepted Ryan at midfield after Ryan's pass caromed off Jones' hands and was then tipped by Sherman before Thomas corralled it, leading to a 44-yard Hauschka field goal as the Seahawks took the 26-24 lead. Seattle's defense forced four-straight incompletions on the Falcons final drive, returning the ball to the offense and securing the Seahawks victory.

Atlanta	**0**	**3**	**21**	**0**	**24**
Seattle	**7**	**10**	**0**	**9**	**26**

				Atlanta	Seattle
SEA	1	2:02	Michael 9 run (Hauschka kick) (1-9, 0:05)	0	7
ATL	2	8:38	Bryant 33 FG (12-52, 4:37)	3	7
SEA	2	4:32	Collins 2 run (Hauschka kick) (8-75, 4:06)	3	14
SEA	2	0:42	Hauschka 42 FG (5-22, 1:16)	3	17
ATL	3	11:01	Jones 36 pass Ryan (Bryant kick) (9-75, 3:59)	10	17
ATL	3	6:11	Sanu 10 pass Ryan (Bryant kick) (8-79, 3:23)	17	17
ATL	3	0:17	Toilolo 46 pass Ryan (Bryant kick (6-97, 3:27)	24	17
SEA	4	4:43	Michael 1 run (kick blocked) (9-70, 3:51)	24	23
SEA	4	1:57	Hauschka 44 FG (7-24, 1:51)	24	26

STATISTICS

RUSHING

Seattle	Att	Yds	Avg	LG	TD	N.Y. Jets	Att	Yds	Avg	LG	TD
Atlanta	Att	Yds	Avg	LG	TD	Seattle	Att	Yds	Avg	LG	TD
D. Freeman	12	40	3.3	18	0	C. Michael	18	64	3.6	21	2
T. Coleman	5	10	2.0	4	0	R. Wilson	6	7	1.2	6	0
M. Ryan	1	2	2.0	2	0	A. Collins	1	2	2.0	2t	1
						T. Lockett	1	2	2.0	2	0
						C. Spiller	1	-3	-3.0	-3	0
TOTAL	**18**	**52**	**2.9**	**18**	**0**	**TOTAL**	**27**	**72**	**2.7**	**21**	**3**

PASSING

Atlanta	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
M. Ryan	42	27	335	3	1	102.8	R. Wilson	37	25	270	0	0	88.8
TOTAL	**42**	**27**	**335**	**3**	**1**	**102.8**	**TOTAL**	**37**	**25**	**2709**	**0**	**0**	**88.8**

RECEIVING

Atlanta	No	Yds	Avg	LG	TD	Seattle	No	Yds	Avg	LG	TD
J. Jones	7	139	19.9	36t	1	J. Graham	6	89	14.8	25	0
M. Sanu	5	47	9.4	14	1	D. Baldwin	4	31	7.8	11	0
L. Toilolo	3	69	23.0	46t	1	C. Spiller	3	38	12.7	24	0
J. Hardy	3	30	10.0	11	0	J. Kearse	3	35	11.7	16	0
D. Freeman	3	10	3.3	11	0	T. Lockett	3	23	7.7	10	0
J. Tamme	2	16	8.0	12	0	C. Michael	3	19	6.3	9	0
A. Robinson	1	8	8.0	8	0	T. McEvoy	1	17	17.0	17	0
T. Coleman	1	7	7.0	7	0	L. Willson	1	9	9.0	9	0
T. Gabriel	1	6	6.0	6	0	A. Collins	1	9	9.0	9	0
P. DiMarco	1	3	3.0	3	0						
TOTAL	**27**	**335**	**12.4**	**46**	**3**	**TOTAL**	**25**	**270**	**10.8**	**25**	**0**

TEAM STATISTICS

	Atlanta	Seattle
Total First Downs	22	22
Third Down Eff.	3-11-27%	5-14-36%
Total Net Yards	362	333
Total Off. Plays	64	65
Avg. per Play	5.7	5.1
Net Yards Rushing	52	72
Total Rushing Plays	18	27
Net Yards Passing	310	261
Times Sacked/Yards Lost	4/25	1/9
Pass Atts-Comps-Ints	42-27-1	37-25-0
Punts-No. and Avg.	4-41.3	5-46.0
Penalties-No. and Yards	8-66	3-30
Fumbles-No. and Lost	1-1	3-0
Touchdowns	3	3
Field Goals Made-Att	1-1	2-3
Time of Possession	29:51	30:09

DEFENSE

Atlanta	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
K. Neal	10	5	5	0.0	0.0	0	0	1	1	0
K. Ishmael	8	4	4	0.0	0.0	0	0	0	0	0
G. Jarrett	7	0	7	0.0	0.0	0	0	0	0	0
L. Reynolds	6	0	6	0.0	0.0	0	0	0	0	0
R. Allen	6	0	6	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: D. Trufant 1.0. FF: D. Trufant 1, B. Reed 1.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	14	3	11	0.0	0.0	0	0	0	0	0
D. Shead	8	7	1	0.0	0.0	0	0	3	0	0
K. Wright	7	1	6	0.0	0.0	0	0	0	0	0
M. Bennett	5	3	2	0.0	0.0	0	0	0	0	0
C. Avril	4	2	2	2.0	12.0	0	0	0	1	0

Additional Stats: Sacks: J. Reed 1.0, C. Marsh 1.0. INT: E Thomas 1. FR: T. McDaniel 1.

GAME 6

Seattle Seahawks 6, Arizona Cardinals 6
Sunday, October 23, 2016 • University of Phoenix Stadium

The Seattle Seahawks recorded the first tie in franchise history Sunday night against the Arizona Cardinals, as the Seahawks offense could not get going during regulation, but the defense came up with big plays when needed to keep Seattle in the game and force overtime which ended in a 6-6 tie after both teams missed field goals to win the game. Arizona scored on their first drive of the second quarter on a Chandler Catanzaro field goal. Seattle's offense punted on its first nine drives of the game before Tanner McEvoy blocked a Cardinals' punt in the fourth quarter, giving Seattle the ball in field goal range, and Steven Hauschka connected on the 40-yard field goal to tie the score at 3-3. Arizona won the toss entering overtime, elected to receive, and drove 48 yards and Catanzaro made a 45-yard field goal to give the Cardinals a 6-3 lead. Seattle responded with a 57-yard drive, and Hauschka made a 36-yard field goal to tie the game at 6-6. On the Cardinals' ensuing possession, Carson Palmer drove down to the one-yard line, but Seattle's defense forced a field goal attempt, which Catanzaro missed off of the left upright. Russell Wilson drove the Seahawks down the field, setting up a 28-yard field goal attempt by Hauschka to win the game, but missed wide left. The Cardinals did not convert on their last-second attempt, and the game ended in a 6-6 tie.

Seattle	**0**	**0**	**0**	**3**	**3**	**6**
Arizona	**0**	**3**	**0**	**0**	**3**	**6**

				Seattle	Arizona
AZ	2	3:11	Catanzaro 46 FG (15-53, 8:24)	0	3
SEA	4	4:00	Hauschka 40 FG (4-0, 0:33)	3	3
AZ	OT	11:23	Catanzaro 45 FG (9-48, 3:37)	3	6
SEA	OT	6:42	Hauschka 36 FG (9-57, 4:41)	6	6

Att. 65,089

STATISTICS

RUSHING

Seattle	Att	Yds	Avg	LG	TD	Arizona	Att	Yds	Avg	LG	TD
C. Michael	16	52	3.3	10	0	D. Johnson	33	113	3.4	14	0
A. Collins	1	2	2.0	2	0	C. Palmer	1	8	8.0	8	0
C. Prosise	1	0	0.0	0	0	A. Ellington	2	7	3.5	5	0
R. Wilson	1	-2	-2.0	-2	0	J. Nelson	1	4	4.0	4	0
TOTAL	**19**	**52**	**2.7**	**10**	**0**	**TOTAL**	**37**	**132**	**3.6**	**14**	**0**

PASSING

Seattle	A	C	Yds	TD	NT	RT	Arizona	A	C	Yds	TD	INT	RT
R. Wilson	37	24	225	0	0	81.5	C. Palmer	49	29	342	0	0	80.5
TOTAL	**37**	**24**	**225**	**0**	**0**	**81.5**	**TOTAL**	**49**	**29**	**342**	**0**	**0**	**80.5**

RECEIVING

Seattle	No	Yds	Avg	LG	TD	Arizona	No	Yds	Avg	LG	TD
D. Baldwin	6	69	11.5	27	0	L. Fitzgerald	9	70	7.8	19	0
J. Graham	5	53	10.6	14	0	D. Johnson	8	58	7.3	15	0
J. Kearse	3	51	17.0	31	0	M. Floyd	5	65	13.0	18	0
C. Michael	3	3	1.0	6	0	J. Nelson	3	84	28.0	40	0
C. Prosise	2	17	8.5	9	0	I. Momah	2	50	25.0	27	0
T. Lockett	2	13	6.5	8	0	J. Gresham	2	15	7.5	9	0
P. Richardson	1	10	10.0	10	0						
T. McEvoy	1	10	10.0	10	0						
R. Wilson	1	-1	-1.0	-1	0						
TOTAL	**24**	**225**	**9.4**	**31**	**0**	**TOTAL**	**29**	**342**	**11.8**	**40**	**0**

TEAM STATISTICS

	Seattle	Arizona
Total First Downs	11	23
Third Down Eff.	3-14-21%	10-21-48%
Total Net Yards	257	443
Total Off. Plays	57	90
vg. per Play	4.5	4.9
Net Yards Rushing	52	132
Total Rushing Plays	19	37
Net Yards Passing	205	311
Times Sacked/Yards Lost	1/20	4/31
Pass Atts-Comps-Ints	37-24-0	49-29-0
Punts-No. and Avg.	9-46.0	7-32.7
Penalties-No. and Yards	10-90	6-45
Fumbles-No. and Lost	2-0	1-0
Touchdowns	0	0
Field Goals Made-Att	2-3	2-4
Time of Possession	28:39	46:21

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	13	12	1	0.0	0.0	0	0	0	0	0
K. Wright	10	10	0	0.0	0.0	0	0	1	0	0
D. Shead	9	8	1	0.0	0.0	0	0	1	0	0
J. Lane	7	6	1	0.0	0.0	0	0	1	0	0
A. Rubin	6	6	0	0.0	0.0	0	0	0	0	0
K. McCray	6	5	1	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: C. Avril 2.5, F. Clark 1.5. FF: F. Clark 1. C. Avril 1. Block FG: B. Wagner 1. Block Punt: T. McEvoy 1.

Arizona	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
D. Bucannon	13	11	2	0.0	0.0	0	0	0	0	0
M. Cooper	8	8	0	0.0	0.0	0	0	0	0	0
K. Minter	7	6	1	0.0	0.0	0	0	0	0	0
Ch. Jones	3	3	0	1.0	20.0	0	0	0	1	0

Additional Stats: FF: M. Golden 1

GAME 7

New Orleans Saints 25, Seattle Seahawks 20
Sunday, October 30, 2016 • Mercedes-Benz Superdome

The Seattle Seahawks last-second effort fell short as Jermaine Kearse could only get one foot down in the end zone on a fade route thrown by Russell Wilson and the Seahawks lost to the Saints by a score of 25-20 in New Orleans. Seattle scored mid-way through the first quarter when Earl Thomas recovered a Mark Ingram fumble and returned it 34 yards for a touchdown and the 7-0 lead. Christine Michael scored on a 2-yard run for the Seahawks and Wil Lutz connected on two second-quarter field goals and Drew Brees scored on a QB sneak at the end of the second quarter for a halftime score of 14-13. The teams traded field goals in the third quarter, keeping Seattle's lead at 17-16 heading into the fourth. Brees hit Brandin Cooks on a 2-yard TD to give the Saints a 22-17 lead. Seattle scored on a 21-yard field goal by Steven Hauschka to bring the score to 22-20, and Lutz connected on a 41-yard FG to push the lead to 25-20 with 1:57 remaining. Seattle moved down the field but on fourth down from the 10-yard line with :02 remaining, Wilson hit Kearse in the back corner of the end zone but he could only get one foot down in bounds and the Seahawks lost by a final score of 25-20.

	1	2	3	4	Final
Seattle	**7**	**7**	**3**	**3**	**20**
New Orleans	**0**	**13**	**3**	**9**	**25**

				Seattle	New Orleans
SEA	1	7:53	Thomas 34 fumble return (Hauschka kick)	7	0
NO	2	11:33	Lutz 22 FG (15-83, 7:00)	7	3
SEA	2	9:53	Michael 2 run (Hauschka kick) (4-75, 1:40)	14	3
NO	2	5:15	Lutz 53 FG (10-40, 4:38)	14	6
NO	2	0:49	Brees 1 run (Lutz kick) (9-37, 4:13)	14	13
SEA	3	8:56	Hauschka 44 FG (11-49, 6:04)	17	13
NO	3	3:14	Lutz 21 FG (11-74, 5:42)	17	16
NO	4	12:24	Cooks 2 pass Brees (pass failed) (9-71, 4:27)	17	22
SEA	4	6:38	Hauschka 21 FG (13-72, 5:46)	20	22
NO	4	1:57	Lutz 41 FG (11-52, 4:41)	20	25

Att. 73,188

STATISTICS

RUSHING

Seattle	Att	Yds	Avg	LG	TD	New Orleans	Att	Yds	Avg	LG	TD
C. Michael	10	40	4.0	10	1	T. Hightower	26	102	3.9	28	0
C. Prosise	4	23	5.8	8	0	D. Lasco	5	15	3.0	5	0
R. Wilson	3	11	3.7	5	0	M. Ingram	3	5	1.7	2	0
						D. Brees	1	1	1.0	1t	1
TOTAL	**17**	**74**	**4.4**	**10**	**1**	**TOTAL**	**35**	**123**	**3.5**	**28**	**1**

PASSING

Seattle	A	C	Yds	TD	INT	RT	New Orleans	A	C	Yds	TD	INT	RT
R. Wilson	34	22	253	0	1	74.8	D. Brees	35	27	265	1	0	107.4
T. McEvoy	1	1	43	0	0	118.8							
J. Ryan	1	0	0	0	0	39.6							
TOTAL	**36**	**23**	**296**	**0**	**1**	**78.0**	**TOTAL**	**35**	**27**	**265**	**1**	**0**	**107.4**

RECEIVING

Seattle	No	Yds	Avg	LG	TD	New Orleans	No	Yds	Avg	LG	TD
C. Prosise	4	80	20.0	43	0	M. Thomas	6	63	10.5	17	0
J. Kearse	4	57	14.3	23	0	W. Snead	6	56	9.3	16	0
D. Baldwin	4	51	12.8	27	0	B. Cooks	4	44	11.0	20	1
T. Lockett	4	32	8.0	10	0	C. Fleener	4	36	9.0	13	0
J. Graham	3	34	11.3	15	0	B. Coleman	2	44	22.0	38	0
P. Richardson	2	33	16.5	23	0	J. Kuhn	2	12	6.0	7	0
N. Vannett	1	7	7.0	7	0	T. Cadet	1	7	7.0	7	0
C. Michael	1	2	2.0	2	0	J. Hill	1	3	3.0	3	0
						T. Hightower	1	0	0.0	0	0
TOTAL	**23**	**296**	**12.9**	**43**	**0**	**TOTAL**	**27**	**265**	**9.8**	**38**	**1**

TEAM STATISTICS

	Seattle	New Orleans
Total First Downs	15	28
Third Down Eff.	5-11-45%	9-15-60%
Total Net Yards	359	375
Total Off. Plays	54	72
Avg. per Play	6.6	5.2
Net Yards Rushing	74	123
Total Rushing Plays	17	35
Net Yards Passing	285	252
Times Sacked/Yards Lost	1/11	2/13
Pass Atts-Comps-Ints	36-23-1	35-27-0
Punts-No. and Avg.	3-48.7	2-46.0
Penalties-No. and Yards	11-76	2-10
Fumbles-No. and Lost	1-0	1-1
Touchdowns	2	2
Field Goals Made-Att	2-2	4-4
Time of Possession	23:48	36:12

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	15	11	4	0.0	0.0	0	0	0	0	0
K. McCray	10	6	4	0.0	0.0	0	0	0	0	0
D. Shead	8	6	2	0.0	0.0	0	0	0	0	0
R. Sherman	8	5	3	0.0	0.0	0	0	0	0	0
K. Wright	6	4	2	0.0	0.0	0	0	0	0	0
F. Clark	6	3	3	1.0	5.0	0	0	0	0	0

Additional Stats: Sacks: C. Avril 1.0. FF: C. Avril 1. FR: E. Thomas 1 (TD).

New Orleans	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
J. Byrd	10	8	2	0.0	0.0	0	0	0	0	0
C. Robertson	8	5	3	0.0	0.0	0	0	0	0	0
K. Crawley	6	6	0	0.0	0.0	0	0	0	0	0
D. Ellerbe	5	4	1	0.0	0.0	0	0	0	0	0
N. Stupar	4	4	0	0.0	0.0	1	0	1	0	0

Additional Stats: Sacks: P. Kruger 1.0.

GAME 8

Seattle Seahawks 31, Buffalo Bills 25
Monday, November 7, 2016 • CenturyLink Field

Although the Seahawks defense gave up 425 yards and the Bills offense was 12 of 17 on third downs, Seattle's offense put 31 points on the board and the defense stopped the Bills on the last two drives of the game, beating Buffalo by a score of 31-25 and extending Seattle's winning streak on Monday nights to 11 games in a row. After a Seattle three-and-out to open the game, the Bills blocked a Jon Ryan punt and took over on the Seattle three-yard line, and Tyrod Taylor ran it in on the first play for a 7-0 lead. The Seahawks responded with a 58-yard drive in three plays, with Russell Wilson hitting Doug Baldwin on a 50-yard completion, then running it in from three-yards out to tie the game at 7-7. Buffalo then put together a 17-play drive and scored on a Taylor pass to Justin Hunter. Seattle tied the score at 14-14 when Wilson hit Jimmy Graham on a 17-yard TD that he caught with one hand. Dan Carpenter connected on a 31-yard field goal for the 17-14 lead. But Seattle scored on a Christine Michael 3-yard TD and Wilson again found Graham for an 18-yard TD, pushing Seattle's halftime lead to 28-17. Richard Sherman intercepted in the end zone on the opening drive of the second half but Seattle was forced to punt. The Bills scored on a 1-yard run by Mike Gillislee and converted the 2-point attempt to pull within three, 28-25. Seattle responded with a 49-yard field goal by Steven Hauschka to push the lead to 31-25. On the Bills' final two possessions, Seattle's defense forced a punt and held Buffalo's offense out of the end zone on fourth and goal from the 15 with :13 seconds remaining, securing the 31-25 victory.

Buffalo	**14**	**3**	**0**	**8**	**25**
Seattle	**7**	**21**	**0**	**3**	**31**

				Buffalo	Seattle
BUF	1	13:32	Taylor 3 run (Carpenter kick) (1-3, 0:04)	7	0
SEA	1	12:21	Wilson 3 run (Hauschka kick) (3-58, 1:11)	7	7
BUF	1	2:21	Hunter 5 pass Taylor (Carpenter kick) (17-75, 10:00)	14	7
SEA	2	14:54	Graham 17 pass Wilson (Hauschka kick) (5-65, 2:27)	14	14
BUF	2	9:32	Carpenter 31 FG (12-62, 5:22)	17	14
SEA	2	4:29	Michael 3 run (Hauschka kick) (3-40, 1:42)	17	21
SEA	2	1:00	Graham 18 pass Wilson (Hauschka kick) (6-68, 1:19)	17	28
BUF	4	14:26	Gillislee 1 run (Taylor run) (13-82, 6:49)	25	28
SEA	4	9:49	Hauschka 49 FG (8-44, 4:37)	25	31

Att. 69,084

STATISTICS

RUSHING

Buffalo	Att	Yds	Avg	LG	TD	Seattle	Att	Yds	Avg	LG	TD
L. McCoy	21	85	4.0	15	0	T. Lockett	1	13	13.0	13	0
T. Taylor	8	43	5.4	16	1	R. Wilson	3	10	3.3	8	1
M. Gillislee	8	32	4.0	9	1	C. Prosise	3	9	3.0	4	0
J. Felton	1	2	2.0	2	0	C. Michael	5	1	0.2	3t	1
TOTAL	**38**	**162**	**4.3**	**16**	**2**	**TOTAL**	**12**	**33**	**2.8**	**13**	**2**

PASSING

Buffalo	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
T. Taylor	38	27	289	1	1	90.8	R. Wilson	26	20	282	2	0	137.0
J. Williams	1	0	0	0	0	39.6							
TOTAL	**39**	**27**	**289**	**1**	**1**	**88.5**	**TOTAL**	**26**	**20**	**282**	**2**	**0**	**137.0**

RECEIVING

Buffalo	No	Yds	Avg	LG	TD	Seattle	No	Yds	Avg	LG	TD
R. Woods	10	162	16.2	29	0	J. Graham	8	103	12.9	18t	2
M. Goodwin	4	43	10.8	15	0	D. Baldwin	6	89	14.8	50	0
L. McCoy	4	35	8.8	15	0	J. Kearse	2	36	18.0	20	0
C. Clay	3	9	3.0	6	0	T. Lockett	1	17	17.0	17	0
R. Bush	2	22	11.0	14	0	B. Williams	1	16	16.0	16	0
M. Gillislee	2	4	2.0	6	0	P. Richardson	1	15	15.0	15	0
W. Powell	1	9	9.0	9	0	C. Prosise	1	6	6.0	6	0
J. Hunter	1	5	5.0	5t	1						
TOTAL	**27**	**289**	**10.7**	**29**	**1**	**TOTAL**	**20**	**282**	**14.1**	**50**	**2**

TEAM STATISTICS

	Buffalo	Seattle
Total First Downs	30	19
Third Down Eff.	12-17-71%	2-7-29%
Total Net Yards	425	278
Total Off. Plays	82	42
Avg. per Play	5.2	6.6
Net Yards Rushing	162	33
Total Rushing Plays	38	12
Net Yards Passing	263	245
Times Sacked/Yards Lost	5/26	4/37
Pass Atts-Comps-Ints	39-27-1	26-20-0
Punts-No. and Avg.	3-32.7	4-35.5
Penalties-No. and Yards	11-115	10-75
Fumbles-No. and Lost	0-0	0-0
Touchdowns	3	4
Field Goals Made-Att	1-2	1-1
Time of Possession	40:17	19:43

DEFENSE

Buffalo	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
C. Graham	6	3	3	0.0	0.0	0	0	0	0	0
P. Brown	6	1	5	0.0	0.0	0	0	0	0	0
K. Williams	4	3	1	1.0	9.0	0	0	0	0	0
R. Blanton	4	1	3	0.0	0.0	0	0	0	0	0
J. Hughes	3	3	0	1.0	10.0	0	0	0	0	0

Additional Stats: Sacks: L. Alexander 1.0, S. Lawson 1.0. Punt Block: J. Hughes 1.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	16	8	8	0.5	5.0	0	0	0	0	0
K. McCray	13	8	5	0.0	0.0	0	0	1	0	0
K. Wright	11	7	4	1.0	1.0	0	0	0	0	0
E. Thomas	9	2	7	0.0	0.0	0	0	0	0	0
B. Coyle	8	4	4	1.0	1.0	0	0	0	0	0

Additional Stats: Sacks: C. Avril 1.5. F. Clark 1.0. INT: R. Sherman 1.

GAME 9

Seattle Seahawks 31, New England Patriots 24
Sunday, November 13 • Gillette Stadium

The Seattle Seahawks won in New England on Sunday Night Football in a game that saw seven lead changes as Russell Wilson out-dueled Tom Brady, passing for 348 yards and three touchdowns, and the Seahawks defense stopped the Patriots on the one-yard line with 11 seconds remaining to secure the 31-24 victory. LeGarrette Blount scored two first-half touchdowns for New England, and the Patriots defense held Seattle out of the end zone in the first quarter, as Steven Hauschka connected on two field goals. In the second quarter, Wilson hit Doug Baldwin on touchdowns of 6 and 18 yards, giving Seattle the halftime lead of 19-14. Blount scored his third TD of the game in the third quarter on a 13-yard run giving New England a 21-19 lead. Hauschka made a 41-yard field goal to take a 22-21 lead entering the fourth quarter. The Patriots regained the lead on a Stephen Gostkowski field goal but Seattle responded with a 58-yard drive and Hauschka 23-yard field goal to go ahead 25-24 with 8:56 remaining. On the Patriots ensuing possession, Kam Chancellor forced a Julian Edelman fumble which Richard Sherman recovered. Seattle drove 48 yards and Wilson connected with Baldwin on their third TD of the game. The Seahawks went for two, trying to make it a two-score game but the try was unsuccessful and New England took over, down 31-24 with 4:24 remaining. Brady drove the Patriots down to the one-yard line, but Seattle's defense held stout, returned the ball to the offense on downs and secured the 31-24 victory.

Seattle			**6**	**13**	**3**	**9**	**31**
New England			**7**	**7**	**7**	**3**	**24**

				Seattle	New England
NE	1	10:19	Blount 1 run (Gostkowski kick) (9-75, 4:41)	0	7
SEA	1	7:10	Hauschka 27 FG (8-52, 3:09)	3	7
SEA	1	1:33	Hauschka 31 FG (10-66, 4:13)	6	7
SEA	2	10:52	Baldwin 6 pass Wilson (kick blocked) (10-65, 4:10)	12	7
NE	2	1:05	Blount 1 run (Gostkowski kick) (11-81, 4:59)	12	14
SEA	2	0:06	Baldwin 18 pass Wilson (Hauschka kick) (7-75, 0:59)	19	14
NE	3	7:52	Blount 13 run (Gostkowski kick) (10-91, 5:34)	19	21
SEA	3	2:52	Hauschka 41 FG (9-52, 5:00)	22	21
NE	4	13:00	Gostkowski 30 FG (10-63, 4:52)	22	24
SEA	4	8:56	Hauschka 23 FG (8-58, 4:04)	25	24
SEA	4	4:24	Baldwin 15 pass Wilson (pass failed) (8-48, 4:05)	31	24

Att. 66,829

STATISTICS

RUSHING

Seattle	Att	Yds	Avg	LG	TD	New England	Att	Yds	Avg	LG	TD
C. Prosise	17	66	3.9	10	0	L. Blount	21	69	3.3	13t	3
C. Michael	5	22	4.4	9	0	T. Brady	5	7	1.4	3	0
R. Wilson	3	6	2.0	6	0	J. White	2	5	2.5	3	0
A. Collins	1	2	2.0	2	0						
TOTAL	**26**	**96**	**3.7**	**10**	**0**	**TOTAL**	**28**	**81**	**2.9**	**13**	**3**

PASSING

Seattle	A	C	Yds	TD	INT	RT	New England	A	C	Yds	TD	INT	RT
R. Wilson	37	25	348	3	0	124.6	T. Brady	32	23	316	0	1	90.1
TOTAL	**37**	**25**	**248**	**3**	**0**	**124.6**	**TOTAL**	**32**	**23**	**316**	**0**	**1**	**90.1**

RECEIVING

Seattle	No	Yds	Avg	LG	TD	New England	No	Yds	Avg	LG	TD
C. Prosise	7	87	12.4	38	0	M. Bennett	7	102	14.6	36	0
D. Baldwin	6	59	9.8	18t	3	J. Edelman	7	99	14.1	33	0
J. Graham	4	48	12.0	19	0	J. White	4	32	8.0	13	0
T. Lockett	3	72	24.0	36	0	R. Gronkowski	3	56	18.7	26	0
P. Richardson	2	52	26.0	39	0	D. Amendola	1	14	14.0	14	0
J. Kearse	2	26	13.0	20	0	M. Mitchell	1	13	13.0	13	0
C. Michael	1	4	4.0	4	0						
TOTAL	**25**	**348**	**13.9**	**39**	**3**	**TOTAL**	**23**	**316**	**13.7**	**36**	**0**

TEAM STATISTICS

	Seattle	New England
Total First Downs	23	25
Third Down Eff.	6-12-50%	6-10-60%
Total Net Yards	420	385
Total Off. Plays	66	62
Avg. per Play	6.4	6.2
Net Yards Rushing	96	81
Total Rushing Plays	26	28
Net Yards Passing	324	304
Times Sacked/Yards Lost	3/24	2/12
Pass Atts-Comps-Ints	37-25-0	32-23-1
Punts-No. and Avg.	2-52.5	2-46.0
Penalties-No. and Yards	8-60	7-61
Fumbles-No. and Lost	1-0	3-1
Touchdowns	3	3
Field Goals Made-Att	4-4	1-1
Time of Possession	30:25	29:35

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
E. Thomas	9	6	3	0.0	0.0	0	0	0	0	0
K. Wright	8	5	3	0.0	0.0	0	0	0	0	0
K. Chancellor	8	4	4	0.0	0.0	0	0	1	1	0
R. Sherman	7	3	4	0.0	0.0	0	0	0	0	1
T. McDaniel	6	1	5	0.0	0.0	0	0	0	0	0
F. Clark	5	3	2	1.0	5.0	0	0	0	0	0

Additional Stats: Sacks: J. Reed 0.5, D. Moore 0.5. INT: D. Shead 1.

New England	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
D. Hightower	10	6	4	0.0	0.0	0	0	1	0	0
M. Butler	9	7	2	0.0	0.0	0	0	0	0	0
P. Chung	6	5	1	0.0	0.0	0	0	0	0	0
R. Ninkovich	6	3	3	1.0	9.0	0	0	0	0	0
D. McCourty	6	3	3	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: T. Flowers 2.0. FF: M. Brown 1.

GAME 10

Seattle Seahawks 26, Philadelphia Eagles 15
Sunday, November 20, 2016 • CenturyLink Field

The Seattle Seahawks outgained the visiting Philadelphia Eagles, 439 to 308 yards, and won by a score of 26-15. On Seattle's second possession, C.J. Prosise broke off a 72-yard TD run, giving Seattle a 6-0 lead after the extra point attempt was blocked. Philadelphia took the lead, 7-6, in the second quarter when Carson Wentz hit Zach Ertz on a 4-yard TD. The Seahawks responded with a 92-yard drive when Russell Wilson hit Jimmy Graham on a 35-yard TD pass. Seattle added a Steven Hauschka field goal on its ensuing possession, taking a 16-7 at the half. Seattle scored its first third-quarter touchdown of the season when Wilson caught a TD pass, thrown by Doug Baldwin on an end-around throwback pass. A Hauschka 35-yard field goal in the fourth quarter pushed Seattle's lead to 26-7. Wentz hit Dorial Green-Beckham on a 5-yard TD, and hit Nelson Agholor for the 2-point conversion to bring the score to 26-15. Seattle recovered the onside kick attempt and Seattle's defense prevented any more scores, securing the 26-15 victory. Kam Chancellor and Richard Sherman both recorded interceptions for Seattle's defense.

Philadelphia			**0**	**7**	**0**	**8**	**15**
Seattle			**6**	**10**	**7**	**3**	**26**

				Philadelphia	Seattle
SEA	1	11:02	Prosise 72 run (kick blocked) (2-80, 0:48)	0	6
PHI	2	14:13	Ertz 4 pass Wentz (Sturgis kick) (13-68, 7:35)	7	6
SEA	2	8:20	Graham 35 pass Wilson (Hauschka kick) (10-92, 5:53)	7	13
SEA	2	3:47	Hauschka 21 FG (6-74, 1:45)	7	16
SEA	3	7:31	Wilson 15 pass Baldwin (Hauschka kick) (6-59, 2:16)	7	23
SEA	4	13:34	Hauschka 35 FG (8-24, 2:42)	7	26
PHI	4	3:42	Green-Beckham 5 pass Wentz (Wentz-Agholor pass) (10-66, 3:33)	15	26

Att. 69,190

STATISTICS

RUSHING

Philadelphia	Att	Yds	Avg	LG	TD	Seattle	Att	Yds	Avg	LG	TD
W. Smallwood	13	48	3.7	18	0	C. Prosise	4	76	19.0	72t	1
R. Mathews	7	31	4.4	18	0	T. Rawls	14	57	4.1	18	0
K. Barner	3	17	5.7	11	0	R. Wilson	8	19	2.4	7	0
D. Sproles	2	15	7.5	8	0	T. Pope	2	3	1.5	2	0
C. Wentz	1	2	2.0	2	0	W. Tukuafu	1	2	2.0	2	0
						T. Boykin	1	-5	-5.0	-5	0
TOTAL	**26**	**113**	**4.3**	**18**	**0**	**TOTAL**	**30**	**152**	**5.1**	**72t**	**1**

PASSING

Philadelphia	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
C. Wentz	45	23	218	2	2	61.2	R. Wilson	31	18	272	1	0	97.8
							D. Baldwin	1	1	15	1	0	158.3
TOTAL	**45**	**23**	**218**	**2**	**2**	**61.2**	**TOTAL**	**32**	**19**	**287**	**2**	**0**	**109.8**

RECEIVING

Philadelphia	No	Yds	Avg	LG	TD	Seattle	No	Yds	Avg	LG	TD
Z. Ertz	6	35	5.8	11	1	D. Baldwin	4	104	26.0	44	0
J. Matthews	5	59	11.8	26	0	J. Graham	3	46	15.3	35t	1
D. Green-Beckham	5	54	10.8	21	1	T. Rawls	3	31	10.3	20	0
W. Smallwood	4	31	7.8	18	0	T. Lockett	2	39	19.5	30	0
B. Celek	1	19	19.0	19	0	J. Kearse	2	29	14.5	17	0
T. Burton	1	14	14.0	14	0	C. Prosise	2	5	2.5	5	0
D. Sproles	1	6	6.0	6	0	R. Wilson	1	15	15.0	15t	1
						L. Willson	1	12	12.0	12	0
						P. Richardson	1	6	6.0	6	0
TOTAL	**23**	**218**	**9.5**	**26**	**2**	**TOTAL**	**19**	**287**	**15.1**	**44**	**2**

TEAM STATISTICS

	Philadelphia	Seattle
Total First Downs	20	18
Third Down Eff.	6-16-36%	5-15-33%
Total Net Yards	308	439
Total Off. Plays	73	63
Avg. per Play	4.2	7.0
Net Yards Rushing	113	152
Total Rushing Plays	26	30
Net Yards Passing	195	287
Times Sacked/Yards Lost	2/23	1/0
Pass Atts-Comps-Ints	45-23-2	32-19-0
Punts-No. and Avg.	7-49.1	6-46.5
Penalties-No. and Yards	8-48	7-48
Fumbles-No. and Lost	1-0	1-0
Touchdowns	2	3
Field Goals Made-Att	0-0	2-3
Time of Possession	31:06	28:545

DEFENSE

Philadelphia	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
M. Jenkins	7	4	3	0.0	0.0	0	0	0	0	0
N. Carroll	6	4	2	0.0	0.0	0	0	1	0	0
N. Bradham	6	4	2	0.0	0.0	0	0	1	0	0
J. Hicks	6	4	2	0.0	0.0	0	0	0	0	0
F. Cox	4	2	2	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: V. Curry 0.5, M. Smith 0.5.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	15	5	10	1.0	9.0	0	0	0	0	0
K. Wright	10	6	4	0.0	0.0	0	0	1	0	0
K. Chancellor	8	1	7	0.0	0.0	1	5	2	0	0
J. Lane	6	5	1	0.0	0.0	0	0	0	0	0
R. Sherman	4	2	2	0.0	0.0	1	0	2	0	0

Additional Stats: Sacks: C. Avril 1.0. FF: C. Avril 1.

GAME 11

Tampa Bay Buccaneers 14, Seattle Seahawks 5
Sunday, November 27 • Raymond James Stadium

The Seattle Seahawks offense could not convert on third downs and had trouble moving the ball in addition to turning the ball over three times, as Tampa Bay's 14 first quarter points were enough for the Buccaneers to seal the 14-5 victory in Tampa. The Buccaneers took the opening drive of the game 78 yards in 14 plays and Jameis Winston hit Mike Evans for a 3-yard TD. After a Seattle three-and-out, Winston led the Bucs 62 yards in five plays and again hit Evans, this time for a 23-yard TD, giving Tampa Bay the 14-0 lead. After a Jon Ryan punt pinned Tampa Bay on their fouryard line, a holding penalty in the end zone resulted in a Seahawks safety. Seattle added a Steven Hauschka field goal on the ensuing possession, bringing the score to 14-5. A Seahawks drive late in the first half ended when Russell Wilson was intercepted by Alterraun Verner. The Seahawks punted on their first four drives of the second half, but forced a Buccaneers fumble with 10 minutes left in the fourth quarter, and drove into field goal range but Jimmy Graham was hit and fumbled, returning the ball to Tampa Bay. Kam Chancellor then intercepted Winston in the end zone with four minutes left, but Wilson under pressure threw deep and was intercepted by Bradley McDougald at the 2-yard line. Tampa Bay ran out the clock and secured the 14-5 victory.

Seattle	**0**	**5**	**0**	**0**	**5**
Tampa Bay	**14**	**0**	**0**	**0**	**14**

				Seattle	Tampa Bay
TB	1	7:34	Evans 3 pass Winston (Aguayo kick) (14-78, 7:28)	0	7
TB	1	2:53	Evans 23 pass Winston (Aguayo kick) (5-62, 3:01)	0	14
SEA	2	13:23	Penalty on Stocker enforced in end zone for a safety	2	14
SEA	2	10:39	Hauschka 43 FG (8-47, 2:44)	5	14

Att. 63,674

STATISTICS

RUSHING

Seattle	Att	Yds	Avg	LG	TD	Tampa Bay	Att	Yds	Avg	LG	TD
R. Wilson	8	80	10.0	17	0	D. Martin	23	87	3.8	11	0
T. Rawls	12	38	3.2	8	0	P. Barber	5	16	3.2	7	0
T. Lockett	1	9	9.0	9	0	J. Winston	5	12	2.4	8	0
W. Tukuafu	1	0	0.0	0	0	A. Humphries	2	3	1.5	8	0
TOTAL	**22**	**127**	**5.8**	**17**	**0**	**TOTAL**	**35**	**118**	**3.4**	**11**	**0**

PASSING

Seattle	A	C	Yds	TD	INT	RT	Tampa Bay	A	C	Yds	TD	INT	RT
R. Wilson	33	17	151	0	2	38.8	J. Winston	28	21	220	2	1	106.3
TOTAL	**33**	**17**	**151**	**0**	**2**	**38.8**	**TOTAL**	**28**	**21**	**220**	**2**	**1**	**106.3**

RECEIVING

Seattle	No	Yds	Avg	LG	TD	Tampa Bay	No	Yds	Avg	LG	TD
D. Baldwin	7	34	4.9	12	0	M. Evans	8	104	13.0	26	2
J. Graham	6	67	11.2	21	0	C. Brate	4	9	12.3	27	0
J. Kearse	1	18	18.0	18	0	R. Shepard	2	23	11.5	18	0
P. Richardson	1	17	17.0	17	0	D. Martin	2	3	1.5	5	0
L. Willson	1	11	11.0	11	0	A. Humphries	1	18	18.0	18	0
G. Farmer	1	4	4.0	4	0	A. Cross	1	10	10.0	10	0
						C. Shorts	1	6	6.0	6	0
						P. Barber	1	4	4.0	4	0
						L. Stocker	1	3	3.0	3	0
TOTAL	**17**	**151**	**8.9**	**21**	**0**	**TOTAL**	**21**	**220**	**10.5**	**27**	**2**

TEAM STATISTICS

	Seattle	Tampa Bay
Total First Downs	16	19
Third Down Eff.	1-11-9%	4-11-36%
Total Net Yards	245	338
Total Off. Plays	61	63
Avg. per Play	4.0	5.4
Net Yards Rushing	127	118
Total Rushing Plays	22	35
Net Yards Passing	118	220
Times Sacked/Yards Lost	6/33	0/0
Pass Atts-Comps-Ints	33-17-2	28-21-1
Punts-No. and Avg.	7-47.1	4-40.0
Penalties-No. and Yards	2-27	7-68
Fumbles-No. and Lost	2-1	2-1
Touchdowns	0	2
Field Goals Made-Att	1-1	0-1
Time of Possession	26:21	33:39

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	10	6	4	0.0	0.0	0	0	0	0	0
K. Chancellor	8	7	1	0.0	0.0	1	0	1	0	0
K. Wright	8	6	2	0.0	0.0	0	0	1	0	0
N. Thorpe	5	5	0	0.0	0.0	0	0	0	0	0
T. McDaniel	5	4	1	0.0	0.0	0	0	0	0	0
S. Terrell	5	3	2	0.0	0.0	0	0	1	0	1

Additional Stats: FF: A. Rubin 1.

Tampa Bay	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
C. Conte	7	7	0	0.0	0.0	0	0	0	0	0
L. David	7	5	2	0.0	0.0	0	0	0	1	1
K. Alexander	6	4	2	1.0	6.0	0	0	0	0	0
B. McDougald	5	5	0	0.0	0.0	1	32	2	0	0
B. Grimes	5	5	0	0.0	0.0	0	0	1	0	0
V. Hargreaves	5	4	1	0.0	0.0	0	0	0	0	0
N. Spence	5	2	3	1.5	6.5	0	0	0	1	0

Additional Stats: Sacks: G. McCoy 1.5, R. Ayers 1.0, R.

GAME 12

Seattle Seahawks 40, Carolina Panthers 7
Sunday, December 4, 2016 • CenturyLink Field

The Seattle Seahawks put up season highs of 240 rushing yards, 534 total yards, 29 first downs and 40 points, while holding the Carolina Panthers to seven points and 271 total yards in a Sunday Night Football 40-7 victory at CenturyLink Field. On the first play of the game, Mike Morgan intercepted Derek Anderson, who started in place of Cam Newton on the Panthers' opening drive due to a coach's decision. Steven Hauschka gave Seattle the early lead with a 23-yard field goal. Capping off a 92-yard drive on Seattle's second possession, Thomas Rawls scored for Seattle on an 8-yard run. Following a Russell Wilson interception, the Panthers scored on a 55-yard pass from Newton to Ted Ginn, Jr. Seattle responded as Rawls rushed for his second TD, this time for 40 yards, giving Seattle the 17-7 lead. Hauschka added two field goals before the end of the half, pushing the lead to 23-7. Tyler Lockett scored on a 75-yard run in the third quarter, making the score 30-7. In the fourth, Wilson hit Jimmy Graham on a 1-yard TD and Hauschka connected on his fourth field goal of the day, giving the Seahawks a comfortable 40-7 victory.

Carolina			**0**	**7**	**0**	**0**	**7**
Seattle			**10**	**13**	**7**	**10**	**40**

				Carolina	Seattle
SEA	1	13:23	Hauschka 23 FG (4-3, 1:23)	0	3
SEA	1	6:42	Rawls 8 run (Hauschka kick) (9-92, 3:55)	0	10
CAR	2	10:32	Ginn 55 pass Newton (Gano kick) (3-48, 1:26)	7	10
SEA	2	9:44	Rawls 45 run (Hauschka kick) (2-57, 0:48)	7	17
SEA	2	1:45	Hauschka 37 FG (11-56, 5:43)	7	20
SEA	2	0:07	Hauschka 31 FG (9-72, 1:12)	7	23
SEA	3	14:48	Lockett 75 run (Hauschka kick) (1-75, 0:12)	7	30
SEA	4	11:09	Graham 1 pass Wilson (Hauschka kick) (10-84, 5:15)	7	37
SEA	4	3:28	Hauschka 28 FG (11-70, 6:00)	7	40

Att. 69,104

STATISTICS

RUSHING

Carolina	Att	Yds	Avg	LG	TD	Seattle	Att	Yds	Avg	LG	TD
J. Stewart	11	50	4.5	29	0	T. Rawls	15	106	7.1	45t	2
M. Tolbert	4	21	5.3	11	0	T. Lockett	1	75	75.0	75t	1
C. Newton	3	12	4.0	9	0	R. Wilson	3	29	9.7	18	0
T. Ginn	1	6	6.0	6	0	T. Pope	8	28	3.5	18	0
F. Whittaker	1	3	3.0	3	0	T. Boykin	1	1	1.0	1	0
C. Brown	1	-3	-3.0	-3	0	G. Farmer	1	1	1.0	1	0
TOTAL	**21**	**89**	**4.2**	**29**	**0**	**TOTAL**	**29**	**240**	**8.3**	**75t**	**3**

PASSING

Carolina	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
C. Newton	32	14	182	1	0	72.7	R. Wilson	36	26	277	1	1	92.0
D. Anderson	1	0	0	0	1	0.0	T. Boykin	3	2	38	0	0	109.7
TOTAL	**33**	**14**	**182**	**1**	**1**	**57.9**	**TOTAL**	**39**	**28**	**315**	**1**	**1**	**93.4**

RECEIVING

Carolina	No	Yds	Avg	LG	TD	Seattle	No	Yds	Avg	LG	TD
T. Ginn	5	80	16.0	55t	1	D. Baldwin	7	65	9.3	29	0
G. Olsen	3	30	10.0	16	0	J. Graham	6	63	10.5	18	1
D. Funchess	2	44	22.0	24	0	J. Kearse	5	68	13.6	31	0
K. Benjamin	2	18	9.0	11	0	T. Lockett	5	63	12.6	40	0
B. Bersin	1	7	7.0	7	0	N. Vannett	2	25	12.5	21	0
J. Stewart	1	3	3.0	3	0	T. McEvoy	1	14	14.0	14	0
						T. Rawls	1	12	12.0	12	0
						T. Pope	1	5	5.0	5	0
TOTAL	**14**	**182**	**13.0**	**55t**	**1**	**TOTAL**	**28**	**315**	**11.3**	**40**	**1**

TEAM STATISTICS

	Carolina	Seattle
Total First Downs	14	29
Third Down Eff.	5-12-42%	7-14-50%
Total Net Yards	271	534
Total Off. Plays	54	71
Avg. per Play	5.0	7.5
Net Yards Rushing	89	240
Total Rushing Plays	21	29
Net Yards Passing	182	294
Times Sacked/Yards Lost	0/0	3/21
Pass Atts-Comps-Ints	33-14-1	39-28-1
Punts-No. and Avg.	6-42.3	1-41.0
Penalties-No. and Yards	6-63	6-37
Fumbles-No. and Lost	1-1	1-0
Touchdowns	1	4
Field Goals Made-Att	0-0	4-4
Time of Possession	25:59	34:01

DEFENSE

Carolina	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
M. Griffin	14	7	7	0.0	0.0	0	0	0	0	0
J. Bradberry	8	7	1	0.0	0.0	0	0	1	0	0
T. Davis	8	4	4	0.5	2.5	0	0	0	0	0
D. Worley	6	4	2	0.0	0.0	0	0	0	0	0
R. McClain	5	3	2	0.0	0.0	0	0	1	0	0

Additional Stats: Sacks: K. Ealy 1.0, C. Johnson 1.0, W. Horton 0.5. Int: T. Boston 1. FF: K. Ealy 1.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	10	4	6	0.0	0.0	0	0	0	0	0
K. Chancellor	7	6	1	0.0	0.0	0	0	1	0	0
M. Morgan	5	2	3	0.0	0.0	1	14	1	0	0
K. Wright	3	2	1	0.0	0.0	0	0	1	1	0
D. Shead	3	1	2	0.0	0.0	0	0	1	0	0

Additional Stats: FR: C. Marsh 1.

GAME 13

Green Bay Packers 38, Seattle Seahawks 10
Sunday, December 11, 2016 • Lambeau Field

The Seattle Seahawks turned the ball over six times and the defense had trouble slowing Aaron Rodgers and the Green Bay Packers offense, as the Packers beat the Seahawks by a score of 38-10 at Lambeau Field. The loss was the first by the Seahawks of more than 10 points since Week 9 (11/6/11) of 2011, ending the record streak of 85 regular season games (95 combined) of not losing by more than 10 points. On the opening drive, Rodgers hit Davante Adams on a 66-yard TD on the third play from scrimmage. Seattle responded with a Steven Hauschka field goal, for a score of 7-3. A Wilson interception in the second quarter led to a one-yard TD run by Ty Montgomery. Rodgers hit Jordy Nelson on a 9-yard TD on the Packers' next possession, pushing their lead to 21-3. Seattle got the ball before the end of the half but the drive ended with Wilson's second interception. Wilson was intercepted on Seattle's first two drives of the second half, leading to Nelson's second TD reception from Rodgers, and a 28-3 lead for the Packers heading into the fourth quarter. Mason Crosby connected on a 38-yard field goal for the Packers early in the fourth quarter. Seattle made the score 31-10 when Wilson hit Tanner McEvoy on a 21-yard TD. Green Bay scored on an end-around by Jeff Janis from 19 yards out, pushing the lead to 38-10.

	1	2	3	4	Total
Seattle	**3**	**0**	**0**	**7**	**10**
Green Bay	**7**	**14**	**7**	**10**	**38**

				Seattle	Green Bay
GB	1	13:30	Adams 66 pass Rodgers (Crosby kick) (3-75, 1:30)	0	7
SEA	1	6:16	Hauschka 28 FG (13-64, 7:14)	3	7
GB	2	9:36	Montgomery 1 run (Crosby kick) (4-26, 2:17)	3	14
GB	2	5:15	Nelson 9 pass Rodgers (Crosby kick) (5-48, 2:44)	3	21
GB	3	4:24	Nelson 3 pass Rodgers (Crosby kick) (7-32, 3:16)	3	28
GB	4	10:31	Crosby 38 FG (5-19, 1:15)	3	31
SEA	4	8:21	McEvoy 21 pass Wilson (Hauschka kick) (7-75, 2:10)	10	31
GB	4	5:43	Janis 19 run (Crosby kick) (1-19, 0:07)	10	38

Att. 78,057

STATISTICS

RUSHING

Seattle	Att	Yds	Avg	LG	TD	Green Bay	Att	Yds	Avg	LG	TD
T. Rawls	12	67	5.6	15	0	T. Montgomery	9	41	4.6	17	1
A. Collins	7	23	3.3	8	0	C. Michael	10	36	3.6	10	0
R. Wilson	4	19	4.8	8	0	J. Janis	1	19	19.0	19t	1
T. Lockett	2	15	7.5	13	0	J. Starks	2	3	1.5	2	0
T. Pope	1	12	12.0	12	0	A. Ripkowski	3	2	0.7	2	0
						B. Hundley	2	-2	-1.0	-1	0
						A. Rodgers	3	-6	-2.0	-1	0
TOTAL	**26**	**136**	**5.2**	**15**	**0**	**TOTAL**	**30**	**93**	**3.1**	**19t**	**2**

PASSING

Seattle	A	C	Yds	TD	INT	RT	Green Bay	A	C	Yds	TD	INT	RT
R. Wilson	39	22	240	1	5	43.7	A. Rodgers	23	18	246	3	0	150.8
							B. Hundley	2	0	0	0	0	39.6
TOTAL	**39**	**22**	**240**	**1**	**5**	**43.7**	**TOTAL**	**25**	**18**	**246**	**3**	**0**	**142.7**

RECEIVING

Seattle	No	Yds	Avg	LG	TD	Green Bay	No	Yds	Avg	LG	TD
D. Baldwin	6	46	7.7	10	0	J. Nelson	6	41	6.8	11	2
T. Lockett	4	41	10.3	15	0	D. Adams	4	104	26.0	66t	1
T. McEvoy	3	41	13.7	21t	1	T. Montgomery	3	45	15.0	24	0
A. Collins	3	33	11.0	14	0	R. Cobb	3	33	11.0	25	0
M. Reece	2	38	19.0	31	0	J. Cook	1	15	15.0	15	0
J. Graham	1	16	16.0	16	0	R. Rodgers	1	8	8.0	8	0
L. Willson	1	11	11.0	11	0						
J. Kearse	1	7	7.0	7	0						
T. Rawls	1	7	7.0	7	0						
TOTAL	**22**	**240**	**10.9**	**31**	**1**	**TOTAL**	**18**	**246**	**13.7**	**66t**	**3**

TEAM STATISTICS

	Seattle	Green Bay
Total First Downs	22	18
Third Down Eff.	6-12-50%	4-11-36%
Total Net Yards	354	330
Total Off. Plays	68	58
Avg. per Play	5.2	5.9
Net Yards Rushing	136	93
Total Rushing Plays	26	30
Net Yards Passing	218	237
Times Sacked/Yards Lost	3/22	1/9
Pass Atts-Comps-Ints	39-22-5	25-18-0
Punts-No. and Avg.	4-34.0	4-38.5
Penalties-No. and Yards	7-63	5-50
Fumbles-No. and Lost	1-1	0-0
Touchdowns	1	5
Field Goals Made-Att	1-1	1-1
Time of Possession	31:50	28:10

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	12	7	5	0.0	0.0	0	0	0	0	0
T. McDaniel	6	4	2	0.0	0.0	0	0	0	0	0
D. Shead	5	4	1	0.0	0.0	0	0	2	0	0
K. Wright	5	4	1	0.0	0.0	0	0	0	0	0
K. Chancellor	5	3	2	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: A. Rubin 1.

Green Bay	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
J. Thomas	10	8	2	0.0	0.0	0	0	0	0	0
Q. Rollins	7	6	1	0.0	0.0	1	0	2	0	0
M. Burnett	7	4	3	0.0	0.0	1	19	1	0	0
M. Hyde	6	5	1	0.0	0.0	1	11	1	0	0
J. Elliott	5	3	2	1.0	8.0	0	0	0	0	0

Additional Stats: Sacks: D. Jones 1.0, D. Lowry 1.0. INT: D. Randall 2. FF: C. Ringo 1. FR: K. Brice 1.

GAME 14

Seattle Seahawks 24, Los Angeles Rams 3
Sunday, December 15, 2016 • CenturyLink Field

The Seattle Seahawks defense held the Los Angeles Rams to 183 total yards and three points, while Russell Wilson threw for three touchdowns and the Seahawks put up 24 points on their way to a 24-3 victory at CenturyLink Field, winning the NFC West division and ensuring a home playoff game. Seattle took the lead in the second quarter when Wilson hit Luke Willson on an 8-yard TD following a 93-yard drive. The Seahawks added a Steven Hauschka 48-yard FG for a 10-0 lead midway through the second quarter. Greg Zuerlein connected on a 36-yard FG for a halftime score of 10-3. Late in the third quarter, Wilson hit Doug Baldwin on a 1-yard TD. Wilson hit Tyler Lockett on a 57-yard TD at the start of the fourth quarter, pushing Seattle's lead to 24-3. Lockett recorded seven catches for 130 yards.

Los Angeles	**0**	**3**	**0**	**0**	**3**
Seattle	**0**	**10**	**7**	**7**	**24**

				Los Angeles	Seattle
SEA	2	12:21	Willson 8 pass Wilson (Hauschka kick) (13-93, 6:47)	0	7
SEA	2	8:45	Hauschka 48 FG (4-0, 2:03)	0	10
LA	2	0:55	Zuerlein 36 FG (8-51, 3:39)	3	10
SEA	3	3:12	Baldwin 1 pass Wilson (Hauschka kick) (8-62, 4:37)	3	17
SEA	4	14:49	Lockett 57 pass Wilson (Hauschka kick) (5-67, 1:43)	3	24

Att. 69,067

STATISTICS

RUSHING

Los Angeles	Att	Yds	Avg	LG	TD	Seattle	Att	Yds	Avg	LG	TD
T. Gurley	14	38	2.7	22	0	T. Rawls	21	34	1.6	12	0
T. Austin	2	13	6.5	8	0	J. Ryan	1	26	26.0	26	0
M. Brown	1	-4	-4.0	-4	0	R. Wilson	6	12	2.0	9	0
						J. Graham	1	0	0.0	0	0
						M. Reece	1	0	0.0	0	0
TOTAL	**17**	**47**	**2.8**	**22**	**0**	**TOTAL**	**30**	**72**	**2.4**	**26**	**0**

PASSING

Los Angeles	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
J. Goff	25	13	135	0	0	67.9	R. Wilson	26	19	229	3	1	122.1
C. Keenum	9	5	32	0	0	63.2							
J. Hekker	1	0	0	0	0	39.6							
TOTAL	**35**	**18**	**167**	**0**	**0**	**64.8**	**TOTAL**	**26**	**19**	**229**	**3**	**1**	**122.1**

RECEIVING

Los Angeles	No	Yds	Avg	LG	TD	Seattle	No	Yds	Avg	LG	TD
K. Britt	4	50	12.5	24	0	T. Lockett	7	130	18.6	57t	1
B. Quick	3	46	15.3	25	0	D. Baldwin	5	35	7.0	17	1
P. Cooper	3	21	7.0	13	0	L. Willson	3	19	6.3	9	1
T. Austin	3	14	4.7	8	0	T. Rawls	2	5	2.5	6	0
T. Higbee	1	15	15.0	15	0	J. Graham	1	31	31.0	31	0
M. Brown	1	12	12.0	12	0	M. Reece	1	9	9.0	9	0
M. Thomas	1	6	6.0	6	0						
L. Kendricks	1	5	5.0	5	0						
T. Gurley	1	-2	-2.0	-2	0						
TOTAL	**18**	**167**	**9.3**	**25**	**0**	**TOTAL**	**19**	**229**	**12.1**	**57t**	**3**

TEAM STATISTICS

	Los Angeles	Seattle
Total First Downs	13	19
Third Down Eff.	3-12-25%	7-15-47%
Total Net Yards	183	299
Total Off. Plays	56	58
Avg. per Play	3.3	5.2
Net Yards Rushing	47	72
Total Rushing Plays	17	30
Net Yards Passing	136	227
Times Sacked/Yards Lost	4/31	2/2
Pass Atts-Comps-Ints	35-18-0	26-19-1
Punts-No. and Avg.	4-54.0	3-36.0
Penalties-No. and Yards	8-76	13-86
Fumbles-No. and Lost	1-0	1-0
Touchdowns	0	3
Field Goals Made-Att	1-1	1-1
Time of Possession	27:29	32:31

DEFENSE

Los Angeles	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
M. Barron	7	6	1	0.0	0.0	0	0	0	0	0
M. Jordan	7	5	2	0.0	0.0	0	0	0	0	0
A. Ogletree	7	4	3	0.0	0.0	1	8	2	0	0
W. Hayes	6	2	4	1.0	0.0	0	0	0	0	0
T. McDonald	4	3	1	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: E. Westbrooks 1.0.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
K. Wright	10	3	7	0.0	0.0	0	0	0	0	0
B. Wagner	7	0	7	0.0	0.0	0	0	0	0	0
D. Shead	5	3	2	0.0	0.0	0	0	1	0	0
K. Chancellor	5	1	4	0.0	0.0	0	0	0	0	0
C. Avril	4	2	2	1.5	10.5	0	0	0	1	0

Additional Stats: Sacks: F. Clark 1.5, C. Marsh 1.0.

GAME 15

Arizona Cardinals 34, Seattle Seahawks 31
Saturday, December 24, 2016 • CenturyLink Field

The Seattle Seahawks came back from being down double digits for much of the game and scored a tying touchdown with 1:00 remaining, but the Cardinals were able to drive into field goal range and kick the game-winning field goal as time expired, beating the Seahawks by a score of 34-31 at CenturyLink Field. An early Seahawks fumble set up David Johnson's first of three rushing TDs. The Cardinals scored late in the second quarter on an 80-yard TD from Carson Palmer to J.J. Nelson, giving the Cardinals the 14-0 lead. Seattle responded with a Steven Hauschka 27-yard field goal, for a halftime score of 14-3. Wilson found Jermaine Kearse on a 2-yard TD in the third quarter, bringing the score to 14-10 entering the fourth quarter. Johnson scored on a one-yard run, giving Arizona a 21-10 lead. Seattle responded with a 42-yard TD pass from Wilson to Doug Baldwin, and converted the two-point try to bring the score to 21-18. Johnson scored his third TD of the game on another 1-yard run, giving the Cardinals a 28-18 lead. Chandler Catanzaro connected on a 42-yard FG after Seattle could not convert on fourth down from its own 30-yard line, giving Arizona a lead of 31-18. Wilson hit Jimmy Graham on a 37-yard TD on the ensuing possession, pulling to within 6 points with 2:48 remaining. Wilson hit Paul Richardson for a 5-yard TD with one minute left, but the missed extra point tied the game at 31. Palmer completed a few passes and Catanzaro connected on the 27-yard game winning FG as time expired.

	1	2	3	4	OT	Final
Arizona	**7**	**7**	**0**	**20**		**34**
Seattle	**0**	**3**	**7**	**21**		**31**

				Arizona	Seattle
AZ	1	7:52	Johnson 2 run (Catanzaro kick) (5-23, 2:54)	7	0
AZ	2	3:53	Nelson 80 pass Palmer (Catanzaro kick) (3-91, 1:30)	14	0
SEA	2	0:15	Hauschka 27 FG (4-0, 0:17)	14	3
SEA	3	8:20	Kearse 2 pass Wilson (Hauschka kick) (13-66, 6:40)	14	10
AZ	4	13:32	Johnson 1 run (Catanzaro kick) (9-61, 4:59)	21	10
SEA	4	8:49	Baldwin 42 pass Wilson (Wilson - Reece pass) (9-75, 4:43)	21	18
AZ	4	6:47	Johnson 1 run (Catanzaro kick) (4-75, 2:02)	28	18
AZ	4	4:10	Catanzaro 42 FG (4-6, 0:59)	31	18
SEA	4	2:48	Graham 37 pass Wilson (Hauschka kick) (6-75, 1:22)	31	25
SEA	4	1:00	Richardson 5 pass Wilson (kick failed, wl) (6-45, 1:22)	31	31
AZ	4	0:00	Catanzaro 43 FG (8-50, 1:00)	34	31

Att. 69,050

STATISTICS

RUSHING

Arizona	Att	Yds	Avg	LG	TD	Seattle	Att	Yds	Avg	LG	TD
D. Johnson	28	95	3.4	33	3	R. Wilson	10	36	3.6	15	0
C. Palmer	1	-1	-1.0	-1	0	A. Collins	7	28	4.0	13	0
						T. Rawls	8	8	1.0	4	0
						D. Baldwin	2	6	3.0	4	0
TOTAL	**29**	**94**	**3.2**	**33**	**3**	**TOTAL**	**27**	**78**	**2.9**	**15**	**0**

PASSING

Arizona	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
C. Palmer	26	16	284	1	0	111.7	R. Wilson	45	29	350	4	0	117.8
L. Fitzgerald	1	0	0	0	0	39.6							
TOTAL	**27**	**16**	**284**	**1**	**0**	**107.6**	**TOTAL**	**45**	**29**	**350**	**4**	**0**	**117.8**

RECEIVING

Arizona	No	Yds	Avg	LG	TD	Seattle	No	Yds	Avg	LG	TD
D. Johnson	4	41	10.3	29	0	D. Baldwin	13	171	13.2	42t	1
L. Fitzgerald	4	31	7.8	16	0	P. Richardson	4	42	10.5	16	1
J. Nelson	3	132	44.0	80t	1	J. Kearse	4	37	9.3	16	1
J. Gresham	2	40	20.0	34	0	A. Collins	4	19	4.8	9	0
B. Golden	1	22	22.0	22	0	J. Graham	2	43	21.5	37t	1
Jo. Brown	1	12	12.0	12	0	T. Lockett	2	38	19.0	28	0
K. Williams	1	6	6.0	6	0						
TOTAL	**16**	**284**	**17.8**	**80t**	**1**	**TOTAL**	**29**	**350**	**12.1**	**42t**	**4**

TEAM STATISTICS

	Arizona	Seattle
Total First Downs	21	24
Third Down Eff.	1-9-11%	8-17-47%
Total Net Yards	370	391
Total Off. Plays	57	78
Avg. per Play	6.5	5.0
Net Yards Rushing	94	78
Total Rushing Plays	29	27
Net Yards Passing	276	313
Times Sacked/Yards Lost	1/8	6/37
Pass Atts-Comps-Ints	27-16-0	45-29-0
Punts-No. and Avg.	5-44.4	4-36.0
Penalties-No. and Yards	7-85	5-40
Fumbles-No. and Lost	1-1	1-1
Touchdowns	4	4
Field Goals Made-Att	2-3	1-2
Time of Possession	26:18	34:42

DEFENSE

Arizona	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
S. Moore	14	5	9	0.0	0.0	0	0	0	0	0
B. Williams	11	8	3	0.0	0.0	0	0	1	0	0
P. Peterson	7	6	1	0.0	0.0	0	0	0	0	0
D. Swearinger	6	5	1	0.0	0.0	0	0	1	0	0
J. Bethel	5	5	0	0.0	0.0	0	0	3	0	0

Additional Stats: Sacks: M. Golden 2.0, Ch. Jones 1.5, R. Gunter 1.0, A. Okafor 1.0, C. Campbell 0.5. FR: C. Campbell 1.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	10	1	9	0.0	0.0	0	0	0	0	0
D. Shead	9	4	5	0.0	0.0	0	0	0	0	0
K. Chancellor	7	4	3	0.0	0.0	0	0	1	0	0
K. Wright	6	0	6	0.0	0.0	0	0	1	0	1
R. Sherman	5	4	1	0.0	0.0	0	0	2	0	0

Additional Stats: Sacks: M. Bennett 0.5, J. Reed 0.5.

GAME 16

Seattle Seahawks 25, San Francisco 49ers 23
Sunday, January 1, 2017 • Levi's Stadium

The Seattle Seahawks secured the NFC's third seed entering the playoffs with a 25-23 win over the San Francisco 49ers in the final game of the 2016 regular season. Steven Hauschka hit two first half field goals and Shaun Draughn had two first-half rushing TDs for the 49ers giving the 49ers a 14-6 lead before Russell Wilson connected with Luke Willson on an 11-yard TD and Thomas Rawls scored on a one-yard TD run to take the 19-14 lead at the half. Hauschka made two second-half field goals to bring Seattle's point total to 25 but an errant snap on a Seahawks punt attempt sailed over Jon Ryan's head and out of the end zone for a 49ers safety, with the score at 25-16 with just over 14 minutes remaining. A 33-yard punt return by the 49ers set up a 35-yard drive with Colin Kaepernick hitting Garrett Celek on a 9-yard TD, pulling to within two points with 5:42 remaining. Trevone Boykin, who replaced Wilson in the fourth quarter, along with several offensive starters for the Seahawks resting, led the Seahawks offense on a 12-play, 53-yard drive that lasted the remainder of the game, sealing the Seahawks 25-23 victory.

Seattle	**3**	**16**	**3**	**3**	**25**	
San Francisco	**7**	**7**	**2**	**7**	**23**	

				Seattle	San Francisco
SEA	1	13:03	Hauschka 31 FG (4-8, 1:16)	3	0
SF	1	9:35	Draughn 1 run (Dawson kick) (7-75, 3:28)	3	7
SF	2	14:56	Draughn 1 run (Dawson kick) (14-79, 8:10)	3	14
SEA	2	10:32	Hauschka 32 FG (9-46, 4:24)	6	14
SEA	2	6:55	Willson 11 pass Wilson (Hauschka kick) (2-15, 0:49)	13	14
SEA	2	3:00	Rawls 1 run (kick blocked) (5-91, 1:50)	19	14
SEA	3	8:14	Hauschka 33 FG (6-44, 1:47)	22	14
SF	3	5:04	Frese snaps out of bounds in end zone for a safety	22	16
SEA	4	14:08	Hauschka 28 FG (9-62, 3:58)	25	16
SF	4	5:42	Celek 9 pass Kaepernick (Dawson kick) (4-35, 2:22)	25	23

Att. 70,178

STATISTICS

RUSHING

Seattle	Att	Yds	Avg	LG	TD	San Francisco	Att	Yds	Avg	LG	TD
A. Collins	7	55	7.9	26	0	S. Draughn	21	41	2.0	10	2
T. Rawls	8	14	1.8	7	1	C. Kaepernick	5	16	3.2	11	0
T. Boykin	4	7	1.8	11	0	R. Mostert	1	6	6.0	6	0
P. Richardson	1	5	5.0	5	0	D. Harris	4	-1	-0.3	3	0
R. Wilson	2	4	2.0	4	0						
J. McKissic	1	2	2.0	2	0						
J. Ryan	1	0	0.0	0	0						
M. Reece	1	0	0.0	0	0						
TOTAL	**25**	**87**	**3.5**	**26**	**1**	**TOTAL**	**31**	**62**	**2.0**	**11**	**2**

PASSING

Seattle	A	C	Yds	TD	INT	RT	San Francisco	A	C	Yds	TD	INT	RT
R. Wilson	32	19	258	1	0	95.6	C. Kaepernick	22	17	215	1	0	122.3
T. Boykin	6	4	42	0	0	86.8							
TOTAL	**38**	**23**	**300**	**1**	**0**	**94.2**	**TOTAL**	**22**	**17**	**215**	**1**	**0**	**122.3**

RECEIVING

Seattle	No	Yds	Avg	LG	TD	San Francisco	No	Yds	Avg	LG	TD
J. Graham	4	64	16.0	42	0	J. Kerley	6	61	10.2	27	0
P. Richardson	4	40	10.0	18	0	S. Draughn	4	68	17.0	29	0
L. Willson	3	26	8.7	11t	1	C. Harper	3	25	8.3	13	0
J. Kearse	2	45	22.5	36	0	A. Burbridge	1	24	24.0	24	0
D. Baldwin	2	44	22.0	41	0	D. Smelter	1	23	23.0	23	0
M. Reece	2	25	12.5	19	0	G. Celek	1	9	9.0	9t	1
J. McKissic	2	16	8.0	10	0	R. Streater	1	5	5.0	5	0
T. McEvoy	2	16	8.0	9	0						
B. Williams	1	20	20.0	20	0						
A. Collins	1	4	4.0	4	0						
TOTAL	**23**	**300**	**13.0**	**42**	**1**	**TOTAL**	**17**	**215**	**12.6**	**29**	**1**

TEAM STATISTICS

	Seattle	San Fran.
Total First Downs	18	14
Third Down Eff.	3-12-25%	2-11-16%
Total Net Yards	376	253
Total Off. Plays	65	58
Avg. per Play	5.8	4.4
Net Yards Rushing	87	62
Total Rushing Plays	25	31
Net Yards Passing	289	191
Times Sacked/Yards Lost	2/11	5/24
Pass Atts-Comps-Ints	38-23-0	22-17-0
Punts-No. and Avg.	4-46.0	6-48.2
Penalties-No. and Yards	4-34	4-25
Fumbles-No. and Lost	3-0	3-2
Touchdowns	2	3
Field Goals Made-Att	4-4	0-0
Time of Possession	29:34	30:26

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	12	10	2	2.0	7.0	0	0	1	0	1
K. Wright	7	7	0	1.0	0.0	0	0	0	0	0
K. Chancellor	7	6	1	0.0	0.0	0	0	0	0	0
F. Clark	4	4	0	1.0	7.0	0	0	0	1	1
A. Rubin	4	4	0	0.0	0.0	0	0	0	1	0

Additional Stats: Sacks: M. Bennett 1.0.

San Francisco	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
A. Bethea	7	6	1	0.0	0.0	0	0	0	0	0
M. Wilhoite	6	5	1	0.0	0.0	0	0	0	0	0
A. Brooks	5	5	0	0.0	0.0	0	0	0	0	0
R. Robinson	4	4	0	0.0	0.0	0	0	0	0	0
G. Hodges	4	3	1	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: Team 2.0.

NFC Wild Card

Seattle Seahawks 26, Detroit Lions 6
Saturday, January 7, 2017 • CenturyLink Field

The Seattle Seahawks rushed for 177 yards, as Thomas Rawls set a single game postseason record for the Seahawks with 161 yards, while the defense held the Detroit Lions to 231 total yards in a 26-6 Seahawks victory in the NFC Wild Card game. Seattle took a 10-0 lead in the second quarter after Russell Wilson connected with Paul Richardson on a two-yard TD on fourth down and a 43-yard FG by Steven Hauschka. Detroit countered with a 42-yard drive resulting in a 51-yard FG by Matt Prater with 0:20 remaining in the half. Prater connected on a 53-yard FG in the third quarter, bringing the score to 10-6, Seattle, at the end of the third quarter. In the fourth quarter, Hauschka made a 27-yard FG to push Seattle's lead to 13-6. Then Thomas Rawls scored on a 4-yard run and Wilson hit Doug Baldwin on a 13-yard TD, giving Seattle the 26-6 final score.

	1	2	3	4	Final
Detroit	**0**	**3**	**3**	**0**	**6**
Seattle	**0**	**10**	**0**	**16**	**26**

				Detroit	Seattle
SEA	2	7:07	Richardson 2 pass Wilson (Hauschka kick) (14-60, 7:45)	0	7
SEA	2	1:55	Hauschka 43 FG (7-51, 2:53)	0	10
DET	2	0:20	Prater 51 FG (7-42, 1:35)	3	10
DET	3	4:03	Prater 53 FG (10-61, 5:33)	6	10
SEA	4	14:12	Hauschka 27 FG (10-66, 4:51)	6	13
SEA	4	8:49	Rawls 4 run (kick failed, hru) (8-82, 4:08)	6	19
SEA	4	3:36	Baldwin 13 pass Wilson (Hauschka kick) (11-84, 4:15)	6	26

Att. 68,788

STATISTICS

RUSHING

Detroit	Att	Yds	Avg	LG	TD	Seattle	Att	Yds	Avg	LG	TD
Z. Zenner	11	34	3.1	17	0	T. Rawls	27	161	6.0	32	1
M. Stafford	3	15	5.0	11	0	A. Collins	6	13	2.2	3	0
G. Tate	1	0	0.0	0	0	D. Baldwin	1	6	6.0	6	0
						M. Reece	1	0	0.0	0	0
						R. Wilson	3	-3	-1.0	-1	0
TOTAL	**15**	**49**	**3.3**	**17**	**0**	**TOTAL**	**38**	**177**	**4.7**	**32**	**1**

PASSING

Detroit	A	C	Yds	TD	INT	RT	Seattle	A	C	Yds	TD	INT	RT
M. Stafford	32	18	205	0	0	75.7	R. Wilson	30	23	224	2	0	119.3
TOTAL	**32**	**18**	**205**	**0**	**0**	**75.7**	**TOTAL**	**30**	**23**	**224**	**2**	**0**	**119.3**

RECEIVING

Detroit	No	Yds	Avg.	LG	TD	Seattle	No	Yds	Avg.	LG	TD
Z. Zenner	6	54	9.0	23	0	D. Baldwin	11	104	9.5	42	1
M. Jones	4	81	20.3	30	0	P. Richardson	3	48	16.0	27	1
G. Tate	3	25	8.3	13	0	J. Graham	3	37	12.3	14	0
A. Boldin	2	24	12.0	16	0	J. Kearse	2	14	7.0	8	0
E. Ebron	2	23	11.5	12	0	A. Collins	1	11	11.0	11	0
M. Mulligan	1	-2	-2.0	-2	0	M. Reece	1	5	5.0	5	0
						L. Willson	1	4	4.0	4	0
						T. Rawls	1	1	1.0	1	0
TOTAL	**18**	**205**	**11.4**	**30**	**0**	**TOTAL**	**23**	**224**	**9.7**	**42**	**2**

TEAM STATISTICS

	Detroit	Seattle
Total First Downs	13	24
Third Down Eff.	2-11-18%	9-16-56%
Total Net Yards	231	387
Total Off. Plays	50	71
Avg. per Play	4.6	5.5
Net Yards Rushing	49	177
Total Rushing Plays	15	38
Net Yards Passing	182	210
Times Sacked/Yards Lost	3/23	3/14
Pass Atts-Comps-Ints	32-18-0	30-23-0
Punts-No. and Avg.	5-46.4	3-37.7
Penalties-No. and Yards	7-68	6-40
Fumbles-No. and Lost	1-0	0-0
Touchdowns	0	3
Field Goals Made-Att	2-2	2-2
Time of Possession	23:21	36:39

DEFENSE

Detroit	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
T. Whitehead	13	3	10	0.0	0.0	0	0	0	0	0
E. Ansah	9	5	4	2.0	8.0	0	0	0	0	0
T. Wilson	7	6	1	0.0	0.0	0	0	0	0	0
N. Lawson	7	5	2	0.0	0.0	0	0	0	0	0
A. Robinson	7	2	5	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: H. Ngata 1.0.

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
B. Wagner	10	8	2	0.0	0.0	0	0	0	0	0
K. Chancellor	7	6	1	0.0	0.0	0	0	0	0	0
K. Wright	6	3	3	0.0	0.0	0	0	0	0	0
R. Sherman	5	3	2	0.0	0.0	0	0	0	0	0
C. Avril	3	3	0	2.0	16.0	0	0	0	0	0
M. Bennett	3	2	1	1.0	7.0	0	0	0	0	0

NFC Divisional

Atlanta Falcons 36, Seattle Seahawks 20
Saturday, January 14, 2017 • Georgia Dome

The Seattle Seahawks took an early lead but ultimately could not keep up with the Atlanta Falcons' offense, as the Seahawks lost to the Falcons by a score of 36-20. On Seattle's opening drive, Russell Wilson hit Jimmy Graham for a 7-yard TD. The Falcons responded with Matt Ryan connecting with Julio Jones for a 7-yard TD. The Seahawks added a 33-yard FG by Steven Hauschka for the 10-7 lead in the second quarter and subsequently forced a Falcons punt, but Devin Hester's 80-yard return to the Falcons' 7-yard line was called back due to a holding penalty and the ball was placed at Seattle's 7-yard line. Two plays later, Wilson tripped pulling away from center and was sacked for a safety, returning the ball to the Falcons with a score of 10-9. Atlanta drove 40 yards and Matt Bryant kicked a 35-yard FG to give the Falcons a 12-10 lead. The Falcons scored with :53 left in the half when Ryan hit Tevin Coleman on a 14-yard TD, pushing their lead to 19-10 at the half. Atlanta scored on the opening drive of the third quarter when Devonta Freeman rushed for a TD from one-yard out, pushing the lead to 26-10. Steven Hauschka hit a 26-yard FG late in the third quarter to keep it a two-score game but Bryant added a FG for the Falcons at the start of the fourth quarter for a 29-13 Falcons' lead. Ryan passed three yards to Mohamed Sanu for a TD, giving Atlanta a 36-13 lead with 3:40 remaining in the game. Wilson found Doug Baldwin for a 31-yard TD with 3:21 left in the game but a late Wilson interception sealed the game and delivered the Falcons the 36-20 victory.

	1	2	3	4	Final
Seattle	7	3	3	7	20
Atlanta	0	19	7	10	36

				Seattle	Atlanta
SEA	1	6:26	Graham 7 pass from Wilson (Hauschka kick) (14-89, 8:34)	7	0
ATL	2	14:14	Jones 7 pass Ryan (Bryant kick) (13-75, 7:12)	7	7
SEA	2	11:20	Hauschka 33 FG (6-40, 2:54)	10	7
ATL	2	9:22	Wilson sacked in end zone by Garland for a safety	10	9
ATL	2	6:06	Bryant 35 FG (5-40, 3:16)	10	12
ATL	2	0:53	Coleman 14 pass Ryan (Bryant kick) (9-99, 2:55)	10	19
ATL	3	9:12	Freeman 1 run (Bryant kick) (13-75, 5:48)	10	26
SEA	3	3:03	Hauschka 26 FG (14-80, 6:09)	13	26
ATL	4	14:57	Bryant 31 FG (7-62, 3:06)	13	29
ATL	4	3:40	Sanu 3 pass Ryan (Bryant kick) (8-46, 4:36)	13	36
SEA	4	3:21	Baldwin 31 pass Wilson (Hauschka kick) (1:31, 0:19)	20	36

Att. 71,155

STATISTICS

Seattle	Att	Yds	Avg	LG	TD
R. Wilson	6	49	8.2	14	0
T. Rawls	11	34	3.1	11	0
A. Collins	2	14	7.0	10	0
J. McKissic	1	3	3.0	3	0
D. Baldwin	1	1	1.0	1	0
TOTAL	**21**	**101**	**4.8**	**14**	**0**

Atlanta	Att	Yds	Avg	LG	TD
T. Coleman	11	57	5.2	15	0
D. Freeman	14	45	3.2	13	1
J. Hardy	1	0	0.0	0	0
M. Ryan	3	-3	-1.0	-1	0
TOTAL	**29**	**99**	**3.4**	**15**	**1**

PASSING

Seattle	A	C	Yds	TD	INT	RT
R. Wilson	30	17	225	2	2	75.0
TOTAL	**30**	**17**	**225**	**2**	**2**	**75.0**

Atlanta	A	C	Yds	TD	INT	RT
M. Ryan	37	26	338	3	0	125.7
TOTAL	**37**	**26**	**338**	**3**	**0**	**125.7**

RECEIVING

Seattle	No	Yds	Avg	LG	TD
D. Baldwin	5	80	16.0	31t	1
P. Richardson	4	83	20.8	40	0
J. Graham	3	22	7.3	11	1
A. Collins	2	17	8.5	12	0
M. Reece	1	10	10.0	10	0
J. Kearse	1	8	8.0	8	0
J. McKissic	1	5	5.0	5	0
TOTAL	**17**	**225**	**13.2**	**40**	**2**

Atlanta	No	Yds	Avg	LG	TD
J. Jones	6	67	11.2	20	1
D. Freeman	4	80	20.0	53	0
T. Gabriel	4	71	17.8	37	0
M. Sanu	4	44	11.0	22	1
T. Coleman	3	22	7.3	14t	1
L. Toilolo	2	26	13.0	18	0
J. Hardy	2	18	9.0	11	0
A. Hooper	1	10	10.0	10	0
TOTAL	**26**	**338**	**13.0**	**53**	**3**

TEAM STATISTICS

	Seattle	Atlanta
Total First Downs	17	28
Third Down Eff.	5-11-45%	6-12-50%
Total Net Yards	309	422
Total Off. Plays	54	69
Avg. per Play	5.7	6.1
Net Yards Rushing	101	99
Total Rushing Plays	21	29
Net Yards Passing	208	323
Times Sacked/Yards Lost	3/17	3/15
Pass Atts-Comps-Ints	30-17-2	37-26-0
Punts-No. and Avg.	2-59.5	3-44.3
Penalties-No. and Yards	7-40	2-10
Fumbles-No. and Lost	0-0	2-0
Touchdowns	2	4
Field Goals Made-Att	2-2	2-2
Time of Possession	26:41	33:19

DEFENSE

Seattle	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
K. Wright	10	5	5	0.0	0.0	0	0	0	0	0
K. Chancellor	8	6	2	0.0	0.0	0	0	0	0	0
R. Sherman	8	4	4	0.0	0.0	0	0	0	0	0
B. Wagner	8	3	5	0.0	0.0	0	0	0	0	0
J. Lane	5	5	0	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: Bennett 1.0, Rubin 1.0, Clark 1.0. FF: Clark 1.

Atlanta	T	S	A	QB	Yds.	Int.	Yds.	PD	FF	FR
K. Neal	9	8	1	0.0	0.0	0	0	0	0	0
D. Jones	5	3	2	0.0	0.0	1	28	1	0	0
J. Collins	4	4	0	0.0	0.0	0	0	1	0	0
B. Poole	4	4	0	0.0	0.0	0	0	0	0	0
G. Jarrett	4	3	1	0.0	0.0	0	0	0	0	0

Additional Stats: Sacks: Reed 1.0, Babineaux 1.0, Garland 1.0. INT: Allen 1.

2016 PARTICIPATION

Date	9/11	9/18	9/25	10/2	10/16	10/23	10/30	11/7	11/13
Game	Mia	@LA	SF	@NYJ	Atl	@Ari	@NO	Buf	@NE
Avril, C.	RDE	RDE	RDE	RDE	RDE	RDE	RDE	RDE	RDE
Baldwin, D.	WR	wr	WR	WR	WR	WR	WR	WR	WR
Bennett, M.	LDE	LDE	LDE	LDE	LDE	LDE	in	in	in
Boykin, T.	dnp	dnp	qb	dnp	dnp	dnp	dnp	dnp	dnp
Britt, J.	C	C	C	C	C	C	C	C	C
Chancellor, K.	SS	SS	SS	SS	in	in	in	in	SS
Clark, F.	de	de	de	de	in	de	LDE	LDE	LDE
Collins, A.	in	rb	rb	rb	rb	rb	dnp	rb	rb
Coyle, B.	sub	sub	sub	sub	sub	lb	OLB	OLB	lb
Elliott, D.	sub	in	sub	sub	sub	sub	in	in	sub
Fant, G.	sub	sub	t	in	in	t	LT	LT	LT
Farmer, G.									
Frese, N.	sub	sub	sub	sub	sub	sub	sub	sub	sub
Gilliam, G.	RT	RT	RT	RT	RT	RT	RT	RT	RT
Glowinski, M.	LG	LG	LG	LG	LG	LG	LG	LG	LG
Goodman, M.							de		
Graham, J.	te	TE	TE	TE	TE	TE	TE	TE	TE
Hauschka, S.	k	k	k	k	k	k	k	k	k
Hunt, J.	dnp	dnp	dnp	dnp	fb	sub	c	dnp	dnp
Ifedi, G.	in	in	in	RG	RG	RG	RG	RG	RG
Jefferson, Q.	de	de	in	de	in	in	ir	ir	ir
Jenkins, J.									
Johnson, J.									
Kearse, J.	WR	wr	WR	WR	WR	WR	WR	WR	WR
Lane, J.	CB	cb	CB	CB	CB	cb	cb	cb	CB
Lockett, T.	WR	WR	wr	wr	WR	WR	WR	WR	wr
McCray, K.	sub	sub	sub	sub	SS	SS	SS	SS	sub
McDaniel, T.	dt	dt	dt	RDT	RDT	RDT	RDT	RDT	RDT
McDonald, D.	in	in	sub	sub	sub	sub	sub	sub	sub
McEvoy, T.	wr	in	wr	wr	wr	wr	wr	wr	in
McKissic, J.									
Magee, T.			rb						
Marsh, C.	lb	lb	lb	lb	lb	OLB	lb	lb	lb
Michael, C.	RB	rb	RB	RB	RB	RB	RB	RB	rb
Moore, D.								de	de
Morgan, M.	lb	OLB	lb	lb	ir	ir	ir	ir	ir
Odhiambo, R.	in	sub	in	in	in	in	dnp	in	in
Pierre-Louis, K.	lb	sub	sub	sub	lb	in	in	sub	sub
Pope, T.								ps	ps
Powell, R.									
Powell, T.	sub	sub	in	in	sub	sub	sub	sub	in
Prosise, C.	rb	in	in	in	in	rb	rb	rb	RB
Rawls, T.	rb	RB	in	in	in	in	in	in	in
Reece, M.									
Reed, J.	RDT	RDT	RDT	in	dt	dt	dt	dt	dt
Richardson, P.	wr	wr	wr	wr	wr	wr	wr	wr	wr
Rubin, A.	LDT	LDT	LDT	LDT	LDT	LDT	LDT	LDT	LDT
Ryan, J.	p	p	p	p	p	p	p	p	p
Shead, D.	RCB	RCB	RCB	RCB	RCB	RCB	RCB	RCB	RCB
Sherman, R.	LCB	LCB	LCB	LCB	LCB	LCB	LCB	LCB	LCB
Siliga, S.						dt	dt	dt	dt
Simon, T.	in								
Smith, G.	in	in	dt	dt	dt	ir	ir	ir	ir
Sowell, B.	LT	LT	LT	LT	LT	LT	in	in	in
Spiller, C.				rb	rb	in			
Taylor, K.									
Terrell, S.	sub	sub	sub	s	sub	sub	sub	s	s
Thomas, E.	FS	FS	FS	FS	FS	FS	FS	FS	FS
Thorpe, N.		sub	sub	sub	sub	sub	sub	sub	sub
Tripp, J.					sub	lb	sub	sub	sub
Tukuafu, W.		fb					fb	fb	fb
Tupou, T. fb									
Vannett, N.	in	in	in	in	te	te	te	te	TE
Wagner, B.	MLB	MLB	MLB	MLB	MLB	MLB	MLB	MLB	MLB
Webb, J.	RG	RG	RG	sub	t	sub	sub	t	t
Williams, B.	te	TE	te	te	te	te	te	te	te
Williams, K.									
Willson, L.	TE	TE	TE	TE	te	in	in	in	in
Wilson, R.	QB	QB	QB	QB	QB	QB	QB	QB	QB
Wright, K.	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB

CAPS - starter; lower case - substitute; sub - special teams only; dnp - did not play; in - inactive

2016 PARTICIPATION

11/20 Phi	11/27 @TB	12/4 Car	12/11 @GB	12/15 LA	12/24 Ari	1/1 @SF	G	S	IN	DNP
RDE	RDE	RDE	RDE	RDE	RDE	RDE	16	16	0	0
WR	WR	WR	WR	WR	WR	WR	16	15	0	0
in	in	LDE	LDE	LDE	LDE	LDE	11	11	5	0
rb	dnp	qb	qb	dnp	dnp	qb	5	0	0	11
C	dnp	C	C	C	C	C	15	15	0	1
SS	SS	SS	SS	SS	SS	SS	12	12	4	0
LDE	LDE	de	de	de	de	de	16	5	1	0
in	rb	in	rb	dnp	rb	rb	11	0	3	2
OLB	in	in	in	in	lb	sub	12	3	4	0
cb	cb	cb	sub	cb	cb	sub	13	0	3	0
LT	LT	LT	LT	LT	LT	LT	14	10	2	0
	rb	rb	ps	ps	ps	ps	2	0	0	0
sub	sub	sub	sub	sub	sub	sub	16	0	0	0
RT	RT	in	in	t	RT	RT	14	13	2	0
LG	LG	LG	LG	LG	LG	LG	16	16	0	0
							1	0	0	0
TE	TE	TE	TE	TE	TE	TE	16	15	0	0
k	k	k	k	k	k	k	16	0	0	0
sub	C	dnp	sub	sub	sub	sub	9	1	0	7
RG	RG	RG	RG	RG	RG	RG	13	13	3	0
ir	ir	ir	ir	ir	ir	ir	3	0	3	0
dt	dt	in	in	in	in	in	2	0	5	0
			sub	s	s	sub	4	0	0	0
WR	WR	WR	WR	WR	WR	WR	16	15	0	0
cb	RCB	cb	CB	CB	CB	cb	16	9	0	0
wr	wr	wr	WR	WR	WR	ir	15	9	0	0
s	sub	s	sub	s	s	sub	16	4	0	0
RDT	RDT	RDT	RDT	dt	dt	dt	16	10	0	0
sub	sub	sub	sub	lb	sub	sub	14	0	2	0
wr	wr	wr	wr	wr	wr	wr	14	0	2	0
					in	rb	1	0	1	0
					rb	in	2	0	1	0
lb	lb	lb	lb	lb	lb	lb	16	1	0	0
							9	7	0	0
de	in	de	in	in	ir	ir	4	0	3	0
ir	ir	OLB	lb	lb	lb	OLB	9	3	0	0
t	sub	t	t	t	t	t	8	0	7	1
in	lb	lb	sub	lb	sub	sub	13	0	3	0
rb	in	rb	rb	ir	ir	ir	3	0	1	0
				in	in	in	0	0	3	0
in	sub	sub	in	in	in	in	8	0	8	0
RB	in	in	in	in	in	in	6	2	10	0
rb	RB	RB	RB	RB	RB	RB	9	7	7	0
			fb	fb	fb	fb	4	0	0	0
dt	dt	dt	dt	RDT	RDT	RDT	15	6	1	0
wr	wr	in	wr	wr	wr	wr	15	0	1	0
LDT	LDT	LDT	LDT	LDT	LDT	LDT	16	16	0	0
p	p	p	p	p	p	p	16	0	0	0
RCB	in	RCB	RCB	RCB	RCB	RCB	15	15	1	0
LCB	LCB	LCB	LCB	LCB	LCB	LCB	16	16	0	0
							4	0	0	0
							0	0	1	0
ir	ir	ir	ir	ir	ir	ir	3	0	2	0
in	t	RT	RT	RT	in	in	10	9	6	0
							2	0	1	0
		ps		in		ps	0	0	1	0
s	FS	s	FS	FS	FS	FS	16	5	0	0
FS	in	FS	ir	ir	ir	ir	11	11	1	0
cb	cb	cb	cb	cb	sub	sub	15	0	0	0
sub	OLB	ir					7	1	0	0
fb	fb/dt	fb	in	ir	ir	ir	7	0	1	0
							1	0	0	0
in	te	TE	te	te	in	in	9	2	7	0
MLB	MLB	MLB	MLB	MLB	MLB	MLB	16	16	0	0
in							9	3	1	0
te	te	te	te	te	sub	te	16	1	0	0
						wr	1	0	0	0
TE	te	in	te	te	te	TE	11	6	5	0
QB	QB	QB	QB	QB	QB	QB	16	16	0	0
OLB	OLB	OLB	OLB	OLB	OLB	OLB	16	16	0	0

ir - injured reserve; ps - practice squad; pup - physically unable to perform; sus - suspended

2016 OFFENSE

	9/11 Mia	9/18 at LA	9/25 SF	10/2 at NYJ	10/16 Atl	10/23 at Ari	10/30 at NO
Points	12	3	37	27	26	6	20
1 Qtr	3	0	14	0	7	0	7
2 Qtr	3	3	10	14	10	0	7
3 Qtr	0	0	6	3	0	0	3
4 Qtr	6	0	7	10	9	3	3
OT	-	-	-	-	-	3	-
First Down	21	17	18	21	22	11	15
Rush	4	4	7	4	6	4	4
Pass	16	10	10	15	14	7	11
Penalty	1	3	1	2	2	0	0
3rd Down Eff	5/16	4/13	9/14	3/10	5/14	3/14	5/11
Percent	31%	31%	64%	30%	36%	21%	45%
4th Down Eff	2/3	0/0	0/0	0/0	0/0	0/0	0/1
Percent	67%	-	-	-	-	-	0%
Total Net Yds	352	306	418	354	333	257	359
Plays	78	61	65	60	65	57	54
Avg	4.5	5.0	6.4	5.9	5.1	4.5	6.6
Net Yds Rush	112	67	127	66	72	52	74
Plays	32	24	31	26	27	19	17
Avg	3.5	2.8	4.1	2.5	2.7	2.7	4.4
Net Yds Pass	240	239	291	288	261	205	285
Sack/loss	3/18	2/15	2/17	2/21	1/9	1/20	1/11
Gross Yds	258	254	308	309	270	225	296
Att/Comp	43/27	35/22	32/22	32/23	37/25	37/24	36/23
Int	1	0	1	0	0	0	1
Avg	5.2	6.5	8.6	8.5	6.9	5.4	7.7
Punts/Avg	6/42.2	7/44.1	2/51.0	5/40.6	5/46.0	9/46.0	3/48.7
Blocked	0	0	0	0	0	0	0
Punt Ret/Yds	3/40	0/0	3/70	2/8	3/21	1/0	2/14
Kickoff Ret/Yds	0/0	1/20	2/19	2/29	5/109	2/51	4/115
Int Ret/Yds	0/0	0/0	1/9	3/6	1/5	0/0	0/0
Penalties/Yds	8/69	10/114	6/50	7/71	3/30	10/90	11/76
Fumbles/Lost	1/1	3/1	1/1	0/0	3/0	2/0	1/0
Touchdowns	1	0	4	3	3	0	2
Rush	0	0	2	0	3	0	1
Pass	1	0	2	3	0	0	0
Returns	0	0	0	0	0	0	0
Defense	0	0	0	0	0	0	1
Safeties	0	0	0	0	0	0	0
1 Pt PAT/Att	0/1	0/0	4/4	3/3	2/3	0/0	2/2
2 Pt PAT/Att	0/0	0/0	0/0	0/0	0/0	0/0	0/0
FG/Att	2/2	1/1	3/3	2/2	2/3	2/3	2/2
Time of Poss	34:32	30:03	35:57	30:45	30:09	28:39	23:48
Take/Give Ratio	0/2	0/1	1/2	3/0	2/0	0/0	1/1
Avg Drive Start	Sea22	Sea17	Sea35	Sea33	Sea37	Sea25	Sea27

2016 OFFENSE

11/7	11/13	11/20	11/27	12/4	12/11	12/15	12/24	1/1
Buf	at NE	Phi	at TB	Car	at GB	LA	Ari	at SF
31	31	26	5	40	10	24	31	25
7	6	6	0	10	3	0	0	3
21	13	10	5	13	0	10	3	16
0	3	7	0	7	0	7	7	3
3	9	3	0	10	7	7	21	3
-	-	-	-	-	-	-	-	-
19	23	18	16	29	22	19	24	18
4	3	5	6	11	7	6	5	5
13	18	12	9	16	14	8	17	13
2	2	1	1	2	1	5	2	0
2/7	6/12	5/15	1/11	7/14	6/12	7/15	8/17	3/12
29%	50%	33%	9%	50%	50%	47%	47%	25%
0/0	0/0	0/0	1/1	0/1	0/1	1/1	0/2	0/1
-	-	-	100%	0%	0%	100%	0%	0%
278	420	439	245	534	354	299	391	376
42	66	63	61	71	68	58	78	65
6.6	6.4	7.0	4.0	7.5	5.2	5.2	5.0	5.8
33	96	152	127	240	136	72	78	87
12	26	30	22	29	26	30	27	25
2.8	3.7	5.1	5.8	8.3	5.2	2.4	2.9	3.5
245	324	287	118	294	218	227	313	289
4/37	3/24	1/0	6/33	3/21	3/22	2/2	6/37	2/11
282	348	287	151	315	240	229	350	300
26/20	37/25	32/19	33/17	39/28	39/22	26/19	45/29	38/23
0	0	0	2	1	5	1	0	0
8.2	8.1	8.7	3.0	7.0	5.2	8.1	6.1	7.2
4/35.5	2/52.5	6/46.5	7/47.1	1/41.0	4/34.0	3/36.0	4/36.0	4/46.0
1	0	0	0	0	0	0	0	0
2/20	2/4	3/31	1/0	3/12	0/0	2/16	2/7	1/6
3/65	1/32	1/7	1/15	1/46	5/136	2/48	3/84	2/32
1/31	1/2	2/5	1/0	1/14	0/0	0/0	0/0	0/0
10/75	8/60	7/48	2/27	6/37	7/63	13/86	5/40	4/34
0/0	1/0	1/0	2/1	1/0	1/1	1/0	1/1	3/0
4	3	3	0	4	1	3	4	2
2	0	1	0	3	0	0	0	1
2	3	2	0	1	1	3	4	1
0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	1
0	0	0	1	0	0	0	0	0
4/4	1/2	2/3	0/0	4/4	1/1	3/3	2/3	1/2
0/0	0/1	0/0	0/0	0/0	0/0	0/0	1/1	0/0
1/1	4/4	2/3	1/1	4/4	1/1	1/1	1/2	4/4
19:43	30:25	28:54	26:21	34:01	31:50	32:31	33:42	29:34
1/0	2/0	2/0	2/3	2/1	0/6	0/1	1/1	2/0
Sea31	Sea28	Sea32	Sea21	Sea30	Sea26	Sea34	Sea35	Sea34

2016 DEFENSE

	9/11 Mia	9/18 at LA	9/25 SF	10/2 at NYJ	10/16 Atl	10/23 at Ari	10/30 at NO
Points	10	9	18	17	24	6	25
1 Qtr	0	3	0	3	0	0	0
2 Qtr	3	3	3	7	3	3	13
3 Qtr	0	0	0	0	21	0	3
4 Qtr	7	3	15	7	0	0	9
OT	-	-	-	-	-	3	-
First Down	11	17	12	20	22	23	28
Rush	3	3	6	4	4	6	7
Pass	7	10	6	13	17	14	17
Penalty	1	4	0	3	1	3	4
3rd Down Eff	3/14	3/12	4/15	7/15	3/11	10/21	9/15
Percent	21%	25%	27%	47%	27%	48%	60%
4th Down Eff	0/1	0/0	1/1	1/1	1/2	0/1	0/0
Percent	0%	-	100%	100%	50%	0%	-
Total Net Yds	214	283	254	305	362	443	375
Plays	54	58	56	65	64	90	72
Avg	4.0	4.9	4.5	4.7	5.7	4.9	5.2
Net Yds Rush	64	64	135	58	52	132	123
Plays	20	25	31	20	18	37	35
Avg	3.2	2.6	4.4	2.9	2.9	3.6	3.5
Net Yds Pass	150	219	119	247	310	311	252
Sack/loss	5/36	3/20	0/0	4/14	4/25	4/31	2/13
Gross Yds	186	239	119	261	335	342	265
Att/Comp	29/16	30/18	25/14	41/23	42/27	49/29	35/27
Int	0	0	1	3	1	0	0
Avg	4.4	6.6	4.8	5.5	6.7	5.9	6.8
Punts/Avg	7/46.7	6/39.5	7/45.6	5/40.4	4/41.3	7/32.7	2/46.0
Blocked	0	0	0	0	0	1	0
Punt Ret/Yds	4/32	3/15	1/20	0/0	1/11	6/33	0/0
Kickoff Ret/Yds	3/84	0/0	1/26	1/27	2/46	0/0	2/23
Int Ret/Yds	1/9	0/0	1/4	0/0	0/0	0/0	1/0
Penalties/Yds	4/40	9/78	4/35	7/60	8/66	6/45	2/10
Fumbles/Lost	2/0	0/0	1/0	1/0	1/1	1/0	1/1
Touchdowns	1	0	2	2	3	0	2
Rush	1	0	2	0	0	0	1
Pass	0	0	0	1	3	0	1
Returns	0	0	0	1	0	0	0
Defense	0	0	0	0	0	0	0
Safeties	0	0	0	0	0	0	0
Pt PAT/Att	1/1	0/0	1/1	2/2	3/3	0/0	1/1
Pt PAT/Att	0/0	0/0	1/1	0/0	0/0	0/0	0/1
FG/Att	1/2	3/3	1/2	1/1	1/1	2/4	4/4
Time of Poss	25:28	29:57	24:03	29:15	29:51	46:21	36:12
Take/Give Ratio	2/0	1/0	2/1	0/3	0/2	0/0	1/1
Avg Drive Start	Mia32	LA24	SF34	NYJ20	Atl21	Ari28	NO27

2016 DEFENSE

11/7	11/13	11/20	11/27	12/4	12/11	12/15	12/24	1/1
Buf	**at NE**	**Phi**	**at TB**	**Car**	**at GB**	**LA**	**Ari**	**at SF**
25	24	15	14	7	38	3	34	23
14	7	0	14	0	7	0	7	7
3	7	7	0	7	14	3	7	7
0	7	0	0	0	7	0	0	2
8	3	8	0	0	10	0	20	7
-	-	-	-	-	-	-	-	-
30	25	20	19	14	18	13	21	14
11	8	6	7	5	5	2	10	7
16	13	13	11	9	10	8	9	7
3	4	1	1	0	3	3	2	0
12/17	6/10	6/16	4/11	5/12	4/11	3/12	1/9	2/11
71%	60%	38%	36%	42%	36%	25%	11%	18%
0/1	0/1	1/3	0/0	0/1	0/1	0/4	0/0	2/3
0%	0%	33%	-	0%	0%	0%	-	67%
425	385	308	338	271	330	183	370	253
82	62	73	63	54	56	56	57	58
5.2	6.2	4.2	5.4	5.0	5.9	3.3	6.5	4.4
162	81	113	118	89	93	47	94	62
38	28	26	35	21	30	17	29	31
4.3	2.9	4.3	3.4	4.2	3.1	2.8	3.2	2.0
263	304	195	220	182	237	136	276	191
5/26	2/12	2/23	0/0	0/0	1/9	4/31	1/8	5/24
289	316	218	220	182	246	167	284	215
39/27	32/23	45/23	28/21	33/14	25/18	35/18	27/16	22/17
1	1	2	1	1	0	0	0	0
6.0	8.9	4.1	7.9	5.5	9.1	3.5	9.9	7.1
3/32.7	2/46.0	7/49.1	4/40.0	6/42.3	4/38.5	4/54.0	5/44.4	6/48.2
0	0	0	0	0	0	0	0	0
2/13	2/8	2/15	3/48	0/0	1/0	0/0	1/0	2/41
1/13	2/49	0/0	2/42	4/89	2/36	5/98	2/27	5/94
0/0	0/0	0/0	2/48	1/7	5/77	1/8	0/0	0/0
11/115	7/61	8/48	7/68	6/63	5/50	8/76	7/85	4/25
0/0	3/1	1/0	2/1	1/1	0/0	1/0	1/1	3/2
3	3	2	2	1	5	0	4	3
2	3	0	0	0	2	0	3	2
1	0	2	2	1	3	0	1	1
0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0
2/2	3/3	1/1	2/2	1/1	5/5	0/0	4/4	3/3
1/1	0/0	1/1	0/0	0/0	0/0	0/0	0/0	0/0
1/2	1/1	0/0	0/1	0/0	1/2	1/1	2/3	0/0
40:17	29:35	31:06	33:39	25:59	28:10	27:29	26:18	30:26
0/1	0/2	0/2	3/1	1/2	6/0	1/0	1/1	0/2
Buf31	NE26	Phi23	TB33	Car30	GB40	LA21	Ari30	SF28

OFFENSE

Date	Game	WR	LT	LG	C	RG	RT	TE	WR	QB	RB	FB	K
9/11	Miami	Baldwin	Sowell	Glowinski	Britt	Webb	Gilliam	Willson	Kearse	Wilson	Michael	Lockett (WR)	Hauschka
9/18	at L.A. Rams	Lockett	Sowell	Glowinski	Britt	Webb	Gilliam	Graham	Willson (TE)	Wilson	Rawls	Williams (TE)	Hauschka
9/25	San Francisco	Baldwin	Sowell	Glowinski	Britt	Webb	Gilliam	Graham	Kearse	Wilson	Michael	Willson (TE)	Hauschka
10/2	at N.Y. Jets	Baldwin	Sowell	Glowinski	Britt	Ifedi	Gilliam	Graham	Kearse	Wilson	Michael	Willson	Hauschka
10/16	Atlanta	Baldwin	Sowell	Glowinski	Britt	Ifedi	Gilliam	Graham	Kearse	Wilson	Michael	Lockett (WR)	Hauschka
10/23	at Arizona	Baldwin	Sowell	Glowinski	Britt	Ifedi	Gilliam	Graham	Kearse	Wilson	Michael	Lockett (WR)	Hauschka
10/30	at New Orleans	Baldwin	Fant	Glowinski	Britt	Ifedi	Gilliam	Graham	Kearse	Wilson	Michael	Lockett (WR)	Hauschka
11/7	Buffalo	Baldwin	Fant	Glowinski	Britt	Ifedi	Gilliam	Graham	Kearse	Wilson	Michael	Lockett (WR)	Hauschka
11/13	at New England	Baldwin	Fant	Glowinski	Britt	Ifedi	Gilliam	Graham	Kearse	Wilson	Prosise	Vannett (TE)	Hauschka
11/20	Philadelphia	Baldwin	Fant	Glowinski	Britt	Ifedi	Gilliam	Graham	Kearse	Wilson	Prosise	Willson (TE)	Hauschka
11/27	at Tampa Bay	Baldwin	Fant	Glowinski	Hunt	Ifedi	Gilliam	Graham	Kearse	Wilson	Rawls	Tukuafu	Hauschka
12/4	Carolina	Baldwin	Fant	Glowinski	Britt	Ifedi	Sowell	Graham	Kearse	Wilson	Rawls	Vannett (TE)	Hauschka
12/11	at Green Bay	Baldwin	Fant	Glowinski	Britt	Ifedi	Sowell	Graham	Kearse	Wilson	Rawls	Lockett (WR)	Hauschka
12/15	L.A. Rams	Baldwin	Fant	Glowinski	Britt	Ifedi	Sowell	Graham	Kearse	Wilson	Rawls	Lockett (WR)	Hauschka
12/24	Arizona	Baldwin	Fant	Glowinski	Britt	Ifedi	Gilliam	Graham	Kearse	Wilson	Rawls	Lockett (WR)	Hauschka
1/1	at San Francisco	Baldwin	Fant	Glowinski	Britt	Ifedi	Gilliam	Graham	Kearse	Wilson	Rawls	Willson (TE)	Hauschka

DEFENSE

Date	Game	LDE	LDT	RDT	RDE	OLB	MLB	OLB	LCB	RCB	SS	FS	P
9/11	Miami	Bennett	Rubin	Reed	Avril	Lane (CB)	Wagner	Wright	Sherman	Shead	Chancellor	Thomas	Ryan
9/18	at L.A. Rams	Bennett	Rubin	Reed	Avril	Morgan	Wagner	Wright	Sherman	Shead	Chancellor	Thomas	Ryan
9/25	San Francisco	Bennett	Rubin	Reed	Avril	Lane (CB)	Wagner	Wright	Sherman	Shead	Chancellor	Thomas	Ryan
10/2	at N.Y. Jets	Bennett	Rubin	McDaniel	Avril	Lane (CB)	Wagner	Wright	Sherman	Shead	Chancellor	Thomas	Ryan
10/16	Atlanta	Bennett	Rubin	McDaniel	Avril	Lane (CB)	Wagner	Wright	Sherman	Shead	McCray	Thomas	Ryan
10/23	at Arizona	Bennett	Rubin	McDaniel	Avril	Marsh	Wagner	Wright	Sherman	Shead	McCray	Thomas	Ryan
10/30	at New Orleans	Clark	Rubin	McDaniel	Avril	Coyle	Wagner	Wright	Sherman	Shead	McCray	Thomas	Ryan
11/7	Buffalo	Clark	Rubin	McDaniel	Avril	Coyle	Wagner	Wright	Sherman	Shead	McCray	Thomas	Ryan
11/13	at New England	Clark	Rubin	McDaniel	Avril	Lane (CB)	Wagner	Wright	Sherman	Shead	Chancellor	Thomas	Ryan
11/20	Philadelphia	Clark	Rubin	McDaniel	Avril	Coyle	Wagner	Wright	Sherman	Shead	Chancellor	Thomas	Ryan
11/27	at Tampa Bay	Clark	Rubin	McDaniel	Avril	Tripp	Wagner	Wright	Sherman	Lane	Chancellor	Terrell	Ryan
12/4	Carolina	Clark	Rubin	McDaniel	Avril	Morgan	Wagner	Wright	Sherman	Shead	Chancellor	Thomas	Ryan
12/11	at Green Bay	Bennett	Rubin	McDaniel	Avril	Lane (CB)	Wagner	Wright	Sherman	Shead	Chancellor	Terrell	Ryan
12/15	L.A. Rams	Bennett	Rubin	Reed	Avril	Lane (CB)	Wagner	Wright	Sherman	Shead	Chancellor	Terrell	Ryan
12/24	Arizona	Bennett	Rubin	Reed	Avril	Lane (CB)	Wagner	Wright	Sherman	Shead	Chancellor	Terrell	Ryan
1/1	at San Francisco	Bennett	Rubin	Reed	Avril	Morgan	Wagner	Wright	Sherman	Shead	Chancellor	Terrell	Ryan

2016 3RD DOWN EFFICIENCY

		Yards to Go											
Date	Team	1	2	3	4	5	6	7	8	9	10+	Total	Pct.
9/11	Seattle	2/3	0/1	0/1	1/3	0/1	1/2	0/0	0/1	0/1	1/3	5/16	31%
	Miami	0/0	0/0	0/0	0/0	1/3	1/3	0/2	0/1	0/0	1/5	3/14	21%
9/18	Seattle	1/1	1/1	0/0	0/0	1/2	0/0	0/1	0/1	0/1	1/6	4/13	31%
	at L.A. Rams	1/1	1/1	0/1	0/0	0/1	0/1	0/2	1/1	0/0	0/4	3/12	25%
9/25	Seattle	3/4	0/1	0/0	0/1	0/1	2/2	0/0	0/0	0/0	4/5	9/14	64%
	San Francisco	0/0	1/1	1/2	0/5	1/1	1/2	0/1	0/1	0/0	0/2	4/15	27%
10/2	Seattle	1/1	1/1	0/1	0/1	0/1	0/0	0/0	0/0	0/0	1/5	3/10	30%
	at N.Y. Jets	2/3	1/1	0/0	0/0	0/1	1/1	1/1	1/2	0/0	1/6	7/15	47%
10/16	Seattle	1/2	2/3	1/3	0/0	0/0	1/1	0/1	0/0	0/0	0/4	5/14	36%
	Atlanta	1/2	0/0	0/0	0/0	0/2	1/1	0/0	0/0	1/1	0/5	3/11	27%
10/23	Seattle	0/	1 0/0	2/3	1/3	0/0	0/1	0/0	0/0	0/0	0/6	3/14	21%
	at Arizona	2/2	2/3	1/1	2/3	0/2	0/0	1/4	0/0	0/0	2/6	10/21	48%
10/30	Seattle	1/1	1/2	0/0	1/1	0/0	1/2	0/0	1/1	0/0	0/4	5/11	45%
	at New Orleans	2/3	3/3	2/2	1/2	1/1	0/1	0/1	0/1	0/1	0/0	9/15	60%
11/7	Seattle	0/0	0/0	0/1	2/2	0/0	0/1	0/0	0/2	0/0	0/1	2/7	29%
	Buffalo	5/5	2/2	0/0	0/1	2/2	1/2	0/0	0/1	0/0	2/4	12/17	71%
11/13	Seattle	0/0	0/1	1/3	1/2	0/1	2/2	1/1	0/0	1/1	0/1	6/12	50%
	at New England	1/2	1/1	0/0	1/1	1/1	0/0	0/2	0/0	0/0	2/3	6/10	60%
11/20	Seattle	0/0	0/0	1/2	0/1	1/2	0/1	0/0	0/0	0/0	3/9	5/15	33%
	Philadelphia	2/3	0/2	1/1	1/1	1/1	0/1	1/1	0/0	0/1	0/5	6/16	38%
11/27	Seattle	0/1	0/0	0/0	0/1	0/2	0/1	0/1	0/0	0/1	1/4	1/11	9%
	at Tampa Bay	0/1	1/2	1/1	0/0	0/0	0/1	0/0	1/1	0/0	1/5	4/11	36%
12/4	Seattle	2/2	0/0	0/0	0/0	0/2	1/2	2/2	1/1	1/1	0/4	7/14	50%
	Carolina	1/1	0/0	0/0	0/0	1/1	0/0	0/1	0/0	0/1	3/8	5/12	42%
12/11	Seattle	2/3	3/3	0/0	0/0	0/0	0/1	0/2	0/1	1/1	0/1	6/12	50%
	at Green Bay	1/2	0/2	0/0	1/1	0/0	2/2	0/0	0/2	0/0	0/2	4/11	36%
12/15	Seattle	1/1	0/1	0/0	1/1	0/0	2/3	0/0	0/0	1/2	2/7	7/15	47%
	L.A. Rams	0/1	1/1	1/2	0/1	0/0	0/0	0/0	0/0	0/2	1/5	3/12	25%
12/24	Seattle	0/1	3/4	1/1	0/1	0/0	1/1	0/0	2/3	0/2	1/4	8/17	47%
	Arizona	1/1	0/0	0/0	0/1	0/0	0/0	0/1	0/1	0/0	0/5	1/9	11%
1/1	Seattle	1/1	0/1	0/0	0/0	1/2	0/0	0/1	1/2	0/1	0/4	3/12	25%
	at San Francisco	1/3	0/1	0/0	0/0	0/0	0/0	0/2	0/0	0/0	1/5	2/11	18%
Totals	Seahawks	15/22	11/19	6/15	7/17	3/14	11/20	3/9	5/12	4/11	14/68	79/207	38%
	Opponents	20/30	13/20	7/10	6/16	8/16	7/15	3/18	3/11	1/6	14/70	82/212	39%

2016 DRIVE CHART

			Drive Ended By											
Date	Team	Drives	3/Out	TD	FG	FGA	Pnt	Dwn	TO	Saf	Clk	Pts	Pts/Drv	Eff
9/11	Seattle	12	3	1	2	2	6	1	2	0	0	12	1.0	0.250
	Miami	12	6	1	1	2	7	1	0	0	1	10	0.8	0.167
9/18	Seattle	10	2	0	1	1	7	0	1	0	1	3	0.3	0.100
	at L.A. Rams	10	3	0	3	3	6	0	0	0	1	9	0.9	0.300
9/25	Seattle	13	4	4	3	3	2	0	2	0	2	37	2.8	0.538
	San Francisco	12	6	2	1	2	7	0	1	0	0	18	1.5	0.250
10/2	Seattle	12	5	3	2	2	5	0	0	0	2	27	2.3	0.417
	at N.Y. Jets	11	2	2	1	1	5	0	3	0	0	17	1.5	0.273
10/16	Seattle	12	3	3	2	3	5	0	0	0	1	26	2.2	0.417
	Atlanta	12	4	3	1	1	4	1	2	0	1	24	2.0	0.333
10/23	Seattle	13	6	0	2	3	9	0	0	0	1	6	0.5	0.154
	at Arizona	14	3	0	2	4	7	1	0	0	2	6	0.4	0.143
10/30	Seattle	9	3	1	2	2	3	1	1	0	1	13	1.4	0.333
	at New Orleans	9	1	2	4	4	2	0	1	0	0	25	2.8	0.667
11/7	Seattle	10	3	4	1	1	4	0	0	0	1	31	3.1	0.500
	Buffalo	10	2	3	1	2	3	1	1	0	0	25	2.5	0.400
11/13	Seattle	10	2	3	4	4	2	0	0	0	1	31	3.1	0.700
	at New England	9	3	3	1	1	2	1	2	0	0	24	2.7	0.444
11/20	Seattle	14	6	3	2	3	6	0	0	0	2	26	1.9	0.357
	Philadlephia	13	4	2	0	0	7	2	2	0	0	15	1.2	0.154
11/27	Seattle	11	3	0	1	1	7	0	3	0	0	3	0.3	0.091
	at Tampa Bay	12	3	2	0	1	4	0	2	1	2	14	1.2	0.167
12/4	Seattle	11	2	4	4	4	1	1	1	0	0	40	3.6	0.727
	Carolina	11	2	1	0	0	6	1	2	0	1	7	0.6	0.091
12/11	Seattle	13	5	1	1	1	4	1	6	0	0	10	0.8	0.154
	at Green Bay	14	3	5	1	2	4	1	0	0	2	38	2.7	0.429
12/15	Seattle	10	4	3	1	1	3	0	1	0	2	24	2.4	0.400
	L.A. Rams	9	4	0	1	1	4	4	0	0	0	3	0.3	0.111
12/24	Seattle	13	5	4	1	2	4	2	1	0	0	31	2.4	0.385
	Arizona	14	6	4	2	3	5	0	1	0	1	34	2.4	0.429
1/1	Seattle	12	4	2	4	4	4	0	0	1	1	25	2.1	0.500
	at San Francisco	12	6	3	0	0	6	1	2	0	0	21	1.8	0.250
Totals	Seahawks	185	60	36	33	37	72	6	18	1	15	345	1.9	0.373
	Opponents	184	58	33	19	27	79	14	19	1	11	290	1.6	0.283

2016 INSIDE THE 20

Date	Team	Trips/Scores	TD	FG/Att	Points	Int	Fum	Downs	Clock
9/11	Seattle	2/2	1	1/1	9	0	0	0	0
	Miami	1/3	1	0/1	7	0	0	1	0
9/18	Seattle	1/1	0	1/1	3	0	0	0	0
	at L.A. Rams	1/1	0	1/1	3	0	0	0	0
9/25	Seattle	6/6	3	3/3	30	0	0	0	0
	San Francisco	3/3	2	1/1	18	0	0	0	0
10/2	Seattle	3/3	2	1/1	17	0	0	0	0
	at N.Y. Jets	2/2	1	1/1	10	0	0	0	0
10/16	Seattle	3/4	3	0/1	20	0	0	0	0
	Atlanta	2/2	1	1/1	10	0	0	0	0
10/23	Seattle	1/2	0	1/2	3	0	0	0	0
	at Arizona	0/2	0	0/1	0	0	0	1	0
10/30	Seattle	2/3	1	1/1	10	0	0	1	0
	at New Orleans	5/5	2	3/3	22	0	0	0	0
11/7	Seattle	4/4	4	0/0	28	0	0	0	0
	Buffalo	4/5	3	1/1	25	0	0	1	0
11/13	Seattle	7/7	3	4/4	31	0	0	0	0
	at New England	4/5	3	1/1	24	0	0	1	0
11/20	Seattle	3/3	1	2/2	13	0	0	0	0
	Philadelphia	2/2	2	0/0	15	0	0	0	0
11/27	Seattle	0/0	0	0/0	0	0	0	0	0
	at Tampa Bay	1/2	1	0/0	7	1	0	0	0
12/4	Seattle	6/6	2	4/4	26	0	0	0	0
	Carolina	0/1	0	0/0	0	0	0	1	0
12/11	Seattle	1/1	0	1/1	3	0	0	0	0
	at Green Bay	4/4	4	0/0	28	0	0	0	0
12/15	Seattle	2/3	2	0/0	14	1	0	0	0
	L.A. Rams	1/3	0	1/1	3	0	0	2	0
12/24	Seattle	3/5	2	1/2	16	0	0	1	0
	Arizona	3/3	3	0/0	21	0	0	0	0
1/1	Seattle	6/6	2	4/4	25	0	0	0	0
	at San Francisco	3/3	3	0/0	21	0	0	0	0
Totals	Seahawks	50/56	26	24/27	248	1	0	2	0
	Opponents	36/46	26	10/12	214	1	0	7	0

2016 SUPERLATIVES

OVERALL	10-5-1
Home	7-1
Road	3-4-1
BY MONTH	
September	2-1
October	2-1-1
November	3-1
December	2-2
January	1-0
TURF	
Artificial	9-2
Natural Grass	1-3-1
INDOORS	0-1-1
VS. CONFERENCE	
vs. AFC	4-0
North	0-0
West	0-0
East	4-0
South	0-0
vs. NFC	6-5-1
North	0-1
West	3-2-1
East	1-0
South	2-2

WHEN SCORING...	
First	7-1
Less than 20 points	1-3-1
20 or more points	9-2
When leading at halftime	10-1
When trailing at halftime	0-4-1
When leading after three quarters	8-1
When trailing after three quarters	1-4-1
When tied after three quarters	0-0
When outrushing opponents	8-3
When plus in time of possession	7-3
When minus in time of possession	3-2-1
When equal in time of possession	0-0
When plus in takeaway/giveaway	6-0
When minus in takeaway/giveaway	4-3
When equal in takeaway/giveaway	0-2-1
With a 100-yard rusher	2-0
With a 100-yard receiver	5-1
With a 300-yard passer	2-1
Versus an opponent 100-yard rusher	1-1-1
Versus an opponent 100-yard receiver	3-3
Versus an opponent 300-yard passer	2-0-1

2016 WEEKLY RANKINGS

NFL

	Offense			Defense		
Week	Total	Rush	Pass	Total	Rush	Pass
1	14	13	16	3	T5	3
2	26	18	21	1	3	4
3	19	15	13	1	9	2
4	16	T20	11	2	6	4
5	*16*	*18*	*12*	*1*	*7*	*2*
6	16	25	11	1	3	5
7	22	27	14	6	5	9
8	23	28	14	6	7	9
9	26	30	13	9	12	10
10	20	30	11	9	9	10
11	16	28	8	9	11	10
12	17	27	14	7	T14	10
13	15	20	14	8	14	T9
14	13	19	12	8	13	10
15	14	20	13	6	8	7
16	15	T22	12	7	8	8
17	12	25	10	5	7	8

NFC

	Offense			Defense		
Week	Total	Rush	Pass	Total	Rush	Pass
1	7	6	8	2	T3	2
2	11	8	11	1	2	1
3	11	6	8	1	5	1
4	10	T9	8	1	3	1
5	*9*	*8*	*7*	*1*	*4*	*1*
6	9	10	7	1	2	3
7	12	12	8	4	3	5
8	12	13	8	3	3	5
9	13	14	7	6	8	5
10	11	14	6	5	5	5
11	9	12	4	5	6	5
12	10	12	8	3	T8	4
13	8	11	7	4	8	T4
14	7	10	5	4	8	5
15	7	10	7	3	4	4
16	8	T11	6	3	4	4
17	7	12	6	3	4	4

Italics – bye week

SEAHAWKS
50

1976 REVIEW (2-12)

Date	W/L	Score	Opponents	Att
09/12	L	30-24	St. Louis	58,441
09/19	L	31-7	at Washington	53,174
09/26	L	37-21	San Francisco	59,108
10/03	L	28-13	Dallas	62,027
10/10	L	28-20	at Green Bay (Mil)	54,983
10/17	W	13-10	at Tampa Bay	43,812
10/24	L	41-14	Detroit	61,280
10/31	L	41-6	at L.A. Rams	52,035
11/07	W	31-13	Atlanta	57,985
11/14	L	27-21	at Minnesota	45,087
11/21	L	51-27	New Orleans	61,865
11/28	L	28-16	at N.Y. Giants	65,111
12/05	L	34-7	Chicago	60,510
12/12	L	27-10	at Philadelphia	37,949

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	237	323
Rushing	75	166
Passing	140	136
Penalty	22	21
3rd Down: Made/Att.	59/221	96/219
3rd Down Pct.	26.7	43.8
4th Down: Made/Att.	15/20	6/16
4th Down Pct.	75.0	37.6
TOTAL NET YARDS	4062	5405
Avg. Per Game	290.1	386.0
Total Plays	882	1008
Avg. Per Play	4.6	5.4
NET YARDS RUSHING	1413	2881
Avg. Per Game	100.9	205.8
Total Rushes	374	614
NET YARDS PASSING	2649	2524
Avg. Per Game	189.2	180.3
Sacked/Yards Lost	28/225	27/246
Gross Yards	2874	2770
Att./Completions	480/229	367/223
Completion Pct.	47.7	60.7
Had Intercepted	30	15
PUNTS/AVERAGE	82/37.4	65/35.0
NET PUNTING AVG.	30.1	29.6
PENALTIES/YARDS	80/684	106/926
FUMBLES/LOST	30/18	23/13
TOUCHDOWNS	29	53
Rushing	14	20
Passing	13	27
Returns	2	6
TOTAL POINTS	229	429

By Quarters	1	2	3	4	OT	Tot
SEA	39	73	61	56	0	229
OPP	91	116	127	95	0	429

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Leypoldt	0	0	0	0	19-22	8-12	0	43
Smith	5	4	1	0	0	0	0	30
Largent	4	0	4	0	0	0	0	24
McCullum	4	0	4	0	0	0	0	24
McKinnis	4	4	0	0	0	0	0	24
Zorn	4	4	0	0	0	0	0	24
SEA	29	14	13	2	26-29	9-16	1	229
OPP	53	20	27	6	51-53	20-30	0	429

Rushing	Att	Yds	Avg	LG	TD
Smith	119	537	4.5	53	4
Zorn	52	246	4.7	19	4
Testerman	67	246	3.8	16	1
Nelson	52	173	3.3	25	1
McKinnis	46	105	2.2	14	4
SEA	374	1413	3.8	53	14
OPP	614	2881	4.7	47	20

Receiving	No	Yds	Avg	LG	TD
Largent	54	705	13.0	45	4
Howard	37	422	11.4	30	0
Smith	36	384	10.6	34	1
McCullum	32	506	15.8	72	4
Testerman	25	232	9.2	25	1
SEA	229	2874	12.6	80	13
OPP	223	2770	12.4	66	27

Interceptions	No	Yds	Avg	LG	TD
Brown	4	70	17.5	33	0
Woolsey	4	19	4.7	13	0
Matthews	3	60	20.0	40	1
SEA	15	218	14.5	40	1
OPP	30	388	12.9	70	4

Punt Returns	No	FC	Yds	Avg	LG	TD
Blackwood	19	2	132	6.9	26	0
Brown	13	4	74	5.6	19	0
SEA	39	6	246	6.3	26	0
OPP	56	3	534	9.5	50	1

Kickoff Returns	No	Yds	Avg	LG	TD
Ross	30	655	21.8	45	0
Bolton	15	280	18.6	30	0
SEA	79	1605	20.3	45	0
OPP	46	1041	22.6	41	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Engles	80	3067	38.3	29.9	3	13	55	2
SEA	82	3067	37.4	30.1	3	13	55	2
OPP	65	2275	35.0	29.6	5	10	54	2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	439	208	2571	47.3	5.85	12	2.7	27	6.1	80	25/196	49.4
Munson	37	20	295	54.0	7.97	1	2.7	3	8.1	44	3/29	----
SEA	480	229	2874	47.7	5.98	13	3.7	30	6.2	80	26/225	49.9
OPP	367	223	2770	60.8	7.54	27	7.3	15	4.0	66	27/246	91.7

Field Goals	1-19	20-29	30-39	40-49	50+
Bitterlich	0-0	1-1	0-2	0-1	0-0
Leypoldt	0-0	2-2	1-2	5-7	0-1
SEA	0-0	3-3	1-4	5-8	0-1
OPP	1-1	7-7	7-11	5-9	0-2

Bitterlich: (27) (—) (36W,40W,33W)
Leypoldt: () () () (—) (48,44,45B) (25,39,51S) (—) (43,41) (—) (36W) (—) (45,46R) (—) (24)
OPP: (28,46W,22,26) (37) (45,45,31) (50B,39W) (—) (38,36W,35B) (25,44) (20) (44W,18,40B,21) (32W,43,39) (46,36,21)(—) (45S,51S) (33,37)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Brown	111	85	26	0.0	17	2	0
Curtis	107	66	41	1.0	1	0	1
Bradley	101	75	26	0.0	4	1	1
Matthews	92	75	17	0.0	13	0	0
Niehaus	90	58	32	8.5	0	0	1

Record (Finish): 2-12 (5th, NFC West)

Head Coach: Jack Patera (2-12, .143)

Assistants: Sam Boghosian (Off. Coord./OL), Bob Hollway (Def. Coord./DBs), Earl Leggett (DL), Andy MacDonald (RBs), Larry Peccatiello (LBs), Jerry Rhome (QBs/WRs/TEs)

Captains: T Norm Evans (Off.), LB Mike Curtis (Def.), LB Ed Bradley (Sp. Teams)

MVP: QB Jim Zorn

Pro Bowl: None

National Honors: QB Jim Zorn, NFC Offensive **Rookie of the Year:** DT Steve Niehaus, NFC Defensive Rookie of the Year

All-NFL: None

OFFENSE

Pos.		Starts
WR	Sam McCullum	13
LT	Nick Bebout	13
LG	Bob Penchion	13
C	Fred Hoaglin	7
	Art Kuehn*	7
RG	John Demarie	7
	Bob Newton	7
RT	Norm Evans	10
TE	Ron Howard	13
WR	Steve Largent*	13
QB	Jim Zorn*	14
RB	Sherman Smith*	9
FB	Don Testerman*	8

DEFENSE

LE	Dave Tipton	12
LT	Steve Niehaus*	14
RT	Richard Harris	8
RE	Bob Lurtsema	13
LLB	Ken Geddes	9
	Sammy Green*	5
MLB	Ed Bradley	14
RLB	Mike Curtis	14
LCB	Eddie McMillan	14
RCB	Rolly Woolsey	11
FS	Dave Brown	14
SS	Al Matthews	14

SPECIAL TEAMS

K	Don Bitterlich	3
	John Leypoldt	11
P	Rick Engles	14

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Baltimore	11	3	0	.786	417	246
New England*	11	3	0	.786	376	236
Miami	6	8	0	.429	263	264
N.Y. Jets	3	11	0	.214	169	383
Buffalo	2	12	0	.143	245	363

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	10	4	0	.714	342	138
Cincinnati	10	4	0	.714	335	210
Cleveland	9	5	0	.643	267	287
Houston	5	9	0	.357	222	273

WESTERN	W	L	T	Pct.	Pts.	Opp.
Oakland	13	1	0	.929	350	237
Denver	9	5	0	.643	315	206
San Diego	6	8	0	.429	248	285
Kansas City	5	9	0	.357	290	376
Tampa Bay	0	14	0	.000	125	412

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	11	3	0	.786	296	194
Washington*	10	4	0	.714	291	217
St. Louis	10	4	0	.714	309	267
Philadelphia	4	10	0	.286	165	286
N.Y. Giants	3	11	0	.214	170	250

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	11	2	1	.821	305	176
Chicago	7	7	0	.500	253	216
Detroit	6	8	0	.429	262	220
Green Bay	5	9	0	.357	218	299

WESTERN	W	L	T	Pct.	Pts.	Opp.
Los Angeles	10	3	1	.750	351	190
San Francisco	8	6	0	.571	270	190
Atlanta	4	10	0	.286	172	312
New Orleans	4	10	0	.286	253	346
Seattle	2	12	0	.143	229	429

1977 REVIEW (5-9)

Date	W/L	Score	Opponents	Att.
09/18	L	29-14	Baltimore	58,991
09/25	L	42-20	at Cincinnati	45,579
10/02	L	24-13	Denver	53,108
10/09	L	31-0	at New England	45,929
10/16	W	30-23	Tampa Bay	54,783
10/23	L	31-13	at Miami	29,855
10/30	W	56-17	Buffalo	61,180
11/06	L	44-7	at Oakland	50,929
11/13	W	17-0	at N.Y. Jets	43,973
11/20	L	22-10	Houston	61,519
11/27	L	30-28	San Diego	55,338
12/04	L	30-20	at Pittsburgh	45,429
12/11	W	34-31	at Kansas City	22,562
12/18	W	20-19	Cleveland	61,583

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	251	295
Rushing	116	152
Passing	116	125
Penalty	19	18
3rd Down: Made/Att.	72/187	86/206
3rd Down Pct.	38.5	41.7
4th Down: Made/Att.	6/16	9/14
4th Down Pct.	37.6	64.3
TOTAL NET YARDS	4292	4818
Avg. Per Game	306.6	344.1
Total Plays	869	963
Avg. Per Play	4.9	5.0
NET YARDS RUSHING	1964	2485
Avg. Per Game	140.3	177.5
Total Rushes	461	596
NET YARDS PASSING	2328	2333
Avg. Per Game	166.3	166.6
Sacked/Yards Lost	21/131	18/131
Gross Yards	2459	2464
Att./Completions	387/175	349/196
Completion Pct.	45.2	56.2
Had Intercepted	32	25
PUNTS/AVERAGE	64/38.0	54/36.0
NET PUNTING AVG.	30.6	30.8
PENALTIES/YARDS	76/666	96/794
FUMBLES/BALL LOST	26/13	20/11
TOUCHDOWNS	37	43
Rushing	12	21
Passing	23	19
Returns	2	3
TOTAL POINTS	282	373

By Quarters	1	2	3	4	OT	Tot
SEA	52	106	57	67	0	282
OPP	101	105	65	102	0	373

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Largent	10	0	10	0	0	0	0	60
Leypoldt	0	0	0	0	33-37	9-18	0	60
Sims	8	5	3	0	0	0	0	48
Smith	6	4	2	0	0	0	0	36
Testerman	5	1	4	0	0	0	0	30
SEA	37	12	23	2	33-37	9-18	0	282
OPP	43	21	19	3	42-43	23-31	2	373

Rushing	Att	Yds	Avg	LG	TD
Smith	163	763	4.7	39	4
Testerman	119	459	3.8	20	1
Sims	99	369	3.7	17	5
Hunter	32	179	5.5	20	1
Zorn	25	141	5.6	15	1
SEA	461	1964	4.3	39	12
OPP	596	2485	4.2	41	21

Receiving	No	Yds	Avg	LG	TD
Largent	33	643	19.4	74	10
Testerman	31	219	7.0	25	4
Smith	30	419	13.9	44	2
Fergerson	19	374	19.6	45	2
Howard	17	177	10.4	24	1
Sims	12	176	14.6	82	3
Sawyer	10	105	10.5	27	0
SEA	175	2459	14.1	82	23
OPP	196	2464	12.6	67	19

Interceptions	No	Yds	Avg	LG	TD
Beamon	6	36	6.0	16	0
McMillan	4	157	39.2	57	0
Brown	4	68	17.0	29	1
Preece	4	55	13.7	29	0
Geddes	3	9	3.0	6	0
SEA	25	356	14.2	57	1
OPP	32	594	18.6	102	3

Kickoff Returns	No	Yds	Avg	LG	TD
Hunter	36	820	22.7	41	0
Fergerson	11	240	21.8	39	0
Packer	13	280	21.5	44	0
SEA	71	1502	21.2	44	0
OPP	50	1240	24.8	70	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Packer	20	0	131	6.5	31	0
SEA	31	4	217	7.0	31	0
OPP	41	2	372	9.1	39	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	251	104	1683	41.4	6.60	16	6.3	19	7.5	82	12/51	54.2
Myer	130	70	729	53.8	5.60	6	4.6	12	9.2	45	9/80	47.6
SEA	387	175	2459	45.2	6.35	23	5.9	32	8.2	82	21/131	51.7
OPP	349	196	2464	56.1	7.06	19	5.4	25	7.1	67	18/131	66.6

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	58	2293	39.5	31.8	4	10	59	1
Engles	4	137	34.3	25.3	0	0	41	1
SEA	64	2430	38.0	30.6	4	10	59	2
OPP	54	1942	36.0	30.8	3	11	61	2

Field Goals	1-19	20-29	30-39	40-49	50+
Leypoldt	1-2	2-3	2-4	3-4	1-5
SEA	1-2	2-3	2-4	3-4	1-5
OPP	0-0	9-10	10-12	4-9	0-0

Leypoldt: (19B) (52S,32,42) (52S) (—)
(43,21R,37B) (19,41) (—) (—) (33R, 43L,50R,33)
(51) (—) (20,27) (—) (51S)
OPP: (45R,38,42) (—) (36) (36,26R) (40,37,20)
(39L,41) (25) (35,39,37) (46R) (31B,46B,27,37)
(40,26,39) (22,28,43) (49L,23,45L) (24,38)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Beeson	136	110	26	1.0	5	0	1
Beamon	128	82	36	0.0	8	1	0
Green	98	57	41	0.0	5	1	0
Preece	96	61	35	0.0	5	1	1
McMillan	80	63	17	0.0	15	0	3
Lurtsema	79	46	33	2.0	0	0	0

Record (Finish): 5-9 (4th, AFC West). Set record for wins by 2nd year expansion team.
Head Coach: Jack Patera (7-21, .250)
Assistants: Sam Boghosian (Off. Coord./OL), Bob Hollway (Def. Coord./DBs), Earl Leggett (DL), Andy MacDonald (RBs), Larry Peccatiello (LBs), Jerry Rhome (QBs/WRs/TEs)
Captains: T Norm Evans (Off.), CB Eddie McMillan (Def.), FS Steve Preece (Sp. Teams)
MVP: WR Steve Largent
Pro Bowl: None
National Honors: None
All-NFL: None

OFFENSE

Pos.		Starts
WR	Duke Fergerson	8
	Sam McCullum	3
	Steve Raible	3
LT	Nick Bebout	12
LG	Gordon Jolley	11
C	Art Kuehn	14
RG	Ron Coder	14
RT	Norm Evans	13
TE	Ron Howard	12
WR	Steve Largent	14
QB	Jim Zorn	10
	Steve Myer	4
RB	Sherman Smith	13
FB	Don Testerman	13

DEFENSE

LE	Richard Harris	14
LT	Ron East	14
RT	Bob Lurtsema	9
	Dennis Boyd*	5
RE	Alden Roche	9
LLB	Sammy Green	14
MLB	Terry Beeson*	13
RLB	Ken Geddes	14
LCB	Eddie McMillan	4
RCB	Dave Brown	14
SS	Autry Beamon	9
	Don Dufek	5
FS	Steve Preece	14

SPECIAL TEAMS

K	John Leypoldt	14
P	Herman Weaver	13
	Rick Engles	1

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Baltimore	10	4	0	.714	295	221
Miami	10	4	0	.714	313	197
New England	9	5	0	.643	278	217
N.Y. Jets	3	11	0	.214	191	300
Buffalo	3	11	0	.214	160	313

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	9	5	0	.643	283	243
Houston	8	6	0	.571	299	230
Cincinnati	8	6	0	.571	238	235
Cleveland	6	8	0	.429	269	267

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	12	2	0	.857	274	148
Oakland*	11	3	0	.786	351	230
San Diego	7	7	0	.500	222	205
Seattle	5	9	0	.357	282	373
Kansas City	2	12	0	.143	225	349

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	12	2	0	.857	345	212
Washington	9	5	0	.643	196	189
St. Louis	7	7	0	.500	272	287
Philadelphia	5	9	0	.357	220	207
N.Y. Giants	5	9	0	.357	181	265

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	9	5	0	.643	231	227
Chicago*	9	5	0	.643	255	253
Detroit	6	8	0	.429	183	252
Green Bay	4	10	0	.286	134	219
Tampa Bay	2	12	0	.143	103	223

WESTERN	W	L	T	Pct.	Pts.	Opp.
Los Angeles	10	4	0	.714	302	146
Atlanta	7	7	0	.500	179	129
San Francisco	5	9	0	.357	220	260
New Orleans	3	11	0	.214	232	336

1978 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/03	L	24-20	San Diego	55,778
09/10	L	21-10	at Pittsburgh	48,277
09/17	W	24-17	at N.Y. Jets	46,911
09/24	W	28-16	Detroit	56,781
10/01	L	28-7	at Denver	74,989
10/08	W	29-28	Minnesota	62,031
10/15	L	45-28	at Green Bay (Mil)	52,712
10/22	W	27-7	Oakland	62,529
10/29	L	20-17	Denver (OT)	62,948
11/05	W	31-29	at Chicago	50,697
11/12	L	17-14	Baltimore	61,905
11/19	W	13-10	at Kansas City	35,252
11/26	W	17-16	at Oakland	52,978
12/03	W	47-24	Cleveland	62,262
12/10	L	37-10	at San Diego	49,975
12/17	W	23-19	Kansas City	58,490

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	345	331
Rushing	150	153
Passing	156	160
Penalty	39	18
3rd Down: Made/Att.	98/235	88/216
3rd Down Pct.	41.7	40.7
4th Down: Made/Att.	20/31	8/14
4th Down Pct.	64.5	57.1
TOTAL NET YARDS	5511	5522
Avg. Per Game	344.4	345.1
Total Plays	1072	1036
Avg. Per Play	5.1	5.3
NET YARDS RUSHING	2394	2517
Avg. Per Game	149.6	157.3
Total Rushes	561	551
NET YARDS PASSING	3117	3005
Avg. Per Game	194.8	187.8
Sacked/Yards Lost	44/284	25/220
Gross Yards	3401	3225
Att./Completions	467/261	460/263
Completion Pct.	55.9	57.2
Had Intercepted	22	22
PUNTS/AVERAGE	69/36.9	66/38.0
NET PUNTING AVG.	29.9	31.0
PENALTIES/YARDS	94/789	125/997
FUMBLES/BALL LOST	36/19	34/17
TOUCHDOWNS	44	43
Rushing	28	20
Passing	15	21
Returns	1	2
TOTAL POINTS	345	358

By Quarters	1	2	3	4	OT	Tot
SEA	85	115	50	95	0	345
OPP	68	114	79	94	3	358

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Sims	15	14	1	0	0	0	0	90
Herrera	0	0	0	0	40-44	13-21	0	79
Largent	8	0	8	0	0	0	0	48
Smith	7	6	1	0	0	0	0	42
Zorn	6	6	0	0	0	0	0	36
SEA	44	28	15	1	40-44	13-21	1	345
OPP	43	20	21	2	41-43	19-27	1	358

Rushing	Att	Yds	Avg	LG	TD
Smith	165	805	4.9	67	6
Sims	174	752	4.3	44	14
Hunter	105	348	3.3	55	2
Zorn	59	290	4.9	23	6
SEA	561	2394	4.3	67	28
OPP	551	2517	4.6	62	20

Receiving	No	Yds	Avg	LG	TD
Largent	71	1168	16.5	57	8
McCullum	37	525	14.2	44	3
Sims	30	195	6.5	25	1
Smith	28	366	13.1	64	1
Raible	22	316	14.4	38	1
SEA	261	3401	13.0	64	15
OPP	263	3225	12.3	55	21

Interceptions	No	Yds	Avg	LG	TD
Webster	5	9	1.8	4	0
Harris	4	65	16.3	28	0
Beamon	4	17	4.3	15	0
Brown	3	44	14.7	44	0
SEA	22	193	8.8	44	1
OPP	22	300	13.6	52	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	66	2440	37.0	29.5	6	13	59	0
SEA	69	2543	36.9	29.9	6	15	59	0
OPP	66	2507	38.0	31.0	6	16	67	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Crawford	34	4	284	8.4	22	0
SEA	40	5	342	8.6	42	0
OPP	36	9	363	10.1	24	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	443	248	3283	56.0	7.41	15	3.4	20	4.5	64	44/284	72.2
Myer	22	11	94	50.0	4.27	0	0.0	2	9.1	17	0/0	----
SEA	467	261	3401	55.9	7.28	15	3.2	22	4.7	64	44/284	70.0
OPP	460	263	3225	57.2	7.01	21	4.6	22	4.8	55	25/220	74.3

Kickoff Returns	No	Yds	Avg	LG	TD
Hunter	16	385	24.1	38	0
Crawford	35	829	23.7	36	0
SEA	67	1510	22.5	38	0
OPP	66	1328	20.1	95	1

Field Goals	1-19	20-29	30-30	40-49	50+
Herrera	2-2	1-1	5-7	5-10	0-1
SEA	2-2	1-1	5-7	5-10	0-1
OPP	2-2	7-7	8-10	2-5	0-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Beeson	153	107	46	0.0	4	0	0
Butler	122	83	39	2.0	13	0	2
Green	115	79	36	0.0	2	0	1
Webster	113	85	28	0.0	33	0	1
Harris	113	72	41	2.0	15	1	0

Record (Finish): 9-7 (T2nd, AFC West)

Head Coach: Jack Patera (16-28, .364)

Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs)

Captains: T Norm Evans & WR Steve Largent (Off.), DT Dennis Boyd (Def.), SS Autry Beamon (Sp. Teams)

MVP: QB Jim Zorn

Pro Bowl: WR Steve Largent (1)

National Honors: Jack Patera (Coach of the Year), GM John Thompson (Exec. of the Year)

First-Team All-NFL: QB Jim Zorn (*NEA*)

OFFENSE

Pos.		Starts
WR	Sam McCullum	16
LT	Nick Bebout	16
LG	Tom Lynch	16
C	John Yarno	13
RG	Bob Newton	16
RT	Steve August	14
TE	Ron Howard	11
	John Sawyer	5
WR	Steve Largent	16
QB	Jim Zorn	16
RB	Sherman Smith+	11
	Al Hunter	6
FB	David Sims	9
	Don Testerman	5

DEFENSE

LE	Ernie Price	11
	Bill Sandifer	5
LT	Dennis Boyd	16
RT	Bill Sandifer	8
	Steve Niehaus	6
RE	Bill Gregory	14
LLB	Sammy Green	16
MLB	Terry Beeson	16
RLB	Keith Butler*	14
LCB	Cornell Webster	14
	Keith Simpson*	2
RCB	Dave Brown	16
SS	Autry Beamon	16
FS	John Harris*	16

SPECIAL TEAMS

K	Efren Herrera	16
P	Herman Weaver	16

*Rookie or first-year player

+Started 1 game at fullback

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
New England	11	5	0	.688	358	286
Miami*	11	5	0	.688	372	254
N.Y. Jets	8	8	0	.500	359	364
Buffalo	5	11	0	.313	302	354
Baltimore	5	11	0	.313	249	425

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	14	2	0	.875	356	195
Houston*	10	6	0	.625	283	298
Cleveland	8	8	0	.500	334	356
Cincinnati	4	12	0	.250	252	284

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	10	6	0	.625	282	198
Seattle	9	7	0	.563	345	358
Oakland	9	7	0	.563	311	283
San Diego	9	7	0	.563	355	309
Kansas City	4	12	0	.250	243	327

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	12	4	0	.750	384	208
Philadelphia*	9	7	0	.563	270	250
Washington	8	8	0	.500	273	283
St. Louis	6	10	0	.375	248	296
N.Y. Giants	6	10	0	.375	264	298

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	8	7	1	.531	294	306
Green Bay	8	7	1	.531	249	269
Detroit	7	9	0	.438	290	300
Chicago	7	9	0	.438	253	274
Tampa Bay	5	11	0	.313	241	259

WESTERN	W	L	T	Pct.	Pts.	Opp.
Los Angeles	12	4	0	.750	316	245
Atlanta*	9	7	0	.563	240	290
New Orleans	7	9	0	.438	281	198
San Francisco	2	14	0	.125	219	350

1979 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/02	L	33-16	San Diego	62,287
09/09	L	19-10	at Miami	56,233
09/16	W	27-10	Oakland	61,602
09/23	L	37-34	at Denver	74,879
09/30	L	24-6	Kansas City	61,169
10/07	W	35-24	at San Francisco	44,592
10/14	L	20-10	at San Diego	50,077
10/21	W	34-14	Houston	60,705
10/29	W	31-28	at Atlanta	52,566
11/04	L	24-0	L.A. Rams	62,048
11/11	W	29-24	at Cleveland	72,440
11/18	W	38-24	New Orleans	60,055
11/26	W	30-7	N.Y. Jets	59,977
12/02	L	37-21	at Kansas City	42,160
12/08	W	28-23	Denver	60,038
12/16	W	29-24	at Oakland	53,177

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	315	350
Rushing	121	146
Passing	171	171
Penalty	23	33
3rd Down: Made/Att.	104/243	88/224
3rd Down Pct.	42.8	39.3
4th Down: Made/Att.	14/23	13/21
4th Down Pct.	60.9	61.9
TOTAL NET YARDS	5557	5834
Avg. Per Game	347.3	364.6
Total Plays	1046	1078
Avg. Per Play	5.3	5.4
NET YARDS RUSHING	1967	2375
Avg. Per Game	122.9	148.4
Total Rushes	500	533
NET YARDS PASSING	3590	3459
Avg. Per Game	224.4	216.2
Sacked/Yards Lost	23/201	37/280
Gross Yards	3791	3739
Att./Completions	523/292	508/317
Completion Pct.	55.8	62.4
Had Intercepted	18	17
PUNTS/AVERAGE	70/38.4	69/37.9
NET PUNTING AVG.	33.1	31.5
PENALTIES/YARDS	104/903	117/1045
FUMBLES/BALL LOST	31/18	39/16
TOUCHDOWNS	46	46
Rushing	24	23
Passing	20	21
Returns	2	2
TOTAL POINTS	378	372

By Quarters	1	2	3	4	OT	Tot
SEA	78	114	87	99	--	378
OPP	63	116	84	109	--	372

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Herrera	0	0	0	0	43-46	19-23	0	100
Smith	15	11	4	0	0	0	0	90
Doornink	9	8	1	0	0	0	0	54
Largent	9	0	9	0	0	0	0	54
McCullum	4	0	4	0	0	0	0	24
SEA	46	24	20	2	43-46	19-23	1	378
OPP	46	23	21	2	42-46	18-29	0	372

Rushing	Att	Yds	Avg	LG	TD
Smith	194	775	4.0	31	11
Doornink	152	500	3.3	26	8
Zorn	46	279	6.1	41	2
Hunter	34	174	5.1	67	1
Moore	44	168	3.8	18	2
SEA	500	1967	3.9	67	24
OPP	533	2375	4.5	84	23

Receiving	No	Yds	Avg	LG	TD
Largent	66	1237	18.7	55	9
Doornink	54	432	8.0	41	1
Smith	48	499	10.4	35	4
McCullum	46	739	16.1	65	4
Peets	25	293	11.7	28	1
Raible	20	252	12.6	41	1
Moore	14	128	9.1	24	0
SEA	292	3791	13.0	65	20
OPP	317	3739	11.8	51	21

Interceptions	No	Yds	Avg	LG	TD
Brown	6	46	9.2	23	0
Simpson	4	72	18.0	41	0
Harris	2	30	15.0	25	0
SEA	17	284	16.7	91	1
OPP	18	185	10.3	34	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	66	2651	40.2	33.4	3	11	60	3
SEA	70	2687	38.4	33.1	4	11	60	3
OPP	69	2616	37.9	31.5	8	14	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
T. Green	16	3	121	7.6	30	0
Moore	10	1	90	9.0	29	0
SEA	34	6	281	8.3	30	0
OPP	42	12	289	6.9	27	0

Kickoff Returns	No	Yds	Avg	LG	TD
T. Green	20	437	21.9	31	0
Moore	31	641	20.7	39	0
SEA	70	1444	20.6	39	0
OPP	70	1238	17.7	41	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	505	285	3661	56.4	7.25	20	4.0	18	3.6	65	23/201	77.6
SEA	523	292	3791	55.8	7.25	20	3.8	18	3.4	65	23/201	76.2
OPP	508	317	3739	62.4	7.36	21	4.1	17	3.3	51	37/280	84.6

Field Goals	1-19	20-29	30-39	40-49	50+
Herrera	1-1	7-8	5-6	6-7	0-1
SEA	1-1	7-8	5-6	6-7	0-1
OPP	0-0	10-11	6-9	2-8	0-1

Herrera: (34) (32,49R) (23B,46,20) (28,22,39B) (38,53S,20) (—) (19) (48,30) (24) (—) (34) (27) (49,42,45) (—) (—) (24,42)
OPP: (31,42,22,23) (36,31) (34L,50S,37) (27) (36) (25) (40R,38L) (—) (25R) (40B,23) (28,44L) (37S,40) (42L) (27,31,22) (41R,29) (20,43S)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Beeson	116	89	27	2.0	4	0	1
Beamon	112	75	37	0.0	14	1	2
Jackson	95	53	42	0.0	8	0	1
Hardy	87	67	20	3.5	1	1	0
Butler	88	56	32	2.0	9	0	2
Simpson	88	73	15	2.0	12	4	0

Record (Finish): 9-7 (T3rd, AFC West)

Head Coach: Jack Patera (25-35, .417)

Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Rusty Tillman (Sp. Teams)

Captains: WR Steve Largent (Off.), DE Dennis Boyd (Def.), FS Autry Beamon (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: WR Steve Largent (2)

National Honors: None

All-NFL: WR Steve Largent (*SI, N.Y. Daily News*)

OFFENSE

Pos.		Starts
WR	Sam McCullum	16
LT	Nick Bebout	13
LG	Tom Lynch	16
C	John Yarno	16
RG	Bob Newton	11
	Ron Coder	5
RT	Steve August	16
TE	Brian Peets	14
WR	Steve Largent	15
QB	Jim Zorn	16
RB	Sherman Smith	15
FB	Dan Doornink	12
	David Sims	4

DEFENSE

LE	Carl Eller	8
	Dennis Boyd	4
	Ernie Price	4
LT	Robert Hardy*	16
RT	Manu Tuiasosopo*	16
RE	Bill Gregory	16
LLB	Sammy Green	9
	Michael Jackson	7
MLB	Terry Beeson	16
RLB	Keith Butler	14
LCB	Cornell Webster	14
RCB	Dave Brown	16
SS	Keith Simpson	11
	Autry Beamon	4
FS	Autry Beamon	9
	John Harris	6

SPECIAL TEAMS

K	Efren Herrera	16
P	Herman Weaver	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	10	6	0	.625	341	257
New England	9	7	0	.563	411	326
N.Y. Jets	8	8	0	.500	337	383
Buffalo	7	9	0	.438	268	279
Baltimore	5	11	0	.313	271	351

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	12	4	0	.750	416	262
Houston*	11	5	0	.688	362	331
Cleveland	9	7	0	.563	359	352
Cincinnati	4	12	0	.250	337	421

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Diego	12	4	0	.750	411	246
Denver*	10	6	0	.625	289	262
Seattle	9	7	0	.563	378	372
Oakland	9	7	0	.563	365	337
Kansas City	7	9	0	.438	238	262

*= Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	11	5	0	.688	371	313
Philadelphia*	11	5	0	.688	339	282
Washington	10	6	0	.625	348	295
N.Y. Giants	6	10	0	.375	237	323
St. Louis	5	11	0	.313	307	358

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Tampa Bay	10	6	0	.625	273	237
Chicago*	10	6	0	.625	306	249
Minnesota	7	9	0	.438	259	337
Green Bay	5	11	0	.313	246	316
Detroit	2	14	0	.125	219	365

WESTERN	W	L	T	Pct.	Pts.	Opp.
Los Angeles	9	7	0	.563	323	309
New Orleans	8	8	0	.500	370	360
Atlanta	6	10	0	.375	300	388
San Francisco	2	14	0	.125	308	416

1980 REVIEW (4-12)

Date	W/L	Score	Opponents	Att
09/07	L	34-13	San Diego	62,042
09/14	W	17-16	at Kansas City	42,403
09/21	L	37-31	New England	61,035
09/28	W	14-0	at Washington	53,263
10/05	W	26-7	at Houston	46,860
10/12	L	27-3	Cleveland	61,366
10/19	W	27-17	at N.Y. Jets	52,496
10/26	L	33-14	at Oakland	50,185
11/02	L	27-20	Philadelphia	61,047
11/09	L	31-30	Kansas City	58,976
11/17	L	19-17	Oakland	60,480
11/23	L	36-20	at Denver	73,274
11/27	L	51-7	at Dallas	57,540
12/07	L	27-21	N.Y. Giants	51,617
12/13	L	21-14	at San Diego	49,980
12/21	L	25-17	Denver	51,853

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	302	301
Rushing	114	129
Passing	166	147
Penalty	22	25
3rd Down: Made/Att.	85/230	110/235
3rd Down Pct.	37.0	46.8
4th Down: Made/Att.	10/15	13/14
4th Down Pct.	66.7	92.9
TOTAL NET YARDS	4879	5177
Avg. Per Game	304.9	323.6
Total Plays	1024	1038
Avg. Per Play	4.8	5.0
NET YARDS RUSHING	1783	2067
Avg. Per Game	111.4	129.2
Total Rushes	456	550
NET YARDS PASSING	3096	3110
Avg. Per Game	193.5	194.4
Sacked/Yards Lost	51/398	26/170
Gross Yards	3494	3280
Att./Completions	517/287	462/267
Completion Pct.	55.5	57.8
Had Intercepted	23	23
PUNTS/AVERAGE	70/40.4	66/40.2
NET PUNTING AVG.	31.6	34.6
PENALTIES/YARDS	109/901	103/876
FUMBLES/BALL LOST	38/15	33/11
TOUCHDOWNS	33	47
Rushing	13	17
Passing	18	28
Returns	2	2
TOTAL POINTS	291	408

By Quarters	1	2	3	4	OT	Tot
SEA	25	95	50	121	0	291
OPP	48	139	77	144	0	408

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Herrera	0	0	0	0	33-33	20-31	0	93
Jodat	6	5	1	0	0	0	0	36
Largent	6	0	6	0	0	0	0	36
McCullum	6	0	6	0	0	0	0	36
Doornink	5	3	2	0	0	0	0	30
McCutcheon	4	3	1	0	0	0	0	24
SEA	33	13	18	2	33-33	20-31	0	291
OPP	47	17	28	2	45-47	25-33	3	408

Rushing	Att	Yds	Avg	LG	TD
Jodat	155	632	4.1	26	5
Doornink	100	344	3.4	22	3
Zorn	44	214	4.9	25	1
McCutcheon	40	202	5.1	32	3
Moore	60	202	3.4	20	0
SEA	456	1783	3.9	32	13
OPP	550	2067	3.8	46	17

Interceptions	No	Yds	Avg	LG	TD
Brown	6	32	5.3	24	0
Harris	6	28	4.7	15	0
Simpson	3	15	5.0	10	0
SEA	23	95	4.1	24	0
OPP	23	170	7.4	25	2

Receiving	No	Yds	Avg	LG	TD
Largent	66	1064	16.1	67	6
McCullum	62	874	14.1	58	5
Sawyer	36	410	11.4	32	0
Doornink	31	237	7.6	16	2
Jodat	26	190	7.3	14	1
Moore	25	231	9.2	34	0
SEA	287	3494	12.2	67	18
OPP	267	3280	12.3	68	28

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	67	2798	41.8	31.6	7	14	62	2
SEA	70	2827	40.4	31.6	7	15	62	2
OPP	66	2652	40.2	34.6	1	20	60	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Lewis	41	9	349	8.5	75	1
SEA	41	9	349	8.5	75	1
OPP	42	9	476	11.3	36	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	488	276	3346	53.3	6.86	17	3.5	20	4.1	67	44/341	72.4
Adkins	23	10	136	43.5	5.91	1	4.3	3	13.0	22	5/51	----
Krieg	2	0	0	0.0	0.00	0	0.0	0	0.0	0	1/6	----
SEA	517	287	3494	55.5	6.76	18	3.5	23	4.4	67	51/398	71.3
OPP	462	267	3280	57.8	7.10	28	6.1	23	5.0	68	26/170	79.3

Kickoff Returns	No	Yds	Avg	LG	TD
Lewis	25	585	23.4	54	0
Webster	21	406	19.3	34	0
SEA	73	1489	20.4	54	0
OPP	64	1223	19.1	46	0

Field Goals	1-19	20-29	30-30	40-49	50+
Herrera	1-1	6-6	8-9	4-10	1-5
SEA	1-1	6-6	8-9	4-10	1-5
OPP	1-1	8-9	9-11	3-5	4-7

Herrera: (46,54S,28)(19)(33)(—)(32,33,50,44,40R) (51S,29)(48,23) (48S) (21,31,41L) (39,31,33,60S) (46S,37) (21,20) (—) (52R,48R) (47L) (31R,47)
OPP: (41,29) (50,23,57) (19,30,44R,29) (33R,50S,52R) (—) (—) (37L, 22) (34,38,43S, 30,25) (39,25) (42) (28) (24,33) (—) (43,32) (23L) (53,55,34,38,52S)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Jackson	136	105	31	0.0	5	1	2
Harris	119	80	39	0.0	9	0	1
Simpson	110	82	28	1.0	17	0	1
Hardy	103	72	31	3.0	2	1	1
Beeson	101	65	36	1.0	1	2	1
Tuiasosopo	94	63	31	3.5	4	0	1

Record (Finish): 4-12 (5th, AFC West)
Head Coach: Jack Patera (29-47, .382)
Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/ LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Rusty Tillman (Sp. Teams)
Captains: WR Steve Largent (Off.), SS Keith Simpson (Def.)
MVP: WR Sam McCullum
Pro Bowl: None
National Honors: None
All-NFL: None

OFFENSE

Pos.		Starts
WR	Sam McCullum	16
LT	Louis Bullard	13
LG	Tom Lynch	12
	Jeff Sevy	4
C	John Yarno	16
RG	Bob Newton	16
RT	Steve August	16
TE	John Sawyer	16
WR	Steve Largent	16
QB	Jim Zorn	16
RB	Dan Doornink	11
	Sherman Smith	2
FB	Jim Jodat	13
	Dan Doornink	3

DEFENSE

LE	Jacob Green*	13
LT	Robert Hardy	16
RT	Manu Tuiasosopo	16
RE	Bill Gregory	13
LLB	Michael Jackson	15
MLB	Terry Beeson	16
RLB	Keith Butler	16
LCB	Kerry Justin	11
	Cornell Webster	5
RCB	Dave Brown	16
SS	Keith Simpson	16
FS	John Harris	16

SPECIAL TEAMS

K	Efren Herrera	16
P	Herman Weaver	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	11	5	0	.688	320	260
New England	10	6	0	.625	441	325
Miami	8	8	0	.500	266	305
Baltimore	7	9	0	.438	355	387
N.Y. Jets	4	12	0	.250	302	395

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cleveland	11	5	0	.688	357	310
Houston*	11	5	0	.688	295	251
Pittsburgh	9	7	0	.563	352	313
Cincinnati	6	10	0	.375	244	312

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	418	327
Oakland*	11	5	0	.688	364	306
Kansas City	8	8	0	.500	319	336
Denver	8	8	0	.500	310	323
Seattle	4	12	0	.250	291	408

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Philadelphia	12	4	0	.750	384	222
Dallas*	12	4	0	.750	454	311
Washington	6	10	0	.375	261	293
St. Louis	5	11	0	.313	299	350
N.Y. Giants	4	12	0	.250	249	425

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	9	7	0	.563	317	308
Detroit	9	7	0	.563	334	272
Chicago	7	9	0	.438	304	264
Tampa Bay	5	10	1	.344	271	341
Green Bay	5	10	1	.344	231	371

WESTERN	W	L	T	Pct.	Pts.	Opp.
Atlanta	12	4	0	.750	405	272
Los Angeles*	11	5	0	.688	424	289
San Francisco	6	10	0	.375	320	415
New Orleans	1	15	0	.063	291	487

1981 REVIEW (6-10)

Date	W/L	Score	Opponents	Att
09/06	L	27-21	at Cincinnati	41,177
09/13	W	13-10	Denver	58,513
09/20	L	20-10	at Oakland	45,725
09/27	L	20-14	Kansas City	59,255
10/04	L	24-10	at San Diego	51,463
10/11	L	35-17	at Houston	42,671
10/18	L	32-0	N.Y. Giants	56,134
10/25	W	19-3	at N.Y. Jets	49,678
11/01	L	34-24	at Green Bay	49,467
11/08	W	24-21	Pittsburgh	59,058
11/16	W	44-23	San Diego	58,628
11/22	L	40-13	at Kansas City	49,002
11/29	L	32-31	Oakland	57,147
12/06	W	27-23	N.Y. Jets	53,105
12/13	L	23-13	at Denver	74,527
12/20	W	42-21	Cleveland	51,435

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	295	371
Rushing	103	175
Passing	166	173
Penalty	26	23
3rd Down: Made/Att.	76/204	107/220
3rd Down Pct.	37.3	48.6
4th Down: Made/Att.	8/19	4/10
4th Down Pct.	42.1	40.0
Possession Avg.	26:59	33:01
TOTAL NET YARDS	5021	5940
Avg. Per Game	313.8	371.3
Total Plays	1001	1126
Avg. Per Play	5.0	5.3
NET YARDS RUSHING	1594	2806
Avg. Per Game	99.6	175.4
Total Rushes	440	588
NET YARDS PASSING	3427	3134
Avg. Per Game	214.2	195.9
Sacked/Yards Lost	37/300	36/260
Gross Yards	3727	3394
Att./Completions	524/307	502/294
Completion Pct.	58.6	58.6
Had Intercepted	15	21
PUNTS/AVERAGE	68/39.0	55/42.5
NET PUNTING AVG.	36.2	35.3
PENALTIES/YARDS	106/823	104/944
FUMBLES/BALL LOST	41/23	43/27
TOUCHDOWNS	40	46
Rushing	14	20
Passing	21	25
Returns	5	1
TOTAL POINTS	322	388

By Quarters	1	2	3	4	OT	Tot
SEA	71	109	85	57	---	322
OPP	58	140	75	115	---	388

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Largent	10	1	9	0	0	0	0	60
Herrera	0	0	0	0	23-25	12-17	0	59
T. Brown	6	6	0	0	0	0	0	36
Doornink	5	1	4	0	0	0	0	30
SEA	40	14	21	5	37-40	15-24	0	322
OPP	46	20	25	1	41-46	23-29	1	388

Rushing	Att	Yds	Avg	LG	TD
T. Brown	141	531	3.8	43	6
Smith	83	253	3.0	21	3
Doornink	65	194	3.0	11	1
Zorn	30	140	4.7	20	1
Hughes	47	135	2.9	15	0
SEA	440	1594	3.6	43	14
OPP	588	2806	4.8	73	20

Receiving	No	Yds	Avg	LG	TD
Largent	75	1224	16.3	57	9
McCullum	46	567	12.3	36	3
Smith	44	406	9.2	28	1
Hughes	35	263	7.5	22	2
Doornink	27	350	13.0	80	4
SEA	307	3727	12.1	80	21
OPP	294	3394	11.5	90	25

Interceptions	No	Yds	Avg	LG	TD
Harris	10	155	15.5	42	2
Easley	3	155	51.7	82	1
SEA	21	397	18.9	82	3
OPP	15	257	17.1	46	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	66	2578	39.1	36.1	2	16	56	0
SEA	68	2665	39.2	36.2	2	16	56	0
OPP	55	2337	42.5	35.3	5	14	63	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Johns	16	4	177	11.1	34	0
Lewis	15	2	100	6.7	23	0
SEA	32	6	293	9.2	34	0
OPP	33	18	153	4.6	16	0

Kickoff Returns	No	Yds	Avg	LG	TD
Lewis	20	378	18.9	36	0
Ivory	15	281	18.7	32	0
SEA	69	1278	18.5	36	0
OPP	67	1177	17.6	35	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	397	236	2788	59.4	7.02	13	3.3	9	2.3	80	24/201	80.2
Krieg	112	64	843	57.1	7.53	7	6.3	5	4.5	57	11/85	83.3
SEA	524	307	3727	58.6	7.11	21	4.0	15	2.9	80	37/300	82.0
OPP	502	294	3394	58.6	6.76	25	5.0	21	4.2	90	36/260	78.2

Field Goals	1-19	20-29	30-39	40-49	50+
Herrera	0-0	6-6	3-4	2-5	1-2
Alvarez	0-0	3-3	0-0	0-4	0-0
SEA	0-0	9-9	3-4	2-9	1-2
OPP	1-1	8-9	9-10	4-6	1-3

Herrera: (37R) (43,22) (26,40R) ( ) (52L,20) (41,47S) ( ) ( ) (54) (37,48R) (25,30,23) (26,30)
Alvarez: ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) (43R,22,42R) (43B) (28,20) (42R)
OPP: (25,43S,40) (30) (34L) (30,38,43L) (47) ( ) (29,54,21,47,31,37) (34) (19,36) (49S,22L) (32) (37,24) (20) (26,50R) (33,43,24) ( )

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Jackson	141	99	42	1.0	4	3	1
Easley	107	79	28	0.0	10	0	3
Butler	100	68	32	1.5	2	0	0
Harris	91	71	20	0.0	7	2	3
Green	87	72	15	12.0	1	5.5	1

Record (Finish): 6-10 (5th, AFC West)

Head Coach: Jack Patera (35-57, .380)

Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Jerry Rhome (Off. Coach/QBs/ WRs/TEs), Jackie Simpson (Def. Coach/LBs), Rusty Tillman (Sp. Teams)

Captains: WR Steve Largent (Off.), CB Keith Simpson (Def.), S Don Dufek (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: WR Steve Largent (3)

National Honors: S Kenny Easley, AFC Defensive Rookie of the Year, First-Team All-NFL

All-NFL: S Kenny Easley

OFFENSE

Pos.		Starts
WR	Sam McCullum	14
LT	Ron Essink	16
LG	Edwin Bailey*	15
C	John Yarno	9
	Art Kuehn	7
RG	Bob Newton	15
RT	Steve August	16
TE	John Sawyer	16
WR	Steve Largent	16
QB	Jim Zorn	13
	Dave Krieg	3
RB	Sherman Smith	8
	Theotis Brown	7
FB	Dan Doornink	9
	Jim Jodat	5

DEFENSE

LE	Jacob Green	16
LT	Robert Hardy	14
RT	Doug Sutherland	6
	Manu Tuiasosopo	5
	Mike White	5
RE	Manu Tuiasosopo	11
LLB	Michael Jackson	15
MLB	Terry Beeson	7
	Joe Norman	7
RLB	Keith Butler	16
LCB	Keith Simpson	12
RCB	Dave Brown	10
	Kerry Justin	6
LS	Kenny Easley*	14
RS	John Harris	16

SPECIAL TEAMS

K	Efren Herrera	12
	Wilson Alvarez	4
P	Jeff West	15

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	11	4	1	.719	345	275
N.Y. Jets*	10	5	1	.565	355	287
Buffalo*	10	6	0	.625	311	276
Baltimore	2	14	0	.125	259	533
New England	2	14	0	.125	322	370

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cincinnati	12	4	0	.750	421	304
Pittsburgh	8	8	0	.500	356	297
Houston	7	9	0	.438	281	355
Cleveland	5	11	0	.313	276	375

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Diego	10	6	0	.625	478	390
Denver	10	6	0	.625	321	289
Kansas City	9	7	0	.563	343	290
Oakland	7	9	0	.438	273	343
Seattle	6	10	0	.375	322	388

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	12	4	0	.750	367	277
Philadelphia*	10	6	0	.625	368	221
N.Y. Giants*	9	7	0	.563	295	257
Washington	8	8	0	.500	347	349
St. Louis	7	9	0	.438	315	408

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Tampa Bay	9	7	0	.563	315	268
Detroit	8	8	0	.500	397	322
Green Bay	8	8	0	.500	324	361
Minnesota	7	9	0	.438	325	369
Chicago	6	10	0	.375	253	324

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	3	0	.813	357	250
Atlanta	7	9	0	.438	426	355
Los Angeles	6	10	0	.375	303	351
New Orleans	4	12	0	.250	207	378

1982 REVIEW (4-5)

Date	W/L	Score	Opponents	Att
09/12	L	21-7	Cleveland	55,907
09/19	L	23-21	at Houston	43,117
09/26			at New England	Cxl
10/03			Kansas City	Cxl
10/10			at San Diego	Cxl
10/17			L.A. Raiders	Cxl
10/24			San Diego	Cxl
10/31			at Kansas City	Cxl
11/07			Denver	Cxl
11/14			at St. Louis	Cxl
11/21	W	17-10	at Denver	73,916
11/28	W	16-0	Pittsburgh	55,553
12/05	L	28-23	at L.A. Raiders	42,170
12/12	W	20-14	Chicago	52,826
12/19	L	16-0	New England	53,457
12/26	L	24-10	at Cincinnati	55,330
01/02	W	13-11	Denver	43,145

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	159	167
Rushing	51	86
Passing	89	68
Penalty	19	13
3rd Down: Made/Att.	43/130	50/126
3rd Down Pct.	33.1	39.7
4th Down: Made/Att.	6/12	5/8
4th Down Pct.	50.0	62.5
POSSESSION AVG.	28:04	31:56
TOTAL NET YARDS	2594	2794
Avg. Per Game	288.2	310.4
Total Plays	589	600
Avg. Per Play	4.4	4.7
NET YARDS RUSHING	795	1461
Avg. Per Game	88.3	162.3
Total Rushes	227	337
NET YARDS PASSING	1799	1333
Avg. Per Game	199.9	148.1
Sacked/Yards Lost	36/269	17/135
Gross Yards	2068	1468
Att./Completions	326/176	246/138
Completion Pct.	54.0	56.1
Had Intercepted	13	13
PUNTS/AVERAGE	49/38.6	50/40.6
NET PUNTING AVG.	35.9	34.9
PENALTIES/YARDS	59/523	44/406
FUMBLES/BALL LOST	21/11	18/9
TOUCHDOWNS	14	18
Rushing	4	12
Passing	9	4
Returns	1	2
TOTAL POINTS	127	147

By Quarters	1	2	3	4	OT	Tot
SEA	9	37	28	53	0	127
OPP	26	70	23	28	0	147

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	13-14	10-14	0	43
Largent	3	0	3	0	0	0	0	18
T. Brown	2	2	0	0	0	0	0	12
Carr	2	0	2	0	0	0	0	12
Walker	2	0	2	0	0	0	0	12
SEA	14	4	9	1	13-14	10-14	0	127
OPP	18	12	4	2	17-18	6-15	2	147

Rushing	Att	Yds	Avg	LG	TD
Smith	63	202	3.2	19	0
Doornink	45	178	4.0	46	0
T. Brown	53	141	2.7	17	2
Zorn	15	113	7.5	35	1
Hughes	30	106	3.5	13	0
SEA	227	795	3.5	46	4
OPP	337	1461	4.3	53	12

Receiving	No	Yds	Avg	LG	TD
Largent	34	493	14.5	45	3
Doornink	22	176	8.0	44	0
Smith	19	196	10.3	39	0
Carr	15	265	17.7	50	2
Johns	15	234	15.6	35	1
Metzelaars	15	152	10.1	26	0
SEA	176	2068	11.8	50	9
OPP	138	1468	10.6	56	4

Interceptions	No	Yds	Avg	LG	TD
Easley	4	48	12.0	44	0
Harris	4	33	8.3	18	0
Jackson	2	29	14.5	28	0
SEA	13	160	12.3	44	1
OPP	13	88	6.8	39	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	48	1835	38.2	36.7	3	8	52	0
SEA	49	1889	38.6	35.9	3	9	54	0
OPP	50	2032	40.6	34.9	3	10	59	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Johns	19	10	210	11.1	37	0
SEA	21	14	228	10.9	37	0
OPP	19	23	69	3.6	18	0

Kickoff Returns	No	Yds	Avg	LG	TD
Ivory	10	224	22.4	30	0
Lane	11	172	15.6	32	0
SEA	29	544	18.8	32	0
OPP	24	361	15.0	34	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	245	126	1540	51.4	6.29	7	2.9	11	4.5	50	20/152	62.1
Krieg	78	49	501	62.8	6.42	2	2.6	2	2.6	44	16/117	79.0
SEA	326	176	2068	54.0	6.34	9	2.8	13	4.0	50	36/269	66.1
OPP	246	138	1468	56.1	5.97	4	1.6	13	5.3	56	17/135	57.1

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	0-0	3-4	5-6	2-3	0-1
SEA	0-0	3-4	5-6	2-3	0-1
OPP	0-0	4-5	2-3	0-6	0-1

N. Johnson: ( ) ( ) (37R,41R,23R,25) (35,48,29) (30) (30,34) (52B) (43) (22,34)
OPPONENTS: (45B,26B,42L) (24) (21) ( ) (42L) (50R) (21,41B,37,48L,23) (34) (39L,44B)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Jackson	64	40	24	0.0	5	0	1
Easley	56	49	7	1.0	3	1	1
D. Brown	51	40	11	1.0	2	0	2
Scholtz	48	36	12	1.0	3	1	1
Simpson	46	42	4	0.0	3	0	0
Butler	45	36	9	2.0	1	0	0

Record (Finish): 4-5 (T8th, AFC). Season shortened to 9 games because of players' strike. Top 8 in AFC & NFC made playoffs.

Head Coach: Jack Patera (35-59, .372) fired on October 13 after 2 games. Mike McCormack (4-3, .571)

Assistants: Jack Christensen (DBs), Frank Lauterbur (DL), Andy MacDonald (RBs), Howard Mudd (OL), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Jackie Simpson (Def. Coach /LBs), Rusty Tillman (Sp. Teams), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), CB Keith Simpson (Def.), S Don Dufek (Sp. Teams)

MVP: S Kenny Easley

Pro Bowl: S Kenny Easley (1)

National Honors: None

First-Team All-NFL: S Kenny Easley (*PFW, NEA, Football Digest*)

OFFENSE

Pos.		Starts
WR	Paul Johns	7
	Roger Carr	2
LT	Ron Essink	7
	Dennis Boyd	2
LG	Edwin Bailey	7
C	John Yarno	9
RG	Robert Pratt	9
RT	Steve August	7
TE	Mike Tice	9
WR	Steve Largent	8
QB	Jim Zorn	7
	Dave Krieg	2
RB	Sherman Smith	8
FB	Dan Doornink	5
	David Hughes	3

DEFENSE

LE	Jacob Green	9
LT	Robert Hardy	8
RT	Manu Tuiasosopo	8
RE	Jeff Bryant*	9
LLB	Bruce Scholtz*	9
MLB	Michael Jackson	8
RLB	Keith Butler	8
LCB	Keith Simpson	8
RCB	Dave Brown	9
LS	Kenny Easley	8
RS	John Harris	9

SPECIAL TEAMS

K	Norm Johnson*	9
P	Jeff West	9

*Rookie or first-year player

AFC

	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	8	1	0	.889	260	200
Miami	7	2	0	.778	198	131
Cincinnati	7	2	0	.778	232	177
Pittsburgh	6	3	0	.667	204	146
San Diego	6	3	0	.667	288	221
N.Y. Jets	6	3	0	.667	245	166
New England	5	4	0	.556	143	157
Cleveland	4	5	0	.444	140	182
Buffalo	4	5	0	.444	150	154
Seattle	4	5	0	.444	127	147
Kansas City	3	6	0	.333	176	184
Denver	2	7	0	.222	148	226
Houston	1	8	0	.111	136	245
Baltimore	0	8	1	.056	113	236

NFC

	W	L	T	Pct.	Pts.	Opp.
Washington	8	1	0	.889	190	128
Dallas	6	3	0	.667	226	145
Green Bay	5	3	1	.611	226	169
Minnesota	5	4	0	.556	187	198
Atlanta	5	4	0	.556	183	199
St. Louis	5	4	0	.556	135	170
Tampa Bay	5	4	0	.556	158	178
Detroit	4	5	0	.444	181	176
New Orleans	4	5	0	.444	129	160
N.Y. Giants	4	5	0	.444	164	160
San Francisco	3	6	0	.333	209	206
Chicago	3	6	0	.333	141	174
Philadelphia	3	6	0	.333	191	195
L.A. Rams	2	7	0	.222	200	250

As the result of a 57-day players' strike, the 1982 NFL regular-season schedule was reduced from 16 weeks to 9. At the conclusion of the regular season, the NFL conducted a 16-team postseason Super Bowl Tournament. Eight teams from each conference were seeded 1-8 based on their records during the season.

1983 REVIEW (9-7; 2-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/04	L	17-13	at Kansas City	42,531
09/11	W	17-10	at N.Y. Jets	50,066
09/18	W	34-31	San Diego	61,714
09/25	L	27-17	Washington	60,718
10/02	W	24-9	at Cleveland	75,446
10/09	L	28-21	at San Diego	49,132
10/16	W	38-36	L.A. Raiders	60,697
10/23	L	27-21	Pittsburgh	61,615
10/30	W	34-21	at L.A. Raiders	49,708
11/06	W	27-19	Denver	61,189
11/13	L	33-28	at St. Louis	33,280
11/20	L	38-27	at Denver	74,710
11/27	W	51-48	Kansas City (OT)	56,795
12/04	L	35-10	Dallas	63,352
12/11	W	17-12	at N.Y. Giants	48,942
12/18	W	24-6	New England	59,688
POSTSEASON				
12/24	W	31-7	Denver (AFC Wild Card Game)	60,753
12/31	W	27-20	at Miami (AFC Divisional Playoff)	71,032
01/08	L	30-14	at L.A. Raiders (AFC Championship)	88,734

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	300	351
Rushing	131	128
Passing	153	195
Penalty	16	28
3rd Down: Made/Att.	96/218	95/214
3rd Down Pct.	44.0	44.4
4th Down: Made/Att.	4/10	4/10
4th Down Pct.	40.0	40.0
POSSESSION AVG.	29:52	30:08
TOTAL NET YARDS	5092	6029
Avg. Per Game	318.3	376.8
Total Plays	1032	1075
Avg. Per Play	4.9	5.6
NET YARDS RUSHING	2119	2198
Avg. Per Game	132.4	137.4
Total Rushes	546	511
NET YARDS PASSING	2973	3831
Avg. Per Game	185.8	239.4
Sacked/Yards Lost	47/343	43/351
Gross Yards	3316	4182
Att./Completions	449/251	521/311
Completion Pct.	55.9	59.7
Had Intercepted	18	26
PUNTS/AVERAGE	79/39.5	68/40.5
NET PUNTING AVG.	34.6	34.2
PENALTIES/YARDS	102/890	91/725
FUMBLES/BALL LOST	36/20	44/28
TOUCHDOWNS	50	48
Rushing	19	14
Passing	25	33
Returns	6	1
TOTAL POINTS	403	397

By Quarters	1	2	3	4	OT	Tot
SEA	67	99	102	132	3	403
OPP	69	134	56	138	0	397

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	49-50	18-25	0	103
Warner	14	13	1	0	0	0	0	84
Largent	11	0	11	0	0	0	0	66
Johns	5	0	4	1	0	0	0	30
SEA	50	19	25	6	49-50	18-25	0	403
OPP	48	14	33	1	43-48	20-26	3	397

Rushing	Att	Yds	Avg	LG	TD
Warner	335	1449	4.3	60	13
Hughes	83	313	3.8	26	1
Doornink	40	99	2.5	9	2
SEA	546	2119	3.9	60	19
OPP	511	2198	4.3	37	14

Receiving	No	Yds	Avg	LG	TD
Largent	72	1074	14.9	46	11
Warner	42	325	7.7	28	1
Young	36	529	14.7	47	2
Johns	34	486	14.3	30	4
SEA	251	3316	13.2	50	25
OPP	311	4182	13.4	78	33

Interceptions	No	Yds	Avg	LG	TD
Easley	7	96	13.2	38	0
D. Brown	6	83	13.8	37	0
Simpson	4	39	9.7	14	0
SEA	26	353	13.6	73	2
OPP	18	279	15.5	40	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	79	3115	39.4	34.6	10	25	56	0
SEA	79	3115	39.4	34.6	10	25	56	0
OPP	68	2754	40.5	34.2	3	14	58	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Johns	28	5	316	11.3	75t	1
SEA	34	6	366	10.8	75t	1
OPP	36	16	185	5.1	18	0

Kickoff Returns	No	Yds	Avg	LG	TD
Dixon	49	1148	23.4	94	1
Hughes	12	282	23.5	35	1
SEA	71	1575	22.2	94	1
OPP	59	952	16.1	45	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	1-1	4-4	4-7	8-10	1-3
SEA	1-1	4-4	4-7	8-10	1-3
OPP	2-2	5-6	6-7	7-9	0-1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	243	147	2139	60.5	8.80	18	7.4	11	4.5	50	38/279	95.0
Zorn	205	103	1166	50.2	5.69	7	3.4	7	3.4	43	9/64	64.8
SEA	449	251	3316	55.9	7.39	25	5.6	18	4.0	50	47/343	81.3
OPP	521	311	4182	59.7	8.03	33	6.3	26	5.0	78	43/351	85.6

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Scholtz	104	84	20	1.5	6	3	1
Robinson	96	65	31	1.5	0	2	4
Harris	93	67	26	3.0	8	0	3
Easley	84	58	26	3.0	8	1	3
Butler	81	61	20	0.0	1	0	2

Record (Finish): 9-7 (2nd, AFC). First playoff appearance. Won 2 games then lost AFC Championship Game at L.A. Raiders, 30-14.

Head Coach: Chuck Knox (9-7, .563)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./LBs), Ray Prochaska (Off. Coord./OL), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: RB Curt Warner

Pro Bowl: SS Kenny Easley (2), RB Curt Warner (1)

National Honors: Chuck Knox, NFL Coach of the Year (SGH); SS Kenny Easley, AFC Defensive Player of the Year (*FB News*); RB Curt Warner, AFC Offensive Player of Year (*UPI*, NFLPA, WNTDC), First-Team All-NFL: SS Kenny Easley (*NEA, PFWA, PFW*)

OFFENSE

Pos.		Starts
WR	Paul Johns	9
LT	Ron Essink	16
LG	Reggie McKenzie	14
C	Blair Bush	16
RG	Robert Pratt	16
RT	Steve August	15
TE	Pete Metzelaars	7
WR	Steve Largent	14
QB	Jim Zorn	8
	Dave Krieg	8
RB	Curt Warner*	16
FB	David Hughes	6

DEFENSE

LE	Jacob Green	16
NT	Manu Tuiasosopo	8
	Joe Nash	8
RE	Jeff Bryant	16
LOLB	Bruce Scholtz	16
LILB	Shelton Robinson	15
RILB	Keith Butler	16
ROLB	Michael Jackson	9
	Greg Gaines	6
LCB	Kerry Justin	10
RCB	Dave Brown	16
SS	Kenny Easley	15
FS	John Harris	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Jeff West	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	12	4	0	.750	389	250
New England	8	8	0	.500	274	289
Buffalo	8	8	0	.500	283	351
Baltimore	7	9	0	.438	264	354
N.Y. Jets	7	9	0	.438	313	331

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	10	6	0	.625	355	303
Cleveland	9	7	0	.563	356	342
Cincinnati	7	9	0	.438	346	302
Houston	2	14	0	.125	288	460

WESTERN	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	12	4	0	.750	442	338
Seattle*	9	7	0	.563	403	397
Denver*	9	7	0	.563	302	327
San Diego	6	10	0	.375	358	462
Kansas City	6	10	0	.375	386	367

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Washington	14	2	0	.875	541	332
Dallas*	12	4	0	.750	479	360
St. Louis	8	7	1	.531	374	428
Philadelphia	5	11	0	.313	233	322
N.Y. Giants	3	12	1	.219	267	347

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Detroit	9	7	0	.563	347	286
Green Bay	8	8	0	.500	429	439
Chicago	8	8	0	.500	311	301
Minnesota	8	8	0	.500	316	348
Tampa Bay	2	14	0	.125	241	380

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	10	6	0	.625	432	293
L.A. Rams*	9	7	0	.563	361	344
New Orleans	8	8	0	.500	319	337
Atlanta	7	9	0	.438	370	389

1984 REVIEW (12-4; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/03	W	33-0	Cleveland	59,540
09/09	W	31-17	San Diego	61,314
09/16	L	38-23	at New England	43,140
09/23	W	38-9	Chicago	61,520
09/30	W	20-12	at Minnesota	57,171
10/07	L	28-14	at L.A. Raiders	77,904
10/14	W	31-28	Buffalo	59,034
10/21	W	28-24	at Green Bay (Mil)	52,286
10/29	W	24-0	at San Diego	53,974
11/04	W	45-0	Kansas City	61,396
11/12	W	17-14	L.A. Raiders	64,001
11/18	W	26-6	at Cincinnati	50,280
11/25	W	27-24	at Denver	74,922
12/02	W	38-17	Detroit	62,441
12/09	L	34-7	at Kansas City	34,855
12/15	L	31-14	Denver	64,411
POSTSEASON				
12/22	W	13-7	L.A. Raiders (AFC Wild Card Game)	62,049
12/29	L	31-10	at Miami (AFC Divisional Playoff)	73,469

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	287	288
Rushing	94	99
Passing	171	160
Penalty	22	29
3rd Down: Made/Att.	84/222	73/214
3rd Down Pct.	37.8	34.1
4th Down: Made/Att.	4/9	9/20
4th Down Pct.	44.4	45.0
POSSESSION AVG.	30:46	29:14
TOTAL NET YARDS	5068	4963
Avg. Per Game	316.8	310.2
Total Plays	1034	1051
Avg. Per Play	4.9	4.7
NET YARDS RUSHING	1645	1789
Avg. Per Game	102.8	111.8
Total Rushes	495	475
NET YARDS PASSING	3423	3174
Avg. Per Game	213.9	198.4
Sacked/Yards Lost	42/328	55/398
Gross Yards	3751	3572
Att./Completions	497/283	521/265
Completion Pct.	56.9	50.9
Had Intercepted	26	38
PUNTS/AVERAGE	95/37.5	83/40.3
NET PUNTING AVG.	33.3	33.0
PENALTIES/YARDS	128/1179	114/883
FUMBLES/BALL LOST	24/13	47/25
TOUCHDOWNS	51	34
Rushing	10	11
Passing	32	18
Returns	9	5
TOTAL POINTS	418	282

By Quarters	1	2	3	4	OT	Tot
SEA	92	135	100	91	--	418
OPP	60	86	62	74	--	282

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Johnson	0	0	0	0	50-51	20-24	0	110
Largent	12	0	12	0	0	0	0	72
Turner	10	0	10	0	0	0	0	60
Lane	5	4	1	0	0	0	0	30
SEA	51	10	32	9	50-51	20-24	1	418
OPP	34	11	18	5	34-34	14-22	1	282

Rushing	Att	Yds	Avg	LG	TD
Hughes	94	327	3.5	14	1
Lane	80	299	3.7	40	4
Doornink	57	215	3.8	25	0
SEA	495	1645	3.3	40	10
OPP	475	1789	3.8	25	11

Receiving	No	Yds	Avg	LG	TD
Largent	74	1164	15.7	65	12
Turner	35	715	20.4	80	10
C. Young	33	337	10.2	31	1
Doornink	31	365	11.8	32	2
SEA	283	3751	13.3	80	32
OPP	265	3572	13.5	92	18

Interceptions	No	Yds	Avg	LG	TD
Easley	10	126	12.6	58	2
Brown	8	179	22.4	90	2
SEA	38	697	18.3	90	7
OPP	26	333	12.8	42	3

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	95	3567	37.5	33.3	10	24	60	0
SEA	95	3567	37.5	33.3	10	24	60	0
OPP	83	3345	40.3	33.0	6	14	63	4

Punt Returns	No	FC	Yds	Avg	LG	TD
Easley	16	5	194	12.1	42	0
Skansi	16	2	145	9.1	16	0
SEA	44	11	484	11.0	47	1
OPP	32	39	205	6.4	65	1

Kickoff Returns	No	Yds	Avg	LG	TD
Dixon	25	446	17.8	36	0
Hughes	17	348	20.5	38	0
SEA	54	1007	18.6	38	0
OPP	67	1116	16.7	46	0

Field Goals	1-19	20-29	30-39	40-49	50+
Johnson	0-0	9-10	4-4	6-7	1-3
SEA	0-0	9-10	4-4	6-7	1-3
OPP	0-0	4-5	5-8	5-9	0-0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	480	276	3671	57.5	7.65	32	6.7	24	5.0	80	40/314	83.3
SEA	497	283	3751	56.9	7.55	32	6.4	26	5.2	80	42/328	80.6
OPP	521	265	3572	50.9	6.86	18	3.5	38	7.3	92	55/398	54.2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Robinson	93	65	28	0.5	4	0	4
K. Butler	89	68	21	1.0	4	0	2
Gaines	88	61	27	3.5	3	0	2
Nash	82	58	24	7.0	1	1	3

Record (Finish): 12-4 (2nd, AFC West). Lost divisional playoff at Miami 31-10.

Head Coach: Chuck Knox (21-11, .656)

Assistants: Tom Catlin (Asst. Head Coach/ Def. Coord./LBs), Ray Prochaska (Off. Coord./OL), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: TE Charle Young (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: SS Kenny Easley

Pro Bowl: CB Dave Brown (1), SS Kenny Easley (3), K Norm Johnson (1), QB Dave Krieg (1), WR Steve Largent (4), NT Joe Nash (1), ST Fredd Young (1)

National Honors: Chuck Knox, NFL Coach of the Year (*AP, SN, SGH*); SS Kenny Easley, NFL Def. Player of the Year (*AP, PFWA*)

First-Team All-NFL: CB Dave Brown (Films), SS Kenny Easley (*AP, SI, PFW, PFWA, SN, NEA*, Films), DE Jacob Green (*SN*), K Norm Johnson (*AP, PFWA, SN, PFW*), WR Steve Largent (Films), NT Joe Nash (*AP, Films, PFW*), ST Fredd Young (Films, *PFW*)

OFFENSE

Pos.		Starts
WR	Daryl Turner*	8
LT	Ron Essink	16
LG	Reggie McKenzie	8
	Edwin Bailey	8
C	Blair Bush	16
RG	Robert Pratt	16
RT	Bob Cryder	10
TE	Charle Young	13
	Mike Tice	8
WR	Steve Largent	16
QB	Dave Krieg	16
RB	Eric Lane	7
	Curt Warner	1
FB	Franco Harris	6
	David Hughes	6

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	16
RE	Jeff Bryant	16
LOLB	Bruce Scholtz	16
LILB	Shelton Robinson	16
RILB	Keith Butler	16
ROLB	Greg Gaines	11
LCB	Keith Simpson	15
RCB	Dave Brown	16
SS	Kenny Easley	16
FS	John Harris	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Jeff West	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	14	2	0	.875	513	298
New England	9	7	0	.563	362	352
N.Y. Jets	7	9	0	.438	332	364
Indianapolis	4	12	0	.250	239	414
Buffalo	2	14	0	.125	250	454

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	9	7	0	.563	387	310
Cincinnati	8	8	0	.500	339	339
Cleveland	5	11	0	.313	250	297
Houston	3	13	0	.188	240	437

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	13	3	0	.813	353	241
Seattle*	12	4	0	.750	418	282
L.A. Raiders*	11	5	0	.688	368	278
Kansas City	8	8	0	.500	314	324
San Diego	7	9	0	.438	394	413

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Washington	11	5	0	.688	426	310
N.Y. Giants*	9	7	0	.563	299	301
St. Louis	9	7	0	.563	423	345
Dallas	9	7	0	.563	308	308
Philadelphia	6	9	1	.406	278	320

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	10	6	0	.625	325	248
Green Bay	8	8	0	.500	390	309
Tampa Bay	6	10	0	.375	335	380
Detroit	4	11	1	.281	283	408
Minnesota	3	13	0	.188	276	484

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	15	1	0	.938	475	227
L.A. Rams*	10	6	0	.625	346	316
New Orleans	7	9	0	.438	298	361
Atlanta	4	12	0	.250	281	382

1985 REVIEW (8-8)

Date	W/L	Score	Opponents	Att
09/08	W	28-24	at Cincinnati	51,625
09/15	W	49-35	at San Diego	54,420
09/23	L	35-24	L.A. Rams	63,292
09/29	L	28-7	at Kansas City	50,485
10/06	W	26-21	San Diego	61,300
10/13	W	30-26	Atlanta	60,430
10/20	L	13-10	at Denver (OT)	74,899
10/27	L	17-14	at N.Y. Jets	69,320
11/03	W	33-3	L.A. Raiders	64,060
11/10	W	27-3	at New Orleans	47,365
11/17	L	20-13	New England	60,345
11/25	L	19-6	at San Francisco	57,482
12/01	W	24-6	Kansas City	52,655
12/08	W	31-13	Cleveland	58,477
12/15	L	13-3	at L.A. Raiders	77,425
12/20	L	27-24	Denver	56,283

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	299	290
Rushing	96	90
Passing	179	179
Penalty	24	21
3rd Down: Made/Att.	96/244	72/218
3rd Down Pct.	39.3	33.0
4th Down: Made/Att.	10/17	9/13
4th Down Pct.	58.8	69.2
POSSESSION AVG.	30:13	29:47
TOTAL NET YARDS	5007	5160
Avg. Per Game	312.9	322.5
Total Plays	1090	1030
Avg. Per Play	4.6	5.0
NET YARDS RUSHING	1644	1837
Avg. Per Game	102.8	114.8
Total Rushes	462	473
NET YARDS PASSING	3363	3323
Avg. Per Game	210.2	207.7
Sacked/Yards Lost	53/457	61/464
Gross Yards	3820	3787
Att./Completions	575/304	496/273
Completion Pct.	52.9	55.0
Had Intercepted	23	24
PUNTS/AVERAGE	91/40.3	97/42.1
NET PUNTING AVG.	33.8	34.6
PENALTIES/YARDS	102/827	106/840
FUMBLES/BALL LOST	34/18	39/20
TOUCHDOWNS	44	35
Rushing	9	12
Passing	28	22
Returns	7	1
TOTAL POINTS	349	303

By Quarters	1	2	3	4	OT	Tot
SEA	43	116	90	100	0	349
OPP	47	78	63	112	3	303

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Johnson	0	0	0	0	40-41	14-25	0	82
Turner	13	0	13	0	0	0	0	78
Warner	9	8	1	0	0	0	0	54
Largent	6	0	6	0	1-1	0	0	37
SEA	44	9	28	7	41-44	14-25	1	349
OPP	35	12	22	1	31-35	20-28	1	303

Rushing	Att	Yds	Avg	LG	TD
Warner	291	1094	3.8	38	8
Morris	55	236	4.3	21	0
Hughes	40	128	3.2	9	0
Krieg	35	121	3.5	17	1
SEA	462	1644	3.6	38	9
OPP	473	1837	3.9	43	12

Receiving	No	Yds	Avg	LG	TD
Largent	79	1287	16.3	43	6
Warner	47	307	6.5	27	1
Turner	34	670	19.7	54	13
C. Young	28	351	12.5	32	2
Skansi	21	269	12.8	32	1
Walker	19	285	15.0	28	2
SEA	304	3820	12.6	54	28
OPP	273	3787	13.9	71	22

Interceptions	No	Yds	Avg	LG	TD
Harris	7	20	2.9	17	0
Brown	6	58	9.7	28	1
Taylor	4	75	18.8	75	1
SEA	24	272	11.3	75	3
OPP	23	389	16.9	83	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Finzer	68	2766	40.7	34.6	6	12	61	0
Colquitt	12	481	40.1	34.3	2	3	55	0
West	11	420	38.2	28.3	3	0	52	0
SEA	91	3667	40.3	33.8	11	15	61	0
OPP	97	4081	42.1	34.6	12	22	62	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Skansi	31	7	312	10.1	32	0
Easley	8	0	87	10.9	25	0
SEA	53	11	483	9.1	32	0
OPP	47	14	374	8.0	19	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	532	285	3602	53.6	6.77	27	5.1	20	3.8	54	52/448	76.2
Gilbert	40	19	218	47.5	5.45	1	2.5	2	5.0	37	1/9	51.9
SEA	575	304	3820	52.9	6.64	28	4.9	23	4.0	54	53/457	73.4
OPP	496	273	3787	55.0	7.64	22	4.4	24	4.8	71	61/464	74.4

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	31	636	20.5	58	0
Skansi	19	358	18.8	35	0
SEA	58	1166	20.1	58	0
OPP	47	918	19.5	63	0

Field Goals	1-19	20-29	30-39	40-49	50+
Johnson	0-0	5-5	7-9	1-8	1-3
SEA	0-0	5-5	7-9	1-8	1-3
OPP	0-0	10-11	4-7	5-7	1-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
F. Young	118	93	25	3.0	2	0	1
K. Butler	108	71	37	0.0	3	2	3
Green	92	60	32	13.5	1	7	2
Nash	87	67	20	9.0	0	0	2
Easley	79	62	17	2.0	7	0	3
Bryant	73	49	24	8.5	4	0	4

Record (Finish): 8-8 (3rd, AFC West)

Head Coach: Chuck Knox (29-19, .604)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./LBs), Ray Prochaska (Off. Coord.), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: SS Kenny Easley (4), WR Steve Largent (5), ST Fredd Young (2)

National Honors: RB Curt Warner, Comeback Player of the Year (*SI*)

First-Team All-NFL: SS Kenny Easley (*AP, PFWA, NEA*), WR Steve Largent (*AP, PFWA, SI, C&PFN*)

OFFENSE

Pos.		Starts
WR	Daryl Turner	12
LT	Ron Essink	12
LG	Edwin Bailey	16
C	Blair Bush	16
RG	Robert Pratt	12
RT	Steve August	6
TE	Charle Young	14
QB	Dave Krieg	16
RB	Curt Warner	16
FB	David Hughes	10
	Eric Lane	3

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	16
RE	Jeff Bryant	16
LOLB	Bruce Scholtz	16
LILB	Fredd Young	13
RILB	Keith Butler	16
ROLB	Michael Jackson	16
LCB	Terry Taylor	16
RCB	Dave Brown	16
SS	Kenny Easley	13
FS	John Harris	16

SPECIAL TEAMS

K	Norm Johnson	16
P	David Finzer	12
	Jeff West	2
	Jimmy Colquitt	2

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	12	4	0	.750	428	320
N.Y. Jets*	11	5	0	.688	393	264
New England*	11	5	0	.688	362	290
Indianapolis	5	11	0	.313	320	386
Buffalo	2	14	0	.125	200	381

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cleveland	8	8	0	.500	287	294
Cincinnati	7	9	0	.438	441	437
Pittsburgh	7	9	0	.438	379	355
Houston	5	11	0	.313	284	412

WESTERN	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	12	4	0	.750	354	308
Denver	11	5	0	.688	380	329
Seattle	8	8	0	.500	349	303
San Diego	8	8	0	.500	467	435
Kansas City	6	10	0	.375	317	360

*Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	10	6	0	.625	357	333
N.Y. Giants*	10	6	0	.625	399	283
Washington	10	6	0	.625	297	312
Philadelphia	7	9	0	.438	286	310
St. Louis	5	11	0	.313	278	414

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	15	1	0	.938	456	198
Green Bay	8	8	0	.500	337	355
Minnesota	7	9	0	.438	346	359
Detroit	7	9	0	.438	307	366
Tampa Bay	2	14	0	.125	294	448

WESTERN	W	L	T	Pct.	Pts.	Opp.
L.A. Rams	11	5	0	.688	340	277
San Francisco*	10	6	0	.625	411	263
New Orleans	5	11	0	.313	294	401
Atlanta	4	12	0	.250	282	452

1986 REVIEW (10-6)

Date	W/L	Score	Opponents	Att
09/07	W	30-0	Pittsburgh	61,461
09/14	W	23-17	Kansas City	61,068
09/21	W	38-31	at New England	58,977
09/28	L	19-14	at Washington	54,157
10/06	W	33-7	San Diego	63,207
10/12	L	14-10	at L.A. Raiders	70,635
10/19	W	17-12	N.Y. Giants	62,282
10/26	L	20-13	at Denver	76,089
11/02	L	38-7	N.Y. Jets	62,497
11/09	L	27-7	at Kansas City	53,268
11/16	L	34-7	at Cincinnati	54,410
11/23	W	24-20	Philadelphia	55,786
11/27	W	31-14	at Dallas	58,020
12/08	W	37-0	L.A. Raiders	62,923
12/14	W	34-24	at San Diego	47,096
12/20	W	41-16	Denver	63,697

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	291	310
Rushing	123	93
Passing	158	192
Penalty	10	25
3rd Down: Made/Att.	96/221	84/225
3rd Down Pct.	43.4	37.3
4th Down: Made/Att.	0/6	6/18
4th Down Pct.	0.0	33.3
POSSESSION AVG.	29:46	30:14
TOTAL NET YARDS	5409	5341
Avg. Per Game	338.1	333.8
Total Plays	1005	1053
Avg. Per Play	5.4	5.1
NET YARDS RUSHING	2300	1759
Avg. Per Game	143.8	109.9
Total Rushes	513	471
NET YARDS PASSING	3109	3582
Avg. Per Game	194.3	223.9
Sacked/Yards Lost	39/315	47/306
Gross Yards	3424	3888
Att./Completions	453/268	535/301
Completion Pct.	59.2	56.3
Had Intercepted	14	22
PUNTS/AVERAGE	79/38.6	81/40.4
NET PUNTING AVG.	33.0	33.7
PENALTIES/YARDS	98/813	81/652
FUMBLES/BALL LOST	29/13	26/14
TOUCHDOWNS	43	34
Rushing	15	12
Passing	24	20
Returns	4	2
TOTAL POINTS	366	293

By Quarters	1	2	3	4	OT	Tot
SEA	69	96	80	121	0	366
OPP	60	103	52	78	0	293

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	42-42	22-35	0	108
Warner	13	13	0	0	0	0	0	78
Largent	9	0	9	0	0	0	0	54
Turner	7	0	7	0	0	0	0	42
R. Butler	4	0	4	0	0	0	0	24
SEA	43	15	24	4	42-43	22-35	0	366
OPP	34	12	20	2	32-34	19-28	0	293

Rushing	Att	Yds	Avg	LG	TD
Warner	319	1481	4.6	60	13
Williams	129	538	4.2	36	0
Morris	19	149	7.8	49	1
Krieg	35	122	3.5	19	1
SEA	513	2300	4.5	60	15
OPP	471	1759	3.7	25	12

Receiving	No	Yds	Avg	LG	TD
Largent	70	1070	15.3	38	9
Warner	41	342	8.3	26	0
Franklin	33	547	16.6	49	2
Williams	33	219	6.6	23	0
Skansi	22	271	12.3	39	0
R. Butler	19	351	18.5	67	4
Turner	18	334	18.6	72	7
SEA	268	3424	12.8	72	24
OPP	301	3888	12.9	83	20

Interceptions	No	Yds	Avg	LG	TD
Brown	5	58	11.6	24	1
Justin	4	29	7.3	18	0
Robinson	3	39	13.0	25	0
Moyer	3	38	12.7	20	0
SEA	22	216	9.8	25	1
OPP	14	216	15.4	36	1

Kickoff Returns	No	Yds	Avg	LG	TD
Edmonds	34	764	22.5	46	0
Morris	23	465	20.2	38	0
SEA	64	1322	20.7	46	0
OPP	59	1002	17.0	42	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Gamache	79	3048	38.6	33.0	7	10	55	0
SEA	79	3048	38.6	33.0	7	10	55	0
OPP	81	3270	40.4	33.7	4	20	60	4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	375	225	2921	60.0	7.79	21	5.6	11	2.9	72	35/281	91.0
Gilbert	76	42	485	55.3	6.38	3	3.9	3	3.9	38	4/34	71.4
SEA	453	268	3424	59.2	7.56	24	5.3	14	3.1	72	39/315	87.7
OPP	535	301	3888	56.3	7.27	20	3.7	22	4.1	83	47/306	74.6

Punt Returns	No	FC	Yds	Avg	LG	TD
Edmonds	34	14	419	12.3	75	1
SEA	39	14	457	11.7	75	1
OPP	38	21	298	7.8	28	0

Field Goals	1-19	20-29	30-39	40-49	50+
N . Johnson	0-0	6-8	8-9	3-11	5-7
SEA	0-0	6-8	8-9	3-11	5-7
OPP	0-0	4-4	10-13	3-8	2-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Young	121	93	28	6.0	0	0	0
Robinson	99	81	18	0.0	10	0	3
K. Butler	96	66	30	1.0	5	1	0
Gaines	94	71	23	5.0	1	0	1
Scholtz	79	59	20	3.0	1	4	0

Record (Finish): 10-6 (3rd, AFC West)

Head Coach: Chuck Knox (39-25, .609)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./LBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (Sp. Assign.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.) **Captains:** WR Steve Largent (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: RB Curt Warner

Pro Bowl: KR Bobby Joe Edmonds (1), DE Jacob Green (1), WR Steve Largent (6), RB Curt Warner (2), LB Fredd Young (3)

National Honors: RB Curt Warner, AFC Player of the Year (*UPI*)

First-Team All-NFL: KR Bobby Joe Edmonds (*AP, PFWA, SN, PFW, FD*)

OFFENSE

Pos.		Starts
WR	Daryl Turner	12
LT	Ron Mattes	16
LG	Edwin Bailey	12
C	Blair Bush	7
	Will Grant	6
RG	Bryan Millard	16
RT	Mike Wilson	16
TE	Mike Tice	15
WR	Steve Largent	16
QB	Dave Krieg	14
	Gale Gilbert	2
RB	Curt Warner	16
FB	John L. Williams*	16

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	11
RE	Jeff Bryant	12
LOLB	Bruce Scholtz	16
LILB	Fredd Young	15
RILB	Keith Butler	16
ROLB	Greg Gaines	15
LCB	Terry Taylor	15
RCB	Dave Brown	16
SS	Kenny Easley	10
	Paul Moyer	6
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Vince Gamache*	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
New England	11	5	0	.688	412	307
N.Y. Jets*	10	6	0	.625	364	386
Miami	8	8	0	.500	430	405
Buffalo	4	12	0	.250	287	348
Indianapolis	3	13	0	.188	229	400

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cleveland	12	4	0	.750	391	310
Cincinnati	10	6	0	.625	409	394
Pittsburgh	6	10	0	.375	307	336
Houston	5	11	0	.313	274	329

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	11	5	0	.688	378	327
Kansas City*	10	6	0	.625	358	326
Seattle	10	6	0	.625	366	293
L.A. Raiders	8	8	0	.500	323	346
San Diego	4	12	0	.250	335	396

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	14	2	0	.875	371	236
Washington*	12	4	0	.750	368	296
Dallas	7	9	0	.438	346	337
Philadelphia	5	10	1	.344	256	312
St. Louis	4	11	1	.281	218	351

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	14	2	0	.875	352	187
Minnesota	9	7	0	.563	398	273
Detroit	5	11	0	.313	277	326
Green Bay	4	12	0	.250	254	418
Tampa Bay	2	14	0	.125	239	473

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	10	5	1	.656	374	247
L.A. Rams*	10	6	0	.625	309	267
Atlanta	7	8	1	.469	280	280
New Orleans	7	9	0	.438	288	287

1987 REVIEW (9-6; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/13	L	40-17	at Denver	75,999
09/20	W	43-14	Kansas City	61,667
09/27			at San Diego	Cxl
10/04	W	24-20	Miami	19,448
10/11	L	17-10	Cincinnati	31,739
10/18	W	37-14	at Detroit	8,310
10/25	W	35-13	at L.A. Raiders	52,735
11/01	W	28-17	Minnesota	61,134
11/09	L	30-14	at N.Y. Jets	60,452
11/15	W	24-13	Green Bay	60,693
11/22	W	34-3	San Diego	62,444
11/30	L	37-14	L.A. Raiders	62,802
12/06	L	13-9	at Pittsburgh	48,881
12/13	W	28-21	Denver	61,759
12/20	W	34-21	at Chicago	62,518
12/27	L	41-20	at Kansas City	20,370

POSTSEASON

01/03	L	23-20	at Houston (OT) (AFC Wild Card Game)	49,662

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	301	297
Rushing	120	133
Passing	154	148
Penalty	27	16
3rd Down: Made/Att.	92/189	85/196
3rd Down Pct.	48.7	43.4
4th Down: Made/Att.	4/9	4/10
4th Down Pct.	44.4	40.0
POSSESSION AVG.	30:35	29:25
TOTAL NET YARDS	4735	5159
Avg. Per Game	315.7	343.9
Total Plays	937	954
Avg. Per Play	5.1	5.4
NET YARDS RUSHING	2023	2201
Avg. Per Game	134.9	146.7
Total Rushes	937	472
NET YARDS PASSING	2712	2958
Avg. Per Game	180.8	197.2
Sacked/Yards Lost	36/316	37/238
Gross Yards	3028	3196
Att./Completions	405/237	445/255
Completion Pct.	58.5	57.3
Had Intercepted	21	17
PUNTS/AVERAGE	61/38.9	63/39.1
NET PUNTING AVG.	33.1	32.7
PENALTIES/YARDS	79/668	104/890
FUMBLES/BALL LOST	32/16	38/21
TOUCHDOWNS	46	36
Rushing	13	14
Passing	31	20
Returns	2	2
TOTAL POINTS	371	314

By Quarters	1	2	3	4	OT	Tot
SEA	79	132	95	65	0	371
OPP	51	110	75	78	0	314

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	40-40	15-20	0	85
Warner	10	8	2	0	0	0	0	60
Largent	8	0	8	0	0	0	0	48
Turner	6	0	6	0	0	0	0	36
SEA	46	13	31	2	44-46	17-22	0	371
OPP	36	14	20	2	35-36	21-26	0	314

Rushing	Att	Yds	Avg	LG	TD
Warner	234	985	4.2	57	8
J. Williams	113	500	4.4	48	1
Krieg	36	155	4.3	17	2
SEA	496	2023	4.1	57	13
OPP	472	2201	4.7	91	14

Receiving	No	Yds	Avg	LG	TD
Largent	58	912	15.7	55	8
J. Williams	38	420	11.1	75	3
R. Butler	33	465	14.1	40	5
Skansi	19	207	10.9	25	1
SEA	237	3028	12.8	75	31
OPP	255	3196	12.5	81	20

Interceptions	No	Yds	Avg	LG	TD
Easley	4	47	11.8	22	0
Robinson	3	75	25.0	44	0
Jenkins	3	46	15.3	34	0
SEA	17	289	17.0	53	1
OPP	21	146	7.0	32	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Edmonds	20	4	251	12.6	40	0
SEA	32	8	322	10.1	40	0
OPP	32	12	251	7.8	91	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rodriguez	47	1880	40.0	34.0	5	17	63	0
SEA	61	2370	38.9	33.1	5	18	63	0
OPP	63	2465	39.1	32.7	4	13	60	1

Kickoff Returns	No	Yds	Avg	LG	TD
Edmonds	27	564	20.9	43	0
Hollis	10	263	26.3	41	0
SEA	64	1236	19.3	43	0
OPP	67	1379	20.6	92	1

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	0-0	7-7	4-7	4-5	0-1
Hagler	0-0	2-2	0-0	0-0	0-0
SEA	0-0	9-9	4-7	4-5	0-1
OPP	0-0	7-7	9-9	5-8	0-2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	294	178	2131	60.5	7.25	23	7.8	15	5.1	75	27/247	87.6
Mathison	76	36	501	47.4	6.59	3	3.9	5	6.6	47	6/49	54.8
Kemp	33	23	396	69.7	12.00	5	15.2	1	3.0	55	3/20	137.1
SEA	405	237	3028	58.5	7.48	31	7.7	21	5.2	75	36/316	85.9
OPP	445	255	3196	57.3	7.18	20	4.5	17	3.8	81	37/238	78.8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
F. Young	99	78	21	9.0	5	5	4
Bosworth	78	64	14	4.0	3	2	2
Robinson	69	49	20	0.0	3	0	1
Bryant	52	40	12	4.0	0	1	1
J. Green	48	36	12	9.5	0	3	1

Record (Finish): 9-6 (2nd, AFC West). Lost wild card playoff at Houston 23-20 (OT).

Head Coach: Chuck Knox (48-31, .608)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent and RB Curt Warner (Off.), S Kenny Easley (Def.), S Paul Moyer (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: S Kenny Easley (5), DE Jacob Green (2), WR Steve Largent (7), RB Curt Warner (3), LB Fredd Young (4)

National Honors: None

First-Team All-NFL: WR Steve Largent (*PFWA*), G Bryan Millard (Films), RB Curt Warner (*SI, NEA*), LB Fredd Young (*AP, PFWA*, Films, *SI, PFW, SN, NEA*)

OFFENSE

Pos.		Starts
WR	Daryl Turner	8
LT	Ron Mattes	12
LG	Edwin Bailey	12
C	Blair Bush	11
RG	Bryan Millard	12
RT	Mike Wilson	12
TE	Mike Tice	12
WR	Steve Largent	13
QB	Dave Krieg	12
RB	Curt Warner	12
FB	John L. Williams	10

DEFENSE

LE	Jacob Green	12
NT	Joe Nash	12
RE	Jeff Bryant	12
LOLB	Bruce Scholtz	7
	Tony Woods*	5
LILB	Fredd Young	13
RILB	Brian Bosworth*	12
ROLB	Greg Gaines	10
	Tony Woods*	2
LCB	Terry Taylor	12
RCB	Patrick Hunter	11
SS	Kenny Easley	11
FS	Eugene Robinson	12

SPECIAL TEAMS

K	Norm Johnson	13
P	Ruben Rodriguez	13

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Indianapolis	9	6	0	.600	300	238
New England	8	7	0	.533	320	293
Miami	8	7	0	.533	362	335
Buffalo	7	8	0	.467	270	305
N.Y. Jets	6	9	0	.400	280	312

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cleveland	10	5	0	.677	390	239
Houston*	9	6	0	.600	345	349
Pittsburgh	8	7	0	.533	285	299
Cincinnati	4	11	0	.267	285	370

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	10	4	1	.700	379	288
Seattle*	9	6	0	.600	371	314
San Diego	8	7	0	.533	253	317
L.A. Raiders	5	10	0	.333	301	289
Kansas City	4	11	0	.267	273	388

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Washington	11	4	0	.733	379	385
Dallas	7	8	0	.467	340	348
St. Louis	7	8	0	.467	362	268
Philadelphia	7	8	0	.467	337	380
N.Y. Giants	6	9	0	.400	280	312

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	11	4	0	.733	356	282
Minnesota*	8	7	0	.533	336	335
Green Bay	5	9	1	.367	255	300
Tampa Bay	4	11	0	.267	286	360
Detroit	4	11	0	.267	269	384

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	2	0	.867	459	253
New Orleans*	12	3	0	.800	422	283
L.A. Rams	6	9	0	.400	317	361
Atlanta	3	12	0	.200	205	436

1988 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/04	W	21-14	at Denver	75,986
09/11	W	31-10	Kansas City	61,512
09/18	L	17-6	at San Diego	44,449
09/25	L	38-7	San Francisco	62,382
10/02	W	31-20	at Atlanta	28,619
10/09	W	16-10	at Cleveland	78,605
10/16	L	20-19	New Orleans	63,569
10/23	L	31-10	at L.A. Rams	57,033
10/30	W	17-14	San Diego	59,641
11/06	L	13-3	Buffalo	61,074
11/13	W	27-24	Houston	60,446
11/20	L	27-24	at Kansas City	33,152
11/28	W	35-27	L.A. Raiders	62,641
12/04	L	13-7	at New England	59,068
12/11	W	42-14	Denver	62,839
12/18	W	43-37	at L.A. Raiders	61,127

POSTSEASON

12/31	L	21-13	at Cincinnati (AFC Divisional Playoff)	58,560

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	291	321
Rushing	125	134
Passing	139	171
Penalty	27	16
3rd Down: Made/Att.	83/211	96/219
3rd Down Pct.	39.3	43.8
4th Down: Made/Att.	7/16	10/16
4th Down Pct.	43.8	62.5
POSSESSION AVG.	28:32	31:28
TOTAL NET YARDS	4842	5639
Avg. Per Game	302.6	352.4
Total Plays	983	1040
Avg. Per Play	4.9	5.4
NET YARDS RUSHING	2086	2286
Avg. Per Game	130.4	142.9
Total Rushes	517	509
NET YARDS PASSING	2756	3353
Avg. Per Game	172.3	209.6
Sacked/Yards Lost	29/223	30/265
Gross Yards	2979	3618
Att./Completions	437/245	501/280
Completion Pct.	56.1	55.9
Had Intercepted	20	22
PUNTS/AVERAGE	70/40.8	66/42.1
NET PUNTING AVG.	36.8	35.7
PENALTIES/YARDS	89/790	111/861
FUMBLES/BALL LOST	29/14	31/18
TOUCHDOWNS	39	38
Rushing	14	14
Passing	22	21
Returns	3	3
TOTAL POINTS	339	329

By Quarters	1	2	3	4	OT	Tot
SEA	58	124	83	74	0	339
OPP	75	90	72	92	0	329

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	39-39	22-28	0	105
Warner	12	10	2	0	0	0	0	72
Blades	8	0	8	0	0	0	0	48
Williams	7	4	3	0	0	0	0	42
Butler	4	0	4	0	0	0	0	24
SEA	39	14	22	3	39-39	22-28	0	339
OPP	38	14	21	3	38-38	21-32	0	329

Rushing	Att	Yds	Avg	LG	TD
Warner	266	1025	3.9	29	10
Williams	189	877	4.6	44	4
SEA	517	2086	4.0	44	14
OPP	509	2286	4.5	42	14

Receiving	No	Yds	Avg	LG	TD
Williams	58	651	11.2	75	3
Blades	40	682	17.1	55	8
Largent	39	645	16.5	46	2
Tice	29	244	8.4	26	0
SEA	245	2979	12.2	75	22
OPP	280	3618	12.9	69	21

Interceptions	No	Yds	Avg	LG	TD
Moyer	6	79	13.2	34	0
Taylor	5	53	10.6	27	1
Jenkins	3	41	13.7	21	0
SEA	22	280	12.7	34	1
OPP	20	195	9.8	55	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rodriguez	70	2858	40.8	36.8	4	14	68	0
SEA	70	2858	40.8	36.8	4	14	68	0
OPP	66	2778	42.1	35.7	4	22	59	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Edmonds	35	8	340	9.7	41	0
SEA	37	8	340	9.2	41	0
OPP	36	14	202	5.6	16	0

Kickoff Returns	No	Yds	Avg	LG	TD
Edmonds	40	900	22.5	65	0
Morris	11	218	19.8	30	0
SEA	62	1352	21.8	65	0
OPP	66	1207	18.3	95	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	1-1	4-4	7-9	10-14	0-0
SEA	1-1	4-4	7-9	10-14	0-0
OPP	0-0	10-11	6-10	4-6	1-5

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	228	134	1741	58.8	7.64	18	7.9	8	3.5	75	12/92	94.6
Stouffer	173	98	1106	56.6	6.39	4	2.3	6	3.5	53	13/110	69.2
Kemp	35	13	132	37.1	3.77	0	0.0	4	14.8	19	3/21	9.2
SEA	437	245	2979	56.1	6.82	22	5.0	20	4.6	75	29/233	74.9
OPP	501	280	3618	55.9	7.22	21	4.2	22	4.4	69	30/265	74.4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Robinson	114	85	29	1.0	3	1	0
Wyman	97	71	26	2.5	0	1	2
Bosworth	82	55	27	0.0	3	1	1
Woods	80	57	23	5.0	2	0	1
Moyer	73	52	21	0.0	2	0	2

Record (Finish): 9-7 (1st, AFC West). Lost divisional playoff at Cincinnati 21-13.

Head Coach: Chuck Knox (57-38, .600)

Assistants: Tom Catlin (Asst. Head Coach/ Def. Coord./OLBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), DE Jacob Green and S Eugene Robinson (Def.),

Game-to-Game (Sp. Teams)

MVP: FB John L. Williams

Pro Bowl: QB Dave Krieg (2), ST Rufus Porter (1)

National Honors: WR Steve Largent, NFL Man of the Year

First-Team All-NFL: G Bryan Millard (*SI*), ST Rufus Porter (*PFW, C&PFN*)

OFFENSE

Pos.		Starts
WR	Brian Blades*	7
	Ray Butler	5
LT	Ron Mattes	16
LG	Edwin Bailey	16
C	Blair Bush	14
RG	Bryan Millard	14
RT	Mike Wilson	16
TE	Mike Tice	16
WR	Steve Largent	15
QB	Dave Krieg	9
	Kelly Stouffer*	6
	Jeff Kemp	1
RB	Curt Warner	16
FB	John L. Williams	16

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	15
RE	Jeff Bryant	12
LOLB	Bruce Scholtz	15
LILB	Brian Bosworth	10
	Darren Comeaux	6
RILB	Dave Wyman	16
ROLB	Tony Woods	16
LCB	Terry Taylor	8
	Melvin Jenkins	8
RCB	Patrick Hunter*	8
	Melvin Jenkins	8
SS	Paul Moyer	16
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Ruben Rodriguez	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	12	4	0	.750	329	237
Indianapolis	9	7	0	.563	354	315
New England	9	7	0	.563	250	284
N.Y. Jets	8	7	1	.531	372	354
Miami	6	10	0	.375	319	380

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cincinnati	12	4	0	.750	448	329
Cleveland*	10	6	0	.625	304	288
Houston*	10	6	0	.625	424	365
Pittsburgh	5	11	0	.313	336	421

WESTERN	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.563	339	329
Denver	8	8	0	.500	327	352
L.A. Raiders	7	9	0	.438	325	369
San Diego	6	10	0	.375	231	332
Kansas City	4	11	1	.281	254	320

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Philadelphia	10	6	0	.625	379	319
N.Y. Giants	10	6	0	.625	359	304
Washington	7	9	0	.438	345	387
Phoenix	7	9	0	.438	344	398
Dallas	3	13	0	.188	265	381

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	12	4	0	.750	312	215
Minnesota*	11	5	0	.688	406	233
Tampa Bay	5	11	0	.313	261	350
Detroit	4	12	0	.250	220	313
Green Bay	4	12	0	.250	240	315

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	10	6	0	.625	369	294
L.A. Rams*	10	6	0	.625	407	293
New Orleans	10	6	0	.625	312	283
Atlanta	5	11	0	.313	244	315

1989 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/10	L	31-7	at Philadelphia	64,287
09/17	L	34-24	Phoenix	60,444
09/24	W	24-3	at New England	48,025
10/01	W	24-20	at L.A. Raiders	44,319
10/08	L	20-16	Kansas City	60,715
10/15	W	17-16	at San Diego	50,079
10/22	L	24-21	Denver (OT)	62,353
10/29	W	10-7	San Diego	59,691
11/05	L	20-10	at Kansas City	54,489
11/12	L	17-7	Cleveland	58,978
11/19	L	15-3	at N.Y. Giants	75,014
11/26	L	41-14	at Denver	75,117
12/04	W	17-16	Buffalo	57,682
12/10	W	24-17	at Cincinnati	54,744
12/17	W	23-17	L.A. Raiders	61,076
12/23	L	29-0	Washington	60,294

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	290	293
Rushing	86	119
Passing	180	158
Penalty	24	16
3rd Down: Made/Att.	85/211	89/213
3rd Down Pct.	40.3	41.8
4th Down: Made/Att.	8/17	5/16
4th Down Pct.	47.1	31.3
POSSESSION AVG.	29:20	30:40
TOTAL NET YARDS	4596	5215
Avg. Per Game	287.3	325.9
Total Plays	1010	997
Avg. Per Play	4.6	5.2
NET YARDS RUSHING	1392	2118
Avg. Per Game	87.0	132.4
Total Rushes	405	520
NET YARDS PASSING	3204	3097
Avg. Per Game	200.3	193.6
Sacked/Yards Lost	46/379	32/235
Gross Yards	3583	3332
Att./Completions	559/316	445/252
Completion Pct.	56.5	56.6
Had Intercepted	23	9
PUNTS/AVERAGE	76/39.4	74/39.2
NET PUNTING AVG.	32.9	33.9
PENALTIES/YARDS	79/738	118/809
FUMBLES/BALL LOST	43/14	26/13
TOUCHDOWNS	28	37
Rushing	5	11
Passing	21	23
Returns	2	3
TOTAL POINTS	241	327

By Quarters	1	2	3	4	OT	Tot
SEA	72	60	41	68	0	241
OPP	81	80	86	77	3	327

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	27-27	15-25	0	72
Williams	7	1	6	0	0	0	0	42
Blades	5	0	5	0	0	0	0	30
Skansi	5	0	5	0	0	0	0	30
Warner	4	3	1	0	0	0	0	24
SEA	28	5	21	2	28-28	15-25	0	241
OPP	37	11	23	3	35-37	22-32	2	327

Rushing	Att	Yds	Avg	LG	TD
Warner	194	631	3.3	34	3
Williams	146	499	3.4	21	1
Krieg	40	160	4.0	18	0
SEA	405	1392	3.4	34	5
OPP	520	2118	4.1	38	11

Receiving	No	Yds	Avg	LG	TD
Blades	77	1063	13.8	60	5
Williams	76	657	8.6	51	6
Skansi	39	488	12.5	26	5
Largent	28	403	14.4	33	3
Clark	25	260	10.4	28	1
Warner	23	153	6.7	24	1
SEA	316	3583	11.3	60	21
OPP	252	3332	13.2	69	23

Interceptions	No	Yds	Avg	LG	TD
Robinson	5	24	4.8	20	0
Harper	2	15	7.5	15	0
SEA	9	57	6.3	20	0
OPP	23	248	10.8	30	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rodriguez	75	2995	39.9	32.9	8	17	59	1
SEA	75	2995	39.9	32.9	8	17	59	1
OPP	74	2902	39.2	33.9	7	21	60	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Hollis	18	7	164	9.1	21	0
Jefferson	12	10	87	7.3	19	0
SEA	30	17	251	8.4	21	0
OPP	41	12	334	8.1	49	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	499	286	3309	57.3	6.63	21	4.2	20	4.0	60	37/289	74.8
Stouffer	59	29	270	49.2	4.58	0	0.0	3	5.1	29	9/90	40.9
SEA	559	316	3583	56.5	6.41	21	3.8	23	4.1	60	46/379	71.3
OPP	445	252	3332	56.6	7.49	23	5.2	9	2.0	69	32/235	89.3

Kickoff Returns	No	Yds	Avg	LG	TD
Jefferson	22	511	23.2	91	1
Harris	18	334	18.6	25	0
Hollis	15	247	16.5	30	0
SEA	65	1246	19.2	97	1
OPP	44	814	18.5	37	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	1-1	6-7	3-4	4-8	1-5
SEA	1-1	6-7	3-4	4-8	1-5
OPP	1-1	10-13	8-10	3-7	0-1

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Robinson	102	72	30	0.0	5	2	0
Wyman	98	72	26	0.0	1	2	0
Glasgow	97	77	20	0.0	7	0	5
Nash	92	65	27	8.0	1	3	0
Comeaux	88	64	24	0.0	1	0	1
Bryant	68	50	18	3.5	2	2	0

Record (Finish): 7-9 (4th, AFC West)

Head Coach: Chuck Knox (64-47, .577)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QBs), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), DE Jacob Green (Def.), Game-to-Game (Sp. Teams)

Largent Award: WR Steve Largent

MVP: WR Brian Blades

Pro Bowl: WR Brian Blades (1), QB Dave Krieg (3), ST Rufus Porter (2)

National Honors: None

First-Team All-NFL: None

OFFENSE

Pos.		Starts
WR	Brian Blades	14
LT	Andy Heck*	8
	Ron Mattes	8
LG	Edwin Bailey	16
C	Grant Feasel	16
RG	Bryan Millard	16
RT	Mike Wilson	16
TE	Robert Tyler*	9
	Travis McNeal*	6
WR	Steve Largent	9
	Louis Clark	6
QB	Dave Krieg	14
	Kelly Stouffer	2
RB	Curt Warner	15
FB	John L. Williams	15

DEFENSE

LE	Jacob Green	14
NT	Joe Nash	16
RE	Jeff Bryant	15
LOLB	Tony Woods	12
	Rufus Porter	3
LILB	Darren Comeaux	13
	Brian Bosworth	2
RILB	Dave Wyman	16
ROLB	Vernon Maxwell	9
	M.L. Johnson	6
LCB	Dwayne Harper	13
RCB	Patrick Hunter	14
SS	Nesby Glasgow	16
FS	Eugene Robinson	14

SPECIAL TEAMS

K	Norm Johnson	16
P	Ruben Rodriguez	16

*Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	9	7	0	.563	409	317
Indianapolis	8	8	0	.500	298	301
Miami	8	8	0	.500	331	379
New England	5	11	0	.313	297	391
N.Y. Jets	4	12	0	.250	253	411

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cleveland	9	6	1	.594	334	254
Houston*	9	7	0	.563	365	412
Pittsburgh*	9	7	0	.563	265	326
Cincinnati	8	8	0	.500	404	285

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	11	5	0	.688	362	226
Kansas City	8	7	1	.531	318	286
L.A. Raiders	8	8	0	.500	315	297
Seattle	7	9	0	.438	241	327
San Diego	6	10	0	.375	266	290

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	12	4	0	.750	348	252
Philadelphia*	11	5	0	.688	342	274
Washington	10	6	0	.625	386	308
Phoenix	5	11	0	.313	258	377
Dallas	1	15	0	.063	204	393

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	10	6	0	.625	351	275
Green Bay	10	6	0	.625	362	356
Detroit	7	9	0	.438	312	364
Chicago	6	10	0	.375	358	377
Tampa Bay	5	11	0	.313	320	419

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	14	2	0	.875	442	253
L.A. Rams*	11	5	0	.688	426	344
New Orleans	9	7	0	.563	386	301
Atlanta	3	13	0	.188	279	437

1990 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/09	L	17-0	at Chicago	64,400
09/16	L	17-13	L.A. Raiders	61,889
09/23	L	34-31	at Denver (OT)	75,290
10/01	W	31-16	Cincinnati	60,135
10/07	W	33-20	at New England	39,735
10/14	L	24-17	at L.A. Raiders	50,624
10/21	W	19-7	Kansas City	60,358
10/28			BYE	
11/04	L	31-14	San Diego	59,646
11/11	W	17-16	at Kansas City	71,285
11/18	L	24-21	Minnesota	59,735
11/25	W	13-10	at San Diego (OT)	50,097
12/02	W	13-10	Houston (OT)	57,592
12/09	W	20-14	at Green Bay	52,015
12/16	L	24-17	at Miami	57,851
12/23	W	17-12	Denver	55,845
12/30	W	30-10	Detroit	50,681

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	284	280
Rushing	111	86
Passing	155	171
Penalty	18	23
3rd Down: Made/Att.	87/200	83/207
3rd Down Pct.	43.5	40.1
4th Down: Made/Att.	6/7	7/11
4th Down Pct.	85.7	63.6
POSSESSION AVG.	30:47	29:13
TOTAL NET YARDS	4583	4609
Avg. Per Game	286.4	288.1
Total Plays	945	950
Avg. Per Play	4.8	4.9
NET YARDS RUSHING	1749	1605
Avg. Per Game	109.3	100.3
Total Rushes	457	413
NET YARDS PASSING	2834	3004
Avg. Per Game	177.1	187.8
Sacked/Yards Lost	40/360	33/252
Gross Yards	3194	3256
Att./Completions	448/265	504/300
Completion Pct.	59.2	59.5
Had Intercepted	20	12
PUNTS/AVERAGE	67/40.6	77/41.9
NET PUNTING AVG.	34.4	36.2
PENALTIES/YARDS	89/746	108/766
FUMBLES/BALL LOST	32/16	32/18
TOUCHDOWNS	34	32
Rushing	18	7
Passing	15	19
Returns	1	6
TOTAL POINTS	306	286

By Quarters	1	2	3	4	OT	Tot
SEA	50	94	60	96	6	306
OPP	50	112	53	68	3	286

Scoring	TDs	Ru	Pa	Rt	PAT	FG	S	Pts
Johnson	0	0	0	0	33-34	23-32	0	102
Fenner	15	14	1	0	0	0	0	90
Chadwick	4	0	4	0	0	0	0	24
Kane	4	0	4	0	0	0	0	24
Blades	3	0	3	0	0	0	0	18
Williams	3	3	0	0	0	0	0	18
SEA	34	18	15	1	33-34	23-32	0	306
OPP	32	7	19	6	32-32	20-27	1	286

Rushing	Att	Yds	Avg	LG	TD
Fenner	215	859	4.0	36	14
Williams	187	714	3.8	25	3
Krieg	32	115	3.6	25	0
SEA	457	1749	3.8	36	18
OPP	413	1605	3.9	58	7

Receiving	No	Yds	Avg	LG	TD
Williams	73	699	9.6	60	0
Kane	52	776	14.9	63	4
Blades	49	525	10.7	24	3
Chadwick	27	478	17.7	54	4
Skansi	22	257	11.7	25	2
Fenner	17	143	8.4	50	1
SEA	265	3194	12.1	63	15
OPP	300	3256	10.9	46	19

Interceptions	No	Yds	Avg	LG	TD
Robinson	3	89	29.7	39	0
Harper	3	69	23.0	47	0
SEA	12	182	15.2	47	0
OPP	20	252	12.6	42	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Donnelly	67	2722	40.6	34.4	8	18	54	0
SEA	67	2722	40.6	34.4	8	18	54	0
OPP	77	3225	41.9	36.2	5	22	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Warren	28	16	269	9.6	39	0
Jefferson	8	0	68	8.5	14	0
SEA	36	16	337	9.4	39	0
OPP	29	21	254	8.8	66	2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	448	265	3194	59.2	7.13	15	3.3	20	4.5	63	40/360	73.6
SEA	448	265	3194	59.2	7.13	15	3.3	20	4.5	63	40/360	73.6
OPP	504	300	3256	59.5	6.46	19	3.8	12	2.4	46	33/252	81.3

Kickoff Returns	No	Yds	Avg	LG	TD
Warren	23	478	20.8	71	0
Loville	18	359	19.9	29	0
SEA	50	985	19.7	71	0
OPP	51	910	17.8	39	0

Field Goals	1-19	20-29	30-39	40-49	50+
Johnson	2-2	7-7	8-14	5-6	1-3
SEA	2-2	7-7	8-14	5-6	1-3
OPP	0-0	11-11	3-5	5-8	1-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Glasgow	83	70	13	2.0	2	3	1
Robinson	82	63	19	0.0	5	1	4
Harper	71	62	9	0.0	4	1	0
Green	60	44	16	12.5	2	3	1
Hunter	56	48	8	0.0	10	1	1
Nash	53	41	12	1.0	0	1	1

Record (Finish): 9-7 (3rd, AFC West)

Head Coach: Chuck Knox (73-54, .575)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QBs), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Frank Raines (Strength & Cond.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: QB Dave Krieg (Off.), DE Jacob Green (Def.), Game-to-Game (Sp. Teams)

Largent Award: DE Jacob Green

MVP: FB John L. Williams

Pro Bowl: FB John L. Williams (1)

National Honors: SS Kenny Easley and WR Steve Largent, All-NFL Decade of the 1980's Team (Hall of Fame)

First-Team All-NFL: None

OFFENSE

Pos.		Starts
WR	Tommy Kane	11
LT	Andy Heck	16
LG	Edwin Bailey	11
C	Grant Feasel	16
RG	Bryan Millard	16
RT	Ronnie Lee	9
	Ron Mattes	7
TE	Travis McNeal	14
WR	Brian Blades	16
QB	Dave Krieg	16
RB	Derrick Fenner	15
FB	John L. Williams	16

DEFENSE

LE	Jacob Green	16
LT	Joe Nash	16
RT	Jeff Bryant	14
	Cortez Kennedy*	2
RE	Tony Woods	15
LLB	Terry Wooden*	8
MLB	Darren Comeaux	8
	Dave Wyman	8
RLB	Rufus Porter	12
LCB	Dwayne Harper	16
RCB	Patrick Hunter	16
SS	Nesby Glasgow	13
	Robert Blackmon*	3
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Rick Donnelly	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	13	3	0	.813	428	263
Miami*	12	4	0	.750	336	242
Indianapolis	7	9	0	.438	281	353
N.Y. Jets	6	10	0	.375	295	345
New England	1	15	0	.063	181	446

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Cincinnati	9	7	0	.563	360	352
Houston*	9	7	0	.563	405	307
Pittsburgh	9	7	0	.563	292	240
Cleveland	3	13	0	.188	228	462

WESTERN	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	12	4	0	.750	337	268
Kansas City*	11	5	0	.688	369	257
Seattle	9	7	0	.563	306	286
San Diego	6	10	0	.375	315	281
Denver	5	11	0	.313	331	374

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	13	3	0	.813	335	211
Philadelphia*	10	6	0	.625	396	299
Washington*	10	6	0	.625	381	301
Dallas	7	9	0	.438	244	308
Phoenix	5	11	0	.313	268	296

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	11	5	0	.688	348	280
Tampa Bay	6	10	0	.375	264	367
Detroit	6	10	0	.375	373	413
Green Bay	6	10	0	.375	271	347
Minnesota	6	10	0	.375	351	326

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	14	2	0	.875	353	239
New Orleans*	8	8	0	.500	274	275
L.A. Rams	5	11	0	.313	345	412
Atlanta	5	11	0	.313	348	365

* Wild Card team

1991 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/01	L	27-24	at New Orleans	68,492
09/08	W	20-13	N.Y. Jets	56,770
09/15	L	16-10	at Denver	74,152
09/22	L	20-13	at Kansas City	71,789
09/29	W	31-3	Indianapolis	56,656
10/06	W	13-7	at Cincinnati	60,010
10/13	L	23-20	L.A. Raiders (OT)	61,974
10/20	W	27-7	at Pittsburgh	54,678
10/27	W	20-9	San Diego	58,025
11/03			BYE	
11/10	L	17-14	at San Diego	43,597
11/17	L	31-7	at L.A. Raiders	49,317
11/24	W	13-10	Denver	60,430
12/01	L	19-6	Kansas City	57,248
12/08	L	24-22	San Francisco	56,711
12/15	L	26-13	at Atlanta	53,834
12/22	W	23-9	L.A. Rams	51,100

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	253	263
Rushing	80	92
Passing	159	159
Penalty	14	12
3rd Down: Made/Att.	67/193	78/220
3rd Down Pct.	34.7	35.5
4th Down: Made/Att.	2/9	9/20
4th Down Pct.	22.2	45.0
POSSESSION AVG.	29:27	30:33
TOTAL NET YARDS	4534	4703
Avg. Per Game	283.4	293.9
Total Plays	924	988
Avg. Per Play	4.9	4.8
NET YARDS RUSHING	1426	1684
Avg. Per Game	89.1	105.3
Total Rushes	394	435
NET YARDS PASSING	3108	3019
Avg. Per Game	194.3	188.7
Sacked/Yards Lost	42/263	36/269
Gross Yards	3371	3288
Att./Completions	488/290	517/296
Completion Pct.	59.4	57.3
Had Intercepted	26	18
PUNTS/AVERAGE	76/40.6	79/39.1
NET PUNTING AVG.	35.7	33.0
PENALTIES/YARDS	85/682	108/845
FUMBLES/BALL LOST	26/17	34/21
TOUCHDOWNS	29	25
Rushing	11	4
Passing	15	18
Returns	3	3
TOTAL POINTS	276	261

By Quarters	1	2	3	4	OT	Tot
SEA	39	78	79	80	0	276
OPP	25	112	47	74	3	261

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	27/28	25/31	0	102
Williams	5	4	1	0	0	0	0	30
Fenner	4	4	0	0	0	0	0	24
Tice	4	0	4	0	0	0	0	24
SEA	29	11	15	3	27/29	25/31	0	276
OPP	25	4	18	3	25/25	28/32	1	261

Rushing	Att	Yds	Avg	LG	TD
Williams	188	741	3.9	42	4
Fenner	91	267	2.9	15	4
Jones	45	154	3.4	22	3
SEA	394	1426	3.6	42	11
OPP	435	1684	3.9	32	4

Receiving	No	Yds	Avg	LG	TD
Blades	70	1003	14.3	52	2
Williams	61	499	8.2	35	1
Kane	50	763	15.3	60	2
Chadwick	22	255	11.6	29	3
SEA	290	3371	11.6	60	15
OPP	296	3288	11.1	61t	18

Interceptions	No	Yds	Avg	LG	TD
Robinson	5	56	11.2	27	0
Harper	4	84	21.0	43	0
SEA	18	302	16.8	43	2
OPP	26	334	12.8	58	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	49	2106	43.0	36.9	3	8	60	0
Donnelly	13	505	38.8	33.8	1	1	57	0
Waits	14	474	33.9	33.6	0	2	50	0
SEA	76	3085	40.6	35.7	4	11	60	0
OPP	79	3089	39.1	33.0	8	20	65	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Warren	32	19	298	9.3	59t	1
SEA	38	20	325	8.6	59t	1
OPP	40	18	289	7.2	29	0

Kickoff Returns	No	Yds	Avg	LG	TD
Warren	35	792	22.6	55	0
Loville	18	412	22.9	50	0
SEA	60	1280	21.3	55	0
OPP	51	858	16.8	38	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	285	187	2080	65.6	7.30	11	3.9	12	4.2	60	32/216	82.5
Kemp	181	94	1207	51.9	6.67	4	2.2	12	6.6	52	8/38	52.9
Stouffer	15	6	57	40.0	3.80	0	0.0	1	6.7	19	2/9	23.5
McGwire	7	3	27	42.9	3.86	0	0.0	1	14.3	13	0/0	14.3
SEA	488	290	3371	59.4	6.91	15	3.1	26	5.3	60	42/263	68.4
OPP	517	296	3288	57.3	6.36	18	3.5	18	3.5	61t	36/269	73.4

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	1/1	5/6	11/14	6/7	2/3
SEA	1/1	5/6	11/14	6/7	2/3
OPP	1/1	7/7	9/9	6/7	5/8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wooden	105	80	25	2.0	9	1	4
Robinson	91	67	24	1.0	3	1	1
Porter	71	51	20	10.0	15	4	0
Comeaux	69	51	18	0.5	5	4	0
Harper	69	58	11	0.0	1	1	0
Kennedy	67	59	8	6.5	12	1	1

Record (Finish): 7-9 (4th, AFC West)

Head Coach: Chuck Knox (80-63, .559)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QBs), Paul Moyer (Staff Asst.), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Frank Raines (Strength & Cond.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: QB Dave Krieg (Off.), DE Jacob Green (Def.), Game-to-Game (Sp. Teams)

Largent Award: LB Rufus Porter

MVP: FS Eugene Robinson

Pro Bowl: DT Cortez Kennedy (1), FB John L. Williams (2)

National Honors: None

First-Team All-NFL: CB Dwayne Harper (*SI*), FS Eugene Robinson (*SI*)

OFFENSE

Pos.		Starts
WR	Tommy Kane	15
LT	Andy Heck	16
LG	Warren Wheat	7
	Darrick Brilz	6
C	Grant Feasel	15
RG	Bryan Millard	16
RT	Bill Hitchcock	9
	Ronnie Lee	7
TE	Mike Tice	15
WR	Brian Blades	16
QB	Dave Krieg	9
	Jeff Kemp	5
	Dan McGwire*	1
	Kelly Stouffer	1
RB	Derrick Fenner	8
	James Jones	6
FB	John L. Williams	16

DEFENSE

LE	Jacob Green	16
LT	Jeff Bryant	14
RT	Cortez Kennedy	16
RE	Tony Woods	14
LLB	Terry Wooden	15
MLB	Darren Comeaux	11
RLB	Rufus Porter	15
LCB	Dwayne Harper	16
RCB	Patrick Hunter	15
SS	Robert Blackmon	16
FS	Eugene Robinson	16

SPECIAL TEAMS

K	John Kasay*	16
P	Rick Tuten	10

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	13	3	0	.813	458	318
N.Y. Jets*	8	8	0	.500	314	293
Miami	8	8	0	.500	343	349
New England	6	10	0	.375	211	305
Indianapolis	1	15	0	.063	143	381

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Houston	11	5	0	.688	386	251
Pittsburgh	7	9	0	.438	292	344
Cleveland	6	10	0	.375	293	298
Cincinnati	3	13	0	.188	263	435

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	12	4	0	.750	304	235
Kansas City*	10	6	0	.625	322	252
L.A. Raiders*	9	7	0	.563	298	297
Seattle	7	9	0	.438	276	261
San Diego	4	12	0	.250	274	342

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Washington	14	2	0	.875	485	224
Dallas*	11	5	0	.688	342	310
Philadelphia	10	6	0	.625	285	244
N.Y. Giants	8	8	0	.500	281	297
Phoenix	4	12	0	.250	196	344

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Detroit	12	4	0	.750	339	295
Chicago*	11	5	0	.688	299	269
Minnesota	8	8	0	.500	301	306
Green Bay	4	12	0	.250	273	313
Tampa Bay	3	13	0	.188	199	365

WESTERN	W	L	T	Pct.	Pts.	Opp.
New Orleans	11	5	0	.688	341	211
Atlanta*	10	6	0	.625	361	338
San Francisco	10	6	0	.625	393	239
L.A. Rams	3	13	0	.188	234	390

1992 REVIEW (2-14)

Date	W/L	Score	Opponents	Att
09/06	L	21-3	Cincinnati	57,350
09/13	L	26-7	at Kansas City	75,125
09/20	W	10-6	at New England	42,327
09/27	L	19-17	Miami	59,374
10/04	L	17-6	at San Diego	36,783
10/11	L	27-0	at Dallas	62,311
10/18	L	19-0	L.A. Raiders	56,904
10/25	L	23-10	at N.Y. Giants	67,399
11/01			BYE	
11/08	L	16-3	Washington	53,616
11/15	L	20-3	at L.A. Raiders	46,862
11/22	L	24-14	Kansas City	49,867
11/30	W	16-13	Denver (OT)	51,612
12/06	L	20-14	at Pittsburgh	47,015
12/13	L	20-17	Philadelphia (OT)	47,492
12/20	L	10-6	at Denver	72,570
12/27	L	31-14	San Diego	49,324

Team Statistics	Seattle	Opp
TOTAL FIRST DOWNS	208	247
Rushing	77	96
Passing	114	129
Penalty	17	22
3rd Down: Made/Att.	59/222	75/230
3rd Down Pct.	26.6	32.6
4th Down: Made/Att.	5/17	6/9
4th Down Pct.	29.4	66.7
POSSESSION AVG.	29:01	30:59
TOTAL NET YARDS	3374	4583
Avg. Per Game	210.9	286.4
Total Plays	945	987
Avg. Per Play	3.6	4.6
NET YARDS RUSHING	1596	1922
Avg. Per Game	99.8	120.1
Total Rushes	402	513
NET YARDS PASSING	1778	2661
Avg. Per Game	111.1	166.3
Sacked/Yards Lost	67/545	46/317
Gross Yards	2323	2978
Att./Completions	476/230	428/251
Completion Pct.	48.3	58.6
Had Intercepted	23	20
PUNTS/AVERAGE	108/44.1	96/41.8
NET PUNTING AVG.	38.7	36.8
PENALTIES/YARDS	111/918	100/776
FUMBLES/BALL LOST	37/18	25/11
TOUCHDOWNS	14	32
Rushing	4	14
Passing	9	11
Returns	1	7
TOTAL POINTS	140	312

By Quarters	1	2	3	4	OT	Tot
SEA	20	53	34	30	3	140
OPP	63	87	74	85	3	312

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	14/14	14/22	0	56
Kane	3	0	3	0	0/0	0/0	0	18
Warren	3	3	0	0	0/0	0/0	0	18
Williams	3	1	2	0	0/0	0/0	0	18
SEA	14	4	9	1	14/14	14/22	0	140
OPP	32	14	11	7	29/32	29/36	2	312

Rushing	Att	Yds	Avg	LG	TD
Warren	223	1017	4.6	52	3
Williams	114	339	3.0	14	1
Gelbaugh	16	79	4.9	22	0
SEA	402	1596	4.0	52	4
OPP	513	1922	3.7	66t	14

Receiving	No	Yds	Avg	LG	TD
Williams	74	556	7.5	27	2
Kane	27	369	13.7	31	3
J. Jones	21	190	9.0	30	0
L. Clark	20	290	14.5	33	1
Blades	19	256	13.5	37	1
SEA	230	2323	10.1	57	9
OPP	251	2978	11.9	72t	11

Interceptions	No	Yds	Avg	LG	TD
E. Robinson	7	126	18.0	49	0
Harper	3	74	24.7	41	0
SEA	20	324	16.2	69	0
OPP	23	231	10.0	40	4

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	108	4760	44.1	38.7	8	29	65	0
SEA	108	4760	44.1	38.7	8	29	65	0
OPP	96	4015	41.8	36.8	10	23	65	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Warren	34	25	252	7.4	16	0
SEA	38	27	283	7.4	16	0
OPP	56	26	416	7.4	86t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Warren	28	524	18.7	34	0
Mayes	19	311	16.4	29	0
SEA	50	885	17.7	34	0
OPP	36	685	19.0	64	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Gelbaugh	255	121	1307	47.5	5.13	6	2.4	11	4.3	57	34/265	52.9
Stouffer	190	92	900	48.4	4.74	3	1.6	9	4.7	33	26/222	47.7
McGwire	30	17	116	56.7	3.87	0	0.0	3	10.0	20	7/58	25.8
SEA	476	230	2323	48.3	4.88	9	1.9	23	4.8	57	67/545	48.9
OPP	428	251	2978	58.6	6.96	11	2.6	20	4.7	72t	46/317	69.0

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	0-0	4-5	8-11	2-6	0-0
SEA	0-0	4-5	8-11	2-6	0-0
OPP	0-0	5-5	14-16	7-11	3-4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
E. Robinson	94	64	30	0.0	10	2	1
Kennedy	92	76	16	14.0	5	4	1
Porter	90	68	22	9.5	2	2	0
Wyman	83	54	29	0.0	1	2	1
P. Hunter	67	55	12	0.0	13	1	1
Nash	67	46	21	4.5	0	0	0

Record (Finish): 2-14 (5th, AFC West)

Head Coach: Tom Flores (2-14, .125)

Assistants: Tom Catlin (Asst. HC/Def.), Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def.), Hudson Houck (OL), Paul Moyer (DBs), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond), Clarence Shelmon (RBs)

Captains: FB John L. Williams (Off.),

FS Eugene Robinson (Def.), RB James Jones (Sp. Teams)

Largent Award: DE Jeff Bryant and DT Joe Nash

MVP: DT Cortez Kennedy

Pro Bowl: DT Cortez Kennedy (2), FS Eugene Robinson (1)

National Honors: DT Cortez Kennedy, NFL Defensive Player of the Year (*AP, PFW/PFWA, C&PFN*)

All-NFL: DT Cortez Kennedy (*AP, SI, SN, USAT, PFW/PFWA, C&PFN, NEA*)

OFFENSE

Pos.		Starts
WR	Tommy Kane	11
LT	Ray Roberts*	16
LG	Andy Heck	13
C	Joe Tofflemire	16
RG	Darrick Brilz	16
RT	Bill Hitchcock	11
TE	Ron Heller	11
WR	Louis Clark	10
	Brian Blades	5
QB	Stan Gelbaugh	8
	Kelly Stouffer	7
	Dan McGwire	1
RB	Chris Warren	16
FB	John L. Williams	16

DEFENSE

LE	Jeff Bryant	15
LT	Joe Nash	16
RT	Cortez Kennedy	16
RE	Tony Woods	15
LLB	Terry Wooden	8
	Joe Cain	8
MLB	Dave Wyman	11
RLB	Rufus Porter	16
LCB	Dwayne Harper	16
RCB	Patrick Hunter	16
SS	Robert Blackmon	15
FS	Eugene Robinson	16

SPECIAL TEAMS

K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	11	5	0	.688	340	281
Buffalo*	11	5	0	.688	381	283
Indianapolis	9	7	0	.563	216	302
N.Y. Jets	4	12	0	.250	220	315
New England	2	14	0	.125	205	363

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	11	5	0	.688	299	225
Houston*	10	6	0	.625	352	258
Cleveland	7	9	0	.438	272	275
Cincinnati	5	11	0	.313	274	364

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	335	241
Kansas City*	10	6	0	.625	348	282
Denver	8	8	0	.500	262	329
L.A. Raiders	7	9	0	.438	249	281
Seattle	2	14	0	.125	140	312

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	13	3	0	.813	409	243
Philadelphia*	11	5	0	.688	354	245
Washington*	9	7	0	.563	300	255
N.Y. Giants	6	10	0	.375	306	367
Phoenix	4	12	0	.250	243	332

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	11	5	0	.688	374	249
Green Bay	9	7	0	.563	276	296
Tampa Bay	5	11	0	.313	267	367
Chicago	5	11	0	.313	295	361
Detroit	5	11	0	.313	273	332

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	14	2	0	.875	431	236
New Orleans*	12	4	0	.750	330	202
Atlanta	6	10	0	.375	327	414
L.A. Rams	6	10	0	.375	313	383

1993 REVIEW (6-10)

Date	W/L	Score	Opponents	Att
09/05	L	18-12	at San Diego	58,039
09/12	L	17-13	L.A. Raiders	58,836
09/19	W	17-14	at New England	50,392
09/26	W	19-10	at Cincinnati	46,880
10/03	W	31-14	San Diego	54,778
10/10			BYE	
10/17	L	30-10	at Detroit	60,801
10/24	W	10-9	New England	56,526
10/31	L	28-17	at Denver	73,644
11/07	L	24-14	at Houston	50,447
11/14	W	22-5	Cleveland	54,622
11/21			BYE	
11/28	L	17-9	Denver	57,812
12/05	L	31-16	Kansas City	58,551
12/12	L	27-23	at L.A. Raiders	38,161
12/19	L	30-27	Phoenix (OT)	45,737
12/26	W	16-6	Pittsburgh	51,814
01/02	L	34-24	at Kansas City	72,136

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	279	322
Rushing	114	106
Passing	144	193
Penalty	21	23
3rd Down: Made/Att.	80/224	91/229
3rd Down Pct.	35.7	39.7
4th Down: Made/Att.	6/14	6/13
4th Down Pct.	42.9	46.2
POSSESSION AVG.	29:02	30:58
TOTAL NET YARDS	4669	5313
Avg. Per Game	291.8	332.1
Total Plays	1019	1085
Avg. Per Play	4.6	4.9
NET YARDS RUSHING	2015	1660
Avg. Per Game	125.9	103.8
Total Rushes	473	452
NET YARDS PASSING	2654	3653
Avg. Per Game	165.9	228.3
Sacked/Yards Lost	48/242	38/244
Gross Yards	2896	3897
Att./Completions	498/280	595/333
Completion Pct.	56.2	56.0
Had Intercepted	18	22
PUNTS/AVERAGE	91/44.0	73/42.4
NET PUNTING AVG.	37.3	35.6
PENALTIES/YARDS	99/745	110/818
FUMBLES/BALL LOST	25/13	23/15
TOUCHDOWNS	29	32
Rushing	13	12
Passing	13	16
Returns	0	3
Defensive	3	1
SAFETIES	4	2
TOTAL POINTS	280	314

By Quarters	1	2	3	4	OT	Tot
SEA	72	64	45	99	0	280
OPP	65	104	66	76	3	314

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	29/29	23/28	0	98
C. Warren	7	7	0	0	0	0	0	42
Martin	5	0	5	0	0	0	0	30
Williams	4	3	1	0	0	0	0	24
SEA	29	13	13	3	29/29	23/28	4	280
OPP	32	12	16	4	31/32	29/39	2	314

Rushing	Att	Yds	Avg	LG	TD
C. Warren	273	1072	3.9	45t	7
Williams	82	371	4.5	38	3
Mirer	68	343	5.0	33	3
Vaughn	36	153	4.3	37	0
SEA	473	2015	4.3	45t	13
OPP	452	1660	3.7	30t	12

Receiving	No	Yds	Avg	LG	TD
Blades	80	945	11.8	41	3
Williams	58	450	7.8	25	1
Martin	57	798	14.0	53t	5
Edmunds	24	239	10.0	32	2
Green	23	178	7.7	20	1
SEA	280	2896	10.3	53t	13
OPP	333	3897	11.7	58t	16

Interceptions	No	Yds	Avg	LG	TD
E. Robinson	9	80	8.9	28	0
Hunter	4	54	13.5	34	0
Gray	3	33	11.0	16	0
SEA	22	196	8.9	34	1
OPP	18	159	8.8	40	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	90	4007	44.5	37.3	7	21	64	1
SEA	91	4007	44.0	37.3	7	21	64	1
OPP	73	3097	42.4	35.6	11	19	60	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Martin	32	15	270	8.4	33	0
SEA	33	15	280	8.5	33	0
OPP	47	21	475	10.1	74t	1

Kickoff Returns	No	FC	Yds	Avg	LG	TD
Bates	30	0	603	20.1	46	0
Vaughn	16	0	280	17.5	31	0
SEA	50	0	931	18.6	46	0
OPP	52	1	967	18.6	95t	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	486	274	2833	56.4	5.83	12	2.5	17	3.5	53t	47/235	67.0
SEA	498	280	2896	56.2	5.82	13	2.6	18	3.6	53t	48/242	66.8
OPP	595	333	3897	56.0	6.55	16	2.7	22	3.7	58t	38/244	69.6

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	1/1	5/5	10/11	4/6	3/5
SEA	1/1	5/5	10/11	4/6	3/5
OPP	2/2	7/7	8/10	7/13	5/7

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
E. Robinson	111	84	27	2.0	15	3	2
Wooden	106	73	33	2.5	9	3	1
Stephens	105	75	30	2.5	1	2	1
Kennedy	77	60	17	6.5	3	1	1
Blackmon	74	55	19	0.0	11	0	1

Record (Finish): 6-10 (5th, AFC West)

Head Coach: Tom Flores (8-24, .250)

Assistants: Tom Catlin (Asst. Head Coach), Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def.), Arnie Matsumoto (Staff Asst.), Paul Moyer (DBs), Howard Mudd (OL), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond.), Clarence Shelmon (RBs)

Captains: FB John L. Williams (Off.), FS Eugene Robinson (Def.), FB Tracy Johnson & TE Trey Junkin (Sp. Teams)

Largent Award: S Eugene Robinson

MVP: FS Eugene Robinson

Pro Bowl: DT Cortez Kennedy (3), FS Eugene Robinson (2), RB Chris Warren (1)

National Honors: QB Rick Mirer, NFL Offensive Rookie of the Year (*NFLPA, FBD*)

All-NFL: DT Cortez Kennedy (*AP, SI*), FS Eugene Robinson (*PFWA/PFW,* Films, *USA TODAY*)

OFFENSE

Pos.		Starts
WR	Kelvin Martin	14
LT	Ray Roberts	16
LG	Darrick Brilz	16
C	Ray Donaldson	16
RG	Bill Hitchcock	14
RT	Andy Heck	16
TE	Paul Green	8
	Ferrell Edmunds	16
WR	Brian Blades	14
QB	Rick Mirer*	16
RB	Chris Warren	14
FB	John L. Williams	9

DEFENSE

LE	Jeff Bryant	15
LT	Joe Nash	16
RT	Cortez Kennedy	16
RE	Natu Tuatagaloa	15
RLB	Terry Wooden	16
MLB	Rod Stephens	13
RLB	Kevin Murphy	10
	Rufus Porter	6
LCB	Dwayne Harper	14
RCB	Patrick Hunter	15
SS	Robert Blackmon	16
FS	Eugene Robinson	16

SPECIAL TEAMS

K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	12	4	0	.750	329	242
Miami	9	7	0	.563	349	351
N.Y. Jets	8	8	0	.500	270	247
New England	5	11	0	.313	238	286
Indianapolis	4	12	0	.250	189	378

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Houston	12	4	0	.750	368	238
Pittsburgh*	9	7	0	.563	308	281
Cleveland	7	9	0	.438	304	307
Cincinnati	3	13	0	.188	187	319

WESTERN	W	L	T	Pct.	Pts.	Opp.
Kansas City	11	5	0	.688	328	291
L.A. Raiders*	10	6	0	.625	306	326
Denver*	9	7	0	.563	373	284
San Diego	8	8	0	.500	322	290
Seattle	6	10	0	.375	280	314

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	12	4	0	.750	376	229
N.Y. Giants*	11	5	0	.688	288	205
Philadelphia	8	8	0	.500	293	315
Phoenix	7	9	0	.438	326	269
Washington	4	12	0	.250	230	345

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Detroit	10	6	0	.625	298	292
Minnesota*	9	7	0	.563	277	290
Green Bay*	9	7	0	.563	340	282
Chicago	7	9	0	.438	234	230
Tampa Bay	5	11	0	.313	237	376

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	10	6	0	.625	473	295
New Orleans	8	8	0	.500	317	343
Atlanta	6	10	0	.375	316	385
L.A. Rams	5	11	0	.313	221	367

1994 REVIEW (6-10)

Date	W/L	Score	Opponents	Att
09/04	W	28-7	at Washington	52,930
09/11	W	38-9	at L.A. Raiders	47,319
09/18	L	24-10	San Diego*	65,536
09/25	W	30-13	Pittsburgh*	59,637
10/02	L	17-15	at Indianapolis	49,876
10/09	L	16-9	Denver*	63,872
10/16			BYE	
10/23	L	38-23	at Kansas City	78,847
10/30	L	35-15	at San Diego	59,001
11/06	L	20-17	Cincinnati (OT)	46,630
11/13	L	17-10	at Denver	71,290
11/20	W	22-21	Tampa Bay	37,466
11/27	W	10-9	Kansas City	54,120
12/04	L	31-19	Indianapolis	39,574
12/11	W	16-14	at Houston	31,453
12/18	L	17-16	L.A. Raiders	53,301
12/24	L	35-9	at Cleveland	54,180

* at Husky Stadium

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	285	318
Rushing	114	122
Passing	143	178
Penalty	28	18
3rd Down: Made/Att.	89/235	83/224
3rd Down Pct.	37.9	37.1
4th Down: Made/Att.	10/19	8/20
4th Down Pct.	52.6	40.0
POSSESSION AVG.	28:35	31:25
TOTAL NET YARDS	4652	5349
Avg. Per Game	290.8	334.3
Total Plays	1018	1077
Avg. Per Play	4.6	5.0
NET YARDS RUSHING	2084	1952
Avg. Per Game	130.3	122.0
Total Rushes	480	511
NET YARDS PASSING	2568	3397
Avg. Per Game	160.5	212.3
Sacked/Yards Lost	40/241	29/206
Gross Yards	2809	3603
Att./Completions	498/253	537/313
Completion Pct.	50.8	58.3
Had Intercepted	9	19
PUNTS/AVERAGE	91/42.9	78/40.9
NET PUNTING AVG.	36.7	35.5
PENALTIES/YARDS	114/898	103/773
FUMBLES/BALL LOST	31/19	21/11
TOUCHDOWNS	32	34
Rushing	16	15
Passing	13	15
Returns	1	1
Defensive	2	3
TOTAL POINTS	287	323

By Quarters	1	2	3	4	OT	Tot
SEA	53	74	49	111	0	287
OPP	48	98	65	109	3	323

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	25/26	20/24	0	85
C. Warren	11	9	2	0	0	0	0	68
Blades	4	0	4	0	0	0	0	28
SEA	32	16	13	3	25/26	20/24	1	287
OPP	34	15	15	4	28/28	27/33	1	323

2-Point PATs: Tuten 1-2; Blades 1-1; McGwire 0-1; Vaughn 1-1; C. Warren 1-1
SEA 4-6. OPP 4-6

Rushing	Att	Yds	Avg	LG	TD
C. Warren	333	1545	4.6	41	9
Mirer	34	153	4.5	14	0
Strong	27	114	4.2	14t	1
SEA	480	2084	4.3	41	16
OPP	511	1952	3.8	45t	15

Receiving	No	Yds	Avg	LG	TD
Blades	81	1086	13.4	45	4
Martin	56	681	12.2	32	1
C. Warren	41	323	7.9	51	2
SEA	253	2809	11.1	51	13
OPP	313	3603	11.5	99t	15

Kickoff Returns	No	Yds	Avg	LG	TD
Bates	26	508	19.5	38	0
Vaughn	18	443	24.6	93t	1
SEA	67	1467	21.9	93t	1
OPP	61	1229	20.1	45	0

Interceptions	No	Yds	Avg	LG	TD
4 players with	3				
SEA	19	284	14.9	69t	2
OPP	9	210	23.3	73t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	91	3905	42.9	36.7	7	33	64	0
SEA	91	3905	42.9	36.7	7	33	64	0
OPP	78	3188	40.9	35.5	4	25	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Martin	33	20	280	8.5	23	0
SEA	37	23	337	9.1	31	0
OPP	43	21	426	9.9	78t	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	381	195	2151	51.2	5.65	11	2.9	7	1.8	51	27/145	70.2
McGwire	105	51	578	48.6	5.65	1	1.0	2	1.9	36	13/96	60.7
SEA	498	253	2809	50.8	5.64	13	2.6	9	1.8	51	40/241	69.1
OPP	537	313	3603	58.3	6.71	15	2.8	19	3.5	99t	29/206	73.2

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	1/1	1/1	11/11	6/9	1/2
SEA	1/1	1/1	11/11	6/9	1/2
OPP	0/0	9/9	13/16	5/8	0/0

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Stephens	128	95	33	2.5	0	3	2
Wooden	127	94	33	1.5	7	1	1
E. Robinson	80	65	15	1.0	8	0	1
Porter	75	61	14	1.5	6	0	0

Record (Finish): 6-10 (5th, AFC West)

Head Coach: Tom Flores (14-34, .292)

Assistants: Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def.), Tom Catlin (Quality Control), Arnie Matsumoto (Staff Asst.), Paul Moyer (DBs), Howard Mudd (OL), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond.), Clarence Shelmon (RBs)

Captains: C Ray Donaldson (Off.), FS Eugene Robinson (Def.), FB Tracy Johnson & TE Trey Junkin (Sp. Teams)

Largent Award: WR Brian Blades

MVP: RB Chris Warren

Pro Bowl: DT Cortez Kennedy (4), P Rick Tuten (1), RB Chris Warren (2)

All-NFL: DT Cortez Kennedy (*AP, SI, CPFN*), P Rick Tuten (*SI*)

OFFENSE

Pos.		Starts
WR	Kelvin Martin	15
LT	Ray Roberts	14
LG	Jeff Blackshear	16
C	Ray Donaldson	16
RG	Kevin Mawae*	11
RT	Howard Ballard	16
TE	Paul Green	11
	Ferrell Edmunds	7
WR	Brian Blades	16
QB	Rick Mirer	13
	Dan McGwire	3
RB	Chris Warren	15
FB	Tracy Johnson	10

DEFENSE

LE	Antonio Edwards	8
	Sam Adams*	6
LT	Joe Nash	15
RT	Cortez Kennedy	16
RE	Brent Williams	9
	Antonio Edwards	6
LLB	Terry Wooden	15
MLB	Rod Stephens	16
RLB	Rufus Porter	14
LCB	Carlton Gray	11
	Tony Brown	5
RCB	Patrick Hunter	5
	Terry Taylor	3
SS	Robert Blackmon	15
FS	Eugene Robinson	14

SPECIAL TEAMS

K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	10	6	0	.625	389	327
New England*	10	6	0	.625	351	312
Indianapolis	8	8	0	.500	307	320
Buffalo	7	9	0	.438	340	356
N.Y. Jets	6	10	0	.375	264	320

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	12	4	0	.750	316	234
Cleveland*	11	5	0	.688	340	204
Cincinnati	3	13	0	.188	276	406
Houston	2	14	0	.125	226	352

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	381	306
Kansas City*	9	7	0	.563	319	398
L.A. Raiders	9	7	0	.563	303	327
Denver	7	9	0	.438	347	396
Seattle	6	10	0	.375	287	323

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	12	4	0	.750	414	248
N.Y. Giants	9	7	0	.563	279	304
Arizona	8	8	0	.500	235	267
Philadelphia	7	9	0	.438	308	308
Washington	3	13	0	.188	320	412

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	10	6	0	.625	356	314
Green Bay*	9	7	0	.563	382	287
Detroit*	9	7	0	.563	357	342
Chicago*	9	7	0	.563	271	307
Tampa Bay	6	10	0	.375	251	351

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	3	0	.813	505	296
New Orleans	7	9	0	.438	348	407
Atlanta	7	9	0	.438	317	385
L.A. Rams	4	12	0	.250	286	365

1995 REVIEW (8-8)

Date	W/L	Score	Opponents	Att
09/03	L	34-10	Kansas City	47,564
09/10	L	14-10	at San Diego	54,420
09/17	W	24-21	Cincinnati	39,492
09/24			BYE	
10/01	W	27-10	Denver	49,914
10/08	L	34-14	at Oakland	50,213
10/15	L	27-21	at Buffalo	74,362
10/22	L	35-25	San Diego	45,821
10/29	L	20-14	at Arizona (OT)	39,600
11/05	W	30-28	N.Y. Giants	42,100
11/12	W	47-30	at Jacksonville	71,290
11/19	W	27-20	at Washington	51,298
11/26	L	16-10	N.Y. Jets	41,160
12/03	W	26-14	Philadelphia	39,893
12/10	W	31-27	at Denver	71,488
12/17	W	44-10	Oakland	58,428
12/24	L	26-3	at Kansas City	75,784

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	311	321
Rushing	121	116
Passing	171	181
Penalty	19	24
3rd Down: Made/Att.	82/217	81/218
3rd Down Pct.	37.8	37.2
4th Down: Made/Att.	9/13	10/18
4th Down Pct.	69.2	55.6
POSSESSION AVG.	28:30	31:30
TOTAL NET YARDS	5270	5669
Avg. Per Game	329.4	354.3
Total Plays	1033	1078
Avg. Per Play	5.1	5.3
NET YARDS RUSHING	2178	2130
Avg. Per Game	136.1	133.1
Total Rushes	477	496
NET YARDS PASSING	3092	3539
Avg. Per Game	193.3	221.2
Sacked/Yards Lost	45/267	28/167
Gross Yards	3359	3706
Att./Completions	511/273	554/310
Completion Pct.	53.4	56.0
Had Intercepted	23	16
PUNTS/AVERAGE	83/45.0	81/42.6
NET PUNTING AVG.	36.5	36.4
PENALTIES/YARDS	100/852	114/901
FUMBLES/BALL LOST	24/9	17/9
TOUCHDOWNS	42	43
Rushing	20	11
Passing	19	26
Returns	1	2
Defensive	2	4
TOTAL POINTS	363	366

By Quarters	1	2	3	4	OT	Tot
SEA	79	77	88	119	0	363
OPP	90	128	48	94	6	366

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	40/40	23/28	0	109
Warren	16	15	1	0	0	0	0	96
Galloway	9	1	7	1	0	0	0	54
SEA	42	20	19	3	40/40	23/28	1	363
OPP	43	11	26	6	36/37	24/35	0	366

2-Point PATs: Mirer 0-1, Warren 0-1
SEA 0-2. OPP 0-5.

Rushing	Att	Yds	Avg	LG	TD
Warren	310	1346	4.3	52	15
Broussard	46	222	4.8	21t	1
L. Smith	36	215	6.0	68	0
SEA	477	2178	4.6	86t	20
OPP	496	2130	4.3	46	11

Receiving	No	Yds	Avg	LG	TD
Blades	77	1001	13.0	49	4
Galloway	67	1039	15.5	59t	7
Warren	35	247	7.1	20t	1
Crumpler	23	254	11.0	24	1
SEA	273	3359	12.3	59t	19
OPP	310	3706	12.0	88t	26

Interceptions	No	Yds	Avg	LG	TD
Blackmon	5	46	9.2	21	0
Gray	4	45	11.3	26	0
SEA	16	127	7.9	32	0
OPP	24	384	16.0	72t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	83	3735	45.0	36.5	8	21	73	0
SEA	83	3735	45.0	36.5	8	21	73	0
OPP	81	3449	42.6	36.4	6	24	62	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	36	12	360	10.0	89t	1
SEA	40	13	384	9.6	89t	1
OPP	48	7	549	11.4	44	0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	43	1064	24.7	70	0
SEA	72	1620	22.5	70	0
OPP	70	1669	23.8	99t	2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	391	209	2564	53.5	6.56	13	3.3	20	5.1	59t	42/255	63.7
Friesz	120	64	795	53.3	6.63	6	5.0	3	2.5	43t	3/12	80.4
SEA	511	273	3359	53.4	6.57	19	3.7	23	4.5	59t	45/267	67.6
OPP	554	310	3706	56.0	6.69	26	4.7	16	2.9	88t	28/167	80.2

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	1/1	5/5	9/10	8/10	0/2
SEA	1/1	5/5	9/10	8/10	0/2
OPP	1/1	10/13	5/7	7/9	1/5

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wooden	135	114	21	0.0	8	1	0
E. Robinson	105	79	26	0.0	4	0	1
Moss	88	65	23	2.0	5	1	2
C. Harris	85	77	8	0.0	12	1	1
Gray	73	68	5	0.0	19	0	0

Record (Finish): 8-8, (3rd, AFC West)

Head Coach: Dennis Erickson (8-8, .500)

Assistants: Gregg Smith (Asst. Head Coach/TEs), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def.), Tom Catlin (Quality Control), Ned James (Off. Asst.), Dana LeDuc (Strength & Cond.), Arnie Matsumoto (Def. Asst.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs)

Captains: QB Rick Mirer (Off.), S Eugene Robinson (Def.), TE Trey Junkin (Sp. Teams)

Largent Award: LB Terry Wooden

MVP: RB Chris Warren

Pro Bowl: DT Cortez Kennedy (5), RB Chris Warren (3)

National Honors: WR Steve Largent inducted into Pro Football Hall of Fame

OFFENSE

Pos.		Starts
WR	Joey Galloway*	16
LT	James Atkins	16
LG	Matt Joyce*	13
C	Jim Sweeney	16
RG	Kevin Mawae	16
RT	Howard Ballard	16
TE	Christian Fauria*	9
	Carlester Crumpler	7
WR	Brian Blades	16
QB	Rick Mirer	13
	John Friesz	3
RB	Chris Warren	16
FB	Steve Smith	7
	Tracy Johnson	4

DEFENSE

LE	Michael Sinclair	15
LT	Joe Nash	11
	Sam Adams	5
RT	Cortez Kennedy	16
RE	Brent Williams	9
	Antonio Edwards	7
SLB	Terry Wooden	16
MLB	Dean Wells	10
WLB	Winston Moss	16
LCB	Carlton Gray	16
RCB	Corey Harris	16
SS	Robert Blackmon	13
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Buffalo	10	6	0	.625	350	335
Indianapolis*	9	7	0	.563	331	316
Miami*	9	7	0	.563	398	332
New England	6	10	0	.375	294	377
N.Y. Jets	3	13	0	.188	233	384

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	11	5	0	.688	407	327
Cincinnati	7	9	0	.438	349	374
Houston	7	9	0	.438	348	324
Cleveland	5	11	0	.313	289	356
Jacksonville	4	12	0	.250	275	404

WESTERN	W	L	T	Pct.	Pts.	Opp.
Kansas City	13	3	0	.813	358	241
San Diego*	9	7	0	.563	321	323
Seattle	8	8	0	.500	363	366
Denver	8	8	0	.500	388	345
Oakland	8	8	0	.500	348	332

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	12	4	0	.750	435	291
Philadelphia*	10	6	0	.625	318	338
Washington	6	10	0	.375	326	359
N.Y. Giants	5	11	0	.313	290	340
Arizona	4	12	0	.250	275	422

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Green Bay	11	5	0	.688	401	314
Detroit*	10	6	0	.625	436	336
Chicago	9	7	0	.563	392	360
Tampa Bay	7	9	0	.438	238	335

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	11	5	0	.688	457	258
Atlanta*	9	7	0	.563	362	349
St. Louis	7	9	0	.438	309	418
Carolina	7	9	0	.438	289	325
New Orleans	7	9	0	.438	319	348

1996 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/01	L	29-7	at San Diego	58,780
09/08	L	30-20	Denver	43,671
09/15	L	35-17	Kansas City	39,790
09/22	W	17-13	at Tampa Bay	30,212
09/29	L	31-10	Green Bay	59,973
10/06	W	22-15	at Miami	59,539
10/13			BYE	
10/17	L	34-16	at Kansas City	76,057
10/27	W	32-13	San Diego	38,143
11/03	W	23-16	Houston	36,320
11/10	W	42-23	Minnesota	50,794
11/17	L	17-16	at Detroit	51,194
11/24	L	27-21	Oakland	47,506
12/01	L	34-7	at Denver	74,982
12/08	W	26-18	Buffalo	41,373
12/15	L	20-13	at Jacksonville	66,134
12/22	W	28-21	at Oakland	33,455

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	268	325
Rushing	94	114
Passing	147	181
Penalty	27	30
3rd Down: Made/Att.	64/212	80/211
3rd Down Pct.	30.2	37.9
4th Down: Made/Att.	7/17	7/15
4th Down Pct.	41.2	46.7
POSSESSION AVG.	28:01	31:59
TOTAL NET YARDS	5024	5437
Avg. Per Game	314.0	339.8
Total Plays	974	1066
Avg. Per Play	5.2	5.1
NET YARDS RUSHING	1997	2098
Avg. Per Game	124.8	131.1
Total Rushes	442	506
NET YARDS PASSING	3027	3339
Avg. Per Game	189.2	208.7
Sacked/Yards Lost	38/189	48/285
Gross Yards	3216	3624
Att./Completions	494/261	512/303
Completion Pct.	52.8	59.2
Had Intercepted	17	14
PUNTS/AVG.	86/43.6	76/42.3
Net Punting Avg.	34.5	34.0
PENALTIES/YARDS	112/879	98/804
FUMBLES/ LOST	24/12	37/18
TOUCHDOWNS	33	40
Rushing	16	15
Passing	14	25
Defense	1	0
Returns	2	0
TOTAL POINTS	317	376

By Quarters	1	2	3	4	OT	Tot
SEA	53	117	57	90	--	317
OPP	85	111	64	116	--	376

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	27/27	28/34	0	111
Smith	8	8	0	0	0	0	0	54
Galloway	8	0	7	1	0	0	0	48
Warren	5	5	0	0	0	0	0	32
SEA	33	16	14	3	27/27	28/34	0	317
OPP	40	15	25	0	35/35	31/34	1	376

2-Point PATs: Smith 3-3, Warren 1-3
SEA 4-6. OPP 3-5.

Rushing	Att	Yds	Avg	LG	TD
Warren	203	855	4.2	51	5
Smith	153	680	4.4	29	8
Mirer	33	191	5.8	33	2
SEA	442	1997	4.5	51	16
OPP	506	2098	4.1	40	15

Receiving	No	Yds	Avg	LG	TD
Galloway	57	987	17.3	65t	7
Blades	43	556	12.9	80t	2
Warren	40	273	6.8	33	0
Crumpler	26	258	9.9	26	0
Proehl	23	309	13.4	56	2
SEA	261	3216	12.3	80t	14
OPP	303	3624	12.0	65t	25

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	15	5	158	10.5	88t	1
R. Harris	19	10	194	10.2	35	0
SEA	34	15	352	10.4	88t	1
OPP	52	17	640	12.3	50	0

Interceptions	No	Yds	Avg	LG	TD
D. Williams	5	148	29.6	79t	1
2 players with	3				
SEA	14	256	18.3	79t	1
OPP	17	305	17.9	63	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	85	3746	44.1	34.5	7	21	66	1
SEA	86	3746	43.6	34.5	7	21	66	1
OPP	76	3214	42.3	34.0	14	23	57	0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	43	979	22.8	86	0
SEA	71	1542	21.7	86	0
OPP	72	1642	22.8	60	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Friesz	211	120	1629	56.9	7.72	8	3.8	4	1.9	80t	12/77	86.4
Mirer	265	136	1546	51.3	5.83	5	1.9	12	4.5	60	22/84	56.6
SEA	494	261	3216	52.8	6.51	14	2.8	17	3.4	80t	38/189	68.3
OPP	512	303	3624	59.2	7.08	25	4.9	14	2.7	65t	48/285	85.8

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	11/13	7/7	8/11	2/3
SEA	0/0	11/13	7/7	8/11	2/3
OPP	3/3	9/9	8/11	9/9	2/2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wells	107	82	25	1.0	4	0	2
Moss	106	77	29	1.0	4	0	0
Blackmon	102	80	22	1.0	7	3	0
D. Williams	80	67	13	0.0	11	0	1
McCrary	76	57	19	13.5	3	1	1

Record (finish): 7-9 (T4th, AFC West)

Head Coach: Dennis Erickson (15-17, .469)

Assistants: Gregg Smith (Asst. Head Coach/TEs), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (Def. Asst.), Ned James (Off. Asst.), Dana LeDuc (Strength & Cond.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs)

Captains: QB Rick Mirer & RB Chris Warren (Off.), LB Winston Moss & LB Terry Wooden (Def.), P Rick Tuten (Sp. Teams)

Largent Award: DT Cortez Kennedy

MVP: DT Cortez Kennedy

Pro Bowl: DT Cortez Kennedy (6), DE Michael Sinclair (1)

OFFENSE

Pos.		Starts
WR	Joey Galloway	16
LT	James Atkins	16
LG	Pete Kendall*	11
C	Kevin Mawae	16
RG	Derrick Graham	16
RT	Howard Ballard	16
TE	Carlester Crumpler	7
	Christian Fauria	9
WR	Brian Blades	9
	Ricky Proehl	7
QB	Rick Mirer	9
	John Friesz	6
	Stan Gelbaugh	1
RB	Chris Warren	14
FB	Mack Strong	8

DEFENSE

LE	Michael Sinclair	16
LT	Sam Adams	16
RT	Cortez Kennedy	16
RE	Michael McCrary	13
SLB	Terry Wooden	9
	Michael Barber	7
MLB	Dean Wells	15
WLB	Winston Moss	16
LCB	Carlton Gray	16
RCB	Corey Harris	16
SS	Robert Blackmon	16
FS	Darryl Williams	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Rick Tuten	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
New England	11	5	0	.688	418	313
Buffalo*	10	6	0	.625	319	266
Indianapolis*	9	7	0	.563	317	334
Miami	8	8	0	.500	339	325
N.Y. Jets	1	15	0	.063	279	454

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	10	6	0	.625	344	257
Jacksonville*	9	7	0	.563	325	335
Cincinnati	8	8	0	.500	372	369
Houston	8	8	0	.500	345	319
Baltimore	4	12	0	.250	371	441

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	13	3	0	.813	391	275
Kansas City	9	7	0	.563	297	300
San Diego	8	8	0	.500	310	376
Oakland	7	9	0	.438	340	293
Seattle	7	9	0	.438	317	376

*Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	10	6	0	.625	286	250
Philadelphia*	10	6	0	.625	363	341
Washington	9	7	0	.563	364	312
Arizona	7	9	0	.438	300	397
N.Y. Giants	6	10	0	.375	242	297

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Green Bay	13	3	0	.813	456	210
Minnesota*	9	7	0	.563	298	315
Chicago	7	9	0	.438	283	305
Tampa Bay	6	10	0	.375	221	293
Detroit	5	11	0	.313	302	368

WESTERN	W	L	T	Pct.	Pts.	Opp.
Carolina	12	4	0	.750	367	218
San Francisco*	12	4	0	.750	398	257
St. Louis	6	10	0	.375	303	409
Atlanta	3	13	0	.188	209	461
New Orleans	3	13	0	.188	229	339

1997 REVIEW (8-8)

Date	W/L	Score	Opponents	Att
08/31	L	41-3	N.Y. Jets	53,893
09/07	L	35-14	Denver	55,859
09/14	W	31-3	at Indianapolis	49,194
09/21	W	26-22	San Diego	51,110
09/28	L	20-17	at Kansas City (OT)	77,877
10/05	W	16-13	Tennessee	49,897
10/12			BYE	
10/19	W	17-9	at St. Louis	64,819
10/26	W	45-34	Oakland	66,264
11/02	L	30-27	at Denver	74,212
11/09	W	37-31	at San Diego	64,616
11/16	L	20-17	at New Orleans (OT)	50,493
11/23	L	19-14	Kansas City	66,264
11/30	L	24-17	Atlanta	52,584
12/07	L	31-24	at Baltimore	54,395
12/14	W	22-21	at Oakland	40,124
12/21	W	38-9	San Francisco	66,253

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	331	286
Rushing	98	96
Passing	207	166
Penalty	26	24
3rd Down: Made/Att.	91/224	66/198
3rd Down Pct.	40.6	33.3
4th Down: Made/Att.	8/16	8/16
4th Down Pct.	50.0	50.0
POSSESSION AVG.	30:47	29:13
TOTAL NET YARDS	5759	4849
Avg. Per Game	359.9	303.1
Total Plays	1049	959
Avg. Per Play	5.5	5.1
NET YARDS RUSHING	1800	1731
Avg. Per Game	112.5	108.2
Total Rushes	404	455
NET YARDS PASSING	3959	3118
Avg. Per Game	247.4	194.9
Sacked/Yards Lost	36/228	42/238
Gross Yards	4187	3356
Att./Completions	609/359	462/276
Completion Pct.	58.9	59.7
Had Intercepted	21	13
PUNTS/AVERAGE	78/40.3	74/42.0
Net Punting Avg.	32.3	36.8
PENALTIES/YARDS	109/911	100/820
FUMBLES/LOST	26/11	33/16
TOUCHDOWNS	43	38
Rushing	13	10
Passing	26	19
Defensive	4	4
Returns	0	5
FIELD GOALS	22/28	31/34
TOTAL POINTS	365	362

By Quarters	1	2	3	4	OT	Tot
SEA	44	126	92	103	0	365
OPP	101	111	93	51	6	362

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	37/37	22/28	0	103
Galloway	12	0	12	0	0	0	0	72
Broussard	6	5	1	0	0	0	0	36
McKnight	6	0	6	0	0	0	0	36
Warren	4	4	0	0	0	0	0	24
SEA	43	13	26	4	37/37	22/28	1	365
OPP	38	10	19	9	35/35	31/34	1	358

2-Point PATs: Smith 1-1, Kitna 0-1, Moon 0-3, Tuten 0-1. SEA 1-6. OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Warren	200	847	4.2	36t	4
Broussard	70	418	6.0	77t	5
Smith	91	392	4.3	35	2
SEA	404	1800	4.5	77t	13
OPP	455	1731	3.8	55t	10

Receiving	No	Yds	Avg	LG	TD
Galloway	72	1049	14.6	53t	12
Pritchard	64	843	13.2	61	2
Warren	45	257	5.7	20	0
McKnight	34	637	18.7	60t	6
Crumpler	31	361	11.6	30	1
Br. Blades	30	319	10.6	27	2
Broussard	24	143	6.0	20t	1
Smith	23	183	8.0	22	0
SEA	359	4187	11.7	61	26
OPP	276	3356	12.2	92	19

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	48	2007	41.8	36.4	5	15	65	0
SEA	78	3144	40.3	32.3	8	24	65	2
OPP	74	3111	42.0	36.8	7	21	66	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Harris	21	12	144	6.9	19	0
Davis	16	6	104	6.5	28	0
SEA	37	18	248	6.7	28	0
OPP	38	14	463	12.2	89t	2

Interceptions	No	Yds	Avg	LG	TD
D. Williams	8	172	21.5	44t	1
Be. Blades	2	11	5.5	11	0
SEA	13	196	15.1	44t	1
OPP	21	372	17.7	75t	4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Moon	528	313	3678	59.3	6.97	25	4.7	16	3.0	60t	30/192	83.7
SEA	609	359	4187	58.9	6.88	26	4.3	21	3.4	61	36/228	79.7
OPP	462	276	3356	59.7	7.26	19	4.1	13	2.8	92	42/238	84.1

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	50	1076	21.5	43	0
SEA	76	1550	20.4	43	0
OPP	77	1779	23.1	93t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	9/9	7/10	5/7	1/2
SEA	0/0	9/9	7/10	5/7	1/2
OPP	2/2	12/13	5/5	8/10	4/4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	104	75	29	6.5	3	1	4
D. Williams	93	68	25	0.0	13	1	1
Wells	92	74	18	1.0	2	1	1
Be. Blades	70	58	12	1.0	2	0	0

Record (finish): 8-8 (3rd, AFC West)

Head Coach: Dennis Erickson (23-25, .479)

Assistants: Gregg Smith (Asst. Head Coach/OL), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (TEs), Ned James (Off. Asst.), Darren Krein (Asst. Str. & Cond.), Dana LeDuc (Strength & Cond.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs), Jim Zorn (Off. Asst.)

Captains: QB John Friesz (Off.), LB Winston Moss (Def.), S Jay Bellamy (Sp. Teams)

Largent Award: LB Winston Moss

MVP: FS Darryl Williams

Pro Bowl: DE Michael Sinclair (2), FS Darryl Williams (1)

OFFENSE

Pos.		Starts
WR	Joey Galloway	15
LT	Walter Jones*	12
LG	Pete Kendall	16
C	Kevin Mawae	16
RG	Derrick Graham	9
RT	Howard Ballard	10
R/LT	Grant Williams	8
TE	Carlester Crumpler	12
WR	Mike Pritchard	15
QB	Warren Moon	14
	John Friesz	1
	Jon Kitna*	1
RB	Chris Warren	13
FB	Mack Strong	9

DEFENSE

LE	Michael Sinclair	16
LT	Sam Adams	15
RT	Dan Saleaumua	9
	Cortez Kennedy	8
RE	Phillip Daniels	11
LLB	Winston Moss	14
MLB	Dean Wells	16
RLB	Chad Brown	15
LCB	Shawn Springs*	10
RCB	Willie Williams	16
SS	Bennie Blades	9
	Jay Bellamy	7
FS	Darryl Williams	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Rick Tuten	10
	Rohn Stark	4

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
New England	10	6	0	.625	369	289
Miami*	9	7	0	.563	339	327
N.Y. Jets	9	7	0	.563	348	287
Buffalo	6	10	0	.375	255	367
Indianapolis	3	13	0	.188	313	401

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	11	5	0	.688	372	307
Jacksonville*	11	5	0	.688	394	318
Tennessee	8	8	0	.500	333	310
Cincinnati	7	9	0	.438	355	405
Baltimore	6	9	1	.406	326	345

WESTERN	W	L	T	Pct.	Pts.	Opp.
Kansas City	13	3	0	.813	375	232
Denver*	12	4	0	.750	472	287
Seattle	8	8	0	.500	365	362
Oakland	4	12	0	.250	324	419
San Diego	4	12	0	.250	266	425

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	10	5	1	.656	307	265
Washington	8	7	1	.531	327	289
Philadelphia	6	9	1	.406	317	372
Dallas	6	10	0	.375	304	314
Arizona	4	12	0	.250	283	379

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Green Bay	13	3	0	.813	422	282
Tampa Bay*	10	6	0	.625	299	263
Detroit*	9	7	0	.563	379	306
Minnesota*	9	7	0	.563	354	359
Chicago	4	12	0	.250	263	421

WESTERN	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	3	0	.813	375	265
Carolina	7	9	0	.438	265	314
Atlanta	7	9	0	.438	320	361
New Orleans	6	10	0	.375	237	327
St. Louis	5	11	0	.313	299	359

1998 REVIEW (8-8)

Date	W/L	Score	Opponents	Att
09/06	W	38-0	at Philadelphia	66,418
09/13	W	33-14	Arizona	57,678
09/20	W	24-14	Washington	63,336
09/27	L	13-10	at Pittsburgh	58,413
10/04	L	17-6	at Kansas City	66,418
10/11	L	21-16	Denver	66,258
10/18			BYE	
10/25	W	27-20	at San Diego	58,512
11/01	L	31-18	Oakland	66,246
11/08	W	24-12	Kansas City	66,251
11/15	L	20-17	at Oakland	51,527
11/22	L	30-22	at Dallas	64,142
11/29	W	20-18	Tennessee	59,048
12/06	L	32-31	at N.Y. Jets	72,200
12/13	W	38-17	San Diego	62,690
12/20	W	27-23	Indianapolis	58,703
12/27	L	28-21	at Denver	74,057

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	267	337
Rushing	92	111
Passing	144	197
Penalty	31	29
3rd Down: Made/Att.	54/195	92/236
3rd Down Pct.	27.7	39.0
4th Down: Made/Att.	6/17	8/20
4th Down Pct.	35.3	40.0
POSSESSION AVG.	27:05	32:55
TOTAL NET YARDS	4626	5689
Avg. Per Game	289.1	355.6
Total Plays	940	1137
Avg. Per Play	4.9	5.0
NET YARDS RUSHING	1626	1999
Avg. Per Game	101.6	124.9
Total Rushes	426	487
NET YARDS PASSING	3000	3690
Avg. Per Game	187.5	230.6
Sacked/Yards Lost	34/219	53/282
Gross Yards	3219	3972
Att./Completions	480/273	597/343
Completion Pct.	56.9	57.5
Had Intercepted	18	24
PUNTS/AVERAGE	81/44.1	78/43.6
Net Punting Avg.	36.5	36.0
PENALTIES/YARDS	117/914	130/1157
FUMBLES/LOST	30/16	34/18
TOUCHDOWNS	45	35
Rushing	11	13
Passing	21	18
Defensive	10	3
Returns	3	1
FIELD GOALS	19/24	23/30
TOTAL POINTS	372	310

By Quarters	1	2	3	4	OT	Tot
SEA	107	91	75	99	0	372
Opp	71	73	61	105	0	310

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	41/41	19/24	0	98
Galloway	12	0	10	2	0	0	0	72
Watters	9	9	0	0	0	0	0	56
Pritchard	3	0	3	0	0	0	0	20
Springs	3	0	0	3	0	0	0	18
SEA	45	11	21	13	41/41	19/24	0	372
OPP	35	13	18	4	31/31	23/30	0	310

2-Point PATs: SEA 2-4. OPP 0-4.

Rushing	Att	Yds	Avg	LG	TD
Watters	319	1239	3.9	39t	9
A. Green	35	209	6.0	64	1
Kitna	20	67	3.4	21	1
SEA	426	1626	3.8	64	11
OPP	487	1999	4.1	70	13

Receiving	No	Yds	Avg	LG	TD
Galloway	65	1047	16.1	81t	10
Pritchard	58	742	12.8	50t	3
Watters	52	373	7.2	24	0
Fauria	37	377	10.2	25	2
McKnight	21	346	16.5	59t	2
Blades	15	184	12.3	47	0
SEA	273	3219	11.8	81t	21
OPP	343	3972	11.6	80t	18

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	81	3570	44.1	36.5	12	27	59	0
SEA	81	3570	44.1	36.5	12	27	50	0
OPP	78	3397	43.6	36.0	8	23	61	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	25	5	251	10.0	74t	2
Joseph	15	5	182	12.1	66	0
SEA	41	10	428	10.4	74t	2
OPP	33	15	371	11.2	63t	1

Interceptions	No	Yds	Avg	LG	TD
Springs	7	142	20.3	56t	2
D. Smith	3	56	18.7	26t	2
D. Williams	3	41	13.7	28	0
Bellamy	3	40	13.3	24	0
W. Williams	2	36	18.0	28t	1
SEA	24	455	19.0	56t	8
OPP	18	220	12.2	74t	2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Moon	258	145	1632	56.2	6.33	11	4.3	8	3.1	45	22/140	76.6
Kitna	172	98	1177	57.0	6.84	7	4.1	8	4.7	70t	11/72	72.3
Friesz	49	29	409	59.2	8.35	2	4.1	2	4.1	81t	1/7	82.8
SEA	480	273	3219	56.9	6.71	21	4.4	18	3.8	81t	34/219	76.4
OPP	597	343	3972	57.5	6.65	18	3.0	24	4.0	80t	53/282	71.0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	29	781	26.9	90t	1
A. Green	27	620	23.0	57	0
SEA	64	1510	23.6	90t	1
OPP	68	1311	19.3	35	0

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	7/7	4/5	5/5	3/7
SEA	0/0	7/7	4/5	5/5	3/7
OPP	0/0	10/10	6/7	6/11	1/2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	150	119	31	7.5	8	1	1
Bellamy	98	81	17	1.0	10	2	2
D. Williams	97	71	26	0.0	11	3	3
Springs	85	61	14	0.0	23	1	1
D. Smith	80	59	21	5.0	5	2	2

Record (finish): 8-8 (3rd, AFC West)

Head Coach: Dennis Erickson (31-33, .484)

Assistants: Pete Rodriguez (Asst. Head Coach/Special Teams), Bob Bratkowski (Off. Coord.), Greg McMackin (Def. Coord.), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (TEs), Milt Jackson (WRs), Jim Johnson (LBs), Darren Krein (Asst. Strength & Cond.), Tim Lappano (RBs), Dana LeDuc (Strength & Cond.), Bill Meyers (Asst. Off. Line), Rich Olson (QBs), Willy Robinson (DBs), Gregg Smith (Off. Line), Eric Yarber (Off. Quality Control)

Captains: QB Warren Moon, C Kevin Glover, DE Michael Sinclair, S Darryl Williams, ST Jay Bellamy

Largent Award: DE Michael Sinclair

MVP: LB Chad Brown

Pro Bowl: LB Chad Brown (2), DE Michael Sinclair (3), CB Shawn Springs (1), DT Cortez Kennedy (7)

OFFENSE

Pos.		Starts
WR	Joey Galloway	16
LT	Walter Jones	16
LG	Pete Kendall	16
C	Kevin Glover	8
	Chris Gray	8
RG	Brian Habib	16
RT	Howard Ballard	16
TE	Christian Fauria	15
WR	Mike Pritchard	16
	Brian Blades	6
QB	Warren Moon	10
	Jon Kitna	5
	John Friesz	1
RB	Ricky Watters	16
FB	Mack Strong	6

DEFENSE

LE	Michael Sinclair	16
LT	Sam Adams	11
RT	Cortez Kennedy	15
RE	Phillip Daniels	15
OLB	Chad Brown	16
MLB	Dean Wells	7
	DeShone Myles*	7
OLB	Darrin Smith	10
	Anthony Simmons*	4
LCB	Shawn Springs	16
RCB	Willie Williams	14
SS	Jay Bellamy	16
FS	Darryl Williams	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Jeff Feagles	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
N.Y. Jets	12	4	0	.750	416	266
Miami*	10	6	0	.625	321	265
Buffalo*	10	6	0	.625	400	333
New England*	9	7	0	.563	337	329
Indianapolis	3	13	0	.188	310	444

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Jacksonville	11	5	0	.688	392	338
Tennessee	8	8	0	.500	330	320
Pittsburgh	7	9	0	.438	263	303
Baltimore	6	10	0	.375	269	335
Cincinnati	3	13	0	.188	268	452

WESTERN	W	L	T	Pct.	Pts.	Opp.
Denver	14	2	0	.875	501	309
Oakland	8	8	0	.500	325	378
Seattle	8	8	0	.500	372	310
Kansas City	7	9	0	.438	327	363
San Diego	5	11	0	.313	241	342

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Dallas	10	6	0	.625	381	275
Arizona*	9	7	0	.563	325	378
N.Y. Giants	8	8	0	.500	287	309
Washington	6	10	0	.375	319	421
Philadelphia	3	13	0	.188	161	344

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	15	1	0	.938	556	296
Green Bay*	11	5	0	.688	408	319
Tampa Bay	8	8	0	.500	314	295
Detroit	5	11	0	.313	306	378
Chicago	4	12	0	.250	276	368

WESTERN	W	L	T	Pct.	Pts.	Opp.
Atlanta	14	2	0	.875	442	289
San Francisco*	12	4	0	.750	479	328
New Orleans	6	10	0	.375	305	359
Carolina	4	12	0	.250	336	413
St. Louis	4	12	0	.250	285	378

1999 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/12	L	28-20	Detroit	66,238
09/19	W	14-13	at Chicago	66,944
09/26	W	29-10	at Pittsburgh	57,881
10/03	W	22-21	Oakland	66,400
10/10			BYE	
10/17	L	13-10	at San Diego	59,432
10/24	W	26-16	Buffalo	66,301
11/01	W	27-7	at Green Bay	59,869
11/07	W	37-20	Cincinnati	66,303
11/14	W	20-17	Denver	66,314
11/21	W	31-19	at Kansas City	78,714
11/28	L	16-3	Tampa Bay	66,314
12/05	L	30-21	at Oakland	44,716
12/12	L	19-16	San Diego	66,318
12/19	L	36-30	at Denver (OT)	65,987
12/26	W	23-14	Kansas City	66,332
01/02	L	19-9	at New York Jets	78,154

POSTSEASON

01/09	L	20-17	Miami (AFC Wild Card Game)	66,170

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	276	313
Rushing	65	107
Passing	179	183
Penalty	32	23
3rd Down: Made/Att.	68/210	89/239
3rd Down Pct.	32.4	37.2
4th Down: Made/Att.	2/8	8/18
4th Down Pct.	25.0	44.4
POSSESSION AVG.	27:48	32:12
TOTAL NET YARDS	4805	5426
Avg. Per Game	300.3	339.1
Total Plays	971	1104
Avg. Per Play	4.9	4.9
NET YARDS RUSHING	1408	1934
Avg. Per Game	88.0	120.9
Total Rushes	408	484
NET YARDS PASSING	3397	3492
Avg. Per Game	212.3	218.3
Sacked/Yards Lost	38/232	38/252
Gross Yards	3629	3744
Att./Completions	525/288	582/320
Completion Pct.	54.9	55.0
Had Intercepted	16	30
PUNTS/AVERAGE	84/40.8	81/42.0
Net Punting Avg.	35.2	34.3
PENALTIES/YARDS	98/883	128/985
FUMBLES/LOST	31/17	17/6
TOUCHDOWNS	34	30
Rushing	5	9
Passing	25	19
Defensive	3	1
Returns	1	1
FIELD GOALS	34/40	30/38
TOTAL POINTS	338	298

By Quarters	1	2	3	4	OT	Tot
SEA	86	104	70	78	0	338
OPP	53	109	59	71	6	298

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	32/32	34/40	0	134
Mayes	10	0	10	0	0	0	0	60
Watters	7	5	2	0	0	0	0	42
Dawkins	7	0	7	0	0	0	0	42
Pritchard	2	0	2	0	0	0	0	12
SEA	34	5	25	4	32/32	34/40	0	338
OPP	30	9	19	2	26/27	30/38	1	298

2-Point PATs: SEA 0-2. OPP 0-2.

Rushing	Att	Yds	Avg	LG	TD
Watters	325	1210	3.7	45	5
Green	26	120	4.6	21	0
Kitna	35	56	1.6	10	0
R. Brown	14	38	2.7	0	0
SEA	408	1408	3.5	45	5
OPP	484	1934	4.0	71	9

Receiving	No	Yds	Avg	LG	TD
Mayes	65	829	13.4	54t	10
Dawkins	58	992	17.1	45t	7
Watters	40	387	9.7	25	2
Fauria	35	376	10.7	25	0
R. Brown	34	228	6.7	26	1
Pritchard	26	375	14.4	51	2
Galloway	22	335	15.2	48	1
Mili	5	28	5.6	8	1
Bownes	4	68	17.0	49t	1
SEA	288	3629	12.6	51	25
OPP	320	3744	11.7	76t	19

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	84	3425	40.8	35.2	5	34	59	0
SEA	84	3425	40.8	35.2	5	34	59	0
OPP	81	3398	42.0	34.3	10	23	68	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	22	18	318	14.5	94t	1
SEA	30	24	419	14.0	94t	1
OPP	36	18	370	10.3	81t	1

Interceptions	No	Yds	Avg	LG	TD
Springs	5	77	15.4	42	0
W. Williams	5	43	8.6	40t	1
D. Williams	4	41	10.3	21	0
Bellamy	4	4	1.0	7	0
Joseph	3	82	27.3	40	0
Hanks	2	30	15.0	23t	1
SEA	30	336	11.2	42	2
OPP	16	210	13.1	43	0

Kickoff Returns	No	Yds	Avg	LG	TD
Green	36	818	22.7	54	0
Rogers	18	465	25.8	49	0
SEA	68	1547	22.8	61	0
OPP	81	1500	18.5	39	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Kitna	495	270	3346	54.5	6.76	23	4.6	16	3.2	51	32/198	77.7
Foley	30	18	283	60.0	9.43	2	6.7	0	0.0	49t	6/34	113.6
SEA	525	288	3629	54.9	6.91	25	4.8	16	3.0	51	38/232	79.8
OPP	582	320	3744	55.0	6.43	19	3.3	30	5.2	76t	38/252	64.1

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	1/1	10/10	8/11	14/16	1/2
SEA	1/1	10/10	8/11	14/16	1/2
OPP	1/1	9/9	8/8	9/12	3/8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	117	87	30	5.5	6	2	1
Bellamy	96	85	11	0.0	8	0	0
D. Smith	90	65	25	1.0	3	0	0
Simmons	90	55	35	0.0	2	0	0
D. Williams	78	63	15	0.0	11	0	1
Springs	74	64	10	0.0	15	0	1
Kennedy	73	61	12	6.5	15	0	1
W. Williams	72	66	6	0.0	16	0	0
Daniels	45	38	7	9.0	2	1	0

Record (finish): 9-7 (1st, AFC West)

Head Coach: Mike Holmgren (9-7, .563)

Assistants: Mike Sherman (Offensive Coordinator/Tight Ends), Larry Brooks (Defensive Line), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (Wide Receivers), Ken Flajole (Defensive Backs), Kent Johnston (Strength & Cond.), Jim Lind (Linebackers), Clayton Lopez (Def. Quality Control), Tom Lovat (Asst. Head Coach/Offensive Line), Stump Mitchell (Running Backs), Dick Roach (Def. Assistant), Pete Rodriguez (Special Teams), Mike Sheppard (Quarterbacks), Rod Springer (Asst. Strength & Cond.), Bob Zeman (Def. Assistant)

Captains: Game-to-Game

Largent Award: LB Chad Brown

MVP: LB Chad Brown

Pro Bowl: LB Chad Brown (3), T Walter Jones (1), DT Cortez Kennedy (8)

OFFENSE

Pos.		Starts
WR	Sean Dawkins	13
LT	Walter Jones	16
LG	Pete Kendall	16
C	Kevin Glover	6
	Chris Gray	10
RG	Brian Habib	16
RT	Grant Williams	15
TE	Christian Fauria	15
WR	Derrick Mayes	15
QB	Jon Kitna	15
RB	Ricky Watters	16
FB	Reggie Brown	8

DEFENSE

LE	Michael Sinclair	15
LT	Sam Adams	13
RT	Cortez Kennedy	16
RE	Phillip Daniels	16
OLB	Chad Brown	15
MLB	Anthony Simmons	16
OLB	Darrin Smith	14
LCB	Shawn Springs	16
RCB	Willie Williams	14
SS	Darryl Williams	12
FS	Jay Bellamy	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Jeff Feagles	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Indianapolis	13	3	0	.813	423	333
Buffalo*	11	5	0	.688	320	229
Miami*	9	7	0	.563	326	336
N.Y. Jets	8	8	0	.500	308	309
New England	8	8	0	.500	299	284

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Jacksonville	14	2	0	.875	396	217
Tennessee*	13	3	0	.813	392	324
Baltimore	8	8	0	.500	324	277
Pittsburgh	6	10	0	.375	317	320
Cincinnati	4	12	0	.250	283	460
Cleveland	2	14	0	.125	217	437

WESTERN	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.563	338	298
Kansas City	9	7	0	.563	390	322
San Diego	8	8	0	.500	269	316
Oakland	8	8	0	.500	390	329
Denver	6	10	0	.375	314	318

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Washington	10	6	0	.625	443	377
Dallas*	8	8	0	.500	352	276
N.Y. Giants	7	9	0	.438	299	358
Arizona	6	10	0	.375	245	382
Philadelphia	5	11	0	.313	272	357

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Tampa Bay	11	5	0	.688	270	235
Minnesota*	10	6	0	.625	399	335
Detroit*	8	8	0	.500	322	323
Green Bay	8	8	0	.500	357	341
Chicago	6	10	0	.375	272	341

WESTERN	W	L	T	Pct.	Pts.	Opp.
St. Louis	13	3	0	.813	526	242
Carolina	8	8	0	.500	421	381
Atlanta	5	11	0	.313	285	380
San Francisco	4	12	0	.250	295	453
New Orleans	3	13	0	.188	260	434

2000 REVIEW (6-10)

Date	W/L	Score	Opponents	Att
09/03	L	23-0	at Miami	72,949
09/10	L	37-34	St. Louis	64,869
09/17	W	20-10	New Orleans	59,513
09/24	W	20-12	at San Diego	47,233
10/02	L	24-17	at Kansas City	82,893
10/08	L	26-3	at Carolina	72,192
10/15	L	37-24	Indianapolis	63,593
10/22	L	31-3	at Oakland	57,490
10/29	L	24-19	Kansas City	62,141
11/05	W	17-15	San Diego	59,884
11/12	W	28-21	at Jacksonville	68,063
11/19			BYE	
11/26	L	38-31	Denver	68,661
12/03	W	30-10	at Atlanta	44,680
12/10	L	31-24	at Denver	75,218
12/16	W	27-24	Oakland	68,681
12/23	L	42-23	Buffalo	61,025

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	281	331
Rushing	98	126
Passing	168	185
Penalty	15	20
3rd Down: Made/Att.	83/205	89/201
3rd Down Pct.	40.5	44.3
4th Down: Made/Att.	7/14	1/7
4th Down Pct.	50.0	14.3
POSSESSION AVG.	27:31	32:29
TOTAL NET YARDS	4680	6391
Avg. Per Game	292.5	399.4
Total Plays	956	1019
Avg. Per Play	4.9	6.3
NET YARDS RUSHING	1720	2454
Avg. Per Game	107.5	153.4
Total Rushes	403	503
NET YARDS PASSING	2960	3937
Avg. Per Game	185.0	246.1
Sacked/Yards Lost	46/238	27/152
Gross Yards	3198	4089
Att./Completions	507/308	489/309
Completion Pct.	60.7	63.2
Had Intercepted	21	17
PUNTS/AVERAGE	75/39.5	62/41.5
Net Punting Avg.	36.9	33.3
PENALTIES/YARDS	89/728	96/694
FUMBLES/LOST	35/17	28/12
TOUCHDOWNS	37	46
Rushing	10	20
Passing	21	23
Defensive	5	3
Returns	1	0
FIELD GOALS	21/26	28/33
TOTAL POINTS	320	405

By Quarters	1	2	3	4	OT	Tot
SEA	70	100	59	91	0	320
OPP	96	140	71	98	0	405

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Lindell	0	0	0	0	25/25	15/17	0	70
Watters	9	7	2	0	0	0	0	54
Jackson	6	0	6	0	0	0	0	36
Dawkins	5	0	5	0	0	0	0	30
Heppner,TM	0	0	0	0	8/8	6/9	0	26
SEA	37	10	21	6	33/33	21/26	1	320
OPP	46	20	23	3	45/45	28/33	0	405

2-Point PATs: SEA 0-4. OPP 0-1.

Rushing	Att	Yds	Avg	LG	TD
Watters	278	1242	4.5	55	7
Alexander	64	313	4.9	50	2
Kitna	48	127	2.6	13	1
Huard	5	29	5.8	10	0
SEA	403	1720	4.3	55	10
OPP	503	2454	4.9	80t	20

Receiving	No	Yds	Avg	LG	TD
Dawkins	63	731	11.6	40	5
Watters	63	613	9.7	59	2
Jackson	53	713	13.5	71	6
Mayes	29	264	9.1	40	1
Mili	28	288	10.3	34	3
Fauria	28	237	8.5	16	2
Strong	23	141	6.1	24	1
J. Williams	8	99	12.4	18	0
Bailey	6	62	10.3	22	1
Alexander	5	41	8.2	18	0
SEA	308	3198	10.4	71	21
OPP	309	4089	13.2	73	23

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	74	2960	40.0	36.9	2	24	57	1
SEA	75	2960	39.5	36.9	2	24	57	1
OPP	62	2571	41.5	33.3	6	21	69	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	26	12	363	14.0	43	0
SEA	30	14	384	12.8	43	0
OPP	32	18	151	4.7	22	0

Interceptions	No	Yds	Avg	LG	TD
Bellamy	4	132	33.0	84t	1
W. Williams	4	74	18.5	69t	1
Simmons	2	15	7.5	8	0
Springs	2	8	4.0	8	0
Koonce	1	27	27.0	27t	1
SEA	17	300	17.6	84t	3
OPP	21	191	9.1	79t	2

Kickoff Returns	No	Yds	Avg	LG	TD
Rogers	66	1629	24.7	81t	1
SEA	80	1932	24.2	81t	1
OPP	64	1236	19.3	39	0

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	0/0	4/5	1/1	7/8	3/3
Heppner, TM	1/1	2/2	1/3	2/2	0/1
SEA	1/1	6/7	2/4	9/10	3/4
OPP	1/1	11/12	7/9	9/9	0/2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Kitna	418	259	2658	62.0	6.36	18	4.3	19	4.5	71	33/168	75.6
Huard	87	49	540	56.3	6.21	3	3.4	2	2.3	45	13/72	76.8
SEA	507	308	3198	60.7	6.31	21	4.1	21	4.1	71	46/238	75.5
OPP	489	309	4089	63.2	8.36	23	4.7	17	3.5	73	27/152	90.8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Simmons	147	119	28	4.0	2	2	0
Koonce	97	73	24	1.5	5	0	1
C. Brown	94	71	23	6.0	3	2	3
Bellamy	87	69	18	2.0	8	2	0
Springs	85	72	13	0.0	14	1	0
W. Williams	60	51	9	1.0	11	1	1
Joseph	58	45	13	0.0	4	0	0
Kennedy	50	32	18	1.0	9	0	0
King	48	42	6	6.0	3	0	0

Record (finish): 6-10 (4th, AFC West)

Head Coach: Mike Holmgren (15-17, .469)

Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (Asst. Special Teams/Stength & Cond.), Kent Johnston (Strength & Cond.), Jim Lind (TEs), Clayton Lopez (Def. Quality Control), Tom Lovat (Asst. Head Coach/OL), Stump Mitchell (RBs), Dick Roach (DBs), Pete Rodriguez (Special Teams), Mike Sheppard (QBs), Rod Springer (Asst. Strength & Cond.)

Captains: Game-to-Game

Largent Award: RB Ricky Watters

Pro Bowl: None

OFFENSE

Pos.		Starts
WR	Sean Dawkins	16
LT	Walter Jones	16
LG	Pete Kendall	16
C	Chris Gray	16
RG	Floyd Wedderburn	16
RT	Chris McIntosh	10
TE	Christian Fauria	10
WR	Darrell Jackson*	10
	Derrick Mayes	8
QB	Jon Kitna	12
	Brock Huard	4
RB	Ricky Watters	16
FB	Mack Strong	12

DEFENSE

LE	Michael Sinclair	16
LT	Riddick Parker	16
RT	Cortez Kennedy	16
RE	Lamar King	16
OLB	Chad Brown	16
MLB	George Koonce	16
OLB	Anthony Simmons	16
LCB	Shawn Springs	16
RCB	Willie Williams	15
SS	Kerry Joseph	10
	Reggie Tongue	6
FS	Jay Bellamy	16

SPECIAL TEAMS

K	Rian Lindell*	12
P	Jeff Feagles	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Miami	11	5	0	.688	323	226
Indianapolis*	10	6	0	.625	429	326
N.Y. Jets	9	7	0	.563	321	321
Buffalo	8	8	0	.500	315	350
New England	5	11	0	.313	276	338

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Tennessee	13	3	0	.812	346	191
Baltimore*	12	4	0	.750	333	165
Pittsburgh	9	7	0	.563	321	255
Jacksonville	7	9	0	.438	367	327
Cincinnati	4	12	0	.250	185	359
Cleveland	3	13	0	.188	161	419

WESTERN	W	L	T	Pct.	Pts.	Opp.
Oakland	12	4	0	.750	479	299
Denver*	11	5	0	.688	485	369
Kansas City	7	9	0	.438	355	354
Seattle	6	10	0	.375	320	405
San Diego	1	15	0	.062	269	440

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	12	4	0	.750	328	246
Philadelphia*	11	5	0	.688	351	245
Washington	8	8	0	.500	281	269
Dallas	5	11	0	.313	294	361
Arizona	3	13	0	.188	210	443

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Minnesota	11	5	0	.688	397	371
Tampa Bay*	10	6	0	.625	388	269
Green Bay	9	7	0	.562	353	323
Detroit	9	7	0	.562	307	307
Chicago	5	11	0	.313	216	355

WESTERN	W	L	T	Pct.	Pts.	Opp.
New Orleans	10	6	0	.625	354	305
St. Louis*	10	6	0	.625	540	471
Carolina	7	9	0	.438	310	310
San Francisco	6	10	0	.375	388	422
Atlanta	4	12	0	.250	252	413

2001 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/09	W	9-6	at Cleveland	72,318
09/23	L	27-3	Philadelphia	62,826
09/30	L	38-14	at Oakland	54,629
10/07	W	24-15	Jacksonville	54,524
10/14	W	34-21	Denver	61,837
10/21			BYE	
10/28	L	24-20	Miami	59,108
11/04	L	27-14	at Washington	82,352
11/11	W	34-27	Oakland	67,231
11/18	W	23-20	at Buffalo	60,836
11/25	L	19-7	at Kansas City	77,357
12/02	W	13-10	San Diego (OT)	55,466
12/09	L	20-7	at Denver	74,524
12/16	W	29-3	Dallas	63,366
12/23	L	27-24	at N.Y. Giants	78,119
12/30	W	25-22	at San Diego	51,412
01/06	W	21-18	Kansas City	58,460

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	274	300
Rushing	107	91
Passing	141	186
Penalty	26	23
3rd Down: Made/Att.	77/213	92/223
3rd Down Pct.	36.2	41.3
4th Down: Made/Att.	8/17	6/11
4th Down Pct.	47.1	54.5
POSSESSION AVG.	29:51	30:09
TOTAL NET YARDS	4772	5206
Avg. Per Game	298.3	325.4
Total Plays	980	1028
Avg. Per Play	4.9	5.1
NET YARDS RUSHING	1936	1721
Avg. Per Game	121.0	107.6
Total Rushes	469	427
NET YARDS PASSING	2836	3485
Avg. Per Game	177.3	217.8
Sacked/Yards Lost	49/328	38/248
Gross Yards	3164	3733
Att./Completions	462/258	563/339
Completion Pct.	55.8	60.2
Had Intercepted	12	14
PUNTS/AVERAGE	86/43.4	76/42.3
Net Punting Avg.	36.4	36.1
PENALTIES/YARDS	66/579	101/805
FUMBLES/LOST	24/9	28/13
TOUCHDOWNS	34	34
Rushing	15	9
Passing	15	20
Defensive	4	3
Returns	0	2
FIELD GOALS	20/32	29/36
TOTAL POINTS	301	324

By Quarters	1	2	3	4	OT	Tot
SEA	64	107	75	52	3	301
OPP	53	123	74	74	0	324

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	16	14	2	0	0	0	0	96
Lindell	0	0	0	0	33/33	20/32	0	93
Jackson	8	0	8	0	0	0	0	48
Mili	2	0	2	0	0	0	0	12
8 w/ one	8	1	3	4	0	0	0	48
SEA	34	15	15	4	33/33	20/32	1	301
OPP	34	9	20	5	31/31	29/36	0	324

2-Point PATs: Fauria 1-1. SEA 1-1. OPP 1-3.

Rushing	Att	Yds	Avg	LG	TD
Alexander	309	1318	4.3	88t	14
Watters	72	318	4.4	40	1
Hasselbeck	40	141	3.5	17	0
Strong	17	55	3.2	12	0
Graham	12	43	3.6	19	0
SEA	469	1936	4.1	88t	15
OPP	427	1721	4.0	57	9

Receiving	No	Yds	Avg	LG	TD
Jackson	70	1081	15.4	64	8
Alexander	44	343	7.8	28t	2
Robinson	39	536	13.7	42	1
Engram	29	400	13.8	31	0
Fauria	21	188	9.0	30	1
Strong	17	141	8.3	35	0
J. Williams	12	212	17.7	49	1
SEA	258	3164	12.3	64	15
OPP	339	3733	11.0	65	20

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	85	3730	43.9	36.4	7	26	68	1
SEA	86	3730	43.4	36.4	7	26	68	1
OPP	76	3212	42.3	36.1	6	25	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	25	10	244	9.8	34	0
SEA	33	14	352	10.7	34	0
OPP	43	11	462	10.7	86t	1

Interceptions	No	Yds	Avg	LG	TD
W. Williams	4	24	6.0	24	0
Tongue	3	67	22.3	55t	1
Charlton	2	43	21.5	38t	1
Robertson	2	30	15.0	25	0
Kacyvenski	1	22	22.0	22	0
Lucas	1	0	0.0	0	0
Springs	1	0	0.0	0	0
SEA	14	186	13.3	55t	2
OPP	12	36	3.0	10	0

Kickoff Returns	No	Yds	Avg	LG	TD
Rogers	50	1120	22.4	64	0
SEA	72	1496	20.8	64	0
OPP	64	1273	19.9	90t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	0/0	7/8	4/5	6/14	3/5
SEA	0/0	7/8	4/5	6/14	3/5
OPP	0/0	12/12	7/8	9/12	1/4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	321	176	2023	54.8	6.30	7	2.2	8	2.5	64	38/251	70.9
Dilfer	122	73	1014	59.8	8.31	7	5.7	4	3.3	54	10/72	92.0
Huard	17	9	127	52.9	7.47	1	5.9	0	0.0	44	1/5	96.9
Feagles	2	0	0	0.0	0.00	0	0.0	0	0.0	0	0/0	39.6
SEA	462	258	3164	55.8	6.85	15	3.2	12	2.6	64	49/328	77.2
OPP	563	339	3733	60.2	6.63	20	3.6	14	2.5	65	38/248	81.4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	Int	PD	FF	FR
Simmons	123	103	20	2.0	0	7	1	0
C. Brown	106	80	26	8.5	0	7	2	1
Kirkland	101	80	21	1.0	0	4	1	0
Tongue	72	53	19	1.0	3	7	1	1
W. Williams	68	57	11	0.0	4	16	1	1
Robertson	63	48	15	0.0	2	3	0	0
Eaton	55	42	13	1.0	0	2	1	0

Record (finish): 9-7 (2nd, AFC West)

Head Coach: Mike Holmgren (24-24, .500)

Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (Asst. Special Teams/Stength & Cond.), Kent Johnston (Strength & Cond.), Jim Lind (TEs), Clayton Lopez (Def. Quality Control/DBs), Tom Lovat (Asst. Head Coach/OL), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Pete Rodriguez (Special Teams), Rod Springer (Asst. Strength & Cond.), Jim Zorn (QBs)

Captains: LB Chad Brown, QB Matt Hasselbeck, LB Levon Kirkland, FS Marcus Robertson, C Robbie Tobeck, RB Ricky Watters

Largent Award: FB Mack Strong

Pro Bowl: T Walter Jones (2), DT John Randle

OFFENSE

Pos.		Starts
WR	Koren Robinson*	13
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Todd Weiner	13
TE	Christian Fauria	11
	Itula Mili	5
WR	Darrell Jackson	16
	Bobby Engram	4
QB	Matt Hasselbeck	12
	Trent Dilfer	4
RB	Shaun Alexander	12
	Ricky Watters	4
FB	Mack Strong	13

DEFENSE

LE	Michael Sinclair	16
LT	Chad Eaton	16
RT	John Randle	14
RE	Lamar King	8
	John Hilliard	8
OLB	Chad Brown	16
MLB	Levon Kirkland	16
OLB	Anthony Simmons	16
LCB	Ken Lucas	8
	Shawn Springs	7
RCB	Willie Williams	14
SS	Reggie Tongue	16
FS	Marcus Robertson	12

SPECIAL TEAMS

K	Rian Lindell	16
P	Jeff Feagles	16

* Rookie or first-year player

AFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
New England	11	5	0	.688	371	272
Miami*	11	5	0	.688	344	290
N.Y. Jets*	10	6	0	.625	308	295
Indianapolis	6	10	0	.375	413	486
Buffalo	3	13	0	.188	265	420

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Pittsburgh	13	3	0	.812	352	212
Baltimore*	10	6	0	.600	303	265
Cleveland	7	9	0	.438	285	319
Tennessee	7	9	0	.438	336	388
Cincinnati	6	10	0	.375	294	286
Jacksonville	6	10	0	.375	226	309

WESTERN	W	L	T	Pct.	Pts.	Opp.
Oakland	10	6	0	.625	399	327
Seattle	9	7	0	.562	301	324
Denver	8	8	0	.500	340	339
Kansas City	6	10	0	.375	320	344
San Diego	5	11	0	.313	332	321

* Wild Card team

NFC

EASTERN	W	L	T	Pct.	Pts.	Opp.
Philadelphia	11	5	0	.688	343	208
Washington	8	8	0	.500	256	303
Arizona	7	9	0	.438	294	321
N.Y. Giants	7	9	0	.438	295	343
Dallas	5	11	0	.313	246	338

CENTRAL	W	L	T	Pct.	Pts.	Opp.
Chicago	13	3	0	.812	338	203
Green Bay*	12	4	0	.750	390	266
Tampa Bay*	9	7	0	.563	324	280
Minnesota	5	11	0	.313	290	390
Detroit	2	14	0	.125	270	424

WESTERN	W	L	T	Pct.	Pts.	Opp.
St. Louis	14	2	0	.875	503	273
San Francisco*	12	4	0	.750	409	282
New Orleans	7	9	0	.438	333	409
Atlanta	7	9	0	.438	291	377
Carolina	1	15	0	.062	253	410

2002 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/08	L	31-17	at Oakland	53,260
09/15	L	24-13	Arizona	63,104
09/22	L	9-6	at N.Y. Giants	78,551
09/29	W	48-23	Minnesota	65,212
10/6			BYE	
10/14	L	28-21	San Francisco	66,420
10/20	L	37-20	at St. Louis	65,931
10/27	W	17-14	at Dallas	63,854
11/03	L	14-3	Washington	64,325
11/10	W	27-6	at Arizona	29,252
11/17	L	31-9	Denver	65,495
11/24	W	39-32	Kansas City	56,250
12/01	L	31-24	at San Francisco	67,594
12/08	L	27-20	Philadelphia	59,862
12/15	W	30-24	at Atlanta (OT)	69,551
12/22	W	30-10	St. Louis	63,953
12/29	W	31-28	at San Diego (OT)	52,159

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	347	356
Rushing	104	140
Passing	208	191
Penalty	35	25
3rd Down: Made/Att.	93/216	100/215
3rd Down Pct.	43.1	46.5
4th Down: Made/Att.	6/21	6/13
4th Down Pct.	28.6	46.2
POSSESSION AVG.	28:55	31:05
TOTAL NET YARDS	5818	5852
Avg. Per Game	363.6	365.8
Total Plays	1050	1083
Avg. Per Play	5.5	5.4
NET YARDS RUSHING	1740	2441
Avg. Per Game	108.8	152.6
Total Rushes	430	500
NET YARDS PASSING	4078	3411
Avg. Per Game	254.9	213.2
Sacked/Yards Lost	33/179	28/185
Gross Yards	4257	3596
Att./Completions	587/361	555/321
Completion Pct.	61.5	57.8
Had Intercepted	16	19
PUNTS/AVERAGE	61/41.7	65/39.0
Net Punting Avg.	37.0	33.0
PENALTIES/YARDS	100/792	99/816
FUMBLES/LOST	23/12	22/11
TOUCHDOWNS	41	43
Rushing	17	18
Passing	19	21
Defensive	3	1
Returns	2	3
FIELD GOALS	23/29	22/26
TOTAL POINTS	355	369

By Quarters	1	2	3	4	OT	Tot
SEA	67	123	58	98	9	355
OPP	75	99	82	113	0	369

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	18	16	2	0	0	0	0	108
Lindell	0	0	0	0	38/38	23/29	0	107
Robinson	5	0	5	0	0	0	0	30
Jackson	4	0	4	0	0	0	0	24
Stevens	3	0	3	0	0	0	0	18
SEA	41	17	19	5	38/38	23/29	0	355
OPP	43	18	21	4	39/39	22/26	0	369

2-Point PATs: SEA 1-2. OPP 3-4.

Rushing	Att	Yds	Avg	LG	TD
Alexander	295	1175	4.0	58t	16
Hasselbeck	40	202	5.1	21	1
Morris	32	153	4.8	24	0
Strong	23	94	4.1	9	0
Evans	17	53	3.1	8	0
Robinson	8	56	7.0	20	0
SEA	430	1740	4.0	58t	17
OPP	500	2441	4.9	58t	18

Receiving	No	Yds	Avg	LG	TD
Robinson	78	1240	15.9	83	5
Jackson	62	877	14.1	48	4
Alexander	59	460	7.8	80t	2
Engram	50	619	12.4	38	0
Mili	43	508	11.8	49	2
Stevens	26	252	9.7	29	3
Strong	22	120	5.5	12	2
SEA	361	4257	11.8	83	19
OPP	321	3596	11.2	64t	21

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	61	2542	41.7	37.0	4	22	58	0
SEA	61	2542	41.7	37.0	4	22	58	0
OPP	65	2538	39.0	33.0	7	20	59	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Engram	21	23	224	10.7	61t	1
SEA	25	23	256	10.2	61t	1
OPP	17	19	202	11.9	89t	1

Interceptions	No	Yds	Avg	LG	TD
Tongue	5	118	23.6	46t	1
Lucas	3	67	22.3	40	0
Springs	3	0	0.0	0	0
Simmons	2	19	9.5	15	0
6 players with	1				
SEA	19	245	12.9	46t	1
OPP	16	119	7.4	22t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	34	821	24.1	97t	1
J. Williams	21	354	16.9	46	0
SEA	74	1533	20.7	97t	1
OPP	73	1591	21.8	95t	2

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	1/1	9/9	8/10	4/5	1/4
SEA	1/1	9/9	8/10	4/5	1/4
OPP	0/0	9/9	6/8	7/9	0/0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	419	267	3075	63.7	7.34	15	3.6	10	2.4	49	26/143	87.8
Dilfer	168	94	1182	56.0	7.04	4	2.4	6	3.6	83	7/36	71.1
SEA	587	361	4257	61.5	7.25	19	3.2	16	2.7	83	33/179	83.0
OPP	555	321	3596	57.8	6.48	21	3.8	19	3.4	64t	28/185	75.6

DEFENSIVE STATISTICS

Player	T	S	A	Sac	Int	PD	FF	FR
Tongue	93	68	25	0	5	10	0	1
Robertson	89	67	22	0	0	4	0	2
Lucas	82	71	11	0	3	12	1	0
Bell	74	63	11	1.0	0	5	2	2
Eaton	73	48	25	1.0	0	3	0	2
Kacyvenski	71	51	20	0	1	1	0	0
Springs	59	54	5	0	3	11	0	1

Record (finish): 7-9 (3rd, NFC West)

Head Coach: Mike Holmgren (31-33, .484)

Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (LBs), Kent Johnston (Strength & Cond.), Bill Laveroni (Asst. OL), Jim Lind (TEs), Clayton Lopez (Def. Quality Control/DBs), Tom Lovat (Asst. Head Coach/OL), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Pete Rodriguez (Special Teams), Rod Springer (Asst. Strength & Cond.), Jim Zorn (QBs)

Captains: LB Chad Brown, QB Matt Hasselbeck, LB Levon Kirkland, S Marcus Robertson, C Robbie Tobeck, RB Ricky Watters

Largent Award: FB Mack Strong

Pro Bowl: T Walter Jones (3)

OFFENSE

Pos.		Starts
WR	Koren Robinson	16
LT	Walter Jones	14
LG	Chris Gray (4 @ RG)	12
	Steve Hutchinson	4
C	Robbie Tobeck	16
RG	Floyd Wedderburn	10
RT	Floyd Womack (2 @ LT)	8
	Chris Terry	5
TE	Itula Mili	12
WR	Darrell Jackson	13
QB	Matt Hasselbeck	10
	Trent Dilfer	6
RB	Shaun Alexander	16
FB	Mack Strong	12

DEFENSE

LE	Lamar King	12
LT	Chad Eaton	16
RT	John Randle	12
RE	Antonio Cochran	16
OLB	Chad Brown	8
	Tim Terry	8
MLB	Isaiah Kacyvenski	9
	Orlando Huff	7
OLB	Marcus Bell	9
	Anthony Simmons	7
LCB	Shawn Springs	15
RCB	Ken Lucas	16
SS	Reggie Tongue	16
FS	Marcus Robertson	15

SPECIAL TEAMS

K	Rian Lindell	16
P	Jeff Feagles	16

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
N.Y. Jets	9	7	0	.563	359	336
New England	9	7	0	.563	381	346
Miami	9	7	0	.563	378	301
Buffalo	8	8	0	.500	379	397
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Pittsburgh	10	5	1	.656	390	345
Cleveland*	9	7	0	.563	344	320
Baltimore	7	9	0	.438	316	354
Cincinnati	2	14	0	.125	279	456
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Tennessee	11	5	0	.688	367	324
Indianapolis*	10	6	0	.625	349	313
Jacksonville	6	10	0	.375	328	315
Houston	4	12	0	.250	213	356
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Oakland	11	5	0	.688	450	304
Denver	9	7	0	.563	392	344
San Diego	8	8	0	.500	333	367
Kansas City	8	8	0	.500	467	399

* Wild Card team

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Philadelphia	12	4	0	.750	415	241
N.Y. Giants*	10	6	0	.625	320	279
Washington	7	9	0	.438	307	365
Dallas	5	11	0	.313	217	329
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Green Bay	12	4	0	.750	398	328
Minnesota	6	10	0	.375	390	442
Chicago	4	12	0	.250	281	379
Detroit	3	13	0	.188	306	451
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Tampa Bay	12	4	0	.750	346	196
Atlanta*	9	6	1	.594	402	314
New Orleans	9	7	0	.563	432	388
Carolina	7	9	0	.438	258	302
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
San Francisco	10	6	0	.625	367	351
St. Louis	7	9	0	.438	316	369
Seattle	7	9	0	.438	355	369
Arizona	5	11	0	.313	262	417

2003 REVIEW (10-6; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/07	W	27-10	New Orleans	52,250
09/14	W	38- 0	at Arizona	23,127
09/21	W	24-23	St. Louis	65,841
10/05	L	35-13	at Green Bay	70,365
10/12	W	20-19	San Francisco	66,437
10/19	W	24-17	Chicago	65,671
10/26	L	27-24	at Cincinnati	52,131
11/02	W	23-16	Pittsburgh	66,507
11/09	L	27-20	at Washington	80,728
11/16	W	35-14	Detroit	65,865
11/23	L	44-41	at Baltimore (OT)	69,477
11/30	W	34-7	Cleveland	64,680
12/07	L	34-7	at Minnesota	63,968
12/14	L	27-22	at St. Louis	66,152
12/21	W	28-10	Arizona	64,899
12/27	W	24-17	at San Francisco	67,840

POSTSEASON

01/04	L	33-27	at Green Bay (OT) (NFC Wild Card Game)	71,457

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	338	304
Rushing	121	93
Passing	190	183
Penalty	27	28
3rd Down: Made/Att.	96/205	99/235
3rd Down Pct.	46.8	42.1
4th Down: Made/Att.	2/7	7/18
4th Down Pct.	28.6	38.9
POSSESSION AVG.	28:33	31:27
TOTAL NET YARDS	5627	5239
Avg. Per Game	351.7	327.4
Total Plays	1017	1069
Avg. Per Play	5.5	4.9
NET YARDS RUSHING	2009	1759
Avg. Per Game	125.6	109.9
Total Rushes	453	456
NET YARDS PASSING	3618	3480
Avg. Per Game	226.1	217.5
Sacked/Yards Lost	43/254	40/248
Gross Yards	3872	3728
Att./Completions	521/317	573/343
Completion Pct.	60.8	59.9
Had Intercepted	16	16
PUNTS/AVERAGE	69/40.0	76/39.8
NET PUNTING AVG.	37.1	34.1
PENALTIES/YARDS	91/777	105/825
FUMBLES/BALL LOST	23/13	25/12
TOUCHDOWNS	48	36
Rushing	17	9
Passing	27	24
Defensive	0	0
Returns	4	3
FIELD GOALS	22/30	25/31
TOTAL POINTS	404	327

By Quarters	1	2	3	4	OT	Tot
SEA	89	166	67	82	0	404
OPP	51	104	73	96	3	327

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
J. Brown	0	0	0	0	48/48	22/30	0	114
Alexander	16	14	2	0	0	0	0	96
Jackson	9	0	9	0	0	0	0	54
Engram	7	0	6	1	0	0	0	42
K. Robinson	5	0	4	1	0	0	0	30
Mili	4	0	4	0	0	0	0	24
SEA	48	17	27	4	48/48	22/30	1	404
OPP	36	9	24	3	34/35	25/31	0	327

2-Point PATs: SEA 0-0. OPP 1-1.

Rushing	Att	Yds	Avg	LG	TD
Alexander	326	1435	4.4	55	14
Morris	38	239	6.3	43	0
Strong	37	174	4.7	21t	1
Hasselbeck	36	125	3.5	18	2
H. Evans	7	24	3.4	8	0
K. Robinson	4	15	3.8	16	0
SEA	453	2009	4.4	55	17
OPP	456	1759	3.9	50	9

Receiving	No	Yds	Avg	LG	TD
Jackson	68	1137	16.7	80t	9
K. Robinson	65	896	13.8	38t	4
Engram	52	637	12.3	34t	6
Mili	46	492	10.7	46t	4
Alexander	42	295	7.0	22	2
Strong	29	216	7.4	32	0
Stevens	6	72	12.0	26	0
SEA	317	3872	12.2	80t	27
OPP	343	3728	10.9	72t	24

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rouen	67	2762	41.2	37.1	3	29	61	2
SEA	69	2762	40.0	37.1	3	29	61	2
OPP	76	3028	39.8	34.1	6	19	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Engram	31	22	320	10.3	83t	1
SEA	34	22	320	9.4	83t	1
OPP	29	22	140	4.8	19	0

Interceptions	No	Yds	Avg	LG	TD
Tongue	4	11	2.8	10	0
Simmons	3	38	12.7	33	0
Trufant	2	21	10.5	15	0
7 players with	1				
SEA	16	157	9.8	33	0
OPP	16	164	10.3	80t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	47	1007	21.4	56	0
Carter	8	185	23.1	33	0
Strong	3	60	20.0	27	0
SEA	64	1336	20.9	56	0
OPP	79	1626	20.6	52	0

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	0/ 0	5/ 5	10/11	6/11	1/3
SEA	0/ 0	5/ 5	10/11	6/11	1/3
OPP	0/ 0	5/ 6	12/15	7/ 8	1/2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	513	313	3841	61.0	7.49	26	5.1	15	2.9	80t	42/246	88.8
Dilfer	8	4	31	50.0	3.88	1	12.5	1	12.55	14	1/8	59.9
TEAM	521	317	3872	60.8	7.43	27	5.2	16	3.1	80t	43/254	88.2
OPP	573	343	3728	59.9	6.51	24	4.2	16	2.8	72t	40/248	81.4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Simmons	100	80	20	3.0	3	8	1	1
Hamlin	96	76	20	0.0	1	10	2	1
Brown	86	74	12	7.0	1	3	1	2
Trufant	78	69	9	0.0	2	20	0	1
Tongue	63	50	13	2.0	4	8	2	0
Lucas	62	52	10	0.0	1	12	1	1
Godfrey	59	45	14	0.0	1	4	1	1t

Record (finish): 10-6 (2nd, NFC West)

Head Coach: Mike Holmgren (41-39, .513)

Assistants: Gil Haskell (Off. Coord.), Ray Rhodes (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Nolan Cromwell (WRs), Bill Gillespie (Strength & Cond. Asst.), Kent Johnston (Strength & Cond.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (Asst. OL), Jim Lind (TEs), Clayton Lopez (Def. Asst./Secondary), Tom Lovat (Asst. Head Coach/OL), John Marshall (LBs), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Gary Reynolds (Off. Asst./Quality Control), Pete Rodriguez (Special Teams Coord.), Zerick Rollins (DL/Quality Control), Jim Zorn (QBs)

Captains: WR Alex Bannister, QB Matt Hasselbeck, DT John Randle

Largent Award: QB Trent Dilfer

Pro Bowl: RB Shaun Alexander (1), ST Alex Bannister (1), QB Matt Hasselbeck (1), G Steve Hutchinson (1), T Walter Jones (4)

OFFENSE

Pos.		Starts
WR	Darrell Jackson	16
	Koren Robinson	15
	Bobby Engram	7
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Chris Terry	10
	Floyd Womack	4
TE	Itula Mili	12
QB	Matt Hasselbeck	16
RB	Shaun Alexander	15
FB	Mack Strong	9

DEFENSE

LE	Antonio Cochran	7
	Brandon Mitchell	6
LT	Cedric Woodard	12
RT	John Randle	9
	Rashad Moore	6
RE	Chike Okeafor	16
OLB	Anthony Simmons	13
MLB	Randall Godfrey	14
OLB	Chad Brown	14
LCB	Shawn Springs	8
RCB	Marcus Trufant (5 @ LCB)	16
SS	Reggie Tongue	14
FS	Ken Hamlin	14

SPECIAL TEAMS

K	*Josh Brown	16
P	Tom Rouen	16

* Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	14	2	0	.875	348	238
Miami	10	6	0	.625	311	261
Buffalo	6	10	0	.375	243	279
N.Y. Jets	6	10	0	.375	283	299
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Baltimore	10	6	0	.625	391	281
Cincinnati	8	8	0	.500	346	384
Pittsburgh	6	10	0	.375	300	327
Cleveland	5	11	0	.313	254	322
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Indianapolis	12	4	0	.750	447	336
Tennessee*	12	4	0	.750	435	324
Jacksonville	5	11	0	.313	276	331
Houston	5	11	0	.313	255	380
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Kansas City	13	3	0	.812	484	332
Denver*	10	6	0	.625	381	301
Oakland	4	12	0	.250	270	379
San Diego	4	12	0	.250	313	441

* Wild Card team

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Philadelphia	12	4	0	.750	374	287
Dallas*	10	6	0	.625	289	260
Washington	5	11	0	.312	287	372
N.Y. Giants	4	12	0	.250	243	387
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Green Bay	10	6	0	.625	442	307
Minnesota	9	7	0	.563	416	353
Chicago	7	9	0	.438	283	346
Detroit	5	11	0	.313	270	379
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Carolina	11	5	0	.688	325	304
New Orleans	8	8	0	.500	340	326
Tampa Bay	7	9	0	.438	301	264
Atlanta	5	11	0	.313	299	422
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
St. Louis	12	4	0	.750	447	328
Seattle*	10	6	0	.625	404	327
San Francisco	7	9	0	.438	384	337
Arizona	4	12	0	.250	225	452

2004 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/12	W	21-7	at New Orleans	64,900
09/19	W	10-6	at Tampa Bay	65,089
09/26	W	34-0	San Francisco	66,709
10/03			BYE	
10/10	L	33-27	St. Louis (OT)	66,940
10/17	L	30-20	at New England	68,756
10/24	L	25-17	at Arizona	35,695
10/31	W	23-17	Carolina	66,214
11/07	W	42-27	at San Francisco	64,423
11/14	L	23-12	at St. Louis	66,044
11/21	W	24-17	Miami	66,644
11/28	L	38-9	Buffalo	66,271
12/06	L	43-39	Dallas	68,093
12/12	W	27-23	at Minnesota	64,110
12/19	L	37-14	at New York Jets	77,894
12/26	W	24-21	Arizona	65,825
01/02	W	28-26	Atlanta	66,740

POSTSEASON

01/08	L	27-20	St. Louis (NFC Wild Card Game)	65,397

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	320	311
Rushing	110	102
Passing	189	191
Penalty	21	18
3rd Down: Made/Att.	76/210	97/229
3rd Down Pct.	36.2	42.4
4th Down: Made/Att.	6/11	6/9
4th Down Pct.	54.5	66.7
POSSESSION AVG.	29:00	31:00
TOTAL NET YARDS	5634	5620
Avg. Per Game	352.1	351.3
Total Plays	1034	1047
Avg. Per Play	5.4	5.4
NET YARDS RUSHING	2095	2031
Avg. Per Game	130.9	126.9
Total Rushes	468	452
NET YARDS PASSING	3539	3589
Avg. Per Game	221.2	224.3
Sacked/Yards Lost	34/176	36/218
Gross Yards	3715	3807
Att./Completions	532/304	559/340
Completion Pct.	57.1	60.8
Had Intercepted	18	23
PUNTS/AVERAGE	79/38.4	74/41.8
NET PUNTING AVG.	34.3	37.3
PENALTIES/YARDS	79/669	91/747
FUMBLES/BALL LOST	19/9	25/12
TOUCHDOWNS	43	42
Rushing	17	17
Passing	23	24
Defensive	3	1
Returns	0	0
FIELD GOALS	23/25	27/32
TOTAL POINTS	371	373

By Quarters	1	2	3	4	OT	Tot
SEA	86	129	70	86	0	371
OPP	89	113	52	113	6	373

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	20	16	4	0	0	0	0	120
J. Brown	0	0	0	0	40/40	23/25	0	109
Jackson	7	0	7	0	0	0	0	44
Stevens	3	0	3	0	0	0	0	20
Rice	3	0	3	0	0	0	0	18
Engram	2	0	2	0	0	0	0	12
SEA	43	17	23	3	40/40	23/25	0	371
OPP	42	17	24	1	38/39	27/32	1	373

2-Point Conversions: SEA 2-3, OPP 0-2.

Rushing	Att	Yds	Avg	LG	TD
Alexander	353	1696	4.8	44	16
Strong	36	131	3.6	11	0
Morris	30	126	4.2	12	0
Hasselbeck	27	90	3.3	19	1
SEA	468	2095	4.5	44	17
OPP	452	2031	4.5	53	17

Receiving	No	Yds	Avg	LG	TD
Jackson	87	1199	13.8	56t	7
Engram	36	499	13.9	60	2
Robinson	31	495	16.0	33	2
Stevens	31	349	11.3	32	3
Rice TM	25	362	14.5	56	3
Mili	23	240	10.4	20	1
Alexander	23	170	7.4	24	4
SEA	304	3715	12.2	60	23
OPP	340	3807	11.2	63	24

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Jones	26	988	38.0	32.2	2	6	51	1
SEA	79	3036	38.4	34.3	4	20	60	2
OPP	74	3091	41.8	37.3	5	31	60	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Morris	15	4	75	5.0	22	0
Engram	10	19	118	11.8	48	0
SEA	30	26	230	7.7	48	0
OPP	33	21	244	7.4	39	0

Interceptions	No	Yds	Avg	LG	TD
Lucas	6	46	7.7	25	1
Trufant	5	141	28.2	58	0
Boulware	5	69	13.8	63t	1
Hamlin	4	48	12.0	24	0
SEA	23	337	14.7	63t	3
OPP	18	158	8.8	48t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	47	994	21.1	34	0
Carter	21	448	21.3	36	0
SEA	74	1529	20.7	36	0
OPP	77	1677	21.8	51	0

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	1/1	7/7	8/9	6/7	1/1
SEA	1/1	7/7	8/9	6/7	1/1
OPP	0/0	6/6	12/15	6/7	3/4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	474	279	3382	58.9	7.14	22	4.6	15	3.2	60	30/155	83.1
Dilfer	58	25	333	43.1	5.74	1	1.7	3	5.2	56	4/21	46.1
TEAM	532	304	3715	57.1	6.98	23	4.3	18	3.4	60	34/176	79.1
OPP	559	340	3807	60.8	6.81	24	4.3	23	4.1	63	36/218	78.3

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Trufant	93	83	10	1.0	5	20	0	0
Kacyvenski	81	62	19	1.0	0	0	1	0
Hamlin	79	63	16	2.0	4	9	1	1
Bierria	69	47	22	0.0	1	5	1	0
Lucas	67	60	7	0.0	6	21	0	1
Okeafor	53	41	12	8.5	0	0	5	0
Boulware	53	40	13	1.0	5	6	1	0

Record (finish): 9-7 (1st, NFC West)

Head Coach: Mike Holmgren (50-46, .521)

Assistants: Gil Haskell (Off. Coord.), Ray Rhodes (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Bill Gillespie (Strength & Cond. Asst.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), John Marshall (LBs), Mark Michaels (Special Teams), Stump Mitchell (RBs), Gary Reynolds (Off. Asst./Quality Control), Zerick Rollins (DL/Quality Control), Jim Zorn (QBs)

Captains: WR Alex Bannister, QB Matt Hasselbeck, LB Anthony Simmons

Largent Award: FB Mack Strong

Pro Bowl: RB Shaun Alexander (2), G Steve Hutchinson (2), T Walter Jones (5)

OFFENSE

Pos.		Starts
WR	Darrell Jackson	16
	Jerry Rice	9
	Koren Robinson	8
	Bobby Engram	7
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Chris Terry	8
	Floyd Womack	8
TE	Jerramy Stevens	5
	Itula Mili	4
QB	Matt Hasselbeck	14
	Trent Dilfer	2
RB	Shaun Alexander	16
FB	Mack Strong	13
K	Josh Brown	16

DEFENSE

LE	Chike Okeafor	16
LT	Cedric Woodard	16
RT	Rashad Moore	12
RE	Grant Wistrom	9
	Antonio Cochran	7
OLB	Isaiah Kacyvenski	7
	Anthony Simmons	7
MLB	Orlando Huff	14
OLB	Chad Brown	7
	Isaiah Kacyvenski	6
LCB	Marcus Trufant	16
RCB	Ken Lucas	16
SS	Terreal Bierria	12
	Michael Boulware	4
FS	Ken Hamlin	16

SPECIAL TEAMS

K	Josh Brown	16
P	Donnie Jones	6
	Ken Walter	6
	Tom Rouen	4

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	14	2	0	.875	437	260
N.Y. Jets*	10	6	0	.625	333	261
Buffalo	9	7	0	.563	395	284
Miami	4	12	0	.250	275	354
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Pittsburgh	15	1	0	.938	372	251
Baltimore	9	7	0	.563	317	268
Cincinnati	8	8	0	.500	374	372
Cleveland	4	12	0	.250	276	390
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Indianapolis	12	4	0	.750	522	351
Jacksonville	9	7	0	.563	261	280
Houston	7	9	0	.438	309	339
Tennessee	5	11	0	.313	344	439
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
San Diego	12	4	0	.750	446	313
Denver*	10	6	0	.625	381	304
Kansas City	7	9	0	.438	483	435
Oakland	5	11	0	.313	320	442

* Wild Card teams

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Philadelphia	13	3	0	.812	386	260
N.Y. Giants	6	10	0	.375	303	347
Dallas	6	10	0	.375	293	405
Washington	6	10	0	.375	240	265
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Green Bay	10	6	0	.625	424	380
Minnesota*	8	8	0	.500	405	395
Detroit	6	10	0	.375	296	350
Chicago	5	11	0	.313	231	331
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Atlanta	11	5	0	.688	340	337
New Orleans	8	8	0	.500	348	405
Carolina	7	9	0	.438	355	339
Tampa Bay	5	11	0	.313	301	304
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Seattle	9	7	0	.563	371	373
St. Louis*	8	8	0	.500	319	392
Arizona	6	10	0	.375	284	322
San Francisco	2	14	0	.125	259	452

2005 REVIEW (13-3; 2-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/11	L	26-14	at Jacksonville	65,204
09/18	W	21-18	Atlanta	66,030
09/25	W	37-12	Arizona	64,843
10/02	L	20-17	at Washington (OT)	90,215
10/09	W	37-31	at St. Louis	65,707
10/16	W	42-10	Houston	66,196
10/23	W	13-10	Dallas	67,046
10/30			BYE	
11/06	W	33-19	at Arizona	43,542
11/13	W	31-16	St. Louis	67,192
11/20	W	27-25	at San Francisco	63,590
11/27	W	24-21	N.Y. Giants (OT)	67,102
12/05	W	42-0	at Philadelphia	67,637
12/11	W	41-3	San Francisco	66,690
12/18	W	28-24	at Tennessee	69,149
12/24	W	28-13	Indianapolis	67,855
01/01	L	23-17	at Green Bay	69,928

POSTSEASON

01/14	W	20-10	Washington (NFC Divisional Playoff)	67,551
01/22	W	34-14	Carolina (NFC Championship Game)	67,837
02/05	L	21-10	Pittsburgh (Super Bowl XL)	68,206

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	361	295
Rushing	142	78
Passing	192	194
Penalty	27	23
3rd Down: Made/Att.	76/192	89/234
3rd Down Pct.	39.6	38.0
4th Down: Made/Att.	7/8	12/19
4th Down Pct.	87.5	63.2
POSSESSION AVG.	29:17	30:43
TOTAL NET YARDS	5915	5069
Avg. Per Game	369.7	316.8
Total Plays	1020	1041
Avg. Per Play	5.8	4.9
NET YARDS RUSHING	2457	1510
Avg. Per Game	153.6	94.4
Total Rushes	519	420
NET YARDS PASSING	3458	3559
Avg. Per Game	216.1	222.4
Sacked/Yards Lost	27/174	50/302
Gross Yards	3632	3861
Att./Completions	474/307	571/331
Completion Pct.	64.8	58.0
Had Intercepted	10	16
PUNTS/AVERAGE	80/41.0	77/40.1
NET PUNTING AVG.	80/34.7	77/36.0
PENALTIES/YARDS	94/846	123/909
FUMBLES/BALL LOST	18/7	25/11
TOUCHDOWNS	57	24
Rushing	29	5
Passing	25	18
Defensive	3	0
Returns	0	1
FIELD GOALS	18/25	34/42
TOTAL POINTS	452	271

By Quarters	1	2	3	4	OT	Tot
SEA	93	148	121	87	3	452
OPP	44	80	83	61	3	271

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	28	27	1	0	0	0	0	168
J. Brown	0	0	0	0	56/57	18/25	0	110
Jurevicius	10	0	10	0	0	0	0	60
Stevens	5	0	5	0	0	0	0	30
Engram	3	0	3	0	0	0	0	18
Jackson	3	0	3	0	0	0	0	18
SEA	57	29	25	3	56/57	18/25	0	452
OPP	24	5	18	1	21/21	34/42	0	271

2-Point Conversions: SEA 0-0, OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Alexander	370	1880	5.1	88t	27
Morris	71	288	4.1	49	1
Hasselbeck	36	124	3.4	23	1
Weaver	17	80	4.7	24	0
Strong	17	78	4.6	16	0
SEA	519	2457	4.7	88t	29
OPP	420	1510	3.6	50	5

Receiving	No	Yds	Avg	LG	TD
Engram	67	778	11.6	56	3
Jurevicius	55	694	12.6	52	10
Stevens	45	554	12.3	35t	5
Jackson	38	482	12.7	48	3
Hackett	28	400	14.3	47	2
Strong	22	166	7.5	27	0
Alexander	15	78	5.2	9	1
SEA	307	3632	11.8	56	25
OPP	331	3861	11.7	63	18

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rouen	61	2539	41.6	35.0	20	7	62	0
SEA	80	3282	41.0	34.7	25	8	62	0
OPP	77	3091	40.1	36.0	23	7	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Williams	24	22	139	5.8	24	0
SEA	31	23	177	5.7	24	0
OPP	41	16	343	8.4	44	0

Interceptions	No	Yds	Avg	LG	TD
Boulware	4	107	26.8	40	0
Babineaux	3	56	18.7	25	0
Tatupu	3	55	18.3	38t	1
Herndon	2	12	6.0	6	0
SEA	16	315	19.7	72t	2
OPP	10	93	9.3	33	0

Kickoff Returns	No	Yds	Avg	LG	TD
Scobey	59	1326	22.5	53	0
SEA	61	1347	22.1	53	0
OPP	82	1802	22.0	99t	1

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	0/0	5/5	4/5	4/7	5/8
SEA	0/0	5/5	4/5	4/7	5/8
OPP	0/0	8/9	16/18	7/10	3/5

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	449	294	3459	65.5	7.70	24	5.3	9	2.0	56	24/154	98.2
Wallace	25	13	173	52.0	6.92	1	4.0	1	4.0	42	3/20	70.9
SEA	474	307	3632	64.8	7.66	25	5.3	10	2.1	56	27/174	96.8
OPP	571	331	3861	58.0	6.76	18	3.2	16	2.8	63	50/302	77.4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	105	86	19	4.0	3	10	0	1
Boulware	73	58	15	2.0	4	9	1	0
Manuel	67	54	13	0.0	0	2	0	1
Hill	67	48	19	7.5	0	2	2	0
Trufant	64	55	9	1.0	1	14	1	0
Lewis	64	46	18	0.0	0	1	1	0
Babineaux	58	47	11	0.0	3	8	0	0

Record (finish): 13-3 (1st, NFC West)

Head Coach: Mike Holmgren (63-49, .563)

Assistants: Gil Haskell (Off. Coord.), Ray Rhodes (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Bob Casullo (Special Teams), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Keith Gilbertson (Off. Consultant), John Jamison (Special Teams Assistant), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), John Marshall (LBs), Stump Mitchell (RBs), Gary Reynolds (Offensive Asst./Quality Control), Zerick Rollins (DL/Quality Control), Jim Zorn (QBs)

Captains: WR Alex Bannister, QB Matt Hasselbeck, DE Grant Wistrom

Largent Award: FB Mack Strong

Pro Bowl: RB Shaun Alexander (3), QB Matt Hasselbeck (2), G Steve Hutchinson (3), T Walter Jones (6), FB Mack Strong (1), LB Lofa Tatupu (1), C Robbie Tobeck (1)

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	10	6	0	.625	379	338
Miami	9	7	0	.562	318	317
Buffalo	5	11	0	.312	271	367
N.Y. Jets	4	12	0	.250	240	355
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Cincinnati	11	5	0	.688	421	350
Pittsburgh*	11	5	0	.688	389	258
Baltimore	6	10	0	.375	265	299
Cleveland	6	10	0	.375	232	301
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Indianapolis	14	2	0	.875	439	247
Jacksonville*	12	4	0	.750	361	269
Tennessee	4	12	0	.250	299	421
Houston	2	14	0	.125	260	431
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Denver	13	3	0	.812	395	258
Kansas City	10	6	0	.625	403	325
San Diego	9	7	0	.562	418	312
Oakland	4	12	0	.250	290	383

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	11	5	0	.688	422	314
Washington*	10	6	0	.625	359	293
Dallas	9	7	0	.562	325	308
Philadelphia	6	10	0	.375	310	388

OFFENSE

Pos.		Starts
WR	Bobby Engram	13
	Joe Jurevicius	11
	Darrell Jackson	6
	Peter Warrick	5
LT	Walter Jones	15
	Sean Locklear	1
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Sean Locklear	15
TE	Jerramy Stevens	12
	Ryan Hannam	5
QB	Matt Hasselbeck	16
RB	Shaun Alexander	16
FB	Mack Strong	7

DEFENSE

LE	Bryce Fisher	15
LT	Chuck Darby	14
	Rocky Bernard	2
RT	Marcus Tubbs	11
	Rocky Bernard	5
RE	Grant Wistrom	16
OLB	Jamie Sharper	8
	Leroy Hill*	9
MLB	Lofa Tatupu*	16
OLB	D.D. Lewis	12
	Kevin Bentley	3
LCB	Kelly Herndon	6
	Andre Dyson	5
	Jordan Babineaux	4
RCB	Marcus Trufant	15
SS	Michael Boulware	16
FS	Marquand Manuel	11
	Ken Hamlin	6

SPECIAL TEAMS

P	Tom Rouen	12
K	Josh Brown	16

* Rookie or first-year player

NFC

NORTH	W	L	T	Pct.	Pts.	Opp.
Chicago	11	5	0	.688	260	202
Minnesota	9	7	0	.562	306	344
Detroit	5	11	0	.312	254	345
Green Bay	4	12	0	.250	298	344
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Tampa Bay	11	5	0	.688	300	274
Carolina*	11	5	0	.688	391	259
Atlanta	8	8	0	.500	351	341
New Orleans	3	13	0	.188	235	398
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Seattle	13	3	0	.812	452	271
St. Louis	6	10	0	.375	363	429
Arizona	5	11	0	.312	311	387
San Francisco	4	12	0	.250	239	428

* Wild Card teams

2006 REVIEW (9-7; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/10	W	9-6	at Detroit	60,535
09/17	W	21-10	Arizona	67,470
09/24	W	42-30	N.Y. Giants	68,161
10/01	L	37-6	at Chicago	62,225
10/08			BYE	
10/15	W	30-28	at St. Louis	65,592
10/22	L	31-13	Minnesota	68,118
10/29	L	35-28	at Kansas City	77,645
11/06	W	16-0	Oakland	67,816
11/12	W	24-22	St. Louis	68,175
11/19	L	20-14	at San Francisco	68,367
11/27	W	34-24	Green Bay	68,256
12/03	W	23-20	at Denver	76,146
12/10	L	27-21	at Arizona	63,603
12/14	L	24-14	San Francisco	67,650
12/24	L	20-17	San Diego	68,174
12/31	W	23-7	at Tampa Bay	65,660

POSTSEASON

01/06	W	21-20	Dallas (NFC Wild Card Game)	68,058
01/14	L	27-24	at Chicago (OT) (NFC Divisional Playoff)	62,184

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	312	277
Rushing	112	102
Passing	167	160
Penalty	33	15
3rd Down: Made/Att.	85/224	80/219
3rd Down Pct.	37.9	36.5
4th Down: Made/Att.	2/8	6/12
4th Down Pct.	25.0	50.0
POSSESSION AVG.	29:48	30:12
TOTAL NET YARDS	4977	5285
Avg. Per Game	311.1	330.3
Total Plays	1045	986
Avg. Per Play	4.8	5.4
NET YARDS RUSHING	1923	2029
Avg. Per Game	120.2	126.8
Total Rushes	484	441
NET YARDS PASSING	3054	3256
Avg. Per Game	190.9	203.5
Sacked/Yards Lost	49/315	41/282
Gross Yards	3369	3538
Att./Completions	512/292	504/299
Completion Pct.	57.0	59.3
Had Intercepted	22	12
PUNTS/AVERAGE	86/44.5	88/42.9
NET PUNTING AVG.	37.0	36.9
PENALTIES/YARDS	94/700	118/950
FUMBLES/BALL LOST	21/12	34/14
TOUCHDOWNS	37	39
Rushing	8	12
Passing	26	23
Defensive	2	4
Returns	1	0
FIELD GOALS	25/31	23/33
TOTAL POINTS	335	341

By Quarters	1	2	3	4	OT	Tot
SEA	103	73	52	107	0	335
OPP	67	104	54	116	0	341

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Brown	0	0	0	0	36/36	25/31	0	111
Jackson	10	0	10	0			0	60
Alexander	7	7	0	0			0	42
Stevens	4	0	4	0			0	26
Branch	4	0	4	0			0	24
Hackett	4	0	4	0			0	24
SEA	37	8	26	3	36/36	25/31	0	335
OPP	39	12	23	4	36/36	23/33	0	341

2-Pt. Conversions: SEA 1-1 (Stevens), OPP 1-3.

Rushing	Att	Yds	Avg	LG	TD
Alexander	252	896	3.6	33t	7
Morris	161	604	3.8	29	0
Strong	33	149	4.5	17	1
Wallace	12	122	10.2	37	0
Hasselbeck	18	110	6.1	19	0
SEA	484	1923	4.0	37	8
OPP	441	2029	4.6	95t	12

Receiving	No	Yds	Avg	LG	TD
Jackson	63	956	15.2	72t	10
Branch	53	725	13.7	38t	4
Hackett	45	610	13.6	47	4
Strong	29	159	5.5	13	0
Engram	24	290	12.1	25	1
Stevens	22	231	10.5	26	4
Burleson	18	192	10.7	36	2
SEA	292	3369	11.5	72t	26
OPP	299	3538	11.8	71t	23

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Plackemeier	84	3778	45.0	37.3	15	25	72	0
TEAM	86	3827	44.5	37.0	15	26	72	0
OPP	88	3773	42.9	36.9	5	25	61	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Burleson	34	7	322	9.5	90t	1
TEAM	49	16	424	8.7	90t	1
OPP	39	12	343	8.8	40	0

Interceptions	No	Yds	Avg	LG	TD
Hamlin	3	63	21.0	37	0
Boulware	2	1	0.5	1	0
Tapp	1	25	25.0	25t	1
Babineaux	1	20	20.0	20	0
SEA	12	124	10.3	37	1
OPP	22	141	6.4	39	1

Kickoff Returns	No	Yds	Avg	LG	TD
Burleson	26	643	24.7	50	0
SEA	69	1548	22.4	50	0
OPP	61	1499	24.6	51	0

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	0/0	10/10	5/7	7/9	3/5
TEAM	0/0	10/10	5/7	7/9	3/5
OPP	1/1	1/3	11/12	10/12	0/5

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	371	210	2442	56.6	6.58	18	4.9	15	4.0	72t	34/229	76.0
Wallace	141	82	927	58.2	6.57	8	5.7	7	5.0	49t	14/83	76.2
TEAM	512	292	3369	57.0	6.58	26	5.1	22	4.3	72t	49/315	76.0
OPP	504	299	3538	59.3	7.02	23	4.6	12	2.4	71t	41/282	86.1

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	123	93	30	1.5	1	7	2	1
Hamlin	96	75	21	2.0	3	11	1	0
Hill	92	70	22	2.0	0	2	2	1
Peterson	89	71	18	10.0	1	6	1	1
Herndon	68	50	18	0.0	1	16	1	1
Trufant	68	60	8	0.0	1	11	2	0
Babineaux	51	41	10	0.0	1	4	0	0

Record (finish): 9-7 (1st, NFC West)

Head Coach: Mike Holmgren (72-56, .563)

Assistants: Gil Haskell (Off. Coord.), John Marshall (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Bob Casullo (Special Teams), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Keith Gilbertson (Asst. OL), Tom Headlee (Quality Control/Def.), John Jamison (Special Teams Asst.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), Larry Marmie (Def. Asst./ Secondary), Stump Mitchell (RBs), Gary Reynolds (Off. Asst./Quality Control), Ray Rhodes (Special Projects/Def.), Zerick Rollins (LBs), Jim Zorn (QBs)

Captains: LS J.P. Darche, T Walter Jones, LB Lofa Tatupu

Largent Award: FB Mack Strong

Pro Bowl: T Walter Jones (7), LB Julian Peterson (1, 3 overall), FB Mack Strong (2), LB Lofa Tatupu (2)

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	12	4	0	.750	385	237
N.Y. Jets*	10	6	0	.625	316	295
Buffalo	7	9	0	.438	300	311
Miami	6	10	0	.375	260	283
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Baltimore	13	3	0	.812	353	201
Cincinnati	8	8	0	.500	373	331
Pittsburgh	8	8	0	.500	353	315
Cleveland	4	12	0	.250	238	356
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Indianapolis	12	4	0	.750	427	360
Tennessee	8	8	0	.500	324	400
Jacksonville	8	8	0	.500	371	274
Houston	6	10	0	.375	267	366
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
San Diego	14	2	0	.875	492	303
Kansas City*	9	7	0	.562	331	315
Denver	9	7	0	.562	319	305
Oakland	2	14	0	.125	168	332

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Philadelphia	10	6	0	.625	390	328
Dallas*	9	7	0	.562	425	350
N.Y. Giants*	8	8	0	.500	355	362
Washington	5	11	0	.312	307	376

OFFENSE

Pos.		Starts
WR	Darrell Jackson	13
	Deion Branch	13
	Nate Burleson	7
	Bobby Engram	6
	D.J. Hackett	4
LT	Walter Jones	16
LG	Floyd Womack	8
	Chris Spencer	5
	Rob Sims*	3
C	Robbie Tobeck	8
	Chris Spencer	8
RG	Chris Gray	15
	Floyd Womack	1
RT	Sean Locklear	10
	Tom Ashworth	6
TE	Jerramy Stevens	6
	Itula Mili	2
QB	Matt Hasselbeck	12
	Seneca Wallace	
RB	Shaun Alexander	10
	Maurice Morris	8
FB	Mack Strong	10

DEFENSE

LE	Bryce Fisher	16
LT	Chuck Darby	14
	Marcus Tubbs	2
RT	Rocky Bernard	16
RE	Grant Wistrom	16
OLB	Leroy Hill	15
	D.D. Lewis	1
MLB	Lofa Tatupu	16
OLB	Julian Peterson	16
LCB	Kelly Herndon	16
RCB	Marcus Trufant	15
	Kelly Jennings*	2
SS	Michael Boulware	8
	Jordan Babineaux	8
FS	Ken Hamlin	16

SPECIAL TEAMS

K	Josh Brown	16
P	Ryan Plackemeier*	16

* Rookie or first-year player

NFC

NORTH	W	L	T	Pct.	Pts.	Opp.
Chicago	13	3	0	.812	427	255
Green Bay	8	8	0	.500	301	366
Minnesota	6	10	0	.375	282	327
Detroit	3	13	0	.188	305	398
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
New Orleans	10	6	0	.625	413	322
Carolina	8	8	0	.500	270	305
Atlanta	7	9	0	.438	292	328
Tampa Bay	4	12	0	.250	211	353
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Seattle	9	7	0	.562	335	341
St. Louis	8	8	0	.500	367	381
San Francisco	7	9	0	.438	298	412
Arizona	5	11	0	.312	314	389

* Wild Card teams

2007 REVIEW (10-6; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/09	W	20-6	Tampa Bay	68,044
09/16	L	23-20	at Arizona	64,542
09/23	W	24-21	Cincinnati	68,110
09/30	W	23-3	at San Francisco	67,651
10/07	L	21-0	at Pittsburgh	64,478
10/14	L	28-17	New Orleans	68,296
10/21	W	33-6	St. Louis	68,164
10/28			BYE	
11/04	L	33-30	at Cleveland (OT)	72,927
11/12	W	24-0	San Francisco	68,331
11/18	W	30-23	Chicago	68,249
11/25	W	24-19	at St. Louis	65,423
12/02	W	28-24	at Philadelphia	68,445
12/09	W	42-21	Arizona	68,193
12/16	L	13-10	at Carolina	73,421
12/23	W	27-6	Baltimore	68,164
12/30	L	44-41	at Atlanta	64,925

POSTSEASON

01/05	W	35-14	Washington (NFC Wild Card Game)	68,297
01/12	L	42-20	at Green Bay (NFC Divisional Playoff)	72,168

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	323	278
Rushing	93	78
Passing	211	183
Penalty	19	17
3rd Down: Made/Att.	75/214	88/232
3rd Down Pct.	35.0	37.9
4th Down: Made/Att.	6/14	5/17
4th Down Pct.	42.9	29.4
POSSESSION AVG.	29:49	30:11
TOTAL NET YARDS	5583	5149
Avg. Per Game	348.9	321.8
Total Plays	1056	1035
Avg. Per Play	5.3	5.0
NET YARDS RUSHING	1619	1644
Avg. Per Game	101.2	102.8
Total Rushes	430	422
NET YARDS PASSING	3964	3505
Avg. Per Game	247.8	219.1
Sacked/Yards Lost	36/217	45/303
Gross Yards	4181	3808
Att./Completions	590/371	568/333
Completion Pct.	62.9	58.6
Had Intercepted	13	20
PUNTS/AVERAGE	86/40.0	93/46.5
NET PUNTING AVG.	86/34.3	93/37.0
PENALTIES/YARDS	59/428	99/756
FUMBLES/BALL LOST	21/11	31/14
TOUCHDOWNS	44	32
Rushing	9	16
Passing	30	15
Defensive	2	1
Returns	3	0
FIELD GOALS	28/34	22/27
TOTAL POINTS	393	291

By Quarters	1	2	3	4	OT	Tot
SEA	76	136	73	108	0	393
OPP	62	95	39	92	3	291

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Brown	0	0	0	0	43/43	28/34	0	127
Burleson	11	0	9	2			0	66
Engram	6	0	6	0			0	36
Alexander	5	4	1	0			0	30
Morris	5	4	1	0			0	30
Branch	4	0	4	0			0	24
SEA	44	9	30	5	43/43	28/34	1	393
OPP	32	16	15	1	27/28	22/27	2	291

2-Pt. Conversions: SEA 0-1, OPP 1-4.

Rushing	Att	Yds	Avg	LG	TD
Alexander	207	716	3.5	25	4
Morris	140	628	4.5	46	4
Weaver	33	146	4.4	37	1
Hasselbeck	39	89	2.3	12	0
Strong	4	19	4.8	9	0
SEA	430	1619	3.8	46	9
OPP	422	1644	3.9	53t	16

Receiving	No	Yds	Avg	LG	TD
Engram	94	1147	12.2	49	6
Burleson	50	694	13.9	45t	9
Branch	49	661	13.5	65	4
Weaver	39	313	8.0	46	0
Hackett	32	384	12.0	59	3
Pollard	28	273	9.8	22	2
Morris	23	213	9.3	34t	1
SEA	371	4181	11.3	65	30
OPP	333	3808	11.4	79t	15

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Plackemeier	86	3436	40.0	34.3	6	30	62	0
SEA	86	3436	40.0	34.3	6	30	62	0
OPP	93	4322	46.5	37.0	11	24	80	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Burleson	58	8	658	11.3	94t	1
SEA	58	8	658	11.3	94t	1
OPP	37	15	362	9.8	64	0

Interceptions	No	Yds	Avg	LG	TD
Trufant	7	150	21.4	84t	1
Tatupu	4	116	29.0	49	0
Grant	3	34	11.3	34	0
Peterson	2	3	1.5	3	0
SEA	20	299	15.0	84t	1
OPP	13	144	11.1	35	0

Kickoff Returns	No	Yds	Avg	LG	TD
Burleson	27	590	21.9	91t	1
SEA	53	1173	22.1	91t	2
OPP	73	1790	24.5	61	0

Field Goals	1-19	20-29	30-39	40-49	50+
Brown	0/0	12/12	5/5	8/12	3/5
TEAM	0/0	12/12	5/5	8/12	3/5
OPP	1/1	5/5	9/10	5/7	2/4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	562	352	3966	62.6	7.06	28	5.0	12	2.1	65	33/204	91.4
S. Wallace	28	19	215	67.9	7.68	2	7.1	1	3.6	45t	3/13	99.6
TEAM	590	371	4181	62.9	7.09	30	5.1	13	2.2	65	36/217	91.8
OPP	568	333	3808	58.6	6.70	15	2.6	20	3.5	79t	45/303	73.0

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	109	83	26	1.0	4	9	3	0
Trufant	85	78	7	0.0	7	16	0	0
Hill	81	58	23	3.0	0	4	3	1
Peterson	74	63	11	9.5	2	3	4	2
Grant	72	60	12	0.0	3	10	0	0
Russell	64	56	8	1.0	1	6	0	1

Record (finish): 10-6 (1st, NFC West)

Head Coach: Mike Holmgren (82-62, .569)

Assistants: Gil Haskell (Off. Coord.), John Marshall (Def. Coord.), Dwaine Board (DL), Bruce DeHaven (Special Teams), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Keith Gilbertson (Asst. OL), Tom Headlee (Quality Control/Def.), John Jamison (Special Teams Asst.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), Larry Marmie (Def. Asst./Secondary), Stump Mitchell (RBs), Jim Mora (DBs), Gary Reynolds (Off. Asst./Quality Control), Ray Rhodes (Special Projects/Def.), Zerick Rollins (LBs), Jim Zorn (QBs)

Captains: QB Matt Hasselbeck, FB Mack Strong, LB Lofa Tatupu, S Deon Grant, K Josh Brown, LB Niko Koutouvides

Largent Award: WR Bobby Engram

Pro Bowl: QB Matt Hasselbeck (3), T Walter Jones (8), DE Patrick Kerney (1, 2 overall), LB Julian Peterson (2, 4 overall), LB Lofa Tatupu (3), CB Marcus Trufant (1)

All-Pro: DE Patrick Kerney (1), LB Lofa Tatupu (1), T Walter Jones (5).

OFFENSE

Pos.		Starts
WR	Bobby Engram	13
	Nate Burleson	12
	Deion Branch	11
	D.J. Hackett	6
LT	Walter Jones	15
	Floyd Womack	1
LG	Rob Sims	16
C	Chris Spencer	16
RG	Chris Gray	16
RT	Sean Locklear	16
TE	Marcus Pollard	10
	Will Heller	6
QB	Matt Hasselbeck	16
RB	Shaun Alexander	11
	Maurice Morris	5
FB	Leonard Weaver	4
	Mack Strong	2

DEFENSE

LE	Patrick Kerney	16
LT	*Brandon Mebane	10
	Chuck Darby	6
RT	Rocky Bernard	14
	Craig Terrill	2
RE	Darryl Tapp	16
OLB	Leroy Hill	14
	Kevin Bentley	2
MLB	Lofa Tatupu	16
OLB	Julian Peterson	16
LCB	Marcus Trufant	16
RCB	Kelly Jennings	15
SS	Deon Grant	16
	Mike Green	1
FS	Brian Russell	16

SPECIAL TEAMS

K	Josh Brown	16
P	Ryan Plackemeier	16

* Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	16	0	0	1.000	589	274
Buffalo	7	9	0	.438	252	354
N.Y. Jets	4	12	0	.250	268	355
Miami	1	15	0	.063	267	437
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Pittsburgh	10	6	0	.625	393	269
Cleveland	10	6	0	.625	402	382
Cincinnati	7	9	0	.438	380	385
Baltimore	5	11	0	.313	275	384
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Indianapolis	13	3	0	.813	450	262
Jacksonville*	11	5	0	.688	411	304
Tennessee*	10	6	0	.625	301	297
Houston	8	8	0	.500	379	384
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
San Diego	11	5	0	.688	412	284
Denver	7	9	0	.438	320	409
Oakland	4	12	0	.250	283	398
Kansas City	4	12	0	.250	226	335

* Wild Card teams

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Dallas	13	3	0	.813	455	325
N.Y. Giants*	10	6	0	.625	373	351
Washington*	9	7	0	.563	334	310
Philadelphia	8	8	0	.500	336	300
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Green Bay	13	3	0	.813	435	291
Minnesota	8	8	0	.500	365	311
Detroit	7	9	0	.438	346	444
Chicago	7	9	0	.438	334	348
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Tampa Bay	9	7	0	.563	334	270
Carolina	7	9	0	.438	267	347
New Orleans	7	9	0	.438	379	388
Atlanta	4	12	0	.250	259	414
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Seattle	10	6	0	.625	393	291
Arizona	8	8	0	.500	404	399
San Francisco	5	11	0	.313	219	364
St. Louis	3	13	0	.188	263	438

2008 REVIEW (4-12)

Date	W/L	Score	Opponents	Att
09/07	L	34-10	at Buffalo	71,194
09/14	L	33-30	San Francisco (OT)	67,951
09/21	W	37-13	St. Louis	68,012
9/28			BYE	
10/05	L	44-6	at N.Y. Giants	79,529
10/12	L	27-17	Green Bay	68,302
10/19	L	20-10	at Tampa Bay	64,811
10/26	W	34-13	at San Francisco	67,504
11/02	L	26-7	Philadelphia	68,055
11/09	L	21-19	at Miami	64,862
11/16	L	26-20	Arizona	67,616
11/23	L	20-17	Washington	67,771
11/27	L	34-9	at Dallas	63,253
12/07	L	24-21	New England	68,077
12/14	W	23-20	at St. Louis	56,123
12/21	W	13-3	N.Y. Jets	68,181
12/28	L	34-21	at Arizona	63,874

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	265	324
Rushing	104	98
Passing	142	207
Penalty	19	19
3rd Down: Made/Att.	62/198	94/222
3rd Down Pct.	31.3	42.3
4th Down: Made/Att.	10/12	8/13
4th Down Pct.	83.3	61.5
POSSESSION AVG.	26:30	33:30
TOTAL NET YARDS	4385	6048
Avg. Per Game	274.1	378.0
Total Plays	927	1058
Avg. Per Play	4.7	5.7
NET YARDS RUSHING	1768	1899
Avg. Per Game	110.5	118.7
Total Rushes	417	457
NET YARDS PASSING	2617	4149
Avg. Per Game	163.6	259.3
Sacked/Yards Lost	36/214	35/193
Gross Yards	2831	4342
Att./Completions	474/262	566/366
Completion Pct.	55.3	64.7
Had Intercepted	15	9
PUNTS/AVERAGE	90/44.5	68/44.3
NET PUNTING AVG.	90/36.9	68/38.2
PENALTIES/YARDS	79/601	81/671
FUMBLES/BALL LOST	20/12	26/11
TOUCHDOWNS	32	40
Rushing	10	13
Passing	18	25
Defensive	4	1
Returns	0	1
FIELD GOALS	24/27	37/41
TOTAL POINTS	294	392

By Quarters	1	2	3	4	OT	Tot
SEA	74	95	38	87	0	294
OPP	78	137	105	69	3	392

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Mare	0	0	0	0	30/30	24/27	0	102
Duckett	8	8	0	0			0	48
Carlson	5	0	5	0			0	30
Branch	4	0	4	0			0	24
five tied with 12								
SEA	32	10	18	4	30/30	24/27	0	294
OPP	40	13	25	2	39/39	37/41	0	392

2-Pt. Conversions: SEA 0-2, OPP 1-1.

Rushing	Att	Yds	Avg	LG	TD
J. Jones	158	698	4.4	33	2
Morris	132	574	4.3	45	0
Duckett	62	172	2.8	29	8
Weaver	30	130	4.3	15	0
Wallace	16	78	4.9	23	0
SEA	417	1768	4.2	45	10
OPP	457	1899	4.2	51t	13

Receiving	No	Yds	Avg	LG	TD
Carlson	55	627	11.4	33	5
Engram	47	489	10.4	37	0
Robinson	31	400	12.9	90t	2
Branch	30	412	13.7	63	4
Weaver	20	222	11.1	62t	2
Morris	19	136	7.2	13t	2
J. Jones	14	66	4.7	17	0
SEA	262	2831	10.8	90t	18
OPP	366	4342	11.9	63	25

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	78	3557	45.6	37.9	12	22	63	1
SEA	90	4007	44.5	36.9	12	24	63	1
OPP	68	3009	44.3	38.2	3	20	68	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Forsett	23	9	227	9.9	29	0
SEA	35	17	353	10.1	30	0
OPP	44	8	444	10.1	63t	1

Interceptions	No	Yds	Avg	LG	TD
Wilson	4	135	33.8	75t	1
Grant	2	31	15.5	31	0
Babineaux	1	35	35.0	35t	1
Tatupu	1	16	16.0	16	0
Trufant	1	0	0.0	0	0
SEA	9	217	24.1	75t	2
OPP	15	233	15.5	86t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Wilson	69	1753	25.4	61	0
SEA	77	1948	25.3	61	0
OPP	47	1205	25.6	58	0

Field Goals	1-19	20-29	30-39	40-49	50+
Mare	0/0	7/7	9/10	5/6	3/4
TEAM	0/0	7/7	9/10	5/6	3/4
OPP	0/0	15/15	8/8	11/14	3/4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wallace	242	141	1532	58.3	6.33	11	4.5	3	1.2	90t	14/76	87.0
Hasselbeck	209	109	1216	52.2	5.82	5	2.4	10	4.8	34	19/119	57.8
TEAM	474	262	2831	55.3	5.97	18	3.8	15	3.2	90t	36/214	72.5
OPP	566	366	4342	64.7	7.67	25	4.4	9	1.6	63	35/193	96.0

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	94	69	25	0.0	1	4	1	0
Peterson	86	65	21	5.0	0	5	4	1
Hill	81	61	20	1.0	0	3	0	0
Grant	77	60	17	0.0	2	8	0	0
Wilson	76	69	7	1.0	4	9	3	2
Russell	69	53	6	1.0	0	3	1	0

Record (finish): 4-12 (3rd, NFC West)

Head Coach: Mike Holmgren (86-74, .538)

Assistants: Gil Haskell (Off. Coord.), John Marshall (Def. Coord.), Chris Beake (Offensive Asst./Quality Control), Jim Mora (DBs), Dwaine Board (DL), Mike Clark (Strength & Conditioning), Mike DeBord (Asst. OL), Bruce DeHaven (Special Teams), Kasey Dunn (RBs), Keith Gilbertson (WRs), Tom Headlee (Quality Control/Def.), John Jamison (Special Teams Asst.), Darren Krein (Strength & Conditioning Asst.), Bill Lazor (QBs), Jim Lind (TEs), Larry Marmie (Def. Asst./Secondary), Zerick Rollins (LBs), Mike Solari (OL)

Captains: QB Matt Hasselbeck, T Walter Jones, LB Lofa Tatupu, S Deon Grant, LB Lance Laury, LB D.D. Lewis

Largent Award: Coach Mike Holmgren

Pro Bowl: T Walter Jones (9), LB Julian Peterson (3, 5 overall)

All-Pro: T Walter Jones (6).

OFFENSE

Pos.		Starts
WR	Koren Robinson	12
	Bobby Engram	11
	Deion Branch	8
LT	Walter Jones	12
LG	Mike Wahle	10
	Floyd Womack	6
C	Chris Spencer	11
	Steve Vallos	5
RG	Floyd Womack	8
	Mansfield Wrotto	4
RT	Sean Locklear	9
	Ray Willis	7
TE	John Carlson*	9
QB	Seneca Wallace	8
	Matt Hasselbeck	7
RB	Julius Jones	10
	Maurice Morris	6
FB	Leonard Weaver	6

DEFENSE

LE	Darryl Tapp	9
	Patrick Kerney	7
LT	Brandon Mebane	16
RT	Rocky Bernard	15
RE	Lawrence Jackson*	14
OLB	Leroy Hill	12
MLB	Lofa Tatupu	15
OLB	Julian Peterson	15
LCB	Marcus Trufant	16
RCB	Josh Wilson	12
	Kelly Jennings	4
SS	Deon Grant	16
FS	Brian Russell	16

SPECIAL TEAMS

K	Olindo Mare	16
P	Jon Ryan	15

* Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
Miami	11	5	0	.688	345	317
New England	11	5	0	.688	410	309
N.Y. Jets	9	7	0	.563	405	356
Buffalo	7	9	0	.438	336	342
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Pittsburgh	12	4	0	.750	347	223
Baltimore*	11	5	0	.688	385	244
Cincinnati	4	11	1	.281	204	364
Cleveland	4	12	0	.250	232	350
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Tennessee	13	3	0	.813	375	234
Indianapolis*	12	4	0	.750	377	298
Houston	8	8	0	.500	366	394
Jacksonville	5	11	0	.313	302	367
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
San Diego	8	8	0	.500	439	347
Denver	8	8	0	.500	370	448
Oakland	5	11	0	.313	263	388
Kansas City	2	14	0	.125	291	440

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	12	4	0	.750	427	294
Philadelphia*	9	6	1	.594	416	289
Dallas	9	7	0	.563	362	365
Washington	8	8	0	.500	265	296
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Minnesota	10	6	0	.625	379	333
Chicago	9	7	0	.563	375	350
Green Bay	6	10	0	.375	419	380
Detroit	0	16	0	.000	268	517
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Carolina	12	4	0	.750	414	329
Atlanta*	11	5	0	.688	391	325
Tampa Bay	9	7	0	.563	361	323
New Orleans	8	8	0	.500	463	393
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Arizona	9	7	0	.563	427	426
San Francisco	7	9	0	.438	339	381
Seattle	4	12	0	.250	294	392
St. Louis	2	14	0	.125	232	465

* Wild Card teams

2009 REVIEW (5-11)

Date	W/L	Score	Opponents	Att
9/13	W	28-0	St. Louis	67,610
9/20	L	23-10	at San Francisco	69,732
9/27	L	25-29	Chicago	67,938
10/4	L	34-17	at Indianapolis	66,112
10/11	W	41-0	Jacksonville	67,228
10/18	L	27-3	Arizona	67,588
11/1	L	38-17	at Dallas	80,886
11/8	W	32-20	Detroit	67,003
11/15	L	31-20	at Arizona	62,278
11/22	L	35-9	at Minnesota	63,854
11/29	W	27-17	at St. Louis	47,475
12/6	W	20-17	San Francisco	67,761
12/13	L	34-7	at Houston	70,380
12/20	L	24-7	Tampa Bay	67,011
12/27	L	48-10	at Green Bay	70,429
1/3/10	L	17-13	Tennessee	67,002

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	297	305
Rushing	80	80
Passing	184	204
Penalty	33	21
3rd Down: Made/Att.	75/225	87/223
3rd Down Pct.	33.3	39.0
4th Down: Made/Att.	8/19	6/12
4th Down Pct.	42.1	50.0
POSSESSION AVG.	27:31	32:29
TOTAL NET YARDS	5069	5703
Avg. Per Game	316.8	356.4
Total Plays	1045	1024
Avg. Per Play	4.9	5.6
NET YARDS RUSHING	1566	1776
Avg. Per Game	97.9	111.0
Total Rushes	395	428
NET YARDS PASSING	3503	3927
Avg. Per Game	218.9	245.4
Sacked/Yards Lost	41/268	28/185
Gross Yards	3771	4112
Att./Completions	609/372	568/374
Completion Pct.	61.	65.8
Had Intercepted	19	13
PUNTS/AVERAGE	89/46.1	82/47.2
NET PUNTING AVG.	89/38.7	82/41.5
PENALTIES/YARDS	95/840	111/971
FUMBLES/BALL LOST	33/12	21/10
TOUCHDOWNS	30	46
Rushing	7	17
Passing	20	27
Defensive	3	1
Returns	3	2
FIELD GOALS	24/26	22/31
TOTAL POINTS	280	390

By Quarters	1	2	3	4	OT	Tot
SEA	37	118	46	79	0	280
OPP	100	109	104	77	0	390

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Mare	0	0	0	0	28/28	24/26	0	100
Carlson	7	0	7	0			0	42
Forsett	5	4	1	0			0	30
Jones	4	2	2	0			0	24
2 players with								18
SEA	30	7	20	3	28/28	24/26	0	280
OPP	46	17	27	2	44/44	22/31	0	390

2-Pt. Conversions: SEA 0-2, OPP 2-2.

Rushing	Att	Yds	Avg	LG	TD
Jones	177	663	3.7	62t	2
Forsett	114	619	5.4	35	4
James	46	125	2.7	10	0
Hasselbeck	26	119	4.6	23	0
SEA	395	1566	4.0	62t	7
OPP	428	1776	4.1	80t	17

Receiving	No	Yds	Avg	LG	TD
Houshmandzadeh	79	911	11.5	53	3
Burleson	63	812	12.9	44t	3
Carlson	51	574	11.3	42	7
Branch	45	437	9.7	35	2
Forsett	41	350	8.5	47	1
Jones	35	232	6.6	49	2
Griffith	19	118	6.2	25	1
SEA	372	3771	10.1	53	20
OPP	374	4112	11.0	64t	27

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	88	4068	46.2	38.7	9	28	70	0
SEA	89	4100	46.1	38.7	9	29	70	0
OPP	82	3872	47.2	41.5	6	2	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Burleson	30	3	254	8.5	29	0
SEA	46	12	346	7.5	29	0
OPP	43	17	479	11.1	82t	1

Interceptions	No	Yds	Avg	LG	TD
Hawthorne	3	9	3.0	5	0
Grant	3	7	2.3	7	0
Wilson	2	126	63.0	65t	2
Babineaux	2	18	9.0	18	0
Trufant	2	4	2.0	4	0
SEA	13	164	12.6	65t	2
OPP	19	202	10.6	70t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Rankin TM	16	358	22.4	41	0
SEA	60	1316	21.9	46	0
OPP	46	1059	23.0	53	0

Field Goals	1-19	20-29	30-39	40-49	50+
Mare	0/0	9/9	10/11	5/6	0/0
TEAM	0/0	9/9	10/11	5/6	0/0
OPP	1/1	5/6	8/11	5/9	3/4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	488	293	3029	60.0	6.21	17	3.5	17	3.5	53	32/309	75.1
Wallace	120	78	700	65.0	5.83	3	2.5	2	1.7	39t	9/59	81.9
TEAM	609	372	3771	61.1	6.19	20	3.3	19	3.1	53	41/268	76.7
OPP	568	374	4112	65.8	7.24	27	4.8	13	2.3	64t	28/185	93.4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Hawthorne	116	93	23	4.0	3	4	2	1
Babineaux	105	76	29	1.5	2	6	1	0
Grant	75	58	17	0.0	3	8	1	1
Curry	60	53	7	2.0	0	6	2	0
Mebane	49	41	8	1.5	0	0	0	0
Tapp	49	40	9	2.5	0	3	0	1
Trufant	49	43	6	0.0	2	6	0	0

Record (finish): 5-11 (3rd, NFC West)

Head Coach: Jim Mora (5-11, .313)

Assistants: Jim Mora, Gus Bradley (Defensive Coord.), Greg Knapp (Offensive Coord.), Chris Beake (Off. Assistant), Mike Clark (Head Strength & Cond.), Mike DeBord (Tight Ends), Bruce DeHaven (Special Teams), Kasey Dunn (Running Backs), Tom Headlee (Quality Control/Defense), Darren Krein (Asst. Strength & Cond.), Bill Lazor (Quarterbacks), Tim Lewis (Defensive Backs), Larry Marmie (Asst. Def. Backs), Mike Phair (Asst. Def. Line), Robert Prince (Wide Receivers), Dan Quinn (Assistant Head Coach/Def. Line), Zerick Rollins (Linebackers), Mike Solari (Offensive Line).

Captains: QB Matt Hasselbeck, T Walter Jones, LB Lofa Tatupu, S Deon Grant, LB Lance Laury, K Olindo Mare.

Largent Award: Matt Hasselbeck

Pro Bowl: None

All-Pro: None

OFFENSE

Pos.		Starts
WR	T.J. Houshmandzadeh	16
	Nate Burleson	12
	Deion Branch	5
LT	Sean Locklear	10
	Brandon Frye	3
	Damion McIntosh	2
	Kyle Williams	1
LG	Rob Sims	14
C	Chris Spencer	11
RG	Max Unger* (3 at C)	13
	Chris Spencer	3
RT	Ray Willis	16
TE	John Carlson	16
QB	Matt Hasselbeck	14
RB	Julius Jones	14
FB	Justin Griffith	11

DEFENSE

LE	Patrick Kerney	9
	Lawrence Jackson	4
LT	Brandon Mebane	15
RT	Colin Cole	15
RE	Lawrence Jackson	6
	Patrick Kerney	5
OLB	Leroy Hill	11
MLB	David Hawthorne	11
	Lofa Tatupu	5
OLB	Aaron Curry*	13
LCB	Marcus Trufant	9
RCB	Josh Wilson	7
SS	Deon Grant	16
FS	Jordan Babineaux	16

SPECIAL TEAMS

K	Olindo Mare	16
P	Jon Ryan	16

* Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	10	6	0	.625	427	285
N.Y. Jets*	9	7	0	.563	348	236
Miami	7	9	0	.438	360	390
Buffalo	6	10	0	.375	258	326
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Cincinnati	10	6	0	.625	305	291
Baltimore*	9	7	0	.563	391	261
Pittsburgh	9	7	0	.563	368	324
Cleveland	5	11	0	.313	245	375
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Indianapolis	14	2	0	.875	416	307
Houston	9	7	0	.563	388	333
Tennessee	8	8	0	.500	354	402
Jacksonville	7	9	0	.438	290	380
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
San Diego	13	3	0	.813	454	320
Denver	8	8	0	.500	326	324
Oakland	5	11	0	.313	197	379
Kansas City	4	12	0	.250	294	424

* Wild Card teams

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Dallas	11	5	0	.688	361	250
Philadelphia*	11	5	0	.688	429	337
N.Y. Giants	8	8	0	.500	402	427
Washington	4	12	0	.250	266	336
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Minnesota	12	4	0	.750	470	312
Green Bay*	11	5	0	.688	461	297
Chicago	7	9	0	.438	327	375
Detroit	2	14	0	.125	262	494
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
New Orleans	13	3	0	.813	510	341
Atlanta	9	7	0	.563	363	325
Carolina	8	8	0	.500	315	308
Tampa Bay	3	13	0	.188	244	400
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Arizona	10	6	0	.625	375	325
San Francisco	8	8	0	.500	330	281
Seattle	5	11	0	.313	280	390
St. Louis	1	15	0	.063	175	436

2010 REVIEW (7-9; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/12	W	31-6	San Francisco	67,044
9/19	L	31-14	at Denver	75,130
9/26	W	27-20	San Diego	67,106
10/3	L	20-3	at St. Louis	52,326
10/10			BYE	
10/17	W	23-20	at Chicago	62,137
10/24	W	22-10	Arizona	67,132
10/31	L	33-3	at Oakland	35,721
11/7	L	41-7	N.Y. Giants	67,287
11/14	W	36-18	at Arizona	61,904
11/21	L	34-19	at New Orleans	70,015
11/28	L	42-24	Kansas City	66,370
12/5	W	31-14	Carolina	66,577
12/12	L	40-21	at San Francisco	69,732
12/19	L	34-18	Atlanta	67,101
12/26	L	38-15	at Tampa Bay	46,576
1/02	W	16-6	St. Louis	67,325

POSTSEASON

1/8	W	41-36	New Orleans (NFC Wild Card Game)	66,336
1/16	L	35-24	at Chicago (NFC Divisional Playoff)	62,265

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	260	313
Rushing	81	91
Passing	159	206
Penalty	20	16
3rd Down: Made/Att.	76/214	94/238
3rd Down Pct.	35.5	39.5
4th Down: Made/Att.	6/17	8/19
4th Down Pct.	35.3	42.1
POSSESSION AVG.	27:33	32:27
TOTAL NET YARDS	4765	5897
Avg. Per Game	297.8	368.6
Total Plays	964	1074
Avg. Per Play	4.9	5.5
NET YARDS RUSHING	1424	1903
Avg. Per Game	89.0	118.9
Total Rushes	385	452
NET YARDS PASSING	3341	3994
Avg. Per Game	208.8	249.6
Sacked/Yards Lost	35/195	37/246
Gross Yards	3536	4240
Att./Completions	544/324	585/339
Completion Pct.	59.6	57.9
Had Intercepted	20	12
PUNTS/AVERAGE	78/41.7	81/43.5
NET PUNTING AVG.	78/37.3	81/36.0
PENALTIES/YARDS	101/890	91/706
FUMBLES/BALL LOST	18/11	22/10
TOUCHDOWNS	33	47
Rushing	13	13
Passing	14	31
Defensive	2	2
Returns	4	1
FIELD GOALS	25/30	25/30
TOTAL POINTS	310	407

By Quarters	1	2	3	4	OT	Tot
SEA	55	73	86	96	0	310
OPP	89	141	93	84	0	407

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Mare	0	0	0	0	31/31	25/30	0	106
Lynch	6	6	0	0			0	36
Obomanu	4	0	4	0			0	28
Butler	4	0	4	0			0	24
Washington	4		0	3			0	24
Forsett	2	2	0	0			0	12
Williams	2	0	2	0			0	12
SEA	33	13	14	6	31/31	25/30	1	310
OPP	47	13	31	3	44/44	25/30	1	407

2-Point Conversions: SEA 2-2, OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Lynch LG	202	737	3.6	39	6
Lynch TM	165	573	3.5	39	6
Forsett	118	523	4.4	32	2
Washington	27	100	3.7	21	1
Robinson	12	77	6.4	17	0
SEA	385	1424	3.7	39	13
OPP	452	1903	4.2	53	13

Receiving	No	Yds	Avg	LG	TD
Williams	65	751	11.6	68	2
Butler	36	385	10.7	63t	4
Forsett	33	252	7.6	21	0
Stokley	31	354	11.4	36	0
Carlson	31	318	10.3	37	1
Obomanu	30	494	16.5	87t	4
Lynch TM	21	138	6.6	22	0
SEA	324	3536	10.9	87t	14
OPP	339	4240	12.5	69t	31

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	78	3254	41.7	37.3	1	27	63	0
Ryan	78	3254	41.7	37.3	1	27	63	0
OPP	81	3521	43.5	36.0	7	30	63	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Washington	22	8	249	11.3	84	0
SEA	42	14	468	11.1	84	0
OPP	35	23	327	9.3	89t	1

Interceptions	No	Yds	Avg	LG	TD
Thomas	5	68	13.6	34	0
Babineaux	2	37	18.5	20	0
5 players with	1				
SEA	12	168	14.0	34	2
OPP	20	261	13.1	39t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Washington	57	1461	25.6	101t	3
SEA	65	1558	24.0	101t	3
OPP	50	1099	22.0	79	0

Field Goals	1-19	20-29	30-39	40-49	50+
Mare	2/2	10/12	7/7	5/7	1/2
SEA	2/2	10/12	7/7	5/7	1/2
OPP	0/0	14/15	8/8	3/6	0/1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	444	266	3001	59.9	6.76	12	2.7	17	3.8	87t	29/175	73.2
Whitehurst	99	57	507	57.6	5.12	2	2.0	3	3.0	61	5/13	65.5
SEA	544	324	3536	59.6	6.50	14	2.6	20	3.7	87t	35/195	72.1
OPP	585	339	4240	57.9	7.25	31	5.3	12	2.1	69t	37/246	89.7

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Hawthorne	105	74	31	0	1	4	2	1
Milloy	88	61	27	4.0	0	3	1	0
Tatupu	88	58	30	1.0	1	8	2	0
Trufant	80	65	15	0	1	10	1	2
Thomas	71	60	11	0	5	7	1	0
Curry	70	58	12	3.5	0	1	2	0
Clemons	48	33	15	11.0	0	3	1	1

Record (finish): 7-9 (1st, NFC West)

Head Coach: Pete Carroll (7-9, .438)

Assistants: Jeremy Bates (Off. Coord.), Gus Bradley (Def. Coord.), Kippy Brown (Wide Receivers), Luke Butkus (Quality Control/Off. Line), Dave Canales (Quality Control/Offense), Chris Carlisle (Head Strength & Cond.), Jedd Fisch (Quarterbacks), Mondray Gee (Asst. Strength & Cond.), Jerry Gray (Defensive Backs), Pat McPherson (Tight Ends), Ken Norton, Jr. (Linebackers), Mike Phair (Defensive Asst.), Dan Quinn (Defensive Line), Kris Richard (Asst. Defensive Backs), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams), Rocky Seto (Quality Control/Defense), Sherman Smith (Running Backs), Jeff Ulbrich (Asst. Special Teams), Art Valero (Offensive Line), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Matt Hasselbeck, CB Roy Lewis, LB Lofa Tatupu

Largent Award: CB Roy Lewis

Pro Bowl: None

OFFENSE

Pos.		Starts
WR	Mike Williams	14
	Deon Butler	7
	Ben Obomanu	6
LT	Russell Okung*	10
	Tyler Polumbus	5
LG	Ben Hamilton	6
	Mike Gibson	5
	Chester Pitts	4
C	Chris Spencer	16
RG	Stacy Andrews	12
RT	Sean Locklear	15
TE	John Carlson	13
QB	Matt Hasselbeck	14
RB	Marshawn Lynch	12
FB	Michael Robinson	4

DEFENSE

LE	Chris Clemons	16
LT	Brandon Mebane	12
RT	Colin Cole	11
RE	Kentwan Balmer	8
	Red Bryant	7
OLB	David Hawthorne	16
MLB	Lofa Tatupu	16
OLB	Aaron Curry	16
LCB	Marcus Trufant	16
RCB	Kelly Jennings	14
SS	Lawyer Milloy	16
FS	Earl Thomas*	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Olindo Mare	16
LS	Clint Gresham*	16

* Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	14	2	0	.875	518	313
N.Y. Jets*	11	5	0	.688	367	304
Miami	7	9	0	.438	273	333
Buffalo	4	12	0	.250	283	425
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Pittsburgh	12	4	0	.750	375	232
*Baltimore	12	4	0	.750	357	270
Cleveland	5	11	0	.313	271	332
Cincinnati	4	12	0	.250	322	395
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Indianapolis	10	6	0	.625	435	388
Jacksonville	8	8	0	.500	353	419
Houston	6	10	0	.375	390	427
Tennessee	6	10	0	.375	356	339
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Kansas City	10	6	0	.625	366	326
San Diego	9	7	0	.563	441	322
Oakland	8	8	0	.500	410	371
Denver	4	12	0	.250	344	471

* Wild Card teams

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Philadelphia	10	6	0	.625	439	377
N.Y. Giants	10	6	0	.625	394	347
Dallas	6	10	0	.375	394	436
Washington	6	10	0	.375	302	377
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Chicago	11	5	0	.688	334	286
Green Bay*	10	6	0	.625	388	240
Detroit	6	10	0	.375	362	369
Minnesota	6	10	0	.375	281	348
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Atlanta	13	3	0	.813	414	288
New Orleans*	11	5	0	.688	384	307
Tampa Bay	10	6	0	.625	341	318
Carolina	2	14	0	.125	196	408
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Seattle	7	9	0	.438	310	407
St. Louis	7	9	0	.438	289	328
San Francisco	6	10	0	.375	305	346
Arizona	5	11	0	.313	289	434

2011 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
9/11	L	33-17	at San Francisco	69,732
9/18	L	24-0	at Pittsburgh	63,663
9/25	W	13-10	Arizona	66,199
10/2	L	30-28	Atlanta	66,266
10/9	W	36-25	at N.Y. Giants	78,650
10/16			BYE	
10/23	L	6-3	at Cleveland	66,350
10/30	L	34-12	Cincinnati	66,004
11/6	L	23-13	at Dallas	81,510
11/13	W	22-17	Baltimore	66,522
11/20	W	24-7	at St. Louis	56,400
11/27	L	23-17	Washington	66,007
12/1	W	31-14	Philadelphia	67,039
12/12	W	30-13	St. Louis	66,577
12/18	W	38-14	at Chicago	61,542
12/24	L	19-17	San Francisco	66,697
1/1	L	23-20	at Arizona (OT)	61,798

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	265	310
Rushing	89	96
Passing	153	174
Penalty	23	40
3rd Down: Made/Att.	77/228	77/221
3rd Down Pct.	33.8	34.8
4th Down: Made/Att.	7/15	7/11
4th Down Pct.	46.7	63.6
POSSESSION AVG.	28:07	31:53
TOTAL NET YARDS	4860	5315
Avg. Per Game	303.8	332.2
Total Plays	1003	1049
Avg. Per Play	4.8	5.1
NET YARDS RUSHING	1756	1797
Avg. Per Game	109.8	112.3
Total Rushes	444	473
NET YARDS PASSING	3104	3518
Avg. Per Game	194.0	219.9
Sacked/Yards Lost	50/340	33/232
Gross Yards	3444	3750
Att./Completions	509/299	543/324
Completion Pct.	58.7	59.7
Had Intercepted	14	22
PUNTS/AVERAGE	95/46.6	81/44.6
NET PUNTING AVG.	95/39.3	81/37.7
PENALTIES/YARDS	138/1047	96/907
FUMBLES/BALL LOST	22/9	18/9
TOUCHDOWNS	35	33
Rushing	15	10
Passing	15	18
Defensive	4	2
Returns	1	3
FIELD GOALS	25/30	28/37
TOTAL POINTS	321	315

By Quarters	1	2	3	4	OT	Tot
SEA	61	58	90	112	0	321
OPP	62	103	40	107	3	315

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	34/34	25/30	0	109
Lynch	13	12	1	0			0	78
Baldwin	4	0	4	0			0	24
Tate	3	0	3	0			0	18
Browner	2	0	0	2			0	12
Obomanu	2	0	2	0			0	12
Rice	2	0	2	0			0	12
Robinson	2	0	1	1			0	12
SEA	35	15	15	5	34/34	25/30	1	321
OPP	33	10	18	5	31/32	28/37	0	315

2-Point Conversions: SEA 0-1, OPP 1-1.

Rushing	Att	Yds	Avg	LG	TD
Lynch	285	1204	4.2	47	12
Washington	53	248	4.7	48t	1
Forsett	46	145	3.2	22t	1
Jackson	40	108	2.7	13	1
SEA	444	1756	4.0	48t	15
OPP	473	1797	3.8	39	10

Receiving	No	Yds	Avg	LG	TD
Baldwin	51	788	15.5	55t	4
Obomanu	37	436	11.8	55	2
Tate	35	382	10.9	33	3
Rice	32	484	15.1	52t	2
Lynch	28	212	7.6	26	1
SEA	299	3444	11.5	61t	15
OPP	324	3750	11.6	68t	18

Interceptions	No	Yds	Avg	LG	TD
Browner	6	220	36.7	94t	2
Sherman	4	45	11.3	33	0
Chancellor	4	27	6.8	9	0
Hawthorne	3	111	37.0	77t	1
SEA	22	462	21.0	94t	4
OPP	14	187	13.4	75t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	95	4431	46.6	39.3	8	34	77	0
SEA	95	4431	46.6	39.3	8	34	77	0
OPP	81	3616	44.6	37.7	5	18	66	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Washington	41	16	464	11.3	37	0
SEA	42	16	464	11.0	37	0
OPP	47	20	541	11.5	63	2

Kickoff Returns	No	Yds	Avg	LG	TD
Washington	43	1084	25.2	54	0
SEA	46	1142	24.8	54	0
OPP	48	1249	26.0	102t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	2/2	5/6	9/10	7/8	2/4
SEA	2/2	5/6	9/10	7/8	2/4
OPP	1/1	10/12	4/4	9/12	4/8

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Jackson	450	271	3091	60.2	6.87	14	3.1	13	2.9	61t	42/294	79.2
Whitehurst	56	27	298	48.2	5.32	1	1.8	1	1.8	38	8/46	62.9
SEA	509	299	3444	58.7	6.77	15	2.9	14	2.8	61t	50/340	77.6
OPP	543	324	3750	59.7	6.91	18	3.3	22	4.1	68t	33/232	74.8

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Hawthorne	115	72	43	2.0	3	6	0	1
Chancellor	94	73	21	1.0	4	12	1	1
Thomas	92	67	25	0	2	6	1	2
Hill	89	68	21	4.0	0	0	1	0
Wright	61	46	15	2.0	0	2	1	1
Mebane	56	40	16	0	0	1	0	0
Browner	54	51	3	0	6	23	0	0

Record (finish): 7-9 (3rd, NFC West)

Head Coach: Pete Carroll (14-18, .438)

Assistants: Darrell Bevell (Off. Coord.), Gus Bradley (Def. Coord.), Kippy Brown (Wide Receivers), Luke Butkus (Quality Control/Off. Line), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Quality Control/Offense), Chris Carlisle (Head Strength & Cond.), Mondray Gee (Asst. Strength & Cond.), Pat McPherson (Tight Ends), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs/CBs), Pat Ruel (Asst. Offensive Line), Robert Saleh (Quality Control/Defense), Brian Schneider (Special Teams), Rocky Seto (Asst. Defensive Backs/S), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Jeff Ulbrich (Asst. Special Teams), Todd Wash (Defensive Line), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Tarvaris Jackson, CB Marcus Trufant, FB/ST Michael Robinson, RB/ST Leon Washington

Largent Award: DE Red Bryant

Pro Bowl: CB Brandon Browner, S Kam Chancellor, RB Marshawn Lynch, FB Michael Robinson, S Earl Thomas

OFFENSE

Pos.		Starts
WR	Mike Williams	10
	Sidney Rice	9
	Ben Obomanu	7
LT	Russell Okung*	12
	Paul McQuistan	4
LG	Robert Gallery	12
	Paul McQuistan	3
C	Max Unger	15
RG	John Moffitt*	9
	Lemuel Jeanpierre	4
RT	James Carpenter*	8
	Breno Giacomini	8
TE	Zach Miller	15
QB	Tarvaris Jackson	14
RB	Marshawn Lynch	15
FB	Michael Robinson	5

DEFENSE

LE	Chris Clemons	16
LT	Alan Branch	15
RT	Brandon Mebane	16
RE	Red Bryant	16
OLB	Leroy Hill	16
MLB	David Hawthorne	14
OLB	K.J. Wright	14
LCB	Richard Sherman*	10
	Marcus Trufant	4
RCB	Brandon Browner	16
SS	Kam Chancellor	15
FS	Earl Thomas	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Clint Gresham	16

*Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	13	3	0	.813	513	342
N.Y. Jets	8	8	0	.500	377	363
Miami	6	10	0	.375	329	313
Buffalo	6	10	0	.375	372	434
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Baltimore	12	4	0	.750	378	266
Pittsburgh*	12	4	0	.750	325	227
Cincinnati*	9	7	0	.563	344	323
Cleveland	4	12	0	.250	218	307
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Houston	10	6	0	.625	381	278
Tennessee	9	7	0	.563	325	317
Jacksonville	5	11	0	.313	243	329
Indianapolis	2	14	0	.125	243	430
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Denver	8	8	0	.500	309	390
San Diego	8	8	0	.500	406	377
Oakland	8	8	0	.500	359	433
Kansas City	7	9	0	.438	338	212

* Wild Card teams

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
N.Y. Giants	9	7	0	.563	394	400
Philadelphia	8	8	0	.500	396	328
Dallas	8	8	0	.500	369	347
Washington	5	11	0	.313	288	367
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Green Bay	15	1	0	.938	560	359
Detroit*	10	6	0	.625	474	387
Chicago	8	8	0	.500	353	341
Minnesota	3	13	0	.188	340	449
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
New Orleans	13	3	0	.813	547	339
Atlanta*	10	6	0	.625	402	350
Carolina	6	10	0	.375	406	429
Tampa Bay	4	12	0	.250	287	494
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
San Francisco	13	3	0	.813	380	229
Arizona	8	8	0	.500	312	348
Seattle	7	9	0	.438	321	315
St. Louis	2	14	0	.125	193	407

2012 REVIEW (11-5, 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/9	L	20-16	at Arizona	60,032
9/16	W	27-7	Dallas	68,008
9/24	W	14-12	Green Bay	68,218
9/30	L	19-13	at St. Louis	53,193
10/7	W	16-12	at Carolina	72,676
10/14	W	24-23	New England	68,137
10/18	L	13-6	at San Francisco	69,732
10/28	L	28-24	at Detroit	63,497
11/4	W	30-20	Minnesota	67,584
11/11	W	28-7	N.Y. Jets	67,841
11/18			BYE	
11/25	L	24-21	at Miami	51,295
12/2	W	23-17	at Chicago (OT)	62,264
12/9	W	58-0	Arizona	67,685
12/16	W	50-17	at Buffalo (in Toronto)	40,770
12/23	W	42-13	San Francisco	68,161
12/30	W	20-13	St. Louis	67,936
POSTSEASON				
1/6	W	24-14	at Washington (NFC Wild Card Game)	84,325
1/13	L	30-28	at Atlanta (NFC Divisional Playoff)	70,366

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	311	295
Rushing	129	80
Passing	153	186
Penalty	29	29
3rd Down: Made/Att.	80/199	76/198
3rd Down Pct.	40.2	38.4
4th Down: Made/Att.	11/18	3/10
4th Down Pct.	61.1	30.0
POSSESSION AVG.	31:36	28:24
TOTAL NET YARDS	5610	4899
Avg. Per Game	350.6	306.2
Total Plays	974	968
Avg. Per Play	5.8	5.1
NET YARDS RUSHING	2579	1649
Avg. Per Game	161.2	103.1
Total Rushes	536	368
NET YARDS PASSING	3031	3250
Avg. Per Game	189.4	203.1
Sacked/Yards Lost	33/203	36/247
Gross Yards	3234	3497
Att./Completions	405/259	564/327
Completion Pct.	64.0	58.0
Had Intercepted	10	18
PUNTS/AVERAGE	65/45.6	78/45.1
NET PUNTING AVG.	65/40.8	78/40.0
PENALTIES/YARDS	110/890	102/902
FUMBLES/BALL LOST	16/8	27/13
TOUCHDOWNS	49	25
Rushing	16	8
Passing	27	15
Defensive	5	2
Returns	1	0
FIELD GOALS	24/27	23/25
TOTAL POINTS	412	245

By Quarters	1	2	3	4	OT	Tot
SEA	98	122	87	99	6	412
OPP	51	84	42	68	0	245

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	46/48	24/27	0	118
Lynch	12	11	1	0			0	72
Rice	7	0	7	0			0	42
Tate	7	0	7	0			0	42
Wilson	4	4	0	0			0	24
Baldwin	3	0	3	0			0	18
McCoy	3	0	3	0			0	18
Miller	3	0	3	0			0	18
SEA	49	16	27	6	46/48	24/27	0	412
OPP	25	8	15	2	24/24	23/25	1	245

2-Point Conversions: SEA 0-0, OPP 0-1.

Rushing	Att	Yds	Avg	LG	TD
Lynch	315	1590	5.0	77t	11
Wilson	94	489	5.2	25t	4
Turbin	80	354	4.4	26	0
Washington	23	83	3.6	14	1
SEA	536	2579	4.8	77t	16
OPP	368	1649	4.5	74	8

Receiving	No	Yds	Avg	LG	TD
Rice	50	748	15.0	46t	7
Tate	45	688	15.3	51	7
Miller	38	396	10.4	30	3
Baldwin	29	366	12.6	50	3
SEA	259	3234	12.5	67	27
OPP	327	3497	10.7	56	15

Interceptions	No	Yds	Avg	LG	TD
Sherman	8	57	7.1	29	1
Thomas	3	80	26.7	57t	1
Wagner	3	55	18.3	45	0
Browner	3	39	13.0	35	0
SEA	18	255	14.2	57t	2
OPP	10	115	11.5	34	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	65	2963	45.6	40.8	3	30	73	0
SEA	65	2963	45.6	40.8	3	30	73	0
OPP	78	3515	45.1	40.0	2	30	66	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Washington	41	17	356	8.7	52	0
SEA	42	18	355	8.5	52	0
OPP	29	17	252	8.7	38	0

Kickoff Returns	No	Yds	Avg	LG	TD
Washington	27	784	29.0	98t	1
SEA	29	787	27.1	98t	1
OPP	50	1147	22.9	40	0

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	1/1	7/7	10/10	5/5	1/4
SEA	1/1	7/7	10/10	5/5	1/4
OPP	0/0	6/7	8/8	5/5	4/5

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	393	252	3118	64.1	7.93	26	6.6	10	2.5	67	33/203	100.0
Flynn	9	5	68	55.6	7.56	0	0.0	0	0.0	27	0/0	79.9
SEA	405	259	3234	64.0	7.99	27	6.7	10	2.5	67	33/203	100.6
OPP	564	327	3497	58.0	6.20	15	2.7	18	3.2	56	36/247	71.8

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	140	86	54	2.0	3	4	0	0
Wright	96	66	30	1.0	1	5	1	0
Chancellor	91	69	22	0.0	0	5	1	1
Sherman	62	52	10	1.0	8	24	2	1
Thomas	61	39	22	0.0	3	9	1	0
Mebane	56	31	25	3.0	0	3	0	1
Hill	47	31	16	1.5	0	0	1	0

Record (finish): 11-5 (2nd, NFC West)

Head Coach: Pete Carroll (25-23, .521)

Assistants: Darrell Bevell (Off. Coord.), Gus Bradley (Def. Coord.), Kippy Brown (Wide Receivers), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Quality Control/Offense), Chris Carlisle (Head Strength & Cond.), Nate Carroll (Def. Asst.), Keith Carter (Quality Control/Offense), Mondray Gee (Asst. Strength & Cond.), Pat McPherson (Tight Ends), Marquand Manuel (Asst. Special Teams), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs), Pat Ruel (Asst. Offensive Line), Robert Saleh (Quality Control/Defense), Brian Schneider (Special Teams), Rocky Seto (Defensive Passing Game Coord.), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Todd Wash (Defensive Line), Jamie Yanchar (Asst. Strength & Cond.).

Captains: C Max Unger, DE Red Bryant, LB/ST Heath Farwell, FB/ST Michael Robinson

Largent Award: QB Russell Wilson

Pro Bowl: RB Marshawn Lynch, T Russell Okung, S Earl Thomas, C Max Unger, RS/RB Leon Washington, QB Russell Wilson

All-Pro: RB Marshawn Lynch, CB Richard Sherman, S Earl Thomas, C Max Unger

OFFENSE

Pos.		Starts
WR	Sidney Rice	16
	Golden Tate	15
LT	Russell Okung	15
LG	James Carpenter	7
	Paul McQuistan	7
	John Moffitt	2
C	Max Unger	16
RG	Paul McQuistan	9
	John Moffitt	4
	J.R. Sweezy*	3
RT	Breno Giacomini	16
TE	Zach Miller	15
QB	Russell Wilson*	16
RB	Marshawn Lynch	16
FB	Michael Robinson	6

DEFENSE

LE	Red Bryant	16
LT	Alan Branch	16
RT	Brandon Mebane	16
RE	Chris Clemons	16
OLB	Leroy Hill	12
	Malcolm Smith	3
MLB	Bobby Wagner*	15
OLB	K.J. Wright	15
LCB	Richard Sherman	16
RCB	Brandon Browner	12
	Jeremy Lane*	3
SS	Kam Chancellor	16
FS	Earl Thomas	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Clint Gresham	16

*Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	12	4	0	.750	557	331
Miami	7	9	0	.438	288	317
N.Y. Jets	6	10	0	.375	281	375
Buffalo	6	10	0	.375	344	435
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Baltimore	10	6	0	.625	398	344
Cincinnati*	10	6	0	.625	391	320
Pittsburgh	8	8	0	.500	336	314
Cleveland	5	11	0	.313	302	368
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Houston	12	4	0	.750	416	331
Indianapolis*	11	5	0	.688	357	387
Tennessee	6	10	0	.375	330	471
Jacksonville	2	14	0	.125	255	444
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Denver	13	3	0	.813	481	289
San Diego	7	9	0	.438	350	350
Oakland	4	12	0	.250	290	443
Kansas City	2	14	0	.125	211	425

* Wild Card teams

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Washington	10	6	0	.625	436	388
N.Y. Giants	9	7	0	.563	429	344
Dallas	8	8	0	.500	376	400
Philadelphia	4	12	0	.250	280	444
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Green Bay	11	5	0	.688	433	336
Minnesota*	10	6	0	.625	379	348
Chicago	10	6	0	.625	375	277
Detroit	4	12	0	.250	372	437
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Atlanta	13	3	0	.813	419	299
Carolina	7	9	0	.438	357	363
New Orleans	7	9	0	.438	461	454
Tampa Bay	7	9	0	.438	389	394
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
San Francisco	11	4	1	.719	397	273
Seattle*	11	5	0	.688	412	245
St. Louis	7	8	1	.469	299	348
Arizona	5	11	0	.313	250	357

2013 REVIEW (13-3, 3-0 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/8	W	12-7	at Carolina	73,294
9/15	W	29-3	San Francisco	68,338
9/22	W	45-17	Jacksonville	68,087
9/29	W	23-20	at Houston (OT)	71,756
10/6	L	34-28	at Indianapolis	66,608
10/13	W	20-13	Tennessee	68,127
10/17	W	34-22	at Arizona	61,200
10/28	W	14-9	at St. Louis	55,966
11/3	W	27-24	Tampa Bay (OT)	67,873
11/10	W	33-10	at Atlanta	70,309
11/17	W	41-20	Minnesota	68,235
11/24			BYE	
12/2	W	34-7	New Orleans	68,387
12/8	L	19-17	at San Francisco	69,732
12/15	W	23-0	at N.Y. Giants	79,691
12/22	L	17-10	Arizona	68,266
12/29	W	27-9	St. Louis	68,264
POSTSEASON				
1/11	W	23-15	New Orleans (NFC Divisional Playoff)	68,388
1/19	W	23-17	San Francisco (NFC Championship Game)	68,454
2/2	W	43-8	Denver (Super Bowl XLVIII)	82,529

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	307	282
Rushing	116	83
Passing	160	156
Penalty	31	43
3rd Down: Made/Att.	76/204	76/216
3rd Down Pct.	37.3	35.2
4th Down: Made/Att.	6/11	4/11
4th Down Pct.	54.5	36.4
POSSESSION AVG.	29:57	30:03
TOTAL NET YARDS	5424	4378
Avg. Per Game	339.0	273.6
Total Plays	973	990
Avg. Per Play	5.6	4.4
NET YARDS RUSHING	2188	1626
Avg. Per Game	136.8	101.6
Total Rushes	509	422
NET YARDS PASSING	3236	2752
Avg. Per Game	202.3	172.0
Sacked/Yards Lost	44/272	44/298
Gross Yards	3508	3050
Att./Completions	420/267	524/309
Completion Pct.	63.6	59.0
Had Intercepted	9	28
PUNTS/AVERAGE	76/41.6	82/46.1
NET PUNTING AVG.	76/39.2	82/38.0
PENALTIES/YARDS	128/1183	98/879
FUMBLES/BALL LOST	26/10	26/11
TOUCHDOWNS	45	22
Rushing	14	4
Passing	27	16
Defensive	4	2
Returns	0	0
FIELD GOALS	33/35	26/27
TOTAL POINTS	417	231

By Quarters	1	2	3	4	OT	Tot
SEA	69	140	87	115	6	417
OPP	22	108	41	60	0	231

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	44/44	33/35	0	143
Lynch	14	12	2	0			0	84
Baldwin	5	0	5	0			0	30
Miller	5	0	5	0			0	30
Tate	5	0	5	0			0	30
Kearse	4	0	4	0			1	26
Rice	3	0	3	0			0	18
SEA	45	14	27	4	44/44	33/35	2	417
OPP	22	4	16	2	17/17	26/27	0	231

2-Point Conversions: SEA 0-1, OPP 2-5.

Rushing	Att	Yds	Avg	LG	TD
Lynch	301	1257	4.2	43	12
Wilson	96	539	5.6	27	1
Turbin	77	264	3.4	15	0
Michael	18	79	4.4	13	0
SEA	509	2188	4.3	43	14
OPP	422	1626	3.9	5.1	4

Receiving	No	Yds	Avg	LG	TD
Tate	64	898	14.0	80t	5
Baldwin	50	778	15.6	52	5
Lynch	36	316	8.8	55	2
Miller	33	387	11.7	60	5
Kearse	22	346	15.7	43t	4
SEA	267	3508	13.1	80t	27
OPP	309	3050	9.9	73t	16

Interceptions	No	Yds	Avg	LG	TD
Sherman	8	125	15.6	58t	1
Thomas	5	9	1.8	11	0
Maxwell	4	6	1.5	6	0
Chancellor	3	78	26.0	32	0
SEA	28	385	13.8	58t	3
OPP	9	21	2.3	10	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	74	3159	42.7	39.2	5	28	69	2
SEA	76	3159	41.6	39.2	5	28	69	2
OPP	82	3779	46.1	38.0	4	22	61	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Tate	51	14	585	11.5	71	0
SEA	52	14	579	11.1	71	0
OPP	21	30	82	3.9	32	0

Kickoff Returns	No	Yds	Avg	LG	TD
Kearse	13	283	21.8	40	0
SEA	33	698	21.2	58	0
OPP	44	1056	24.0	40	0

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	0/0	10/11	9/9	11/12	3/3
SEA	0/0	10/11	9/9	11/12	3/3
OPP	0/0	9/9	7/7	7/7	3/4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	407	257	3357	63.1	8.25	26	6.4	9	2.2	80t	44/272	101.2
Jackson	13	10	151	76.9	11.62	1	7.7	0	0.0	35t	0/0	140.2
SEA	420	267	3508	63.6	8.35	27	6.4	9	2.1	80t	44/272	102.4
OPP	524	309	3050	59.0	5.82	16	3.1	28	5.3	73t	44/298	63.4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	119	71	48	5.0	2	6	0	1
Thomas	100	75	25	0.0	5	8	2	0
Chancellor	93	61	32	0.0	3	6	1	0
Wright	80	46	34	1.5	0	4	0	1
McDaniel	52	23	29	2.0	0	1	0	1
Smith	50	30	20	1.0	2	4	1	0

Record (finish): 13-3 (1st, NFC West)

Head Coach: Pete Carroll (38-26, .594)

Assistants: Darrell Bevell (Off. Coord.), Dan Quinn (Def. Coord.), Kippy Brown (Wide Receivers), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Asst. QBs/Quality Control-Off.), Chris Carlisle (Head Strength & Cond.), Nate Carroll (Off. Asst.), Keith Carter (Quality Control/Offense), Mondray Gee (Asst. Strength & Cond.), John Glenn (Coaching Asst./ST), Travis Jones (Def. Line), Pat McPherson (Tight Ends), Marquand Manuel (Def. Asst.), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs), Pat Ruel (Asst. Offensive Line), Robert Saleh (Quality Control/Defense), Brian Schneider (Special Teams), Rocky Seto (Defensive Passing Game Coord.), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Nick Sorensen (Coaching Asst./ST), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, DE Red Bryant, LB/ST Heath Farwell

Largent Award: FS Earl Thomas

Pro Bowl: S Kam Chancellor, RB Marshawn Lynch, CB Richard Sherman, S Earl Thomas, C Max Unger, QB Russell Wilson

All-Pro: S Kam Chancellor, CB Richard Sherman, S Earl Thomas

OFFENSE

Pos.		Starts
WR	Golden Tate	13
	Doug Baldwin	10
	Sidney Rice	6
LT	Russell Okung	8
	Paul McQuistan	8
LG	James Carpenter	10
	Paul McQuistan	6
C	Max Unger	13
RG	J.R. Sweezy	15
RT	Breno Giacomini	9
	Michael Bowie*	7
TE	Zach Miller	11
QB	Russell Wilson	16
RB	Marshawn Lynch	16
FB	Michael Robinson	3

DEFENSE

LE	Red Bryant	15
LT	Tony McDaniel	15
RT	Brandon Mebane	16
RE	Chris Clemons	11
OLB	K.J. Wright	13
MLB	Bobby Wagner	14
OLB	Bruce Irvin	12
	Malcolm Smith	8
LCB	Richard Sherman	16
RCB	Brandon Browner	8
	Byron Maxwell	5
SS	Kam Chancellor	16
FS	Earl Thomas	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Clint Gresham	16

*Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	12	4	0	.750	444	338
N.Y. Jets	8	8	0	.500	290	387
Miami	8	8	0	.500	317	335
Buffalo	6	10	0	.375	339	388
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Cincinnati	11	5	0	.688	430	305
Pittsburgh	8	8	0	.500	379	370
Baltimore	8	8	0	.500	320	352
Cleveland	4	12	0	.250	308	406
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Indianapolis	11	5	0	.688	391	336
Tennessee	7	9	0	.438	362	381
Jacksonville	4	12	0	.250	247	449
Houston	2	14	0	.125	276	428
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Denver	13	3	0	.813	606	399
Kansas City*	11	5	0	.688	430	305
San Diego*	9	7	0	.563	396	348
Oakland	4	12	0	.250	322	453

* Wild Card teams

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Philadelphia	10	6	0	.625	442	382
Dallas	8	8	0	.500	439	432
N.Y. Giants	7	9	0	.438	294	383
Washington	3	13	0	.188	334	478
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Green Bay	8	7	1	.531	417	428
Chicago	8	8	0	.500	445	478
Detroit	7	9	0	.438	395	376
Minnesota	5	10	1	.344	391	480
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Carolina	12	4	0	.750	366	241
New Orleans*	11	5	0	.688	414	304
Atlanta	4	12	0	.250	353	443
Tampa Bay	4	12	0	.250	288	389
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Seattle	13	3	0	.813	417	231
San Francisco*	12	4	0	.750	406	272
Arizona	10	6	0	.625	379	324
St. Louis	7	9	0	.438	348	364

2014 REVIEW (12-4, 2-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/4	W	36-16	Green Bay	68,424
9/14	L	30-21	at San Diego	67,916
9/21	W	26-20	Denver (OT)	68,447
9/28			BYE	
10/6	W	27-17	at Washington	79,522
10/12	L	30-23	Dallas	68,432
10/19	L	28-26	at St. Louis	57,855
10/26	W	13-9	at Carolina	74,042
11/2	W	30-24	Oakland	68,337
11/9	W	38-17	N.Y. Giants	68,352
11/16	L	24-20	at Kansas City	76,463
11/23	W	19-3	Arizona	68,327
11/27	W	19-3	at San Francisco	70,799
12/7	W	24-14	at Philadelphia	69,596
12/14	W	17-7	San Francisco	68,526
12/21	W	35-6	at Arizona	63,806
12/28	W	20-6	St. Louis	68,453
POSTSEASON				
1/10	W	31-17	Carolina (NFC Divisional Playoff)	68,524
1/18	W	28-22	Green Bay (OT) (NFC Championship Game)	68,538
2/1	L	28-24	New England (Super Bowl XLIX)	70,288

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	328	277
Rushing	144	70
Passing	160	175
Penalty	24	32
3rd Down: Made/Att.	90/212	75/202
3rd Down Pct.	42.5	37.1
4th Down: Made/Att.	3/11	8/14
4th Down Pct.	27.3	57.1
POSSESSION AVG.	32:11	27:49
TOTAL NET YARDS	6012	4274
Avg. Per Game	375.8	267.1
Total Plays	1021	924
Avg. Per Play	5.9	4.6
NET YARDS RUSHING	2762	1304
Avg. Per Game	172.6	81.5
Total Rushes	525	380
NET YARDS PASSING	3250	2970
Avg. Per Game	203.1	185.6
Sacked/Yards Lost	42/242	37/234
Gross Yards	3492	3204
Att./Completions	454/287	507/313
Completion Pct.	63.2	61.7
Had Intercepted	7	13
PUNTS/AVERAGE	62/43.4	83/43.7
NET PUNTING AVG.	62/38.3	83/39.7
PENALTIES/YARDS	130/1009	70/613
FUMBLES/BALL LOST	23/7	29/11
TOUCHDOWNS	43	27
Rushing	20	8
Passing	20	17
Defensive	3	2
Returns	0	0
FIELD GOALS	31/37	21/24
TOTAL POINTS	394	254

By Quarters	1	2	3	4	OT	Tot
SEA	67	117	82	122	6	394
OPP	57	87	43	67	0	254

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	41/41	31/37	0	134
Lynch	17	13	4	0			0	102
Wilson	6	6	0	0			0	36
Baldwin	3	0	3	0			0	18
Willson	3	0	3	0			0	18
SEA	43	20	20	3	41/41	31/37	1	394
OPP	27	8	17	2	25/25	21/24	1	254

2-Point Conversions: SEA 0-1, OPP 1-2.

Rushing	Att	Yds	Avg	LG	TD
Lynch	280	1306	4.7	79t	13
Wilson	118	849	7.2	55	6
Turbin	74	310	4.2	17	0
Michael	34	175	5.1	45	0
SEA	525	2762	5.3	79t	20
OPP	380	1304	3.4	47	8

Receiving	No	Yds	Avg	LG	TD
Baldwin	66	825	12.5	49	3
Kearse	38	537	14.1	60	1
Lynch	37	367	9.9	39	4
Richardson	29	271	9.3	32	1
Willson	22	362	16.5	80t	3
SEA	287	3492	12.2	80t	20
OPP	313	3204	10.2	60t	17

Interceptions	No	Yds	Avg	LG	TD
Sherman	4	81	20.3	53	0
Irvin	2	84	42.0	49t	2
Maxwell	2	23	11.5	21	0
SEA	13	319	24.5	53	2
OPP	7	138	19.7	73	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	61	2688	44.1	38.3	6	28	66	1
SEA	62	2688	43.4	38.3	6	28	66	1
OPP	83	3630	43.7	39.7	4	26	59	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Walters	27	23	207	7.7	21	0
SEA	36	28	252	7.0	38	0
OPP	17	22	195	11.5	90t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Richardson	16	376	23.5	47	0
SEA	39	820	21.0	47	0
OPP	43	1035	24.1	75	0

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	0/0	10/10	10/10	9/13	2/4
SEA	0/0	10/10	10/10	9/13	2/4
OPP	0/0	8/8	4/4	6/7	3/5

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	452	285	3475	63.1	7.69	20	4.4	7	1.5	80t	42/242	95.0
SEA	454	287	3492	63.2	7.69	20	4.4	7	1.5	80t	42/242	95.1
OPP	507	313	3204	61.7	6.32	17	3.4	13	2.6	60t	37/234	80.4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wright	107	74	33	2.0	0	4	3	1
Wagner	104	67	37	2.0	0	3	0	0
Thomas	95	69	26	0	1	6	3	1
Chancellor	76	58	18	0	1	6	1	0
Sherman	57	45	12	0	4	8	1	0
Bennett	39	27	12	7.0	0	0	1	0

Record (finish): 12-4 (1st, NFC West)

Head Coach: Pete Carroll (50-30, .625)

Assistants: Darrell Bevell (Off. Coord.), Dan Quinn (Def. Coord.), Kippy Brown (Wide Receivers), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Asst. QBs/Quality Control-Off.), Chris Carlisle (Head Strength & Cond.), Nate Carroll (Asst. WRs), Mondray Gee (Asst. Strength & Cond.), John Glenn (Quality Control-Def.), Will Harriger (Off. Asst.), Travis Jones (Def. Line), Pat McPherson (Tight Ends), Marquand Manuel (Def. Asst.), Chris Morgan (Asst. Off. Line), Chad Morton (Asst. Special Teams), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams), Rocky Seto (Defensive Passing Game Coord.), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Nick Sorensen (Coaching Asst./ST), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, S Kam Chancellor, K/ST Steven Hauschka, P/ST Jon Ryan

Largent Award: S Kam Chancellor

Pro Bowl: S Kam Chancellor, RB Marshawn Lynch, T Russell Okung, CB Richard Sherman, S Earl Thomas, LB Bobby Wagner, QB Russell Wilson

All-Pro: S Kam Chancellor, RB Marshawn Lynch, CB Richard Sherman, S Earl Thomas, LB Bobby Wagner

OFFENSE

Pos.		Starts
WR	Doug Baldwin	16
	Jermaine Kearse	14
LT	Russell Okung	14
LG	James Carpenter	13
C	Max Unger	6
	Patrick Lewis	4
	Lemuel Jeanpierre	3
	Stephen Schilling	3
RG	J.R. Sweezy	16
RT	Justin Britt*	16
TE	Luke Willson	10
QB	Russell Wilson	16
RB	Marshawn Lynch	14
FB	Will Tukuafu	2

DEFENSE

LE	Michael Bennett	16
LT	Tony McDaniel	15
RT	Brandon Mebane	9
	Kevin Williams	7
RE	Cliff Avril	16
OLB	K.J. Wright	13
MLB	Bobby Wagner	11
	K.J. Wright	3
OLB	Bruce Irvin	13
LCB	Richard Sherman	16
RCB	Byron Maxwell	12
	Tharold Simon	4
SS	Kam Chancellor	14
FS	Earl Thomas	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Clint Gresham	16

*Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	12	4	0	.750	468	313
Buffalo	9	7	0	.563	343	289
Miami	8	8	0	.500	388	373
N.Y. Jets	4	12	0	.250	283	401
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Pittsburgh	11	5	0	.688	436	368
Cincinnati*	10	5	1	.656	365	344
Baltimore*	10	6	0	.625	409	302
Cleveland	7	9	0	.438	299	337
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Indianapolis	11	5	0	.688	458	369
Houston	9	7	0	.563	372	307
Jacksonville	3	13	0	.188	249	412
Tennessee	2	14	0	.125	254	438
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Denver	12	4	0	.750	482	354
Kansas City	9	7	0	.563	353	281
San Diego	9	7	0	.563	348	348
Oakland	3	13	0	.188	253	452

* Wild Card teams

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Dallas	12	4	0	.750	467	352
Philadelphia	10	6	0	.625	474	400
N.Y. Giants	6	10	0	.375	380	400
Washington	4	12	0	.250	301	438
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Green Bay	12	4	0	.750	486	348
Detroit*	11	5	0	.688	321	282
Minnesota	7	9	0	.438	325	343
Chicago	5	11	0	.313	319	442
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Carolina	7	8	1	.469	339	374
New Orleans	7	9	0	.438	401	424
Atlanta	6	10	0	.375	381	417
Tampa Bay	2	14	0	.125	277	410
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Seattle	12	4	0	.750	394	254
Arizona*	11	5	0	.688	310	299
San Francisco	8	8	0	.500	306	340
St. Louis	6	10	0	.375	324	354

2015 REVIEW (10-6, 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/13	L	34-31	at St. Louis (OT)	51,792
9/20	L	27-17	at Green Bay	78,433
9/27	W	26- 0	Chicago	69,002
10/5	W	13-10	Detroit	69,005
10/11	L	27-24	at Cincinnati (OT)	65,004
10/18	L	27-23	Carolina	69,020
10/22	W	20- 3	at San Francisco	70,799
11/1	W	13-12	at Dallas	91,486
11/15	L	39-32	Arizona	69,005
11/22	W	29-13	San Francisco	68,993
11/29	W	39-30	Pittsburgh	69,055
12/6	W	38- 7	at Minnesota	52,430
12/13	W	35- 6	at Baltimore	71,179
12/20	W	30-13	Cleveland	69,002
12/27	L	23-17	St. Louis	69,080
1/3	W	36- 6	at Arizona	64,646
POSTSEASON				
1/10	W	10-9	at Minnesota (NFC Wild Card Game)	52,090
1/17	L	31-24	at Carolina (NFC Divisional Playoff)	74,287

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	335	273
Rushing	128	71
Passing	190	175
Penalty	17	27
3rd Down: Made/Att	99/213	67/195
3rd Down Pct.	46.5	34.4
4th Down: Made/Att	8/9	1/7
4th Down Pct.	88.9	14.3
POSSESSION AVG.	31:40	28:20
TOTAL NET YARDS	6058	4668
Avg. Per Game	378.6	291.8
Total Plays	1036	947
Avg. Per Play	5.8	4.9
NET YARDS RUSHING	2268	1304
Avg. Per Game	141.8	81.5
Total Rushes	501	362
NET YARDS PASSING	3790	3364
Avg. Per Game	236.9	210.3
Sacked/Yards Lost	46/271	37/255
Gross Yards	4061	3619
Att./Completions	489/333	548/333
Completion Pct.	68.1	60.8
Had Intercepted	8	14
PUNTS/AVERAGE	68/45.7	87/45.0
NET PUNTING AVG.	68/37.9	87/38.9
PENALTIES/YARDS	117/1007	94/795
FUMBLES/BALL LOST	18/8	22/9
TOUCHDOWNS	49	28
Rushing	10	10
Passing	34	14
Defensive	3	3
Returns	2	2
FIELD GOALS	29/31	27/28
TOTAL POINTS	423	277

By Quarters	1	2	3	4	OT	Tot
SEA	77	128	111	107	0	423
OPP	40	91	49	91	6	277

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	40/44	29/31	0	127
Baldwin	14	0	14	0			0	84
Lockett	8	0	6	2			0	48
Kearse	5	0	5	0			0	30
Rawls	5	4	1	0			0	30
Lynch	3	3	0	0			0	20
SEA	49	10	34	5	40/44	29/31	0	423
OPP	28	10	14	4	22/25	27/28	1	277

2-Point Conversions: SEA 1-5, OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Rawls	147	830	5.6	69t	4
Wilson	103	553	5.4	24	1
Lynch	111	417	3.8	24	3
Michael LG	54	243	4.5	45	0
SEA	501	2268	4.5	69t	10
OPP	362	1304	3.6	48t	10

Receiving	No	Yds	Avg	LG	TD
Baldwin	78	1069	13.7	80t	14
Lockett	51	664	13.0	49t	6
Kearse	49	685	14.0	50	5
Graham	48	605	12.6	45	2
F. Jackson	32	257	8.0	26	2
SEA	333	4061	12.2	80t	34
OPP	333	3619	10.9	69t	14

Interceptions	No	Yds	Avg	LG	TD
E. Thomas	5	67	13.4	32	0
Lane	2	60	30.0	54	0
Sherman	2	30	15.0	26	0
Chancellor	2	6	3.0	6	0
SEA	14	205	14.6	54	0
OPP	8	50	6.3	24	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	68	3105	45.7	37.9	7	24	73	0
SEA	68	3105	45.7	37.9	7	24	73	0
OPP	87	3918	45.0	38.9	4	25	72	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Lockett	40	21	379	9.5	66	1
SEA	42	22	450	10.7	66	1
OPP	29	20	386	13.3	75t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Lockett	33	852	25.8	105t	1
SEA	34	868	25.5	105t	1
OPP	42	1073	25.5	101t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	0/0	9/9	7/7	7/9	6/6
SEA	0/0	9/9	7/7	7/9	6/6
OPP	1/1	7/7	10/10	7/7	2/3

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	483	329	4024	68.1	8.33	34	7.0	8	1.7	80t	45/265	110.1
SEA	489	333	4061	68.1	8.30	34	7.0	8	1.6	80t	46/271	109.8
OPP	548	333	3619	60.8	6.60	14	2.6	14	2.6	69t	37/255	78.1

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wright	116	71	45	1.0	0	3	4	2
Wagner	114	67	47	0.5	0	7	2	3
Chancellor	74	44	30	0	2	4	1	0
Thomas	61	42	19	0	5	9	1	0
Bennett	52	33	19	10.0	0	0	2	0
Sherman	50	33	17	0	2	15	0	0

Record (finish): 10-6 (2nd, NFC West)

Head Coach: Pete Carroll (60-36, .625)

Assistants: Darrell Bevell (Off. Coord.), Kris Richard (Def. Coord.), Michael Barrow (LBs), Dwaine Board (Asst. DL), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Wide Receivers), Chris Carlisle (Head Strength & Cond.), Brennan Carroll (Asst. OL), Nate Carroll (Asst. WRs), Chris Cash (Asst. Sec./CBs), Andre Curtis (Asst. Sec./Ss), Mondray Gee (Asst. Strength & Cond.), John Glenn (Quality Control/Def.), Will Harriger (Asst. QBs/QC Off.), Travis Jones (Def. Line), Pat McPherson (Tight Ends), Chad Morton (Asst. RBs/Asst. Special Teams), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams), Rocky Seto (Asst. HC/Defense), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Nick Sorensen (Asst. ST), Lofa Tatupu (Asst. LBs), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, LB Bobby Wagner, P/ST Jon Ryan

Largent Award: CB Richard Sherman

Pro Bowl: DE Michael Bennett, S Kam Chancellor, RS Tyler Lockett, CB Richard Sherman, S Earl Thomas, LB Bobby Wagner, QB Russell Wilson

All-Pro: RS Tyler Lockett, CB Richard Sherman, LB Bobby Wagner

OFFENSE

Pos.		Starts
WR	Doug Baldwin	16
	Jermaine Kearse	16
	Tyler Lockett*	8
LT	Russell Okung	13
LG	Justin Britt	16
C	Patrick Lewis	9
	Drew Nowak	7
RG	J.R. Sweezy	15
RT	Garry Gilliam	16
TE	Jimmy Graham	11
	Luke Willson	7
QB	Russell Wilson	16
RB	Thomas Rawls*	7
	Marshawn Lynch	6
FB	Derrick Coleman	3

DEFENSE

LE	Michael Bennett	16
LT	Ahtyba Rubin	16
RT	Brandon Mebane	15
RE	Cliff Avril	16
OLB	K.J. Wright	16
MLB	Bobby Wagner	15
OLB	Bruce Irvin	12
LCB	Richard Sherman	16
RCB	Cary Williams	10
	DeShawn Shead	6
SS	Kam Chancellor	11
	Kelcie McCray	3
FS	Earl Thomas	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Clint Gresham	16

*Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	12	4	0	.750	465	315
N.Y. Jets	10	6	0	.625	387	314
Buffalo	8	8	0	.500	379	359
Miami	6	10	0	.375	310	389
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Cincinnati	12	4	0	.750	419	279
Pittsburgh*	10	6	0	.625	423	319
Baltimore	5	11	0	.313	328	401
Cleveland	3	13	0	.188	278	432
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Houston	9	7	0	.563	339	313
Indianapolis	8	8	0	.500	333	408
Jacksonville	5	11	0	.313	376	448
Tennessee	3	13	0	.188	299	423
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Denver	12	4	0	.750	355	296
Kansas City*	11	5	0	.688	405	287
Oakland	7	9	0	.438	359	399
San Diego	4	12	0	.250	320	398

* Wild Card teams

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Washington	9	7	0	.563	388	379
Philadelphia	7	9	0	.438	377	430
N.Y. Giants	6	10	0	.375	420	442
Dallas	4	12	0	.250	275	374
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Minnesota	11	5	0	.688	365	302
Green Bay*	10	6	0	.625	368	323
Detroit	7	9	0	.438	358	400
Chicago	6	10	0	.375	335	397
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Carolina	15	1	0	.938	500	308
Atlanta	8	8	0	.500	339	345
New Orleans	7	9	0	.438	408	476
Tampa Bay	6	10	0	.375	342	417
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Arizona	13	3	0	.813	489	313
Seattle*	10	6	0	.625	423	277
St. Louis	7	9	0	.438	280	330
San Francisco	5	11	0	.313	238	387

2016 REVIEW (10-5-1, 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/11	W	12-10	Miami	69,012
9/18	L	9-3	at L.A. Rams	91,046
9/25	W	37-18	San Francisco	69,010
10/2	W	27-17	at New York Jets	78,160
10/16	W	26-24	Atlanta	69,071
10/23	T	6-6	at Arizona (OT)	65,089
10/30	L	25-20	at New Orleans	73,188
11/7	W	31-25	Buffalo	69,084
11/13	W	31-24	at New England	66,829
11/2	W	26-15	Philadelphia	69,190
11/27	L	14-5	at Tampa Bay	63,674
12/4	W	40- 7	Carolina	69,104
12/11	L	38-10	at Green Bay	78,057
12/15	W	24- 3	L.A. Rams	69,067
12/24	L	34-31	Arizona	69,050
1/1	W	25-23	at San Francisco	70,178
POSTSEASON				
1/7	W	26-6	Detroit (NFC Wild Card Game)	68,788
1/14	L	36-20	at Atlanta (NFC Divisional Playoff)	71,155

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	313	307
Rushing	85	94
Passing	203	180
Penalty	25	33
3rd Down: Made/Att	79/207	82/212
3rd Down Pct.	38.2	38.7
4th Down: Made/Att	4/11	6/20
4th Down Pct.	36.4	30.0
POSSESSION AVG.	29:36	30:24
TOTAL NET YARDS	5715	5099
Avg. Per Game	357.2	318.7
Total Plays	1012	1020
Avg. Per Play	5.6	5.0
NET YARDS RUSHING	1591	1487
Avg. Per Game	99.4	92.9
Total Rushes	403	441
NET YARDS PASSING	4124	3612
Avg. Per Game	257.8	225.8
Sacked/Yards Lost	42/298	42/272
Gross Yards	4422	3884
Att./Completions	567/368	537/331
Completion Pct.	64.9	61.6
Had Intercepted	12	11
PUNTS/AVERAGE	72/43.4	79/43.0
NET PUNTING AVG.	72/39.3	79/38.4
PENALTIES/YARDS	117/970	103/925
FUMBLES/BALL LOST	22/6	19/8
TOUCHDOWNS	37	33
Rushing	13	16
Passing	23	16
Defensive	1	0
Returns	0	1
FIELD GOALS	33/37	19/27
TOTAL POINTS	354	292

By Quarters	1	2	3	4	OT	Tot
SEA	66	138	46	101	3	354
OPP	62	90	40	97	3	292

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	29/35	33/37	0	128
Baldwin	7	0	7	0			0	42
Michael TM	7	6	1	0			0	42
Graham	6	0	6	0			0	36
Rawls	3	3	0	0			0	18
Lockett	2	1	1	0			0	12
SEA	37	13	23	1	29/35	33/37	1	354
OPP	33	16	16	1	29/29	19/27	1	292

2-Point Conversions: SEA 1-2, OPP 3-4.

Rushing	Att	Yds	Avg	LG	TD
Michael TM	117	469	4.0	41t	6
Rawls	109	349	3.2	45t	3
Wilson	72	259	3.6	18	1
SEA	403	1591	3.9	75t	13
OPP	441	1487	3.4	34	16

Receiving	No	Yds	Avg	LG	TD
Baldwin	94	1128	12.0	59	7
Graham	65	923	14.2	42	6
Lockett	41	597	14.6	57t	1
Kearse	41	510	12.4	36	1
Richardson	21	288	13.7	39	1
SEA	368	4422	12.0	59	23
OPP	331	3884	11.7	80t	16

Interceptions	No	Yds	Avg	LG	TD
Sherman	4	37	9.3	31	0
Chancellor	2	5	2.5	5	0
Thomas	2	5	2.5	5	0
SEA	11	72	6.5	31	0
OPP	12	153	12.8	32	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	71	3126	44.0	39.3	3	26	64	1
SEA	72	3126	43.4	39.3	3	26	64	1
OPP	79	3400	43.0	38.4	6	34	66	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Lockett	29	22	243	8.4	62	0
Hester LG	25	15	180	7.2	28	0
SEA	30	28	249	8.3	62	0
OPP	28	22	236	8.4	29	0

Kickoff Returns	No	Yds	Avg	LG	TD
Lockett	23	606	26.3	46	0
SEA	35	808	23.1	46	0
OPP	32	654	20.4	45	0

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	0/0	11/13	13/13	8/10	1/1
SEA	0/0	11/13	13/13	8/10	1/1
OPP	0/0	4/6	7/8	7/8	1/5

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	546	353	4219	64.7	7.73	21	3.8	11	2.0	59	41/ 293	92.6
Boykin	18	13	145	72.2	8.06	1	5.6	1	5.6	31	1/5	91.2
SEA	567	368	4422	64.9	7.80	23	4.1	12	2.1	59	42/298	93.4
OPP	537	331	3884	61.6	7.23	16	3.0	11	2.0	80t	42/272	85.0

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	167	85	82	4.5	1	3	0	1
Wright	126	72	54	4.0	0	5	1	1
Chancellor	81	47	34	0	2	8	1	0
Shead	80	56	24	0	1	14	1	0
Sherman	58	38	20	0	4	13	0	1
Clark	47	25	22	10.0	0	1	2	1

Record (finish): 10-5-1 (1st, NFC West)

Head Coach: Pete Carroll (70-41-1, .629)

Assistants: Darrell Bevell (Off. Coord.), Kris Richard (Def. Coord.), Michael Barrow (LBs), Dwaine Board (Asst. DL), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Wide Receivers), Chris Carlisle (Head Strength & Cond.), Brennan Carroll (Asst. OL), Nate Carroll (Asst. WRs), Andre Curtis (DBs), Heath Farwell (Coaching Asst.), Mondray Gee (Asst. Strength & Cond.), John Glenn (Defensive Asst.), Will Harriger (Asst. QBs), Travis Jones (Def. Line), Pat McPherson (Tight Ends), Ricky Manning, Jr. (Asst. DBs), Chad Morton (Asst. RBs/Asst. Special Teams), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams Coord.), Rocky Seto (Asst. HC/Defense), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Nick Sorensen (Asst. DBs/Asst. STs), Lofa Tatupu (Asst. LBs), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, S Kam Chancellor, P/ST Jon Ryan, CB/ST DeShawn Shead

Largent Award: S Kam Chancellor

Pro Bowl: DE Cliff Avril, WR Doug Baldwin, DE Michael Bennett, TE Jimmy Graham, CB Richard Sherman, LB Bobby Wagner, K.J. Wright

All-Pro: KOR Tyler Lockett, LB Bobby Wagner

OFFENSE

Pos.		Starts
WR	Doug Baldwin	15
	Jermaine Kearse	15
	Tyler Lockett	9
LT	George Fant*	10
	Bradley Sowell	6
LG	Mark Glowinski	16
C	Justin Britt	15
RG	Germain Ifedi*	13
RT	Garry Gilliam	13
TE	Jimmy Graham	15
QB	Russell Wilson	16
RB	Thomas Rawls	7
	Christine Michael	7
FB	Will Tukuafu	1

DEFENSE

LE	Michael Bennett	11
	Frank Clark	5
LT	Ahtyba Rubin	16
RT	Tony McDaniel	10
	Jarran Reed*	6
RE	Cliff Avril	16
OLB	K.J. Wright	16
MLB	Bobby Wagner	16
OLB	M. Morgan/B. Coyle	3 each
LCB	Richard Sherman	16
RCB	DeShawn Shead	15
SS	Kam Chancellor	12
FS	Earl Thomas	11
	Steven Terrell	5

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Nolan Frese*	16

*Rookie or first-year player

AFC

EAST	W	L	T	Pct.	Pts.	Opp.
New England	14	2	0	.875	441	250
Miami*	10	6	0	.625	363	380
Buffalo	7	9	0	.438	399	378
N.Y. Jets	5	11	0	.313	275	409
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Pittsburgh	11	5	0	.688	399	327
Baltimore	8	8	0	.500	343	321
Cincinnati	6	9	1	.406	325	315
Cleveland	1	15	0	.063	264	452
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Houston	9	7	0	.563	279	328
Tennessee	9	7	0	.563	381	378
Indianapolis	8	8	0	.500	411	392
Jacksonville	3	13	0	.188	318	400
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Kansas City	12	4	0	.750	389	311
Oakland*	12	4	0	.750	416	385
Denver	9	7	0	.563	333	297
San Diego	5	11	0	.313	410	423

* Wild Card teams

NFC

EAST	W	L	T	Pct.	Pts.	Opp.
Dallas	13	3	0	.813	421	306
N.Y. Giants*	11	5	0	.688	310	284
Washington	8	7	1	.531	396	383
Philadelphia	7	9	0	.438	367	331
NORTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Green Bay	10	6	0	.625	432	388
Detroit*	9	7	0	.563	346	358
Minnesota	8	8	0	.500	327	307
Chicago	3	13	0	.188	279	399
SOUTH	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Atlanta	11	5	0	.688	540	406
Tampa Bay	9	7	0	.563	354	369
New Orleans	7	9	0	.438	469	454
Carolina	6	10	0	.375	369	402
WEST	**W**	**L**	**T**	**Pct.**	**Pts.**	**Opp.**
Seattle	10	5	1	.656	354	292
Arizona	7	8	1	.469	418	362
L.A. Rams	4	12	0	.250	224	394
San Francisco	2	14	0	.125	309	480

COACHES ALL-TIME ROSTER

Name	Responsibility	Years	College
Arnold, Dave	Special Teams	1995-97	Drake
Austin, Teryl	Defensive Backs	2003-06	Pittsburgh
Barrow, Michael	**Linebackers**	**2015-16**	**Miami**
	Asst. Head Coach/Defense/LBs	**2017-**	
Bates, Jeremy	Offensive Coordinator	2010	Rice
Beake, Chris	Quality Control/Offense	2008	Air Force Academy
	Offensive Asst.	2009	
Becker, John	Offensive Coord./WRs	1989-91	Cal State-Northridge
Bevell, Darrell	**Offensive Coordinator**	**2011-**	**Wisconsin**
Board, Dwaine	**Defensive Line**	**2003-08**	**North Carolina A&T**
	Asst. Defensive Line	**2015-**	
Boghosian, Sam	Offensive Coord./Off. Line	1976-77	UCLA
Bradley, Gus	Defensive Coordinator	2009-12	North Dakota State
Brasher, Tommy	Defensive Line	1992-98	Arkansas
Bratkowski, Bob	Wide Receivers	1992-94	Washington State
	Offensive Coord./WRs	1995-97	
	Offensive Coordinator	1998	
Brooks, Larry	Defensive Line	1999-2002	Virginia State
Brown, Dave	Defensive Coach	1992-98	Michigan
Brown, Kippy	Wide Receivers	2010-14	Memphis State
Butkus, Luke	Quality Control/Offensive Line	2010-11	Illinois
Cable, Tom	**Asst. Head Coach/Offensive Line**	**2011-**	**Idaho**
Canales, Dave	**Quality Control/Offense**	**2010-12**	**Azusa Pacific**
	Asst. QBs/Off. Quality Control	**2013-14**	
	Wide Receivers	**2015-**	
Carlisle, Chris	**Head Strength & Conditioning**	**2010-**	**Chadron State**
Carroll, Brennan	**Asst. Offensive Line**	**2015-**	**Pittsburgh**
Carroll, Nate	**Defensive Assistant**	**2010-12**	**Southern California**
	Offensive Assistant	**2013**	
	Asst. Wide Receivers	**2014-**	
Carroll, Pete	**Exec. VP & Head Coach**	**2010-**	**Pacific**
Carter, Keith	Quality Control/Offense	2012-13	UCLA
Cash, Chris	Asst. Secondary/Cornerbacks	2015	Southern California
Casullo, Bob	Special Teams Coordinator	2005-06	Brockport St. (N.Y.) College
Catlin, Tom	Asst. Head Coach/LBs/Def. Coord.	1983-91	Oklahoma
	Asst. Head Coach/Defense	1992	
	Asst. Head Coach	1993	
	Quality Control	1994-95	
Christensen, Jack	Defensive Backs	1978-82	Colorado State
Clark, Mike	Head Strength & Conditioning	2004-09	Ottawa University
Colquitt, Jerry	Offensive Quality Control	1999-2002	Tennessee
Cromwell, Nolan	Wide Receivers	1999-2007	Kansas
Curtis, Andre	**Asst. Secondary/Safeties**	**2015**	**Virginia Military Institute**
	Defensive Backs	**2016-**	
DeBord, Mike	Asst. Offensive Line	2008	Manchester College
	Tight Ends	2009	
DeHaven, Bruce	Special Teams Coordinator	2007-09	SW College (Kan.)
Donatell, Tom	**Quality Control/Defense**	**2017-**	**Iowa**
Dunn, Kasey	Running Backs	2008-09	Idaho
Dyer, George	Defensive Line	1983-91	UC-Santa Barbara
Erickson, Dennis	Head Coach	1995-98	Montana State
Farwell, Heath	**Coaching Assistant**	**2016**	**San Diego State**
	Asst. Special Teams	**2017-**	
Fisch, Jedd	Quarterbacks	2010	Florida
Flajole, Ken	Defensive Backs	1999, 2001-02	Pacific Lutheran
	Linebackers	2000	
Flores, Tom	Head Coach	1992-94	Pacific
Gee, Mondray	**Asst. Strength & Conditioning**	**2010-**	**Michigan State**

Name	Responsibility	Years	College
Gilbertson, Keith	Defensive Asst.	1996	Central Washington
	Tight Ends	1997-98	
	Offensive Consultant	2005	
	Asst. Offensive Line	2006-07	
	Wide Receivers	2008	
Gillespie, Bill	Asst. Strength & Conditioning	2003-04	Liberty
Glenn, John	**Coaching Assistant**	**2012-13**	**East Stroudsburg Univ.**
	Quality Control/Defense	**2014-15**	
	Defensive Assistant	**2016**	
	Asst. Linebackers	**2017-**	
Gray, Jerry	Defensive Backs	2010	Texas
Harriger, Will	**Offensive Asst.**	**2014**	**Auburn**
	Asst. QBs/Quality Control-Off.	**2015**	
	Asst. Quarterbacks	**2016-**	
Harris, Chick	Running Backs	1983-91	Northern Arizona
Haskell, Gil	Offensive Coordinator	2000-06	San Francisco State
	Asst. Head Coach/Off. Coord.	2007-08	
Hawkins, Ralph	Defensive Backs	1983-88	Maryland
Headlee, Tom	Quality Control/Defense	2006-09	Washington State
Holland, Johnny	Asst. Special Teams & Strength	2000	Texas A&M
	Linebackers	2001-02	
Hollway, Bob	Defensive Coordinator/DBs	1976-77	Michigan
Holmgren, Mike	Head Coach	1999-08	Southern California
Houck, Hudson	Offensive Line	1992	Southern California
Hurtt, Clint	**Defensive Line**	**2017-**	**Miami**
Jackson, Milt	Wide Receivers	1998	Tulsa
James, Ned	Offensive Asst.	1995-96	New Mexico
	Defensive Asst.	1997	
Jamison, John	Special Teams Asst.	2005-08	California
Johnson, Jim	Linebackers	1998	Missouri
Johnston, Kent	Strength & Conditioning	1999-2003	Stephen F. Austin
Jones, Travis	**Defensive Line**	**2013-16**	**Georgia**
	Senior Defensive Assistant	**2017-**	
Kennan, Larry	Offensive Coordinator/QBs	1992-94	LaVerne
Knapp, Greg	Offensive Coordinator	2009	Sacramento State
Knox, Chuck	Head Coach	1983-91	Juniata
Krein, Darren	Asst. Strength & Cond.	1997-98, 01-09	Miami
Lappano, Tim	Running Backs	1998	Idaho
Lauterbur, Frank	Defensive Line	1982	Mt. Union
Laveroni, Bill	Asst. Offensive Line	2001-03	California
	Offensive Line	2004-07	
Lazor, Bill	Quarterbacks	2008-09	Cornell
LeDuc, Dana	Strength & Conditioning	1995-98	Texas
Leggett, Earl	Defensive Line	1976-77	Louisiana State
Lewis, Tim	Defensive Backs	2009	Pittsburgh
Lind, Jim	Linebackers	1999	Bemidji (Minn.) State
	Tight Ends	2000-08	
Lopez, Clayton	Defensive Quality Control	1999-2001	Nevada
	Defensive Asst./Secondary	2002-03	
Lovat, Tom	Offensive Line	1999-2003	Utah
MacDonald, Andy	Running Backs	1976-82	Central Michigan
McCormack, Mike	Head Coach	1982	Kansas
McMackin, Greg	Defensive Coordinator	1995-98	So. Oregon State
McPherson, Pat	**Tight Ends**	**2010-**	**Santa Clara**
Manning, Jr., Ricky	**Asst. Defensive Backs**	**2016-**	**UCLA**
Manuel, Marquand	Assistant Special Teams	2012	Florida
	Defensive Assistant	2013-14	
Marmie, Larry	Defensive Asst./Secondary	2006-09	Eastern Kentucky
Marshall, John	Linebackers	2003-05	Oregon
	Defensive Coordinator	2006-08	
Matsumoto, Arnie	Staff Asst.	1989-95	Lewis and Clark
Meyer, Ken	Quarterbacks	1983-91	Denison
Meyers, Bill	Asst. Offensive Line	1998	Stanford

Name	Responsibility	Years	College
Michaels, Mark	Asst. Special Teams	2001-03	Connecticut
	Special Teams	2004	
Mitchell, Stump	Running Backs	1999-2007	Citadel
Moore, Steve	Wide Receivers	1983-85	UC-Santa Barbara
	Offensive Coordinator/WRs	1986-88	
Mora, Jim E.	Defensive Line	1978-81	Occidental
Mora, Jim L.	Asst. Head Coach/Secondary	2007-08	Washington
	Head Coach	2009	
Morgan, Chris	Assistant Offensive Line	2014	Colorado
Morton, Chad	**Asst. Special Teams**	**2014-15**	**Southern California**
	Asst. RBs/Asst. Special Teams	**2016**	
	Running Backs	**2017-**	
Moyer, Paul	Special Assignments	1990-91	Arizona State
	DBs/Asst. Special Teams	1992-94	
Mudd, Howard	Offensive Line	1978-82	Hillsdale
		1993-97	
Murphy, Mike	Linebackers	1995-97	Huron
Norton, Jr., Ken	Linebackers	2010-14	UCLA
Olson, Rich	Quarterbacks	1995-98	Washington State
Patera, Jack	Head Coach	1976-82	Oregon
Peccatiello, Larry	Linebackers	1976-77	William and Mary
	Defensive Coordinator/LBs	1978-80	
Perry, Rod	Defensive Backs	1989-91	Colorado
Phair, Mike	Asst. Linebackers	2008	Arizona State
	Asst. Defensive Line	2009	
	Defensive Asst.	2010	
Prince, Robert	Wide Receivers	2009	Humboldt State
Prochaska, Ray	Offensive Coordinator/OL	1983-85	Nebraska
Purnell, Russ	Special Assignments	1986	Whittier
	TEs/Asst. Special Teams	1987-91	
	TEs/Special Teams	1992-94	
Quinn, Dan	Asst. Head Coach/Def. Line	2009	Salisbury State
	Defensive Line	2010	
	Defensive Coordinator	2013-14	
Raines, Frank	Strength & Conditioning	1990-94	George Mason
Reynolds, Gary	Off. Asst./Quality Control	2003-07	Texas A&M
Rhodes, Ray	Defensive Coordinator	2003-05	Tulsa
	Special Projects/Defense	2006-07	
Rhome, Jerry	QBs/WRs/TEs	1976-77	Tulsa
	Offensive Coord./QBs/WRs/TEs	1978-79	
	Offensive Coord./QBs/WRs	1980-82	
Richard, Kris	**Asst. Defensive Backs**	**2010**	**Southern California**
	Defensive Backs	**2011-14**	
	Defensive Coordinator	**2015-**	
Roach, Dick	Defensive Asst.	1999-2000	Black Hills State
Robinson, Willy	Defensive Backs	1995-98	Fresno State
Rodriguez, Pete	Asst. Head Coach/Special Teams	1998	Western St. (Colorado)
	Special Teams Coordinator	1999-2003	
Rollins, Zerick	Defensive Asst.	2001	Texas A&M
	Defensive Line/Quality Control	2002-05	
	Linebackers	2006-09	
Ruel, Pat	**Asst. Offensive Line**	**2010-**	**Miami**
Saleh, Robert	Quality Control/Defense	2011-13	Northern Michigan
Schneider, Brian	**Special Teams Coordinator**	**2010-**	**Colorado State**
Seto, Rocky	Quality Control/Defense	2010	Southern California
	Asst. Defensive Backs/Safeties	2011	
	Defensive Passing Game Coord.	2012-14	
	Asst. Head Coach/Defense	2015-16	
Shelmon, Clarence	Running Backs	1992-97	Houston
Sheppard, Mike	Quarterbacks	1999-2000	California Lutheran
Sherman, Mike	Offensive Coordinator	1999	Central Connecticut State
Shurmur, Fritz	Defensive Coordinator	1999	Albion College (Mich.)
Sidwell, Steve	Defensive Coordinator	2000-02	Colorado

Name	Responsibility	Years	College
Simpson, Jackie	Defensive Coord./LBs	1981-82	Mississippi
Smith, Carl	**Quarterbacks**	**2011-**	**Cal Poly-SLO**
Smith, Gregg	Asst. Head Coach/TEs	1995-96	Idaho
	Asst. Head Coach/Offensive Line	1997	
	Offensive Line	1998	
Smith, Sherman	Running Backs	2010-16	Miami (Ohio)
Solari, Mike	Offensive Line	2008-09	San Diego State
Sorensen, Nick	**Asst. Special Teams**	**2013-15**	**Virginia Tech**
	Asst. DBs/Asst. Special Teams	**2016**	
	Secondary	**2017-**	
Springer, Rod	Asst. Strength & Cond.	1999-2002	Tarrleton State
Stephenson, Kent	Offensive Line	1985-91	Northern Iowa
Tatupu, Lofa	Asst. Linebackers	2015-16	Southern California
Tillman, Rusty	Special Teams	1979-82	Northern Arizona
	Special Teams/TEs	1983-86	
	Special Teams/LBs	1987-91	
	Defensive Coordinator/LBs	1992-94	
Ulbrich, Jeff	Asst. Special Teams	2010-11	Hawaii
Valero, Art	Offensive Line	2010	Boise State
Vitt, Joe	Special Assignments	1982-91	Towson State
Wash, Todd	Defensive Line	2011-12	North Dakota State
Yanchar, Jamie	**Asst. Strength & Conditioning**	**2010-**	**Louisville**
Yarber, Eric	Offensive Quality Control	1998	Idaho
Zorn, Jim	Offensive Asst.	1997	Cal Poly-Pomona
	Quarterbacks	2001-07	

ALL-TIME ROSTER

A

Player	Position	Years	GP	GS	College
Abramowitz, Sid	T	1984	4	0	Tulsa
Adams, Jamar	S	2008-09	7	0	Michigan
Adams, Phillip	CB	2011	1	0	South Carolina State
Adams, Sam	DT/DE	1994-99	89	66	Texas A&M
Adams, Theo	T	1992	10	0	Hawaii
Adkins, Sam	QB	1977-82	10	0	Wichita State
Agee, Tommie	FB	1988	16	0	Auburn
Ahrens, Dave	LB	1990	10	3	Wisconsin
Aiu, Charlie	G	1978	1	0	Hawaii
Alexander, Shaun	RB	2000-07	119	97	Alabama
Allen, Harvey	S	1987	2	2	Nevada-Las Vegas
Allen, RaShaun	TE	2014	1	0	Southern
Allert, Ty	LB	1990	1	0	Texas
Allred, Brian	CB	1993-94	4	0	Sacramento State
Alvarez, Wilson	K	1981	4	0	S.E. Louisiana
Anderson, Eddie	S	1986	5	0	Fort Valley State
Anderson, Fredell	DE	1980-82	22	6	Prairie View A&M
Andrews, Ricky	LB	1990	15	0	Washington
Andrews, Stacy	T	2010	13	12	Mississippi
Andrews, Tom	C/G	1987	2	2	Louisville
Araguz, Leo	P	2005	4	0	Stephen F. Austin
Ashworth, Tom	T	2006-07	29	6	Colorado
Atkins, Baraka	DE	2007-08	21	0	Miami
Atkins, James	T/G	1994-97	49	37	S.W. Louisiana
August, Steve	T	1977-84	97	90	Tulsa
Avril, Cliff	**DE**	**2013-**	**63**	**51**	**Purdue**

B

Player	Position	Years	GP	GS	College
Babin, Jason	DE	2007-08	4	0	Western Michigan
Babineaux, Jordan	CB	2004-10	99	29	Southern Arkansas
Bachman, Ted	CB	1976	5	0	New Mexico State
Baham, Curtis	CB	1987	3	0	Tulane
Bailey, Alvin	T	2013-15	42	8	Arkansas
Bailey, Dion	S	2014-15	2	1	USC
Bailey, Edwin	G/T	1981-91	139	120	South Carolina State
Bailey, Karsten	WR	1999-00	11	0	Auburn
Bailey, Rodney	DE	2005	8	0	Ohio State
Baker, Chris	TE	2010	16	13	Michigan State
Baldwin, Doug	**WR**	**2011-**	**94**	**61**	**Stanford**
Ballard, Howard	T	1994-98	74	74	Alabama A&M
Balmer, Kentwan	DL	2010	16	11	North Carolina
Bannister, Alex	WR	2001-05	57	4	Eastern Kentucky
Barbay, Roland	NT	1987	5	0	Louisiana State
Barber, Michael	LB	1995-97	21	9	Clemson
Barbre, Allen	G	2010-11	7	0	Missouri-Southern
Barisich, Carl	DE	1976	14	7	Princeton
Barr, Robert	T	1996	*0	0	Rutgers
Bates, Michael	WR	1993-94	31	1	Arizona
Bates, Phil	WR	2012-14	1	0	Ohio University
Bates, Solomon	LB	2003-04	17	3	Arizona State
Beamon, Autry	S	1977-79	45	39	East Texas State
Bebout, Nick	T	1976-79	56	55	Wyoming
Beede, Frank	G	1996-00	46	8	Panhandle State
Beeson, Terry	LB	1977-81	77	67	Kansas
Bell, Coleman	TE	1996	*0	0	Miami
Bell, Marcus	LB	2000-02	45	9	Arizona
Bell, Mark	TE/DE	1979-80, 82	41	2	Colorado State
Bellamy, Jay	S	1994-00	98	55	Rutgers
Bengen, Brant	WR	1987	3	0	Idaho
Benjamin, Tony	FB	1977-79	28	1	Duke
Bennett, Michael	**DE**	**2009, 2013-**	**59**	**46**	**Texas A&M**
Bentley, Kevin	LB	2005-07	43	5	Northwestern
Bernard, Rocky	DT	2002-08	103	55	Texas A&M
Bernard, Walter	CB	2002-03	1	0	New Mexico
Berry, Ray	LB	1993	8	2	Baylor
Berti, Tony	G/T	1998	*0	0	Colorado
Bickett, Duane	LB	1994-95	22	1	Southern California
Bierria, Terreal	S	2002-04	30	12	Georgia
Bigby, Atari	S	2010	15	2	Central Florida
Bitterlich, Don	K	1976	3	0	Temple
Blackmon, Harold	CB	2001-02	9	0	Northwestern
Blackmon, Robert	S	1990-96	106	96	Baylor
Blackshear, Jeff	G	1993-95	47	21	Northeast Louisiana
Blackwood, Lyle	S	1976	11	0	Texas Christian
Blades, Bennie	S	1997	10	9	Miami
Blades, Brian	WR	1988-98	156	122	Miami
Bloedorn, Greg	G	1997-99	12	0	Cornell
Blue, Anthony	CB	1987	3	0	Nevada-Las Vegas
Bolcar, Ned	LB	1990	5	0	Notre Dame
Bolton, Andrew	RB	1976	5	2	Fisk
Borchardt, Jon	G/T	1985-87	42	4	Montana State
Bosworth, Brian	LB	1987-89	24	24	Oklahoma
Boulware, Michael	S	2004-06	48	28	Florida State
Bouyer, Willie	WR	1989-90	1	0	Michigan State
Bowie, Michael	T	2013	9	8	Northeastern St. (Okla.)
Bowman, Barry	P	1987	1	0	Louisiana Tech
Bownes, Fabien	WR	1999-01	47	0	Western Illinois
Boyd, Dennis	DE/DT/T	1977-79, 81-82	59	27	Oregon State
Boyd, Jerome	LB	1983	5	0	Oregon State

Boykin, Trevone	**QB**	**2016-**	**5**	**0**	**Texas Christian**
Bradford, Allen	LB	2012-13	2	0	Southern California
Bradley, Ed	LB	1976	14	14	Wake Forest
Branch, Alan	DT	2011-12	31	31	Michigan
Branch, Deion	WR	2006-10	51	40	Louisville
Brandon, David	LB	1993-94	20	0	Memphis State
Brilz, Darrick	G/C	1989-93	78	44	Oregon State
Brinson, Larry	RB	1980	8	0	Florida
Britt, Justin	**C/G/T**	**2014-**	**47**	**47**	**Missouri**
Brock, Lou	CB	1988	1	0	Southern California
Brock, Raheem	DE	2010-11	32	0	Temple
Brooks, Michael	DT	2013	1	0	East Carolina
Broussard, Steve	RB	1995-98	58	2	Washington State
Brown, Arnold	CB	1987	2	0	North Carolina Central
Brown, Bryce	RB	2015	3	0	Kansas State
Brown, Chad	LB	1997-04	107	107	Colorado
Brown, Dave	S/CB	1976-86	159	159	Michigan
Brown, Joe	DT	2001-02	2	0	Ohio State
Brown, Josh	K	2003-07	80	0	Nebraska
Brown, Marcus	CB	2010	1	0	Arkansas State
Brown, Reggie	FB	1996-00	62	10	Fresno State
Brown, Theotis	RB	1981-83	22	7	UCLA
Brown, Tony	CB	1994-95	29	5	Fresno State
Brown, Travis	QB	2000	1	0	Northern Arizona
Browner, Brandon	CB	2011-13	36	36	Oregon State
Bryant, Beno	RB	1994	2	0	Washington
Bryant, Cullen	FB	1983-84	19	5	Colorado
Bryant, Jeff	DE/DT	1982-93	175	167	Clemson
Bryant, Red	DT	2008-13	64	55	Texas A&M
Bullard, Louis	T	1978-80	36	15	Jackson State
Bumpus, Michael	WR	2008	4	1	Washington State
Burleson, Nate	WR	2006-09	46	32	Nevada
Burley, Marcus	CB	2014-15	26	1	Delaware
Burnham, Tim	T	1987-88	3	3	Washington
Burse, Tony	FB	1987	12	0	Middle Tennessee State
Bush, Blair	C	1983-88	82	78	Washington
Butler, Chuck	LB	1984	8	0	Boise State
Butler, Crezdon	CB	2015	1	0	Clemson
Butler, Deon	WR	2009-11	35	8	Penn State
Butler, Hillary	LB	1998	7	0	Washington
Butler, Keith	LB	1978-87	146	132	Memphis State
Butler, Ray	WR	1985-88	41	8	Southern California
Byrd, Dominique	TE	2011	1	0	Southern California

C

Cain, Joe	LB	1989-92, 97	68	13	Oregon Tech
Caldwell, Tony	LB	1987	1	1	Washington
Campbell, Jack	T	1982	1	0	Utah
Canty, Chris	CB	1999-00	26	2	Kansas State
Carlson, John	TE	2008-11	47	38	Notre Dame
Carpenter, James	T	2011-14	45	39	Alabama
Carr, Roger	WR	1982	9	2	Louisiana Tech
Carter, Kerry	RB	2003-04	32	0	Stanford
Castor, Chris	WR	1983-84	23	0	Duke
Celestin, Oliver	S	2006	13	0	Texas Southern
Chadwick, Jeff	WR	1989-91	39	0	Grand Valley State
Chancellor, Kam	**S**	**2010-**	**100**	**84**	**Virginia Tech**
Charlton, Ike	CB	2000-01	31	1	Virginia Tech
Childs, Jason	G	1993	*0	0	North Dakota
Chukwurah, Patrick	DE	2012	^1	0	Wyoming
Clancy, Sam	DE	1983	13	0	Pittsburgh
Clark, Bernard	LB	1991	2	0	Miami
Clark, Frank	**DE**	**2015-**	**30**	**5**	**Michigan**
Clark, Greg	LB	1992	12	0	Arizona State

C

Player	Position	Years	GP	GS	College
Clark, Louis	WR	1987-92	55	15	Mississippi State
Clarke, Ken	NT	1988	16	1	Syracuse
Clemons, Chris	DE	2010-13	62	59	Georgia
Clune, Don	WR	1976	9	1	Pennsylvania
Cochran, Antonio	DT	1999-04	84	32	Georgia
Coder, Ron	G	1976-77, 79	43	19	Penn State
Coffield, Randy	LB	1976	13	0	Florida State
Coffman, Chase	TE	2015	37	3	Missouri
Cohen, Landon	DT	2014	^0	0	Ohio University
Colbert, Keary	WR	2008	7	4	Southern California
Cole, Colin	DT	2009-10	27	26	Iowa
Coleman, Andre	WR	1997	2	0	Kansas State-15
Coleman, Derrick	FB	2013-15	31	7	UCLA
Collins, Alex	**RB**	**2016-**	**10**	**0**	**Arkansas**
Collins, Greg	LB	1976	13	0	Notre Dame
Collins, Mark	S	1998	9	0	Cal State-Fullerton
Colquitt, Jimmy	P	1985	2	0	Tennessee
Comeaux, Darren	LB	1988-91	50	39	Arizona State
Cook, Kerwin	WR	2001	*0	0	Tulane
Cooke, Bill	DE/DT	1978-80	34	3	Massachusetts
Cooper, Chris	DT	2006	*0	0	Nebraska-Omaha
Cooper, Marquis	LB	2006	1	0	Washington
Corley, Chris	TE	1987	1	0	South Carolina
Cortes, Julio	LB	1987	3	3	Miami
Cotton, Marcus	LB	1991	3	0	Southern California
Coutu, Brandon	K	2008	*0	0	Georgia
Covington, Tony	S	1995	11	0	Virginia
Cowlings, Al	DE	1976	1	0	Southern California
Cox, Kennard	CB	2010-11	23	0	Pittsburgh
Cox, Perrish	CB	2013	2	0	Oklahoma State
Coyle, Brock	LB	2014-16	35	5	Montana
Crawford, Rufus	RB	1978	16	0	Virginia State
Croel, Mike	DE	1998	11	0	Nebraska
Cronan, Peter	LB	1977-79, 81	50	3	Boston College
Crumpler, Carlester	TE	1994-98	69	31	East Carolina
Cryder, Bob	T	1984-86	32	25	Alabama
Cunningham, Ed	C	1996	11	3	Washington
Cunningham, T.J.	S	1996	9	0	Colorado
Curry, Aaron	LB	2009-11	35	30	Wake Forest
Curtis, Mike	LB	1976	14	14	Duke

D

Daniels, B.J.	QB/WR	2013-15	6	0	South Florida
Daniels, David	WR	1991-92	29	1	Penn State
Daniels, Phillip	DE	1996-99	60	41	Georgia
Darby, Alvis	TE	1976	1	0	Florida
Darby, Chuck	DT	2005-07	36	34	South Carolina State
Darche, Jean-Philippe	LS	2000-06	97	0	McGill (Canada)
Davis, Anthony	LB	1993	10	0	Utah
Davis, Brian	CB	1991-92	29	2	Nebraska
Davis, Chris	FB	2003-04	1	0	Syracuse
Davis, Dexter	DE	2010-11	16	0	Arizona State
Davis, Fred	CB	1987	1	1	Western Carolina
Davis, Harlan	CB	1991	0	0	Tennessee
Davis, Kellen	TE	2013	15	4	Michigan State
Davis, Russell	DT	2006	13	0	North Carolina
Davis, Tyree	WR	1997	14	1	Central Arkansas
Dawkins, Sean	WR	1999-00	32	29	California
Dean, Konrad	T	2002	*0	0	Akron
Dean, Vernon	S	1988	16	0	San Diego State

Dee, Donnie	TE	1989	3	3	Tulsa
Demarie, John	G	1976	9	8	Louisiana State
DeVita, Rob	LB	1987	1	0	Illinois Benedictine
Dickenson, Dave	QB	2002	0	0	Montana
Dietrich-Smith, Evan	G	2010	*0	0	Idaho State
Dilfer, Trent	QB	2001-04	22	12	Fresno State
Dion, Terry	DE	1980	9	2	Oregon
Dixon, Zachary	RB	1983-84	26	2	Temple
Dobbs, Demarcus	DE	2014-15	15	0	Georgia
Dodge, Dedrick	S	1991-92	25	0	Florida State
Donaldson, Ray	C	1993-94	32	32	Georgia
Donnelly, Rick	P	1990-91	19	0	Wyoming
Doornink, Dan	FB/RB	1979-85	92	44	Washington State
Dorning, Dale	DE	1987	3	3	Oregon
Dorris, Andy	DE	1977	4	1	New Mexico State
Dove, Wes	DE	1987	2	0	Syracuse
Duckett, Forey	S	1994	2	0	Nevada
Duckett, T.J.	RB	2008	16	0	Michigan State
Dufek, Don	S	1976-77, 79-84	95	6	Michigan
Dugan, Bill	G	1981-83	40	5	Penn State
Durham, Kris	WR	2011	3	0	Georgia
Dyson, Andre	CB	2005	10	5	Utah

E

Easley, Kenny	S	1981-87	89	87	UCLA
East, Ron	DT	1977	14	14	Montana State
Eaton, Chad	DT	2001-02	32	32	Washington State
Edmonds, Bobby Joe	RB/KR	1986-88	42	0	Arkansas
Edmunds, Ferrell	TE	1993-94	23	23	Maryland
Edwards, Antonio	DE	1993-97	51	24	Valdosta State
Edwards, Braylon	WR	2012	10	1	Michigan
Edwards, Randy	DE/NT	1984-87	52	4	Alabama
Eisenhooth, John	NT	1987	1	0	Lock Haven
Eisenhooth, Stan	C	1987-88	13	0	Towson State
Eller, Carl	DE	1979	16	8	Minnesota
Elliott, DeAndre	**CB**	**2016-**	**13**	**0**	**Colorado State**
Eloms, Joey	CB	1998-99	6	0	Indiana
Engles, Rick	P	1976-77	15	0	Tulsa
Engram, Bobby	WR	2001-08	109	67	Penn State
Essink, Ron	T	1980-85	83	70	Grand Valley State
Evans, Doug	CB	2002-03	18	0	Louisiana Tech
Evans, Heath	FB	2001-04	61	1	Auburn
Evans, Norm	T	1976-78	38	25	Texas Christian
Evans, Russell	WR	1987	1	0	N.E. Missouri State

F

Fairbanks, Don	DE	1987	3	3	Colorado
Fanaika, Paul	G	2010-11	3	0	Arizona State
Fangupo, Hebron	DT	2012	1	0	Brigham Young
Fanning, Mike	DE	1984	16	0	Notre Dame
Fant, George	**T**	**2016-**	**14**	**9**	**Western Kentucky**
Farmer, George	RB	2015-	2	0	USC
Farrell, Sean	G	1992	6	0	Penn State
Farwell, Heath	LB	2011-14	43	0	San Diego State
Fauria, Christian	TE	1995-01	103	72	Colorado
Feagles, Jeff	P	1998-02	80	0	Miami
Feasel, Grant	C	1987-93	91	51	Abilene Christian
Fenner, Derrick	RB	1989-91	32	23	North Carolina
Fergerson, Duke	WR	1977-79	33	8	San Diego State
Fields, Scott	LB	1999	2	0	Southern California
Fifer, Bill	T	1979	*0	0	West Texas State
Finzer, Dave	P	1985	12	0	DePauw
Fisher, Bryce	DE	2005-07	33	31	Air Force Academy

F

Player	Position	Years	GP	GS	College
Fisher, Travis	CB	2009	4	0	Central Florida
Flones, Brian	LB	1981-82	13	0	Washington State
Flynn, Matt	QB	2012	3	0	Louisiana State
Foley, Glenn	QB	1999	2	1	Boston College
Forsett, Justin	RB	2008-11	62	7	California
Fort, L.J.	LB	2014	1	0	Northern Iowa
Francis, A.J.	DT	2015	2	0	Maryland
Frank, Malcolm	CB	1992	15	0	Baylor
Franklin, Byron	WR	1985-87	33	1	Auburn
Franklin, Jethro	DE	1989	7	1	Fresno State
French, Rufus	TE	1999-00	*0	0	Mississippi
Frese, Nolan	**LS**	**2016-**	**16**	**0**	**Houston**
Frier, Mike	DT	1994	2	0	Appalachian State
Friesz, John	QB	1995-98	21	11	Idaho
Frye, Brandon	T	2009	4	3	Virginia Tech
Frye, Charlie	QB	2007-08	2	1	Akron
Fuller, Curtis	S	2001-02	26	2	Texas Christian
Fuller, Randy	CB	1999	2	0	Tennessee State

G

Gaines, Greg	LB	1981, 83-88	88	43	Tennessee
Gallery, Robert	G	2011	12	12	Iowa
Galloway, Joey	WR	1995-99	71	67	Ohio State
Gamache, Vince	P	1986	16	0	Cal State-Fullerton
Ganther, Quinton	FB	2010	3	1	Utah
Garcia, Frank	P	1981	1	0	Arizona
Gardner, Rich	CB	2006	*0	0	Penn State
Geathers, Clifton	DE	2010	*0	0	South Carolina
Geddes, Ken	LB	1976-78	36	25	Nebraska
Gelbaugh, Stan	QB	1992-96	13	9	Maryland
George, Jeff	QB	2002	0	0	Illinois
Giacomini, Breno	T	2010-13	40	33	Louisville
Gibson, Mike	G	2009-11	20	8	California
Gilbert, Gale	QB	1985-86	25	2	California
Gilliam, Garry	T	2014-16	44	30	Penn State
Glasgow, Nesby	S	1988-92	77	30	Washington
Glaze, Charles	CB	1987	3	2	South Carolina State
Glover, Kevin	C	1998-99	14	14	Maryland
Glowinski, Mark	**G**	**2015-**	**25**	**17**	**West Virginia**
Goddard, Na'Shan	T	2008	2	0	South Carolina
Godfrey, Chris	G	1988	9	2	Michigan
Godfrey, Randall	LB	2003	15	14	Georgia
Goodman, Malliciah	DE	2016	1	0	Clemson
Gordon, Amon	DT	2010	1	0	Stanford
Gorrer, Danny	CB	2012	*0	0	Texas A&M
Graff, Neil	QB	1976	*0	0	Wisconsin
Graham, David	DE/NT	1982, 1987	6	2	Morehouse
Graham, Derrick	G	1996-97	25	25	Appalachian State
Graham, Jay	RB	2001	11	0	Tennessee
Graham, Jeff	QB	1993-94	*0	0	Long Beach State
Graham, Jimmy	**TE**	**2015-**	**27**	**26**	**Miami**
Grant, Deon	S	2007-09	48	48	Tennessee
Grant, Will	C	1986	7	6	Kentucky
Gray, Carlton	CB	1993-96	53	45	UCLA
Gray, Chris	G/C	1998-08	158	145	Auburn
Gray, Oscar	FB	1996-97	9	0	Arkansas
Green, Ahman	RB	1998-99	30	0	Nebraska
Green, Boyce	RB	1987	2	2	Carson-Newman
Green, Howard	DT	2007-08	18	0	Louisiana State
Green, Jacob	DE	1980-91	178	176	Texas A&M
Green, Jessie	WR	1979-80	23	0	Tulsa

Green, Marcus	DT	2006	2	0	Ohio State
Green, Mike	S	2006	15	1	Northwestern State
Green, Paul	TE	1992-94	35	23	Southern California
Green, Sammy	LB	1976-79	60	44	Florida
Green, Tony	KR	1979	11	0	Florida
Greene, Andrew	G	1998	4	0	Indiana
Greene, Danny	WR	1985	4	0	Washington
Greene, David	QB	2005-06	*0	0	Georgia
Gregory, Bill	DE/DT	1978-80	47	43	Wisconsin
Gresham, Clint	LS	2010-15	96	0	Texas Christian
Griffith, Justin	FB	2009	13	12	Mississippi State
Griffith, Russell	P	1987	2	0	Weber State
Guy, Winston	S	2012	2	0	Kentucky

H

Habib, Brian	G	1998-99	32	32	Washington
Hackett, D.J.	WR	2004-07	33	14	Colorado
Hackett, Dino	LB	1993	3	0	Appalachian State
Hagen, Mike	FB	1987	2	1	Montana
Hagler, Scott	K	1987	2	0	South Carolina
Hamdan, Gibran	QB	2006	*0	0	Indiana
Hamilton, Ben	G	2010	7	6	Minnesota
Hamlin, Ken	S	2003-06	54	52	Arkansas
Hand, Norman	DT	2003	6	5	Mississippi
Hanks, Merton	S	1999	12	2	Iowa
Hannam, Ryan	TE	2002-05	52	5	Northern Iowa
Hanousek, Matt	T/G	1987	3	3	Utah State
Hansen, Don	LB	1976	2	0	Illinois
Harden, Michael	CB	2004-05	4	0	Missouri
Hardy, Andre	FB	1985	3	1	St. Mary's
Hardy, Darryl	LB	1997	2	0	Tennessee
Hardy, Robert	DT	1979-82	54	53	Jackson State
Hargrove, Anthony	DL	2011	15	0	Georgia Tech
Harmon, Kevin	RB	1988-89	9	0	Iowa
Harper, Dwayne	CB	1988-93	94	76	South Carolina State
Harris, Corey	CB	1995-96	32	32	Vanderbilt
Harris, DuJuan	RB	2015	2	0	Troy
Harris, Elroy	RB	1989	14	0	Eastern Kentucky
Harris, Franco	FB	1984	8	6	Penn State
Harris, John	S	1978-85	119	112	Arizona State
Harris, Richard	DE/DT	1976-77	28	24	Grambling
Harris, Ronnie	WR	1994-98	44	0	Oregon
Harrison, Martin	DE	1997	8	0	Washington
Hart, Roy	NT	1988-89	16	1	South Carolina
Harvin, Percy	WR	2013-14	6	4	Florida
Hass, Mike	WR	2009	1	0	Oregon State
Hasselbeck, Matt	QB	2001-10	138	131	Boston College
Hauck, Tim	S	1997	16	0	Montana
Hauptmann, Caylin	T	2013	*0	0	Florida International
Hauschka, Steven	K	2011-16	96	0	North Carolina State
Hawthorne, David	LB	2008-11	61	41	Texas Christian
Hayes, Eric	DT	1990-91	21	3	Florida State
Heck, Andy	T/G	1989-93	77	70	Notre Dame
Helfet, Cooper	TE	2012-15	24	4	Duke
Heller, Ron	TE	1990, 92	32	16	Oregon State
Heller, Will	TE	2006-08	44	6	Georgia Tech
Henry, Chris	RB	2010	1	0	Arizona
Heppner, Kris	K	2000	4	0	Montana
Hernandez, Matt	T	1983	8	1	Purdue
Herndon, Kelly	CB	2005-06	28	22	Toledo
Herrera, Efren	K	1978-81	60	0	UCLA
Herring, Will	LB	2007-10	54	8	Auburn
Hester, Devin	WR	2016	^0	0	Miami
Hicks, Mark	LB	1983	10	1	Arizona State
Hill, James	TE	2000	10	0	Abilene Christian

H

Player	Position	Years	GP	GS	College
Hill, Jordan	DT	2013-15	27	1	Penn State
Hill, Leroy	LB	2005-12	97	89	Clemson
Hill, Matt	T	2002-03	27	2	Boise State
Hilliard, John	DE	2000-02	27	11	Mississippi State
Hines, Andre	T	1980	9	0	Stanford
Hire, Doug	C	1987	3	1	Linfield
Hitchcock, Bill	T/G	1991-94	51	39	Purdue
Hoaglin, Fred	C	1976	13	7	Pittsburgh
Hobbs, Daryl	WR	1997	10	0	Pacific
Hobbs, Kevin	CB	2007-08	20	0	Auburn
Hollie, Doug	DE	1987-88	5	0	Southern Methodist
Hollis, David	CB/S	1987-89	27	0	Nevada-Las Vegas
Houser, Kevin	LS	2009	14	0	Ohio State
Houshmandzadeh, T.J.	WR	2009	16	16	Oregon State
Howard, Jaye	DT	2012	2	0	Florida
Howard, Ron	TE	1976-78	42	36	Seattle
Howell, John	S	2005	10	0	Colorado State
Huard, Brock	QB	1999-01	6	4	Washington
Hudson, Gordon	TE	1986	16	4	Brigham Young
Huff, Orlando	LB	2001-04	55	23	Fresno State
Hughes, David	FB	1981-85	69	27	Boise State
Hughes, Van D	T	1987	1	1	Southwest Texas State
Hunt, Joey	**C**	**2016-**	**9**	**1**	**Texas Christian**
Hunter, Al	RB/FB	1977-80	53	5	Notre Dame
Hunter, John	G	1992	5	3	Brigham Young
Hunter, Patrick	CB	1986-94	120	99	Nevada-Reno
Hunter, Pete	CB	2006	^0	0	Virginia Union
Hunter, Wayne	T	2003	2	0	Hawaii
Hutchinson, Steve	G	2001-05	68	68	Michigan
Hyde, Glenn	C	1986	3	0	Pittsburgh

I

Ifedi, Germain	**G**	**2016-**	**13**	**13**	**Texas A&M**
Innocent, Dou	WR	1996	4	0	Mississippi
Irvin, Bruce	DE	2012-15	58	37	West Virginia
Irvin, Darrell	DE	1983	16	0	Oklahoma
Ivory, Horace	RB	1981-82	12	0	Oklahoma

J

Jackson, Darrell	WR	2000-06	96	90	Florida
Jackson, Fred	RB	2015	16	0	Coe College
Jackson, Harold	WR	1983	15	6	Jackson State
Jackson, Joe	LB	1987	3	0	San Francisco State
Jackson, Lawrence	DE	2008-09	31	24	Southern California
Jackson, Michael	LB	1979-86	105	78	Washington
Jackson, Tarvaris	QB	2011, 2013-15	23	14	Alabama State
Jackson, Terry	CB	1984-85	32	0	San Diego State
James, Edgerrin	RB	2009	7	0	Miami
James, Toran	LB	1998	*0	0	North Carolina A&T
Jeanpierre, Lemuel	C/G	2010-15	63	11	South Carolina
Jefferson, James	CB	1989-93	58	3	Texas A&I
Jefferson, Quinton	**DT**	**2016-**	**3**	**0**	**Maryland**
Jenkins, John	DT	2016	2	0	Georgia
Jenkins, Marcus	G	2000	*0	0	Central Florida
Jenkins, Melvin	CB	1987-90	60	20	Cincinnati
Jennings, Kelly	CB	2006-10	77	42	Miami
Jodat, Jim	FB	1980-81	28	18	Carthage
Johns, Paul	WR	1981-84	40	18	Tulsa
Johnson, Dustin	FB	1999	1	0	Brigham Young
Johnson, Greggory	CB	1981-83, 86	56	3	Oklahoma State
Johnson, Jeron	S	2011-14, 16	50	1	Boise State

Johnson, Johnnie	S	1989	3	1	Texas
Johnson, M.L.	LB	1987-89	37	9	Hawaii
Johnson, Norm	K	1982-90	134	0	UCLA
Johnson, Rishaw	G	2012	*0	0	California Univ. (Pa.)
Johnson, Tracy	FB	1992-95	63	15	Clemson
Jolley, Gordon	G/T	1976-77	26	15	Utah
Jones, Donnie	P	2004	6	0	Louisiana State
Jones, Ernie	CB	1976	9	3	Miami
Jones, Horace	DE	1977	1	0	Louisville
Jones, James	FB	1989-92	50	7	Florida
Jones, Jason	DE	2012	12	0	Eastern Michigan
Jones, Julius	RB	2008-10	31	24	Notre Dame
Jones, Mike	LB	1977	12	0	Jackson State
Jones, Mike	TE	1992	4	1	Texas A&M
Jones, Rod	TE	1989	4	0	Washington
Jones, Selwyn	CB	1995-96	31	1	Colorado State
Jones, Walter	T	1997-09	180	180	Florida State
Joppru, Ben	TE	2006-07	18	0	Michigan
Jordan, Charles	WR	1999	4	1	Long Beach City College
Joseph, Kerry	S	1998-01	56	14	McNeese State
Joyce, Matt	G	1995	16	13	Richmond
Juma, Kevin	WR	1987	3	2	Idaho
Junior, E.J.	LB	1992-93	9	0	Alabama
Junkin, Trey	TE	1990-95	92	2	Louisiana Tech
Jurevicius, Joe	WR	2005	16	12	Penn State
Justin, Kerry	CB	1978-83, 86-87	105	35	Oregon State

K

Kacyvenski, Isaiah	LB	2000-06	90	22	Harvard
Kaiser, John	LB	1984-86	48	0	Arizona
Kane, Tommy	WR	1988-92	46	26	Syracuse
Kasay, John	K	1991-94	64	0	Georgia
Kashama, Alain	DE	2005	1	0	Michigan
Kasper, Kevin	WR	2002	3	0	Iowa
Kauahi, Kani	C	1982-86	60	5	Hawaii
Kaumeyer, Thom	S	1989-90	8	0	Oregon
Kearse, Jermaine	**WR**	**2012-**	**69**	**51**	**Washington**
Keel, Mark	TE	1987	3	3	Arizona
Keim, Mike	T	1992-95	27	0	Brigham Young
Kelly, Jeff	QB	2002	*0	0	Southern Mississippi
Kelly, Maurice	S	2000-01	24	3	East Tennessee State
Kemp, Jeff	QB	1987-91	55	7	Dartmouth
Kendall, Pete	G	1996-00	76	75	Boston College
Kennedy, Cortez	DT	1990-00	167	153	Miami
Kent, Jordan	WR	2008	9	1	Oregon
Kerney, Patrick	DE	2007-09	37	36	Virginia
Killens, Terry	LB	2002	3	0	Penn State
King, David	DE	2014-15	7	0	Oklahoma
King, Jarriel	T	2011	1	0	South Carolina
King, Lamar	DE	1999-03	57	37	Saginaw Valley State
Kinlaw, Reggie	NT	1985-86	30	5	Oklahoma
Kirkland, Levon	LB	2001	16	16	Clemson
Kirtman, David	FB	2006	6	0	Southern California
Kitna, Jon	QB	1997-00	39	33	Central Washington
Konz, Jameson	LB	2010-11	1	0	Kent State
Koonce, George	LB	2000	16	16	East Carolina
Koutouvides, Niko	LB	2004-07	59	2	Purdue
Kraayeveld, Dave	DE/DT	1978	12	0	Milton
Krieg, Dave	QB	1980-91	129	116	Milton
Kuehn, Art	C/G	1976-82	98	33	UCLA
Kyle, Jason	LB	1995-98	48	0	Arizona

L

LaBounty, Matt	DE	1996-01	65	9	Oregon
Lambert, Dion	S	1994-95	1	1	UCLA
Lane, Eric	FB/RB	1981-87	97	12	Brigham Young
Lane, Jeremy	**CB**	**2012-**	**57**	**15**	**Northwestern St. (La.)**
Largent, Steve	WR	1976-89	200	197	Tulsa
Laughton, Jim	TE	1986	6	0	San Diego State
Laury, Lance	LB	2006-09	56	0	South Carolina
Lavine, Paul	LB	1987	3	1	Utah State
Le Bel, Harper	TE	1989	16	0	Colorado State
Lee, Ronnie	T	1990-92	34	21	Baylor
Levingston, Pep	DT	2011	4	0	LSU
Lewis, D.D.	LB	2002-06, 08-09	74	20	Texas
Lewis, Patrick	C	2014-15	17	13	Texas A&M
Lewis, Roy	CB	2009-11	33	1	Washington
Lewis, Will	CB	1980-81	26	0	Millersville State
Leypoldt, John	K	1976-78	25	0	No College
Lincoln, Jeremy	CB	1997	12	3	Tennessee
Lindell, Rian	K	2000-02	44	0	Washington State
Lindley, David	QB	1987	*0	0	Linfield
Lockett, Tyler	**WR**	**2015-**	**31**	**17**	**Kansas State**
Lockette, Ricardo	WR	2011, 2013-15	34	1	Fort Valley State
Locklear, Sean	T	2004-10	96	78	North Carolina State
Logan, James	LB	1995-00	63	4	Memphis
Long, Doug	WR	1977-78	16	0	Whitworth
Longwell, Ryan	K	2012	^1	0	California
Losman, J.P.	QB	2010	*0	0	Tulane
Lotulelei, John	LB	2013	2	0	UNLV
Loville, Derek	RB	1990-91	27	1	Oregon
Lucas, Ken	CB	2001-04, 09	78	53	Mississippi
Lumpkin, Kregg	RB	2012	*0	0	Georgia
Lurtsema, Bob	DE/DT	1976-77	27	25	Western Michigan
Lynch, Marshawn	RB	2010-15	82	77	California
Lynch, Tom	G	1977-80	60	48	Boston College
Lytle, Matt	QB	2000	1	0	Pittsburgh

M

McAlister, Ken	S	1982-83	11	0	San Francisco
McBride, Tod	CB	2004	*0	0	UCLA
McCleary, Norris	DT	2002	*0	0	East Carolina
McCloughan, Dave	CB/S	1993-94	28	12	Colorado
McCoy, Anthony	TE	2010-15	35	14	Southern California
McCoy, Matt	LB	2010-11	18	1	San Diego State
McCrary, Fred	FB	2007	6	0	Mississippi State
McCrary, Michael	DE	1993-96	58	13	Wake Forest
McCray, Kelcie	S	2015-16	32	7	Arkansas State
McCullum, Sam	WR	1976-81	91	78	Montana State
McCutcheon, Lawrence	FB	1980	8	1	Colorado State
McDaniel, Terry	CB	1998	9	0	Tennessee
McDaniel, Tony	DT	2013-14, 16	48	39	Tennessee
McDonald, Andrew	T	2014	2	0	Indiana
McDonald, Clinton	DT	2011-13	44	2	Memphis
McDonald, Dewey	**LB**	**2016-**	**14**	**0**	**California Univ. (Pa.)**
McElroy, Vann	S	1990	10	0	Baylor
McEndoo, Jason	C	1998	1	0	Washington State
McEvoy, Tanner	**WR**	**2016-**	**14**	**0**	**Wisconsin**
McGrath, Mark	WR	1981	6	0	Montana State
McGrath, Sean	TE	2012	2	0	Henderson St. (Ark.)
McGwire, Dan	QB	1991-94	12	5	San Diego State
McIntosh, Chris	T	2000-01	24	13	Wisconsin
McIntosh, Damion	T	2009	10	2	Kansas State
McKenzie, Reggie	G	1983-84	24	22	Michigan
McKinney, Steve	C	2008	*0	0	Texas A&M
McKinnis, Hugh	FB	1976	11	5	Arizona State

McKissic, J.D.	**RB**	**2016-**	**1**	**0**	**Arkansas State**
McKnight, James	WR	1994-98	60	7	Liberty
McMakin, John	TE	1976	12	1	Clemson
McMillan, Eddie	CB	1976-77	28	28	Florida State
McMillian, Henry	DE	1995-96	4	0	Florida
McMullen, Billy	WR	2008	4	2	Virginia
McNeal, Travis	TE	1989-91	48	24	Tennessee-Chattanooga
McQuistan, Paul	G/T	2011-13	48	40	Weber State
McShane, Charles	LB	1977-79	29	0	California Lutheran
McVeigh, John	LB	1987	3	3	Miami
Mack, Kim	S	1987	1	0	Florida State
Magee, Terrence	RB	2016	2	0	Louisiana State
Mangiero, Dino	NT	1984	15	0	Rutgers
Manuel, Marquand	S	2004-05	31	11	Florida
Maragos, Chris	S	2011-13	42	0	Wisconsin
Mare, Olindo	K	2008-10	48	0	Syracuse
Marinaro, Ed	FB	1977	2	0	Cornell
Marsh, Cassius	**DE**	**2014-**	**37**	**1**	**UCLA**
Martin, Amos	LB	1977	2	0	Louisville
Martin, Charly	WR	2012	4	1	West Texas A&M
Martin, Kelvin	WR	1993-94	32	29	Boston College
Martin, Ruvell	WR	2010	4	0	Saginaw Valley State
Mathison, Bruce	QB	1987	3	2	Nebraska
Mattes, Ron	T	1986-90	75	59	Virginia
Matthews, Al	S	1976	14	14	Texas A&I
Matthews, Chris	WR	2014-15	12	0	Kentucky
Mawae, Kevin	C/G	1994-97	62	59	Louisiana State
Maxwell, Byron	CB	2011-14	47	17	Clemson
Maxwell, Vernon	LB	1989	9	7	Arizona State
May, Deems	TE	1997-99	47	0	North Carolina
Mayes, Derrick	WR	1999-00	28	23	Notre Dame
Mayes, Rueben	RB	1992-93	17	0	Washington State
Mayowa, Benson	DE	2013	2	0	Idaho
Mebane, Brandon	DT	2007-15	131	125	California
Merriman, Sam	LB	1983-87	71	1	Idaho
Metzelaars, Pete	TE	1982-84	34	13	Wabash
Michael, Christine	RB	2013-16	26	9	Texas A&M
Mili, Itula	TE	1998-06	114	43	Brigham Young
Millard, Bryan	G/T	1984-91	121	99	Texas
Millard, Keith	DT	1992	2	0	Washington State
Miller, Brandon	DE	2008	1	0	Georgia
Miller, Darrin	LB	1988-89	32	0	Tennessee
Miller, Donald	LB	1990	7	0	Idaho State
Miller, Keith	LB	2002	7	0	California
Miller, Terry	RB	1981	1	0	Oklahoma State
Miller, Zach	TE	2011-14	48	44	Arizona State
Milloy, Lawyer	S	2009-10	32	18	Washington
Milne, Brian	FB	1999	10	0	Penn State
Milton, Keavon	G	2014	*0	0	Louisiana-Monroe
Minor, Vic	S	1980-81	20	0	Northeast Louisiana
Miranda, Paul	CB	2000-01	12	2	Central Florida
Mirer, Rick	QB	1993-96	55	51	Notre Dame
Mitchell, Brandon	DE	2002-04	34	8	Texas A&M
Mitz, Alonzo	DE	1986-89	40	7	Florida
Moeaki, Tony	TE	2014	6	2	Iowa
Moffitt, John	G	2011-12	17	15	Wisconsin
Montgomery, Glenn	DT	1996	7	1	Houston
Moody, Michael	T	1994	*0	0	Southern California
Moon, Warren	QB	1997-98	25	24	Washington
Moore, Alvin	RB	1987	1	0	Arizona State
Moore, Damontre	DE	2016	4	0	Texas A&M
Moore, Evan	TE	2012	14	1	Stanford
Moore, Jeff	RB	1979-81	32	3	Jackson State
Moore, Mark	S	1987	5	0	Oklahoma State
Moore, Rashad	DT	2003-04	30	18	Tennessee
Morgan, Mike	**LB**	**2011**	**76**	**6**	**Southern California**
Morrah, Cameron	TE	2009-12	26	6	California

M

Player	Position	Years	GP	GS	College
Morris, Maurice	RB	2002-08	101	22	Oregon
Morris, Michael	LS	1990	4	0	N.E. Missouri State
Morris, Randall	RB	1984-88	61	2	Tennessee
Morton, Michael	RB	1987	2	0	Nevada-Las Vegas
Moss, Winston	LB	1995-97	46	46	Miami
Moten, Adrian	LB	2011	2	0	Maryland
Moyer, Paul	S	1983-89	98	30	Arizona State
Munson, Bill	QB	1976	6	0	Utah State
Murphy, Kevin	LB	1993	14	10	Oklahoma
Myer, Steve	QB	1976-80	13	4	New Mexico
Myles, DeShone	LB	1998-00	16	7	Nevada

N

Nash, Joe	DT/NT	1982-96	218	169	Boston College
Nelson, Ralph	RB	1976	7	3	No College
Ness, Nate	CB	2010	1	1	Arizona
Newbill, Richard	LB	1990-92	10	0	Miami
Newton, Bob	G	1976-81	82	66	Nebraska
Niehaus, Steve	DE/DT	1976-78	36	20	Notre Dame
Norman, Dennis	T	2001-04	1	0	Princeton
Norman, Joe	LB	1979-81, 83	50	10	Indiana
Norman, Todd	G	1995	*0	0	Notre Dame
Norwood, Kevin	WR	2014	9	1	Alabama
Nowak, Drew	C	2014-15	10	7	Western Michigan

O

O'Brien, Mike	S	1979	3	0	California
O'Callaghan, John	TE	1987	1	0	San Diego State
Obomanu, Ben	WR	2006-11	66	13	Auburn
Odhiambo, Rees	**G**	**2016-**	**8**	**0**	**Boise State**
Okeafor, Chike	DE	2003-04	32	32	Purdue
Okung, Russell	T	2010-15	72	72	Oklahoma State
Olds, Bill	FB	1976	1	1	Nebraska
Omiyale, Frank	T	2012	16	0	Tennessee Tech
Orns, Fred	LB	1987	2	0	Chapman College
Ott, Tyler	**LS**	**2016-**	**^0**	**0**	**Harvard**
Overhauser, Chad	G	2000	*0	0	UCLA
Owens, John	TE	2009	16	2	Notre Dame
Owens, Rich	DE	2002	3	0	Lehigh

P

Packer, Walter	CB/KR	1977	10	0	Mississippi State
Palepoi, Anton	DE	2002-04	21	1	Nevada-Las Vegas
Pardridge, Curt	WR	1987	3	0	Northern Illinois
Parker, Riddick	DT	1997-00	51	19	North Carolina
Parker, Ron	CB	2011-12	4	0	Newberry College
Parks, Terrance	S	2014	1	0	Florida State
Parros, Rick	FB/RB	1985, 87	5	1	Utah State
Parry, Josh	FB	2006	8	0	San Jose State
Pawelek, Joe	LB	2010	1	0	Baylor
Payne, Logan	WR	2008	2	2	Minnesota
Pearman, Alvin	RB	2007	3	0	Virginia
Peets, Brian	TE	1978-79	25	14	Pacific
Penchion, Bob	G	1976	13	13	Alcorn A&M
Perryman, Dean	C	1987	1	0	Washington
Person, Mike	T	2012-13	1	0	Montana State
Peterson, Julian	LB	2006-08	48	47	Michigan State
Peterson, Todd	K	1995-99	80	0	Georgia
Pierre-Louis, Kevin	LB	2014-16	34	1	Boston College
Pinkard, Josh	CB	2010	*0	0	Southern California
Pinkins, Eric	LB	2014-15	6	0	San Diego State
Pitts, Chester	G	2010	7	5	San Diego State

Plackemeier, Ryan	P	2006-08	33	0	Wake Forest
Pollard, Marcus	TE	2007	14	10	Bradley
Pollard, Robert	DE	2005-06	1	0	Texas Christian
Polowski, Larry	LB	1979	14	0	Boise State
Polumbus, Tyler	T	2010-11	19	7	Colorado
Ponder, Willie	WR	2006	6	0	S.E. Missouri State
Pope, Troymaine	RB	2016-	3	0	Jacksonville State
Porter, Rufus	LB	1988-94	98	67	Southern
Portis, Josh	QB	2011-12	*0	0	California Univ. (Pa.)
Powell, Alvin	G	1987-88	18	0	Winston-Salem State
Powell, Ronald	**LB**	**2016-**	***0**	**0**	**Florida**
Powell, Tyvis	S	2016	8	0	Ohio State
Pratt, Robert	G	1982-85	52	52	North Carolina
Preece, Steve	S	1977	14	14	Oregon State
Price, Ernie	DE	1978-79	16	15	Texas A&I
Pritchard, Mike	WR	1996-99	62	41	Colorado
Proehl, Ricky	WR	1995-96	24	7	Wake Forest
Prosise, C.J.	**RB**	**2016-**	**6**	**2**	**Notre Dame**
Pruitt, Etric	S	2005	6	0	Southern Mississippi
Putzier, Jeb	TE	2008	6	1	Boise State

R

Rackley, Derek	LS	2006-07	20	0	Minnesota
Raible, Steve	WR	1976-81	83	8	Georgia Tech
Ramsey, Greg	DE	1987	2	0	Fresno State
Randall, Curtis	LB	2004	4	0	Louisiana Tech
Randle, John	DT	2001-03	43	35	Texas A&I
Rankin, Louis	RB	2009	9	0	Washington
Rawls, Thomas	**RB**	**2015-**	**22**	**14**	**Central Michigan**
Rayhle, Fred	TE	1977	2	0	Tenn-Chattanooga
Redding, Cory	DE	2009	15	3	Texas
Reece, Geoff	C	1977	5	0	Washington State
Reece, Marcel	FB	2016	4	0	Washington
Reed, Jarran	**DT**	**2016-**	**15**	**6**	**Alabama**
Reed, Nick	DE	2009	16	0	Oregon
Rennaker, Terry	LB	1980	15	0	Stanford
Rice, Jerry	WR	2004	11	9	Mississippi Valley State
Rice, Sidney	WR	2011-13	33	31	South Carolina
Richard, Kris	CB	2002-04	38	1	Southern California
Richards, Howard	T	1987	2	2	Missouri
Richardson, C.J.	S	1997	15	0	Miami
Richardson, Jay	DE	2010	7	0	Ohio State
Richardson, Kyle	P	1997	2	0	Arkansas State
Richardson, Paul	**WR**	**2014-**	**31**	**6**	**Colorado**
Ridgle, Elston	DE	1989	2	0	Nevada-Reno
Riley, Patrick	DT	1996	*0	0	Miami
Roberts, Ray	T	1992-95	57	46	Virginia
Robertson, Marcus	S	2001-02	27	27	Iowa State
Robertson, Travian	DT	2014	1	0	South Carolina
Robinson, Damien	S	2003-04	15	4	Iowa
Robinson, Eugene	S	1985-95	170	152	Colgate
Robinson, Jeff	LS	2007-09	21	0	Idaho
Robinson, Koren	WR	2001-04, 08	69	64	North Carolina State
Robinson, Michael	RB	2010-13	50	18	Penn State
Robinson, Rafael	S	1992-95	51	5	Wisconsin
Robinson, Shelton	LB	1982-85	56	35	North Carolina
Robinson, Will	T	2010	*0	0	San Diego State
Robinson, Zac	QB	2010	*0	0	Oklahoma State
Roche, Alden	DE	1977-78	21	12	Southern
Rodenhauser, Mark	LS	1999	8	0	Illinois State
Rodgers, Tyrone	DT	1992-94	37	0	Washington
Rodriguez, Ruben	P	1987-89	44	0	Arizona
Rogers, Charlie	RB/KR	1999-01	41	0	Georgia Tech
Romes, Charles	CB	1987	*0	0	North Carolina Central
Ross, Dan	TE	1985	10	5	Northeastern
Ross, Gerard	CB	2006	^0	0	Florida State
Ross, Oliver	RB	1976	14	10	Alabama A&M
Rouen, Tom	P	2003-05	32	0	Colorado

R

Player	Position	Years	GP	GS	College
Rubin, Ahtyba	**DT**	**2015-**	**32**	**32**	**Iowa State**
Rusk, Reggie	CB	1997-98	2	0	Kentucky
Russell, Brian	S	2007-08	32	32	San Diego State
Ryan, Jon	**P**	**2008-**	**143**	**0**	**Regina**

S

Sager, Ken	TE	1987	3	1	Western Washington
Saleaumua, Dan	DT	1997-98	27	15	Arizona State
Salisbury, Sean	QB	1986	*0	0	Southern California
Sandifer, Bill	DT	1977-78	16	15	UCLA
Sanford, Rick	S	1985	5	0	South Carolina
Sawyer, John	TE	1977-78, 80-82	65	39	Southern Mississippi
Scales, Dwight	WR	1984	4	0	Grambling
Schilling, Stephen	C	2014	8	3	Michigan
Schmitt, Owen	FB	2008-09	30	2	West Virginia
Schmitt, Tyler	LS	2008	*0	0	San Diego State
Schofield, O'Brien	LB	2013-14	31	2	Wisconsin
Scholtz, Bruce	LB	1982-88	96	95	Texas
Schreiber, Adam	G	1984	6	0	Texas
Scobey, Josh	RB	2005-06	32	0	Kansas State
Scoggins, Ron	T	1987	3	0	Nevada-Las Vegas
Scruggs, Greg	DE	2012-14	11	0	Louisville
Seigler, Dexter	CB	1996-97	14	0	Miami
Sevy, Jeff	G/T	1979-80	19	5	California
Sharper, Jamie	LB	2005	8	8	Virginia
Shaw, Bobby	WR	1998	1	0	California
Shaw, Rickie	T	1993	*0	0	North Carolina
Shead, DeShawn	**CB**	**2012-**	**52**	**22**	**Portland State**
Sherman, Richard	**CB**	**2011-**	**96**	**90**	**Stanford**
Siavii, Junior	DT	2010	14	6	Oregon
Siliga, Sealver	DT	2016	4	0	Utah
Simmons, Anthony	LB	1998-04	86	79	Clemson
Simon, Tharold	CB	2013-16	11	5	Louisiana State
Simonson, Dave	T	1976	5	0	Minnesota
Simpson, Keith	CB/S	1978-85	108	70	Memphis State
Sims, David	FB/RB	1977-79	29	12	Georgia Tech
Sims, Jack	G	1987	3	2	Hawaii
Sims, Rob	G	2006-09	45	34	Ohio State
Sinclair, Michael	DE	1991-01	144	114	Eastern New Mexico
Singer, Curt	T	1986, 90-91	24	0	Tennessee
Skansi, Paul	WR	1984-91	100	2	Washington
Skow, Jim	DE	1991	11	1	Nebraska
Smith, D'Anthony	DT	2013-14	2	0	Louisiana Tech
Smith, Dallis	S	1987	3	3	Valdosta State
Smith, Darrin	LB	1998-99	28	27	Miami
Smith, Garrison	**DT**	**2016-**	**3**	**0**	**Georgia**
Smith, Kevin	WR	2015	7	1	Washington
Smith, Lamar	RB	1994-97	43	4	Houston
Smith, Malcolm	LB	2011-14	57	16	Southern California
Smith, Rod	RB	2015	1	0	Ohio State
Smith, Sherman	RB	1976-82	82	68	Miami, Ohio
Smith, Steve	FB	1994-95	25	7	Penn State
Smith, Tye	CB	2015	3	0	Towson
Snell, Donald	WR	1987	1	0	Virginia Tech
Sokoli, Kristjan	C	2015	2	0	Buffalo
Sowell, Bradley	T	2016	10	9	Mississippi
Spagnola, John	TE	1988	16	4	Yale
Speer, Del	S	1994	1	0	Florida
Spencer, Chris	C	2005-10	82	70	Mississippi
Spiller, C.J.	RB	2016	2	0	Clemson
Spitulski, Bob	LB	1992-94	26	1	Central Florida
Spitz, Jason	C	2013	*0	0	Louisville

Springs, Shawn	CB	1997-03	93	88	Ohio State
Stark, Chad	FB	1987	2	0	North Dakota State
Stark, Rohn	P	1997	4	0	Florida State
Stephens, Rod	LB	1989-94	75	34	Georgia Tech
Stevens, Jerramy	TE	2002-06	71	26	Washington
Stewart, Russell	TE	2001	*0	0	Stanford
Stokes, Eric	S	1997-98	11	0	Nebraska
Stokley, Brandon	WR	2010	11	0	Louisiana-Lafayette
Stouffer, Kelly	QB	1988-92	22	16	Colorado State
Stowe, Tyronne	LB	1995	6	6	Rutgers
Streater, Rahmaan	DE	2000	*0	0	Richmond
Strong, Mack	FB	1994-07	201	108	Georgia
Strozier, Wilbur	TE	1987	12	3	Georgia
Stutz, Boone	LS	2007	8	0	Texas A&M
Sutherland, Doug	DT	1981	16	6	Wisconsin-Superior
Sweeney, Jim	C	1995	16	16	Pittsburgh
Sweezy, J.R.	G	2012-15	59	49	North Carolina State

T

Tafoya, Joe	DE	2005-06	28	1	Arizona
Tapp, Darryl	DE	2006-09	65	30	Virginia Tech
Tate, Golden	WR	2010-13	58	33	Notre Dame
Tatupu, Lofa	LB	2005-10	84	84	Southern California
Taylor, Bobby	CB	2004	9	0	Notre Dame
Taylor, Cordell	CB	1999	2	0	Hampton
Taylor, Courtney	WR	2007-08	18	4	Auburn
Taylor, Terry	CB	1984-88, 94	79	55	Southern Illinois
Teal, Jimmy	WR	1987-88	6	2	Texas A&M
Teel, Mike	QB	2009	*0	0	Rutgers
Terrell, Steven	S	2014-16	32	5	Texas A&M
Terrill, Craig	DT	2004-10	88	5	Purdue
Terry, Chris	T	2002-04	25	23	Georgia
Terry, Joe	LB	1987	2	0	Cal State-Hayward
Terry, Tim	LB	2000-02	38	8	Temple
Testerman, Don	FB	1976-78	44	26	Clemson
Thomas, Doug	WR	1991-93	39	4	Clemson
Thomas, Earl	**S**	**2010-**	**107**	**107**	**Texas**
Thomas, Fred	CB	1996-99	45	5	Tennessee-Martin
Thomas, Garth	G	1987	1	1	Washington
Thomas, Josh	CB	2014	3	0	Buffalo
Thomas, Ricky	S	1987	1	1	Alabama
Thomas, Robb	WR	1992-95	62	3	Oregon State
Thomas, Rodell	LB	1981-82	19	1	Alabama State
Thorpe, Neiko	**CB**	**2016-**	**15**	**0**	**Auburn**
Thurmond, Walter	CB	2010-13	33	8	Oregon
Tice, Mike	TE	1981-88, 90-91	130	83	Maryland
Tipton, Dave	DE	1976	12	12	Stanford
Tipton, Rico	LB	1987	3	2	Washington State
Tobeck, Robbie	C	2000-06	92	88	Washington State
Tofflemire, Joe	C	1989-94	33	16	Arizona
Tongue, Reggie	S	2000-03	62	52	Oregon State
Torretta, Gino	QB	1996-97	1	0	Miami
Treggs, Brian	WR	1992	2	0	California
Tripp, Jordan	LB	2016	7	1	Montana
Trufant, Marcus	CB	2003-12	136	125	Washington State
Tuatagaloa, Natu	DE	1992-93	30	15	California
Tubbs, Marcus	DT	2004-07	29	16	Texas
Tuiasosopo, Manu	DT/DE/NT	1979-83	73	64	UCLA
Tukuafu, Will	FB	2014-16	30	4	Oregon
Tupou, Tani	FB	2016	1	0	Washington
Turbin, Robert	RB	2012-14	48	3	Utah State
Turner, Daryl	WR	1984-87	59	40	Michigan State
Turner, Kevin	LB	1981	8	0	Pacific
Tuten, Rick	P	1991-97	101	0	Florida State
Tyler, Robert	TE	1989	9	9	South Carolina State

U

Unger, Max	C/G	2009-14	67	67	Oregon
Unverzagt, Eric	LB	1996-97	9	0	Wisconsin
Urban, Jerheme	WR	2003-05	10	2	Trinity

V

Vallos, Steve	C	2008-09	32	8	Wake Forest
Vannett, Nick	**TE**	**2016-**	**9**	**2**	**Ohio State**
Vaughn, Jon	RB	1993-94	26	2	Michigan
Vobora, David	LB	2011	6	0	Idaho

W

Wagner, Bobby	**LB**	**2012-**	**72**	**71**	**Utah State**
Wagner, Vince	K	1981	*0	0	Northwestern (Minn.)
Wahle, Mike	G	2008	10	10	Navy
Waits, Alex	P	1991	3	0	Texas
Walker, Brian	S	1999	5	0	Washington State
Walker, Byron	WR	1982-86	58	3	Citadel
Walker, Derek	DE	2009	*0	0	Illinois
Walker, Tim	LB	1980	16	0	Savannah State
Wallace, C.J.	S	2007-09	26	0	Washington
Wallace, Seneca	QB	2003-09	47	14	Iowa State
Wallace, Taco	WR	2003-04	4	0	Kansas State
Walsh, Jim	FB	1980	4	0	San Jose State
Walter, Ken	P	2004	6	0	Kent State
Walters, Bryan	WR	2012-14	17	1	Cornell
Ware, Spencer	FB	2013	2	0	Louisiana State
Warner, Curt	RB	1983-89	93	92	Penn State
Warren, Chris	RB	1990-97	123	89	Ferrum
Warren, Terrence	WR	1993-94	16	0	Hampton University
Warrick, Peter	WR	2005	13	5	Florida State
Washington, Leon	RB	2010-12	48	1	Florida State
Watson, Tim	DT	2000-01	*0	0	Rowan
Watters, Orlando	CB	1994	16	8	Arkansas
Watters, Ricky	RB	1998-01	53	52	Notre Dame
Weaver, Herman	P	1977-80	61	0	Tennessee
Weaver, Leonard	FB	2005-08	46	11	Carson-Newman
Webb, J'Marcus	T	2016	9	3	West Texas A&M
Weber, Roger	G	1987	*0	0	Kent State
Webster, Cornell	CB	1977-80	52	33	Tulsa
Wedderburn, Floyd	T/G	1999-02	46	26	Penn State
Weeks, Marquis	RB	2006	10	0	Virginia
Weiner, Todd	T	1998-01	48	20	Kansas State
Wells, Dean	LB	1993-98	84	50	Kentucky
Werner, Matt	DE	1994	*0	0	UCLA
West, Jeff	P	1981-85	58	0	Cincinnati
Wheat, Warren	G	1989-91	16	7	Brigham Young
White, Chris	S	1987	1	0	Tennessee
White, Chris	C	2010	6	0	Southern Mississippi
White, Jim	DE	1976	2	0	Colorado State
White, Mike	DT	1981-82	20	8	Albany State
White, Tracy	LB	2003-04	20	2	Howard
Whitehurst, Charlie	QB	2010-11	9	4	Clemson
Wiley, Charles	DT	1987	1	1	Nevada-Las Vegas
Williams, Brandon	TE	2016	16	1	Oregon
Williams, Brent	DE	1994-95	21	19	Toledo
Williams, Cary	CB	2015	10	10	Washburn
Williams, Darryl	S	1996-99	61	60	Miami
Williams, Eddie	FB	2011	2	0	Idaho
Williams, Eugene	LB	1982-83	13	1	Tulsa
Williams, Grant	T	1996-99	56	23	Louisiana Tech
Williams, James	FB	1987	1	0	Fresno State
Williams, James	WR	2000-02	29	4	Marshall
Williams, Jimmy	CB	2005-06	30	1	Vanderbilt

Williams, John	FB	1985	2	0	Wisconsin
Williams, John L.	FB	1986-93	123	115	Florida
Williams, Kasen	**WR**	**2015-**	**3**	**0**	**Washington**
Williams, Kevin	DT	2014	16	8	Oklahoma State
Williams, Kyle	T	2008-09	6	3	Southern California
Williams, Lester	NT	1987	2	0	Miami
Williams, Mike	WR	2010-11	26	23	Southern California
Williams, Robert	CB	1999	1	0	North Carolina
Williams, Ronnie	TE	1996	13	3	Oklahoma State
Williams, Stephen	WR	2013	4	0	Toledo
Williams, Willie	CB	1997-03	105	75	Western Carolina
Willis, Donald	G	1995	*0	0	North Carolina A&T
Willis, James	LB	1999	16	0	Auburn
Willis, Jason	WR	2004	1	0	Oregon
Willis, Ray	T	2005-10	44	26	Florida State
Willson, Luke	**TE**	**2013-**	**56**	**30**	**Rice**
Wilmer, Ray	S	1984	3	0	Louisiana Tech
Wilson, E.J.	DE	2010	2	0	North Carolina
Wilson, Josh	CB	2007-09	40	23	Maryland
Wilson, Mike	T	1986-89	60	60	Georgia
Wilson, Robert	WR	1997-99	18	0	Florida A&M
Wilson, Russell	**QB**	**2012-**	**80**	**80**	**Wisconsin**
Wimmer, Gary	LB	1983	3	0	Stanford
Wistrom, Grant	DE	2004-06	41	41	Nebraska
Womack, Floyd	T	2001-08	90	46	Mississippi State
Woodard, Cedric	DT	2000-04	61	28	Texas
Wooden, Terry	LB	1990-96	89	87	Syracuse
Woods, Al	DT	2011	2	0	LSU
Woods, Larry	DT	1976	6	0	Tennessee State
Woods, Tony	LB/DE	1987-92	89	79	Pittsburgh
Woolsey, Rolly	CB	1976	14	11	Boise State
Wortham, Cornelius	LB	2005	8	0	Alabama
Wright, K.J.	**LB**	**2011-**	**92**	**88**	**Mississippi State**
Wrotto, Mansfield	G	2007-10	15	5	Georgia Tech
Wunsch, Jerry	T	2002-04	33	5	Wisconsin
Wyman, David	LB	1987-92	61	56	Stanford
Wyms, Ellis	DE	2007	13	0	Mississippi State

Y

Player	Position	Years	GP	GS	College
Yarno, John	C	1977-82	74	62	Idaho
Young, Charle	TE	1983-85	45	43	Southern California
Young, Fredd	LB	1984-87	60	41	New Mexico State
Young, Renard	CB	1987	3	3	Nevada-Las Vegas

Z

Zorn, Jim	QB	1976-84	126	100	Cal Poly-Pomona

* on active roster, but did not play in a game

^ on postseason active roster only

SERIES BREAKDOWN

Due to the 2002 new alignment plan, division records were reset.
Division records from 1976-2001 may be found on page 320.

NFC WEST (55-34-1)

ARIZONA CARDINALS (17-18-1)

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		34-31	69,050

Franchise moved from St. Louis in 1988.

Points: Arizona 691 (19.2)
Seattle 903 (25.1)

LOS ANGELES RAMS (22-15)

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

LOS ANGELES RAMS, CONT'D

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

Moved from L.A. Coliseum to Anaheim Stadium in 1980. Moved from Anaheim to St. Louis in 1995. Moved from St. Louis to L.A. Coliseum in 2016.

Points: L.A. 714 (19.3), Seattle 811 (21.9)

SAN FRANCISCO 49ERS (21-15)

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

SAN FRANCISCO 49ERS, CONT'D

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

Points: San Francisco 647 (17.9)
Seattle 858 (23.8)

NFC EAST (15-15)

DALLAS COWBOYS (6-10)

10/3/76	—	L		13-28	62,027
11/27/80	—	L	@	7-51	57,540
12/4/83	—	L		10-35	63,352
11/27/86	—	W	@	31-14	58,020
10/11/92	—	L	@	0-27	62,311
11/22/98	—	L	@	22-30	64,142
12/16/01	—	W	+	29-3	63,366
10/27/02	—	W	@	17-14	63,854
12/6/04	—	L		39-43	68,093
10/23/05	—	W		13-10	67,046
11/27/08	—	L	@	9-34	63,253
11/1/09	—	L	@	17-38	80,886
11/6/11	—	L	@	13-23	81,510
9/16/12	—	W		27-7	68,008
10/12/14	—	L		30-23	68,432
11/1/15	—	W	@	13-12	91,486

Points: Dallas 399 (24.9)
Seattle 283 (17.7)

NEW YORK GIANTS (8-9)

11/28/76	—	L	@	16-28	65,111
12/7/80	—	L		21-27	51,617
10/18/81	—	L		0-32	56,134
12/11/83	—	W	@	17-12	48,942
10/19/86	—	W		17-12	62,282
11/19/89	—	L	@	3-15	75,014
10/25/92	—	L	@	10-23	67,399
11/5/95	—	W		30-28	42,100
12/23/01	—	L	@	24-27	78,119
9/22/02	—	L	@	6-9	78,551
11/27/05	—	*W		24-21	67,102
9/24/06	—	W		42-30	68,161
10/5/08	—	L	@	6-44	79,529
11/7/10	—	L		7-41	67,287
10/9/11	—	W	@	36-25	78,650
12/15/13	—	W	@	23-0	79,691
10/17/13	—	W	@	34-22	61,200
11/9/14	—	W		38-17	68,352

Points: N.Y. Giants 391 (23.0)
Seattle 320 (18.8)

PHILADELPHIA EAGLES (8-7)

12/12/76	—	L	@	10-27	37,949
11/2/80	—	L		20-27	61,047
11/23/86	—	W		24-20	55,786
9/10/89	—	L	@	7-31	64,287
12/13/92	—	*L		17-20	47,492
12/3/95	—	W		26-14	39,893
9/6/98	—	W	@	38-0	66,418
9/23/01	—	L	+	3-27	62,826
12/8/02	—	L		20-27	59,862
12/5/05	—	W	@	42-0	67,637
12/2/07	—	W	@	28-24	68,445
11/2/08	—	L		7-26	68,055
12/1/11	—	W		31-14	67,039
12/7/14	—	W	@	24-14	69,596
11/20/16	—	W		26-15	69,190

Points: Philadelphia 286 (19.1)
Seattle 313 (20.9)

WASHINGTON REDSKINS (5-11)

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

Points: Washington 311 (19.4)
Seattle 249 (15.6)

NFC NORTH (17-11)

CHICAGO BEARS (11-4)

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

Points: Chicago 290 (19.3)
Seattle 333 (22.2)

*** Overtime** **+ at Husky Stadium**

DETROIT LIONS (8-5)

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

Points: Detroit 251 (19.3)
Seattle 306 (23.5)

GREEN BAY PACKERS (7-10)

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
12/2709	—	L	@	10-48	70,429
9/24/12	—	W		14-12	68,218
9/4/14	—	W		36-16	68,424
9/20/15	—	L	@	17-27	78,433
12/11/16	—	L	@	38-10	78,057

1981 & 1999 games played at Green Bay. 1976, 1978 & 1990 played in Milwaukee.

Points: Green Bay 445 (26.2)
Seattle 351 (20.6)

MINNESOTA VIKINGS (9-5)

11/14/76	—	L	@	21-27	45,087
10/8/78	—	W		29-28	62,031
9/30/84	—	W	@	20-12	57,171
11/1/87	—	W		28-17	61,134
11/18/90	—	L		21-24	59,735
11/10/96	—	W		42-23	50,794
9/29/02	—	W		48-23	65,212
12/7/03	—	L	@	7-34	63,968
12/12/04	—	W	@	27-23	64,110
10/22/06	—	L		13-31	68,118
11/22/09	—	L	@	9-35	63,854
11/4/12	—	W		30-20	67,584
11/17/13	—	W		41-20	68,235
12/6/15	—	W	@	38-7	52/430

Played in Metropolitan Stadium from 1961-81. Moved into the Metrodome in 1982. Played at the University of Minnesota's TCF Bank Stadium in 2015.

Points: Minnesota 324 (23.1)
Seattle 374 (26.7)

NFC SOUTH (16-11)

ATLANTA FALCONS (10-5)

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

Played at Atlanta-Fulton County Stadium from 1966-91. Moved into Georgia Dome in 1992.

Points: Atlanta 357 (23.8)
Seattle 407 (27.1)

CAROLINA PANTHERS (6-3)

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

Points: Carolina 132 (14.7)
Seattle 171 (19.0)

NEW ORLEANS SAINTS (6-7)

11/21/76	—	L		27-51	61,865
11/18/79	—	W		38-24	60,055
11/10/85	—	W	@	27-3	47,365
10/16/88	—	L		19-20	63,569
9/1/91	—	L	@	24-27	68,492
11/16/97	—	*L	@	17-20	50,493
9/17/00	—	W	+	20-10	59,513
9/7/03	—	W		27-10	52,250
9/12/04	—	W	@	21-7	64,900
10/14/07	—	L		17-28	68,296
11/21/10	—	L	@	19-34	70,015
12/2/13	—	W		34-7	68,387
10/30/16	—	L	@	20-25	73,188

Points: New Orleans 266 (20.5)
Seattle 310 (23.8)

*** Overtime** **+ at Husky Stadium**

TAMPA BAY BUCCANEERS (8-5)

10/17/76	—	W	@	13-10	43,812
10/16/77	—	W		30-23	54,783
11/20/94	—	W		22-21	37,466
9/22/96	—	W	@	17-13	30,212
11/28/99	—	L		3-16	66,314
9/19/04	—	W	@	10-6	65,089
12/31/06	—	W	@	23-7	65,660
9/9/07	—	W		20-6	68,044
10/19/08	—	L	@	10-20	64,811
12/20/09	—	L		7-24	67,011
12/26/10	—	L	@	15-38	46,576
11/3/13	—	*W		27-24	67,873
11/27/16	—	L	@	5-14	63,674

Points: Tampa Bay 222 (17.1)
Seattle 202 (15.5)

AFC WEST (7-9)

DENVER BRONCOS (19-34)

10/2/77	—	L		13-24	53,108
10/7/78	—	L	@	7-28	74,989
10/29/78	—	*L		17-20	62,948
9/23/79	—	L	@	34-37	74,879
12/8/79	—	W		28-23	60,038
11/23/80	—	L	@	20-36	73,274
12/21/80	—	L		17-25	51,853
9/13/81	—	W		13-10	58,513
12/13/81	—	L	@	13-23	74,527
11/21/82	—	W	@	17-10	73,916
1/2/83	—	W		13-11	43,145
11/6/83	—	W		27-19	61,189
11/20/83	—	L	@	27-38	74,710
11/25/84	—	W	@	27-24	74,922
12/15/84	—	L		14-31	64,411
10/20/85	—	*L	@	10-13	74,899
12/20/85	—	L		24-27	56,283
10/26/86	—	L	@	13-20	76,089
12/20/86	—	W		41-16	63,697
9/13/87	—	L	@	17-40	75,999
12/13/87	—	W		28-21	61,759
9/4/88	—	W	@	21-14	75,986
12/11/88	—	W		42-14	62,839
10/22/89	—	*L		21-24	62,353
11/26/89	—	L	@	14-41	75,117
9/23/90	—	*L	@	31-34	75,290
12/23/90	—	W		17-12	55,845
9/15/91	—	L	@	10-16	74,152
11/24/91	—	W		13-10	60,430
11/30/92	—	*W		16-13	51,612
12/20/92	—	L	@	6-10	72,570
10/31/93	—	L	@	17-28	73,644
11/28/93	—	L		9-17	57,812
10/9/94	—	L	+	9-16	63,872
11/13/94	—	L	@	10-17	71,290
10/1/95	—	W		27-10	49,914
12/10/95	—	W	@	31-27	71,488
9/8/96	—	L		20-30	43,671
12/1/96	—	L	@	7-34	74,982
9/7/97	—	L		14-35	55,859
11/2/97	—	L	@	27-30	74,212
10/11/98	—	L		16-21	66,258
12/27/98	—	L	@	21-28	74,057
11/14/99	—	W		20-17	66,314
12/19/99	—	*L	@	30-36	65,987
11/26/00	—	L	+	31-38	68,661
12/10/00	—	L	@	24-31	75,218

DENVER BRONCOS, CONT'D

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

Points: Denver 1242 (23.4)
Seattle 1057 (19.9)

KANSAS CITY CHIEFS (18-33)

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

Points: Kansas City 1199 (23.5)
Seattle 979 (19.2)

OAKLAND RAIDERS (24-28)

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

Franchise moved from Oakland to Los Angeles in 1982. Moved back to Oakland in 1995.

Points: Oakland 1174 (22.6)
Seattle 1108 (21.3)

L.A. CHARGERS (26-24)

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

Points: L.A. 1042 (20.8)
Seattle 1049 (21.0)

Franchise moved from San Diego to Los Angeles in 2017.

AFC EAST (9-7)

BUFFALO BILLS (8-5)

10/30/77	—	W		56-17	61,180
10/14/84	—	W		31-28	59,034
11/6/88	—	L		3-13	61,074
12/4/89	—	W		17-16	57,682
10/15/95	—	L	@	21-27	74,362
12/1/96	—	W		26-18	41,373
10/24/99	—	W		26-16	66,301
12/23/00	—	L	+	23-42	61,025
11/18/01	—	W	@	23-20	60,836
11/28/04	—	L		9-38	66,271
9/7/08	—	L	@	10-34	71,194
12/16/12	—	W	%@	50-17	40,770
11/7/16	—	W		31-25	69,084

Points: Buffalo 311 (23.9)
Seattle 326 (25.1)

MIAMI DOLPHINS (4-8)

10/23/77	—	L	@	13-31	29,855
9/9/79	—	L	@	10-19	56,233
10/4/87	—	W		24-20	19,448
12/16/90	—	L	@	17-24	57,851
9/27/92	—	L		17-19	59,374
10/6/96	—	W	@	22-15	59,539
9/3/00	—	L	@	0-23	72,949
10/28/01	—	L	+	20-24	59,108
11/21/04	—	W		24-17	66,644
11/9/08	—	L	@	19-21	64,862
11/25/12	—	L	@	21-24	51,295
9/11/16	—	W		12-10	69,012

Moved from the Orange Bowl into Joe Robbie Stadium in 1987.

Points: Miami 247 (20.6)
Seattle 199 (16.6)

NEW ENGLAND PATRIOTS (9-8)

10/9/77	—	L	@	0-31	45,929
9/21/80	—	L		31-37	61,035
12/19/82	—	L		0-16	53,457
12/18/83	—	W		24-6	59,688
9/16/84	—	L	@	23-38	43,140
11/17/85	—	L		13-20	60,345
9/21/86	—	W	@	38-31	58,977
12/4/88	—	L	@	7-13	59,068
9/24/89	—	W	@	24-3	48,025
10/7/90	—	W	@	33-20	39,735
9/20/92	—	W	@	10-6	42,327
9/19/93	—	W	@	17-14	50,392
10/24/93	—	W		10-9	56,526
10/17/04	—	L	@	20-30	68,756
12/7/08	—	L		21-24	68,077
10/14/12	—	W		24-23	68,137
11/13/16	—	W	@	31-24	66,829

Points: New England 345 (20.3)
Seattle 326 (19.2)

NEW YORK JETS (11-8)

11/13/77	—	W	@	17-0	43,973
9/17/78	—	W	@	24-17	46,911
11/26/79	—	W		30-7	59,977
10/19/80	—	W	@	27-17	52,496
10/25/81	—	W	@	19-3	49,678
12/6/81	—	W		27-23	53,105
9/11/83	—	W	@	17-10	50,066
10/27/85	—	L	@	14-17	69.320
11/28/86	—	L		7-38	62,497
11/9/87	—	L	@	14-30	60,452
9/8/91	—	W		20-13	56,770
11/26/95	—	L		10-16	41,160
8/31/97	—	L		3-41	53,893
12/6/98	—	L	@	31-32	72,200
1/2/00	—	L	@	9-19	78,154
12/19/04	—	L	@	14-37	77,894
12/21/08	—	W		13-3	68,181
11/11/12	—	W		28-7	67,841
10/2/16	—	W	@	27-17	78,160

Moved from Shea Stadium into Giants Stadium in 1984.

Points: N.Y. Jets 347 (18.3)
Seattle 351 (18.5)

AFC NORTH (8-8)

BALTIMORE RAVENS (3-2)

12/27/97	—	L	@	24-31	54,395
11/23/03	—	*L	@	41-44	69,477
12/23/07	—	W		27-6	68,164
11/13/11	—	W		22-17	66,522
12/13/15	—	W	@	35-6	71,179

Points: Baltimore 104 (20.8)
Seattle 149 (29.8)

CINCINNATI BENGALS (9-10)

9/25/77	—	L	@	20-42	45,579
9/6/81	—	L	@	21-27	41,177
12/26/82	—	L	@	10-24	55,330
11/18/84	—	W	@	26-6	50,280
9/8/85	—	W	@	28-24	51,625
11/16/86	—	L	@	7-34	54,410
10/11/87	—	L		10-17	31,739
12/10/89	—	W	@	24-17	54,744
10/1/90	—	W		31-16	60,135
10/6/91	—	W	@	13-7	60,010
9/6/92	—	L		3-21	57,350
9/26/93	—	W	@	19-10	46,880
11/06/94	—	*L		17-20	46,630
9/17/95	—	W		24-21	39,492
11/7/99	—	W		37-20	66,303
10/26/03	—	L	@	24-27	52,131
9/23/07	—	W		24-21	68,110
10/30/11	—	L		12-34	66,004
10/11/15	—	*L	@	24-27	65,004

Points: Cincinnati 415 (21.8)
Seattle 374 (19.7)

CLEVELAND BROWNS (12-6)

12/18/77	—	W		20-19	61,583
12/3/78	—	W		47-24	62,262
11/11/79	—	W	@	29-24	72,440
10/12/80	—	L		3-27	61,366
12/20/81	—	W		42-21	51,435
9/12/82	—	L		7-21	55,907
10/2/83	—	W	@	24-9	75,446
9/3/84	—	W		33-0	59,540
12/8/85	—	W		31-13	58,477
10/9/88	—	W	@	16-10	78,605
11/12/89	—	L		7-17	58,978
11/14/93	—	W		22-5	54,622
12/24/94	—	L	@	9-35	54,180
9/9/01	—	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

Franchise suspended in 1996 and reactivated in 1999.

Points: Cleveland 290 (16.1)
Seattle 396 (22.0)

PITTSBURGH STEELERS (9-8)

12/4/77	—	L	@	20-30	45,429
9/10/78	—	L	@	10-21	48,277
11/8/81	—	W		24-21	59,058
11/28/82	—	W		16-0	55,553
10/23/83	—	L		21-27	61,615
9/7/86	—	W		30-0	61,146
12/6/87	—	L	@	9-13	48,881
10/20/91	—	W	@	27-7	54,678
12/6/92	—	L	@	14-20	47,015
12/26/93	—	W		16-6	51,814
9/25/94	—	W	+	30-13	59,637
9/27/98	—	L	@	10-13	58,413
9/26/99	—	W	@	29-10	57,881
11/02/03	—	W		23-16	66,507
10/7/07	—	L	@	0-21	64,478
9/18/11	—	L	@	0-24	63,663
11/29/15	—	W		39-30	69,055

Points: Pittsburgh 272 (16.0)
Seattle 318 (18.7)

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)

NFC East (13-27)
Arizona (1-5)
Dallas (2-5)
New York Giants (3-6)
Philadelphia (3-5)
Washington (4-6)

AFC Central (29-17)
Baltimore (0-1)
Cleveland (10-4)
Cincinnati (8-7)
Jacksonville (3-1)
Tennessee (8-4)

NFC Central (21-13)
Chicago (5-2)
Detroit (4-4)
Green Bay (4-4)
Minnesota (4-2)
Tampa Bay (4-1)

AFC West (80-110)
Denver (17-32)
Kansas City (17-30)
Oakland (22-26)
San Diego (24-22)

NFC West (12-16)
Atlanta (5-2)
Carolina (0-1)
New Orleans (3-4)
St. Louis (2-5)
San Francisco (2-4)

AFC SOUTH (7-5)

HOUSTON TEXANS (2-1)

10/16/05	—	W		42-10	66,196
12/13/09	—	L	@	7-34	70,380
9/29/13	—	*W	@	23-20	71,756

Points: Houston 64 (21.3)
Seattle 72 (24.0)

INDIANAPOLIS COLTS (4-7)

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

Franchise transferred from Baltimore in 1984.
Points: Indianapolis 241 (21.9)
Seattle 248 (22.5)

JACKSONVILLE JAGUARS (5-2)

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

Points: Jacksonville 129 (18.4)
Seattle 212 (30.3)

TENNESSEE TITANS (10-5)

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

Franchise transferred from Houston in 1997 and changed name from Oilers to Titans in 1999.

Points: Tennessee 274 (18.3)
Seattle 298 (19.9)

*** Overtime** **+ at Husky Stadium**

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
	325	**318**	**1**	**.505**	**13,641**	**13,432**		**196-127-0**	**129-191-1**	**136-147-1**	**174-189-0**	**151-129-1**	**16-15**

*Seahawks were placed in the NFC West for scheduling purposes in 1976 and played every NFC team and the Tampa Bay Buccaneers. In 1977, Seattle was placed in the AFC West and played every AFC team and Tampa Bay. Seattle switched back to the NFC West in 2002.
+Conference finish. Schedule shortened to 9 games because of players' strike.
^Schedule shortened to 15 games because of players' strike. Game 2 (at San Diego) was cancelled and games 3-5 were played with replacement players.

VERSUS THE NFL

	Regular Season				Post-season	Pre-season
	Total	Home	Road	OT		
* Arizona	17-18-1	10-9	7-9-1	0-3-1	0-0	9-5
Arizona	17-16-1	10-8	7-8-1	0-3-1	0-0	7-2
St. Louis	0-2	0-1	0-1	0-0	0-0	2-2
Atlanta	10-5	5-3	5-2	1-0	0-2	2-0
^ Baltimore	3-2	2-0	1-2	0-1	0-0	0-0
Buffalo	8-5	6-3	2-2	0-0	0-0	2-0
Carolina	6-3	3-1	3-2	0-0	2-1	0-0
Chicago	11-4	5-2	6-2	1-0	0-2	3-1
Cincinnati	9-10	4-4	5-6	0-2	0-1	1-0
Cleveland	12-6	8-3	4-3	0-1	0-0	0-0
Dallas	6-10	3-4	3-6	0-0	1-0	4-2
Denver	19-34	14-13	5-21	2-5	2-0	3-10
Detroit	8-5	6-2	2-3	0-0	1-0	5-2
+ Green Bay	7-10	4-2	3-8	0-0	1-2	3-2
Houston	2-1	1-0	1-1	1-0	0-0	5-2
# Indianapolis	4-7	3-4	1-3	0-0	0-0	8-9
Indianapolis	4-5	3-2	1-3	0-0	0-0	7-9
Baltimore	0-2	0-2	0-0	0-0	0-0	1-0
Jacksonville	5-2	3-0	2-2	0-0	0-0	0-0
Kansas City	18-33	13-12	5-21	1-1	0-0	6-1
§ L.A. Chargers	26-24	16-10	10-14	3-0	0-0	9-4
San Diego	26-24	16-10	10-14	3-0	0-0	9-4
%L.A. Rams	22-15	14-5	8-10	0-2	0-1	2-6
Los Angeles	2-5	2-2	0-3	0-0	0-0	2-6
St. Louis	20-10	12-3	8-7	0-2	0-1	0-0
Miami	4-8	3-2	1-6	0-0	1-2	0-1
Minnesota	9-5	6-2	3-3	0-0	1-0	7-7
New England	9-8	3-4	6-4	0-0	0-1	1-1
New Orleans	6-7	4-3	2-4	0-1	2-0	3-0
N.Y. Giants	8-9	5-3	3-6	1-0	0-0	0-0
N.Y. Jets	11-8	5-3	6-5	0-0	0-0	0-0
@ Oakland	24-28	15-10	9-18	0-1	1-1	11-4
Oakland	13-15	9-4	4-11	0-0	0-0	11-4
Los Angeles	11-13	6-6	5-7	0-1	1-1	0-0
Philadelphia	8-7	4-5	4-2	0-1	0-0	0-0
Pittsburgh	9-8	7-1	2-7	0-0	0-1	0-0
San Francisco	21-15	12-7	9-8	0-1	1-0	13-15
Tampa Bay	8-5	4-2	4-3	0-0	0-0	3-0
= Tennessee	10-5	7-2	3-3	1-0	0-1	3-0
Tennessee	4-1	3-1	1-0	0-0	0-0	2-0
Houston	6-4	4-1	2-3	1-0	0-1	1-0
Washington	5-11	1-6	4-5	0-1	3-0	0-0
TOTALS	**325-318-1**	**196-127**	**129-191-1**	**12-20-1**	**16-15**	**100-70**

* Includes 2 games while franchise was located in St. Louis (0-2)
^ Relocated from Cleveland in 1996. All records remain in Cleveland.
\+ Includes 5 games at Milwaukee's County Stadium (3-2)
\# Includes 2 games while franchise was located in Baltimore (0-2)
@ Includes 25 games while franchise was located in Los Angeles (11-14)
% Includes 15 games while franchise was located in St. Louis (8-7)
= Includes 10 games while franchise was located in Houston (6-4)
§ Includes 50 games while franchise was located in San Diego (26-24)

PRESEASON RESULTS

			1976 • PRESEASON (1-5)		
Sun.	8/1	L	27-20	San Francisco 49ers	60,825
Sat.	8/7	L	27-16	Chicago Bears (Spokane, Washington)	14,484
Sat.	8/14	L	16-13	Los Angeles Rams	62,532
Sat.	8/21	L	52-7	at Denver Broncos	22,887
Sun.	8/29	W	17-16	San Diego Chargers	59,092
Sat.	9/4	L	45-28	at Oakland Raiders	51,487
			1977 • PRESEASON (3-3)		
Sun.	8/7	W	34-24	at San Francisco 49ers	38,024
Sat.	8/13	W	23-17 (OT)	Dallas Cowboys	58,789
Thurs.	8/18	W	12-10	Oakland Raiders	62,187
Sat.	8/27	L	16-14	Detroit Lions	56,345
Fri.	9/2	L	27-10	Denver Broncos	54,916
Sun.	9/11	L	38-20	at San Diego Chargers	27,505
			1978 • PRESEASON (3-1)		
Fri.	8/4	W	17-9	San Diego Chargers	58,853
Sat.	8/12	W	20-6	at San Francisco 49ers	36,069
Thurs.	8/17	L	26-7	Los Angeles Rams	63,235
Thurs.	8/24	W	16-7	Chicago Bears	54,844
			1979 • PRESEASON (3-1)		
Thurs.	8/2	W	12-9 (OT)	Minnesota Vikings	60,881
Sun.	8/12	W	27-17	Dallas Cowboys	59,960
Sat.	8/18	L	21-17	at Los Angeles Rams	46,083
Fri.	8/24	W	55-20	San Francisco 49ers	59,941
			1980 • PRESEASON (3-1)		
Thurs.	8/7	W	14-10	Atlanta Falcons	59,555
Mon.	8/18	L	24-7	Miami Dolphins	59,550
Sat.	8/23	W	10-7	at San Francisco 49ers	41,841
Fri.	8/29	W	30-23	New England Patriots	56,947
			1981 • PRESEASON (1-3)		
Wed.	8/5	L	27-24 (OT)	San Francisco 49ers	56,958
Fri.	8/14	L	30-21	St. Louis Cardinals	55,520
Sat.	8/22	L	24-17	at San Francisco 49ers	37,563
Fri.	8/28	W	31-17	Baltimore Colts	55,794
			1982 • PRESEASON (1-3)		
Fri.	8/13	W	14-0	St. Louis Cardinals	55,575
Sat.	8/21	L	7-3	at Minnesota Vikings	57,880
Sat.	8/28	L	23-13	at Los Angeles Rams	54,537
Fri.	9/3	L	17-13	San Francisco 49ers	57,839
			1983 • PRESEASON (2-2)		
Fri.	8/5	L	10-7	at Denver Broncos	53,887
Fri.	8/12	W	38-21	Green Bay Packers	54,443
Fri.	8/19	L	19-17	Minnesota Vikings	54,402
Sat.	8/27	W	20-6	at San Francisco 49ers	47,074
			1984 • PRESEASON (4-1)		
Sat.	7/28	W	38-0	Tampa Bay Buccaneers (Hall of Fame Game, Canton, Ohio)	22,250
Sat.	8/4	W	7-3	Buffalo Bills	53,360
Sat.	8/11	W	28-24	at Detroit Lions	41,414
Fri.	8/17	W	17-7	St. Louis Cardinals	53,772
Fri.	8/24	L	17-7	at San Francisco 49ers	49,219

1985 • PRESEASON (2-2)					
Sat.	8/10	L	19-7	at Indianapolis Colts	60,014
Fri.	8/16	W	28-3	Detroit Lions	57,751
Sat.	8/24	W	27-10	at Minnesota Vikings	56,562
Fri.	8/30	L	23-21	San Francisco 49ers	60,403
1986 • PRESEASON (2-2)					
Fri.	8/8	W	21-14	Indianapolis Colts	55,443
Fri.	8/15	L	30-27 (OT)	at Detroit Lions	37,875
Fri.	8/22	W	27-17	Minnesota Vikings	57,730
Fri.	8/29	L	21-10	at San Francisco 49ers	52,419
1987 • PRESEASON (2-2)					
Thurs.	8/13	L	23-14	at Los Angeles Rams	57,772
Sat.	8/22	L	28-21	at St. Louis Cardinals	25,309
Fri.	8/28	W	38-10	Detroit Lions	59,695
Fri.	9/4	W	34-10	San Francisco 49ers	59,653
1988 • PRESEASON (3-1)					
Thurs.	8/4	W	21-14	Phoenix Cardinals	54,778
Thurs.	8/11	W	16-13 (OT)	at Detroit Lions	37,993
Fri.	8/19	W	30-13	Buffalo Bills	57,000
Fri.	8/26	L	27-21	at San Francisco 49ers	53,357
1989 • PRESEASON (3-1)					
Fri.	8/11	W	16-10 (OT)	at Phoenix Cardinals	37,158
Sat.	8/19	L	17-12	New England Patriots (at St. Louis, Missouri)	48,746
Fri.	8/25	W	13-7	Detroit Lions	55,829
Fri.	9/1	W	28-17	San Francisco 49ers	58,641
1990 • PRESEASON (4-1)					
Sat.	8/4	L	10-7	Denver Broncos (American Bowl, Tokyo, Japan)	48,827
Sat.	8/11	W	34-9	at Phoenix Cardinals	31,316
Fri.	8/17	W	13-10	Indianapolis Colts	52,475
Fri.	8/24	W	10-3	Tampa Bay Buccaneers	52,301
Fri.	8/31	W	30-10	at San Francisco 49ers	55,269
1991 • PRESEASON (2-2)					
Sat.	8/3	L	31-13	Phoenix Cardinals	49,448
Sat.	8/10	W	17-7	at Indianapolis Colts	47,943
Sat.	8/17	W	23-7	at Los Angeles Rams	47,834
Fri.	8/23	L	28-16	San Francisco 49ers	54,111
1992 • PRESEASON (2-2)					
Thurs.	8/6	L	21-7	Los Angeles Rams	52,360
Sat.	8/15	W	27-10	at Indianapolis Colts	43,272
Sat.	8/22	W	17-10	Phoenix Cardinals	51,007
Fri.	8/29	L	24-17	at San Francisco 49ers	52,822
1993 • PRESEASON (2-2)					
Sat.	8/7	L	16-13 (OT)	Indianapolis Colts	45,055
Sat.	8/14	L	23-10	at Minnesota Vikings	42,240
Sat.	8/21	W	30-0	San Francisco 49ers	51,086
Sat.	8/28	W	20-10	at Houston Oilers	43,678
1994 • PRESEASON (2-2)					
Fri.	8/5	L	13-9	at Indianapolis Colts	40,469
Sat.	8/13	W	29-6	Tampa Bay Buccaneers*	43,633
Sat.	8/20	W	30-19	Minnesota Vikings*	45,497
Fri.	8/26	L	13-9	at San Francisco 49ers	54,004
1995 • PRESEASON (2-2)					
Sat.	8/5	W	34-20	St. Louis Rams	35,607
Sat.	8/12	L	20-17	Indianapolis Colts	38,006
Sun.	8/20	W	24-19	at New Orleans Saints	38,228
Fri.	8/26	L	17-7	at San Francisco 49ers	53,280

			1996 • PRESEASON (3-1)		
Sat.	8/3	W	19-17	Atlanta Falcons	30,284
Thurs.	8/8	W	24-19	at Oakland Raiders	38,219
Sat.	8/17	L	15-13	at Indianapolis Colts	38,930
Fri.	8/23	W	20-3	San Francisco 49ers	38,144
			1997 • PRESEASON (3-2)		
Sat.	7/26	L	28-26	Minnesota Vikings (Hall of Fame Game, Canton, Ohio)	23,846
Sat.	8/2	W	34-6	Arizona Cardinals	49,445
Sat.	8/9	L	21-17	at San Francisco	50,153
Sat.	8/16	W	45-3	Indianapolis Colts	52,844
Fri.	8/22	W	31-28	at Cincinnati Bengals	43,637
			1998 • PRESEASON (4-1)		
Sat.	7/31	W	20-19	at Dallas Cowboys	59,357
Sat.	8/8	W	24-21	Indianapolis Colts	52,645
Sat.	8/15	L	24-21	San Francisco 49ers (American Bowl, Vancouver, B.C.)	45,202
Sat.	8/22	W	31-24	at Arizona Cardinals	32,683
Fri.	8/28	W	21-20	San Francisco 49ers	57,014
			1999 • PRESEASON (1-3)		
Sat.	8/14	L	24-10	Buffalo Bills	66,285
Thurs.	8/19	L	24-23	at San Francisco 49ers	66,193
Sat.	8/28	W	41-7	Arizona Cardinals	66,277
Thurs.	9/2	L	31-28	at Indianapolis Colts	41,074
			2000 • PRESEASON (2-2)		
Sat.	8/5	W	28-16	Indianapolis Colts*	68,578
Sat.	8/12	L	21-3	at Arizona Cardinals	34,774
Sat.	8/19	W	25-21	San Francisco 49ers*	68,579
Thurs.	8/24	L	20-0	at Oakland Raiders	32,012
			2001 • PRESEASON (2-2)		
Sat.	8/11	L	28-21	at Indianapolis Colts	45,089
Sat.	8/18	L	16-13 (OT)	Arizona Cardinals*	47,553
Sat.	8/25	W	28-18	at San Francisco 49ers	63,887
Sat.	9/1	W	28-14	New Orleans Saints*	68,665
			2002 • PRESEASON (1-3)		
Sat.	8/10	L	28-10	Indianapolis Colts	52,902
Fri.	8/16	L	24-14	at San Diego Chargers	N/A
Sat.	8/24	W	17-14	Kansas City Chiefs	49,036
Thurs.	8/29	L	31-0	at Denver Broncos	71,755
			2003 • PRESEASON (2-2)		
Sat.	8/9	W	20-7	San Diego Chargers	37,763
Fri.	8/15	L	21-7	at Indianapolis Colts	37,469
Sat.	8/23	W	42-31	Kansas City Chiefs	39,833
Fri.	8/29	L	20-3	at Denver Broncos	73,038
			2004 • PRESEASON (3-1)		
Mon.	8/16	W	21-3	at Green Bay Packers	69,718
Sat.	8/21	L	19-3	Denver Broncos	48,090
Fri.	8/27	W	26-20	at San Diego Chargers	35,536
Thurs.	9/2	W	23-21	Minnesota Vikings	50,198
			2005 • PRESEASON (2-2)		
Sat.	8/12	W	34-15	at New Orleans Saints	38,529
Mon.	8/22	L	18-10	Dallas Cowboys	47,641
Fri.	8/26	W	23-17	at Kansas City Chiefs	74,158
Fri.	9/2	L	23-21	Minnesota Vikings	63,746

*Played at Husky Stadium

2006 • PRESEASON (2-2)					
Fri.	8/12	L	13-3	Dallas Cowboys	66,304
Sun.	8/20	W	30-17	at Indianapolis Colts	56,596
Sat.	8/26	L	31-20	at San Diego Chargers	51,878
Thurs.	8/31	W	30-7	Oakland Raiders	67,158
2007 • PRESEASON (3-1)					
Sun.	8/12	W	24-16	at San Diego Chargers	57,500
Sat.	8/18	L	48-13	at Green Bay Packers	69,761
Sat.	8/25	W	30-13	Minnesota Vikings	66,723
Thurs.	8/30	W	19-14	Oakland Raiders	66,700
2008 • PRESEASON (3-1)					
Fri.	8/8	W	34-17	at Minnesota Vikings	62,545
Sat.	8/18	W	29-26	Chicago Bears	67,360
Mon.	8/25	L	18-17	at San Diego Chargers	52,763
Fri.	8/29	W	23-16	Oakland Raiders	67,163
2009 • PRESEASON (4-0)					
Sat.	8/15	W	20-14	at San Diego Chargers	58,373
Sat.	8/22	W	27-13	Denver Broncos	67,052
Sat.	8/29	W	14-10	at Kansas City Chiefs	66,553
Thurs.	9/3	W	31-21	Oakland Raiders	66,697
2010 • PRESEASON (1-3)					
Sat.	8/14	W	20-18	Tennessee Titans	65,352
Sat.	8/21	L	27-24	Green Bay Packers	65,586
Sat.	8/28	L	24-13	at Minnesota Vikings	63,550
Thurs.	9/2	L	27-24	at Oakland Raiders	23,957
2011 • PRESEASON (2-2)					
Thurs.	8/11	W	24-17	at San Diego Chargers	55,318
Sat.	8/20	L	7-20	Minnesota Vikings	65,599
Sat.	8/27	L	20-23	at Denver Broncos	72,347
Fri.	9/2	W	20-3	Oakland Raiders	65,418
2012 • PRESEASON (4-0)					
Sat.	8/11	W	27-17	Tennessee Titans	65,589
Sat.	8/18	W	30-10	at Denver Broncos	74,012
Fri.	8/24	W	44-14	at Kansas City Chiefs	63,870
Thurs.	8/30	W	21-3	Oakland Raiders	66,157
2013 • PRESEASON (4-0)					
Thurs.	8/8	W	31-10	at San Diego Chargers	54,709
Sat.	8/17	W	40-10	Denver Broncos	67,635
Fri.	8/23	W	17-10	at Green Bay	74,030
Thurs.	8/29	W	22-6	Oakland Raiders	67,341
2014 • PRESEASON (2-2)					
Thurs.	8/7	L	16-21	at Denver Broncos	75,583
Fri.	8/15	W	41-14	San Diego Chargers	67,615
Fri.	8/22	W	34-6	Chicago Bears	67,608
Thurs.	8/28	L	31-41	at Oakland Raiders	50,831
2015 • PRESEASON (2-2)					
Fri.	8/14	L	20-22	Denver Broncos	68,677
Fri.	8/21	L	13-14	at Kansas City Chiefs	71,915
Sat.	8/29	W	16-15	at San Diego Chargers	58,556
Thurs.	9/3	W	31-21	Oakland Raiders	68,032
2016 • PRESEASON (3-1)					
Sat.	8/13	W	17-16	at Kansas City Chiefs	69,816
Thurs.	8/18	L	11-18	Minnesota Vikings	68,469
Thurs.	8/25	W	27-17	Dallas Cowboys	68,505
Thurs.	9/1	W	23-21	at Oakland Raiders	53,473

FRANCHISE HISTORY

1972 — 6/15 Seattle Professional Football, a group of business and community leaders, announces their intention to attempt to secure a National Football League franchise for the City of Seattle. Herman Sarkowsky serves as spokesman for the group. **11/2** Construction begins on The Kingdome.

1974 — 6/4 The National Football League announces that Seattle will have a franchise for the 1976 season. **12/5** The National Football League announces that it has voted membership to Seattle Professional Football, Inc., headed by Lloyd W. Nordstrom with partners Herman Sarkowsky, D.E. "Ned" Skinner, Howard S. Wright, M. Lamont Bean, and Lynn P. Himmelman.

1975 — 3/6 John Thompson, Executive Director of the NFL Management Council, named General Manager. **6/17** Nickname "Seahawks" selected from 20,365 entries and 1,741 different names. One hundred fifty-one suggest "Seahawks." **7/25** Season ticket applications mailed. **7/28** Season ticket applications accepted — 24,168 received the first day. **8/23** Season ticket sales closed after target of 59,000 reached. **12/18** Seahawks agree to a 20-year lease agreement to play all games in the Kingdome.

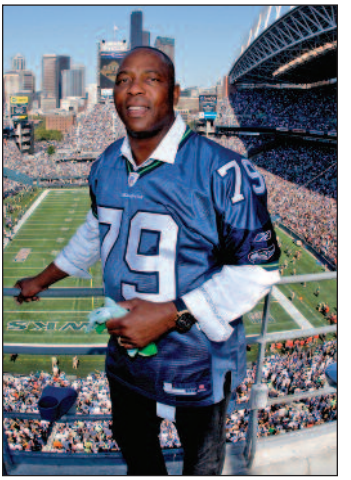
1976 — 1/3 Jack Patera, defensive line coach of the Minnesota Vikings, named head coach. **1/20** Lloyd W. Nordstrom, spokesman for the Nordstrom family, the Seahawks' majority owner, dies of a heart attack while vacationing in Mexico. **3/30** Veteran Allocation held in New York City. Seahawks select 39 NFL veterans. **4/8-9** Seahawks select 25 collegians in their first college draft. Notre Dame's Steve Niehaus is the first choice and he flies to Seattle for evening news conference on April 8. **7/9** Seahawks open training camp at Eastern Washington University in Cheney. **8/1** Seahawks play first game before 60,825 fans in the Kingdome. San Francisco holds on to defeat Seattle, 27-20, as Jim Zorn is tackled on the 49ers' two-yard line when the gun sounds. **8/29** Seahawks capture first victory, a 17-16 preseason win over San Diego, as Ron Howard catches a three-yard Jim Zorn pass for the winning touchdown with only 13 seconds remaining in the contest. **9/12** Seattle opens regular season play with a near miss against St. Louis, 30-24. The game ends with the Cardinals intercepting a pass in the end zone. **10/17** Seahawks win Expansion Bowl with 13-10 victory over host Tampa Bay. Linebacker Mike Curtis blocks a Tampa Bay field goal attempt with 42 seconds remaining to preserve the victory. **11/7** Seahawks capture their first regular season victory at home with a 30-13 win over Atlanta. Sherman Smith becomes the first Seattle back to rush for over 100 yards with 124 yards on 14 carries.

1977 — 1/17 Seahawks host the Pro Bowl and it is the first sellout in the 27-year history of the game and is the largest crowd under the AFC vs. NFC format. AFC

scores a 24-14 win before 63,214 fans. **5/3** Seattle trades its first-round draft choice, the second player in the draft, to Dallas for the Cowboys' first-round selection and three second-round picks. The Seahawks select Steve August, offensive guard from Tulsa, in the first round. **10/30** After missing four games with an injury, Jim Zorn returns to lead Seattle to a 56-17 triumph over Buffalo. The Seahawks set 15 club records and equal six, including Zorn's four TD passes. **11/13** Seattle defense blanks the New York Jets, 17-0, in Shea Stadium, the first time an established team is shutout by a second-year team. **12/18** Seahawks win their fifth game of the year, a 20-19 decision over Cleveland before 61,583 fans in the Kingdome, to establish a record for most wins ever by a second-year expansion team.

1978 — 5/3 Keith Simpson, cornerback from Memphis State, is selected as Seattle's first-round draft choice followed by his college teammate Keith Butler, a linebacker, in the second round. **10/8** Efren Herrera kicks a 19-yard field goal on the final play of the game to give Seattle a 29-28 win over the Minnesota Vikings. **11/26** Seattle becomes the first team since 1965 to beat Oakland twice during the regular season with a 17-16 win on Efren Herrera's 46-yard field goal with just three seconds remaining. **12/17** Seahawks end their third season with a 9-7 record and finish one game behind Denver in the AFC West standings following a 23-19 win over Kansas City. Al Hunter rushes for 133 yards on 27 carries as Seahawks perform before sixth-straight home sellout crowd.

1979 — 1/29 Steve Largent catches a record-equaling five passes as Seattle's first representative to the Pro Bowl. National Football Conference defeats Largent and his AFC teammates, 13-7, in the Los Angeles Memorial Coliseum. **5/3** Manu Tuiasosopo, defensive tackle from UCLA, becomes Seattle's first-round draft choice. **10/29** After trailing 14-0, the Seahawks rebound for a 31-28 win over Atlanta in Seattle's first appearance on ABC's Monday Night Football. Dan Doornink rushes for 122 yards on 21 carries and scores twice. **12/16** The Seahawks close out their second straight 9-7 season with a 29-24 win over Oakland. Sam McCullum sets a club record with 173 yards receiving on eight catches.



1980 — 4/29 Seattle trades its first-round draft choice (#16) and a third-round pick to Buffalo for the Bills' first-round choice, the tenth player in the draft. The Seahawks then select defensive end Jacob Green of Texas A&M in the first round. **9/28** Seahawks score second shutout in the club's history with a 14-0 win over Washington Redskins in Robert F. Kennedy Memorial Stadium. **10/5** Sam McCullum catches two touchdown passes and Efren Herrera kicks four field goals in 26-7 win over Houston at the Astrodome. The win would prove to be Seattle's last of the season.

1981 — 4/28 Seahawks select UCLA safety Kenny Easley in the first round of the NFL draft. **11/8** Seattle holds the Pittsburgh Steelers scoreless in the second half and rallies for a pair of fourth quarter touchdowns to capture a 24-21 victory at the Kingdome. **11/16** The Seahawks score on their last eight possessions to defeat the San Diego Chargers, 44-23, on Monday Night Football. It is the Seahawks' first regular season victory over the Chargers after eight straight losses.

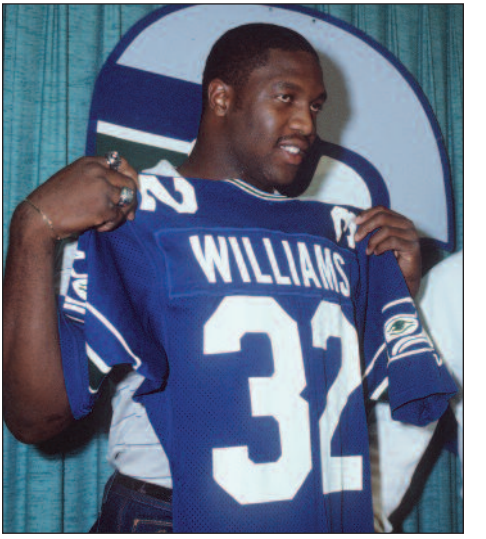
1982 — 3/11 Mike McCormack, former head coach with the Philadelphia Eagles and Baltimore Colts, is named Director of Football Operations. **4/27** Seahawks select Clemson defensive end Jeff Bryant in the first round of the college draft. **9/21** Players go on strike for 57 days. **10/13** Mike McCormack named interim head coach after the firing of head coach Jack Patera and general manager John Thompson. **11/21** Seahawks capture 17-10 victory over the host Denver Broncos in Mike McCormack's first game as head coach following the players' strike. Steve Largent catches a 34-yard touchdown pass from Jim Zorn with 49 seconds left for the victory. **11/28** Seahawks shutout the Pittsburgh Steelers, 16-0, for the club's third shutout in history and first at the Kingdome.

1983 — 1/2 Seahawks conclude nine-game season with a 13-11 win over the Denver Broncos as Dave Krieg throws a 19-yard touchdown pass to Roger Carr with 47 seconds left. The Seahawks drive 87 yards in 10 plays with no timeouts to score the winning touchdown. Seattle finishes the season 4-5 but were 4-3 under Mike McCormack. **1/3** Mike McCormack named President and General Manager after previously serving as Director of Football Operations since March 11, 1982, and interim head coach since October 13, 1982. **1/26** Chuck Knox named head coach. Knox previously had served as head coach of the Los Angeles Rams (1973-77) and the Buffalo Bills (1978-82). He guided seven-of-his-ten teams to the playoffs, while winning six division championships. **3/15** Chuck Allen, who joined the Seahawks staff in June of 1975 as Director of Pro Scouting, named Assistant General Manager. **4/26** Seattle selects Penn State running back Curt Warner in the NFL Draft. Warner is the third player taken in the first round. To be able to get Warner, the Seahawks trade their first, second and third-round selections to the Houston Oilers for the Oilers first-round pick. **9/11** Seahawks win first game under Chuck Knox, 17-10, over the New York Jets, as the club sets a team record with 57 rushing attempts and Curt Warner gains 128 yards on 24 carries. **10/16** Seahawks force eight turnovers and register eight sacks in 38-36 victory over the Los Angeles Raiders. **10/30** Seahawks make it two straight over Raiders with 34-21 win. **12/18** Seahawks clinch first playoff berth with 24-6 win over New England. **12/24** Dave Krieg throws three touchdown passes and Curt Warner rushes for 99 yards in 31-7 win over Denver in the AFC Wild Card Game before 60,752 fans in Kingdome. **12/31** Seahawks drive 66 yards in five plays late in the fourth quarter to capture divisional playoff win over Miami, 27-20, before 71,032 fans at the Orange Bowl.

1984 — 1/8 Los Angeles Raiders defeat the Seahawks, 30-14, in the AFC Championship Game at the Los Angeles Memorial Coliseum before 88,734 fans. **5/1** Seahawks select cornerback Terry Taylor of Southern Illinois as their first-round choice in the annual NFL Draft. **9/3** Seahawks win regular season opener for the first time in franchise history, 33-0, over the Cleveland Browns. The enthu-

siasm is dampened by a knee injury to Curt Warner which will keep him out for the rest of the season. **10/29** Seahawks post their second shutout of the season with a 24-0 victory over the San Diego Chargers on Monday Night Football. Kenny Easley intercepts a club record three passes and Steve Largent catches three touchdown passes. **11/4** Seahawks set an NFL record by returning four interceptions for touchdowns, including two by Dave Brown, in a 45-0 win over the Kansas City Chiefs. Kenny Easley and Keith Simpson had the other two interception returns for touchdowns. **11/25** Dave Krieg throws for 406 yards and three touchdowns, including an 80-yarder to Daryl Turner on the first play of the game, to lead the Seahawks past Denver, 27-24. Steve Largent catches 12 passes for 191 yards and one score. **12/2** Seahawks clinch playoff berth with a 38-17 win over Detroit as Dave Krieg throws a team record five touchdown passes. **12/15** Seahawks officially retire jersey #12 in honor of their fans, the 12th Man. Seattle becomes the first professional sports franchise to retire a jersey in honor of their fans. **12/22** Seattle eliminates the defending Super Bowl Champion Los Angeles Raiders, 13-7, from the playoffs in the AFC Wild Card Game at the Kingdome. Seahawks rush for 205 yards and force three turnovers, along with registering six sacks, in the victory. **12/29** Miami defeats the Seahawks, 31-10, in an AFC Divisional Playoff Game at the Orange Bowl.

1985 — 6/18 Seahawks and Northwest College agree to a long-term lease for a new practice and office complex for the club in Kirkland. The facility will be built on 12 acres adjacent to Northwest College. A 36,000-square foot building will house the club's administrative offices, locker room and training facilities. **7/20** Seahawks open their tenth and final training camp at Eastern Washington University in Cheney. **9/8** Curt Warner returns to the Seattle lineup after missing all but the 1984 opener as the Seahawks defeat Cincinnati, 28-24, at Riverfront Stadium. Warner gains 66 yards on 17 carries and scores the game-winning touchdown on an 11-yard run with 7:07 remaining. **9/15** Daryl Turner sets a club record with four touchdown catches and Dave Krieg equals another with five touchdown passes in Seattle's 49-35 victory over the San Diego Chargers at Jack Murphy Stadium. **10/13** Dave Krieg passes for 405 yards and four touchdowns, including a 12-yarder to Paul Skansi for the winning touchdown with 35 seconds remaining, as Seahawks defeat Atlanta, 30-26. Krieg directs the Seahawks 86 yards in 16 plays on the winning drive. **10/21** Ceremonial ground-breaking is held for team's new headquarters. **11/3** Terry Taylor returns an interception 75 yards for a touchdown and blocks a field goal attempt that is recovered by Byron Walker and returned 56 yards for a touchdown in Seattle's 33-3 win over the Los Angeles Raiders at the Kingdome.



1986 — 4/29 Seahawks select Florida fullback John L. Williams as their first-round draft choice. Williams is the 15th player picked overall. **6/18** Seahawks move into new headquarters on a 12-acre site adjacent to Northwest College in Kirkland.

7/16 Seahawks open their 11th training camp and first in Kirkland. **9/7** Seahawks kickoff their 1986 regular season schedule with a 30-0 victory over the Pittsburgh Steelers at the Kingdome. **10/6** Seahawks defeat San Diego Chargers, 33-7, on Monday Night Football as Steve Largent breaks NFL record for most consecutive games with a pass reception. Largent catches a pass in the 128th straight game in which he participated. **10/19** Jacob Green registers four sacks and Dave Brown intercepts two passes in leading Seattle to a 17-12 win over the eventual Super Bowl champion New York Giants. **11/27** Seahawks defeat the Dallas Cowboys, 31-14, on Thanksgiving Day as Curt Warner runs for 122 yards and Dave Krieg completes 16-of-24 passes for 214 yards and two touchdowns. **12/8** Seattle hands the Los Angeles Raiders their biggest defeat since 1962, 37-0, as Curt Warner gains 116 yards and Dave Krieg passes for 243 yards and two touchdowns. Seattle gains 407 yards in total offense, while the defense holds the Raiders to 138 yards. **12/20** Seahawks close out five-game winning streak and a 10-6 season by defeating eventual AFC Champion Denver, 41-16. The Seahawks gain a season high 536 yards, including a club record 298 yards rushing, led by Curt Warner's 192 yards and three touchdowns on 24 carries.

1987 — 4/28 Seahawks select University of Pittsburgh linebacker Tony Woods in the first round of the NFL Draft. Woods is the 18th player picked. **6/12** Seahawks win lottery for first choice in supplemental draft and select University of Oklahoma linebacker Brian Bosworth. **9/13** After first two regular season games, NFL Players Association calls a strike that will last four weeks. Games for Sunday, September 18, are cancelled. **10/25** Seahawks defeat the Los Angeles Raiders, 35-13, in first game with regulars following the strike. Seattle builds up a 28-0 halftime lead and wins in Los Angeles for the first time since 1983. **12/13** Dave Krieg completes 23-of-33 passes for 238 yards and Ray Butler catches six passes for 107 yards and two touchdowns in leading Seattle past Denver, 28-21, at the Kingdome. **12/20** Seahawks clinch playoff berth with a 34-21 win over the Chicago Bears at Soldier Field. John L. Williams sparks the offense with a 75-yard touchdown on a screen pass from Dave Krieg and the defense contributes five takeaways. **12/27** Steve Largent catches six passes in a 41-20 loss at Kansas City and becomes the NFL's all-time leading receiver with 751. Largent breaks the previous record of 750 by Charlie Joiner.

1988 — 1/3 Seahawks close out the 1987 season with a 23-20 overtime loss to the Houston Oilers at the Astrodome in the AFC First-Round Playoff Game. **4/24** Seahawks use their second-round choice in the draft to select University of Miami wide receiver Brian Blades. The Seahawks first-round pick had been exercised in the June 1987 supplemental draft. **8/30** Ken Behring and Ken Hofmann complete their purchase of the Seahawks from the Nordstrom family. **9/4** Seahawks open 13th season with a 21-14 win at Denver over the two-time defending AFC Champion Broncos. Curt Warner scores twice and John L. Williams accounts for 161 yards from scrimmage. It is Seattle's first win in Denver since 1984. **9/18** Steve Largent becomes the NFL's all-time leader in pass receiving yards with 12,167 at San Diego, but the Seahawks lose to the Chargers, 17-6. Largent breaks Charlie Joiner's record of 12,146 yards. **10/2** Rookie quarterback Kelly Stouffer makes his first NFL start for an injured Dave Krieg and leads the Seahawks to a 31-20 win over the Atlanta Falcons in Atlanta. John L. Williams ties a team record with three rushing touchdowns. **11/13** Seahawks defeat the Houston Oilers, 27-24, as Dave Krieg returns after missing seven games with a shoulder separation. Krieg engineers a 10-play drive to set up Norm Johnson's game-winning field goal with less than one second left. **11/28** Dave Krieg equals his own team record with five touchdown passes as Seahawks defeat the Los Angeles Raiders, 35-27, on Monday night in the Kingdome. Curt Warner (130) and

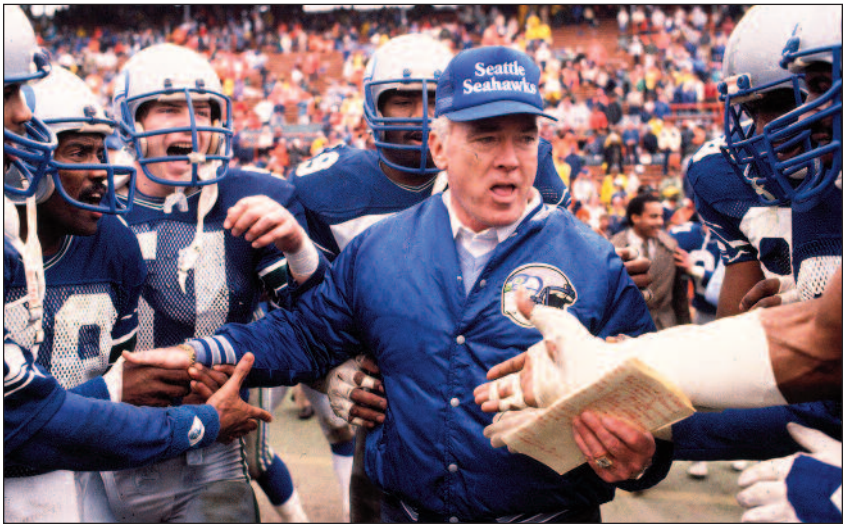
John L. Williams (105) become the first pair of Seahawks to each gain over 100 yards rushing in the same game. **12/11** Seahawks score touchdowns on their first six possessions in a 42-17 win over Denver. Curt Warner establishes a team record with four rushing touchdowns. Warner (126) and John L. Williams (109) each top 100 yards rushing. **12/18** John L. Williams accounts for 239 yards of offense, including 180 receiving, and Dave Krieg throws for 410 yards and four scores, as the Seahawks defeat the Los Angeles Raiders, 43-37, in Los Angeles to clinch the first AFC Western Division title in franchise history. **12/31** Seahawks are eliminated from the playoffs by the eventual AFC Champion Cincinnati Bengals, 21-13, in Riverfront Stadium.

1989 — 2/22 Tom Flores named President/General Manager, replacing Mike McCormack. Flores guided the Los Angeles Raiders to an 83-53 regular season record and two Super Bowl titles in nine seasons, 1979-87, as their head coach. **4/23** Seahawks select Notre Dame tackle Andy Heck with the fifteenth pick of the first round of the draft. **9/10** Seahawks lose regular season opener in Philadelphia, 31-7, and also lose wide receiver Steve Largent for six weeks with a broken elbow. Largent, however, scores Seattle's only touchdown. **10/29** Dave Krieg and Brian Blades combine on a 21-yard touchdown pass with 40 seconds left in a 10-7 win over the San Diego Chargers. The win is the 100th in regular season play for the Seahawks. Blades catches a career high 10 passes for 117 yards. **11/26** Steve Largent ties Don Hutson's NFL record of 99 career receiving touchdowns in the Seahawks 41-14 loss at Denver. **12/4** Dave Krieg ignites a three-game winning streak with 298 yards passing and the game-winning touchdown pass in a 17-16 Monday night win over Buffalo. **12/10** Seahawks win 24-17 at Cincinnati as Dave Krieg throws three touchdown passes. One goes to Steve Largent, the NFL record 100th of his career. **12/17** John L. Williams catches a career high 12 passes for 129 yards as the Seahawks defeat the Los Angeles Raiders, 23-17. **12/23** Seahawks close out the season with a 29-0 loss to the Washington Redskins. In pregame ceremonies, retiring wide receiver Steve Largent is honored and his is the first name inducted in the Seahawks Ring of Honor.

1990 — 4/22 Seahawks trade four draft choices to the New England Patriots, including two first-round choices, to move up and select University of Miami defensive tackle Cortez Kennedy with the third overall choice. Seahawks also receive a sec-

ond-round choice from the Patriots which they use to select Syracuse University linebacker Terry Wooden. **8/4** Seahawks play their first-ever international game as they drop a 10-7 preseason decision to the Denver Broncos in Tokyo, Japan. **10/1** Seahawks defeat the Cincinnati Bengals, 31-16, for their first win after opening the season with three consecutive losses. Derrick Fenner scores three touchdowns for the second straight week. **11/11** Seahawks score their first win in Kansas City's Arrowhead Stadium since 1980 as Dave Krieg throws a 25-yard touchdown pass to Paul Skansi as time expires. The PAT gives Seattle a 17-16 win and starts a four-game streak of games decided on the last play. The win is the 159th of Chuck Knox's career, moving him into seventh place all-time. **11/25** Norm Johnson's 40-yard field goal 3:01 into overtime gives the Seahawks a 13-10 win at San Diego. Seattle forces and recovers a pair of fumbles, the first with 48 seconds left in regulation and the second with 1:34 gone in overtime. **12/2** In almost a replay from the week before, Seattle defeats the Houston Oilers 13-10 in overtime after recovering a fumble. Norm Johnson connects from 42 yards out after David Wyman recovers a Tony Woods-forced fumble. Seahawks become only the third team in NFL history to win back-to-back overtime games. **12/9** The Seahawks defense sets single-game records for fewest rushing first downs (0) and rushing yards allowed (13) in a game in a 20-14 win over the Green Bay Packers in Milwaukee. **12/23** Seattle moves over the .500 mark with a 17-12 win over the Denver Broncos. The Broncos are penalized on the game's last play, negating what would have been a game-winning touchdown pass. **12/30** Derrick Fenner scores two touchdowns for the fourth time as Seattle defeats the Detroit Lions, 30-10, in the Kingdome, to finish at 9-7 after an 0-3 start. Fenner ends the season equalling team records for total touchdowns (15) and rushing touchdowns (14), totals that lead the AFC.

1991 — 4/21 Seahawks select San Diego State quarterback Dan McGwire with the 16th pick on the first round of the 1991 NFL Draft. The 6-8, 243-pound McGwire is the first quarterback ever selected in the first round by Seattle. **4/25** Head Coach Chuck Knox agrees to a two-year contract extension. **8/3** Quarterback Jim Zorn (1976-84) becomes the second person inducted into the Seahawks Ring of Honor. **9/1** Seahawks drop season opener, 27-24, at New Orleans and lose starting quarterback Dave Krieg for six weeks with a broken thumb in the process. Wide receiver Brian Blades sets career highs with 12 receptions, 160



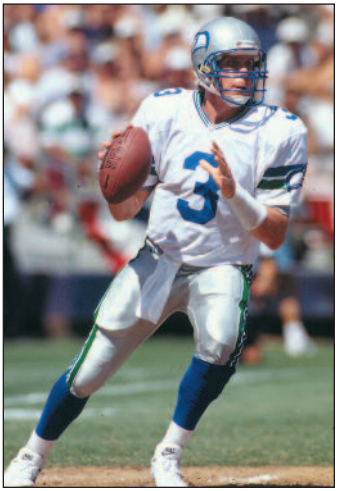
yards, and two touchdowns. **9/8** Jeff Kemp makes his first start since September 25, 1988, and throws two touchdown passes in a 20-13 win over the New York Jets. One goes to Travis McNeal, the first of his career. **9/29** Chris Warren's 59-yard punt return touchdown, the first by a Seahawks player since 1986, sparks a 31-3 win over the visiting Indianapolis Colts. The defense limits the Colts to 137 yards and records five sacks. Rookie first-round draft choice Dan McGwire starts and plays the first half, engineering a 50-yard touchdown drive on his first possession. **10/6** The Seahawks defense stops the Cincinnati Bengals on a 4th-and-four inches short with 29 seconds left to preserve a 13-7 win at Riverfront Stadium. Dwayne Harper and Nesby Glasgow combine for the tackle, which comes at the Seattle 22. **10/20** Dave Krieg returns from missing six games on injured reserve to lead Seattle to a 27-7 win at Pittsburgh. Krieg throws for 266 yards, completing 25-of-31 passes, and two scores. **10/27** John Kasay equals an NFL record with two field goals of 50-or-more yards in a 20-9 win over the San Diego Chargers. Kasay connects from 54 and 51 yards. The 54-yarder equals the team record. **11/24** The defense forces four turnovers and has five sacks, three by Rufus Porter, in a 13-10 win over the eventual AFC West Champion Denver Broncos in the Kingdome. Additionally, the defense twice holds on downs inside Seahawks territory in the game's last 4:49. **12/22** Seattle finishes their 16th season with a 7-9 record after defeating the Los Angeles Rams, 23-9, in the Kingdome. It was the first win by the Seahawks over the Rams in five regular season games. James Jones rushes for a pair of scores, while the defense keeps their third 1991 opponent out of the end zone. **12/27** The Seahawks and Head Coach Chuck Knox agree to mutually end Knox's nine-year tenure as head coach. Knox leaves having compiled an 80-63-0 (55.9%) regular season record. He guided the Seahawks to four playoff appearances, including an AFC West title in 1988 and a berth in the AFC Championship Game in 1983.

1992 — 1/6 Seahawks President/General Manager Tom Flores is named President/Head Coach. Flores coached nine seasons, 1979-87, with the Oakland/Los Angeles Raiders and compiled an 83-53-0 (61.0%) regular season record. He led the Raiders to two Super Bowl Championships, XV and XVIII, the only Super Bowls won by the AFC in the decade of the 1980s. **1/8** Larry Kennan, Coach of the Year in the World League of American Football in 1991, is named Offensive Coordinator/ Quarterbacks Coach. Kennan guided the London Monarchs to an 11-1 record and WLAF Championship in the league's first season. Kennan served as an NFL assistant with the Los Angeles Raiders (1982-87), Denver Broncos (1988) and Indianapolis Colts (1989-90). **1/9** Seahawks defensive assistants George Dyer (line), Rod Perry (secondary), and Joe Vitt (special assignments), along with John Becker (offensive coordinator/wide receivers) and Chick Harris (running backs) leave the Seahawks to join Chuck Knox with the Los Angeles Rams. **1/11** Seahawks Assistant Head Coach Tom Catlin announces he will stay with the Seahawks as assistant head coach/defense. In addition, Rusty Tillman is promoted from spe-

cial teams coach to defensive coordinator, Russ Purnell from tight ends and assistant special teams to special teams and tight ends coach, and Paul Moyer from staff assistant to defensive backfield coach. **1/21** Offensive Line Coach Hudson Houck and Running Backs Coach Clarence Shelmon are added to Tom Flores' staff. Both coaches come to the Seahawks from the Los Angeles Rams. **1/22** Bob Bratkowski, offensive coordinator at the University of Miami for the past three seasons, is named wide receivers coach. Bratkowski's father Zeke, is a former NFL quarterback and current NFL assistant coach. **1/23** Tommy Brasher is named defensive line coach. Brasher has coached nine seasons in the NFL and 12 in college. **1/24** Former Seahawks cornerback Dave Brown (1976-86) returns to the club as a defensive assistant. An original member of the Seahawks, Brown still holds career records with 50 interceptions and four interception return touchdowns. **8/22** Dave Brown becomes the third inductee into the Seahawks Ring of Honor. **9/6** Cincinnati Bengals spoil Tom Flores' Seahawks coaching debut with a 21-3 Kingdome win. **9/20** Flores gains first win as Seahawks head coach, 10-6, at New England. Cortez Kennedy has four-and-a-half tackles for loss, including three sacks, to lead the defense while Chris Warren rushes for 122 yards and one score on 24 carries to lead the offense. It's Warren's first career 100-yard game. **11/8** Chris Warren's 103 yards aren't enough as the Washington Redskins post a 16-3 Kingdome win. **11/22** Chris Warren rushes for a career-high 154 yards, including a touchdown, but the Kansas City Chiefs take a 24-14 win. **11/30** In pregame ceremonies, play-by-play broadcaster Pete Gross is inducted into the Seahawks Ring of Honor. The Seahawks then defeat the Denver Broncos 16-13 in overtime, snapping an eight-game losing streak. Brian Blades makes his first appearance since injuring his shoulder on opening day and catches the game-tying touchdown pass on the game's last play. John Kasay's 32-yard field goal 11:10 into overtime is the winner. The game also is the team record third straight that the Seahawks defense held the opposition to under 200 total yards. **12/2** KIRO Newsradio 710's Pete Gross, the only play-by-play broadcaster in the Seahawks 17-year history, dies after a four-year battle with cancer. **12/6** The Pittsburgh Steelers take a 20-14 comeback win in Pittsburgh, despite Eugene Robinson's record-equalling three interceptions. **12/13** Roger Ruzek's 44-yard field goal as time expires in overtime gives the visiting Philadelphia Eagles a 16-13 win. The game is the longest in Seattle's history (75:00). **12/27** Seattle closes out the regular season with a 31-14 Kingdome loss to the AFC West Champion San Diego Chargers. Chris Warren becomes only the second player in franchise history to rush for 1,000 yards, finishing the season with 1,017.

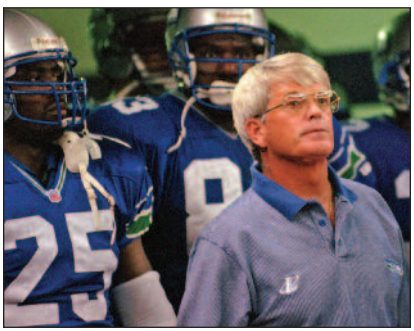
1993 — 1/19 David Behring, son of majority owner Ken Behring, is named team President. Tom Flores is named General Manager/Head Coach, while Player Personnel Director Mike Allman is placed in charge of both professional and college personnel. **1/28** Howard Mudd is named offensive line coach replacing Hudson Houck, who joined the Dallas Cowboys. Mudd is an eight-year NFL vet-

eran guard and a 19-year NFL assistant, including a stint with the Seahawks from 1978-82. **2/5** Phil Neri, a Seahawks scout since 1985, is named College Scouting Director. **3/12** Ferrell Edmunds, two-time Pro Bowl tight end with the Miami Dolphins, signs as an unrestricted free agent. Edmunds, a five-year veteran, is the first free agent to sign with the Seahawks under the NFL new free agency system. **4/1** Wide receiver Kelvin Martin of the Super Bowl champion Dallas Cowboys is signed as an unrestricted free agent. **4/14** Linebacker Kevin Murphy signs with Seattle. **4/20** Four-time Pro Bowl center Ray Donaldson signs with the Seahawks as a free agent. **4/22** Buffalo guard Mitch Frerotte signs with the Seahawks as an unrestricted free agent. **4/25** University of Notre Dame quarterback Rick Mirer is selected by the Seahawks in the first round of the NFL draft. Mirer is the second player chosen overall. **9/19** Chris Warren rushes a club record 36 times for a personal best 174 yards in a 17-14 win over the Patriots in New England, Seattle's first win after two losses. **9/26** Rod Stephens' fumble recovery in the end zone provides the winning touchdown in a 19-10 win at Cincinnati. **10/3** Seattle makes it three straight with a 31-14 win over the San Diego Chargers in the Kingdome. Rookie Rick Mirer passes for 282 yards and a score and also rushes for a touchdown. The three-game winning streak is the Seahawks longest since 1990. **10/24** Rick Mirer throws the game-winning touchdown pass to Brian Blades with 25 seconds left in a 10-9 win over New England in the Kingdome. **11/14** Eugene Robinson records 11 tackles, two interceptions, two forced fumble, and one fumble recovery to spark a 22-5 win over the visiting Cleveland Browns. In all, the Seahawks defense forces seven turnovers and accounts for a touchdown and a safety. **12/26** Chris Warren rushes for 168 yards to become the second Seattle player to have back-to-back 1,000-yard seasons, but the Phoenix Cardinals tie the game on the last play of regulation and go on to a 30-27 overtime win in the Kingdome. **12/26** Jon Vaughn, who learned during warmups that he would start for an injured Chris Warren (abdominal muscle), rushes for a career-high 131 yards in a 16-6 win over the Pittsburgh Steelers. Seattle gains 267 yards rushing, giving them back-to-back 200-yard rushing games for the first time in franchise history.

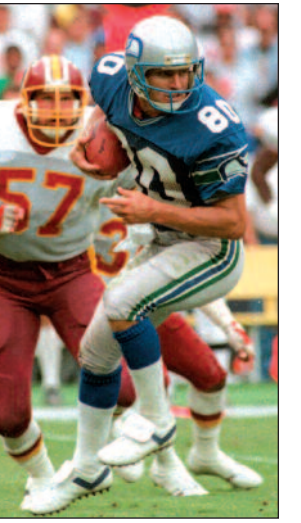


1994 — 1/2 The Seahawks finish the season 6-10 after dropping a 34-24 decision to the AFC West Champion Kansas City Chiefs in Arrowhead Stadium. John L. Williams rushes for 102 yards, to give the Seahawks three straight games with an individual over 100 yards, a franchise first. Rick Mirer becomes the first rookie quarterback since 1973 to start all his team's games and only the third since the 1970 merger. Mirer ends the season with NFL rookie passing records for attempts (486), completions (274), and yards (2,833), while helping to improve Seattle's win total by four games. **2/24** Nate Odomes, two-time Pro Bowl cornerback of the Buffalo Bills signs as a free agent. **2/28** Odomes' Buffalo teammate and fellow two-time Pro Bowler, tackle Howard Ballard signs as a free agent. **4/24** Texas A&M University defensive tackle Sam Adams is the Seahawks first-round draft choice. Adams is the eighth player picked in the first round. **7/19** Kingdome ceiling tiles fall from roof forcing closure of the building until November 5. Seahawks play both preseason games and first three regular season games in the University of

Washington's 72,500 seat Husky Stadium. **8/13** Seahawks play first-ever outdoor game in Seattle defeating Tampa Bay Buccaneers, 29-6, in Husky Stadium. **9/4** Seahawks capture season opener for first time since 1988 with a 28-7 win at the Washington Redskins, as Chris Warren rushes for 100 yards and two touchdowns. The win is the 100th in the career of Head Coach Tom Flores. **9/11** Chris Warren scores two touchdowns for the second straight week as Seahawks go 2-0 with a 38-9 win over the Raiders in Los Angeles. Rick Mirer tosses three touchdown passes. **9/18** San Diego Chargers stop Seahawks two-game winning streak, 24-10, before Seahawks record crowd of 65,536 in Husky Stadium. **9/25** Chris Warren earns AFC Offensive Player of the Week honors in a 30-13 win over the visiting Pittsburgh Steelers. Warren rushes for 125 yards and a touchdown, while the Seahawks defense intercepts four passes. **11/6** Cincinnati Bengals spoil Seahawks return to Kingdome with a 20-17 overtime win. Doug Pelfrey kicks six field goals, including a 26-yarder 8:14 into overtime for the win. **11/20** Mack Strong's seven-yard touchdown run with 42 seconds left gives Seahawks a 22-21 win over the visiting Tampa Bay Buccaneers, breaking a six-game losing streak. **11/27** Seahawks defeat Kansas City 10-9 behind John Kasay's 32-yard field goal with 1:42 left. The back-to-back one-point wins are a franchise first. Chris Warren surpasses the 1,000-yard mark in the 12th game, the earliest in team history. Curt Warner inducted into Ring of Honor. **12/11** Chris Warren rushes for a personal best 185 yards on 30 carries, including a touchdown in a 16-14 win at Houston. Warren, playing with cracked ribs, had 183 of his yards in the first three quarters. **12/18** Chris Warren tops 100 yards for the seventh time with 122, but the Los Angeles Raiders escape with a 17-16 Kingdome win. **12/24** Cleveland Browns defeat the Seahawks 35-9 in Cleveland Stadium, closing out a 6-10 season. Chris Warren finishes the season with a franchise record 1,545 rushing yards, a total that leads the AFC. **12/29** Tom Flores, Seahawks general manager/head coach from 1992-94, is relieved of his duties. Flores, who joined the organization in 1989 as president/general manager, compiled a 14-34 regular season record. All 12 of Flores' assistants were also fired.

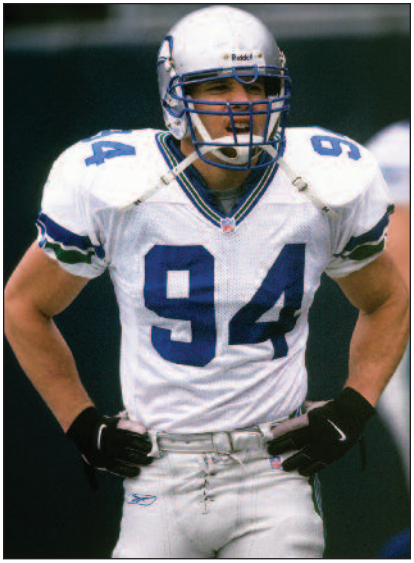


1995 — 1/12 Dennis Erickson, head coach at the University of Miami, is named head coach. In six seasons at Miami, Erickson compiled a 63-9-0 record and won national championships in 1989 and 1991. A native of Everett, Washington, Erickson posted a 113-40-1 record in 13 seasons as a college head coach at the University of Idaho, University of Wyoming, Washington State University, and Miami. Erickson brings six coaches with him from Miami, Gregg Smith (assistant head coach/tight ends), Greg McMackin (defensive coordinator), Dave Arnold (special teams), Dana LeDuc (strength and conditioning), Rich Olson (quarterbacks), and Willy Robinson (defensive backs). In addition he retains Bob Bratkowski (offensive coordinator/wide receivers), Tommy Brasher (defensive line), Tom Catlin (quality control), Dave Brown (defensive coach), Arnie Matsumoto (staff assistant), Howard Mudd (offensive line), and Clarence Shelmon (running backs) from the previous staff. **1/28** Wide Receiver Steve Largent becomes the first Seahawks player to be elected into the Pro Football Hall of Fame. Largent was elected in his first year of eligibility. He played his entire NFL career with Seattle from 1976-89, and retired in possession of six NFL receiving marks, including most receptions (819), yards (13,089), touchdowns



(100), and consecutive games with a reception (177). Largent's presenter for induction is Seahawks' Vice President Gary Wright. **2/9** Mike Murphy, a nine-season NFL coaching veteran, is named linebackers coach. Murphy coached with the Detroit Lions and Arizona Cardinals prior to serving one year in the Pro Personnel Department of the Carolina Panthers. **4/22** Seahawks select Ohio State University wide receiver Joey Galloway with the eighth pick in the first round of the NFL draft. Galloway is the second wide receiver chosen overall and the first ever picked by the Seahawks in the first round of the draft. **7/29** Steve Largent is formally inducted into the Pro Football Hall of Fame. **8/12** Seahawks officially retire Largent's #80 jersey. **9/3** Seahawks lose NFL debut of Head Coach Dennis Erickson, 34-10, to the Kansas City Chiefs in the Kingdome. Jacob Green was inducted into the Ring of Honor. **9/17** Erickson gains first career win, 24-21, over the Cincinnati Bengals in the Kingdome. Chris Warren rushes for 109 yards. **11/5** Rookie Joey Galloway returns a punt a club record 89 yards for a touchdown to spark a 30-28 win over the visiting New York Giants. Brian Blades has two first quarter touchdown receptions. The win snaps a four-game losing streak and ignites a streak of six wins in seven games. **11/12** Galloway strikes again, this time on an 86-yard run from scrimmage in a 47-30 win over the Jaguars in Jacksonville. His run is a club record and is an NFL-long for 1995, as was his punt return. Galloway accounts for 237 all-purpose yards and three touchdowns, including five receptions for 114 yards and two scores receiving. **11/19** Seattle posts a 27-20 win over the Redskins in Washington, D.C., completing a two-game, 10-day road trip. Chris Warren rushes for a season-high 136 yards and one score, quarterback Rick Mirer throws two touchdown passes and Robert Blackmon has two interceptions. The Seahawks stayed in Jacksonville between games. **12/3** Todd Peterson kicks four field goals in a 26-14 win over the Philadelphia Eagles. **12/10** Quarterback John Friesz engineers three fourth quarter touchdown drives in a 31-27 win over the Broncos in Denver. Seattle rallies from a 20-0 second quarter deficit for the win, the greatest comeback in franchise history. Friesz throws for two touchdowns, including the game-winner to Chris Warren with 49 seconds left. Antonio Edwards' club record 83-yard return of a Robert Blackmon-forced fumble in the third quarter, ignites the rally. **12/17** Chris Warren scores three touchdowns in a 44-10 win over the Oakland Raiders. The win is Seattle's eighth of the year, their most since 1990. **12/24** AFC Western Division champion Kansas City Chiefs end the Seahawks postseason bid with a 26-3 win in Arrowhead Stadium.

1996 — 2/2 Team owner Ken Behring announces that he is moving the franchise. **4/20** Ken Behring and Seattle native Paul Allen enter into an exclusive 14-month option for Allen to purchase the Seahawks. Allen can exercise the option at anytime until July 1, 1997. Allen is named Chairman of Football Northwest, Inc., with Bert Kolde serving as Vice Chairman and Bob Whitsitt as President. Seahawks select Boston College tackle Pete Kendall in the first round with the 21st overall pick. Seattle had traded down twice in the first round, acquiring defensive tackle Glenn Montgomery from the Houston Oilers in the first deal and adding an extra third-round pick from the Detroit Lions in the second. **9/1** Seahawks start 21st season with 29-7 loss at San Diego. **9/22** Lamar Smith's 14-yard run with 31 sec-



onds left gives Seahawks a 17-13 win at Tampa Bay, their first win after three losses. **10/6** John Friesz throws touchdown passes of 51, 65 and 80 yards, the latter with 2:03 left to Brian Blades, for a 22-15 win at Miami. **11/3** Michael McCrary blocks Houston's game-winning field goal with 16 seconds left, recovers it, and laterals to Robert Blackmon to complete a 68-yard touchdown return to give Seattle a 23-16 win. John Friesz throws for 323 yards, Seattle's first 300-yard passing game since 1990. **11/10** Seattle completes three wins in three home games by defeating the Minnesota Vikings, 42-23. **11/17** Seattle misses a last play field goal in 17-16 loss at the Detroit Lions. Lamar Smith rushes for a career high 148 yards in his first career start. Seahawks also lose quarterback John Friesz for remainder of the season with a broken leg. **12/8** Seahawks snap three-game losing streak with 26-18 win over visiting Buffalo Bills. Chris Warren rushes for 116 yards, his franchise record 24th career 100-yard game. **12/22** Seahawks close season with 28-21 win at Oakland. Seattle forces seven turnovers and wins with backup quarterbacks Stan Gelbaugh and Gino Torretta playing for John Friesz (broken leg) and Rick Mirer (quadriceps). Torretta passes 32 yards to Joey Galloway for his first career touchdown. Lamar Smith rushes for two touchdowns.

1997 — 2/14 Seahawks make first strike in free agency signing Steelers Pro Bowl linebacker Chad Brown. Brown's signing is followed two days later with that of Pittsburgh teammate cornerback Willie Williams. **2/18** Quarterback Rick Mirer is traded to the Chicago Bears for a first-round draft choice. Seattle now has the 11th and 12th picks overall in the April 19-20 NFL Draft. **3/5** Seahawks announce a return of their training camp to Eastern Washington University in Cheney, Washington. Seattle trained at Eastern from 1976-85, before training year-around at their Kirkland Headquarters. **3/6** Detroit Lions safety Bennie Blades is signed as a free agent reuniting him with his brother, Brian. **3/7** Former University of Washington quarterback Warren Moon signs as a free agent after 13 seasons with the Houston Oilers (1984-93) and Minnesota Vikings (1994-96). Moon ranks fourth in league history in attempts (6,000), completions (3,514), and yards (43,787), and is tied for seventh in touchdowns (254). **3/28** Seattle trades their first-round pick obtained from the Bears, to Atlanta for the

Falcons first-round pick, the third overall. Seattle also sends second and fourth rounders to Atlanta and the Falcons flip-flop their third round choices. **4/19** After selecting Ohio State cornerback Shawn Springs with the third overall choice, Seattle sends the 12th overall choice and a third-round pick to the Tampa Bay Buccaneers for the sixth overall choice. That pick is used on Florida State University tackle Walter Jones. It is the first time in their history that the Seahawks have utilized two first-round draft choices. **4/25** Washington State Legislature passes Seahawks Stadium Funding Plan, Referendum 48. The bill sets a statewide vote for June 17. **6/17** Washington state voters approve Referendum 48 by a 51.1 percent to 48.9 percent margin (820,354 yes, 783,584 no), including a 56.4 percent margin (275,358 yes, 213,092 no) in King County. **6/23** Metropolitan King County Council votes 9-3 to approve a new football stadium for the Seahawks. **6/30** Bob Whitsitt, President of Football Northwest, signs paperwork to purchase Seahawks from Ken Behring. **7/15** Seahawks open training camp at Eastern Washington University in Cheney, returning after an 11-year absence. **8/19** Football Northwest is approved as the Seahawks owners by the member clubs of the NFL. **8/31** Seattle loses season opener to New York Jets, 41-3, in the Kingdome and quarterback John Friesz for nine weeks with a broken right thumb. **9/14** Seahawks hold Indianapolis Colts to a franchise low 118 yards for their first win, 31-3, in Indianapolis. The 28-point margin of victory is the largest for Seattle on the road. **10/5** Seattle embarks on three-game winning streak by beating the Tennessee Oilers, 16-13, in the Kingdome. Steve Broussard scores on 77 and 43 yard runs within three second half carries overcoming a 10-0 deficit. Broussard rushes for 138 yards on just sixcarries. **10/26** Warren Moon throws a team record-equalling five touchdown passes, including three to Joey Galloway, in a 45-34 win over the Oakland Raiders. His 409 yards is third in team history for a single game and is an NFL high for 1997. **11/9** Moon connects with Galloway on a game-winning 40-yard touchdown pass at San Diego with 2:20 left. The 37-31 win is marred by a season-ending broken ankle suffered by six-time Pro Bowl defensive tackle Cortez Kennedy. **11/28** Seahawks open their first retail store, the Seahawks EndZone Store, in Seattle's Pioneer Square area, two blocks from the Kingdome. **12/14** Quarterback Jon Kitna makes his first career start and guides Seattle to a 22-21 win at Oakland, overcoming a 21-3 halftime deficit. Kitna throws for 283 yards and one score in becoming the sixth first-time quarterback starter in team history to win his debut. Todd Peterson's 49-yard field goal with 2:20 left is the winner. Seattle's win was their fifth of the season after overcoming a 10-point deficit, equalling the most in the NFL since 1970. **12/21** Seattle closes out season with a 38-9 win over the San Francisco 49ers. Warren Moon throws four touchdown passes and sets single season records for completions (313) and yards (3,378). Pro Bowl free safety Darryl Williams co-leads the AFC in interceptions with eight, while Pro Bowl defensive end Michael Sinclair has 12 sacks.

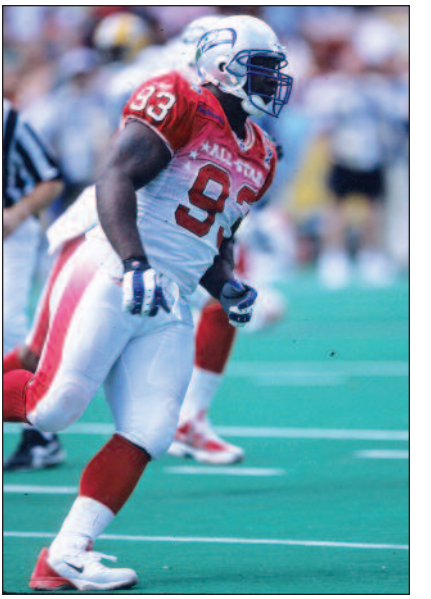
1998 — 1/16 Seahawks announce ticket restructure, increasing the number of $10 tickets, the lowest ticket price in the NFL, to slightly more than 10,000. **2/1** Warren Moon named MVP of Pro Bowl while leading AFC to 29-24 win. **1/16** Offensive Line Coach Howard Mudd leaves the Seahawks for Indianapolis Colts. **1/17** Linebackers Coach Mike Murphy also joins the Colts staff. **1/30** Coaches Clarence Shelmon (running backs) joins Dallas and Ned James (defensive assistant) joins the New Orleans Saints. **2/2** Offensive assistant Jim Zorn leaves for the Detroit Lions. **2/4** Seattle names Jim Johnson linebackers coach. **2/6** Hired Bill Meyers as assistant offensive line coach and announced the club had agreed to terms with Washington Redskins' special teams coach Pete Rodriguez. **2/10** Named Milt Jackson receivers coach. **2/24** Seattle signs three-time Pro Bowl center, Kevin Glover. **2/26** Seahawks name Tim Lappano running backs coach

and Eric Yarber to the position of offensive quality control. **3/4** Seahawks make one of the biggest off-season splashes in free agency when the club signs Philadelphia Eagles running back Ricky Watters to a contract. **3/6** The club agrees to terms with unrestricted free agent guard Brian Habib of the Super Bowl Champion Denver Broncos. **4/18** Linebacker Anthony Simmons from Clemson is the team's first-round pick, 15th overall, in the draft. **9/6** The Seahawks open the 1998 season with a 36-0 shutout over the Philadelphia Eagles at Veterans Stadium. The Seahawks would go on to one of the team's best starts ever, with three straight victories to open the year. **12/28** A day after completing its second consecutive 8-8 season, the club relieves Dennis Erickson of his coaching duties.

1999 — 1/8 Team President Bob Whitsitt appoints Mike Holmgren to the position of Executive Vice President of Football Operations/General Manager & Head Coach. The Seahawks surrender a second-round choice in the 1999 draft to the Green Bay Packers as compensation. **1/14** Holmgren hires Mike Sherman (Offensive Coordinator/Tight Ends), Fritz Shurmur (Defensive Coordinator), Tom Lovat (Offensive Line), Larry Brooks (Defensive Line), Nolan Cromwell (Wide Receivers), Jim Lind (Linebackers), Ken Flajole (Defensive Backs), Kent Johnston (Strength & Conditioning), and the retainment of Pete Rodriguez (Special Teams). **1/19** Mike Sheppard named Quarterbacks coach. **1/26** Mike Reinfeldt named Senior Vice President. **1/28** Stump Mitchell named Running Backs coach. **1/29** Rod Springer named Assistant Strength & Conditioning coach. **2/5** Jerry Colquitt (Offensive Quality Control) and Clayton Lopez (Defensive Quality Control) named to coaching staff. **2/14** Sign unrestricted free agent WR Sean Dawkins. **4/17** Select DE Lamar King (Saginaw Valley State) with the 22nd pick in the first round of the 1999 NFL Draft. **5/26** Defensive Coordinator Fritz Shurmur takes a leave of absence for health reasons. **6/7** Holmgren hires former Buffalo Bills' Assistant Coach Dick Roach to the position of defensive assistant. Linebackers coach Jim Lind is given the added responsibillity of coordinating the defense. **8/30** Seahawks defensive coordinator Fritz Shurmur succumbs to liver cancer. **11/28** The Seahawks defeat the Kansas City Chiefs in Arrowhead Stadium to cap a five-game winning streak and take the season record to 8-2.

2000 — 1/2 The Seahawks finish the 1999 season with a 19-9 loss at the New York Jets, but reach the playoffs for the first time since 1988 with the team's second AFC West Championship. The team's 9-7 record is the best mark since 1990. DT Cortez Kennedy is voted to a team-record eighth Pro Bowl along with teammates LB Chad Brown and T Walter Jones. **1/9** Seahawks lose their first playoff game in 11 years when they fall to the Miami Dolphins, 20-17, in the final game played at Seattle's Kingdome. **1/12** Mike Holmgren names Steve Sidwell defensive coordinator. Defensive Assistant Bob Zeman announces his retirement from coaching. **1/20** Holmgren names Gil Haskell offensive coordinator. **1/21** Holmgren names Johnny Holland assistant special teams/assistant strength and conditioning coach. **1/28** Holmgren names Ted Thompson vice president/football operations. **2/12** WR Joey Galloway is traded to the Dallas Cowboys for first-round draft choices in 2000 and 2001. **3/26** Seattle's Kingdome is imploded, to make

space for the new football/soccer stadium and exhibition hall, which will be located on the same site. **4/15** Seahawks select Alabama running back Shaun Alexander and Wisconsin tackle Chris McIntosh in the first round of the NFL Draft. **4/28** Seattle names John Schneider director of player personnel. **5/10** Scot McCloughan appointed as director of college scouting. **5/15** Bucky Brooks and Mike Murphy named area scouts. **6/1** Former Seahawks safety Eric Stokes and Matt Malaspina named area scouts. **7/5** Seahawks hire Brian Davis for radio play-by-play. **9/3** Seattle loses to Miami in season opener, 23-0, marking the first time the Seahawks were shut out in seven years. **9/10** Seattle opens a two-year stint at Husky Stadium with a loss to the defending Super Bowl Champion St. Louis Rams in a 37-34 shootout. **10/15** Seahawks return man Charlie Rogers sets team single-game record with 198 kickoff return yards and 215 combined return yards versus Indianapolis. **11/12** QB Jon Kitna earns AFC Offensive Player of the Week for 22 of 33, 231-yard, three-touchdown performance at Jacksonville. **12/23** Charlie Rogers returns four kickoffs for 171 yards, which includes an 81-yard touchdown, versus Buffalo to establish an AFC single-season record with 2,094 combined return yards (punt and kickoff).



2001 — 1/2 Mike Holmgren names Mark Michaels assistant special teams coach. **2/16** Former Seahawks QB Jim Zorn is named quarterbacks coach. **2/28** A 6.8 magnitude earthquake hit the Seattle area damaging the Seahawks marketing headquarters at Palmer Court, forcing them to move out of the building. The new stadium was not damaged and workers resumed construction less than one week later. **3/2** Seattle trades a third-round draft choice and switches first-round picks with Green Bay for QB Matt Hasselbeck. **3/3** Seattle signs free agent DT John Randle. **3/8** DT Cortez Kennedy is released. **3/9** Seattle signs free agent DT Chad Eaton. **3/16** Seattle names Lance Lopes to serve as General Counsel. **4/9** Seattle signs free agent LB Levon Kirkland. **4/12** Seahawks sign a three-year extension with Eastern Washington University to continue its training camp in Cheney. **4/21** Seattle takes North Carolina State wide receiver Koren Robinson with its first overall selection (No. 9) and Steve Hutchinson (No. 17). Selects 12 college players, the most since drafting 11 in 1992, during the two-day draft. **5/22** Seahawks switch conferences from the AFC West to the NFC West, joining the Arizona Cardinals, San Francisco 49ers and the St. Louis Rams following realignment. The Seahawks were a member of the NFC West in their inaugural season in 1976 before moving to the AFC West in 1977. **6/28** Named Scott Fitterer area scout and named former Kansas City wide receiver Lake Dawson and former Seahawks safety Eric Stokes pro personnel assistants. **8/3** Signed Trent Dilfer to one-year contract to back up Matt Hasselbeck. **9/16** Home game versus Kansas City is postponed due to the terrorist attacks on Tuesday, September 11. **11/11** Shaun Alexander rushed for 266 yards and three touchdowns versus Oakland, including a team-record 88-yard touchdown.

2002 — 1/2 Seahawks DT John Randle and T Walter Jones selected to represent Seahawks in the Pro Bowl. **1/6** The Seahawks played their final game at Husky Stadium before moving into their new downtown stadium. Trent Dilfer finished the season 4-0, extending his consecutive unbeaten record as a starter to 15-0. **2/22** Released defensive end Michael Sinclair following 11 years of service. **3/1** The Seahawks announced a new logo and colors; Seahawks blue, Seahawks navy and Seahawks bright green. **3/5** Re-signed Trent Dilfer to be the starting quarterback for the 2002 season. **3/27** The Seahawks unveiled new uniforms at the team's new stadium, the first significant uniform change in the team's 26-year history. In a weeklong contest, a total of 64,513 fans voted with an overwhelming 49,447 (76.6%) voting for the new Seahawks blue helmet. The traditional silver helmet received 15,066 (23.4%) votes. (Marked the first time in NFL history that a team allowed fans to choose any part of the teams' uniform ensemble.) **4/2** Bill Laveroni named assistant offensive line coach. **4/19** Traded quarterback Brock Huard to Indianapolis for the Colts fifth-round draft choice in the 2002 draft. **4/20** Seahawks selected Washington Husky tight end Jerramy Stevens in the first round of the NFL Draft, the first tight end selected by the team in the opening round. **5/4** Fieldturf installation completed in Seahawks Stadium. **5/15** Seahawks Stadium and Exhibition Center announced as interim name until a permanent naming rights sponsor is found; FGI announces the project will come in on budget, a month earlier than anticipated. **6/21** Traded CB Ike Charlton to Jacksonville Jaguars for an undisclosed draft choice. **7/20** Seahawks Stadium Grand Opening begins with Public Fanfare Days, followed by three weeks of public open houses. **8/3** Seahawks take the field in Seahawks Stadium for the first time in a preseason scrimmage. **8/10** Seahawks play their first game in Seahawks Stadium, a preseason loss to the Indianapolis Colts, 28-10. **9/15** Seahawks play their Inaugural Game in Seahawks Stadium versus the Arizona Cardinals, a 24-13 loss. **9/29** Shaun Alexander scores an NFL-record five first-half touchdowns versus the Minnesota Vikings on ESPN Sunday Night Football. **10/29** Place QB Trent Dilfer on injured reserve and signed veteran QB Jeff George for remainder of season. **11/24** Seattle and Kansas City combine for 64 first downs, an NFL record. **12/29** Matt Hasselbeck set a franchise record passing for 449 yards in a 31-28 overtime win at San Diego. Seattle also established 20 club records during the season, including most first downs in a season (347), most yards gained in a game (591 at San Diego), most net yards gained in a season (5,818) and most passing yards in a season (4,257). Seattle finished the season 7-9, third place in the NFC West. **12/31** Mike Holmgren relinquishes his role as general manager, but remains executive vice president of football operations and head coach. Seattle fires defensive coordinator Steve Sidwell, defensive line coach Larry Brooks, defensive backs coach Ken Flajole, linebackers coach Johnny Holland and offensive quality control coach Jerry Colquitt.

2003 — 1/29 Seahawks hire Dwaine Board as defensive line coach. **2/5** Seattle names Ray Rhodes defensive coordinator. **2/7** Seattle names Teryl Austin defensive backs coach. **2/10** Seattle hires Bob Ferguson as general manager. **2/12** Seattle hires John Marshall as linebackers coach. **3/4** Seattle re-signed unrestricted free agents LB Anthony Simmons and DE Antonio Cochran. **4/26** Seattle selected CB Marcus Trufant from Washington State with the 11th overall pick in the NFL Draft. **4/27** Seattle traded a sixth-round selection to the New Orleans Saints for DT Norman Hand. **6/16** Hired Charles Fisher as an area scout. **6/25** Paul G. Allen names Tod Leiweke chief executive officer in charge of all Seahawks business and administration operations. Bob Whitsitt focuses on football operations. **9/7** Seattle opened the season with a compelling 27-10 victory over the Saints, their first season-opening win at home since 1986. **9/14** Seattle recorded first shutout since 1998, and 10th shutout in club history at Arizona.

Safety Ken Hamlin earned NFC Defensive Player of the Week honors for his performance. In just his second NFL game, Hamlin had a hand in four of Seattle's six takeaways including the Cardinals first three drives. **10/5** Josh Brown set club record with 58-yard field goal at Green Bay. **10/12** The Seahawks unveiled a flag pole in the south end zone honoring the Seahawks 12th man. Each game, the Seahawks will have an honorary presenter raise the flag embroidered with the number 12. Twelve fans were selected to raise the inaugural flag. Steve Largent and Mike McCormack were among others to raise the flag during the season. The Seahawks held off San Francisco 20-19 on ESPN Sunday Night Football. **10/19** Defeated Chicago 24-17 and secured the best start (5-1) in franchise history. Seattle opened two seasons (1984, 1986) with a 4-1 mark. **11/23** Put up 41 points on one of the best defenses in the NFL, the Baltimore Ravens, but lost in overtime 44-41 after relinquishing a 17-point, fourth-quarter lead. Hasselbeck passed for 333 yards and club-record tying five touchdowns en route to being voted by fans the NFL/FedEx Air Player of the Week. **11/30** For the first time in franchise history, the club had a 300-yard passer (Hasselbeck 328), 100-yard rusher (Alexander 127) and two 100-yard receivers (Robinson 122, Jackson 102) in the same game versus Cleveland. Hasselbeck won the NFL/FedEx Air Player of the Week for the second consecutive week. **12/21** With a win over Arizona, the Seahawks finished 8-0 at home for the first time in franchise history. **12/27** Won at San Francisco, 24-17, for the first time since 1979 and secured first 10-win season since 1986. During the season, Hasselbeck became franchise's all-time leading passer (84.1 rating) and set single-season record with 3,841 passing yards and tied for most completions 313.

2004 — 1/4 Participated in first postseason since 1999, but lost in overtime to the Packers 33-27 in a back-and-forth affair played in 20 degree temperatures. Al Harris returned a Hasselbeck interception 52 yards for the game-ending score. Alexander set club postseason record with three touchdown runs and Hasselbeck became first passer with at least 300 yards in a playoff game. Seahawks offensive line coach Tom Lovat retires. Bill Laveroni takes over offensive line duties. **2/24** Seahawks designate T Walter Jones as franchise player for third consecutive year. **2/26** Senior VP Mike Reinfeldt declined contract offer to remain with Seahawks. **3/4** Seahawks sign unrestricted free agent Grant Wistrom to a multi-year contract. **3/9** WR Darrell Jackson re-signed a multi-year contract with the Seahawks. **3/24-3/31** In cooperation with the Department of Defense Armed Forces Entertainment Office, Seahawks Alex Bannister and Damien Robinson led a Seahawks contingent including former Seahawks receiver Paul Johns and the Sea Gals Show Group on a tour of Southwest Asia, including the countries of United Arab Emirates and Qatar. **3/24** The Seattle Seahawks name Steve Raible as the new "Voice of the Seahawks" for radio broadcasts, and will be joined by Warren Moon as color analyst on the broadcast team. Raible served the previous 22 years as color analyst on Seahawks radio. **5/19** Jay Nienkark named Director of Player Administration and will oversee the team's salary cap. **6/2** Seahawks Stadium is renamed Qwest Field. Introduced Blue Ribbon Partners. **6/8** Martha Fuller named CFO. **8/7** The Seahawks traveled to Portland's

PGE Park for "Seahawks Live," an intrasquad scrimmage. **9/26** The Seahawks opened the season 3-0 after shutting out the 49ers 34-0 at Qwest Field. The victory ended the 49ers NFL record of scoring in 420 consecutive games. **10/19** The Seahawks traded a conditional draft choice to the Oakland Raiders for WR Jerry Rice. **11/21** S Michael Boulware turned in one of the most exciting plays of the season when he, with 56 seconds remaining, returned a Dolphins' pass 63 yards for the game-winning touchdown. **12/6** In front of a record crowd at Qwest Field (68,093), the Seahawks hosted a Monday Night Football shootout versus the Cowboys. Matt Hasselbeck passed for 414 yards and three touchdowns, but the Cowboys scored 14 points in just under three minutes to earn a 43-39 victory.

2005 — 1/2 The Seahawks clinched their first NFC West title after fending off the Atlanta Falcons in the season finale. The Seahawks stopped a two-point conversion attempt at the end of regulation to keep the game from going into overtime. **1/8** The Seahawks hosted the Rams in a Wild Card Playoff game and lost 27-20. A Seahawks bid to tie the game on a fourth-and-4 play from the Rams' 5-yard line with :27 fell incomplete. Matt Hasselbeck joined Dan Fouts and Marc Bulger as the only quarterbacks in NFL history to throw for 300-plus yards in his first two career postseason starts. **1/10** Relieved Mark Michaels from duties as special teams coach. **1/14** Bob Whitsitt was relieved of his duties as president of football operations. **2/3** Mike Reinfeldt is named consultant. **2/10** Bob Casullo is named special teams coach. **2/16** T Walter Jones signed a multi-year contract. **2/22** Matt Hasselbeck signed a multi-year contract. Bob Ferguson was relieved of his duties as general manager. Shaun Alexander was named franchise player. **2/23** Tim Ruskell was introduced as the Seahawks' president of football operations and became the primary decision maker regarding all player and personnel decisions, including oversight of the club's pro and college scouting departments. **3/24** Mike Reinfeldt named Vice President of Football Administration. **4/21** Signed LB Jamie Sharper and former University of Washington WR Jerome Pathon. Released veteran LB Chad Brown. **4/23** Drafted Mississippi center Chris Spencer in the first round (26th overall) of the NFL Draft. **6/8** Mike Phair and Mike Yowarsky hired to the college scouting department. **7/27** Shaun Alexander signed one-year contract. **8/12** In a preseason matchup, the Seahawks defeated the Saints 34-15 in New Orleans just two weeks before Hurricane Katrina devastated the area. **10/2** The Seahawks lost an overtime game at Washington to fall to 2-2 on the season. It was the last game the team would lose before winning a club-record 11 consecutive games. **10/16** Seattle set a club record with 320 yards rushing versus the Houston Texans on ESPN Sunday Night Football. Alexander rushed for four scores for the second time of the season. **10/17** Seahawks S Ken Hamlin was victimized outside of a Seattle club following the game sustaining head injuries that ended his season. **10/23** The Seahawks defeated the Dallas Cowboys 13-10 on a 50-yard Josh Brown field goal as time expired. The winning kick was set up when Jordan Babineaux intercepted Drew Bledsoe and returned it to the Cowboys' 32-yard line with :05 remaining. **11/6** Shaun Alexander rushed for 173 yards and two touchdowns, which included an 88-yard touchdown run tying his own franchise record. **11/27** The Seahawks defeated the N.Y. Giants 24-21 in overtime after Giants' kicker Jay Feely missed three game-winning field goal attempts. The Giants committed 16 penalties, including 11 false start penalties. **11/28** Mike Holmgren presented the Seahawks 12th Man with the game ball following the win over the Giants. **12/5** Seattle trounced Philadelphia 42-0 on a snowy Monday Night Football game. **12/11** The Seahawks outscored the 49ers 41-3 marking a perfect 6-0 division record, first in team history. **12/17** Seattle secured a first-round bye in the playoffs with a 28-24 come-from-behind win at Tennessee. **12/24** Seattle clinched home field advantage throughout the playoffs with a 28-13 win over the 13-1 Indianapolis Colts.

2006 — 1/14 The Seahawks ended their 21-year streak without a playoff win by defeating the Washington Redskins 20-10 in a Divisional Playoff Game at Qwest Field. **1/22** Hosting their first-ever Championship Game, Seattle routed the Carolina Panthers 34-14 earning their first trip to the Super Bowl in the club's 30-year history. **2/5** The Seahawks lost to the Pittsburgh Steelers 21-10 in Super Bowl XL. **2/16** The Seahawks named John Marshall defensive coordinator and Ray Rhodes took on the title of special projects/defense. The Seahawks also named Zerick Rollins linebackers coach and promoted Tom Headlee to quality control/defense. Larry Marmie was also hired as a defensive assistant/secondary. **2/23** Placed transition tag on G Steve Hutchinson. **3/6** Re-signed RB Shaun Alexander to a multi-year contract. **3/27** Signed LB Julian Peterson. **3/31** Seahawks acquired restricted free agent WR Nate Burleson from the Vikings in exchange for a third-round draft choice. **4/30** Drafted Miami cornerback Kelly Jennings with the 31st pick in the NFL Draft. **5/9** Seahawks announce plans to move practice facility to Renton waterfront. **9/10** Opened the season at Detroit's Ford Field, site of Super Bowl XL, and won 9-6 on Josh Brown's 42-yard game-winning field goal as time expired. **9/11** Seattle acquired WR Deion Branch from the New England Patriots in exchange for the Seahawks first-round selection in the 2007 NFL Draft. **9/17** Former Seahawks DT Cortez Kennedy was inducted into the Seahawks Ring of Honor. **9/24** Seattle led the New York Giants 35-3 at halftime and won the game 42-30 behind Matt Hasselbeck's club-record tying five touchdown passes. **10/1** Seahawks Shaun Alexander missed the first of six games (at Chicago) with a broken foot he suffered in the season opener. **10/15** Josh Brown connected on his second game-winner of the season, a 54-yard field goal at St. Louis as time expired. **10/22** Seattle's Matt Hasselbeck injured his right knee on the first series of the second half versus the Vikings. He would miss the next four ballgames. Seneca Wallace went 2-2 in Hasselbeck's absence. **11/6** Seattle recorded nine sacks at Qwest Field versus Oakland on Monday Night Football on the way to a 16-0 shutout of the Raiders. **11/12** Josh Brown connected on a 38-yard field goal with :09 remaining versus the Rams for his third game-winner of the season. **11/27** Snow covered Qwest Field as Seattle defeated Green Bay 34-24 on Monday Night Football. Shaun Alexander rushed for 201 yards on a franchise-record 40 carries. **12/3** Josh Brown tied an NFL record with his fourth game-winning field goal (inside the final minute of overtime) with a 50-

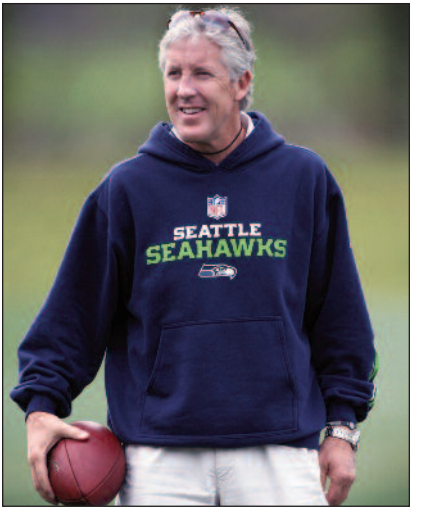
yard field goal at Denver with :05 left in the game. The win was the Seahawks first in Denver since December 10, 1995.

2007 — 1/6 The Seahawks won their third consecutive home playoff game upending the Dallas Cowboys 21-20 in an NFC Wild Card thriller. **1/14** Seattle's hopes of returning to NFC Championship Game were dashed in an overtime loss at Chicago. Seattle battled into overtime, but a Robbie Gould 49-yard field goal allowed the Bears to prevail. **1/21** The Seahawks added Jim Mora to the coaching staff as assistant head coach/defensive backs coach. **1/22** Seattle hired former Cowboys special teams coach Bruce DeHaven to the same position. **3/20** In partnership with Virginia Mason Medical Center, the Seahawks announced naming rights for their new training facility in Renton: Virginia Mason Athletic Center (VMAC). **4/29** Traded WR Darrell Jackson to San Francisco for a fourth-round draft choice. **7/28** Training camp began and was held in Kirkland for the first time since 1996. The team trained at Eastern Washington University in Cheney from 1997-2007. **10/7** FB Mack Strong suffered a career-ending neck injury at PIttsburgh. **11/4** With a 94-yard punt return at Cleveland, Nate Burleson became the first player in NFL history with three punt returns of 90 or more yards in a career. **12/2** Lofa Tatupu tied a franchise record with three interceptions at Philadelphia, including one in the final minutes that preserved a Seahawks 28-24 victory. **12/9** Seattle sewed up their fourth-consecutive NFC West title with a 42-21 victory over the Arizona Cardinals. Mike Holmgren became the winningest coach in franchise history passing Chuck Knox (83-67). Marcus Trufant also recorded three interceptions in the game to tie a club record.

2008 — 1/5 Seattle hosted a playoff game for the fourth straight season and one in three consecutive years after putting away Washington 35-14 in the Wild Card round of the playoffs. **1/12** Seattle's season ended with a 42-20 Divisional Playoff loss at Green Bay in blizzard-like conditions. The game would be Brett Favre's final victory with the Packers. **1/25** The Seahawks announced the hiring of new offensive line coach Mike Solari. Coach Keith Gilbertson leaves post as assistant offensive line coach to coach wide receivers. **2/1** Hired Chris Beake to serve as Quality Control/Offense. **2/6** Seattle announces Jim Mora will take over as head coach following the 2008 season. **2/14** Bill Lazor named Seattle's QB coach. **2/21** Franchise tag is placed on CB Marcus Trufant. **3/4** Former University of Michigan offensive coordinator Mike DeBord is hired as assistant offensive line coach. **3/10** Signed free agent RB Julius Jones. **3/11** Kasey Dunn named Seattle's RB coach. **3/21** Signed LB Lofa Tatupu to a multi-year extension. **3/26** Signed CB Marcus Trufant to a multi-year extension. **4/22** Seahawks release RB Shaun Alexander. **4/25** Mike Holmgren is announced as the Horrigan Award Winner for the NFL executive who best helped the media do its job. Seahawks communications staff was named the Rozelle Award winner for being the top PR staff in the NFL. **4/26** Selected Southern California DE Lawrence Jackson in the

first round of the NFL Draft. **4/28** Former regional scout Mike Phair hired to assist in coaching linebackers. **5/1** Dave Pearson promoted from director to vice president of communications/broadcasting. **6/8** Original Seahawks employee Gary Wright/VP Administration retires after 32 years with the club. **8/4** The first wave of employees staffed the Virginia Mason Athletic Center. **8/18** Seahawks Football Operations and team practices began at VMAC. **10/26** With a victory over San Francisco, Mike Holmgren took sole possession of 10th place on the NFL's career wins list with 172. **11/22** WR Koren Robinson and QB Seneca Wallace connected for the longest play from scrimmage in team history, a 90-yard pass play versus the Philadelphia Eagles. **12/21** Mike Holmgren earned his final victory as head coach of the Seattle Seahawks, a 13-3 win over Brett Favre and the N.Y. Jets on a snow-covered Qwest Field.

2009 — 1/8 Greg Knapp was hired as Seattle's offensive coordinator. **1/12** Casey 'Gus' Bradley was hired as Seattle's defensive coordinator. Dan Quinn was hired to coach the defensive line. **1/13** Jim Mora formally announced as head coach of the Seahawks. Robert Prince hired to coach wide receivers. **1/22** Tim Lewis, brother of Seahawks Director of Pro Personnel Will Lewis, was hired as defensive backs coach. **3/3** Signed free agent WR T.J. Houshmandzadeh. On his visit, flew into VMAC on owner Paul Allen's seaplane. **3/14** Julian Peterson was traded to the Detroit Lions for Cory Redding and a fifth-round draft choice. **4/25** Selected LB Aaron Curry with the fourth overall choice in the NFL Draft. Also traded second-round pick to Denver for the Broncos 2010 first-round selection. **5/1** Karen Beckman promoted from director of finance to vice president of finance & chief financial officer. **7/31** Training Camp begins and for the first time in Seattle, training camp open to fans at VMAC. **9/13** Seahawks open the Jim Mora era with a 28-0 shutout over the Rams. **10/11** The Seahawks posted their second shutout of the season with a 41-0 win over the Jacksonville Jaguars at Qwest Field. **12/3** Seahawks President of Football Operation Tim Ruskell announces resignation.



2010 — 1/8 Seahawks head coach Jim Mora is relieved of coaching duties. **1/11** Seahawks hire Pete Carroll to be executive vice president of football operations and head coach. **1/20** Named John Schneider general manager. **2/4** New coaching staff is announced: Jeremy Bates (offensive coordinator), Gus Bradley (defensive coordinator), Kippy Brown (WRs), Luke Butkus (Quality control/offensive line), Dave Canales (Quality control/offense), Chris Carlisle (head strength & conditioning), Jedd Fisch (QBs), Mondra Gee (assistant strength & conditioning), Alex Gibbs (offensive line), Jerry Gray (DBs), Kris Richard (assistant DBs), Brian Schneider (special teams coordinator), Rocky Seto (Quality control/defense), Sherman Smith (RBs), Jeff Ulbrich (assistant special teams), Art Valero (assistant offensive line), Jamie Yancher (assistant strength & conditioning). **2/24** Franchise tag is placed on K Olindo Mare. **3/8** Traded QB Seneca Wallace to Cleveland for a 2011 undisclosed draft pick. **3/18** Traded 2010 second-round draft pick and 2011 undis-

closed draft pick to San Diego for QB Charlie Whitehurst and 2010 second-round draft pick. **4/13** DE Patrick Kerney retires. From 2007-09 no other Seahawks defender had more sacks than Kerney's 24.5. **4/22** Drafted T Russell Okung (6th overall) and S Earl Thomas (14th overall) in the first round of the NFL Draft. **4/24** Traded fourth-round pick (#104) and sixth-round pick (#176) to Tennessee for fourth-round pick (#111), sixth-round pick (#185), DT Kevin Vickerson and RB LenDale White. Traded fifth round pick (#139) to the N.Y. Jets for seventh round pick (#236) and RB Leon Washington. **4/29** T Walter Jones retires. He was selected to a club record nine Pro Bowls and his 180 career starts are second to only Steve Largent. **5/14** Scott Fitterer promoted to Director of College Scouting. Eric Stokes promoted to Assistant Director of College Scouting. Ruston Webster leaves his post as VP of Player Personnel to join the Tennessee Titans. **6/22** Scot McCloughan rejoins the Seahawks front office as Sr. Personnel Executive. **7/26** Tod Leiweke resigned from his post to join the NHL's Tampa Bay Lightning as part owner and CEO. **7/31** Promoted Will Lewis to vice president of football operations and Tag Ribary to director of pro personnel. Hired Trent Kirchner as assistant director of pro personnel. **9/12** Seattle defeated the San Francisco 49ers 31-6 in the season opener at Qwest Field for Pete Carroll's first win as head coach of the Seahawks. **9/28** Seahawks kickoff returner Leon Washington set a franchise record with two returns for touchdown versus the San Diego Chargers fueling the 27-20 victory. The returns were 101 and 99 yards earning him NFC Special Teams Player of the Week. **9/23** Peter McLoughlin assumes role of President of Seahawks, Sounders FC and First & Goal, Inc. after previously serving as CEO of the NHL's St. Louis Blues. **10/5** Seattle acquired Marshawn Lynch from the Buffalo Bills in trade. **12/5** Walter Jones' number is retired.

2011 — 1/2 Charlie Whitehurst started the season finale for an injured Matt Hasselbeck. Needing a win versus the Rams to win the division and advance to the postseason, Whitehurst led the team to a 16-6 victory. Seattle became the first team in NFL history to advance to the playoffs with a sub .500 record (7-9). **1/8** Seattle captured their fifth consecutive home playoff win with a 41-36 triumph over the defending World Champion New Orleans Saints. Matt Hasselbeck set a postseason club record with four TD passes. Marshawn Lynch electrified the crowd with what many are calling one of the greatest runs in NFL history with a 67-yard TD in which he broke as many as eight tackles. The Pacific Northwest Seismic Network registered activity generated from the stadium during the time of Lynch's run. **1/18** Hired former Oakland Raiders head coach Tom Cable as assistant head coach and offensive line coach. Hired Todd Wash to coach the defensive line. Promoted Kris Richard to defensive backs coach. Promoted Rocky Seto to assistant defensive backs coach. Relieved offensive coordinator Jeremy Bates of his duties. **1/20** Hired Darrell Bevell as offensive coordinator.

3/12 The NFL Owners instituted a lockout of the players. **4/28** Selected T James Carpenter 25th overall in the first round of the NFL Draft. **6/23** Qwest Field renamed CenturyLink Field. **7/25** NFL and the NFL Players Association agree to a 10-year Collective Bargaining Agreement ending the 136-day lockout. **7/29** Free Agency opened and the Seahawks signed, among others, G Robert Gallery, WR Sidney Rice, QB Tarvaris Jackson and FB Michael Robinson. **10/9** CB Brandon Browner set a club record at the New York Giants with a 94-yard interception return for a TD with 1:08 remaining in the game. **10/13** Traded LB Aaron Curry to the Oakland Raiders for draft choices in 2012 and 2013. **10/23** Red Bryant blocked two field goal attempts at Cleveland setting a club record for most in a single game. **11/13** Steven Hauschka tied a club record connecting on five field goal attempts in a 22-17 win over the Baltimore Ravens. **11/20** Chris Clemons was named NFC Defensive Player of the Week after setting a career high with 3.0 sacks and two forced fumbles at St. Louis. **12/1** David Hawthorne was named NFC Defensive Player of the Week for his performance versus the Philadelphia Eagles on NFL Network's Thursday Night Football. He returned an interception 77 yards for a score. It was one of four interceptions in the game by Seattle's defense. **12/12** Doug Baldwin was awarded the NFL Special Teams Player of the Week versus the St. Louis Rams at CenturyLink Field. Not only did he lead team with seven catches for 93 yards and TD, he took a reverse handoff on the opening kickoff and returned it 37 yards. He also downed the Seahawks first punt of the game at the Rams' own 6-yard line. After that drive ended in a punt, he blocked the attempt which resulted in a 17-yard return by Michael Robinson for touchdown. **12/18** Brandon Browner set a club record at Chicago with at least one interception in four consecutive games, including a second touchdown return of the season from 42 yards which also set a club record for most interception return yards in a season with 220. Red Bryant returned an interception 20 yards for his first career touchdown in a 38-14 Seahawks victory.

2012 — 2/4 Cortez Kennedy was voted into the Pro Football Hall of Fame in his fourth year of eligibility. Kennedy spent his entire 11-year career with Seattle after being selected third overall in the 1990 NFL Draft. **2/14** Added Keith Carter (quality control/offense) and former Seahawks safety Marquand Manuel (special teams assistant) to the coaching staff. **3/4** Re-signed RB Marshawn Lynch to a multi-year contract. **3/13** Reached a contract agreement to re-sign DE Red Bryant - the son-in-law of Seahawks Ring of Honor member Jacob Green. **3/20** Signed free agent QB Matt Flynn to a multi-year contract. **3/29** The Seahawks and Tribune Television Northwest (KCPQ channel 13 and FOX affiliate in Seattle) reach a multi-year agreement to be the flagship television partner of the Seahawks. Q13 will broadcast all preseason game broadcasts, pre and postgame shows, and other team-related content. **4/3** Nike unveils the new NFL uniform design in New York, and Kam Chancellor represents the Seahawks in the fashion show. Along with the new uniform, the Seahawks unveil a new tweaked logo that freshens up the team colors. The new team colors are college navy, action green and wolf grey. **4/26** Selected DE Bruce Irvin with the 15th overall selection in the 2012 NFL Draft. **4/27** Drafted Russell Wilson in the third round (No.75 overall) of the NFL Draft. **8/4** Cortez Kennedy was inducted into the Pro Football Hall of Fame in Canton, Ohio. **9/24** Seattle topped Green Bay 14-12 on Monday Night Football with a game-winning Hail Mary as time expired. Russell Wilson connected with Golden Tate on a 24-yard completion. The play was called a touchdown on the field by replacement referees and upheld after a booth review. That was be the final game with replacement officials; regular officiating crews returned the following week. **10/14** Cortez Kennedy's number is retired. **11/25** Leon Washington tied an NFL record with his eighth-career kickoff return for a touchdown at Miami. **12/2** Russell Wilson led Seattle to a go-ahead TD drive at Chicago with :24 remaining only to have the Bears tie the game with a field goal as time expired. Seattle won the toss and Wilson again led Seattle on a game-winning TD drive on the first possession. **12/16** Seattle scored 50 or more points for the second consecutive game becoming the first team since 1950 to accomplish the feat (58-0 vs. Arizona on 12/9 and 50-17 at Buffalo on 12/16). **12/30** Seattle finished the season with a perfect home record with a 20-13 victory over St. Louis. In that game, Russell Wilson tied Peyton Manning's NFL rookie record with his 26th TD pass.

2013 — 1/6 Seattle won their first road playoff game since 1983 with a 24-14 come-from-behind victory at Washington. **1/17** Named Dan Quinn defensive coordinator after Gus Bradley accepted the head coaching position with the Jacksonville Jaguars. **2/13** Named Travis Jones defensive line coach. Named Nick Sorenson coaching assistant/special teams. **3/12** Traded a 2013 first-round and seventh-round draft choice and a 2014 third-round draft choice to Minnesota for WR Percy Harvin. **4/1** Traded QB Matt Flynn to the Oakland Raiders for a conditional draft choice. **4/22** Signed SS Kam Chancellor to multi-year extension. **6/7** New

remodeled and expanded Pro Shop opens at CenturyLink Field. **6/20** Tag Ribary promoted to Director of Team Operations and Trent Kirchner promoted to Director of Pro Personnel. **6/21** Seahawks General Manager John Schneider signed extension. **6/28** Cortez Kennedy named Team Ambassador. **9/8** Seahawks won their season opener at Carolina 12-7, the first of a team-record tying 13-win season. **11/3** The Seahawks erased a 21-0 first half deficit vs Tampa Bay to come back and win 27-24 in OT, the largest come-from-behind victory in team history. **12/14** Chuck Arnold was promoted to Chief Operating Officer for the Seahawks. **12/22** The Seahawks club record 14-game home winning streak was snapped versus the Arizona Cardinals in a 17-10 loss. It was QB Russell Wilson's first loss at CenturyLink Field in two seasons as a starter. **12/29** The Seahawks tied a franchise record by limiting the St. Louis Rams to just 13 rushing yards in the season finale.

2014 — 1/11 Seattle defeated the New Orleans Saints 23-15 in a Divisional Playoff Game. **1/19** The Seahawks advanced to the second Super Bowl in franchise history after defeating division rival San Francisco 23-17 in the NFC Championship Game. **1/17** Former tackle Walter Jones was voted into the Pro Football Hall of Fame in his first year of eligibility. Jones spent his entire 12-year career with Seattle and was a nine-time Pro Bowler. **2/1** Walter Jones became the third original Seahawks member to be voted into the Pro Football Hall of Fame joining Steve Largent and Cortez Kennedy. **2/2** The Seahawks won the franchise's first Super Bowl after defeating the Denver Broncos 43-8 at MetLife Stadium. The Seahawks first score came on a safety 12 seconds into the game becoming the

quickest score in Super Bowl history. **2/5** The Seahawks victory parade through downtown Seattle culminating at CenturyLink Field was celebrated by an estimated crowd of more than 700,000 fans. **3/10** The Seahawks re-signed free agent DE Michael Bennett to a multi-year contract. **4/14** Signed Pete Carroll to a multi-year extension. **4/24** Former Seahawks CB Marcus Trufant announces his retirement. **4/29** Safety Earl Thomas signed a multi-year extension. **5/6** Amy Sprangers named VP of Corporate Partnerships and Suites. **5/7** Cornerback Richard Sherman signed a multi-year extension. **5/21** The Seahawks traveled to Washington D.C. to meet President Obama at the Super Bowl Champions annual White House visit. **5/29** Wide receiver Doug Baldwin signed a multi-year extension. **6/10** Jeff Dunn named Vice President of Business Strategy & Analytics. **6/19** The Seahawks received their Super Bowl Championship rings at a ceremony at Seattle's EMP. **8/2** Former Seahawks tackle Walter Jones was officially inducted into the Pro Football Hall of Fame in Canton, Ohio. **9/4** Seattle officially kicked off the 2014 NFL season hosting a Thursday night prime time game versus Green Bay. A pregame concert was performed by Pharrell Williams and Soundgarden, with pop star Ariana Grande singing The Star Spangled Banner. Seattle's Super Bowl banner was unveiled at CenturyLink Field as Seattle won the game, 36-16. **9/21** In a rematch of Super Bowl XLVIII, the Seahawks defeated the Denver Broncos 26-20 in OT on a Marshawn Lynch 6-yard TD run. **10/17** Seattle traded WR Percy Harvin to the N.Y. Jets for an undisclosed draft choice. **10/19** At St. Louis, Russell Wilson became the first player in NFL history to pass for 300 or more yards and rush for 100 or more in the same game. **11/2** Walter Jones inducted into the Seahawks Ring of Honor. **11/9** Totaled 350 rushing yards versus the N.Y. Giants, a club single-game record. Marshawn Lynch also rushed for a career-best four TDs tying a single-game club record. **12/18** Signed LB K.J. Wright to a multi-year extention. **12/19** Signed DE Cliff Avril to a multi-year extention. **12/21** Seattle set a franchise record versus the Cardinals totaling 596 total yards in a 35-6 win at Arizona.

2015 — 1/10 The Seahawks defeated the Carolina Panthers, 31-17, in a Divisional Playoff Game. **1/18** Seattle became the 12th team in NFL history to advance to the Super Bowl after winning it the previous year by defeating the Green Bay Packers in the NFC Championship Game, 28-22, in OT. Seattle overcame a 16-point, second-half deficit to win after Russell Wilson connected with Jermaine Kearse on a 35-yard TD to end the game. It marked Seattle's ninth consecutive postseason win at home, tied for the third-longest streak in NFL history. The game also marked a record for CenturyLink Field attendance record with 68,538 12s on hand. **1/19** Construction began on the Toyota Fan Deck on the south deck of CenturyLink Field. The expansion added 1,000 padded seats and an exclusive fan experience. **2/1** The Seahawks lost to the New England Patriots in Super Bowl XLIX, 28-24. **2/9** Named Kris Richard defensive coordinator following the departure of Dan Quinn to become head coach of the Atlanta Falcons. Also named Michael Barrow LB coach following the departure of Ken Norton, Jr., leaving to become defensive coordinator of the Oakland Raiders. Named Lofa Tatupu assistant LB coach and Brennon Carroll assistant offensive line coach. **2/10** Promoted Rocky Seto to assistant head coach/defense. **2/19** David Young named VP of Operations/GM of CenturyLink Field. **2/23** Announced the expansion of CenturyLink Field by 1,000 seats with the launch of the Toyota Fan Deck on the sounth end. Also announced the expansion of eight new suites. **3/6** Signed Marshawn Lynch to a multi-year extension. **3/10** Traded for Saints TE Jimmy Graham and a 2015 fourth-round draft choice in exchange for center Max Unger and the Seahawks first-round draft choice (No. 31 overall). **3/25** Named Dwaine Board assistant defensive line coach. Named Chris Cash assistant sec-

ondary/CB coach. Named Andre Curtis assistant secondary/safeties coach. Dave Canales promoted to WR coach. Will Harriger named assistant QB coach/quality control offense. **7/31** Signed QB Russell Wilson to multi-year contract extention. **8/2** Signed LB Bobby Wagner to a multi-year contract extention. **9/20** Seattle's 10-point loss at Green Bay was the team's first double-digit loss since November 6, 2011. **11/22** RB Thomas Rawls set a Seahawks rookie single-game record with 209 rushing yards versus San Francisco. **12/2** CB Richard Sherman named Seahawks Man of the Year. **12/22** Club record seven Seahawks voted to the Pro Bowl (DE Michael Bennett, S Kam Chancellor, WR Tyler Lockett, CB Richard Sherman, S Earl Thomas, LB Bobby Wagner, QB Russell Wilson). **12/27** Seattle set a CenturyLink Field record with an attendance of 69,080 versus St. Louis. In that game, the Seahawks had an NFL record 62-game streak of holding a lead at some point in the game snapped.

2016 — 1/3 Ended 2015 leading the NFL in defensive scoring for the fourth-straight season. Russell Wilson ended the year leading the NFL in passer rating while setting franchise single-season records for passer rating, completion percentage, yards and TDs. **1/10** The Seahawks defeated the Minnesota Vikings 10-9 in a Wild Card Playoff game advancing to their fourth-straight Divisional round. The temperature at kickoff was -6 degrees, the third-coldest game in NFL history. **1/31** DE Michael Bennett (defensive) and QB Russell Wilson (offensive) each named MVP of the Pro Bowl. **2/19** New FieldTurf Revolution 360 installed at CenturyLink Field. **3/11** Jermaine Kearse signed multi-year contract. **3/17** Jeff Richards promoted to VP of Marketing. **4/28** Selected G Germain Ifedi in the first round (31st overall) of the NFL Draft. **5/5** Placed RB Marshawn Lynch on the reserve/retired list. **5/12** WR Ricardo Lockette announced his retirement. **6/29** Doug Baldwin signed multi-year extension with the Seahawks. **8/25** Signed a multi-year extension with Q13 as the exclusive media rights holder for Seahawks preseason TV. **9/18** Seattle traveled to Los Angeles to play a game for the first time since 1994 when they took on the Rams at the Coliseum. **10/13** The Seahawks tied the Arizona Cardinals 6-6. It was the the first tie in franchise history after not recording one in the prior 633 games played. **11/7** The Seahawks defeated the Buffalo Bills 31-25 on Monday Night Football, the club's 11th-straight win on Monday night dating back to 2005. **11/20** Pete Carroll notched his 100th-career NFL victory with a 26-15 victory over the Philadelphia Eagles.

2017 — 1/7 The Seahawks defeated the Detroit Lions 26-6 in a Wild Card game to earn their fifth-straight Divisional playoff appearance. **2/1** Travis Jones was named senior defensive assistant and Clint Hurtt hired as defensive line coach. Chad Morton named running backs coach and Heath Farwell was named special teams assistant. Tom Donatell was hired as quality control/defense coach. **2/4** Kenny Easley was elected into the Pro Football Hall of Fame. **2/16** The Seahawks and First & Goal, Inc. announced the formation of First & Goal Hospitality to oversee all food and beverage operations at CenturyLink Field and CenturyLink Field Event Center. **4/26** Marshawn Lynch was traded to the Oakland Raiders, along with Seattle's 2018 sixth-round draft pick for Oakland's 2018 fifth-round selection. **4/28** The Seahawks selected Michigan State defensive lineman Malik McDowell with their first selection in the NFL draft in the second round (35th overall). **5/15** The Seahawks and CenturyLink announced a stadium naming rights extension through 2033. **5/23** Former Seahawks defensive tackle and Hall of Famer Cortez Kennedy passed away. **8/1** Kam Chancellor signed a multi-year contract extension with the Seahawks. **8/5** Kenny Easley enshrined into the Pro Football Hall of Fame in Canton, Ohio.

SEAHAWKS
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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
10	Chris Gray, 1998-08	158

GAMES STARTED

	Player, Seasons	No.
1	Steve Largent, 1976-89	197
2	Walter Jones, 1997-2009	180
3	Jacob Green, 1980-91	176
4	Joe Nash, 1982-96	169
5	Jeff Bryant, 1982-93	167
6	Dave Brown, 1976-86	159
7	Cortez Kennedy, 1990-00	153
8	Eugene Robinson, 1985-95	152
9	Chris Gray, 1998-08	145
10	Keith Butler, 1978-87	132

POINTS SCORED

	Player, Seasons	No.
1	Norm Johnson, 1982-90	810
2	Steven Hauschka, 2011-16	759
3	Shaun Alexander, 2000-07	672
4	Steve Largent, 1976-89	608
5	Josh Brown, 2003-07	571
6	Todd Peterson, 1995-99	555
7	Marshawn Lynch, 2010-15	392
8	Curt Warner, 1983-89	372
9	John Kasay, 1991-94	341
10	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	65
4	Curt Warner, 1983-89	62
5	Chris Warren, 1990-97	48
6	Darrell Jackson, 2000-06	47
7	Joey Galloway, 1995-99	42
8	Sherman Smith, 1976-82	38
9	**Doug Baldwin, 2011-**	**36**
	Daryl Turner, 1984-87	36

FIELD GOALS

	Player, Seasons	No.
1	**Steven Hauschka, 2011-16**	**175**
2	Norm Johnson, 1982-90	159
3	Todd Peterson, 1995-99	126
4	Josh Brown, 2003-07	116
5	John Kasay, 1991-94	82
6	Olindo Mare, 2008-10	73
7	Efren Herrera, 1978-81	64
8	Rian Lindell, 2000-02	58
9	John Leypoldt, 1976-77	17
10	Kris Heppner, 2000	6

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
9	John Leypoldt, 1976-77	30
10	Kris Heppner, 2000	9

POINT AFTER TOUCHDOWNS

	Player, Seasons	No.
1	Norm Johnson, 1982-90	333
2	Steven Hauschka, 2011-16	234
3	Josh Brown, 2003-07	223
4	Todd Peterson, 1995-99	177
5	Efren Herrera, 1978-81	139
6	Rian Lindell, 2000-02	96
7	John Kasay, 1991-94	95
8	Olindo Mare, 2008-10	89
9	John Leypoldt, 1976-78	52
10	Wilson Alvarez, 1981	14

PAT ATTEMPTS

	Player, Seasons	No.
1	Norm Johnson, 1982-90	338
2	Steven Hauschka, 2011-16	246
3	Josh Brown, 2003-07	224
4	Todd Peterson, 1995-99	177
5	Efren Herrera, 1978-81	148
6	John Kasay, 1991-94	97
7	Rian Lindell, 2000-02	96
8	Olindo Mare, 2008-10	89
9	John Leypoldt, 1976-78	59
10	Wilson Alvarez, 1981	15

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	1,457
5	John L. Williams, 1986-93	1,148
6	Ricky Watters, 1998-01	994
7	Sherman Smith, 1976-82	810
8	Maurice Morris, 2002-08	604
9	**Russell Wilson, 2012-**	**483**
10	Dan Doornink, 1979-85	463

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	6,347
5	John L. Williams, 1986-93	4,579
6	Ricky Watters, 1998-01	4,009
7	Sherman Smith, 1976-82	3,429
8	**Russell Wilson, 2012-**	**2,689**
9	Maurice Morris, 2002-08	2,612
10	Dan Doornink, 1979-85	1,530

RUSHING TOUCHDOWNS

	Player, Seasons	No.
1	Shaun Alexander, 2000-07	100
2	Marshawn Lynch, 2010-15	57
3	Curt Warner, 1983-89	55
4	Chris Warren, 1990-97	44
5	Sherman Smith, 1976-82	28
6	Ricky Watters, 1998-01	22
7	Derrick Fenner, 1989-91	19
	David Sims, 1977-79	19
9	Jim Zorn, 1976-84	17
	John L. Williams, 1986-93	17

PASSING ATTEMPTS

	Player, Seasons	No.
1	Matt Hasselbeck, 2001-10	4,250
2	Dave Krieg, 1980-91	3,576
3	Jim Zorn, 1976-84	2,992
4	**Russell Wilson, 2012-**	**2,281**
5	Rick Mirer, 1993-96	1,523
6	Jon Kitna, 1997-00	1,128
7	Warren Moon, 1997-98	786
8	Seneca Wallace, 2003-09	556
9	Tarvaris Jackson, 2011, 2013-15	470
10	Kelly Stouffer, 1988-92	437

PASSING COMPLETIONS

	Player, Seasons	No.
1	Matt Hasselbeck, 2001-10	2,559
2	Dave Krieg, 1980-91	2,096
3	Jim Zorn, 1976-84	1,593
4	**Russell Wilson, 2012-**	**1,476**
5	Rick Mirer, 1993-96	814

PASSING COMPLETIONS, continued

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	Matt Hasselbeck, 2001-10	29,434
2	Dave Krieg, 1980-91	26,132
3	Jim Zorn, 1976-84	20,122
4	**Russell Wilson, 2012-**	**18,193**
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	Dave Krieg, 1980-91	195
2	Matt Hasselbeck, 2001-10	174
3	**Russell Wilson, 2012-**	**127**
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	Rick Mirer, 1993-96	56
5	Jon Kitna, 1997-00	45
	Russell Wilson, 2012-	**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	Dave Krieg, 1980-91	341
2	Matt Hasselbeck, 2001-10	307
3	**Russell Wilson, 2012-**	**205**
4	Jim Zorn, 1976-84	201
5	Rick Mirer, 1993-96	138
6	Jon Kitna, 1997-00	79
7	Warren Moon, 1997-98	52
8	Kelly Stouffer, 1988-92	50
9	Seneca Wallace, 2003-09	43
	Tarvaris Jackson, 2011, 2013-15	43

QUARTERBACK RATING (MINIMUM 100 ATTEMPTS)

	Player, Seasons	No.
1	**Russell Wilson, 2012-**	**99.6**
2	Seneca Wallace, 2003-09	83.1
3	Dave Krieg, 1980-91	82.3
4	Matt Hasselbeck, 2001-10	82.2
5	Warren Moon, 1997-98	81.3
6	Tarvaris Jackson, 2011, 2013-15	81.0
7	Brock Huard, 1999-01	80.1
8	John Friesz, 1995-98	78.3
9	Jon Kitna, 1997-00	76.3
10	Trent Dilfer, 2001-04	72.5

PASS RECEPTIONS

	Player, Seasons	No.
1	Steve Largent, 1976-89	819
2	Brian Blades, 1988-98	581
3	John L. Williams, 1986-93	471
4	Darrell Jackson, 2000-06	441
5	Bobby Engram, 2001-08	399
6	**Doug Baldwin, 2011-**	**368**
7	Joey Galloway, 1995-99	283
8	Koren Robinson, 2001-04, 08	244
9	Sam McCullum, 1976-81	232
10	Mack Strong, 1994-07	218

RECEIVING YARDS

	Player, Seasons	No.
1	Steve Largent, 1976-89	13,089
2	Brian Blades, 1988-98	7,620
3	Darrell Jackson, 2000-06	6,445
4	**Doug Baldwin, 2011-**	**4,954**
5	Bobby Engram, 2001-08	4,859
6	Joey Galloway, 1995-99	4,457
7	John L. Williams, 1986-93	4,151
8	Koren Robinson, 2001-04, 08	3,567
9	Sam McCullum, 1976-81	3,409
10	Deion Branch, 2006-10	2,347

RECEIVING TOUCHDOWNS

	Player, Seasons	No.
1	Steve Largent, 1976-89	100
2	Darrell Jackson, 2000-06	47
3	Joey Galloway, 1995-99	37
4	Daryl Turner, 1984-87	36
	Doug Baldwin, 2010-	**36**
6	Brian Blades, 1988-98	34
7	Sam McCullum, 1976-81	21
8	Bobby Engram, 2001-08	18
9	John L. Williams, 1986-93	16
10	Jerramy Stevens, 2002-06	15
	Nate Burleson, 2006-09	15
	Golden Tate, 2010-13	15
	Deion Branch, 2006-10	15

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
5	**Richard Sherman, 2011-**	**30**
6	**Earl Thomas, 2010-**	**23**
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	Darryl Williams, 1996-99	402
6	**Richard Sherman, 2011-**	**375**
7	Marcus Trufant, 2003-12	370
8	Keith Simpson, 1978-85	338
9	Brandon Browner, 2011-13	308
10	**Earl Thomas, 2010-**	**295**

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-	**2**
	Bruce Irvin, 2012-15	2

PUNTS

	Player, Seasons	No.
1	**Jon Ryan, 2008-**	**678**
2	Rick Tuten, 1991-97	554
3	Jeff Feagles, 1998-02	385
4	Jeff West, 1981-85	299
5	Herman Weaver, 1977-80	257
6	Ruben Rodriguez, 1987-89	192
7	Ryan Plackemeier, 2006-08	181
8	Tom Rouen, 2003-05	154
9	Rick Engles, 1976-77	84
10	Rick Donnelly, 1990-91	80

PUNTING YARDS

	Player, Seasons	No.
1	**Jon Ryan, 2008-**	**30,351**
2	Rick Tuten, 1991-97	24,266
3	Jeff Feagles, 1998-02	16,225
4	Jeff West, 1981-85	11,518
5	Herman Weaver, 1977-80	10,182
6	Ruben Rodriguez, 1987-89	7,733
7	Ryan Plackemeier, 2006-08	7,664
8	Tom Rouen, 2003-05	6,394
9	Rick Donnelly, 1990-91	3,227
10	Rick Engles, 1976-77	3,204

INSIDE THE 20

	Player, Seasons	No.
1	**Jon Ryan, 2008-**	**247**
2	Rick Tuten, 1991-97	147
3	Jeff Feagles, 1998-02	133
4	Jeff West, 1981-85	73
5	Tom Rouen, 2003-05	59
6	Ryan Plackemeier, 2006-08	57
7	Herman Weaver, 1977-80	48
	Ruben Rodriguez, 1987-89	48
9	Rick Donnelly, 1990-91	19
10	Rick Engles, 1976-77	13

TOUCHBACKS

	Player, Seasons	No.
1	**Jon Ryan, 2008-**	**54**
2	Rick Tuten, 1991-97	45
3	Jeff Feagles, 1998-02	30
4	Jeff West, 1981-85	28
5	Ryan Plackemeier, 2006-08	21
6	Herman Weaver, 1977-80	20
7	Ruben Rodriguez, 1987-89	17
8	Tom Rouen, 2003-05	11
9	Rick Donnelly, 1990-91	9
10	Vince Gamache, 1986	7

HAD BLOCKED

	Player, Seasons	No.
1	Herman Weaver, 1977-80	6
2	**Jon Ryan, 2008-**	**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

PUNT RETURNS

	Player, Seasons	No.
1	Nate Burleson, 2006-09	125
2	Leon Washington, 2010-12	104
3	Chris Warren, 1990-97	94
4	Bobby Joe Edmonds, 1986-88	89
5	Joey Galloway, 1995-99	79

PUNT RETURNS continued

6	Paul Johns, 1981-84	74
7	Charlie Rogers, 1999-01	73
8	Bobby Engram, 2001-08	70
9	**Tyler Lockett, 2015-**	**69**
10	Golden Tate, 2010-13	68

FAIR CATCHES

	Player, Seasons	No.
1	Bobby Engram, 2001-08	70
2	Chris Warren, 1990-97	60
3	**Tyler Lockett, 2015-**	**43**
4	Leon Washington, 2010-12	41
5	Charlie Rogers, 1999-01	40
6	Kelvin Martin, 1993-94	35
7	Jimmy Williams, 2005-06	31
8	Bobby Joe Edmonds, 1986-88	26
9	Paul Johns, 1981-84	23
	Joey Galloway, 1995-99	23
	Bryan Walters, 2012-14	23

PUNT RETURN YARDS

	Player, Seasons	No.
1	Nate Burleson, 2006-09	1,288
2	Leon Washington, 2010-12	1,069
3	Bobby Joe Edmonds, 1986-88	1,010
4	Charlie Rogers, 1999-01	925
5	Paul Johns, 1981-84	843
6	Joey Galloway, 1995-99	823
7	Chris Warren, 1990-97	819
8	Golden Tate, 2010-13	787
9	Bobby Engram, 2001-08	773
10	**Tyler Lockett, 2015-**	**622**

PUNT RETURN TD

	Player, Seasons	No.
1	Joey Galloway, 1995-99	4
2	Paul Johns, 1981-84	2
	Bobby Engram, 2001-08	2
	Nate Burleson, 2006-09	2
5	Will Lewis, 1980-81	1
	Bobby Joe Edmonds, 1986-88	1
	Chris Warren, 1990-97	1
	Charlie Rogers, 1999-01	1
	Tyler Lockett, 2015-	**1**

KICKOFF RETURNS

	Player, Seasons	No.
1	Steve Broussard, 1995-98	165
2	Charlie Rogers, 1999-01	134
3	Maurice Morris, 2002-08	129
4	Leon Washington, 2010-12	127
5	Bobby Joe Edmonds, 1986-88	101
6	Josh Wilson, 2007-09	94
7	Chris Warren, 1990-97	86
8	Randall Morris, 1984-88	82
9	Al Hunter, 1977-80	78
10	Josh Scobey, 2005-07	76

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	Maurice Morris, 2002-08	2,843
5	Josh Wilson, 2007-09	2,350
6	Bobby Joe Edmonds, 1986-88	2,228
7	Chris Warren, 1990-97	1,794
8	Al Hunter, 1977-80	1,717
9	Josh Scobey, 2005-07	1,641
10	Randall Morris, 1984-88	1,621

KICKOFF RETURN TD

	Player, Seasons	No.
1	Leon Washington, 2010-12	4
2	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
	Tyler Lockett, 2015-	**1**

FUMBLES

	Player, Seasons	No.
1	Dave Krieg, 1980-91	108
2	Matt Hasselbeck, 2001-10	55
3	Jim Zorn, 1976-84	48
4	**Russell Wilson, 2012-**	**42**
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	Dave Krieg, 1980-91	27
2	Jon Kitna, 1997-00	20
3	**Russell Wilson, 2012-**	**19**
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	**Cliff Avril, 2013-**	**13**
5	Joe Nash, 1982-96	13
	Cortez Kennedy, 1990-00	13
	Bruce Scholtz, 1982-88	13
8	Jeff Bryant, 1982-93	12
9	Keith Butler, 1978-87	11
	Keith Simpson, 1978-85	11
	Chad Brown, 1997-04	11

FUMBLE RECOVERIES

	Player, Seasons	No.
1	Jacob Green, 1980-91	17
2	Eugene Robinson, 1985-95	14
3	Chad Brown, 1997-04	13
4	Dave Brown, 1976-86	11
	John Harris, 1978-85	11
	Jeff Bryant, 1982-93	11
7	Kenny Easley, 1981-87	9
	Greg Gaines, 1981, 1983-88	9
	Shelton Robinson, 1982-85	9
	Terry Wooden, 1990-96	9
	Michael Sinclair, 1991-01	9

FUMBLE RETURN YARDS

	Player, Seasons	No.
1	Chad Brown, 1997-04	96
2	Michael Sinclair, 1991-01	94
3	Corey Harris, 1995-96	85
	Shawn Springs, 1997-03	85
5	Antonio Edwards, 1993-97	83
6	Jacob Green, 1980-91	79
	Nick Reed, 2009	79
8	Carlton Gray, 1993-96	62
	John Harris, 1978-85	62
10	Kelly Herndon, 2005-06	61

FUMBLE RETURN TD

	Player, Seasons	No.
1	Chad Brown, 1997-04	3
2	Jacob Green, 1980-91	2
	Shelton Robinson, 1982-85	2
	Michael Sinclair, 1991-01	2
	Bobby Wagner, 2012-	**2**
6	29 tied with (last: Earl Thomas in 2016)	1

TACKLES

	Player, Seasons	No.
1	Eugene Robinson, 1985-95	984
2	Keith Butler, 1978-87	813
3	Joe Nash, 1982-96	779
4	Chad Brown, 1997-04	744
5	Jacob Green, 1980-91	718
6	Jeff Bryant, 1982-93	689
7	Dave Brown, 1976-86	684
8	Cortez Kennedy, 1990-00	668
9	John Harris, 1978-85	649
10	**Bobby Wagner, 2012-**	**644**

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	Chris Clemons, 2010-13	38.0
8	Rufus Porter, 1988-94	37.5
9	**Cliff Avril, 2013-**	**33.5**
10	**Michael Bennett, 2009, 2013-**	**30.5**

YARDS LOST ON SACKS

	Player, Seasons	No.
1	Jacob Green, 1980-91	753.0
2	Jeff Bryant, 1982-93	469.0
3	Michael Sinclair, 1991-01	417.0
4	Cortez Kennedy, 1990-00	392.0
5	Joe Nash, 1982-96	312.0
	Rufus Porter, 1988-94	312.0
7	Chris Clemons, 2010-13	290.0
8	Chad Brown, 1997-04	284.5
9	**Cliff Avril, 2013-**	**219.5**
10	**Michael Bennett, 2009, 2013-**	**198.5**

BLOCKED PUNTS RETURNED FOR TOUCHDOWNS

	Player, Seasons	No.
1	Steve Raible, 1976-81	1
	Autry Beamon, 1977-79	1
	Jessie Green, 1979-80	1
	Eric Lane, 1981-87	1
	Sam Merriman, 1983-87	1
	Paul Moyer, 1983-89	1
	Terry Taylor, 1984-88, 1994	1
	Eugene Robinson, 1985-95	1
	Alex Bannister, 2001-05	1
	Earl Thomas, 2010-	**1**
	Michael Robinson, 2010-13	1
	Malcolm Smith, 2011-14	1
	Mike Morgan, 2011	**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-	**2**
6	17 tied with	1

BLOCKED PAT'S

	Player, Seasons	No.
1	Mike White, 1981-82	3
2	Jeff Bryant, 1982-93	2
	Jacob Green, 1980-91	2
	Joe Nash, 1982-96	2
5	Dennis Boyd, 1977-79, 1981-82	1
	Brian Flones, 1981-82	1
	Terry Wooden, 1990-96	1
	Red Bryant, 2008-13	1

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
8	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-	**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
8	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-	**3**
	Earl Thomas, 2010-	**3**

YEARLY LEADERS

TOUCHDOWNS

		G	Tot.	Rush	Rec.	Ret.	PAT	Pts.
1976	Sherman Smith	12	5	4	1	0	0/0	30
1977	Steve Largent	14	10	0	10	0	0/0	60
1978	David Sims	12	15*	14*	1	0	0/0	90*
1979	Sherman Smith	16	15	11	4	0	0/0	90
1980	Jim Jodat	16	6	5	1	0	0/0	36
1981	Steve Largent	16	10	1	9	0	0/0	60
1982	Steve Largent	8	3	0	3	0	0/0	18
1983	Curt Warner	16	14+	13	1	0	0/0	84
1984	Steve Largent	16	12	0	12	0	0/0	72
1985	Daryl Turner	16	13	0	13*	0	0/0	78
1986	Curt Warner	16	13	13+	0	0	0/0	78
1987	Curt Warner	12	10	8	2	0	0/0	60
1988	Curt Warner	16	12	10	2	0	0/0	72
1989	John L. Williams	15	7	1	6	0	0/0	42
1990	Derrick Fenner	16	15+	14+	1	0	0/0	90
1991	John L. Williams	16	5	4	1	0	0/0	30
1992	Tommy Kane	11	3	0	3	0	0/0	18
	Chris Warren	16	3	3	0	0	0/0	18
	John L. Williams	16	3	1	2	0	0/0	18
1993	Chris Warren	14	7	7	0	0	0/0	42
1994	Chris Warren	16	11	9	2	0	1/1	68
1995	Chris Warren	16	16	15+	1	0	0/1	96
1996	Lamar Smith	16	8	8	0	0	3/3	54
	Joey Galloway	16	8	0	7	1	0/0	48
1997	Joey Galloway	15	12	0	12+	0	0/0	72
1998	Joey Galloway	16	12	0	10+	2	0/0	72
1999	Derrick Mayes	16	10	0	10	0	0/0	60
2000	Ricky Watters	16	9	7	2	0	0/0	54
2001	Shaun Alexander	16	16	14+	2	0	0/0	96+
2002	Shaun Alexander	16	18^	16^	2	0	0/0	108^
2003	Shaun Alexander	16	16	14	2	0	0/0	96
2004	Shaun Alexander	16	20*	16^	4	0	0/0	120*
2005	Shaun Alexander	16	28*	27*	1	0	0/0	168*
2006	Darrell Jackson	13	10	0	10	0	0/0	60
2007	Nate Burleson	16	11	0	9	2	0/0	66
2008	T.J. Duckett	16	8	8	0	0	0/0	48
2009	John Carlson	16	7	0	7	0	0/0	42
2010	Marshawn Lynch	12	6	6	0	0	0/0	36
2011	Marshawn Lynch	15	13	12	1	0	0/0	78
2012	Marshawn Lynch	16	12	11	1	0	0/0	72
2013	Marshawn Lynch	16	14	12*	2	0	0/0	84
2014	Marshawn Lynch	16	17*	13*	4	0	0/0	102*
2015	Doug Baldwin	16	14*	0	14*	0	0/0	84*
2016	Doug Baldwin	16	7	0	7	0	0/0	42

* Led NFL; + Led AFC; ^ Led NFC

KICK SCORING

		G	PATs	FGs	Pts.
1976	John Leypoldt	11	19-22	8-12	43
1977	John Leypoldt	14	33-37	9-18	60
1978	Efren Herrera	16	40-44	13-21	79
1979	Efren Herrera	16	43-46	19-23	100
1980	Efren Herrera	16	33-33	20-31	93
1981	Efren Herrera	12	23-25	12-17	59
1982	Norm Johnson	9	13-14	10-14	43
1983	Norm Johnson	16	49-50	18-25	103
1984	Norm Johnson	16	50-51	20-24	110
1985	Norm Johnson	16	40-41	14-25	82
1986	Norm Johnson	16	42-42	22-35*	108
1987	Norm Johnson	13	40-40	15-20	85
1988	Norm Johnson	16	39-39	22-28	105

1989	Norm Johnson	16	27-27	15-25	72
1990	Norm Johnson	16	33-34	23-32	102
1991	John Kasay	16	27-28	25-31	102
1992	John Kasay	16	14-14	14-22	56
1993	John Kasay	16	29-29	23-28	98
1994	John Kasay	16	25-26	20-24	85
1995	Todd Peterson	16	40-40	23-28	109
1996	Todd Peterson	16	27-27	28-34	111
1997	Todd Peterson	16	37-37	22-28	103
1998	Todd Peterson	16	41-41	19-24	98
1999	Todd Peterson	16	32-32	34-40	134
2000	Rian Lindell	12	25-25	15-17	70
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

^ Led NFC

RUSHING

		G	Att.	Yds.	Avg.	LG	TD
1976	Sherman Smith	12	119	537	4.5	53t	4
1977	Sherman Smith	14	163	763	4.7	39	4
1978	Sherman Smith	12	165	805	4.9	67t	6
1979	Sherman Smith	16	194	775	4.0	41t	11
1980	Jim Jodat	16	155	632	4.1	26	5
1981	Theotis Brown	10	141	531	3.8	43t	6
1982	Sherman Smith	9	63	202	3.2	19	0
1983	Curt Warner	16	335+	1449+	4.3	60	13
1984	David Hughes	16	94	327	3.3	15	1
1985	Curt Warner	16	291	1094	3.8	38t	8
1986	Curt Warner	16	319+	1481+	4.6	60t	13+
1987	Curt Warner	12	234	985	4.2	57t	8
1988	Curt Warner	16	266	1025	3.9	29t	10
1989	Curt Warner	16	194	631	3.3	34	3
1990	Derrick Fenner	16	215	859	4.0	36t	14*
1991	John L. Williams	16	188	741	3.9	42	4
1992	Chris Warren	16	223	1017	4.6	52	3
1993	Chris Warren	14	273	1072	3.9	45t	7
1994	Chris Warren	16	333	1545+	4.6+	41	9
1995	Chris Warren	16	310	1346	4.3	52	15+
1996	Chris Warren	14	203	885	4.2	51	5
1997	Chris Warren	15	200	847	4.2	36t	4
1998	Ricky Watters	16	319	1239	3.9	39t	9
1999	Ricky Watters	16	325	1210	3.7	45	5
2000	Ricky Watters	16	278	1242	4.5	55t	7
2001	Shaun Alexander	16	309	1318	4.3	88t	14+
2002	Shaun Alexander	16	295	1175	4.0	58	16^
2003	Shaun Alexander	16	326	1435	4.4	55	14
2004	Shaun Alexander	16	353	1696^	4.8^	44	16^
2005	Shaun Alexander	16	370	1880*	5.1	88t	27!*
2006	Shaun Alexander	10	252	896	3.6	33t	7
2007	Shaun Alexander	13	207	716	3.5	25	4
2008	Julius Jones	15	158	698	4.4	33	2
2009	Julius Jones	14	177	633	3.7	62t	2
2010	Marshawn Lynch	12	165	573	3.5	39	6
2011	Marshawn Lynch	15	285	1204	4.2	47	12

RUSHING (CONTINUED)

		G	Att.	Yds.	Avg.	LG	TD
2012	Marshawn Lynch	16	315	1,590	5.0	77t	11
2013	Marshawn Lynch	16	301	1,257	4.2	43	12*
2014	Marshawn Lynch	16	280	1,306	4.7	79t	13*
2015	Thomas Rawls	13	147	830	5.6*	69t	4
2016	Christine Michael	9	117	469	4.0	41t	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

* 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

* Led NFL; + Led AFC; ^ Led NFC

RECEIVING YARDS

		G	Yds.	No.	Avg.	LG	TD
1976	Steve Largent	14	705	54	13.0	45	4
1977	Steve Largent	14	643	33	19.4	74t	10
1978	Steve Largent	16	1168	71+	16.5	57t	8
1979	Steve Largent	15	1237+	66	18.7	55t	9
1980	Steve Largent	16	1064	66	16.1	67t	6
1981	Steve Largent	16	1224	75	16.3	57t	9
1982	Steve Largent	8	493	34	14.5	45	3
1983	Steve Largent	15	1074	72	14.9	46t	11
1984	Steve Largent	16	1164	74	15.7	65t	12
1985	Steve Largent	16	1287+	79	16.3	43	6
1986	Steve Largent	16	1070	70	15.3	38t	9
1987	Steve Largent	13	912	58	15.7	55t	8
1988	Brian Blades	16	682	40	17.1	55t	8
1989	Brian Blades	16	1063	77	13.8	60	5
1990	Tommy Kane	16	776	52	14.9	63	4
1991	Brian Blades	16	1003	70	14.3	52	2
1992	John L. Williams	16	556	74	7.5	27t	2
1993	Brian Blades	16	945	80	11.8	41	3
1994	Brian Blades	16	1086	81	13.4	45	4
1995	Joey Galloway	16	1037	67	15.5	59	7
1996	Joey Galloway	16	987	57	17.3	65t	7
1997	Joey Galloway	15	1049	72	14.6	53t	12+
1998	Joey Galloway	16	1047	65	16.1	81t	10+
1999	Sean Dawkins	16	992	58	17.1	45t	7
2000	Sean Dawkins	16	731	63	11.6	40	5
2001	Darrell Jackson	16	1081	70	15.4	64	8
2002	Koren Robinson	16	1240	78	15.9	83	5
2003	Darrell Jackson	16	1137	68	16.7	80t	9
2004	Darrell Jackson	16	1199	87	13.8	56t	7
2005	Bobby Engram	13	778	67	11.6	56	3
2006	Darrell Jackson	13	956	63	15.2	72t	10
2007	Bobby Engram	16	1147	94	12.2	49	6
2008	John Carlson	16	627	55	11.4	33	5
2009	T.J. Houshmandzadeh	16	911	79	11.5	53	3
2010	Mike Williams	14	751	65	11.6	68	2
2011	Doug Baldwin	16	788	51	15.5	55t	4
2012	Sidney Rice	16	748	50	15.0	46t	7

RECEIVING YARDS (CONTINUED)

		G	Yds.	No.	Avg.	LG	TD
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

* Led NFL; + Led AFC

INTERCEPTIONS

		G	No.	Yds.	Avg.	LG	TD
1976	Dave Brown	14	4	70	17.5	34	0
	Rolly Woolsey	14	4	19	4.7	13	0
1977	Autry Beamon	14	6	36	6.0	16	0
1978	Cornell Webster	15	5	9	1.8	14	0
1979	Dave Brown	16	5	46	9.2	32t	1
1980	Dave Brown	16	6	32	5.3	24	0
	John Harris	16	6	28	4.7	15	0
1981	John Harris	16	10+	155	15.5	42t	2+
1982	Kenny Easley	8	4	48	12.0	44	0
	John Harris	9	4	33	8.3	18	0
1983	Kenny Easley	16	7	96	13.2	38	0
1984	Kenny Easley	16	10+	126	12.6	58t	2*
1985	John Harris	16	7	20	2.9	17	0
1986	Dave Brown	16	5	58	11.6	24	1
1987	Kenny Easley	12	4	47	11.8	22	0
1988	Paul Moyer	16	6	79	13.2	34	0
1989	Eugene Robinson	16	5	24	4.8	20	0
1990	Eugene Robinson	16	3	89	29.7	39	0
	Dwayne Harper	16	3	69	23.0	47	0
1991	Eugene Robinson	16	5	56	11.2	27	0
1992	Eugene Robinson	16	7	126	18.0	49	0
1993	Eugene Robinson	16	9*	80	8.9	28	0
1994	Patrick Hunter	5	3	85	28.3	51	0
	Terry Wooden	16	3	78	26.0	69t	1
	Orlando Watters	16	3	39	13.0	18	1
	Eugene Robinson	13	3	18	6.0	18	0
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

* Led NFL; + Led AFC; # Tied AFC; ! Tied NFC

PUNTING

		G	No.	Yds.	Avg.	Net	LG	TB	I20	Blk.
1976	Rick Engles	14	80	3067	38.3	29.9	55	3	13	2
1977	Herman Weaver	13	58	2293	39.5	31.8	59	4	10	1
1978	Herman Weaver	16	66	2440	37.0	29.5	59	6	13	0
1979	Herman Weaver	16	66	2651	40.2	33.4	60	3	11	3
1980	Herman Weaver	16	67	2798	41.8	31.6	62	7	14	2

1981	Jeff West	15	66	2578	39.1	36.1+	56	2	16	0
1982	Jeff West	9	48	1835	38.2	36.7	52	3	8	0
1983	Jeff West	16	79	3115	39.5	34.6	56	10	25	0
1984	Jeff West	16	95	3567	37.5	33.3	60	10	24	0
1985	Dave Finzer	12	68	2766	40.7	34.6	61	6	12	0
1986	Vince Gamache	16	79	3048	38.6	33.0	55	7	10	0
1987	Ruben Rodriguez	12	47	1880	40.0	34.0	63	5	17	0
1988	Ruben Rodriguez	16	70	2858	40.8	36.8	68	4	14	0
1989	Ruben Rodriguez	16	75	2995	39.9	32.9	59	8	17	1
1990	Rick Donnelly	16	67	2722	40.6	34.4	54	8	18	0
1991	Rick Tuten	10	49	2106	43.0	36.9	60	3	8	0
1992	Rick Tuten	16	108*	4760*	44.1	38.7	65	8	29*	0
1993	Rick Tuten	16	90	4007	44.5	37.3	64	7	21	1
1994	Rick Tuten	16	91	3905	42.9	36.7	64	7	33	0
1995	Rick Tuten	16	83	3735	45.0*	36.5	73*	8	21	0
1996	Rick Tuten	16	85	3746	44.1	34.5	66	7	21	1
1997	Rick Tuten	11	48	2007	41.8	36.4	65	5	15	0
1998	Jeff Feagles	16	81	3570	44.1	36.5	59	12	27	0
1999	Jeff Feagles	16	84	3425	40.8	35.2	59	5	34	0
2000	Jeff Feagles	16	74	2960	40.0	36.9	57	2	24	1
2001	Jeff Feagles	16	85	3730	43.9	36.4	68	7	26	1
2002	Jeff Feagles	16	61	2542	41.7	37.0	58	4	22	0
2003	Tom Rouen	16	67	2762	41.2	37.1	61	3	29	2
2004	Tom Rouen	4	26	1093	42.0	37.8	60	1	10	0
	Donnie Jones	6	26	988	38.0	32.2	51	2	6	1
2005	Tom Rouen	12	61	2539	41.6	35.0	62	7	20	0
2006	Ryan Plackemeier	16	84	3778	45.0	37.3	72	15	25	0
2007	Ryan Plackemeier	16	86	3436	40.0	34.3	62	6	30	0
2008	Jon Ryan	15	78	3557	45.6	37.9	63	12	22	1
2009	Jon Ryan	16	88	4068	46.2	38.7	70	9	28	0
2010	Jon Ryan	16	78	3254	41.7	37.3	63	1	27	0
2011	Jon Ryan	16	95	4431	46.6	39.3	77	8	34*	0
2012	Jon Ryan	16	65	2963	45.6	40.8	73	3	30	0
2013	Jon Ryan	16	74	3159	42.7	39.2	69	5	28	2
2014	Jon Ryan	16	61	2688	44.1	38.3	66	6	28	1
2015	Jon Ryan	16	68	3105	45.7	37.9	73	7	24	0
2016	Jon Ryan	16	71	3126	44.0	39.3	64	3	26	1

* Led NFL; + Led AFC; # Tied AFC; ! Tied 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

PUNT RETURNS (CONTINUED)

		G	No.	FC	Yds.	Avg.	LG	TD
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

* 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

* Led NFL; + Led AFC

DEFENSIVE STATISTICS

TACKLES

Includes solo and assists

		G	No.			G	No.
1976	Dave Brown	14	111	1997	Chad Brown	15	104
1977	Terry Beeson	14	134	1998	Chad Brown	16	150
1978	Terry Beeson	16	153	1999	Chad Brown	15	117
1979	Terry Beeson	16	114	2000	Anthony Simmons	16	147
1980	Michael Jackson	15	136	2001	Anthony Simmons	16	123
1981	Michael Jackson	16	140	2002	Reggie Tongue	16	93
1982	Michael Jackson	8	64	2003	Anthony Simmons	13	100
1983	Bruce Scholtz	16	104	2004	Marcus Trufant	16	93
1984	Shelton Robinson	16	93	2005	Lofa Tatupu	16	105
1985	Fredd Young	16	118	2006	Lofa Tatupu	16	123
1986	Fredd Young	15	121	2007	Lofa Tatupu	16	109
1987	Fredd Young	13	101	2008	Lofa Tatupu	15	94
1988	Eugene Robinson	16	114	2009	David Hawthorne	16	116
1989	Eugene Robinson	16	102	2010	David Hawthorne	16	105
1990	Nesby Glasgow	16	83	2011	David Hawthorne	15	115
1991	Terry Wooden	16	100	2012	Bobby Wagner	16	140
1992	Eugene Robinson	16	94	2013	Bobby Wagner	14	119
1993	Eugene Robinson	16	111	2014	K.J. Wright	16	107
1994	Rod Stephens	16	128	2015	K.J. Wright	16	116
1995	Terry Wooden	16	135	2016	Bobby Wagner	16	167*
1996	Dean Wells	16	107	*Led NFL			

SACKS

		G	No.			G	No.
1976	Steve Niehaus	14	9.5	1997	Michael Sinclair	16	12.0
1977	Alden Roche	12	3.5	1998	Michael Sinclair	16	16.5*
1978	Bill Gregory	16	9.0	1999	Phillip Daniels	16	9.0
1979	Manu Tuiasosopo	16	8.0	2000	Chad Brown	16	6.0
1980	Jacob Green	14	6.5		Lamar King	14	6.0
1981	Jacob Green	16	12.0	2001	John Randle	15	11.0
1982	Jeff Bryant	9	3.0	2002	John Randle	12	7.0
	Jacob Green	9	3.0	2003	Chike Okeafor	16	8.0
1983	Jacob Green	16	16.0	2004	Chike Okeafor	16	8.5
1984	Jeff Bryant	16	14.5	2005	Bryce Fisher	16	9.0
1985	Jacob Green	16	13.5	2006	Julian Peterson	16	10.0
1986	Jacob Green	16	12.0	2007	Patrick Kerney	16	14.5^
1987	Jacob Green	12	9.5	2008	Brandon Mebane	16	5.5
1988	Jacob Green	16	9.0		Darryl Tapp	16	5.5
1989	Rufus Porter	16	10.5	2009	Patrick Kerney	14	5.0
1990	Jacob Green	16	12.5	2010	Chris Clemons	16	11.0
1991	Rufus Porter	15	10.0	2011	Chris Clemons	16	11.0
1992	Cortez Kennedy	16	14.0	2012	Chris Clemons	16	11.5
1993	Michael Sinclair	9	8.0	2013	Michael Bennett	16	8.5
1994	Michael Sinclair	12	4.5	2014	Michael Bennett	16	7.0
1995	Antonio Edwards	13	6.5	2015	Michael Bennett	16	10.0
	Cortez Kennedy	16	6.5	2016	Cliff Avril	16	11.5
1996	Michael McCrary	16	13.5+	* Led NFL; + Led AFC; ^ Led NFC			

SPECIAL TEAMS TACKLES

		G	No.			G	No.
1976	Don Dufek	14	15	1983	Don Dufek	14	18
1977	Peter Cronan	14	11	1984	Sam Merriman	16	21
	Charles McShane	14	11	1985	John Kaiser	16	14
1978	Cornell Webster	15	12	1986	Eric Lane	15	16
1979	Don Dufek	13	18	1987	David Hollis	11	10
1980	Don Dufek	8	13	1988	Rufus Porter	16	16
1981	Mike Tice	16	11	1989	Rufus Porter	16	13
1982	Eric Lane	9	6	1990	James Jones	16	15
	Ken McAlister	9	6				

SPECIAL TEAMS TACKLES (CONTINUED)

		G	No.			G	No.
1991	David Daniels	16	12	2004	Niko Koutouvides	16	16
	Rod Stephens	16	12	2005	Josh Scobey	16	23
	Chris Warren	16	12	2006	Kevin Bentley	14	14
1992	Tracy Johnson	16	18		Niko Koutouvides	16	14
1993	Michael Bates	16	22	2007	Niko Koutouvides	15	20
1994	Dean Wells	15	16	2008	Jordan Babineaux	14	14
1995	Mack Strong	16	19		C.J. Wallace	12	14
1996	Jay Bellamy	16	34	2009	Lance Laury	16	21
1997	Tim Hauck	16	22	2010	Matt McCoy	14	19
1998	Kerry Joseph	16	14	2011	Heath Farwell	11	21
1999	James Logan	16	18	2012	Heath Farwell	16	15
2000	Isaiah Kacyvenski	16	15	2013	Jeremy Lane	14	13
2001	Isaiah Kacyvenski	16	21	2014	Jeron Johnson	15	8
2002	Terreal Bierria	14	16	2015	Kelcie McCray	16	12
2003	Alex Bannister	16	18	2016	Neiko Thorpe	15	9

MISCELLANEOUS TOP 10

HOME ATTENDANCE

	Att.	Opponent	Stadium	Date	W/L	Score
1	69,190	Philadelphia	CenturyLink Field	November 20, 2016	W	26-15
2	69,104	Carolina	CenturyLink Field	December 4, 2016	W	40-7
3	69,084	Buffalo	CenturyLink Field	November 7, 2016	W	31-25
4	69,080	St. Louis	CenturyLink Field	December 27, 2015	L	23-17
5	69,071	Atlanta	CenturyLink Field	October 16, 2016	W	26-24
6	69,067	L.A. Rams	CenturyLink Field	December 15, 2016	W	24-3
7	69,055	Pittsburgh	CenturyLink Field	November 29, 2015	W	39-30
8	69,050	Arizona	CenturyLink Field	December 24, 2016	L	34-31
9	69,020	Carolina	CenturyLink Field	October 18, 2015	L	27-23
10	69,012	Miami	CenturyLink Field	September 11, 2016	W	12-10

ROAD ATTENDANCE

	Att.	Opponent	Stadium	Date	W/L	Score
1	91,486	Dallas	AT&T Stadium	November 1, 2015	W	13-12
2	91,046	L.A. Rams	L.A. Memorial Coliseum	September 18, 2016	L	9-3
3	90,215	Washington	FedEx Field	October 2, 2005	L	20-17(OT)
4	88,734*	L.A. Raiders	L.A. Memorial Coliseum	January 8, 1983	L	30-14
5	84,325*	Washington	FedEx Field	January 6, 2013	W	24-14
6	82,893	Kansas City	Arrowhead Stadium	October 2, 2000	L	24-17
7	82,352	Washington	FedEx Field	November 4, 2001	L	27-14
8	81,510	Dallas	Cowboys Stadium	November 6, 2011	L	23-13
9	80,886	Dallas	Cowboys Stadium	November 1, 2009	L	38-17
10	80,728	Washington	FedEx Field	November 9, 2003	L	27-20

* Playoff game

NEUTRAL SITE ATTENDANCE

	Att.	Opponent	Stadium	Date	W/L	Score
1	82,529^	Denver	MetLife Stadium	February 2, 2014	W	43-8
2	70,288!	New England	Univ. of Phoenix Stadium	February 1, 2015	L	28-24
3	68,206#	Pittsburgh	Ford Field	February 5, 2006	L	23-10

^ Super Bowl XLVIII, ! Super Bowl XLIX, # Super Bowl XL

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	(OT)
5	21	at Kansas City	November 16, 2014	L	24-20	
6	22	at Denver	December 10, 2000	L	31-24	
7	24*	at Chicago	January 16, 2011	L	35-24	
8	26	at Green Bay	December 11, 2016	L	38-10	
	26	at Pittsburgh	December 6, 1992	L	20-14	
10	27	at Denver	December 19, 1999	L	36-30	(OT)

* Playoff game; % Third-coldest game in NFL history

WARMEST GAMES

	Temp.	Opponent	Date	W/L	Score
1	98	at Arizona	September 14, 2003	W	38-0
2	95	at N.Y. Jets	September 11, 1983	W	17-10
3	94	at Kansas City	September 4, 1987	L	17-13
	94	at San Diego	September 14, 2014	L	30-21
5	93	at Philadelphia	September 10, 1989	L	31-7
6	91	at Denver	September 19, 2010	L	31-14
7	89	at Miami	September 3, 2000	L	23-0
8	88	at L.A. Rams	September 18, 2016	L	9-3
	88	at Cincinnati	September 8, 1985	W	28-24
	88	at Tampa Bay	September 19, 2004	W	10-6

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
Total	**0-1**	**72-73**	**74-85-1**	**87-81**	**86-73**	**6-5**	**325-318-1**

INCLUDING PLAYOFFS

Year	Aug.	Sept.	Oct.	Nov.	Dec.	Jan./Feb.	Record	Playoffs
1976		0-3	1-4	1-3	0-2		2-12	
1977		0-2	2-3	1-3	2-1		5-9	
1978		2-2	2-3	3-1	2-1		9-7	
1979		1-4	3-1	3-1	2-1		9-7	
1980		2-2	2-2	0-5	0-3		4-12	
1981		1-3	1-3	2-3	2-1		6-10	
1982		0-2		2-0	1-3	1-0	4-5	
1983		2-2	3-2	2-2	4-1*	0-1*	11-8*	2-1
1984		4-1	3-1	4-0	2-3*		13-5*	1-1
1985		2-2	2-2	2-2	2-2		8-8	
1986		3-1	2-2	2-3	3-0		10-6	
1987		1-1	3-1	3-2	2-2	0-1*	9-7*	0-1
1988		2-2	3-2	2-2	2-2*		9-8*	0-1
1989		1-2	3-2	0-4	3-1		7-9	
1990		0-3	3-1	2-2	4-1		9-7	
1991		2-3	3-1	1-2	1-3		7-9	
1992		1-3	0-4	1-3	0-4		2-14	
1993		2-2	2-2	1-2	1-3	0-1	6-10	
1994		3-1	0-4	2-2	1-3		6-10	
1995		1-2	1-4	3-1	3-1		8-8	
1996		1-4	2-1	2-2	2-2		7-9	
1997	0-1	2-2	3-0	1-4	2-1		8-8	
1998		3-1	1-2	2-3	2-2		8-8	
1999		2-1	2-1	4-1	1-3	0-2*	9-8*	0-1
2000		2-2	0-5	2-1	2-2		6-10	
2001		1-2	2-1	2-2	3-2	1-0	9-7	
2002		1-3	1-2	2-2	3-2		7-9	
2003		3-0	2-2	3-2	2-2	0-1*	10-7*	0-1
2004		3-0	1-3	2-2	2-2	1-1*	9-8*	0-1
2005		2-1	3-1	4-0	4-0	2-2*	15-4*	2-1
2006		3-0	1-3	3-1	2-3	1-1*	10-8*	1-1
2007		3-1	1-2	3-1	3-2	1-1*	11-7*	1-1
2008		1-2	1-3	0-5	2-2		4-12	
2009		1-2	1-2	2-3	1-3	0-1	5-11	
2010		2-1	2-2	1-3	1-3	2-1*	8-10*	1-1
2011		1-2	1-3	2-2	3-1	0-1	7-9	
2012		2-2	2-2	2-1	5-0	1-1	12-6*	1-1
2013		4-0	3-1	3-0	3-2	3-0*	16-3*	3-0
2014		2-1	2-2	4-1	4-0	2-1*	14-5*	2-1
2015		1-2	2-2	3-1	3-1	2-1*	11-7*	1-1
2016		2-1	2-1-1	3-1	2-2	2-1*	11-6-1*	1-1
Total	**0-1**	**72-73**	**74-85-1**	**87-81**	**89-75***	**19-18***	**341-333-1***	**16-15**

***** includes playoffs

PRIME TIME RECORD (51-28-1)

MONDAY NIGHT FOOTBALL (23-8)

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

November 30, 1992	W	16-13 (OT)	vs. Denver
November 1, 1999	W	27-7	at Green Bay
October 2, 2000	L	24-17	at Kansas City
October 14, 2002	L	28-21	vs. San Francisco
December 6, 2004	L	43-39	vs. Dallas
December 5, 2005	W	42-0	at Philadelphia
November 6, 2006	W	16-0	vs. Oakland
November 27, 2006	W	34-24	vs. Green Bay
November 12, 2007	W	24-0	vs. San Francisco
December 12, 2011	W	30-13	vs. St. Louis
September 24, 2012	W	14-12	vs. Green Bay
October 28, 2013	W	14-9	at St. Louis
December 2, 2013	W	34-7	vs. New Orleans
October 6, 2014	W	27-17	at Washington
October 5, 2015	W	13-10	vs. Detroit
November 7, 2016	W	31-25	vs. Buffalo

THURSDAY-SUNDAY NIGHT (28-20-1)

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

THURSDAY-SUNDAY NIGHT (CONTINUED)

Date	Network	W/L	Score	Opponent
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

*Thanksgiving Day Game

RECORD BY STARTING QUARTERBACK

BY YEAR

Year	Quarterback	Record
1976	Jim Zorn	2-12
1977	Jim Zorn	4-6
	Steve Myer	1-3
1978	Jim Zorn	9-7
1979	Jim Zorn	9-7
1980	Jim Zorn	4-12
1981	Jim Zorn	4-9
	Dave Krieg	2-1
1982	Jim Zorn	4-3
	Dave Krieg	0-2
1983	Jim Zorn	4-4
	Dave Krieg	5-3
1984	Dave Krieg	12-4
1985	Dave Krieg	8-8
1986	Dave Krieg	10-4
	Gale Gilbert	0-2
1987	Dave Krieg	7-5
	Jeff Kemp	1-0
	Bruce Mathison	1-1
1988	Dave Krieg	6-3
	Kelly Stouffer	3-3
	Jeff Kemp	0-1
1989	Dave Krieg	7-7
	Kelly Stouffer	0-2
1990	Dave Krieg	9-7
1991	Dave Krieg	4-5
	Jeff Kemp	2-3
	Dan McGwire	1-0
	Kelly Stouffer	0-1
1992	Stan Gelbaugh	0-8
	Kelly Stouffer	2-5
	Dan McGwire	0-1
1993	Rick Mirer	6-10
1994	Rick Mirer	5-8
	Dan McGwire	1-2
1995	Rick Mirer	7-6
	John Friesz	1-2
1996	Rick Mirer	2-7
	John Friesz	4-2
	Stan Gelbaugh	1-0
1997	Warren Moon	7-7
	John Friesz	0-1
	Jon Kitna	1-0
1998	Warren Moon	4-6
	Jon Kitna	3-2
	John Friesz	1-0
1999	Jon Kitna	8-7
	Glenn Foley	1-0
2000	Jon Kitna	6-6
	Brock Huard	0-4
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

BY COMBINED WINS

Quarterback	Combined Record	Regular Season	Post-season
M. Hasselbeck	74-68	69-62	5-6
D. Krieg	73-53	70-49	3-4
R. Wilson	64-27-1	56-23-1	8-4
J. Zorn	40-60	40-60	
R. Mirer	20-31	20-31	
J. Kitna	18-16	18-15	0-1
W. Moon	11-13	11-13	
T. Dilfer	8-4	8-4	
T. Jackson	7-7	7-7	
J. Friesz	6-5	6-5	
S. Wallace	5-9	5-9	
K. Stouffer	5-11	5-11	
J. Kemp	3-4	3-4	
D. McGwire	2-3	2-3	
G. Foley	1-0	1-0	
B. Mathison	1-1	1-1	
S. Myer	1-3	1-3	
C. Whitehurst	1-3	1-3	
S. Gelbaugh	1-8	1-8	
C. Frye	0-1	0-1	
G.Gilbert	0-2	0-2	
B. Huard	0-4	0-4	

SEAHAWKS
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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/ L. Washington, RB
2012	Max Unger, C	Red Bryant, DE	H. Farwell, LB/M. Robinson

2013	Russell Wilson, QB	Red Bryant, DE	Heath Farwell, LB
2014	Russell Wilson, QB	Kam Chancellor, S	S. Hauschka, K/J. Ryan, P
2015	Russell Wilson, QB	Bobby Wagner, LB	Jon Ryan, P
2016	Russell Wilson, QB	Kam Chancellor, S	J. Ryan, P/D. Shead, CB

* Playoff Captains

RING OF HONOR

1989	Steve Largent	WR	2002	Kenny Easley	S
1991	Jim Zorn	QB	2004	Dave Krieg	QB
1992	Dave Brown	CB	2005	Chuck Knox	Head Coach
1992	Pete Gross	Broadcaster	2006	Cortez Kennedy	DT
1994	Curt Warner	RB	2014	Walter Jones	T
1995	Jacob Green	DE			

STEVE LARGENT AWARD

(Presented to the player, or coach, who best exemplifies the spirit, dedication, and integrity of the Seahawks)

1989	Steve Largent	WR	2003	Trent Dilfer	QB
1990	Jacob Green	DE	2004	Mack Strong	FB
1991	Rufus Porter	LB	2005	Mack Strong	FB
1992	Jeff Bryant	DE	2006	Mack Strong	FB
	Joe Nash	DT	2007	Bobby Engram	WR
1993	Eugene Robinson	S	2008	Mike Holmgren	Coach
1994	Brian Blades	WR	2009	Matt Hasselbeck	QB
1995	Terry Wooden	LB	2010	Roy Lewis	CB
1996	Cortez Kennedy	DT	2011	Red Bryant	DE
1997	Winston Moss	LB	2012	Russell Wilson	QB
1998	Michael Sinclair	DE	2013	Earl Thomas	S
1999	Chad Brown	LB	2014	Kam Chancellor	S
2000	Ricky Watters	RB	2015	Richard Sherman	CB
2001	Mack Strong	FB	2016	Kam Chancellor	S
2002	Mack Strong	FB			

MAN OF THE YEAR

1976	Norm Evans	T	1998	Sam Adams	DT
1980	Jim Zorn	QB	1999	Jon Kitna	QB
1981	Manu Tuiasosopo	DT	2000	Jon Kitna	QB
1982	Dave Brown	CB	2001	Brock Huard	QB
1983	Paul Johns	WR	2002	Trent Dilfer	QB
1984	Jeff West	P	2003	Matt Hasselbeck	QB
1985	Mike Tice	TE	2004	Mack Strong	FB
1986	Mike Tice	TE	2005	Shaun Alexander	RB
1987	Mike Tice	TE	2006	Marcus Trufant	CB
1988	Steve Largent	WR	2007	Bobby Engram	WR
1989	Norm Johnson	K	2008	Patrick Kerney	DE
1990	Jacob Green	DE	2009	Josh Wilson	CB
1991	Eugene Robinson	S	2010	Roy Lewis	CB
1992	Eugene Robinson	S	2011	John Carlson	TE
1993	Eugene Robinson	S	2012	Russell Okung	T
1994	Brian Blades	WR	2013	Doug Baldwin	WR
1995	Eugene Robinson	S	2014	Russell Wilson	QB
1996	Todd Peterson	K	2015	Richard Sherman	CB
1997	Rick Tuten	P	2016	Cliff Avril	DE

RETIRED JERSEYS

#12 Seattle's fans, the 12th Man (1984)

#71 T Walter Jones (2010)

#80 WR Steve Largent (1995)

#96 DT Cortez Kennedy (2012)

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*		

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
2001	Walter Jones	
2003	Steve Hutchinson	
2004	Walter Jones	Shaun Alexander

	1st Team	2nd Team
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

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

Year	Player	Nominations
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

Year	Player	Nominations
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

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

NFL COACH OF THE YEAR

1978 Jack Patera (*AP, The Sporting News*, Washington DC Touchdown Club, Seattle Gold Helmet Committee)
1983 Chuck Knox (Vince Lombardi Committee, Seattle Gold Helmet Committee, *Football News*)
1984 Chuck Knox (*AP, The Sporting News*, Seattle Gold Helmet Committee)
1992 Tom Catlin, Assistant Head Coach/Defense (*Sports Illustrated*)

NFL/NATIONAL HONORS

1976 Steve Niehaus, DT (NFC Defensive Rookie of the Year)
Jim Zorn, QB (NFC Offensive Rookie of the Year)

1978 John Thompson, General Manager (*The Sporting News* NFL Executive of the Year)

1981 Kenny Easley, S (AFC Defensive Rookie of the Year)

1983 Kenny Easley, S (*Football News* AFC Defensive Player of the Year)
Chuck Knox, Head Coach (*UPI* AFC Coach of the Year, *Football News* NFL Coach of the Year)
Curt Warner, RB (*UPI* AFC Offensive Player of the Year, *UPI* AFC Rookie of the Year)

1984 Kenny Easley, S (*AP, Pro Football Weekly* and Kansas City 101 Club NFL Defensive Player of the Year, NFL Alumni Association Defensive Back of the Year)
Chuck Knox, Head Coach (*Football Digest* NFL Coach of the Year, *UPI* & PFWA AFC Coach of the Year)
Fredd Young, LB (AFC Special Teams Player of the Year)

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 (A*P, Pro Football Writers, NEA, College & Pro Football Newsweekly* NFL Defensive Player of the Year)

1993 Rick Mirer, QB (NFL Offensive Rookie of the Year, *UPI* AFC Offensive Rookie of the Year)

1995 Eugene Robinson, S (Henry P. Iba Citizenship Award from the Tulsa Oklahoma Rotary Club)

2005 Shaun Alexander, RB (*AP and Pro Football Weekly*/PFWA Most Valuable Player, *AP* Offensive Player of the Year, *The Sporting News*, Maxwell Club and FedEx Ground Player of the Year)

2006 Josh Brown, K (*Pro Football Weekly* Golden Toe Award)

2012 Pete Carroll, Head Coach of the Year (Kansas City NFL 101 Club)
Bruce Irvin, DE (*Pro Football Weekly* All-Rookie Team)
Marshawn Lynch, RB (*Pro Football Weekly* All-NFL Team)
Michael Robinson, FB (*Sports Illustrated* All-Pro)
John Schneider, General Manager (*Sports Illustrated* Executive of the Year)
Richard Sherman, CB (*Pro Football Weekly* All-NFL Team, *Sporting News* All-Pro, *Sports Illustrated* All-Pro)
Earl Thomas, S (*Pro Football Weekly* All-NFL Team, *Sporting News* All-Pro)
Bobby Wagner, LB (*Pro Football Weekly* All-Rookie Team, *Sports Illustrated* Defensive Rookie of the Year)
Russell Wilson, QB (Pepsi Max NFL Rookie of the Year, *Sports Illustrated* Offensive Rookie of the Year)

2013 Brandon Mebane, DT (*Sports Illustrated* All-Pro)
Richard Sherman, CB (*Pro Football Weekly* All-NFL Team, *Sporting News* All-Pro, *Sports Illustrated* All-Pro)
Malcolm Smith, LB (Pete Rozelle Trophy - Super Bowl MVP)
Earl Thomas, S (*Pro Football Weekly* All-NFL Team, *Sporting News* All-Pro, *Sports Illustrated* All-Pro)

2014 Richard Sherman, CB (Kansas City 101 Club NFC Defensive Player of the Year, Sporting News All-Pro, PFWA All-NFL Team, Sports Illustrated MMQB All-Pro)
Earl Thomas, S (Sporting News All-Pro, PFWA All-NFL Team)

2015 Michael Bennett, DE (Defensive Pro Bowl MVP)
Tyler Lockett, WR/RS (PFWA All-Rookie Team)
Thomas Rawls, RB (PFWA All-Rookie Team)
Earl Thomas, S (Sporting News All-Pro)
Russell Wilson, QB (Offensive Pro Bowl MVP)

2016 Cliff Avril, DE (PFWA All-NFC Team)
Bobby Wagner, LB (Sporting News All-Pro, PFWA All-NFL Team, PFWA All-NFC Team)

NFL 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 WR (Special Teams - 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)

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).

*Rookie

HALL OF FAME

STEVE LARGENT, WR
1976-89

Pro Football Hall of Fame: Steve Largent became the first Seahawks player to be elected to the Pro Football Hall of Fame on Saturday, January 28, 1995. Largent was formally inducted in Canton, Ohio, on Saturday, July 29, along with Jim Finks, Henry Jordan, Lee Roy Selmon, and Kellen Winslow. He was presented into the Hall of Fame by Seahawks' Vice President Gary Wright. Largent was the 23rd player to be elected in his first year of eligibility.

NFL Records: Concluded his 14 National Football League seasons with league career records for receptions, 819; yards, 13,089; touchdowns, 100; consecutive games with a reception, 177; 50-catch seasons, 10; and 1,000-yard seasons, 8. Became only the second player in NFL history to be the career leader in receptions, yards and touchdowns at the same time joining Green Bay's Don Hutson (1945). Ranked third all-time at the time of his retirement with 40-career 100-yard games, trailing Don Maynard (50) and Lance Alworth (41). Currently ranks 22nd in total touchdowns with 101 (has one rushing).

Pro Career: Finished in the AFC's (NFC in 1976) top 10 in receptions 10 times in his first 12 seasons, failing only in 1977 and 1982, and in the top-five seven times. Led the AFC in receptions in 1978 with 71 and finished second in 1981 (75) and 1987 (58), and was third in the NFC in 1976 (54). The only NFC wide receiver to catch more passes than Largent in 1976 was Dallas' Drew Pearson (58). Largent's total did lead all rookie wide receivers. Finished in the NFL's top 10 in receiving yards seven times, including a first-place finish in 1985, and a second in 1978, missing the lead by one yard. Missed only 10 games in his career due to injury, including six in 1989 with a broken elbow. Selected to play in the AFC-NFC Pro Bowl game seven times, after the 1978, 1979, 1981, 1984, 1985, 1986, and 1987 seasons. Unable to play in the 1979 game because of a wrist injury. Set the Pro Bowl career yardage record with 236 and had 17 Pro Bowl receptions. Originally drafted in the fourth round in 1976 by the Houston Oilers. Was waived by the Oilers on August 24, recalled, and traded to the Seahawks for an eighth-round 1977 draft choice on August 26. The Oilers used that choice to select wide receiver Steve Davis from the University of Georgia.

Seahawks Career: Led the team in both receptions and yards in each of the team's first 12 seasons. Voted by his teammates as the Seahawks' Most Valuable Player after the 1977, 1979, 1981, 1985, and 1987 seasons. Was also elected Offensive Captain from 1979-83 and 1985-89. Third in games played (200) but has more starts (197) than any other player in team history. He was the first player voted into the team's Ring of Honor on December 23, 1989.

Personal: Represented the 1st District of the State of Oklahoma for four terms. Was elected to the United States House of Representatives on November 8, 1994, and sworn in on November 29. Re-elected to a second two-year term in 1996, and resigned following the first year of his fourth term and sought election as the governor of Oklahoma in November, 2002. Attended Putnam City High School in Oklahoma City, Oklahoma, where he lettered in football and baseball. Steve and his wife, Terry, have three sons, Kyle, Kelly, and Kramer, and a daughter, Casie.

MIKE MCCORMACK
1982-88

Pro Football Hall of Fame: Mike McCormack was inducted into the Pro Football Hall of Fame on July 28, 1984. He was one of four players honored in 1984 along with Arnie Weinmeister, Willie Brown and Charley Taylor. McCormack played with the Cleveland Browns from 1954-1962 and served as head coach of the Philadelphia Eagles (1973-75), Baltimore Colts (1980-81) and Seattle Seahawks (1982). He also served as president and general manager of the Seahawks. In 1993, he was hired by the newly formed Carolina Panthers as their team president and general manager. He retired from the Panthers' organization in 1997.

Pro Career: One of the game's greatest offensive tackles, he began his pro football career with the NFL's 1951 New York Yanks where as a rookie he earned the starting right tackle spot. That year he earned the first of six trips to the Pro Bowl, before being called into military service. The Baltimore Colts, who acquired his rights before the start of the 1953 season, traded him to the Cleveland Browns in a massive 15-player deal. Even though the Browns knew McCormack would not be available for a full year, he was the key man in the trade. Coach Paul Brown always considered it one of his wisest personnel moves. In his first season in Cleveland, McCormack, a former University of Kansas star and Chicago native, was asked to fill the middle guard position that had been vacated by the retiring Bill Willis on the defensive unit. It was a tall order, considering Willis would himself be elected to the Hall of Fame. McCormack, not surprisingly, was up to the challenge. He quickly became an important factor on an excellent Cleveland defensive team. McCormack enjoyed perhaps his most memorable individual moment on the defensive team when, in the 1954 NFL Championship Game, he stole the ball from Detroit Lions quarterback Bobby Layne to set up one of the early touchdowns in a 56-10 Cleveland rout. But it was as an offensive tackle that McCormack made his lasting mark in pro football. Mike was the Browns' offensive right tackle for eight years from 1955 through 1962. During that period, the Browns' forward wall played a major role in assuring a balanced offensive approach and McCormack, equally adept as a blocker on rushing plays and as a quarterback protector, was a stabilizing factor throughout the period.

Seahawks Career: In 1982, McCormack joined the Seattle Seahawks as director of football operations, eventually becoming president and general manager the following season. He also served as the Seahawks' interim head coach for the remainder of the 1982 season when Jack Patera was fired after the first two games. McCormack took over during the 57-day players strike and led the team to a 4-3 record. He then returned to his management position when the Seahawks hired Chuck Knox as their new head coach in 1983. Under McCormack's leadership, the Seahawks enjoyed the franchise's finest years until the mid 2000's. During his seven seasons with the team, Seattle reached the postseason four times, including the AFC Championship Game in 1983.

Personal: McCormack passed away on November 15, 2013. He was survived by his wife, Ann, and four children; Michael, Tim, Molly and Colleen. He was a member of the University of Kansas' all-time team and served as co-captain of the 1950 Jayhawks team.

FRANCO HARRIS, RB
1984

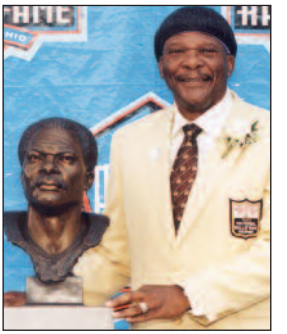
Pro Football Hall of Fame: Franco Harris was inducted into the Pro Football Hall of Fame on Saturday, August 4, 1990, along with Buck Buchanan, Bob Griese, Ted Hendricks, Jack Lambert, Tom Landy and Bob St. Clair.

Pro Career: Harris began his pro football career as the Pittsburgh Steelers No. 1 pick and the 13th player selected in the 1972 NFL Draft. For 12 seasons, the 6-2, 230-pounder from Penn State was a big-yardage running back, a key man in the powerful Pittsburgh offensive machine. Harris established himself as a future superstar when he became only the fourth rookie in NFL annals to rush for 1,000 yards. He gained additional attention by being on the receiving end of the famous "Immaculate Reception" pass from Terry Bradshaw that gave the Steelers their first-ever playoff win, a 13-7 victory over the Oakland Raiders. In his 13 seasons, the last of which was spent with the Seattle Seahawks in 1984, Harris rushed 2,949 times for 12,120 yards and 91 touchdowns. He rushed for 1,000 yards or more eight seasons and for more than 100 yards in 47 games. His career rushing total and his combined net yardage figure of 14,622 both ranked as the third highest marks in pro football history at the time of his retirement. Was an All-AFC choice in 1972, 1975, 1976, and 1977 and first- or second-team All-Pro six times. He was selected to nine Pro Bowls. Harris played in five AFC championships – missing a sixth because of injury – and four Super Bowls. In Super Bowl IX, when the Steelers won their first-ever league title with a 16-6 victory over Minnesota, Harris rushed for 158 yards, compared to just 17 yards rushing for the entire Vikings team. He was named the game's Most Valuable Player. Harris held numerous Super Bowl and postseason game records by the end of his career. The most notable include 24 points and 354 yards rushing in four Super Bowls and 17 touchdowns and 1,556 yards rushing in 19 playoff games.

Seahawks Career: Harris played his final NFL season in Seattle in 1984. He played in eight games with six starts and rushed 68 times for 170 yards with one catch for 3 yards.

Personal: Born in Fort Dix, N.J., on March 7, 1950.

CARL ELLER, DE
1979



Pro Football Hall of Fame: Carl Eller was inducted into the Pro Football Hall of Fame on Sunday, August 8, 2004, along with Bob Brown, John Elway and Barry Sanders. He was presented into the Hall of Fame by his son, Regis.

Pro Career: Selected in the 1st round of NFL Draft by Minnesota and AFL Draft by Buffalo in 1964. Eller quickly established himself at left defensive end on the Vikings "Purple People Eaters" defensive line. He amassed 44 sacks from 1975-1977 and named first- or second-team All-NFL each season from 1967-1973, playing in six Pro Bowls. He also was effective in blocking kicks and, during his career he recovered 23 opponents' fumbles, the third best mark in NFL annals at the time of his retirement. It was Eller who caused the now infamous fumble that led to teammate Jim Marshall's wrong-way run for a safety in 1964 in a game against the San Francisco 49ers. The Vikings won the 1969 NFL championship and NFC crowns in 1973, 1974, and 1976 and played in four Super Bowls.

Seahawks Career: The 16-year NFL veteran of 225 games played his final NFL season in Seattle, playing in all 16 games with 26 tackles and 3.0 sacks.

Personal: Born January 25, 1942, in Winston-Salem, N.C.

WARREN MOON, QB
1997-98

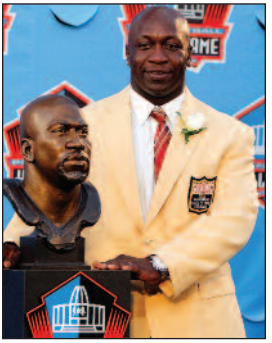
Pro Football Hall of Fame: Warren Moon was elected to the Pro Football Hall of Fame on Saturday, February 4, 2006, the day before the Seahawks played the Pittsburgh Steelers in Super Bowl XL. Moon was formally inducted in Canton, Ohio, on Sunday, August 6, along with Troy Aikman, Harry Carson, John Madden, Reggie White and Rayfield Wright. He was presented into the Hall of Fame by friend, agent and business associate Leigh Steinberg. Moon was the first African-American quarterback to be inducted.

Pro Career: Prior to the 1978 NFL Draft, some NFL scouts suggested that since University of Washington quarterback Warren Moon had played in a rollout rather than a drop-back passing offense, he would be a mid-round pick. Others speculated that since only one African American quarterback, James Harris, had achieved any measurable success in the NFL, Moon would have to play some other position. Regardless of which misguided reason motivated NFL scouts, Moon remained confident of his abilities and opted to sign with the Edmonton Eskimos of the Canadian Football League. He went on to lead the Eskimos to an unprecedented five consecutive Grey Cup victories. Eventually, Moon returned to the United States to play for the Houston Oilers in 1984. He racked up nearly 50,000 passing yards in 17 NFL seasons. Moon set a new club record with 3,338 yards passing in his first year with Houston, a mark he would break four more times. In 1986, when the Oilers installed the run-and-shoot offense, Moon's quarterback skills finally became apparent to all. The wide-open offense showcased Moon's strong arm, running skills, and big-play ability. In 1990, Moon led the league with 4,689 passing yards. He also led the league in attempts (584), completions (362), and touchdowns (33), and tied Dan Marino's NFL record with nine 300-yard games in a season. The following year, he again led the league in passing yards 4,690. At the same time, he joined Hall of Fame quarterbacks Marino and Dan Fouts as the only quarterbacks to post back-to-back 4,000-yard seasons. Moon also established new NFL records that season with 655 attempts and 404 completions. Moon was traded to the Minnesota Vikings before the 1994 season. In his debut season, he passed for 4,264 yards and led the team to the playoffs. In his second season in Minnesota, he again passed for more than 4,200 yards. Moon moved on to the Seattle Seahawks as a free agent in 1997 where the veteran star set franchise records for completions (313) and yards passing (3,678) and earned his ninth Pro Bowl selection. Injuries limited his play in 1998. In 1999, Moon joined the Kansas City Chiefs and spent two seasons as a backup there before retiring. Despite spending his first six professional seasons in the CFL, Moon ranked third all-time in NFL passing yardage and fourth in touchdown passes thrown at the time of his retirement.

Seahawks Career: The 17-year NFL veteran played for the Seahawks from 1997-98, setting the franchise record for passing yards in one season with 3,678 in 1997, since surpassed by Matt Hasselbeck and Russell Wilson. His 313 completions in 1997 are fourth-most in club history, behind Hasselbeck's 352 completions in 2007 and Wilson's 329 in 2015 and 353 in 2016. He holds the club record for most consecutive completions (17).

Personal: Named the NFL's Man of the Year in 1989 for his work in the community, Moon established the Crescent Moon Foundation in 1989 to raise money for college academic scholarships in Seattle, Los Angeles, Houston, and Minneapolis/St. Paul and also has worked as an ambassador for the NFL promoting the game of football both nationally and internationally to young people.

JOHN RANDLE, DT
2001-03



Pro Football Hall of Fame: John Randle was elected into the Pro Football Hall of Fame on Saturday, February 6, 2010, along with Russ Grimm, Rickey Jackson, Dick LeBeau, Floyd Little, Jerry Rice and Emmitt Smith. He was inducted on Saturday, August 7, 2010.

Pro Career: John Randle, a Little All-America from Texas A&I, signed as an undrafted free agent with the Minnesota Vikings in 1990. He embarked on an impressive streak from 1992-01 of 183 games played and 140 starts before a knee injury forced him out of a game. In the 1993 season, Randle registered 12.5 sacks, amassed 59 tackles and forced three fumbles to earn All-Pro honors and a Pro Bowl invitation for the first time. It began a string of six straight All-Pro and Pro Bowl seasons for Randle. He improved his sack total again in 1994 with a NFC-high 13.5 sacks. Randle recorded perhaps his finest season in 1997 when he led the NFL with 15.5 sacks and also had a career-high 71 tackles. In all, Randle amassed 137.5 sacks during his 14-season career. He led the Vikings in sacks nine times and the Seahawks twice. Thirty-five times he recorded multi-sack games including eight games with three or more sacks. Randle was elected to seven Pro Bowls (1994-99, 2002) and named to the NFL's All-Decade Team of the 1990s.

Seahawks Career: Randle played his final three seasons in Seattle, leading the club in sacks twice and making one Pro Bowl. In 43 games with 35 starts, he collected 23.5 sacks.

Personal: Born on December 12, 1967, in Hearne, Texas.

JERRY RICE, WR
2004

Pro Football Hall of Fame: Jerry Rice was elected into the Pro Football Hall of Fame on Saturday, February 6, 2010, along with Russ Grimm, Rickey Jackson, Dick LeBeau, Floyd Little, John Randle and Emmitt Smith. He was inducted on Saturday, August 7, 2010.

Pro Career: The San Francisco 49ers used their first round draft pick (16th overall) in 1985 on Jerry Rice from little known Mississippi Valley State. In 1986, Rice recorded a season that began perhaps the finest stretch by any receiver in NFL history. That year, he caught 86 passes for a league-leading 1,570 yards. He also led the NFL in touchdown catches with 15. It marked the first of 11 straight 1,000-yard seasons for Rice who also recorded double-digit receiving touchdown totals in nine of the next 10 seasons. The following year, Rice set the NFL record for touchdown receptions in a season with 22. His first of four seasons with 100 catches came in 1990 when he had an even 100 receptions to lead the NFL in that category. He led the NFL in receiving yards six times including an NFL record 1,848 yards in 1995. Rice also led the NFL in touchdown receptions six times. No wide receiver in NFL history played more than Rice's 20 seasons. By the time he retired after finishing his career with Oakland and Seattle, he was the most prolific wide receiver in NFL history with staggering career totals. He owns virtually every significant receiving mark. Some of the more notable career records include receptions (1,549); receiving yards (22,895 yards); most 1,000-yard receiving seasons (14); total touchdowns (208); and combined net yards (23,546). Rice has a hold on multiple NFL playoff and Super Bowl records. He played in eight conference championships and four Super Bowls. He earned three Super Bowl rings with the 49ers and was named the Most Valuable Player of San Francisco's Super Bowl XXIII win over the Cincinnati Bengals. Rice, who was named first-team All-Pro 11 consecutive seasons and voted to 13 Pro Bowls, is also a member of the NFL's All-Decade Teams of the 1980s and 1990s and NFL's 75th Anniversary Team.

Seahawks Career: Rice finished his career in Seattle, playing in 11 games with nine starts in 2004. He caught 24 passes for 362 yards with a long of 56 and three touchdowns.

Personal: Born on October 13, 1962, in Starkville, Miss.

CORTEZ KENNEDY, DT
1990-2000

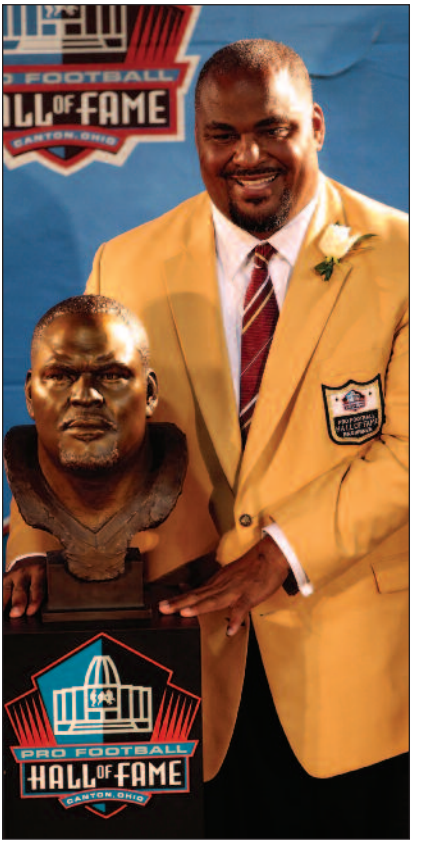
Pro Football Hall of Fame: Cortez Kennedy was elected to the Pro Football Hall of Fame on Saturday, February 4, 2012, the day before Super Bowl XLVI. Kennedy was formally inducted in Canton, Ohio, on Saturday, August 4, along with Jack Butler, Dermontti Dawson, Chris Doleman, Curtis Martin and Willie Roaf. Kennedy follows only Steve Largent to enter the Hall of Fame representing the Seahawks. He was presented into the Hall of Fame by Dixie Fraley Keller, the widow of long-time agent, financial advisor and friend, Robert Fraley.

Pro Career: The Seattle Seahawks used the third overall selection of the 1990 NFL Draft on All-America defensive tackle Cortez Kennedy from the University of Miami. The move proved to be wise as Kennedy became a fixture on the Seahawks defensive line for 11 seasons. Extremely durable, he did not miss a single game until his eighth season. In his rookie season, Kennedy played in all 16 games, two of which were starts. He produced impressive numbers including a season-high 10 tackles and a sack against the Miami Dolphins. For his efforts, he was named to the NFL's All-Rookie team. The following season Kennedy moved into a full-time starting role at right defensive tackle for the Seahawks and responded by earning his first Pro Bowl berth. In 1992, despite the Seahawks finishing with a disappointing 2-14 record, Kennedy was named the NFL's Defensive Player of the Year. It marked just the third time in league history that a player from a losing team won the Associated Press Defensive Player of the Year Award. He led Seattle that season with a career-high 14 sacks, the most of any interior lineman, and also recorded a career-best 92 tackles, recovered one fumble and batted down two passes. Although he was often double- or even triple-teamed Kennedy managed to lead or rank near the top in tackles each season. In 1996, he was voted to a team record sixth consecutive Pro Bowl and also was named the team's MVP and the winner of the Steve Largent Award given to the player that best exemplified the spirit, dedication and integrity of the Seahawks. He added two more Pro Bowls following the 1998 and 1999 seasons. Kennedy recorded one of his finest seasons in 1999. A 10-year veteran, he started all 16 games, recorded 73 tackles, 6.5 sacks and intercepted two passes to help the Seahawks reach the playoffs for the first time since 1988. In all, he registered 58 sacks, intercepted three passes and scored one touchdown on a fumble recovery during his 167-game career. He twice led the team in sacks (1992 and 1995). Aside from his eight Pro Bowls, Kennedy was named first-team All-NFL in 1992, 1993 and 1994, selected second-team All-Pro twice, All-AFC four times and was named to the NFL's All-Decade Team of the 1990s. On September 17, 2006, Kennedy became the 10th member inducted into the Seahawks Ring of Honor.

Seahawks Career: Kennedy ranks among the top-10 in many Seahawks categories, including: eighth in games played (167), seventh in games started (153), fourth in forced fumbles (13), eighth in tackles (668), fourth in sacks (58.0), fourth in sack yardage (390.5) and second in Pro Bowl nominations (8).

Personal: Born on August 23, 1968, Kennedy attended Northwest Mississippi Community College before transferring to Miami. Prepped at Rivercrest High School in Wilson, Ark. Kennedy passed away on May 23, 2017. He was survived by his parents, Joe and Ruby Harris, and daughter, Courtney.

WALTER JONES, T
1997-2009



Pro Football Hall of Fame: Walter Jones was elected to the Pro Football Hall of Fame on Saturday, February 1, 2014, the day before Seattle defeated Denver in Super Bowl XLVIII in New York/New Jersey. Jones was formally inducted in Canton, Ohio, on Saturday, August 2, along with Derrick Brooks, Ray Guy, Claude Humphrey, Andre Reed, Michael Strahan and Aeneas Williams. Jones joins Steve Largent and Cortez Kennedy to enter the Hall of Fame representing the Seahawks for their entire careers.

Pro Career: Jones retired from the NFL on April 29, 2010. In his honor, the team immediately retired his number 71 jersey and Governor Christine Gregoire declared the following day, Walter Jones Day, urging all citizens to join her in saluting his remarkable career. Since coming to Seattle as a first-round pick in 1997, Jones started all 180 games played while becoming the most dominant left tackle of his time. In 13 seasons, he was called for holding nine times and in 5,703 pass attempts, surrendered just 23 sacks according to coaches statistics. He was selected to nine Pro Bowls (1999, 2001-08), passing Cortez Kennedy for most in team history, and was also a six-time AP All-Pro (1st Team in 2001, 2004, 2005, 2007 and 2nd Team in 2006 and 2008). Seattle selected Jones with the sixth overall pick in the 1997 NFL Draft, which was acquired in a draft-day trade with the Tampa Bay Buccaneers in exchange for Seattle's first-round pick (#12, RB Warrick Dunn) and third-round pick (#66, CB Ronde Barber). He was named to his first Pro Bowl following the 1999 season, becoming the first Seattle offensive lineman to accomplish that feat. Jones was part of the offensive line that helped Shaun Alexander to the fourth-best (currently seventh) rushing game in NFL history with 266 yards vs. Oakland (11/11/01) and helped Alexander to an NFL-record five first-half touchdowns vs. Minnesota (9/29/02). In 2005, he paved the way for Alexander's MVP year with a Seattle-record 1,880 rushing yards and then-NFL-record 28 total touchdowns.

Seahawks Career: Jones ranks fourth in Seattle history in games played (180) and second in games started (180). He became the first Seahawks player to reach double-digits in postseason appearances and was inducted in to the team's Ring of Honor on November 2, 2014.

Personal: A second-team All-ACC selection as a junior, he transferred to Florida State after two seasons at Holmes (Miss.) Community College, where he was named Mississippi Junior College Player of the Year in 1994. Jones prepped at Aliceville (Ala.) High where he lettered in basketball and football.

KENNY EASLEY, S
1981-87

Pro Football Hall of Fame: Kenny Easley was elected to the Pro Football Hall of Fame on Saturday, February 4, 2017, the day before Super Bowl LI. Easley was formally inducted in Canton, Ohio, on Saturday, August 5, along with Morten Andersen, Terrell Davis, Jerry Jones, Jason Taylor, LaDainian Tomlinson and Kurt Warner. Easley joins Steve Largent, Cortez Kennedy and Walter Jones to enter the Hall of Fame representing the Seahawks for their entire careers. He was presented into the Hall of Fame by his high school football coach, Tommy Rhodes.

Pro Career: Easley was selected in the first round, fourth overall, out of UCLA by the Seattle Seahawks in the 1981 NFL Draft. The Seahawks safety was an intimidating defensive force during his seven-year tenure in Seattle. Easley made an immediate impact on the Seahawks defense earning AFC Defensive Rookie of the Year honors in 1981 after returning three interceptions for 115 yards, including one for an 82-yard touchdown. He also made a career-high four fumble recoveries. Easley rightfully earned his nickname as "The Enforcer" for this style of play on the field. An all-around great athlete, he continued to earn recognition for his abilities including AFC Defensive Player of the Year in 1983. That season, he recorded seven interceptions which he returned for 106 yards and posted a career-high three sacks. The safety was named the NFL's Defensive Player of the Year in 1984 by the Associated Press when he registered a league-leading and career-best 10 interceptions and two pick-sixes. Easley earned first-team All-Pro honors in four straight seasons from 1982-85 and second-team All-Pro honors in 1987. During his career, Easley amassed 32 interceptions which he returned for 538 yards and three touchdowns in 89 games. He was also a dominating tackler before the stat was readily tracked and had eight career sacks. In all, Easley was named to five Pro Bowls and was a member of the NFL's All-Decade Team of the 1980s in addition to his many other honors he earned along his highly impactful career.

Seahawks Career: Started all but two games in his seven seasons, Easley led the team in interceptions on four occasions (1982-84, 1987) and ranks fourth in franchise history with 32 interceptions. Ranks first in Seahawks history in interceptions in a single-season (10) and most interceptions in a single-game (3). He was inducted in to the team's Ring of Honor on October 14, 2002 and finished his career with 498 tackles, 8.0 sacks, 32 interceptions, 10 forced fumbles and 11 fumble recoveries.

Personal: Was the first player in Pac-10 history to be named all-conference for four consecutive years and was a three-time All-American for UCLA. Born in Chesapeake, Va., on January 15, 1959.

80 STEVE LARGENT

WIDE RECEIVER

Height: 5-11	**Weight: 191**
Seasons	**14 Seahawks Seasons**
How Acq'd	**Trade (Houston) 1976**
Career G/S	**200/197**
Born	**September 28, 1954**
College	**Tulsa**
Hometown	**Tulsa, Oklahoma**
Ring of Honor	**December 23, 1989**

The inaugural inductee into the Ring of Honor in 1989, Steve Largent concluded his 14 National Football League seasons with league career records for receptions, 819; yards, 13,089; touchdowns, 100; consecutive games with a reception, 177; 50-catch seasons, 10; and 1000-yard seasons, 8. Largent became the first Seahawks player to be elected to the Pro Football Hall of Fame on July 29, 1995, and only the 23rd player to be elected in first year of eligibility. He finished in the AFC's (NFC in 1976) top 10 in receptions 10 times in his first 12 seasons. Led the AFC in receptions in 1978 with 71 and finished second in 1981 and 1987. Largent finished in the top 10 in receiving yards seven times, including a first-place finish in 1985, and second in 1978, missing the lead by one yard. Selected to play in the Pro Bowl seven times (1978, 1979, 1981, 1984, 1985, 1986, and 1987) and was first-team All-NFL (AP) in both 1979 and 1985. Largent led the team in both receptions and yards in each of the team's first 12 seasons. Third in games played (200) but has more starts (197) than any other player in Seahawks history. After retiring from the game in 1989, Largent would gain political aspirations and represented the 1st District of the State of Oklahoma for four terms. He would then serve and be re-elected for his home state in the United States House of Representatives before resigning in his first-year of his fourth term to pursue the governorship of Oklahoma.

LARGENT'S NFL RECORD

			Receiving					Rushing			
	Club	G/S	No.	Yds.	Avg.	LG	TD	Att.	Yds.	Avg.	TD
1976	Seattle	14/13	54	705	13.0	45	4	4	-14	-3.5	0
1977	Seattle	14/14	33	643	19.4	74	10	0	0	0.0	0
1978	Seattle	16/16	71	1,168	16.5	57	8	0	0	0.0	0
1979	Seattle	15/15	66	1,237	*18.7	55	9	0	0	0.0	0
1980	Seattle	16/16	66	1,064	16.1	67	6	1	2	2.0	0
1981	Seattle	16/16	75	1,224	16.3	57	9	6	47	7.8	1
1982	Seattle	8/8	34	493	14.5	45	3	1	8	8.0	0
1983	Seattle	15/14	72	1,074	14.9	46	11	0	0	0.0	0
1984	Seattle	16/16	74	1,164	15.7	65	12	2	10	5.0	0
1985	Seattle	16/16	79	*1,287	16.3	43	6	0	0	0.0	0
1986	Seattle	16/16	70	1,070	15.3	38	9	0	0	0.0	0
1987	Seattle	13/13	58	912	15.7	58	8	2	33	16.5	0
1988	Seattle	15/15	39	645	16.5	46	2	1	-3	-3.0	0
1989	Seattle	10/9	28	403	14.4	33	3	0	0	0.0	0
Career Totals		**200/197**	***819**	***13,089**	**16.0**	**74**	***100**	**17**	**81**	**4.9**	**1**
Seahawks Totals		**200/197**	**819**	**13,089**	**16.0**	**74**	**100**	**17**	**81**	**4.9**	**1**

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2, 1987: 1/1, 1988:1/1, **Career: 7/7**

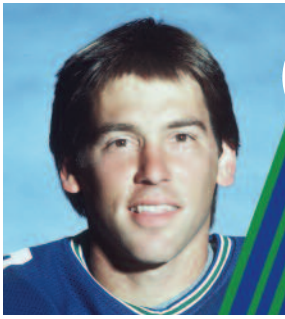
LARGENT'S SINGLE-GAME HIGHS

Receptions: *15 vs. Detroit (10/18/87)
Longest: 74 vs. San Diego (11/27/77)
Yards: *261 vs. Detroit (10/18/87)
Most TDs: 3, 3 times, last vs. Detroit (10/18/87)

ADDITIONAL STATS

Passing: 7 attempts, 2 complete for 29 yards. **Punt Returns:** 8 for 68 yards, 8.5 average, 12 long, 1 fair catch. **Kickoff Returns:** 8 for 156 yards, 19.5 average, 30 long. **Scoring:** 1 TD rushing (1981), 1 PAT (1985).

*Team Record



10 JIM ZORN
QUARTERBACK

Height: 6-2	**Weight: 200**
Seasons	**9 Seahawks Seasons**
Seattle G/S	**126/100**
Career G/S	**140/106**
Born	**May 10, 1953**
College	**Cal Poly-Pomona**
Hometown	**Whittier, California**
Ring of Honor	**August 3, 1991**

Inducted into the Ring of Honor in 1991, Jim Zorn was the starting quarterback for the Seahawks during their inaugural season in 1976 and would remain at the helm for the next seven years. Named the NFC Offensive Rookie of the Year in 1976 as he led the NFL in attempts with 439 and set a then-record 2,571 passing yards, which was also a record for an expansion team. By the end of the 1979 season, Zorn became only the third player to throw for 10,000 yards in his first four seasons. In 1978, he earned numerous accolades, which included being named AFC Player of the Year by the Washington D.C. Touchdown Club and first-team All-NFL by the *NEA*. Zorn, along with former Seahawks QB Matt Hasselbeck, are the only two Seahawks quarterbacks to throw for 300 yards in back-to-back games which he accomplished twice, once in 1979 and again in 1981. Zorn finished his career leading the Seahawks in every passing category amassing 20,122 passing yards and 107 touchdown passes.

ZORN'S NFL RECORD

PASSING

Year	Club	G	Att.	Comp.	Yds.	Pct.	TD	Int.	LG	Sacked	Rate.
1976	Seattle	14	439	208	2,571	.473	12	27	80	25/196	49.5
1977	Seattle	10	251	104	1,687	.414	16	19	82	12/51	54.3
1978	Seattle	16	443	248	3,283	.560	15	20	64	44/284	72.1
1979	Seattle	16	505	285	3,661	.564	20	18	65	23/201	77.7
1980	Seattle	16	488	276	3,346	.566	17	20	67	44/341	72.3
1981	Seattle	13	397	236	2,788	.594	13	9	80	24/201	82.4
1982	Seattle	9	245	126	1,540	.514	7	11	50	20/152	61.9
1983	Seattle	16	205	103	1,166	.502	7	7	43	9/64	64.8
1984	Seattle	16	17	7	80	.412	0	2	21	1/8	16.4
1985	Green Bay	13	123	56	794	.455	4	6	56	11/89	57.4
1987	Tampa Bay	1	36	20	199	.556	0	2	26	7/43	48.3
Career Totals		**140**	**3,149**	**1,669**	**21,115**	**.530**	**111**	**141**	**82**	**220/1,630**	**67.3**
Seahawks Totals		**126**	**2,990**	**1,593**	**20,122**	**.533**	**107**	**133**	**82**	**202/1,498**	**67.9**

RUSHING

Year	Club	G	Att.	Yds.	Avg.	LG	TD
1976	Seattle	14	52	246	4.7	19	4
1977	Seattle	10	25	141	5.6	15	1
1978	Seattle	16	59	290	4.9	23	6
1979	Seattle	16	46	279	6.1	41	2
1980	Seattle	16	44	214	4.9	25	1
1981	Seattle	13	30	140	4.7	20	1
1982	Seattle	9	15	113	7.5	35	1
1983	Seattle	16	30	71	2.4	18	1
1984	Seattle	16	7	-3	-0.4	7	0
1985	Green Bay	13	10	9	0.9	8	0
1987	Tampa Bay	1	4	4	1.0	5	0
Career Totals		**140**	**322**	**1,504**	**4.7**	**41**	**17**
Seahawks Totals		**126**	**308**	**1,491**	**4.8**	**41**	**17**

ZORN'S SINGLE GAME HIGHS

Attempts: 49 vs. Philadelphia (12/12/76)
Yards: 384 vs. New Orleans (11/18/79)
Most TDs: 4, 4 times, last vs. New England (9/21/80)
Completions: 31 vs. Kansas City (9/27/81)
Longest: 82 vs. Cincinnati (9/25/77) to David Sims
Interceptions: 6 vs. Detroit (10/24/76)

22 DAVE BROWN

CORNERBACK

Height: 6-1	**Weight: 197**
Seasons	**11 Seahawks Seasons**
How Acq'd	**Veteran Allocation (Pit)**
Career G/S	**172/159**
Born	**January 16, 1953**
College	**Michigan**
Hometown	**Akron, Ohio**
Ring of Honor	**August 22, 1992**

Inducted into the Ring of Honor in 1992, Dave Brown was an 11-year starter in the Seahawks' secondary from 1976-86. Coming over from the Pittsburgh Steelers in the Veteran Allocation Draft in 1976, Brown played at the free safety position leading the team with four interceptions. The following season No. 22 would shift over to the right-side cornerback position where he would be the "cornerstone" of the Seahawks' defense for the next 10 years, picking off another 46 passes, retiring as the all-time Seahawks leader in the category with 50. In 1984, Brown picked off eight passes and was named to the AFC Pro Bowl squad and first-team All-NFL by NFL Films. Two of those interceptions were part of a NFL-record four interception returns for touchdowns on November 4, 1984, against the Kansas City Chiefs. Brown had returns of 90 and 58 yards. Brown retired as the Seahawks' leader in interception return yards (643), interception returns for touchdowns (5), and the aforementioned interceptions (50).

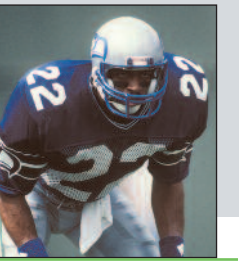
BROWN'S NFL RECORD

	Club	G/S	Tkl.	QB	Int.	Yds.	Avg.	LG	TD	FF	FR
1975	Pittsburgh	13/0	6	0.0	0	0	0.0	0	0	0	0
1976	Seattle	14/14	111	0.0	4	70	17.5	33	0	2	0
1977	Seattle	14/14	64	0.0	4	68	17.0	29	1	0	0
1978	Seattle	16/16	41	0.0	3	44	14.7	44	0	0	3
1979	Seattle	16/16	65	0.0	5	46	9.2	23	0	0	0
1980	Seattle	16/16	63	1.0	6	32	5.2	24	0	0	0
1981	Seattle	10/10	48	0.0	2	2	1.0	2	0	1	1
1982	Seattle	9/9	50	1.0	1	3	3.0	3	0	0	2
1983	Seattle	16/16	54	0.0	6	83	11.2	37	0	6	2
1984	Seattle	16/16	54	0.0	8	*179	22.4	90	2	0	1
1985	Seattle	16/16	61	0.0	6	58	9.7	28	1	0	1
1986	Seattle	16/16	73	0.0	5	58	11.6	24	1	1	1
Career Totals		**172/159**	**690**	**2.0**	**50**	**643**	**12.9**	**90**	**5**	**10**	**11**
Seahawks Totals		**159/159**	**684**	**2.0**	***50**	***643**	**12.9**	**90**	***5**	**10**	**11**

PUNT RETURNS

Club		No.	Yds.	Avg.	LG	TD
1975	Pittsburgh	22	217	9.9	48	0
1976	Seattle	11	74	6.7	19	0
Career Totals		**33**	**291**	**8.8**	**48**	**0**

Playoff Games Played/Started: 1975: 3/0, 1983: 3/3, 1984: 2/2.
Career: 8/5



BROWN'S SINGLE-GAME HIGHS

Interceptions: 2, 5 times, last vs. Kansas City (11/4/84)

Longest Interception Return: 90 vs. Kansas City (11/4/84)

Most Yards Returned: *148 vs. Kansas City (11/4/84)

Most Touchdowns: *2 vs. Kansas City (11/4/84)

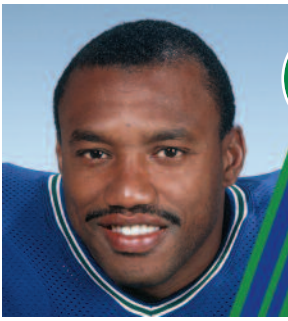
*Team Record

PETE GROSS
RADIO PLAY-BY-PLAY

Seasons	**17 Seahawks Seasons (1976-92)**
Born	**December 28, 1936**
Hometown	**Whittier, California**
Ring of Honor	**November 30, 1992**

Inducted into the Seahawks' Ring of Honor in 1992, Pete Gross served as the radio play-by-play for 17 seasons from the Seahawks' inaugural 1976 season through 1992. One of the most beloved people to have ever been associated with the Seahawks' franchise, fans will never forget his numerous "touchdown Seahawks" calls. Over his 17 seasons, Gross called all but the five games he missed in 1992 while battling cancer. His career included eight playoff games and in the 1983 season Gross came within one game of the Super Bowl when Seattle faced the Los Angeles Raiders in the AFC Championship Game. The Seahawks lost that game 30-14. Gross was diagnosed with cancer in 1989. He succumbed to the disease in 1992, just two days after his induction into the Ring. He was inducted into the Ring during a Monday night game versus the Denver Broncos, a game the 2-14 Seahawks won in overtime. Prior to moving to the Seahawks, he was the play-by-play voice of the University of Washington in both football and basketball. He came to Seattle after calling play-by-play for the University of the Pacific. Gross' legacy remains; the Seahawks are actively involved with the Pete Gross House. The Pete Gross House, which opened in November of 1999, is a 69-unit apartment complex that provides housing for families undergoing treatment at the Fred Hutchinson Cancer Research Center. The Pete Gross House is also the location of the Hutch School, a fully accredited K through 12 school for cancer patients and their siblings. The Seahawks took an active roll in seeing the project through to completion and participate in an annual fundraiser for the continued upkeep of the facility.

Gross was inducted into the Seahawks' Ring of Honor during the Seahawks Monday night game versus the Denver Broncos. The Seahawks won the game and presented Gross with the game ball. Gross passed away three days later.



28 CURT WARNER

RUNNING BACK

Height: 5-11	**Weight: 205**
Seasons	**7 Seahawks Seasons**
How Acq'd	**1st Round 1983**
Career G/S	**100/94**
Born	**March 18, 1961**
College	**Penn State**
Hometown	**Wyoming, West Virginia**
Ring of Honor	**November 27, 1994**

Curt Warner was inducted into the Ring of Honor on November 27, 1994, after a career that spanned seven years from 1983-89 and saw him hold every Seahawks rushing record when he was done. Immediately thrust into the Seahawks' lineup his rookie season, Warner would rush for 1,449 yards and 13 touchdowns highlighted by a then, Seahawks record 207-yard-effort against Kansas City. The season was capped off by being named a starter in the Pro Bowl, 1983 AFC Player of the Year by the Washington D.C. Touchdown Club and NFLPA, AFC Offensive Player of the Year by the NFLPA and *UPI*, second-team All-NFL by the *AP* and *Football Digest* and first-team All-Rookie by *Pro Football Digest* and *Pro Football Weekly*. After suffering a season-ending injury in the first game of 1984, Curt would bounce back in 1985 rushing for 1,094 yards and being named the NFL's Comeback Player of the Year by *Sports Illustrated*. Warner would not look back his final three seasons leading the team in rushing each year, averaging 1,164 a season and 10 touchdowns, including a then-Seahawks record four TDs vs. Denver in 1988. Warner would be named to two more Pro Bowls (1986-87) bringing his career total to three, and was named AFC Offensive Player of the Year by the *UPI* in 1986, and first-team All-NFL by *Sports Illustrated* in 1987. He finished his career with 6,705 yards rushing on 1,649 carries with 62 touchdowns. He is currently second all-time in Seahawks history in attempts (1,649), third in rushing yards (6,705) and touchdowns (55) and fourth in total touchdowns (62).

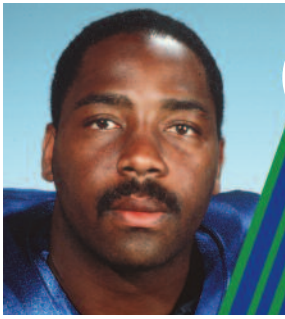
WARNER'S NFL RECORD

			Rushing					Receiving				
	Club	G/S	Att.	Yds.	Avg.	LG	TD	No.	Yds.	Avg.	LG	TD
1983	Seattle	16/16	335	1,449	4.3	60	13	42	325	7.7	28	1
1984	Seattle	1/1	10	40	4.0	9	0	1	19	19.0	19	0
1985	Seattle	16/16	291	1,094	3.8	38	8	47	307	6.5	27	1
1986	Seattle	16/16	319	1,481	4.6	60	13	41	342	8.3	26	0
1987	Seattle	12/12	234	985	4.2	57	8	17	167	9.8	30	2
1988	Seattle	16/16	266	1,025	3.9	29	10	22	154	7.0	17	2
1989	Seattle	16/15	194	631	3.3	34	3	23	153	6.7	24	1
1990	LA Rams	7/2	49	139	2.8	9	1	0	0	0.0	0	0
Career Totals		**100/94**	**1,698**	**6,844**	**4.0**	**60**	**56**	**193**	**1,467**	**7.6**	**30**	**7**
Seahawks Totals		**93/92**	**1,649**	**6,705**	**4.1**	**60**	**55**	**193**	**1,467**	**7.6**	**30**	**7**

WARNER'S SINGLE-GAME HIGHS

Rushes: 32 vs. KC (11/27/83) OT
Yards: 207 vs. KC (11/27/83) OT
Longest, no TD: 60 vs. Kansas City (9/4/83)
Longest, TD: 60 vs. Denver (12/20/86)

TDs: 4 vs. Denver (12/11/88)
Receptions: 6, 4 times, last vs. KC (11/9/86)
Yards: 72 vs. Kansas City (9/4/83)
TDs: 1, 6 times , last vs. L.A. Raiders (11/28/88)



79 JACOB GREEN

DEFENSIVE END

Height: 6-3	**Weight: 252**
Seasons	**12 Seahawks Seasons**
How Acq'd	**1st Round 1980**
Career G/S	**180/176**
Born	**January 21, 1957**
College	**Texas A&M**
Hometown	**Pasadena, Texas**
Ring of Honor	**September 3, 1995**

Jacob Green became the second Seahawks defensive player to be inducted into the Ring of Honor on September 3, 1995. Green was a fixture at the left defensive end position for 11 years (1980-91). From the time the NFL made it an official statistic in 1982 until his retirement, Jacob was the third-most productive sack artist in the game, trailing only the likes of Lawrence Taylor and Reggie White. In 1983, Green registered a single-game Seahawks record 3.5 sacks against the Los Angeles Raiders, and the NFL's longest interception return for the season, a 73-yard touchdown at Cleveland. The following year, Green equaled a team-record four fumble recoveries and registered a then-playoff record 2.5 sacks in a Wild Card game against the Los Angeles Raiders. Green's career was highlighted by two Pro Bowl selections in 1986 and 1987. In '86, he set a Seattle record with 4.0 sacks vs. the Giants. Green can be found scattered all over the Seahawks' record book having played in the fifth-most games (178), third-most starts (176), most fumble recoveries (17), fifth-most tackles (718), and most career sacks (116.0).

GREEN'S NFL RECORD

Club	G/S	Tkl.	QB	Int.	FF	FR
1980 Seattle	14/13	58	6.5	0	0	0
1981 Seattle	16/16	74	12.0	0	6	1
1982 Seattle	9/9	36	3.0	0	1	0
1983 Seattle	16/16	61	16.0	1	1	2
1984 Seattle	16/16	69	13.0	0	4	4
1985 Seattle	16/16	92	13.5	1	*7	2
1986 Seattle	16/16	64	12.0	0	1	1
1987 Seattle	12/12	48	9.5	0	3	1
1988 Seattle	16/16	54	9.0	0	1	2
1989 Seattle	15/14	47	3.0	0	1	1
1990 Seattle	16/16	60	12.5	0	3	1
1991 Seattle	16/16	56	6.0	1	0	0
1992 San Francisco	2/0	1	0.0	0	0	0
Career Totals	**180/176**	**720**	**116.0**	**3**	**28**	**15**
Seahawks Totals	**178/176**	**719**	***116.0**	**3**	***28**	**15**

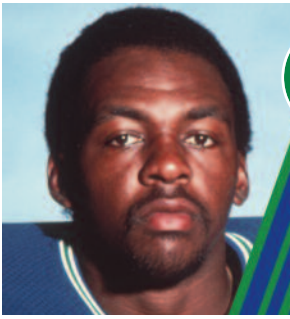
*Team Record

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2, 1987: 1/1, 1988: 1/1. **Career: 7/7**

GREEN'S ADDITIONAL STATISTICS

Scoring: 2 TDs on interception returns (1983, 1985)
2 TDs on fumble returns (1985, 1988)

Blocked Kicks: PAT (1986, 1989)
FG (1985, 1988)



45 KENNY EASLEY
SAFETY

Height: 6-3	**Weight: 198**
Seasons	**7 Seahawks Seasons**
How Acq'd	**1st Round 1981**
Career G/S	**89/87**
Born	**January 15, 1959**
College	**UCLA**
Hometown	**Chesapeake, Virginia**
Ring of Honor	**October 14, 2002**

Kenny Easley was inducted into the Ring of Honor on October 14, 2002, with a sellout crowd and millions watching the Monday Night Football halftime ceremony at home. Easley redefined the strong safety position in seven years from 1981-87. Voted by the Associated Press as the NFL Defensive Player of the Year in 1984, Easley had 32 interceptions in his storied career. This fierce hitter registered 107 tackles, three interceptions and returned an interception 82 yards vs. Cleveland in his rookie campaign, earning him AFC Rookie of the Year by the NFL Players' Association. The following season, Easley would earn the first of five Pro Bowl appearances, including being named a starter from 1983-85, and again in 1987. The crowning jewel of Easley's career came in 1984 where he spearheaded the NFL's sixth-rated defense that culminated into a Seahawks record 12 wins in the regular season and a Wild Card victory over the rival Los Angeles Raiders. He tied a Seahawks team record by intercepting 10 passes, including three against San Diego on October 29. Easley would be named first-team All-NFL by the Associated Press for the second year in a row and was bestowed that honor again in 1985. Easley finished his career with 498 tackles, eight sacks, 10 forced fumbles, 11 fumble recoveries, and 32 interceptions.

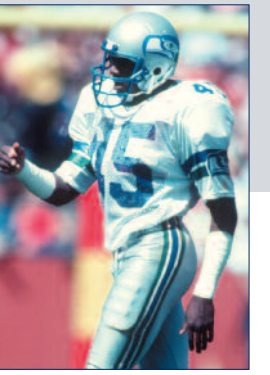
EASLEY'S NFL RECORD

	Club	G/S	Tkl.	QB	Int.	Yds.	Avg.	LG	TD	FF	FR
1981	Seattle	14/14	107	0.0	3	155	51.7	82	1	0	4
1982	Seattle	8/8	55	2.0	4	48	12.0	44	0	1	1
1983	Seattle	16/15	82	3.0	7	106	13.2	38	0	1	3
1984	Seattle	16/16	75	0.0	*10	126	12.6	58	2	3	1
1985	Seattle	13/13	79	2.0	2	22	11.0	16	0	3	1
1986	Seattle	10/10	59	1.0	2	34	17.0	24	0	2	0
1987	Seattle	12/11	41	0.0	4	47	11.8	22	0	0	1
Career Totals		**89/87**	**498**	**8.0**	**32**	**538**	**15.8**	**82**	**3**	**10**	**11**
Seahawks Totals		**89/87**	**498**	**8.0**	**32**	**538**	**15.8**	**82**	**3**	**10**	**11**

PUNT RETURNS

	Club	No.	Yds.	Avg.	LG	TD
1982	Seattle	1	15	15.0	15	0
1983	Seattle	1	6	6.0	6	0
1984	Seattle	16	194	12.1	42	0
1985	Seattle	8	87	10.9	25	0
Career Totals		**26**	**302**	**11.6**	**42**	**0**

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2. **Career: 5/5**



EASLEY'S SINGLE-GAME HIGHS

Interceptions: *3 vs. San Diego (10/29/84)
Longest Interception Return: 82 vs. Cleveland (12/20/81)
Most Yards Returned: 125 vs. Cleveland (12/20/81)
Most Touchdowns: 1, 3 times, last vs. Kansas City (11/4/84)
* Team Record

17 DAVE KRIEG
QUARTERBACK

Height: 6-1	**Weight: 196**
Seasons	**12 Seahawks Seasons**
How Acq'd	**Free Agent 1980**
Career G/S	**213/175**
Born	**October 20, 1958**
College	**Milton**
Hometown	**Schofield, Wisconsin**
Ring of Honor	**September 26, 2004**

Dave Krieg became the eighth member of the Seahawks' Ring of Honor on September 26, 2004. Krieg spent the first 12 years (1980-91) of his 19-year NFL playing career with the Seahawks while becoming the club's all-time leader in 31 career, season and single-game passing categories at the time of his departure. He is still at the top of 20 of those categories, including career passing yards (26,132), completions (2,096), attempts (3,576), and touchdowns (195). Krieg originally joined the Seahawks as an undrafted free agent from Milton College in 1980, and became the regular starter nine games into the 1983 season. The three-time Pro Bowler (1984, 1988 and 1989) was the only Seattle quarterback with a playoff victory and led the Seahawks to their only conference championship game in 1983, a club-record 12 wins and the playoffs in 1984, and back-to-back playoff appearances again in 1987 and 1988, since matched and surpassed by Matt Hasselbeck and Russell Wilson.

KRIEG'S NFL RECORD

PASSING

Year	Club	G	Att.	Comp.	Yds.	Pct.	TD	Int.	LG	Sacked	Rate
1980	Seattle	1	2	0	0	0.0	0	0	0	1/6	2.1
1981	Seattle	7	112	64	843	57.1	7	5	57	11/85	83.3
1982	Seattle	3	78	49	501	62.8	2	2	44	16/117	79.1
1983	Seattle	9	243	147	2,139	60.5	18	11	50	38/279	95.0
1984	Seattle	16	480	276	3,671	57.5	32	24	80t	40/314	83.3
1985	Seattle	16	532	285	3,602	53.6	27	20	54	52/448	76.2
1986	Seattle	15	375	225	2,921	60.0	21	11	72	35/281	91.0
1987	Seattle	12	294	178	2,131	60.5	23	15	75	27/247	87.6
1988	Seattle	9	228	134	1,741	58.8	18	8	75	12/92	94.6
1989	Seattle	15	499	286	3,309	57.3	21	20	60	37/289	74.8
1990	Seattle	16	448	265	3,194	59.2	15	20	63	40/360	73.6
1991	Seattle	10	285	187	2,080	65.6	11	12	60	32/216	82.5
1992	Kansas City	16	413	230	3,115	55.7	15	12	77	48/323	79.9
1993	Kansas City	12	189	105	1,238	55.6	7	3	66	22/138	81.4
1994	Detroit	14	212	131	1,629	61.8	14	3	51	14/100	101.7
1995	Arizona	16	521	304	3,554	58.3	16	21	48	53/380	72.6
1996	Chicago	13	377	226	2,278	59.9	14	12	53	14/104	76.3
1997	Tennessee	8	2	1	2	50.0	0	0	2	0/0	47.9
1998	Tennessee	5	21	12	199	57.1	0	0	55	2/15	89.2
Career Totals		**213**	**5,311**	**3,105**	**38,147**	**58.5**	**261**	**199**	**80t**	**494/3,794**	**81.5**
Seahawks Totals		**129**	**3,576**	**2,096**	**26,132**	**58.6**	**^195**	**^148**	**80t**	**341^/2,734**	**82.3**

^Seahawks Career Record

KRIEG'S SINGLE-GAME HIGHS

Attempts: 51 vs. Atlanta (10/13/85)
Yards: 418 vs. Denver (11/20/83)
Most TDs: 5*, 3 times, last vs. L.A. Raiders (11/28/88)
Completions: 33 vs. Atlanta (10/13/85)
Longest: 80t vs. Denver (11/25/84)
Interceptions: 5 vs. Kansas City (12/9/84)

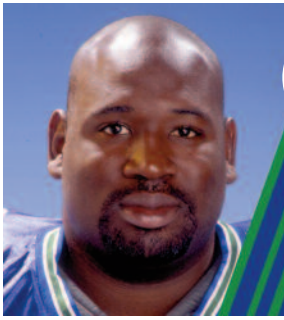
CHUCK KNOX
HEAD COACH

Seasons	**12 Seahawks Seasons (1983-91)**
Born	**April 27, 1932**
College	**Juniata College**
Hometown	**Sewickley, Pennsylvania**
Ring of Honor	**September 25, 2005**

Chuck Knox was the ninth member inducted to the Ring. He spent nine of his 22 illustrious seasons at the helm of the Seahawks from 1983-91, during which time he led Seattle to 80 wins en route to becoming the winningest coach in club history, since surpassed by Mike Holmgren. Compared to 63 losses, his winning percentage of .559 is second among Seattle coaches with at least eight games coached. Knox posted six winning seasons with Seattle and led the Seahawks into postseason play four times. The Seahawks' three playoff wins under Knox were the only postseason wins in club history until 2005. Knox was named NFL Coach of the Year following both the 1983 and 1984 seasons, where Seattle posted a 21-11 record, advanced to the 1983 AFC Championship Game and in 1984 posted the best record in franchise history at the time with a 12-4 mark. One of the NFL's all-time winningest coaches, Knox ranks ninth in league history with 193 career victories (193-158), including playoffs. He was the first coach in NFL history to lead three different franchises to the playoffs and was named NFL Coach of the Year four times while coaching three different teams (L.A. Rams-1973, Bills-1980, Seahawks-1983-84).

KNOX'S NFL RECORD

		Regular Season			Postseason	
	Club	Won	Lost	Tied	Won	Lost
1973	L.A. Rams	12	2	0	0	1
1974	L.A. Rams	10	4	0	1	1
1975	L.A. Rams	12	2	0	1	1
1976	L.A. Rams	10	3	1	1	1
1977	L.A. Rams	10	4	0	0	1
1978	Buffalo	5	11	0	0	0
1979	Buffalo	7	9	0	0	0
1980	Buffalo	11	5	0	0	1
1981	Buffalo	10	6	0	1	1
1982	Buffalo	4	5	0	0	0
1983	Seattle	9	7	0	2	1
1984	Seattle	12	4	0	1	1
1985	Seattle	8	8	0	0	0
1986	Seattle	10	6	0	0	0
1987	Seattle	9	6	0	0	1
1988	Seattle	9	7	0	0	1
1989	Seattle	7	9	0	0	0
1990	Seattle	9	7	0	0	0
1991	Seattle	7	9	0	0	0
1992	L.A. Rams	6	10	0	0	0
1993	L.A. Rams	5	11	0	0	0
1994	L.A. Rams	4	12	0	0	0
Career Totals		**186**	**147**	**1**	**7**	**11**
Seahawks Totals		**80**	**63**	**0**	**3**	**4**

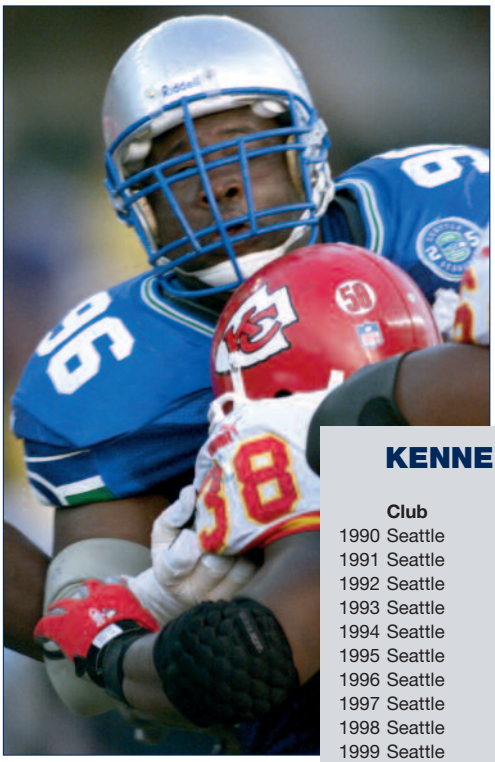


96 CORTEZ KENNEDY

DEFENSIVE TACKLE

Height: 6-3	**Weight: 306**
Seasons	**11 Seahawks Seasons**
How Acq'd	**1st Round 1990**
Career G/S	**167/153**
Born	**August 23, 1968**
College	**Miami**
Hometown	**Wilson, Arkansas**
Ring of Honor	**September 17, 2006**

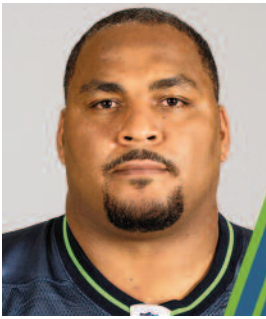
Cortez Kennedy became the 10th member inducted into the Seahawks Ring of Honor on September 17, 2006. Kennedy established himself as one of the premier interior defensive linemen in the game while playing 11 NFL seasons (1990-2000), all with the Seahawks. He appeared in eight Pro Bowls, and a franchise-record six consecutive Pro Bowls (1991-96), including four as a starter. The three-time All-Pro is found throughout the Seahawks' record books, ranking eighth on the club's all-time list in games played (167), seventh in games started (153) and eighth in tackles (668). Kennedy ranks fourth in sacks (58), yards lost on sacks (390.5), and forced fumbles (13). His finest season came in 1992 when he became the second Seahawks player to win the *Associated Press* NFL Defensive Player of the Year Award (Kenny Easley, 1984) after recording 93 tackles (76 solo), 14.0 sacks, five forced fumbles, and four fumble recoveries. The 1999 Co-Defensive Captain, Kennedy helped lead Seattle back to the postseason for the first time since 1988.



KENNEDY'S NFL RECORD

Club	G/S	Tkl.	QB	Int.	FF	FR
1990 Seattle	16/2	48	1.0	0	1	1
1991 Seattle	16/16	73	6.5	0	1	0
1992 Seattle	16/16	93	14.0	0	4	1
1993 Seattle	16/16	77	6.5	0	1	1
1994 Seattle	16/16	70	4.0	0	1	1
1995 Seattle	16/16	54	6.5	0	1	0
1996 Seattle	16/16	69	8.0	0	2	0
1997 Seattle	8/8	18	2.0	0	0	0
1998 Seattle	15/15	43	2.0	0	0	1
1999 Seattle	16/16	73	6.5	2	2	0
2000 Seattle	16/16	50	1.0	1	0	0
Career Totals	**167/153**	**668**	**58.0**	**3**	**13**	**5**
Seahawks Totals	**167/153**	**668**	**58.0**	**3**	**13**	**5**

Playoff Games Played/Started: 1999: 1/1. **Career: 1/1**



71

WALTER JONES

TACKLE

Height: 6-5	Weight: 325
Seasons	13 Seahawks Seasons
How Acq'd	1st Round 1997
Career G/S	180/180
Born	January 19, 1974
College	Florida State
Hometown	Aliceville, Alabama
Ring of Honor	November 2, 2014

Walter Jones was the 11th member inducted in to the Ring of Honor, and the 10th player chosen. Since coming to Seattle as a first-round pick in 1997, Jones started all 180 games played while becoming the most dominant left tackle of his time. In 13 seasons, he was called for holding nine times and in 5,703 pass attempts, surrendered just 23 sacks according to coaches statistics. He was selected to nine Pro Bowls (1999, 2001-08), passing Cortez Kennedy for most in team history, and was also a six-time AP All-Pro (1st Team in 2001, 2004, 2005, 2007 and 2nd Team in 2006 and 2008).

Seattle selected Jones with the sixth overall pick in the 1997 NFL Draft, which was acquired in a draft-day trade with the Tampa Bay Buccaneers in exchange for Seattle's first-round pick (#12, RB Warrick Dunn) and third-round pick (#66, CB Ronde Barber). Jones ranks fourth in Seattle history in games played (180) and second in games started (180). He became the first Seahawks player to reach double-digits in postseason appearances and was inducted in to the Pro Football Hall of Fame on August 2, 2014.

JONES' NFL RECORD

Year	Team	GP/GS	Postseason	Year	Team	GP/GS	Postseason
1997	Seattle	12/12		2004	Seattle	16/16	1/1
1998	Seattle	16/16		2005	Seattle	15/15	3/3
1999	Seattle	16/16	1/1	2006	Seattle	16/16	2/2
2000	Seattle	16/16		2007	Seattle	15/15	2/2
2001	Seattle	16/16		2008	Seattle	12/12	
2002	Seattle	14/14		2009	Seattle	Injured Reserve	
2003	Seattle	16/16	1/1	**NFL TOTALS**		**180/180**	**10/10**

SEAHAWKS

INDIVIDUAL RECORDS

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
135 Chris Gray, 1998-2006
125 Joe Nash, 1988-95
120 Eugene Robinson, 1985-94

Most Games Started
197 Steve Largent, 1976-89
180 Walter Jones, 1997-08
176 Jacob Green, 1980-91

Most Consecutive Games Started
121 Chris Gray, 1999-06
107 Earl Thomas, 2010-16
100 Cortez Kennedy, 1990-97

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 (112 TDs: 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 9/29/02 (4-R, 1-P)
24 Daryl Turner, vs. San Diego 9/15/85 (4-P)
Curt Warner, vs. Denver 12/11/88 (4-R)
Shaun Alexander, vs. Arizona 9/25/05 (4-R)
Shaun Alexander, vs. Houston 10/16/05 (4-R)
Marshawn Lynch, vs. N.Y. Giants 11/9/14 (4-R)

Most Consecutive Games Scoring
94 Steven Hauschka, 2011-16
84 Josh Brown, 2003-07
80 Todd Peterson, 1995-99

TOUCHDOWNS

Most Touchdowns, Career
112 Shaun Alexander, 2000-07 (100-R, 12-P)
101 Steve Largent, 1976-89 (1-R, 100-P)
65 Marshawn Lynch, 2010-15 (57-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 9/29/02 (4-R, 1-P)
4 Daryl Turner, vs. San Diego 9/15/84 (4-P)
Curt Warner, vs. Denver 12/11/88 (4-R)
Shaun Alexander, vs. Arizona 9/25/05 (4-R)
Shaun Alexander, vs. Houston 10/16/05 (4-R)
Marshawn Lynch, vs. N.Y. Giants 11/9/15 (4-R)

Most Consecutive Games Scoring Touchdowns (in games played)
11 Marshawn Lynch, 2011
9 Shaun Alexander, 2005
8 David Sims, 1978

POINTS AFTER TOUCHDOWNS

Most Points After Touchdown Attempted, Career
339 Norm Johnson, 1982-90
246 Steven Hauschka, 2011-16
224 Josh Brown, 2003-07

Most Points After Touchdown Attempted, Season
57 Josh Brown, 2005
51 Norm Johnson, 1984
50 Norm Johnson, 1983

Most Points After Touchdown Attempted, Game
8 John Leypoldt, vs. Buffalo 10/30/77
7 Norm Johnson, vs. San Diego 9/15/85
Steven Hauschka, vs. Arizona 12/9/12
6 Many Times (Last: Steven Hauschka, vs. Jacksonville 9/22/13)

Most Points After Touchdown, Career
333 Norm Johnson, 1982-90
234 Steven Hauschka, 2011-16
223 Josh Brown, 2003-07

Most Points After Touchdown, Season
56 Josh Brown, 2005
50 Norm Johnson, 1984
49 Norm Johnson, 1983

Most Points After Touchdown, Game
8 John Leypoldt, vs. Buffalo 10/30/77
7 Norm Johnson, vs. San Diego 9/15/85
Steven Hauschka, vs. Arizona 12/9/12
6 Many Times (Last: Steven Hauschka, vs. Jacksonville 9/23/13)

Most Consecutive Points After Touchdown
177 Todd Peterson, 1995-99
165 Norm Johnson, 1985-90
112 Steven Hauschka, 2011-15

Highest Points After Touchdown % (100 or more PATs)
100.00 Todd Peterson, 1995-99 (177-177)
99.55 Josh Brown, 2003-07 (223-224)
98.5 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 10/20/77
7 Norm Johnson, vs. San Diego 9/15/85
Steven Hauschka, vs. Arizona 12/9/12
6 11Times (Last: Steven Hauschka, vs. Jacksonville 9/22/13)

FIELD GOALS

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 9/20/87
Todd Peterson, vs. San Diego 12/12/99
Todd Peterson, at Pittsburgh 9/26/99
Olindo Mare, vs. Chicago 9/27/09
Olindo Mare, at Arizona 11/14/10
5 10 Times (Last: Steven Hauschka, vs. Arizona 11/23/14)

Most Field Goals, Career
175 Steven Hauschka, 2011-16
159 Norm Johnson, 1982-90
126 Todd Peterson, 1995-99

Most Field Goals, Season
34 Todd Peterson, 1999
33 Steven Hauschka, 2013
Steven Hauschka, 2016
31 Steven Hauschka, 2014

Most Field Goals, Rookie, Season
25 John Kasay, 1991
22 Josh Brown, 2003
15 Rian Lindell, 2000

Most Field Goals, Game
5 Norm Johnson, vs. Kansas City 9/20/87 (6 attempts)
Norm Johnson, vs. L.A. Raiders 12/18/88 (5 attempts)
Todd Peterson, at Pittsburgh 9/26/99 (6 attempts)
Olindo Mare, vs. Arizona 10/24/10
Olindo Mare, at Arizona 11/14/10
Steven Hauschka, vs. Baltimore 11/13/11
4 Many Times (Last: Steven Hauschka, at San Francisco (1/1/17)

Most Field Goals, One Quarter
3 Nine Times (Last: Steven Hauschka vs. Baltimore 11/13/11 - 2nd)

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
30 Olindo Mare, 2009-10
22 Steven Hauschka, 2013
19 Steven Hauschka, 2012-13
Steven Hauschka, 2014-15

Longest Field Goal
58 Josh Brown, at Green Bay 10/5/03
Steven Hauschka, at Carolina 10/26/14
55 John Kasay, at Kansas City 1/2/94
Josh Brown, Dallas 10/23/05
54 10 Times (Last: Steven Hauschka, at Green Bay 9/20/15)

Longest Field Goal Attempted
61 Steven Hauschka, vs. Atlanta 10/2/11
60 Efren Herrera, vs. Kansas City 11/9/80
58 Todd Peterson, at Kansas City 9/28/97 (OT)
Josh Brown, at Green Bay 10/5/03
Steven Hauschka, at Carolina (10/26/14)

Highest Field Goal %, Career (Minimum 25 atts.)
88.83 Steven Hauschka, 2011-16 (175-197)
87.95 Olindo Mare, 2008-10 (73-83)
81.81Todd Peterson, 1995-99 (126-154)

Highest FG %, Season (Minimum 1 att. per game)
94.29 Steven Hauschka, 2013 (33-35)
93.55 Steven Hauschka, 2015 (29-31)
92.31 Olindo Mare, 2009 (24-26)

Most Field Goals, No Misses, Game
5 Norm Johnson, vs. L.A. Raiders 12/18/88
Olindo Mare, vs. Arizona 10/24/10
Steven Hauschka, vs. Baltimore 11/13/11
4 Many Times (Last: Steven Hauschka, at San Francisco 1/1/17)

Most FG Attempts, 50 or More Yards, Career
26 Norm Johnson, 1982-90
22 Josh Brown, 2003-07
Steven Hauschka, 2011-16

Most Field Goals, 50 or More Yards, Career
15 Steven Hauschka, 2011-16
13 Josh Brown, 2003-07
10 Norm Johnson, 1982-90

Most Field Goals, 50 or More 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

Most Field Goals, 50 or More Yards, Game
2 Norm Johnson, vs. L.A. Raiders 12/8/86
John Kasay, vs. San Diego 10/27/91
Josh Brown, vs. Dallas 10/23/05
Josh Brown, vs. San Francisco 12/11/05
Josh Brown, at Atlanta 12/30/07
Steven Hauschka, vs. Detroit 10/5/15
Steven Hauschka, at Arizona 1/3/16

SAFETIES

Most Safeties, Career
2 Rod Stephens, 1989-94
1 Many Times

Most Safeties, Season
2 Rod Stephens, 1993 (ties NFL record)
1 By Many Players
(Last: Tony McDaniel, 2014)

Most Safeties, Game
1 By Many Players (Last: Tony McDaniel, vs. Green Bay 9/4/14)

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 11/27/06
36 Chris Warren, at New England 9/19/93
35 Shaun Alexander, vs. Oakland 11/11/01

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 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, 2011-15

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 11/11/01
209 Thomas Rawls, vs. San Francisco 11/22/15
207 Curt Warner, vs. Kansas City 11/27/83 (OT)

Most Games, 100 or More Yards Rushing, Career
37 Shaun Alexander, 2000-07
25 Marshawn Lynch, 2010-15
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 or More Yards, Rushing
4 Shaun Alexander, 2005
Marshawn Lynch, 2012 (2 Times)
3 Shaun Alexander, 2004, 2005
Marshawn Lynch, 2011
2 Many Players

Most Games, 2 or More Players with 100 or More Yards Rushing
vs. L.A. Raiders 11/28/88
(Curt Warner 130 and John L. Williams 105)
vs. Denver 12/11/88
(Curt Warner 126 and John L. Williams 109)
vs. Houston 10/16/05
(Shaun Alexander 141 and Maurice Morris 104)
vs. Arizona 12/9/12
(Marshawn Lynch 128 and Robert Turbin 108)
at Indianapolis 10/6/13
(Marshawn Lynch 102 and Russell Wilson 102)
vs. N.Y. Giants (11/9/14)
(Marshawn Lynch 140 and Russell Wilson 107)

Longest Run From Scrimmage
88 Shaun Alexander, vs. Oakland 11/11/01 (TD)
Shaun Alexander, at Arizona 11/6/05 (TD)
86 Joey Galloway, at Jacksonville 11/12/95 (TD)

AVERAGE GAIN

Highest Average Gain, Career (100 or More Attempts)
5.91 Russell Wilson, 2012-15 (411-2,430)
5.65 Thomas Rawls, 2015 (147-830)
5.51 Steve Broussard, 1995-98 (136-750)

Highest Average Gain, Season (100 or More Attempts)
7.19 Russell Wilson, 2014 (118-849)
5.65 Thomas Rawls, 2015 (147-830)
5.38 Justin Forsett, 2009 (115-619)

Highest Average Gain, Game (10 or More Attempts)
11.64 Marshawn Lynch, vs. Arizona 12/9/12 (11-128)
11.30 Marshawn Lynch, at Buffalo 12/16/12 (10-113)
8.86 Sherman Smith, vs. Atlanta 11/7/76 (14-124)

TOUCHDOWNS

Most Touchdowns, Career
100 Shaun Alexander, 2000-07
57 Marshawn Lynch, 2010-15
55 Curt Warner, 1983-89

Most Touchdowns, Season
27 Shaun Alexander, 2005
16 Shaun Alexander, 2002, 2004
15 Chris Warren, 1995

Most Touchdowns, Rookie, Season
13 Curt Warner, 1983
5 David Sims, 1977
4 Sherman Smith, 1976
Jim Zorn, 1976
Russell Wilson, 2012
Thomas Rawls, 2015

Most Touchdowns, Game
4 Curt Warner, vs. Denver 12/11/88
Shaun Alexander, vs. Minnesota 9/29/02
Shaun Alexander, vs. Arizona 9/25/05
Shuan Alexadner, vs. Houston 10/16/05
Marshawn Lynch, vs. N.Y. Giants 11/9/14
3 13 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

PASSING

PASS RATING

Highest Pass Rating, Career (Minimum 500 Attempts)
99.6 Russell Wilson, 2012-16
83.1 Seneca Wallace, 2003-09
82.3 Dave Krieg, 1980-91

Highest Pass Rating, Season (Minimum 160 Attempts)
110.1 Russell Wilson, 2015
101.2 Russell Wilson, 2013
100.0 Russell Wilson, 2012

Highest Pass Rating, Rookie, Season (100 attempts)
100.0 Russell Wilson, 2012
67.0 Rick Mirer, 1993
49.5 Jim Zorn, 1976

ATTEMPTS

Most Passes Attempted, Career
4,250 Matt Hasselbeck, 2001-10
3,576 Dave Krieg, 1980-91
2,990 Jim Zorn, 1976-84

Most Passes Attempted, Season
562 Matt Hasselbeck, 2007
546 Russell Wilson, 2016
532 Dave Krieg, 1985

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 12/1/02
53 Matt Hasselbeck, at San Diego 12/29/02 (OT)
52 Matt Hasselbeck, at Arizona 11/15/09

COMPLETIONS

Most Passes Completed, Career
2,559 Matt Hasselbeck, 2001-10
2,096 Dave Krieg, 1980-91
1,593 Jim Zorn, 1976-84

Most Passes Completed, Season
353 Russell Wilson, 2016
352 Matt Hasselbeck, 2007
329 Russell Wilson, 2015

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 11/8/09
36 Matt Hasselbeck, at San Diego 12/29/02 (OT)
33 Dave Krieg, vs. Atlanta 10/13/85

Most Consecutive Passes Completed
17 Warren Moon, vs. Oakland 11/1/98
16 Russell Wilson, at Miami 11/25/12
15 Jim Zorn, vs. Cleveland 10/12/80
Matt Hasselbeck, vs. Detroit 11/8/09

COMPLETION PERCENTAGE

Highest Completion %, Career (500 att.)
64.71 Russell Wilson, 2012-16 (2,281-1,476)
60.21 Matt Hasselbeck, 2001-10 (4,250-2,559)
59.89 Seneca Wallace, 2003-09 (556-333)

Highest Completion %, Season (100 att.)
68.12 Russell Wilson, 2015 (483-329)
65.61 Dave Krieg, 1991 (285-187)
65.48 Matt Hasselbeck, 2005 (449-294)

Highest Completion %, Rookie, Season (Qualifiers)
64.12 Russell Wilson, 2012 (393-252)
56.38 Rick Mirer, 1993 (486-274)
47.38 Jim Zorn, 1976 (439-208)

Highest Completion %, Game (20 att.)
86.36 Dave Krieg, vs. Denver 12/11/88 (22-19)
84.00 Matt Hasselbeck, vs. San Francisco 12/11/05 (25-21)
83.33 Matt Hasselbeck, at Detroit 9/10/06 (25-30)

YARDS GAINED

Most Yards Gained, Career
29,434 Matt Hasselbeck, 2001-10
26,132 Dave Krieg, 1980-91
20,122 Jim Zorn, 1976-84

Most Seasons, 3,000 or More Yards Passing
7 Matt Hasselbeck, 2002-05, 2007, 2009-10
5 Russell Wilson, 2012-16
4 Dave Krieg, 1984-85, 1989-90

Most Consecutive Seasons, 3,000 or More Yards Passing
5 Russell Wilson, 2012-16
4 Matt Hasselbeck, 2002-05
3 Jim Zorn, 1978-80

Most Yards Gained, Season
4,219 Russell Wilson, 2016
4,024 Russell Wilson, 2015
3,966 Matt Hasselbeck, 2007

Most Yards Gained, Rookie, Season
3,118 Russell Wilson, 2012
2,833 Rick Mirer, 1993
2,571 Jim Zorn, 1976

Most Yards Gained, Game
449 Matt Hasselbeck, at San Diego 12/29/02 (OT)
427 Matt Hasselbeck, at San Francisco 12/1/02
418 Dave Krieg, vs. Denver 11/20/83

Most Games, 400 or More Yards Passing, Career
4 Dave Krieg, 1980-91
3 Matt Hasselbeck, 2001-07
1 Warren Moon, 1997

Most Games, 300 or More Yards Passing, Career
19 Matt Hasselbeck, 2001-10
11 Dave Krieg, 1980-91
9 Jim Zorn, 1976-84

Most Games, 300 or More Yards Passing, Season
4 Matt Hasselbeck, 2002, 2003
3 Jim Zorn, 1979
Dave Krieg, 1984
Matt Hasselbeck, 2004, 2007
Russell Wilson, 2016
2 7 Times (Last: Russell Wilson, 2014)

Most Consecutive Games, 300 or More Yards Passing
2 Matt Hasselbeck, 6 Times
Jim Zorn, 2 Times

Longest Pass Completion
90 Seneca Wallace (to Koren Robinson), vs. Philadelphia 11/2/08
87 Matt Hasselbeck (to Ben Obomanu, vs. Kansas City 11/28/10
83 Trent Dilfer (to Koren Robinson), at St. Louis 10/20/02

AVERAGE GAIN

Highest Average Gain, Career (300 Attempts)
7.98 Russell Wilson, 2012-16 (2,281-18,193)
7.31 Dave Krieg, 1980-91 (3,576-26,132)
7.19 Trent Dilfer, 2001-04 (356-2,560)

Highest Average Gain, Season (100 Attempts)
8.80 Dave Krieg, 1983 (243-2,139)
8.33 Russell Wilson, 2015 (483, 4,024)
8.31 Trent Dilfer, 2001 (122-1,014)

Highest Avg. Gain, Rookie, Season (Qualifiers)
7.93 Russell Wilson, 2012 (393-3,118)
5.85 Jim Zorn, 1976 (439-2,571)
5.83 Rick Mirer, 1993 (486-2,833)

Highest Average Gain, Game (20 Attempts)
14.52 Dave Krieg, vs. San Diego 12/14/86 (21-305)
13.30 Dave Krieg, vs. Kansas City 11/11/90 (23-306)
12.87 Jim Zorn, vs. Buffalo 10/30/77 (23-296)

TOUCHDOWNS

Most Touchdown Passes, Career
195 Dave Krieg, 1980-91
174 Matt Hasselbeck, 2001-10
127 Russell Wilson, 2012-16

Most Touchdown Passes, Season
34 Russell Wilson, 2015
32 Dave Krieg, 1984
28 Matt Hasselbeck, 2007

Most Touchdown Passes, Game
5 8 Times
(Last: Russell Wilson, at Baltimore 12/13/15)

Most Games, 5 or More TD Passes, Career
3 Dave Krieg, 1980-91
2 Matt Hasselbeck, 2001-10
Russell Wilson, 2012-15
1 Warren Moon, 1997-98

Most Games, 4 or More TD Passes, Career
7 Dave Krieg, 1980-91
5 Matt Hasselbeck, 2001-10
Russell Wilson, 2012-16
4 Jim Zorn, 1976-84

Most Games, 5 or More TD Passes, Season
2 Russell Wilson, 2015
1 6 Times (Last: Matt Hasselbeck, 2006)

Most Games, 4 or More TD Passes, Season
3 Dave Krieg, 1985
2 Jim Zorn, 1977
Dave Krieg, 1988
Warren Moon, 1997
Russell Wilson, 2015

Most Consecutive Games, 4 or More TD Passes
1 Many Times (Last: Russell Wilson, vs. Arizona 12/24/16)

Most Consecutive Games, Touchdown Passes
28 Dave Krieg, 1983-85
17 Russell Wilson, 2015-16
14 Russell Wilson, 2013-14

HIGHEST %, TOUCHDOWN PASSES

Highest %, TD Passes, Career (500 Attempts)
5.57 Russell Wilson, 2012-16 (2,281-127)
5.45 Dave Krieg, 1980-91 (3,576-195)
4.58 Warren Moon, 1997-98 (786-36)

Highest %, TD Passes Season (100 Attempts)
7.89 Dave Krieg, 1988 (228-18)
7.82 Dave Krieg, 1987 (294-23)
7.41 Dave Krieg, 1983 (243-18)

Highest %, TD Passes, Rookie, Season (Qualifiers)
6.62 Russell Wilson, 2010 (393-26)
2.73 Jim Zorn, 1976 (439-12)
2.47 Rick Mirer, 1993 (486-12)

HAD INTERCEPTED

Most Consecutive Passes Attempted, None Intercepted
202 Russell Wilson, 2016
184 Seneca Wallace, 2008
168 Russell Wilson, 2015

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 10/24/76
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

Most Attempts, No Interceptions, Game
47 Jim Zorn, vs. Kansas City 9/27/81
Trent Dilfer, vs. Arizona 9/15/02
46 Warren Moon, vs. Denver 11/2/97
45 Seneca Wallace, at Indianapolis 10/4/09

LOWEST %, PASSES INTERCEPTED

Lowest %, Passes Had Intercepted, Career (300 att.)
1.97 Russell Wilson, 2012-16 (2,281-45)
2.52 Seneca Wallace, 2003-09 (556-14)
2.88 John Friesz, 1995-98 (416-12)

Lowest %, Passes Had Intercepted, Season (Qualifiers)
1.24 Seneca Wallace, 2008 (242-3)
1.54 Russell Wilson, 2014 (452-7)
1.66 Russell Wilson, 2015 (483-8)

Lowest %, Passes Had Intercepted, Rookie Season
2.54 Russell Wilson, 2012 (393-10)
3.50 Rick Mirer, 1993 (486-17)
6.15 Jim Zorn, 1976 (439-27)

RECEIVING

Most Pass Receptions, Career
819 Steve Largent, 1976-89 (9th in NFL history)
581 Brian Blades, 1988-98
471 John L. Williams, 1986-93

Most Seasons, 80 or More Pass Receptions
2 Brian Blades, 1993-94
1 Darrell Jackson, 2004
Bobby Engram, 2007
Doug Baldwin, 2016

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

Most Seasons, 50 or More Pass Receptions
10 Steve Largent, 1976, 1978-81, 1983-87
6 John L. Williams, 1988-93
Darrell Jackson, 2000-06
5 Brian Blades, 1989, 1991, 1993-95
Doug Baldwin, 2011, 2013-16

Most Pass Receptions, Season
94 Bobby Engram, 2007
Doug Baldwin, 2016
87 Darrell Jackson, 2004
81 Brian Blades, 1994

Most Pass Receptions, Rookie, Season
67 Joey Galloway, 1995
55 John Carlson, 2008
54 Steve Largent, 1976

Most Pass Receptions, Game
15 Steve Largent, vs. Detroit 10/18/87
14 Bobby Engram, at Cleveland 11/4/07
13 Doug Baldwin, vs. Arizona 12/24/16

Most Consecutive Games, Pass Receptions
177 Steve Largent, 1977-89
71 Joey Galloway, 1995-99
52 Brian Blades, 1992-95

YARDS GAINED

Most Yards Gained, Career
13,089 Steve Largent, 1976-89 (16th in NFL history)
7,620 Brian Blades, 1988-98
6,445 Darrell Jackson, 2000-06

Most Yards Gained, Season
1,287 Steve Largent, 1985
1,240 Koren Robinson, 2002
1,237 Steve Largent, 1979

Most Yards, Rookie, Season
1,039 Joey Galloway, 1995
788 Doug Baldwin, 2011
715 Daryl Turner, 1984

Most Yards Gained, Game
261 Steve Largent, vs. Detroit 10/18/87
191 Steve Largent, vs. Denver 11/25/84
180 John L. Williams, at L.A. Raiders 12/18/88

Most Games, 100+ Yards, Receiving, Career
40 Steve Largent, 1976-89
19 Darrell Jackson, 2000-06
17 Brian Blades, 1988-98

Most Games, 100+ Yards, Receiving, Season
6 Steve Largent, 1979
5 Steve Largent, 1984
Brian Blades, 1989
Darrell Jackson, 2001, 2004
Koren Robinson, 2002

Most Consecutive Games, 100+ Yards Receiving
2 14 Times (Last: Mike Williams 2010)

Longest Pass Reception
- 90 Koren Robinson (from Seneca Wallace) vs. Philadelphia 11/2/08
- 87 Ben Obomanu (from Matt Hasselbeck vs. Kansas City 11/28/10)
- 83 Koren Robinson (from Trent Dilfer), at St. Louis 10/20/02

AVERAGE PER RECEPTION

Highest Avg. Per Reception, Career (100 Receptions)
- 18.53 Daryl Turner, 1984-87 (101-1,872)
- 15.98 Steve Largent, 1976-89 (819-13,089)
- 15.75 Joey Galloway, 1995-99 (283-4,457)

Highest Avg. Per Reception, Season (50 Receptions)
- 18.74 Steve Largent, 1979 (66-1,237)
- 17.31 Joey Galloway, 1996 (57-987)
- 17.10 Sean Dawkins, 1999 (58-992)

Highest Avg. Per Reception, Game (5 Receptions)
- 27.80 Steve Largent, vs. Oakland 9/16/79 (5-139)
- 27.40 Joey Galloway, vs. Miami 10/6/96 (5-137)
- 25.71 John L. Williams, vs. L.A. Raiders 12/18/88 (7-180)

TOUCHDOWNS

Most Touchdowns, Career
- 100 Steve Largent, 1976-89
- 47 Darrell Jackson, 2000-06
- 37 Joey Galloway, 1995-99

Most Touchdowns, Season
- 14 Doug Baldwin, 2015
- 13 Daryl Turner, 1985
- 12 Steve Largent, 1984
  Joey Galloway, 1997

Most Touchdowns, Rookie, Season
- 10 Daryl Turner, 1984
- 8 Brian Blades, 1988
- 7 Joey Galloway, 1995

Most Touchdowns, Game
- 4 Daryl Turner, vs. San Diego 9/15/85
- 3 7 Times (Last: Doug Baldwin, at New England 11/13/16)

Most Consecutive Games, Touchdowns
- 5 Steve Largent, 1984
  Joey Galloway, 1998
  Doug Baldwin, 2015
- 4 5 Times (Last: Derrick Mayes, 1999)

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 10/29/84
  Eugene Robinson, at Pittsburgh 12/6/92
  Darryl Williams, vs. San Diego 9/21/97
  Lofa Tatupu, at Philadelphia 12/2/07
  Marcus Trufant, vs. Arizona 12/9/07

Most Consecutive Games, Passes Intercepted
- 4 Cornell Webser, 1978-79
  John Harris, 1980
  Dave Brown, 1983-84
  Kenny Easley, 1984
  Eugene Robinson, 1991
  Brandon Browner, 2011
- 3 By 9 Players (Last: Darryl Williams 1997)

YARDS RETURNED

Most Yards Returned, Career
- 643 Dave Brown, 1976-86
- 586 Eugene Robinson, 1985-95
- 538 Kenny Easley, 1981-87

Most Yards Returned, Season
- 220 Brandon Browner, 2011
- 179 Dave Brown, 1984
- 172 Darryl Williams, 1997

Most Yards Returned, Game
- 148 Dave Brown, vs. Kansas City 11/4/84
- 125 Kenny Easley, vs. Cleveland 12/20/81
- 100 Lofa Tatupu, at Philadelphia 12/2/07

Longest Return
- 94 Brandon Browner, at NY Giants 10/9/11 (TD)
- 91 Sammy Green, vs. San Francisco 10/7/79 (TD)
- 90 Dave Brown, vs. Kansas City 11/4/84 (TD)

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 9 Times (Last: Bruce Irvin, 2014)

Most Touchdowns, Game
- 2 Dave Brown, vs. Kansas City 11/4/84 (Ties NFL record)

PUNTING

Most Punts, Career
- 678 Jon Ryan, 2008-16
- 554 Rick Tuten, 1991-97
- 385 Jeff Feagles, 1998-02

Most Punts, Season
108 Rick Tuten, 1992
95 Jeff West, 1984
Jon Ryan, 2011
91 Rick Tuten, 1994

Most Punts, Rookie, Season
84 Ryan Plackemeier, 2006
80 Rick Engles, 1976
47 Ruben Rodriguez, 1987

Most Punts, Game
12 Rick Tuten, vs. Denver 11/28/93
11 By 5 Players (Last: Jon Ryan, vs. Philadelphia 11/2/08)

Longest Punt
77 Jon Ryan, at San Francisco 9/11/11
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

AVERAGE YARDAGE

Highest Avg., Punting, Career (100 Punts)
44.77 Jon Ryan, 2008-16 (678-30,351)
43.80 Rick Tuten, 1991-97 (554-24,266)
42.14 Jeff Feagles, 1998-02 (395-16,225)

Highest Avg., Punting, Season
46.64 Jon Ryan, 2011 (95-4,431)
46.23 Jon Ryan, 2009 (88-4,069)
45.66 Jon Ryan, 2015 (68-3,105)

Highest Avg., Punting, Rookie, Season
44.97 Ryan Plackemeier, 2006 (84-3,778)
40.00 Ruben Rodriguez, 1987 (47-1,880)
38.34 Rick Engles, 1976 (80-3,067)

Highest Avg. Punting, Game (Minimum 4 Punts)
60.00 Jon Ryan, vs. New England 10/14/12 (4-240)
55.20 Rick Tuten, vs. Denver 12/1/96 (5-276)
53.40 Jon Ryan, at San Francisco 10/26/08 (5-267)

Highest Net Punting Avg., Season
40.8 Jon Ryan, 2012
39.3 Jon Ryan, 2011, 2016
38.8 Jon Ryan, 2013

INSIDE THE 20

Most Punts Inside the 20, Career
247 Jon Ryan, 2008-16
147 Rick Tuten, 1991-97
133 Jeff Feagles, 1998-02

Most Punts Inside the 20, Season
34 Jeff Feagles, 1999
Jon Ryan, 2011
33 Rick Tuten, 1994
30 Ryan Plackemeier, 2007
Jon Ryan, 2012

Most Punts Inside the 20, Game
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, San Francisco 12/6/09
Jon Ryan, at Chicago 10/17/10
Jon Ryan, at Miami 11/25/12
5 8 Times (Last: Jon Ryan, at Washington 10/6/14)

TOUCHBACKS

Most Touchbacks, Career
54 Jon Ryan, 2008-16
45 Rick Tuten, 1991-97
30 Jeff Feagles, 1998-2002

Most Touchbacks, Season
15 Ryan Plackemeier, 2006
12 Jeff Feagles, 1998
Jon Ryan, 2008
10 Jeff West, 1983
Jeff West, 1984

Most Touchbacks, Game
3 By 6 Players (Last: Jon Ryan, vs. Philadelphia 12/14/06)

HAD BLOCKED

Most Punts Had Blocked, Career
6 Herman Weaver, 1977-80
5 Jon Ryan, 2008-16
3 Rick Engles, 1976-77
2 By 4 Players

Most Punts Had Blocked, Season
3 Herman Weaver, 1979
2 5 Times (Last: Jon Ryan, 2013)

Most Punts Had Blocked, Game
2 Herman Weaver, vs. Kansas City 9/30/79
1 Many Times (Last: Jon Ryan, vs. Buffalo 11/7/16)

PUNT RETURNS

Most Punt Returns, Career
125 Nate Burleson, 2006-09
104 Leon Washington, 2010-12
94 Chris Warren, 1990-97

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 11/13/77
Nate Burleson, San Francisco 12/6/09
Leon Washington, at St. Louis 11/20/11
Golden Tate, at N.Y. Giants 12/15/13
6 5 Times (Last: Leon Washington, vs. St. Louis 1/2/10)

FAIR CATCHES

Most Fair Catches, Career
68 Bobby Engram, 2001-07
60 Chris Warren, 1990-97
43 Tyler Lockett, 2016

Most Fair Catches, Season
25 Chris Warren, 1992
23 Bobby Engram, 2002
Bryan Walters, 2014
22 Bobby Engram, 2003
Jimmy Williams, 2005
Tyler Lockett, 2016

Most Fair Catches, Game
6 Bryan Walters, at Arizona 12/21/14
5 James Jefferson, vs. Denver 10/22/89
Chris Warren, vs. Pittsburgh 10/20/91
Chris Warren, vs. Denver 11/30/92 (OT)
Charlie Rogers, vs. Buffalo 10/24/99
Jimmy Williams, vs. Dallas 10/23/05

YARDS GAINED

Most Yards Gained, Career
1,288 Nate Burleson, 2006-09
1,078 Leon Washington, 2010-12
1,010 Bobby Joe Edmonds, 1986-88

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 1/3/16
106 Charlie Rogers, at Pittsburgh 9/26/99
105 Joey Galloway, vs. N.Y. Giants 11/5/95

Longest Punt Return
94 Charlie Rogers, at Pittsburgh 9/26/99 (TD)
Nate Burleson, at Cleveland 11/4/07 (TD)
90 Nate Burleson, vs. St. Louis 11/12/06 (TD)
89 Joey Galloway, vs. N.Y. Giants 11/5/95 (TD)

AVERAGE YARDAGE

Highest Avg., Career (Minimum 50 Returns)
12.67 Charlie Rogers, 1999-2001 (73-925)
11.57 Golden Tate, 2010-13 (68-787)
11.39 Paul Johns, 1981-84 (74-843)

Highest Avg., Season (min. 1 per game)
14.45 Charlie Rogers, 1999 (22-318)
13.96 Charlie Rogers, 2000 (26-363)
12.63 Golden Tate, 2010 (16-202)

Highest Avg., Rookie, Season (Qualifiers)
14.45 Charlie Rogers, 1999 (22-318)
12.63 Golden Tate, 2010 (16-202)
12.32 Bobby Joe Edmonds, 1986 (34-419)

Highest Avg., Game (Minimum 3 Returns)
34.75 Tyler Lockett, at Arizona 1/3/16 (4-139)
32.00 Paul Johns, vs. L.A. Raiders 10/16/83 (3-96)
31.57 Nate Burleson, vs. St. Louis 11/12/06 (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 9/13/15)

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 11/30/87
Josh Wilson, at N.Y. Giants 10/5/08
7 By 13 Players (Last: Leon Washington, at Tampa Bay 12/26/10)

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 9/26/10
231 Maurice Morris, at St. Louis 10/20/02
222 Leon Washington, at San Francisco 12/12/10

Longest Kickoff Return
105 Tyler Lockett, vs. Chicago 9/27/15
101 Leon Washington, vs. San Diego 9/26/10 (TD)
99 Leon Washington, vs. San Diego 9/26/10 (TD)

HIGHEST AVERAGE

Highest Avg., Career (50 Returns)
26.21 Leon Washington, 2010-12 (127-3,329)
26.04 Tyler Lockett, 2015-16 (56-1,458)
25.76 Josh Wilson, 2007-08 (83-2,138)

Highest Avg., Season (1 per game)
29.04 Leon Washington, 2012 (27-784)
26.93 Steve Broussard, 1998 (29-781)
26.35 Tyler Lockett, 2016 (23-606)

Highest Avg., Game (Minimum 3 Returns)
63.25 Leon Washington, vs. San Diego 9/26/10 (4-253)
44.33 Leon Washington, at Arizona 9/9/12 (3-133)
42.75 Charlie Rogers, vs. Buffalo 12/23/00 (4-171)

TOUCHDOWNS

Most Touchdowns, Career
4 Leon Washington, 2010-12
1 Zachary Dixon, 1983-84
James Jefferson, 1989-93
Jon Vaughn, 1993-94
Steve Broussard, 1995-98
Charlie Rogers, 1999-2001
Maurice Morris, 2002-07
Nate Burleson, 2006-07
Josh Wilson, 2007
Tyler Lockett, 2015

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

Most Touchdowns, Rookie, Season
1 Maurice Morris, 2002
Josh Wilson, 2007
Tyler Lockett, 2015

Most Touchdowns, Game
2 Leon Washington, vs. San Diego 9/28/10
1 Zachary Dixon, vs. St. Louis 11/13/83
James Jefferson, vs. Kansas City 10/8/89
Jon Vaughn, at San Diego 10/30/94
Steve Broussard, vs. Washington 9/20/98
Charlie Rogers, vs. Buffalo 12/23/00
Maurice Morris, at St. Louis 10/20/02
Nate Burleson, vs. St. Louis 10/21/07
Josh Wilson, at St. Louis 11/25/07
Leon Washington, at San Francisco 12/12/10
Leon Washington, at Miami 11/25/12
Tyler Lockett, vs. Chicago 9/27/15

COMBINED KICK RETURNS

Most Combined Kick Returns, Career
231 Leon Washington, 2010-12 (104-P,127-K)
207 Charlie Rogers, 1999-2001 (73-P, 134-K)
190 Bobby Joe Edmonds, 1986-88 (89-P,101-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 NE 9/21/86 (5-P, 6-K)
10 By 4 Players (Last: Nate Burleson, vs. San Diego 12/24/06, 5-P, 5-K)

YARDS GAINED

Most Yards Returned, Career
4,398 Leon Washington, 2010-12 (1,069-P, 3,329-K)
4,139 Charlie Rogers, 1999-2001 (925-P, 3,214-K)
3,900 Steve Broussard, 1995-98 (3,900-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 9/26/10 (253-K)
231 Maurice Morris, vs. St. Louis 10/20/02 (231-K)
230 Leon Washington, at San Francisco 12/12/10 (222-K, 8-P)

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)
2 Paul Johns, 1981-84 (2-P)
Charlie Rogers, 1999-2001 (1-P, 1-K)
Bobby Engram, 2001-07 (2-P)
Tyler Lockett, 2015 (1-P, 1-K)

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)
1 19 Times (Last: Leon Washington, 2012 [1-K])

Most Touchdowns, Game
2 Leon Washington, vs. San Diego 9/26/10
1 26 Times (Last: Tyler Lockett vs. Chicago 9/27/15)

FUMBLES

Most Fumbles, Career
108 Dave Krieg, 1980-91
55 Matt Hasselbeck, 2001-10
48 Jim Zorn, 1976-84

Most Fumbles, Season
18 Dave Krieg, 1989
17 Jon Kitna, 2000
16 Dave Krieg, 1990

Most Fumbles, Game
6 Dave Krieg, vs. Kansas City 11/5/89
5 Dave Krieg, vs. San Diego 11/25/90 (OT)
4 By 3 Players (Last: Jon Kitna, vs. Buffalo 12/23/00)

FUMBLES RECOVERED

Most Fumbles Recovered, Career, Own and Opponents

27 Dave Krieg, 1980-91 (27-own)
20 Jon Kitna, 1997-2000 (20-own)
Russell Wilson, 2012-16 (20-own)
17 Jacob Green, 1980-91 (17-opp.)

Most Fumbles Recovered, Season, Own and Opponents

9 Dave Krieg, 1989 (9-own)
Jon Kitna, 2000 (9-own)
6 Jon Kitna, 1999 (6-own)
Russell Wilson, 2014 (6-own)

Most Fumbles Recovered, Game, Own and Opponents

3 Dave Krieg, vs. Chi 12/20/87 (3-own)
Dave Krieg, vs. KC 11/5/89 (3-own)
Darryl Williams, vs. KC 10/4/98 (3-opp)
Jon Kitna, vs. Jax 11/12/00 (3-own)
Matt Hasselbeck, vs. Hou 12/13/09 (3-own)

OWN FUMBLES RECOVERED

Most Own Fumbles Recovered, Career

27 Dave Krieg, 1980-91
20 John Kitna, 1997-2000
Russell Wilson, 2012-16
14 Matt Hasselbeck, 2001-2010

Most Own Fumbles Recovered, Season

9 Dave Krieg, 1989
Jon Kitna, 2000
6 Jon Kitna, 1999

Most Own Fumbles Recovered, Game

3 Dave Krieg, vs. Chi 12/20/87 (3-own)
Dave Krieg, vs. KC 11/5/89 (3-own)
Jon Kitna, vs. Jax 11/12/00 (3-own)
Matt Hasselbeck, vs. Hou 12/13/09 (3-own)

OPPONENTS FUMBLES RECOVERED

Most Opponents' Fumbles Recovered, Career

17 Jacob Green, 1980-91
14 Eugene Robinson, 1985-95
13 Chad Brown, 1997-2004

Most Opponents' Fumbles Recovered, Season

5 Nesby Glasgow, 1989
4 Many Times (Last: Michael Sinclair, 2000)

Most Opponents' Fumbles Recovered, Game

3 Darryl Williams, at Kansas City, 10/4/98
2 6 Times (Last: Red Bryant, vs. San Diego 9/26/10)

YARDS RETURNING FUMBLES

Longest Fumble Return

82 Antonio Edwards, at Denver 12/10/95 (TD)
79 Jacob Green, vs. N.Y. Jets 10/27/85 (TD)
Nick Reed, vs. Jacksonville 10/11/09 (TD)
71 Shawn Springs, at Oakland 9/8/02

TOUCHDOWNS

Most Touchdowns, Career (Total)

3 Chad Brown, 1997 (3-opp)
2 Jacob Green, 1980-91 (2-opp)
Shelton Robinson, 1982-85 (2-opp)
Michael Sinclair, 1991-2001 (2-opp)
Bobby Wagner, 2012-15 (2-opp)

Most Touchdowns, Season (Total)

2 Shelton Robinson, 1983 (2-opp)
Chad Brown, 1997 (2-opp)
Bobby Wagner, 2015 (2 opp)
1 Many Times

Most Touchdowns, Game (Total)

1 Many Times (Last: Bobby Wagner, vs. Arizona 11/15/15)

COMBINED NET YARDS

Yards Gained Via Rushing, Receiving, Interception Return, Punt Return, Kickoff Return, and Fumble Recovery Return

ATTEMPTS

Most Attempts, Career

2,390 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 11/27/06
37 Shaun Alexander, vs. Oakland 11/11/01
36 Chris Warren, at New England 9/19/93

YARDS GAINED

Most Yards Gained, Career

13,396 Steve Largent, 1976-89
10,940 Shaun Alexander, 2000-07
10,665 Chris Warren, 1990-97

Most Yards Gained, Season

1,992 Charlie Rogers, 2000
1,958 Shaun Alexander, 2005
1,927 Chris Warren, 1992

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 11/11/01
264 Maurice Morris, vs. St. Louis 10/20/02
261 Steve Largent, vs. Detroit 10/18/87

TACKLES

Most Tackles, Career
984 Eugene Robinson, 1985-95
813 Keith Butler, 1978-87
779 Joe Nash, 1982-96

Most Tackles, Season
167 Bobby Wagner, 2016
153 Terry Beeson, 1978
150 Chad Brown, 1998

Most Tackles, Game
19 Kam Chancellor, vs. Arizona 11/15/15
18 Terry Beeson, vs. Houston 11/2/77
Sammy Green, vs. Minnesota 10/8/78
16 12 Times (Last: Bobby Wagner, vs. Buffalo 11/7/16)

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
14.5 Patrick Kerney, 2007

Most Sacks, Game
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

FORCED FUMBLES

Most Forced Fumbles, Career
28 Jacob Green, 1980-91
24 Michael Sinclair, 1991-2001
14 Rufus Porter, 1988-94
13 Joe Nash, 1982-96
Bruce Scholtz, 1982-88
Cliff Avril, 2013-16

Most Forced Fumbles, Season
7 Jacob Green, 1985
Michael Sinclair, 1998
6 By 3 Players (Last: Michael Sinclair, 1997)

BLOCKED KICKS

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 29 Times (Last: DeShawn Snead, vs. Arizona 11/23/14)

Most Blocked Field Goals, Career
8 Joe Nash, 1982-96
Craig Terrill, 2004-10
4 Red Bryant, 2008-12
2 By 4 Players

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

Most Blocked Field Goals, Game
2 Red Bryant, at Cleveland 10/23/11
1 Many Times (Last: Red Bryant, San Francisco 12/23/12)

Most Blocked PATs, Career
3 Mike White, 1981-82
2 By 3 Players

Most Blocked PATs, Season
2 Mike White, 1981
1 By 12 Players (Last: Red Bryant, 2011)

Most Blocked PATs, Game
1 12 Times (Last: Red Bryant, vs. Washington 11/27/11)

Most Blocked Kicks (Field Goals and PATs), 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 (Field Goals and PATs), 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: Craig Terrill, 2006)

Most Blocked Kicks (Field Goals and PATs), Game
2 Red Bryant, at Cleveland 10/23/11
Red Bryant, Washington 11/27/11
1 Many Times (Last: Red Bryant, San Francisco 12/23/12)

Longest Return of Blocked Punt
32 Jessie Green, vs. N.Y. Jets 10/19/80
26 Steve Raible, vs. Green Bay 10/10/76
25t Mike Morgan, vs. Dallas 10/12/14

Longest Return of Blocked Field Goal
62 Paul Moyer, vs. Cleveland 10/9/88
Vernon Dean, vs. L.A. Rams 10/23/88 (TD)
61 Robert Blackmon, vs. Houston 11/3/96 (TD)
Shawn Springs, at Green Bay 11/1/99 (TD)

TEAM RECORDS

ATTENDANCE

Largest Single-Season Regular-Season Home Attendance
552,588 2016 (69,074)
552,162 2015 (69,020)
547,298 2014 (68,412)

Largest Single-Game Regular-Season Home Attendance
–CenturyLink Field
69,190 vs. Philadelphia 11/20/16
69,104 vs. Carolina 12/4/16
69,084 vs. Buffalo 11/7/16

– Kingdome (1976-1999)
66,400 vs. Oakland 10/3/99
66,332 vs. Kansas City 12/26/99
66,318 vs. San Diego 12/12/99

– Husky Stadium (2000-01)
68,681 vs. Oakland 12/16/00
68,661 vs. Denver 11/26/00
67,231 vs. Oakland 11/11/01

Largest Single-Game Regular-Season Road Attendance
91,486 at Dallas 11/1/15
91,046 at L.A. Rams 9/18/16
90,215 at Washington 10/2/05

GAMES WON

REGULAR SEASON

Most Consecutive Games Won
11 2005
9 2012-13
8 1984

Most Consecutive Games Without Defeat
11 2005
9 2012-13
8 1984

Most Games Won, Season
13 2005, 2013
12 1984, 2014
11 2012

Most Consecutive Games Won, One Season
11 2005
8 1984
7 2013

Most Consecutive Games Won, Start of Season
4 2013
3 1986, 1998, 2003, 2004, 2006
2 1984, 1985, 1988, 1994

Most Consecutive Games Won, End of Season
6 2014
5 1986, 2012
3 2002

Most Consecutive Home Games Won
14 2012-13
12 2004-06
10 2002-04

Most Consecutive Road Games Won
5 1979-80, 2005, 2015
4 1984

Most Shutout Games Won or Tied, Season
3 1984
2 1986, 2009
1 11 Times (Last: 2013)

Most Consecutive Shutout Games Won or Tied, Season
2 1984
1 16 Times (Last: 2013)

Most Consecutive Overtime Games Won, Season
2 1990 (Ties NFL record)

GAMES LOST

Most Consecutive Games Lost
10 1980-81
9 1976-77
8 1992

Most Games Lost, Season
14 1992
12 1976, 1980, 2008
11 2009

Most Consecutive Games Lost, One Season
9 1980
8 1992
6 1994, 2008

Most Consecutive Games Lost, Start of Season
5 1976
4 1977
3 1990, 1996, 2002

Most Consecutive Games Lost, End of Season
9 1980
5 1976
4 1992, 2009

Most Consecutive Home Games Lost
8 1980
5 1992, 2008
4 1976, 1976-77

Most Consecutive Road Games Lost
8 1976-77, 1980-81
7 1992-93
6 2003, 2008-09

Most Shutout Games Lost or Tied, Season
2 1992
1 9 Times (Last: 2011)

Most Consecutive Shutout Games, Lost or Tied, Season
2 1992
1 9 Times (Last: 2011)

Most Consecutive Overtime Games Lost, Season
1 20 Times (Last: 2015)

SCORING

POINTS

Most Points, Season
452 2005
423 2015
418 1984

Fewest Points, Season
127 1982 (9 games)
140 1992 (NFL record for 16-game season)
229 1976 (14 games)

Most Points, Game
58 vs. Arizona 12/9/12
56 vs. Buffalo 10/30/77
51 vs. Kansas City 11/27/83 (OT)

Fewest Points, Game
0 11 Times (Last: at Pittsburgh 9/18/11)

Most Points, Both Teams, Game
99 Seattle (51) vs. Kansas City (48) 11/27/83 (OT)
85 Seattle (41) at Baltimore (44) 11/23/03 (OT)
Seattle (41) at Atlanta (44) 12/30/07
84 Seattle (49) vs. San Diego (35) 9/15/85

Fewest Points, Both Teams, Game
9 Seattle (3) at Cleveland (6) 10/23/11
12 Seattle (3) at L.A. Rams (9) 9/18/16
Seattle (6) at Arizona (6) 10/23/16
14 Seattle (14) vs. Washington (0) 9/28/80

Most Points, Shutout Victory, Game
58 vs. Arizona 12/9/12
45 vs. Kansas City 11/4/84
42 at Philadelphia 12/5/05

Fewest Points, Shutout Victory, Game
14 vs. Washington 9/28/80
16 vs. Pittsburgh 11/28/82
vs. Oakland 11/6/06
17 vs. N.Y. Jets 11/13/77

Most Points Overcome to Win Game
21 vs. Tampa Bay 11/3/13 (Trailed 21-0, Won 27-24 in OT)
20 at Denver 12/10/95 (Trailed 20-0, Won 31-27)
18 vs. Pittsburgh 11/8/81 (Trailed 21-3, Won 24-21)
at Oakland 12/14/97 (Trailed 21-3, Won 22-21)

Most Points, Each Half
1st: 45 vs. Minnesota 9/29/02
42 vs. Buffalo 10/30/77
38 vs. Arizona 12/9/12
2nd: 35 vs. San Diego 9/15/85
34 vs. Kansas City 11/27/83
31 vs. L.A. Raiders 10/16/83
vs. New England 9/21/86

Most Points, One Quarter
31 vs. Minnesota 9/29/02 (2nd)
28 5 Times (Last: vs. Arizona 12/9/12 [2nd])

Most Points, Each Quarter
1st: 21 vs. Cincinnati 9/6/81
vs. Detroit 10/18/87
vs. N.Y. Giants 11/5/95
vs. N.Y. Giants 9/24/06
2nd: 31 vs. Minnesota 9/29/02
28 vs. Buffalo 10/30/77
vs. Kansas City 11/4/84
vs. Kansas City 9/11/88
vs. Arizona 12/9/12
3rd: 28 vs. San Diego 9/15/85
21 vs. Chicago 9/23/84
vs. Carolina 12/5/10
20 vs. Kansas City 9/20/87
vs. Chicago 12/20/87
4th: 24 vs. New England 9/21/86
22 vs. Dallas 12/6/04
21 vs. Detroit 9/24/78
at Denver 12/10/95
at San Diego 12/29/02
vs. N.Y. Giants 11/9/14
at Arizona 12/21/14
Arizona 12/24/16
OT: 6 at Atlanta 12/15/02
at Chicago 12/2/12
vs. Denver 9/21/14
3 9Times (Last: vs. Tampa Bay 11/3/13)

GAMES

Most Consecutive Games Scoring
121 1992-99
115 2000-07
112 1982-89

TOUCHDOWNS

Most Touchdowns, Season
57 2005
51 1984
50 1983

Fewest Touchdowns, Season
14 1982 (9 games), 1992
28 1989

Most Touchdowns, Game
8 vs. Buffalo 10/30/77
7 vs. San Diego 9/15/85
vs. Arizona 12/9/12
6 14 Times (Last: vs. Pittsburgh 11/29/15)

Most Touchdowns, Both Teams, Game
13 Seattle (6) vs. Kansas City (7) 11/27/83 (OT)
12 Seattle (7) vs. San Diego (5) 9/15/85
10 7 Times (Last: Seattle [5] at Atlanta [5] 12/30/07)

Most Consecutive Games Scoring Touchdowns
58 2012-16
48 1982-85
34 1985-88

POINTS AFTER TOUCHDOWN

Most Points After Touchdown, Season
56 2005
50 1984
49 1983

Fewest Points After Touchdown, Season
13 1982 (9 games)
14 1992
25 1994

Most Points After Touchdown, Game
8 vs. Buffalo 10/30/77
7 vs. San Diego 9/15/85
vs. Arizona 12/9/12
6 13 Times (Last: vs. Jacksonville 9/22/13)

Most Points After Touchdown, Both Teams, Game
12 Seattle (6) vs. Kansas City (6) 11/27/83 (OT)
10 5 Times (Last: Seattle [5] at Atlanta [5] 12/30/07)

TWO-POINT CONVERSIONS

(Two-point conversion rule was adopted in 1994)

Most Two-Point Conversion Attempts, Season
6 1994, 1996, 1997
5 2015
4 1998, 2000

Most Two-Point Conversion Attempts, Game
2 at Kansas City 10/23/94
vs. San Diego 10/22/95
vs. Oakland 10/26/97
vs. Oakland 12/16/00
vs. Arizona 11/15/15
vs. Pittsburgh 11/29/15
1 Many Times (Last: vs. Arizona 12/24/16)

Most Two-Point Conversions Made, Season
4 1994, 1996
2 1998, 2004, 2010

Most Two-Point Conversions Made, Game
2 at Kansas City 10/23/94
1 18 Times (Last: vs. Arizona 12/24/16)

FIELD GOALS

Most Field Goals Attempted, Season
40 1999
37 2014, 2016
35 1986

Fewest Field Goals Attempted, Season
14 1982 (9 games)
16 1976
18 1977

Most Field Goals Attempted, Game
6 vs. Kansas City 9/20/87
vs. Pittsburgh 9/26/99
vs. San Diego 12/12/99
vs. Chicago 9/27/09
at Arizona 11/14/10
5 10 Times (Last: vs. Arizona 11/23/14)

Most Field Goals Attempted, Both Teams, Game
10 Seattle (6) vs. San Diego (4) 12/12/99
9 at Seattle (5) vs. Houston (4) 11/3/96

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 9/20/87
vs. L.A. Raiders 12/18/88
vs. Pittsburgh 9/26/99
vs. Arizona 10/24/10
at Arizona 11/14/10
vs. Baltimore 11/13/11
4 Many Times

Most Field Goals, Both Teams, Game
8 Seattle (5) vs. L.A. Raiders (3) 12/18/88
7 8 Times (Last: Seattle [3] vs. Arizona [4] 9/25/05)

Most Consecutive Games Scoring Field Goals
19 2002-03, 2015-16
15 1990-91
14 2011-12

SAFETIES

Most Safeties, Season
4 1993 (Ties NFL record)
2 2013
1 16 Times (Last: 2016)

Most Safeties, Game
1 22 Times (Last: at Tampa Bay 11/27/16)

Most Safeties, Both Teams, Game
2 Seattle (0) vs. Denver (2) 1/2/83
Seattle (1) vs. Cleveland (1) 11/14/93
1 Many Times (Last: Seattle [1] vs. Tampa Bay [0] 11/27/16)

FIRST DOWNS

Most Seasons Leading League
1 1978

Most First Downs, Season
361 2005
347 2002
345 1978

Fewest First Downs, Season
159 1982 (9 games)
208 1992
238 1976

Most First Downs, Game
34 vs. San Diego 11/22/87
at San Diego 12/29/02 (OT)
33 vs. Kansas City 11/27/83 (OT)
32 vs. Kansas City 11/24/02

Fewest First Downs, Game
1 vs. L.A. Rams 11/4/79
2 vs. New England 12/4/88
6 3 Times (Last: at Dallas 10/11/92)

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 11/22/87
vs. Houston 10/16/05
vs. N.Y. Giants 11/9/14
18 vs. Kansas City 11/27/83 (OT)

Fewest First Downs, Rushing, Game
0 vs. L.A. Rams 11/4/79
vs. New England 12/4/88
vs. L.A. Raiders 10/18/92
vs. Arizona 10/18/09

Most First Downs, Passing, Season
211 2007
208 2002
207 1997

Fewest First Downs, Passing, Season
89 1982 (9 games)
114 1992
116 1977

Most First Downs, Passing, Game
22 at Cleveland 11/4/07
21 vs. Denver 11/20/83
vs. Kansas City 11/24/02
20 vs. Denver 12/15/84
vs. Cleveland 11/30/03

Fewest First Downs, Passing, Game
1 vs. L.A. Rams 11/4/79
vs. Oakland 12/22/96
2 6 Times (Last: vs. Philadelphia 11/2/08)

Most First Downs, Penalty, Season
39 1978
35 2002
33 2006, 2009

Fewest First Downs, Penalty, Season
10 1986
14 1991
15 2000

Most First Downs, Penalty, Game
6 vs. N.Y. Jets 9/17/78
vs. San Diego 11/16/81
vs. San Diego 9/18/94

Most First Downs, Both Teams, Game
64* vs. Kansas City 11/24/02 (Sea-32, KC-32)
62 vs. San Diego 9/15/85 (Sea-30, SD-32)

*NFL Record

NET YARDS GAINED RUSHING & PASSING

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 12/29/02 (OT)
85 vs. Kansas City 11/27/83 (OT)
vs. Green Bay 11/27/06
vs. Philadelphia 12/7/14
84 vs. Kansas City 9/29/85
vs. San Diego 11/22/87

Fewest Plays, Game
35 vs. L.A. Rams 11/4/79
37 vs. N.Y. Giants 11/7/10
39 at Tampa Bay 10/19/08

Most Net Yards Gained, Season
6,058 2015
6,012 2014
5,915 2005

Fewest Net Yards Gained, Season
2,594 1982 (9 games)
3,374 1992
4,065 1976

Most Net Yards Gained, Game
596 at Arizona 12/21/14
591 at San Diego 12/29/02 (OT)
559 vs. Buffalo 10/30/77

Fewest Net Yards Gained, Game
-7 vs. L.A. Rams 11/4/79 (NFL record)
62 at Dallas 10/11/92
65 vs. New England 12/4/88

Most Consecutive Games, 500 or More Yards Gained
2 2002

Most Consecutive Games, 400 or More Yards Gained
5 2015
4 1986
3 2012

Most Consecutive Games, 300 or More Yards Gained
23 2014-16
9 1997, 2012
8 1996

Most Games 500 Yards or More, Season
3 2002
2 1986, 2014
1 1977, 1979, 1983, 1997, 2004, 2007, 2015

Highest Average Gain, Season
5.88 2014 (1,021-6,012)
5.85 2015 (1,036-6,058)
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)

RUSHING

ATTEMPTS

Most Rushing Attempts, Season
561 1978
546 1983
536 2012

Fewest Rushing Attempts, Season
227 1982 (9 games)
374 1976
385 2010

Most Rushing Attempts, Game
57 vs. N.Y. Jets 9/11/83
56 vs. San Diego 9/18/83
54 vs. San Diego 11/22/87

Fewest Rushing Attempts, Game
7 vs. L.A. Raiders 11/17/91
9 vs. Washington 12/23/89
11 at Carolina 10/8/00
vs. Arizona 10/18/09

YARDS GAINED

Most Yards Gained Rushing, Season
2,762 2014
2,579 2012
2,457 2005

Fewest Yards Gained Rushing, Season
795 1982 (9 games)
1,392 1989
1,408 1999

Most Yards Gained Rushing, Game
350 vs. N.Y. Giants 11/9/14
320 vs. Houston 10/16/05
319 vs. Oakland 11/11/01

Fewest Yards Gained Rushing, Game
4 at Minnesota 11/22/09
14 vs. Arizona 10/18/09
20 vs. New England 12/4/88
vs. Kansas City 11/28/10

AVERAGE GAIN

Highest Average Gain, Rushing, Season
5.26 2014 (525-2,762)
4.81 2012 (536-2,579)
4.73 2005 (519-2,457)

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
5 1989, 1999

Most Touchdowns, Rushing, Game
5 2005 vs. Houston 10/16/05
2014 vs. N.Y. Giants 11/9/14
4 11 Times (Last: at Buffalo 12/16/12)

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 9/29/85
55 at San Francisco 12/1/02
53 at San Diego 12/29/02 (OT)
at Arizona 11/15/09

Fewest Passes Attempted, Game
14 vs. Kansas City 12/11/77
15 vs. N.Y. Jets 9/11/83
vs. Green Bay 11/15/87
vs. Pittsburgh 12/6/87
16 3 Times (Last: vs. Cincinnati 11/18/84)

Most Passes Attempted, Both Teams, Game
103 Seattle (53) at San Diego (50) 12/29/02 (OT)
95 Seattle (47) at Cleveland (48) 11/4/07
94 Seattle (52) Detroit (42) 11/8/09

Fewest Passes Attempted, Both Teams, Game
30 Seattle (20) vs. New England (10) 12/4/88
33 Seattle (15) vs. Pittsburgh (18) 12/6/87
38 Seattle (23) vs. New England (15) 10/9/77

COMPLETIONS

Most Passes Completed, Season
372 2009
371 2007
368 2016

Fewest Passes Completed, Season
175 1977
176 1982 (9 games)
229 1976

Most Passes Completed, Game
40 vs. Detroit 11/8/09
36 at San Diego 12/29/02 (OT)
33 vs. Atlanta 10/13/85
at Indianapolis 10/4/09

Fewest Passes Completed, Game
2 vs. L.A. Rams 11/4/79
4 vs. L.A. Raiders 10/16/83
5 vs. New England 10/9/77
vs. Houston 11/20/77
at Oakland 12/22/96

Most Passes Completed, Both Teams, Game
64 Seattle (36) at San Diego (28) 12/29/02 (OT)
Seattle (33) at Indianapolis (31) 10/4/09
62 Seattle (40) vs. Detroit (22) 11/8/09
61 Seattle (32) at New Orleans (29) 11/21/10

Fewest Passes Completed, Both Teams, Game
14 Seattle (5) vs. New England (9) 10/9/77
Seattle (9) vs. New England (5) 12/4/88
17 Seattle (10) vs. Cleveland (7) 12/18/77

YARDS GAINED

Most Net Yards Gained, Passing, Season
4,422 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
428 at San Diego 12/29/02
427 at San Francisco 12/1/02
409 vs. Oakland 10/26/97

Fewest Net Yards, Gained Passing, Game
-30 vs. L.A. Rams 11/4/79
2 vs. L.A. Raiders 10/16/83
13 at Oakland 12/22/96

TIMES SACKED

Most Times Sacked, Season
67 1992
53 1985
51 1980

Fewest Times Sacked, Season
21 1977
23 1979
27 2005

Most Times Sacked, Game
9 vs. Kansas City 11/11/90
8 vs. Cleveland 9/12/82
vs. Dallas 12/4/83
vs. Denver 11/26/89
at Denver 12/20/92
at Oakland 10/31/10

COMPLETION PERCENTAGE

Highest Completion Percentage, Season
68.11 2015 (483-333)
64.90 2016 (546-369)
64.77 2005 (474-307)

Lowest Completion Percentage, Season
45.22 1977 (387-175)
47.71 1976 (480-229)
48.32 1992 (476-230)

TOUCHDOWNS

Most Touchdowns, Passing, Season
34 2015
32 1984
31 1987

Fewest Touchdowns, Passing, Season
9 1982 (9 games)
1992
13 1976, 1993, 1994

Most Touchdowns, Passing, Game
5 vs. Detroit 12/2/84
vs. San Diego 9/15/85
vs. L.A. Raiders 11/28/88
vs. Oakland 10/26/97
at Baltimore 11/23/03 (OT)
vs. N.Y. Giants 9/24/06
vs. Pittsburgh 11/29/15
at Baltimore 12/13/15

Most Touchdowns, Passing, Both Teams, Game
10 Seattle (5) vs. San Diego (5) 9/15/85
9 Seattle (5) at Baltimore (4) 11/23/03 (OT)
8 Seattle (5) vs. N.Y. Giants (3) 9/24/06

PASSES HAD INTERCEPTED

Most Passes Had Intercepted, Season
32 1977
30 1976
26 1984, 1991

Fewest Passes Had Intercepted, Season
7 2014
8 2015
9 1994, 2013

Most Passes Had Intercepted, Game
6 vs. Detroit 10/24/76
vs. Kansas City 12/9/84
5 3 Times (Last: vs. Tampa Bay 11/28/99)

PUNTING

Most Punts, Season
108 1992
95 1984, 2011
91 1985, 1993, 1994

Fewest Punts, Season
49 1982 (9 games)
61 1987, 2002
62 2014

Most Punts, Game
12 vs. Denver 11/28/93
11 5 Times (Last: vs. Philadelphia 11/2/08)

Fewest Punts, Game
1 17 Times (Last: vs. Carolina 12/4/16)

AVERAGE YARDAGE

Highest Average Distance, Punting, Season
46.64 2011 (95-4,431)
46.06 2009 (89-4,100)
45.66 2015 (68-3,105)

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 9/30/79
1 Many Times (Last: vs. Buffalo 11/7/16)

Most Consecutive Punts Without A Block
612 1980-88
521 1989-93
406 2008-13

INSIDE THE 20

Most Punts Inside Opponents' 20-Yard Line, Season
34 1999, 2011
33 1994
30 2007, 2012

Fewest Punts Inside Opponents' 20-Yard Line, Season
9 1982 (9 games)
10 1977, 1986
11 1979, 1991

Most Punts Inside Opponents' 20-Yard Line, Game
- 6 vs. Minnesota 11/10/96
  vs. Kansas City 12/26/99
  at N.Y. Giants 12/23/01
  vs. San Francisco 12/6/09
  at Miami 11/25/12
- 5 vs. New England 12/18/83
  vs. Denver 11/30/92 (OT)
  at Washington 9/4/94
  vs. New Orleans 9/7/03
  at Oakland 10/31/10
  at Wash. 10/6/14
  vs. Denver 9/21/14

PUNT RETURNS

Most Punt Returns, Season
- 58 2007
- 53 1985
- 52 2013

Fewest Punt Returns, Season
- 21 1982 (9 games)
- 25 2002
- 30 1989, 1999, 2000, 2004, 2016

Most Punt Returns, Game
- 7 vs. Tampa Bay 10/17/76
  vs. N.Y. Jets 11/13/77
  vs. San Francisco 12/6/09
  at St. Louis 11/20/11
  at N.Y. Giants 12/15/13
- 6 Many Times (Last: at NY Giants 10/9/11)

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 (12/21/14)
- 5 6 Times (Last: vs. Dallas 10/23/05)

YARDS GAINED

Most Yards, Punt Returns, Season
- 658 2007
- 579 2013
- 484 1984

Fewest Yards, Punt Returns, Season
- 177 2005
- 217 1977
- 228 1982 (9 games)

Most Yards, Punt Returns, Game
- 139 at Arizona 1/2/16
- 106 at Pittsburgh 9/26/99
- 105 vs. N.Y. Giants 11/5/95

Fewest Yards, Punt Returns, Game
- -3 at Washington 10/2/05 (OT)
  vs. San Diego 9/21/97
- -2 vs. Washington 9/19/76
  at N.Y. Giants 10/25/92
  at Kansas City 9/15/96
  vs. St. Louis 12/29/13

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)
- 6.65 1976 (37-246)
- 6.70 1997 (37-248)

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 9/13/15)

KICKOFF RETURNS

Most Kickoff Returns, Season
- 80 2000
- 79 1976
- 77 2008

Fewest Kickoff Returns, Season
- 29 1982 (9 games), 2012
- 33 2013
- 34 2015

Most Kickoff Returns, Game
- 9 vs. New Orleans 11/21/76
  vs. Kansas City 11/27/83 (OT)
- 8 Many Times (Last: vs. N.Y. Giants 11/7/10)

Fewest Kickoff Returns, Game
- 0 Many Times

YARDS GAINED

Most Yards, Kickoff Returns, Season
- 1,932 2000
- 1,620 1995
- 1,605 1976

Fewest Yards, Kickoff Returns, Season
- 544 1982 (9 games)
- 698 2013
- 787 2012

Most Yards, Kickoff Returns, Game
- 268 vs. Indianapolis 10/15/00
- 253 vs. San Diego 9/26/10
- 251 vs. New Orleans 11/21/76

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)
25.29 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 8 Times (Last: 2015)

Most Touchdowns, Kickoff Returns, Game
2 vs. San Diego 9/26/10
1 at St. Louis 11/13/83
vs. Kansas City 10/8/89
at San Diego 10/30/94
vs. Washington 9/20/98
vs. Buffalo 12/23/00
at St. Louis 10/20/02
vs. St. Louis 10/21/07
at St. Louis 11/25/07
at San Francisco 12/12/10
at Miami 11/25/12
vs. Chicago 9/27/15

FUMBLES

Most Fumbles, Season
43 1989
41 1981
38 1980

Fewest Fumbles, Season
16 2012
18 2005, 2010, 2015
19 2004

Most Fumbles, Game
8 vs. Kansas City 11/5/89
at Arizona 10/29/95 (OT)
7 vs. Denver 11/20/83

FUMBLES LOST

Most Fumbles Lost, Season
23 1981
20 1983
19 1978, 1994

Fewest Fumbles Lost, Season
6 2016
7 2005
8 2012, 2015

Most Fumbles Lost, Game
5 vs. Green Bay 10/15/78
vs. Denver 12/13/81
4 6 Times (Last: vs. Oakland 11/1/98)

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
17 1999
18 1982 (9 games)
19 1995, 2008, 2015

Most Fumbles Recovered, Game, Own & Opponents
8 vs. Cleveland 12/20/81 (1 own, 7 opp)
7 vs. Chicago 12/20/87 (4 own, 3 opp)
vs. San Diego 11/25/90 (4 own, 3 opp)

Most Own Fumbles Recovered, Season
24 1989
22 1980
21 2009

Fewest Own Fumbles Recovered, Season
7 2010, 2014
8 1984, 2003, 2004, 2008, 2012
9 1976, 1979, 1991, 2005, 2006

Most Opponents Fumbles Recovered, Season
28 1983
27 1981
25 1984

Fewest Opponents Fumbles Recovered, Season
6 1989
8 1982, 2016
9 1995, 2011, 2015

Most Opponents Fumbles Recovered, Game
7 vs. Cleveland 12/20/81
6 at Oakland 12/22/96
5 vs. L.A. Raiders 10/16/83
vs. Cleveland 11/14/93
vs. Kansas City 10/4/98

TOUCHDOWNS

Most TDs, Opponent Fumbles Recovered, Season
3 1997, 2015
2 8 Times (Last: 2008)

Most TDs, Fumbles Recovered, Game, Own and Opponents
2 4 Times (Last: at New York Giants 12/23/01 [Seattle-1, NY-1])
1 Many Times

TURNOVERS

(Number of times losing the ball on interceptions and fumbles)

Most Turnovers, Season
48 1976 (30 ints, 18 fums)
46 1977 (32 ints, 14 fums)
43 1991 (26 ints, 17 fums)

Fewest Turnovers, Season
14 2014 (7 ints, 7 fums)
16 2015 (8 ints, 8 fums)
17 2005 (10 ints, 7 fums)

Most Turnovers, Game
8 vs. Detroit 10/24/76 (6 ints, 2 fums)
vs. Denver 11/20/83 (4 ints, 4 fums)
7 4 Times (Last: at Arizona 10/29/95 [OT] [4 ints, 3 fums])

Most Turnovers, Both Teams, Game
14 Seattle (4) vs. Cleveland (10) 12/20/81
11 Seattle (7) vs. Kansas City (4) 9/29/85
Seattle (8) at Arizona (3) 10/29/95 (OT)
Seattle (3) vs. San Diego (8) 12/13/98

Fewest Turnovers, Both Teams, Game
0 Many Times

PENALTIES

Fewest Penalties, Season
59 1982 (9 games), 2007
66 2001
76 1977

Most Penalties, Season
138 2011
130 2014
128 1984, 2013

Fewest Penalties, Game
0 vs. Pittsburgh 12/6/87
vs. Dallas 12/16/01
vs. Baltimore 12/23/07
1 11 Times (Last: at Tampa Bay 12/26/10)

Most Penalties, Game
17 vs. Green Bay 10/21/84
15 vs. Tampa Bay 10/17/76
vs. San Diego 10/9/83

Fewest Penalties, Both Teams, Game
2 Seattle (1) vs. Oakland (1) 12/5/99
Seattle (2) at Philadelphia (0) 12/2/07
4 Seattle (2) at N.Y. Jets (2) 12/19/04
Seattle (1) at Tampa Bay (3) 12/26/10
5 6 Times, (Last: Seattle (1) at Tampa Bay (4) 10/19/08)

Most Penalties, Both Teams, Game
35 Seattle (15) vs. Tampa Bay (20) 10/17/76
30 Seattle (13) vs. Kansas City (17) 11/8/98
28 Seattle (17) vs. Green Bay (11) 10/21/84

YARDS PENALIZED

Fewest Yards Penalized, Season
428 2007
523 1982 (9 games)
579 2001

Most Yards Penalized, Season
1,183 2013
1,179 1984
1,047 2011

Fewest Yards Penalized, Game
0 vs. Pittsburgh 12/6/87
vs. Dallas 12/16/01
vs. Baltimore 12/23/07
5 vs. Pittsburgh 9/27/98
at Cleveland 9/9/01
vs. Atlanta 1/2/05

Most Yards Penalized, Game
145 vs. Denver 12/8/79
141 at Oakland 11/15/98
134 vs. Denver 9/7/97

Fewest Yards Penalized, Both Teams, Game
19 Seattle (14) vs. Oakland (5) 12/5/99
25 Seattle (25) at Philadelphia (0) 12/2/07
26 Seattle (10) vs. St. Louis (16) 9/10/00

Most Yards Penalized, Both Teams, Game
310 Seattle (120) vs. Tampa Bay (190) 10/17/76
273 Seattle (145) vs. Denver (128) 12/8/79
249 Seattle (113) at Arizona (136) 11/15/09

DEFENSIVE RECORDS

TIME OF POSSESSION

Highest Average Time of Possession, Season
32:11 2014
31:40 2015
31:36 2012

Lowest Average Time of Possession, Season
26:30 2008
26:59 1981
27:05 1998

Highest Time of Possession, Game
41:56 vs. Philadelphia 12/7/14
41:35 vs. San Diego 11/22/87
40:21 vs. Denver 10/22/89 (OT)

Lowest Time of Possession, Game
14:28 vs. L.A. Rams 11/4/79
17:04 at Cleveland 10/23/11
17:10 vs. San Francisco 9/25/88
vs. Arizona 10/18/09

SCORING

Fewest Points Allowed, Season
147 1982 (9 games)
231 2013 (Led NFL)
245 2012 (Led NFL)
254 2014 (Led NFL)

Most Points Allowed, Season
429 1976
408 1980
407 2010

Fewest Points Allowed, Game
0 18 Times (Last: at N.Y. Giants12/15/13)

Most Points Allowed, Game
51 vs. New Orleans 11/21/76
vs. Dallas 11/27/80
48 vs. Kansas City 11/27/83 (OT)
at Green Bay 12/27/09

Fewest Touchdowns Allowed, Season
18 1982 (9 games)
22 2013
24 2005
25 1991, 2012

^ Led NFL

Most Touchdowns Allowed, Season
53 1976
48 1983
47 1980, 2010

Fewest Touchdowns Allowed, Game
0 Many Times

Most Touchdowns Allowed, Game
7 vs. Dallas 11/27/80
vs. Kansas City 11/27/83 (OT)
6 7 Times (Last: vs. Kansas City 11/28/10)

FIRST DOWNS

Fewest First Downs Allowed, Season
167 1982 (9 games)
247 1992
262 1991
273 2015

Most First Downs Allowed, Season
371 1981
356 2002
351 1983

Fewest First Downs Allowed, Game
6 vs. San Diego 11/22/87
vs. San Francisco 11/12/07
7 vs. Chicago 9/27/15
8 at N.Y. Jets 11/13/77
vs. San Francisco 12/11/05
at San Francisco 10/22/15
9 6 Times (Last: at Minnesota 12/6/15)

Most First Downs Allowed, Game
32 at San Diego 9/15/85
vs. Kansas City 11/24/02
31 at Chicago 12/20/87
at Denver 12/1/96
at N.Y. Jets 12/6/98
vs. Denver 12/27/98

Fewest First Downs Allowed, Rushing, Season
70 2014
71 2015
78 2005, 2007

Most First Downs Allowed, Rushing, Season
175 1981
166 1976
153 1978

Fewest First Downs Allowed, Rushing, Game
0 at Green Bay 12/9/90
at Baltimore 12/13/15
at Arizona 1/3/16
1 Many Times (Last: at Minn 12/6/15)

Most First Downs Allowed, Rushing, Game
19 vs. New Orleans 11/21/76
18 3 Times (Last: at Kansas City 11/22/81)

Fewest First Downs Allowed, Passing, Season
68 1982 (9 games)
125 1977
129 1992

Most First Downs Allowed, Passing, Season
207 2008
206 2010
204 2009

Fewest First Downs Allowed, Passing, Game
2 4 Times (Last: vs. Chicago 9/27/15)

Most First Downs Allowed, Passing, Game
27 at San Diego 9/15/85
23 at Detroit 10/28/12
22 vs. San Diego 9/26/10

Fewest First Downs Allowed, Penalty, Season
12 1991
13 1982 (9 games)
15 2006

Most First Downs Allowed, Penalty, Season
43 2013
40 2011
33 1979, 2016

Most First Downs Allowed, Penalty, Game
7 at Kansas City 10/17/96
6 vs. Arizona 12/22/13
5 9 Times (Last: vs. Arizona 11/15/15)

OFFENSIVE PLAYS

Fewest Opponents Plays Allowed, Season
600 1982 (9 games)
924 2014
947 2015
950 1990

Most Opponents Plays Allowed, Season
1,137 1998
1,126 1981
1,104 1999

Fewest Opponents Plays Allowed, Game
39 vs. San Diego 11/22/87
41 vs. Pittsburgh 10/20/91
43 vs. L.A. Raiders 9/16/90

Most Opponents Plays Allowed, Game
95 vs. L.A. Rams 11/4/79
vs. Philadelphia 12/13/92 (OT)
90 at Arizona 10/23/16 (OT)
89 vs. Minnesota 9/29/02

Fewest Opp. Plays Allowed, Rushing, Season
337 1982 (9 games)
362 2015
368 2012
380 2014

Most Opponents Plays Allowed, Rushing, Season
614 1976
596 1977
588 1981

Fewest Opponents Plays Allowed, Rushing, Game
10 vs. Green Bay 12/9/90
12 vs. San Diego 11/22/87
vs. Minnesota 11/10/96
vs. San Francisco 12/6/09
vs. Baltimore 11/13/11

Most Opponents Plays Allowed, Rushing, Game
63 vs. L.A. Rams 11/4/79
61 vs. Cincinnati 10/11/87
60 2 Times (Last: vs. Pittsburgh 10/23/83)

Fewest Opponents Plays Allowed, Passing, Season
263 1982 (9 games)
367 1977
394 1976

Most Opponents Plays Allowed, Passing, Season
650 1998
633 1993
621 2005

Fewest Opponents Attempts Allowed, Passing, Game
9 at N.Y. Giants 10/25/92
10 vs. New England 12/4/88
11 vs. Cincinnati 10/11/87

Most Opponents Attempts Allowed, Passing, Game
63 at N.Y. Jets 12/6/98
59 vs. Pittsburgh 11/29/15
58 vs. New England 10/14/12

NET YARDS ALLOWED RUSHING & PASSING

Fewest Yards Allowed, Season
2,794 1982 (9 games)
4,274 2014^
4,378 2013^

Most Yards Allowed, Season
6,391 2000
6,029 1983
5,940 1981

Fewest Yards Allowed, Game
113 vs. San Francisco 12/11/05
118 at Indianapolis 9/14/97
120 vs. Cleveland 9/3/84

Most Net Yards Allowed, Game
580 vs. San Francisco 9/25/88
579 vs. Buffalo 12/23/00
557 vs. San Diego 9/15/85

RUSHING

Fewest Yards Allowed, Rushing, Season
1,304 2014, 2015
1,461 1982 (9 games)
1,487 2016

Most Yards Allowed Rushing, Season
2,876 1976
2,806 1981
2,513 1978

Fewest Yards Allowed, Rushing, Game
13 vs. Green Bay 12/9/90
vs. St. Louis 12/29/13
15 vs. Minnesota 11/10/96
17 vs. San Diego 11/22/87
vs. St. Louis 12/22/02

Most Yards Allowed, Rushing, Game
356 vs. L.A. Raiders 11/30/87
303 vs. L.A. Rams 11/4/79
301 vs. Denver 11/26/00

Fewest Touchdowns Allowed, Rushing, Season
4 1991, 2013
5 2005
7 1990

Most Touchdowns Allowed, Rushing, Season
23 1979
21 1977
20 1976, 1978, 1981, 2000

Most Touchdowns Allowed, Rushing, Game
5 at Green Bay 12/27/09
4 5 Times (Last: at Cleveland 11/4/07)

PASSING

Fewest Net Yards Allowed, Passing, Season
1,333 1982 (9 games)
2,333 1977
2,524 1976

Most Net Yards Allowed, Passing, Season
4,240 2010
4,149 2008
4,112 2009

Fewest Net Yards Allowed, Passing, Game
12 at Philadelphia 9/6/98
15 vs. Kansas City 9/30/79
23 at Indianapolis 9/4/97

Most Net Yards Allowed, Passing, Game
494 vs. San Diego 9/15/85
480 vs. Pittsburgh 11/29/15
429 vs. San Diego 9/26/10

Fewest Touchdowns Allowed, Passing, Season
4 1982 (9 games)
11 1992
14 2015

Most Touchdowns Allowed, Passing, Season
33 1983
31 2010
28 1980

Most Touchdowns Allowed, Passing, Game
5 vs. San Diego 9/15/85
vs. San Francisco 9/25/88
vs. N.Y. Jets 8/31/97
at Minnesota 11/22/09
at Tampa Bay 12/26/10
4 Many Times (Last: vs. Kansas City 11/28/10)

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 12/8/86
10 vs. Philadelphia 12/13/92 (OT)
9 4 Times (Last: vs. Oakland 11/6/06)

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 12/13/92 (OT)
68 vs. L.A. Raiders 12/8/86
65 vs. L.A. Raiders 10/16/83

INTERCEPTIONS

Most Seasons Leading League
1 1984 (38), 1999 (30), 2013 (28)

Most Passes Intercepted By, Season
38 1984
30 1999
28 2013

Fewest Passes Intercepted By, Season
9 1989, 2008
11 2016
12 1990, 2006, 2010

Most Passes Intercepted By, Game
7 vs. San Diego 12/13/98
6 vs. Kansas City 11/4/84
5 vs. Houston 10/5/80
at Pittsburgh 12/6/92
at Pittsburgh 9/26/99
vs. Arizona 12/9/07
at N.Y. Giants 12/15/13

Most Consecutive Games, One or More Interceptions By
17 1983-84
12 2002-03
11 1993

Most Yards, Returning Interceptions, Season
697 1984 (4th in NFL history)
462 2011
455 1998

Fewest Yards Returning Interceptions, Season
57 1989
72 2016
95 1980

Most Yards Returning Interceptions, Game
325 vs. Kansas City 11/4/84 (NFL record)
148 at Philadelphia 12/5/05
146 vs. Philadelphia 12/1/11

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 11/4/84 (NFL record)
2 vs. Chicago 9/23/84
vs. Arizona 9/13/98
at Philadelphia 12/5/05
at Chicago 12/18/11

Most TDs Returning Interceptions, Both Teams, Game
4 Seattle (4) vs. Kansas City (0) 11/4/84 (NFL record)
2 9 Times (Last: Seattle [2] at Chicago [0] 12/18/11)

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 12/16/79
vs. Oakland 12/5/99
at N.Y. Jets 12/19/04
1 Many Times (Last: at New Orleans 11/21/10)

Most Opponent Punts, Game
11 at Denver 10/25/85 (OT)
vs. Denver 11/30/92 (OT)
10 5 Times (Last: vs. Chicago 9/27/15)

AVERAGE YARDAGE

Highest Opponent Average, Punting, Season
47.22 2009 (82-3,872)
46.47 2007 (93-4,322)
46.08 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)
59.5 at San Francisco 9/11/11 (5-298)
58.3 at Pittsburgh 9/18/11 (3-175)
56.6 at Denver 11/25/84 (5-283)

Lowest Opp. Average, Punting, Game (Min. 3)
17.3 vs. Buffalo 10/14/84 (4-69)
21.7 vs. Dallas 10/12/14 (3-65)
22.8 vs. N.Y. Jets 11/26/79 (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 10/14/84
at New England 9/21/86
1 Many Times (Last: at Arizona 10/23/16)

Most Consecutive Opponent Punts Without A Block
571 2003-10
531 1994-01
273 1987-91

INSIDE THE 20

Most Opponent Punts Inside the Opponents' 20, Season
34 2016
31 2004
30 2010, 2012

Fewest Opponent Punts Inside Opponents' 20, Season
10 1976, 1977, 1982 (9 games)
13 1987

Most Opp. Punts Inside Opponents' 20, Game
6 at L.A. Rams 9/18/16
5 vs. Dallas 10/23/05
4 ManyTimes (Last: at Tampa Bay 11/27/16)

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 vs. L.A. Rams 10/23/88
-5 at Green Bay 1/1/06
-4 vs. Denver 11/30/92 (OT)

Most Yards Allowed, Punt Returns, Game
184 at Baltimore 12/7/97
136 vs. Cincinnati 10/30/11
133 vs. Oakland 11/15/98

Seasons Leading League, Lowest Average Allowed, Punt Returns
1 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 vs. N.Y. Jets 11/9/87 (TD)
90 at St. Louis 10/19/14 (TD)
89 at Baltimore 12/7/97 (TD)
at San Francisco 12/1/02 (TD)
at Chicago 10/17/10 (TD)

Most Touchdowns Allowed, Punt Returns, Season
2 1990, 1997, 2011
1 15 Times (Last: 2015)

Most Touchdowns Allowed, Punt Returns, Game
2 at Baltimore 12/7/97
1 19 Times (Last: at St. Louis 9/13/15)

KICKOFF RETURNS

Fewest Opponent Kickoff Returns, Season
24 1982 (9 games)
32 2016
36 1992

Most Opponent Kickoff Returns, Season
82 2005
81 1999
79 2003

Fewest Opponent Kickoff Returns, Game
0 Many Times (Last: vs.Miami 9/11/16)

Most Opponent Kickoff Returns, Game
10 vs. Kansas City 9/20/87
vs. Oakland 10/26/97
9 4 Times (Last: vs. Minnesota 9/29/02)

Fewest Yards Allowed, Kickoff Returns, Season
361 1982 (9 games)
654 2016
685 1992
814 1989

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 12/30/07
230 vs. Kansas City 9/20/87
223 vs. Oakland 10/26/97

Most Seasons Leading League, Lowest Average Allowed, Kickoff Returns
1 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)

Longest Return Allowed, Game
102 at San Francisco 9/11/11 (TD)
101 at Minnesota 12/6/15 (TD)
99 vs. Kansas City 9/3/95 (TD)
at St. Louis 10/9/05 (TD)

Most TDs Allowed, Kickoff Returns, Season
2 1995, 2002
1 1978, 1987, 1993, 1997, 2001, 2005, 2011, 2015

Most TDs Allowed, Kickoff Returns, Game
1 12 Times (Last: at Minnesota 12/6/15)

FUMBLES

Fewest Opponent Fumbles, Season
17 1995, 1999
18 1982 (9 games), 2011
19 2016

Most Opponent Fumbles, Season
47 1984
44 1983
43 1981

Most Opponent Fumbles, Game
9 vs. Cleveland 12/20/81
at Oakland 12/22/96
7 4 Times (Last: vs. Miami 10/6/96)

TAKEAWAYS

Number of times taking ball from opponent on interceptions and fumbles

Most Seasons Leading League in Most Takeaways
1 1984, 2013

Fewest Opponent Turnovers, Season
19 2016 (11 ints, 8 fums)
20 2008 (9 ints, 11 fums)
21 1982 (13 ints, 8 fums) (9 games)

Most Opponent Turnovers, Season
63 1984 (38 ints, 25 fums) (2nd in NFL history)
54 1983 (26 ints, 28 fums)
48 1981 (21 ints, 27 fums)

Most Opponent Turnovers, Game
10 vs. Cleveland 12/20/81 (3 ints, 7 fums)
8 3 Times (Last: vs. San Diego 12/13/98 [7 int, 2 fums])

OPPONENT INDIVIDUAL RECORDS

TIME OF POSSESSION

Lowest Average Time of Possession Allowed, Season
27:49 2014
28:20 2015
28:24 2012

Highest Average Time of Possession Allowed, Season
33:30 2008
33:01 1981
32:55 1998

Least Time of Possession Allowed, Game
18:25 vs. San Diego 11/22/87
20:05 vs. Pittsburgh 10/20/91
20:06 vs. San Francisco 11/12/07

Most Time of Possession Allowed, Game
46:47 vs. Philadelphia 12/13/92 (OT)
46:21 at Arizona 10/23/16 (OT)
45:32 vs. L.A. Rams 11/4/79

SCORING

POINTS

Most Points, Game
24 Terdell Middleton, at Green Bay (Milwaukee), 10/15/78 (4 TDs)
Roy Green, at St. Louis 11/13/83 (4 TDs)
Marshall Faulk, at St. Louis 10/20/02 (4TDs)
Marcus Robinson, at Baltimore 11/23/03 (4 TDs)
Willis McGahee, vs. Buffalo 11/28/04 (4 TDs)
Jamal Lewis, at Cleveland 11/4/07 (4 TDs)
20 Joe Danelo, vs. N.Y. Giants 10/18/81 (6 FGs, 2 PATs)

TOUCHDOWNS

Most Touchdowns, Game
4 Terdell Middleton, at Green Bay (Milwaukee), 10/15/78 (4-R)
Roy Green, at St. Louis 11/13/83 (4-P)
Marshall Faulk, at St. Louis 10/20/02 (3-R, 1-P)
Marcus Robinson, at Baltimore 11/23/03 (4-P)
Willis McGahee, vs. Buffalo 11/28/04 (4-R)
Jamal Lewis, at Cleveland 11/4/07 (4-R)
3 Many Times (Last: David Johnson, vs. Arizona 12/24/16 [3-R]

POINTS AFTER TOUCHDOWN

Most Points After Touchdown Attempted, Game
- 7 Rafael Septien, at Dallas 11/27/80
- 6 8 Times (Last: Ryan Succop, vs. Kansas City 11/28/10)

Most Points After Touchdown, Game
- 7 Rafael Septien, at Dallas 11/27/80 (7 attempts)
- 6 8 Times (Last: Ryan Succop, vs. Kansas City 11/28/10 [6 attempts])

Most Points After Touchdown, No Misses, Game
- 7 Rafael Septien, at Dallas 11/27/80
- 6 7 Times (Last: Ryan Succop, vs. Kansas City 11/28/10)

FIELD GOALS

Most Field Goals Attempted, Game
- 6 Joe Danelo, vs. N.Y. Giants 10/18/81
  John Carney, at San Diego 9/5/93
  Doug Pelfrey, vs. Cincinnati 11/6/94 (OT)

Most Field Goals, Game
- 6 Joe Danelo, vs. N.Y. Giants 10/18/81
  John Carney, at San Diego 9/5/93
  Doug Pelfrey, vs. Cincinnati 11/6/94 (OT)

Most Field Goals, One Quarter
- 3 Rich Karlis, at Denver 11/20/83 (4th)
  Al Del Greco, at Houston 11/7/93 (2nd)
  John Carney, vs. SD 9/21/97 (2nd)
  David Akers, at San Fran 9/1/11 (2nd)

Longest Field Goal
- 60 Greg Zuerline, at St. Louis 9/30/12
- 58 Greg Zuerline, at St. Louis 9/30/12
- 57 Nick Lowery, at Kansas City 9/14/80
  Steve Cox, at Washington 9/28/86

Longest Field Goal Attempted
- 66 Jason Elam, at Denver 12/10/95
- 64 Jason Elam, at Denver 12/19/99
- 61 Ali Haji-Sheikh, at N.Y. Giants 12/11/83
  Michael Husted, vs. Oakland 10/3/99

Most Field Goals, No Misses, Game
- 6 Joe Danelo, vs. N.Y. Giants 10/18/81
  John Carney, at San Diego 9/5/93
  Doug Pelfrey, vs. Cincinnati 11/6/94 (OT)

Most Field Goals, 50 or More Yards, Game
- 3 Neil Rackers, at Arizona 10/24/04
- 2 By 8 Players (Last: Greg Zuerline, at St. Louis 9/30/12)

SAFETIES

Most Safeties, Game
- 1 Many Times (Last: Frostee Rucker vs. Arizona 11/15/15)

RUSHING

ATTEMPTS

Most Attempts, Game
- 39 Earl Campbell, at Houston 10/11/81
  Larry Johnson, at Kansas City 10/29/06
- 38 Edgerrin James, vs. Indianapolis 10/15/00
- 37 Christian Okoye, at Kansas City 11/5/89

YARDS GAINED

Most Yards Gained, Game
- 221 Bo Jackson, vs. L.A. Raiders 11/30/87
- 219 Edgerrin James, vs. Indianapolis 10/15/00
- 212 Frank Gore, at San Francisco 11/19/06

Most Games, 2 or More Players with 100 or More Yards Rushing
- 1 Jim Otis (140) and Terry Metcalf (113), vs. St. Louis 9/12/76
  Tom Sullivan (121) and Mike Hogan (104), at Philadelphia 12/12/76

Longest Run From Scrimmage
- 95 Chester Taylor, vs. Minnesota 10/22/06 (TD)
- 91 Bo Jackson, vs. L.A. Raiders 11/30/87 (TD)
- 84 Ted McKnight, vs. Kansas City 9/30/79 (TD)

AVERAGE GAIN

Highest Average Gain, Game (10 or More Attempts)
- 12.94 Frank Gore, at San Francisco 9/20/09 (16-207)
- 12.28 Bo Jackson, vs. L.A. Raiders 11/30/87 (18-221)
- 12.25 Ted McKnight, vs. Kansas City 9/30/79 (12-147)

TOUCHDOWNS

Most Touchdowns, Game
- 4 Terdell Middleton, at Green Bay (Milwaukee), 10/15/78
  Willis McGahee, vs. Buffalo 11/28/04
  Jamal Lewis, at Cleveland 11/4/07
- 3 10 Times (Last: David Johnson, vs. Arizona 12/24/16)

PASSING

ATTEMPTS

Most Passes Attempted, Game
- 63 Vinny Testaverde, at N.Y. Jets 12/6/98
- 58 Tom Brady, vs. New England 10/14/12
- 55 Warren Moon, at Houston 11/7/93
  Ben Roethlisberger, vs. Pittsburgh 11/29/15

COMPLETIONS

Most Passes Completed, Game
- 42 Vinny Testaverde, at N.Y. Jets 12/6/98
- 36 Warren Moon, at Houston 11/7/93
  Tom Brady, vs. New England 10/14/12
  Ben Roethlisberger, vs. Pittsburgh 11/29/15
- 35 Kurt Warner, vs. St. Louis 9/10/00

COMPLETION PERCENTAGE

Highest Completion %, Game (Min. 20 Attempts)
- 88.00 Brett Favre, at Minnesota 11/22/09 (25-22)
- 85.71 Austin Davis at St. Louis 10/19/14 (21-18)
- 83.87 Fran Tarkenton, at Minnesota 11/14/76 (31-26)

YARDS GAINED

Most Yards Gained, Game

456 Ben Roethlisberger, vs. Pittsburgh 11/29/15
455 Phillip RIvers, vs. San Diego 9/26/10
440 Dan Fouts, at San Diego 9/15/85

Longest Pass Completion

99 Stan Humphries, (to Tony Martin), San Diego 9/18/94 (TD) (ties NFL record)
92 Marc Wilson, (to Marcus Allen), at L.A. Raiders 10/7/84
Eric Zeier, (to Derrick Alexander), at Baltimore 12/7/97

AVERAGE GAIN

Highest Average Gain, Game (20 Attempts)

14.64 Doug Flutie, vs. Buffalo 12/23/00 (25-366)
13.47 Ken O'Brien, vs. N.Y. Jets 11/2/86 (32-431)
12.48 Damon Huard, vs. Kansas City 10/29/06 (25-312)

TOUCHDOWNS

Most Touchdown Passes, Game

5 Neil O'Donnell, vs. N.Y. Jets 8/31/97
Josh Freeman, at Tampa Bay 12/26/10
4 ManyTimes (Last: Matt Cassell vs. Kansas City 11/28/10)

HAD INTERCEPTED

Most Passes Had Intercepted, Game

5 Ken Stabler, at Houston 10/5/80
Craig Whelihan, vs. San Diego 12/13/98
Kurt Warner, vs. Arizona 12/9/07
Matthew Stafford, vs. Detroit 11/8/09
Eli Manning, at N.Y. Giants 12/15/13
4 16 Times (Last: Carson Palmer, vs. Arizona 12/22/13)

MOST ATTEMPTS, NO INTERCEPTIONS, GAME

52 Ryan Leaf, vs. San Diego 10/25/98
49 Carson Palmer, at Arizona 10/23/16
47 Kerry Collins, at N.Y. Giants 12/23/01

RECEIVING

Most Pass Receptions, Game

13 Wes Chandler, at San Diego 9/15/85
Tony Martin, at San Diego 9/10/95
Anquan Boldin, vs. Arizona 11/16/08
Larry Fitzgerald, vs. Arizona 10/18/09
Dwayne Bowe, vs. Kansas City 11/28/10
12 Gary Clark, vs. Phoenix 12/19/93 (OT)
T.J. Houshmandzadeh, vs. Cincinnati 9/23/07

YARDS GAINED

Most Yards Gained, Game

243 Wes Chandler, at San Diego 9/15/85
201 Markus Wheaton, vs. Pittsburgh 11/29/15
195 Al Toon, vs. N.Y. Jets 11/2/86

Longest Pass Reception

99 Tony Martin, (from Stan Humphries), vs. San Diego 9/18/94 (TD) (ties NFL record)
92 Marcus Allen, (from Marc Wilson), at L.A. Raiders 10/7/84
Derrick Alexander, (from Eric Zeier), at Baltimore 12/7/97

Games, 2 or More Players with 100 or More Yards Receiving

15 Times (Last: Larry Fitzgerald (130), Michael Floyd (113) vs. Arizona 11/15/15)

AVERAGE PER RECEPTION

Highest Average Per Reception, Game (5 Receptions)

32.40 James Lofton, at Green Bay (Milwaukee), 10/21/84 (5-162)
31.40 DeSean Jackson, at Washington 10/6/14 (5-157)
30.60 Derrick Alexander, vs. Kansas City 10/2/00 (5-153)

TOUCHDOWNS

Most Touchdowns, Game

4 Roy Green, at St. Louis 11/13/83
Marcus Robinson, at Baltimore 11/23/03
3 8 Times (Last: Antonio Gates, at San Diego 9/14/14)

INTERCEPTIONS

Most Interceptions By, Game

4 Deron Cherry, at Kansas City 9/29/85 (ties NFL record)
3 Tony Greene, vs. Buffalo 10/30/77
Steve Wilson, at Denver 11/20/83

YARDS RETURNED

Most Yards Returned, Game

115 Fred Marion, vs. New England 11/17/85
102 Gary Barbaro, at Kansas City 12/11/77
93 Levi Johnson, vs. Detroit 10/24/76

Longest Return

102 Gary Barbaro, at Kansas City 12/11/77 (TD)
86 Patrick Willis, vs. San Francisco 9/14/08 (TD)
83 Fred Marion, vs. New England 11/17/85

TOUCHDOWNS

Most Touchdowns, Game

1 Many Times (Last: Captain Munnerlyn at Carolina 10/7/12)

PUNTING

Most Punts, Game

11 Chris Norman, at Denver 10/20/85 (OT)
Ruben Rodriguez, vs. Denver 11/30/92 (OT)
10 7 Times (Last: Pat O'Donnell, vs. Chicago 9/27/15)

Longest Punt
80 Donnie Jones, vs. St. Louis 10/21/07
72 Pat O'Donnell, vs. Chicago 9/27/15
71 Andy Lee, at San Francisco 9/30/07

AVERAGE YARDAGE

Highest Avg. Punting, Game (Min. 4 Punts)
59.60 Andy Lee, at San Francisco 9/11/11 (5-298)
58.33 Daniel Sepulveda, at Pittsburgh 9/18/11 (3-175)
56.60 Chris Norman, vs. Denver 11/25/84 (5-283)

INSIDE THE 20

Most Punts Inside the 20, Game
6 Johnny Hekker, at L.A. Rams 9/18/16
5 Mat McBriar, vs. Dallas 10/23/05
4 Many Times (Last: Bryan Anger at Tampa Bay 11/27/17)

TOUCHBACKS

Most Touchbacks, Game
3 Many Times (Last: Andy Lee, at San Francisco 9/30/07)

HAD BLOCKED

Most Punts Had Blocked, Game
2 John Kidd, vs. Buffalo 10/14/84
Rich Camarillo, at New England 9/21/86
1 Many Times (Last: Ryan Quigley, at Arizona 10/23/16)

PUNT RETURNS

Most Punt Returns, Game
8 Vai Sikahema, vs. Philadelphia 12/13/92
7 Rolland Lawrence, vs. Atlanta 11/7/76
Pete Shaw, at N.Y. Giants 12/11/83
Brian Mitchell, vs. Philadelphia 9/23/01
Reno Mahe, at Philadelphia 12/5/05

FAIR CATCHES

Most Fair Catches, Game
6 Greg Pruitt, at L.A. Raiders 10/7/84
Patrick Peterson, vs. Arizona 12/22/13
5 Greg Pruitt, vs. L.A. Raiders 11/12/84
Emile Harry, at Kansas City 11/9/86

YARDS GAINED

Most Yards Gained, Game
184 Jermaine Lewis, at Baltimore 12/7/97
133 Desmond Howard, at Oakland 11/15/98
120 Roscoe Parrish, at Buffalo 9/7/08

Longest Punt Return
91 JoJo Townsell, vs. N.Y. Jets 11/9/87 (TD)
90 Stedman Bailey,at St. Louis 10/19/14 (TD)
89 Jermaine Lewis, at Baltimore 12/7/97 (TD)
Jimmy Williams, at San Francisco 12/1/02 (TD)
Devin Hester, at Chicago 10/17/10 (TD)

AVERAGE YARDAGE

Highest Average, Game (Minimum 3 Returns)
36.80 Jermaine Lewis, at Baltimore 12/7/97 (5-184)
32.67 David Meggett, at N.Y. Giants 11/19/89 (3-98)
31.67 JoJo Townsell, at N.Y. Jets 11/9/87 (3-95)

TOUCHDOWNS

2 Jermaine Lewis, at Baltimore 12/7/97
1 19 Times (Last: Tavon Austin, at St. Louis 9/13/15)

KICKOFF RETURNS

Most Kickoff Returns, Game
10 Desmond Howard, vs. Oakland 10/26/97
9 Paul Palmer, at Kansas City 9/20/87
8 By 3 Players (Last: Andre Coleman, vs. San Diego 10/27/96)

YARDS GAINED

Most Yards Gained, Game
223 Desmond Howard, vs. Oakland 10/26/97
221 Paul Palmer, at Kansas City 9/20/87
220 Terry Kirby, vs. Oakland 11/11/01

Longest Kickoff Return
102 Ted Ginn, at San Francisco 9/11/11 (TD)
101 Cordarrelle Patterson, at Minnesota 12/6/15 (TD)
99 Chris Johnson, at StL 10/9/05 (TD)
Tamarick Vanover, vs. KC 9/3/95 (TD)

HIGHEST YARDAGE

Highest Average, Game (Minimum 3 Returns)
48.33 Byron Hanspard, vs. Atlanta 11/30/97 (3-145)
44.33 Paul Palmer, at Kansas City 12/27/87 (3-133)
44.0 Ted Ginn, at San Francisco 9/11/11 (4-176)

TOUCHDOWNS

Most Touchdowns, Game
1 By 12 Players (Last: Cordarrelle Patterson, at Minnesota 12/6/15 [101 yards])

COMBINED KICK RETURNS

Most Combined Kick Returns, Game
11 By 4 Players (Last: Tamarick Vanover, vs. KC 12/26/99) (5-P, 6-K)
10 Rolland Lawrence, vs. Atlanta 11/7/76 (7-P, 3-K)
Glyn Milburn, at Denver 12/10/95 (5-P, 5-K)

YARDS GAINED

Most Yards Returned, Game
275 Jermaine Lewis, vs. Baltimore 12/7/97
268 Ted Ginn, at San Francisco 9/11/11
228 Glyn Milburn, at Denver 12/10/95 (95-P, 133-K)

TOUCHDOWNS

Most Touchdowns, Game

2 Jermaine Lewis, at Baltimore 12/7/97
Ted Ginn, at San Francisco 9/11/11
1 28 Times (Last: Cordarrelle Patterson at Minnesota 12/6/15)

COMBINED NET YARDS GAINED

Yards Gained Via Rushing, Receiving, Interception Returns, Punt Returns, Kickoff Returns, and Fumble Returns

ATTEMPTS

Most Attempts, Game

48 Earl Campbell, at Houston 10/11/81
41 Larry Johnson, at Kansas City 10/29/06
David Jonson, at Arizona 10/23/16
39 Edgerrin James, vs. Indianapolis 10/15/2000
Marshall Faulk, at St. Louis 10/20/02
Chris Johnson, vs. Tennessee 1/3/10

YARDS GAINED

Most Yards Gained, Game

404 Glyn Milburn, at Denver 12/10/95 (NFL record)
308 Jermaine Lewis, vs. Baltimore 12/7/97
307 Priest Holmes, vs. Kansas City 11/24/02

TACKLES

Most Tackles, Game

19 Randy Gradishar, vs. Denver 10/29/78
19 Paul Worrilow, at Atlanta 11/10/13
16 7 Times (Last: Novorro Bowman, vs. San Francisco 12/23/12)

SACKS

Most Sacks, Game

*7.0 Derrick Thomas, at Kansas City 11/11/90
4.0 By 3 Players (Last: Leslie O'Neal, vs. San Diego 10/22/95)

FORCED FUMBLES

Most Forced Fumbles, Game

2 Many Times

FUMBLES

Most Fumbles, Game

5 Dave Walter, vs. Cincinnati 10/11/87
4 3 Times (Last: Craig Erickson, vs. Miami 10/6/96)

Most Own Fumbles Recovered, Game

3 Craig Erickson, at Miami 10/6/96
2 Many Times

Most Opponents' Fumbles Recovered, Game

2 Many Times (Last: Akeem Ayers, vs. St. Louis 12/27/15)

Longest Fumble Return

89 Victor Adeyanju, vs. St. Louis 11/12/06 (TD)
86 Derrick Thomas, vs. Kansas City 12/5/93 (TD)
75 Ray Bentley, vs. Cincinnati 9/6/92 (TD)

TOUCHDOWNS

Most Touchdowns, Game (Opponents' Recovered)

1 Many Times (Last: Akeem Ayers, vs. St. Louis 12/27/15)

BLOCKED KICKS

Most Blocked Punts, Game

1 Many Times (Last: Jerry Hughes, vs. Buffalo 11/7/16)

Most Blocked Field Goals, Game

1 Many Times (Last: Rodney Gunter, vs. Arizona 12/24/16)

Most Blocked PATs, Game

1 Many Times (Last: Chris Jones, at San Francisco 1/1/17)

Most Blocked Kicks (Field Goals and PATs), Game

1 Many Times

Longest Return of Blocked Punt

23 Frank Duncan, vs. San Diego 9/7/80
0 6 Times (Last: Jessie Small, at Philadelphia 9/10/89)

Longest Return of Blocked Field Goal

61 Delano Howell, at Indianapolis 10/6/13 (TD)
58 Dave Waymer, vs. New Orleans 10/16/88 (TD)

Touchdowns with Blocked Kick Recovery

1 Dave Waymer, New Orleans 10/16/88 (FG, 58 yds)
Albert Lewis, at Kansas City 1/2/94 (punt, 0 yds)
Mike Morgan, vs. Dallas 10/12/14 (punt, 25 yards)

* NFL Record

INDIVIDUAL POSTSEASON RECORDS

SERVICE

Most Games, Career

14 Kam Chancellor, 2010, 2012-16
Jon Ryan, 2010, 2012-16
12 Doug Baldwin, 2012-16
Clint Gresham, 2010, 2012-15
Jermaine Kearse, 2012-16
Jeremy Lane, 2012-16
Mike Morgan, 2012-16
Russell Okung, 2010, 2012-15
Richard Sherman, 2012-16
Earl Thomas, 2010, 2012-15
Russell Wilson, 2012-16
Bobby Wagner, 2012-16
11 Matt Hasselbeck, 2003-07, 2010
Steven Hauschka, 2012-16
Marshawn Lynch, 2010, 2012-15
Brandon Mebane, 2007, 2010, 2012-15
Marcus Trufant, 2003-05, 2007, 2010, 2012
K.J. Wright, 2012-16
10 Cliff Avril, 2013-16
Jordan Babineaux, 2004-07, 2010
Michael Bennett, 2013-16
Bruce Irvin, 2012-15
Walter Jones, 1999, 2003-07
Sean Locklear, 2004-07, 2010
DeShawn Shead, 2013-16
J.R. Sweezy, 2012-15
9 Shaun Alexander, 2003-07
Josh Brown, 2003-07
Bobby Engram, 2003-07
Chris Gray, 1999, 2004-07
Leroy Hill, 2005-07, 2012
Lemuel Jeanpierre, 2010, 2012-15
Maurice Morris, 2003-07
Lofa Tatupu, 2005-07, 2010
Luke Willson, 2013-16

Most Starts, Career

12 Russell Okung, 2010, 2012-15
Richard Sherman, 2012-16
Earl Thomas, 2010, 2012-15
Bobby Wagner, 2012-16
Russell Wilson, 2012-16
11 Kam Chancellor, 2010, 2012-2016
Matt Hasselbeck, 2003-07, 2010
Brandon Mebane, 2007, 2010, 2012-15
10 Walter Jones, 1999, 2003-07
J.R. Sweezy, 2012-15
K.J. Wright, 2012-16
9 Shaun Alexander, 2003-07
Cliff Avril, 2013-16
Doug Baldwin, 2012-16
Chris Gray, 1999, 2003-07
Leroy Hill, 2005-07, 2012
Sean Locklear, 2004-07, 2010
Marshawn Lynch, 2010, 2012-15
Lofa Tatupu, 2005-07, 2010
Marcus Trufant, 2003-05, 2007, 2010, 2012

SCORING

POINTS

Most Points, Career

84 Steven Hauschka, 2012-16 (19 FG, 27 PAT) 11 games
69 Josh Brown, 2003-07 (16 FG, 21 PAT) 9 games
54 Marshawn Lynch, 2010, 2012-15 (9 TD) 11 games
48 Shaun Alexander, 2003-07 (8 TD) 9 games

Most Points, Game

18 Shaun Alexander, at Green Bay, 1/4/04
12 Curt Warner, at Miami 12/31/83 (2 TD)
Steve Largent, at Houston 1/3/88 (2 TD) (OT)
Shaun Alexander, vs. Carolina 1/22/06
Jerramy Stevens, vs. Dallas 1/6/07
Shaun Alexander, at Chicago 1/14/07 (OT)
John Carlson, vs. New Orleans 1/8/11
Mike Williams, at Chicago 1/16/11
Marshawn Lynch, vs. New Orleans 1/11/14
Jermaine Kearse, at Carolina 1/17/16
11 Olindo Mare, vs. New Orleans 1/8/11
Steven Hauschka, vs. New Orleans 1/11/14
Steven Hauschka, vs. San Francisco 1/19/14
Steven Hauschka, vs. Denver 2/2/14

TOUCHDOWNS

Most Touchdowns, Career

9 Marshawn Lynch, 2010, 2012-14 (9-R)
8 Shaun Alexander, 2003-07 (8-R)
6 Jermaine Kearse, 2012-16 (6-R)
Doug Baldwin, 2012-16 (6-P)
4 Steve Largent, 1983-84, 1987-88 (4-P)
Jerramy Stevens, 2003-06 (4-P)

Most Touchdowns, Game

3 Shaun Alexander, at Green Bay 1/4/04 (3-R) (OT)
2 Curt Warner, at Miami 12/31/83 (2-R)
Steve Largent, at Houston 1/3/88 (2-P) (OT)
Shaun Alexander, vs. Carolina 1/22/06 (2-R)
Jerramy Stevens, vs. Dallas 1/6/07 (2-P)
Shaun Alexander, vs. Chicago 1/14/07 (2-R) (OT)
John Carlson, vs. New Orleans 1/8/11 (2-P)
Mike Williams, at Chicago 1/16/11 (2-P)
Marshawn Lynch, vs. New Orleans 1/11/14 (2-R)
Jermaine Kearse, at Carolina 1/17/16 (2-R)

Most Consecutive Games Scoring Touchdown

5 Marshawn Lynch, 2012-2013
4 Jermaine Kearse, 2013-14
3 Darrell Jackson, 2003-05
Jerramy Stevens, 2005-06

POINTS AFTER TOUCHDOWN

Most Points After Touchdown, Career

27 Steven Hauschka, 2012-16, 11 games (28 att)
21 Josh Brown, 2003-07, 9 games (21 att)
14 Norm Johnson, 1983-84, 1987-88, 7 games (15 att)

Most Points After Touchdown, Game

5 Olindo Mare, vs. NO 1/8/11 (5 att)
Steven Hauschka, vs. Den 2/2/14 (5 att)
4 Norm Johnson, vs. Den 12/24/83 (4 att)
Josh Brown, vs. Carolina 1/22/06 (4 att)
Ryan Longwell, at Atlanta 1/13/13 (4 att)
Steven Hauschka, vs. Carolina 1/10/15 (4 att)
3 Norm Johnson, at Miami 12/31/83 (3 att)
Josh Brown, at Green Bay 1/4/04 (3 att)
Josh Brown, at Chicago 1/14/07 (OT)
josh Brown, vs. Washington 1/5/08 (3 att)
Olindo Mare, at Chicago 1/16/11 (3 att)
Steven Hauschka, vs. New England 2/1/15 (3 att)
Steven Hauschka, at Carolina 1/17/16 (3 att)

FIELD GOALS

Most Field Goals Attempted, Career

20 Steven Hauschka, 2012-16 (11 games)
19 Josh Brown, 2003-07 (9 games)

Most Field Goals Attempted, Game

3 6 Times (Last: Steven Hauschka, vs. S.F. 1/19/14)
2 13 Times (Last: Steven Hauschka, at Atlanta 1/14/17)

Longest Field Goal Attempted

(all successful unless otherwise noted)
55 Steven Hauschka, at Carolina 1/17/16 (sh)
54 Josh Brown, vs. Pittsburgh 2/5/06 (wr)
50 Todd Peterson, vs. Miami 1/9/00
Josh Brown, vs. Pittsburgh 2/5/06 (wl)
Josh Brown, vs. Washington 1/5/08

Most Field Goals, Career

19 Steven Hauschka, 2012-16, 11 games (20 att)
16 Josh Brown, 2003-07, 9 games (19 att)
8 Norm Johnson, 1983-84, 1987-88, 7 games (10 att)

Most Field Goals, Game

3 Steven Hauschka, at Washington 1/6/13 (3 att)
Steven Hauschka, vs. New Orleans 1/11/14 (3 att)
Steven Hauschka, vs. San Francisco 1/19/14 (3 att)
2 14 Times (Last: Steven Hauschka, at Atl. (2 att))

Most Consecutive Field Goals

14 Steven Hauschka, 2012-15
8 Josh Brown, 2003-2005
7 Josh Brown, 2006

Longest Field Goal

50 Josh Brown, vs. Washington 1/5/08
50 Todd Peterson, vs. Miami 1/9/00
49 Steven Hauschka, vs. New Orleans 1/11/14

Highest Field Goal %, Career (min. 5 att.)

95.0 Steven Hauschka, 2012-16, 11 games (19-20)
84.2 Josh Brown, 2003-06, 9 games (16-19)
80.0 Norm Johnson, 1983-84, 1987-88, 7 games (8-10)

SAFETIES

Most Safeties, Career

1 Cliff Avril, 2013-16

Most Safeties, Game

1 Cliff Avril, tackle vs. Den 2/2/14

RUSHING

Most Attempts, Career

193 Marshawn Lynch, 2010, 2012-15 (11 games)
169 Shaun Alexander, 2003-07 (9 games)
71 Curt Warner, 1983, 1988 (4 games)

Most Attempts, Game

34 Shaun Alexander, vs. Carolina 1/22/06
29 Curt Warner, at Miami 12/31/83
Dan Doornink, vs. L.A. Raiders 12/22/84
28 Marshawn Lynch, vs. New Orleans 1/11/14

YARDS GAINED

Most Yards Gained, Career

937 Marshawn Lynch, 2010, 2012-15 (11 games)
564 Shaun Alexander, 2003-07 (9 games)
249 Curt Warner, 1983, 1988 (4 games)

Most Yards Gained, Game

161 Thomas Rawls, vs. Detroit 1/7/17
157 Marshawn Lynch, vs. Green Bay 1/18/15
140 Marshawn Lynch, vs. New Orleans 1/11/14

Most Games, 100 or More Yards Rushing, Career

6 Marshawn Lynch, 2010, 2012-15
2 Shaun Alexander, 2003-07
1 Dan Doornink, 1983-84
Thomas Rawls, 2016
Curt Warner, 1983

Most Consecutive Games, 100 or More Yards Rushing

2 Marshawn Lynch, 2013
Marshawn Lynch, 2014
1 Curt Warner, 1983
Dan Doornink, 1984
Shaun Alexander, 2005
Marshawn Lynch, 2010, 2012
Thomas Rawls, 2016

Longest Run From Scrimmage

67t Marshawn Lynch, vs. New Orleans 1/8/11
40t Marshawn Lynch, vs. San Francisco 1/19/14
32 Thomas Rawls, vs. Detroit 1/7/17
Mack Strong, vs. Washington 1/14/06

AVERAGE GAIN

Highest Average Gain, Career (Min. 30 Attempts)

5.90 Russell Wilson, 2012-16, 12 games (60-354)
5.13 Thomas Rawls, 2016, 2 games (38-195)
4.85 Marshawn Lynch, 2010, 2012-15, 11 games (193-937)

Highest Average Gain, Game (Min. 15 attempts)

6.90 Marshawn Lynch, vs. New Orleans 1/8/11 (19-131)
6.60 Marshawn Lynch, at Washington 1/6/13 (20-132)
6.28 Marshawn Lynch, vs. Green Bay 1/18/15 (25-157)

TOUCHDOWNS

Most Touchdowns, Career

9 Marshawn Lynch, 2010, 2012-15 (11 games)
8 Shaun Alexander, 2003-07 (9 games)
2 Curt Warner, 1983, 1988 (4 games)
Russell Wilson, 2012-16 (12 games)

Most Touchdowns, Game

3 Shaun Alexander, at GB 1/4/04 (OT)
2 Curt Warner, at Miami 12/31/83
Shaun Alexander, vs. Carolina 1/22/06
Shaun Alexander, at Chicago 1/14/07 (OT)
Marshawn Lynch, vs. New Orleans 1/11/14

Most Consecutive Games with Rushing Touchdown

5 Marshawn Lynch, 2012-13
2 Marshawn Lynch, 2014
1 David Hughes, 1983
Curt Warner, 1983
Dave Krieg, 1988
Matt Hasselbeck, 2005
Shaun Alexander, 2003, 2005, 2006, 2007
Leonard Weaver, 2007
Russell Wilson, 2012, 2014
Thomas Rawls, 2016

PASSING

PASSER RATING

Highest Passer Rating, Career (Min. 50 attempts)

94.1 Russell Wilson, 2012-16 (12 games)
84.4 Matt Hasselbeck, 2003-07, 2010 (11 games)
75.9 Dave Krieg, 1983-84, 1987-88 (7 games)

ATTEMPTS

Most Passes Attempted, Career

406 Matt Hasselbeck, 2003-07, 2010 (11 games)
336 Russell Wilson, 2012-16 (12 games)
183 Dave Krieg, 1983-84, 1987-88 (7 games)

Most Passes Attempted, Game

50 Dave Krieg, at Cincinnati 12/31/88
49 Matt Hasselbeck, vs. Pittsburgh 2/5/06
48 Russell Wilson, at Carolina 1/17/16

COMPLETIONS

Most Passes Completed, Career

237 Matt Hasselbeck, 2003-07, 2010 (11 games)
207 Russell Wilson, 2012-16 (12 games)
94 Dave Krieg, 1983-84, 1987-88 (7 games)

Most Passes Completed, Game

31 Russell Wilson, at Carolina 1/17/16
27 Matt Hasselbeck, vs. St. Louis 1/8/05
26 Matt Hasselbeck, vs. Pittsburgh 2/5/06
Matt Hasselbeck, at Chicago 1/16/11

COMPLETION PERCENTAGE

Highest Completion %, Career (Min. 100 attempts)

61.61 Russell Wilson, 2012-16, 12 games (336-207)
58.37 Matt Hasselbeck, 2003-07, 2010, 11 games (406-237)
51.37 Dave Krieg, 1983-84, 1987-88, 7 games (183-94)

Highest Completion %, Game (Min. 15 completions)

76.7 Russell Wilson, vs. Detroit 1/7/17 (30-23)
72.0 Russell Wilson, vs. Denver 2/2/14 (25-18)
71.4 Matt Hasselbeck, vs. Carolina 1/22/06 (28-20)

YARDS GAINED

Most Yards Gained, Career

2,777 Russell Wilson, 2012-16 (12 games)
2,741 Matt Hasselbeck, 2003-07, 2010 (11 games)
1,242 Dave Krieg, 1983-84, 1987-88 (7 games)

Most Yards Gained, Game

385 Russell Wilson, at Atlanta 1/13/13
366 Russell Wilson, at Carolina 1/17/16
341 Matt Hasselbeck, vs. St. Louis 1/8/05

Most games, 300 or More Yards Passing, Career

2 Matt Hasselbeck
Russell Wilson

Most Consec. Games, 300 or More Yards Passing, Career

2 Matt Hasselbeck, 2003-04

Longest Pass Completion

63t Russell Wilson (to Jermaine Kearse) vs. Carolina 1/10/15
56t Dave Krieg (to Steve Largent) at Miami 12/29/84
51 Russell Wilson (to Doug Baldwin) vs. S.F. 1/19/14

AVERAGE GAIN

Highest Average Gain, Career (Min. 50 attempts)

8.26 Russell Wilson, 2012-16, 12 games (336-2,777)
6.79 Dave Krieg, 1983-84, 1987-88, 7 games (183-1,242)
6.75 Matt Hasselbeck, 2003-07, 2010, 11 games (406-2,741)

Highest Average Gain, Game (Min. 20 Attempts)

12.18 Russell Wilson, vs. Carolina 1/10/15 (22-268)
11.76 Russell Wilson, vs. New England 2/1/15 (21-247)
10.69 Russell Wilson, at Atlanta 1/13/13 (36-385)

TOUCHDOWNS

Most Touchdown Passes, Career

20 Russell Wilson, 2012-16 (12 games)
18 Matt Hasselbeck, 2003-07, 2010 (11 games)
9 Dave Krieg, 1983-84, 1987-88 (7 games)

Most Touchdown Passes, Game

4 Matt Hasselbeck, vs. New Orleans 1/8/11
3 Dave Krieg, vs. Denver 12/24/83
Russell Wilson, vs. Carolina 1/10/15
Russell Wilson, at Carolina 1/17/16
2 10 Times (Last: Russell Wilson, at Atlanta 1/14/17)

Most Consecutive Games, Touchdown Pass

10 Matt Hasselbeck, 2004-2010
9 Russell Wilson, 2013-16
4 Dave Krieg, 1984, 1987-88

HAD INTERCEPTED

Lowest %, Passes Had Intercepted, Career (Min. 50 att)

2.22 Matt Hasselbeck, 2003-07, 2010, 11 games (9-406)
3.27 Russell Wilson, 2012-16, 12 games (11-336)
3.28 Dave Krieg, 1987-88, 7 games (6-183)

Most Attempts Without Interception, Game

46 Matt Hasselbeck, at Chicago 1/16/11
38 Dave Krieg, at Houston 1/3/88 (OT)
35 Dave Krieg, at Miami 12/29/84

Most Passes Had Intercepted, Career

11 Russell Wilson, 2012-16, 12 games
9 Matt Hasselbeck, 2003-07, 2010, 11 games
6 Dave Krieg, 1983-84, 1987-88, 7 games

Most Passes Had Intercepted, Game

4 Russell Wilson, vs. Green Bay 1/18/15
3 Dave Krieg, at L.A. Raiders 1/8/84
2 Jim Zorn, at L.A. Raiders 1/8/84
Dave Krieg, at Cincinnati 12/31/88
Jon Kitna, vs. Miami 1/9/00
Matt Hasselbeck, vs. Dallas 1/6/07
Matt Hasselbeck, vs. Washington 1/5/08
Russell Wilson, at Carolina 1/17/16
Russell Wilson, at Atlanta 1/14/17

Most Consecutive Passes Without Interception

109 Matt Hasselbeck, 2004-05
91 Russell Wilson, 2013-14
87 Dave Krieg, 1984, 1987-88

PASS RECEIVING

RECEPTIONS

Most Receptions, Career

55 Doug Baldwin, 2012-16 (12 games)
41 Darrell Jackson, 2003-06 (7 games)
35 Bobby Engram, 2003-07 (9 games)
31 Jermaine Kearse, 2012-16 (12 games)

Most Receptions, Game

12 Darrell Jackson, vs. St. Louis 1/8/05
11 John L. Williams, at Cincinnati 12/31/88
Jermaine Kearse, at Carolina 1/17/16
Doug Baldwin, vs. Detroit 1/7/17
8 Brandon Stokley, at Chicago 1/16/11
Zach Miller, at Atlanta 1/13/13
Doug Baldwin, at Carolina 1/17/16

Most Consecutive Games, Pass Reception

12 Doug Baldwin, 2012-16
10 Jermaine Kearse, 2013-16
9 Bobby Engram, 2003-07
5 Darrell Jackson, 2003-05
Jerramy Stevens, 2004-06
Zach Miller, 2012-13
Golden Tate, 2012-13

YARDS GAINED

Most Yards Gained, Career

702 Doug Baldwin, 2012-16 (12 games)
503 Darrell Jackson, 2003-06 (7 games)
493 Jermaine Kearse, 2012-16 (12 games)

Most Yards Gained, Game

143 Darrell Jackson, vs. Washington 1/14/05
142 Zach Miller, at Atlanta 1/13/13
137 John L. Williams, at Cincinnati 12/31/88

Most Games, 100 or More Yards Receiving, Career

3 Doug Baldwin, 2012-16 (12 games)
2 Steve Largent, 1983-84, 1987-88 (7 games)
Darrell Jackson, 2003-06 (7 games)
Jermaine Kearse, 2012-16 (12 games)
1 John L. Williams, 1987-88 (2 games)
D.J. Hackett, 2005-07 (5 games)
Zach Miller, 2012-13 (5 games)
Golden Tate, 2010, 2012-13 (7 games)
Chris Matthews, 2014 (3 games)

Most Consecutive Games, 100 or More Yards Receiving, Career

2 Steve Largent, 1984, 1987
Darrell Jackson, 2004-05
1 John L. Williams, 1988
D.J. Hackett, 2007
Zach Miller, 2012
Golden Tate, 2012
Doug Baldwin, 2013, 2014, 2016
Jermaine Kearse, 2014, 2015
Chris Matthews, 2014

Longest Reception

63t Jermaine Kearse, (from Russell Wilson) vs. Carolina 1/10/15
56t Steve Largent, (from Dave Krieg) at Miami 12/29/84
51 Doug Baldwin, (from Russell Wilson) vs. S.F. 1/19/14

AVERAGE GAIN

Highest Average Gain, Career (Min. 20 Receptions)

18.87 Steve Largent, 1983-84, 1987-88, 7 games (23-434)
15.90 Jermaine Kearse, 2012-16, 12 games (31-493)
13.60 Bobby Engram, 2003-07, 9 games (35-476)

Highest Average Gain, Game (Min. 3 Receptions)

43.00 Jermaine Kearse, vs. Carolina 1/10/15 (3-129)
27.25 Chris Matthews, vs. New England 2/1/15 (4-109)
25.00 Tyler Lockett, at Carolina 1/17/16 (3-75)

TOUCHDOWNS

Most Touchdowns, Career

6 Jermaine Kearse, 2012-16 (12 games)
Doug Baldwin, 2012-16 (12 games)
4 Steve Largent, 1983-84, 1987-88 (7 games)
Jerramy Stevens, 2003-06 (6 games)
3 Darrell Jackson, 2003-06 (7 games)
Mike Williams, 2010 (2 games

Most Touchdowns, Game

2 Steve Largent, at Houston 1/3/88 (OT)
Jerramy Stevens, vs. Dallas 1/6/07
John Carlson, vs. New Orleans 1/8/11
Mike Williams, at Chicago 1/16/11
Jermaine Kearse, at Carolina 1/17/16

Most Consecutive Games, Touchdown Passes Caught

4 Jermaine Kearse, 2013-14
3 Jerramy Stevens, 2005-06
2 Doug Baldwin, 2013-14
Doug Baldwin, 2014-15
Doug Baldwin, 2016
Jermaine Kearse, 2015-16
Steve Largent, 1984, 1987
Brandon Stokley, 2010
Mike Williams, 2010

INTERCEPTIONS BY

Most Interceptions, Career

4 John Harris, 1983-84, 5 games
3 Kam Chancellor, 2010, 2012-16, 14 games
2 Greggory Johnson, 1983, 3 games
Kerry Justin, 1983, 3 games
Michael Boulware, 2004-06, 6 games
Earl Thomas, 2010, 2012-15, 12 games
Malcolm Smith, 2012-14, 8 games
Richard Sherman, 2012-16, 12 games
Bobby Wagner, 2012-16, 12 games

Most Interceptions, Game

2 John Harris, at Miami 12/29/84
1 By 27 (Last: J. Lane & B. Wagner vs. New England, 2/1/15)

YARDS GAINED

Most Yards Gained, Career

92 Kam Chancellor, 2010, 2012-16 (14 games)
78 Marcus Trufant, 2003-05, 2007, 2010 (9 games)
76 Kelly Herndon, 2005 (3 games)

Most Yards Gained, Game

90 Kam Chancellor, vs. Carolina 1/10/15
78 Marcus Trufant, vs. Washington 1/5/08
76 Kelly Herndon, vs. Pittsburgh 2/5/06

Longest Return

90t Kam Chancellor, vs. Carolina 1/10/15
78t Marcus Trufant, vs. Washington 1/5/08
76 Kelly Herndon, vs. Pittsburgh 2/5/06

TOUCHDOWNS

Most Touchdowns, Career

1 Marcus Trufant, 2003-05, 2006, 2010 (9 games)
Jordan Babineaux, 2004-07, 2010 (10 games)
Malcolm Smith, 2012-14 (8 games)
Kam Chancellor, 2010, 2012-16 (14 games)

Most Touchdowns, Game

1 Marcus Trufant, vs. Washington 1/5/08
Jordan Babineaux, vs. Washington 1/5/08
Malcolm Smith, vs. Denver 2/2/14
Kam Chancellor, vs. Carolina 1/10/15

PUNTING

Most Punts, Career

56 Jon Ryan, 2010, 2012-16 (14 games)
27 Jeff West, 1983-84 (5 games)
22 Ryan Plackemeier 2006-07 (4 games)

Most Punts, Game

9 Jon Ryan, at Chicago 1/16/11
8 Jeff West, vs. L.A. Raiders 12/22/84
7 Jeff West, at Miami 12/29/84
Ruben Rodriguez, at Houston 1/3/88 (OT)
Jeff Feagles, vs. Miami 1/9/00
Ryan Plackemeier, vs. Washington 1/5/08

Longest Punt

61 Jon Ryan, vs. New England, 2/1/15
60 Jon Ryan, at Atlanta, 1/14/17
58 Jeff West, at Miami, 12/29/84

AVERAGE YARDAGE

Highest Average, Career (20 Punts)

39.16 Jon Ryan, 2010, 2012-16, 14 games (56-2,193)
38.41 Ryan Plackemeier, 2006-07, 4 games (22-845)
36.96 Jeff West, 1983-84, 5 games (27-998)

Highest Average, Game (4 Punts)
47.86 Jeff Feagles, vs. Miami 1/9/00 (7-335)
44.83 Jon Ryan, vs. New England 2/1/15 (6-269)
44.25 Ruben Rodriguez, at Houston 1/3/88 (7-310) (OT)

PUNT RETURNS

Most Punt Returns, Career
12 Nate Burleson, 2006-07 (4 games)
7 Bobby Joe Edmonds, 1987-88 (2 games)
6 Kenny Easley, 1983-84, 1987 (6 games)
Peter Warrick, 2005 (3 games)
Bryan Walters, 2013-14 (4 games)

Most Punt Returns, Game
6 Nate Burleson, vs. Washington 1/5/08
5 Kenny Easley, vs. L.A. Raiders 12/22/84
Bobby Joe Edmonds, at Cincinnati 12/31/88
4 3 Times (Last: Peter Warrick, vs. Pittsburgh 2/5/06)

YARDS GAINED

Most Yards Gained, Career
99 Nate Burleson, 2006-07 (4 games)
96 Bobby Joe Edmonds, 1987-88 (2 games)
58 Paul Johns, 1983 (3 games)

Most Yards Gained, Game
84 Nate Burleson, vs. Washington 1/5/08
66 Bobby Joe Edmonds, at Houston 1/3/88 (OT)
58 Paul Johns, vs. Denver 12/24/83

Longest Return
54 Bobby Joe Edmonds, at Houston 1/3/88 (OT)
20 Nate Burleson, vs. Washington 1/5/08
19 Paul Johns, vs. Denver 12/24/83

AVERAGE YARDAGE

Highest Average, Career (Minimum 4 Returns)
14.50 Paul Johns, 1983, 3 games (4-58)
13.71 Bobby Joe Edmonds, 1987-88, 2 games (7-96)
9.50 Kenny Easley, 1983-84, 5 games (6-57)

Highest Avg. Gain, Game (Minimum 3 Returns)
14.5 Paul Johns, vs. Denver 12/24/83 (4-58)
10.4 Kenny Easley, vs. L.A. Raiders 12/22/84 (5-52)

TOUCHDOWNS

Most Touchdowns, Career
None

Most Touchdowns, Game
None

KICKOFF RETURNS

Most Kickoff Returns, Career
19 Nate Burleson, 2006-07 (4 games)
12 Leon Washington, 2010, 2012 (4 games)
11 Maurice Morris, 2003-07 (7 games)

Most Kickoff Returns, Game
6 Maurice Morris, vs. St. Louis 1/8/05
Nate Burleson, at Chicago 1/14/06 (OT)
Nate Burleson, at Green Bay 1/12/08
5 Bobby Joe Edmonds, at Houston 1/3/88 (OT)
Nate Burleson, vs. Dallas 1/6/07
Leon Washington, at Chicago 1/16/11
Devin Hester, at Atlanta 1/14/17

YARDS GAINED

Most Yards Gained, Career
402 Nate Burleson, 2006-07 (4 games)
305 Leon Washington, 2010, 2012 (4 games)
214 Devin Hester, 2016 (2 games)

Most Yards Gained, Game
194 Devin Hester, at Atlanta 1/14/17
166 Nate Burleson, at Chicago 1/14/06 (OT)
159 Charlie Rogers, vs. Miami 1/9/00

Longest Return
87 Percy Harvin, vs. Denver 2/2/14 (TD)
85 Charlie Rogers, vs. Miami 1/9/00 (TD)
78 Devin Hester, at Atlanta 1/14/17

AVERAGE YARDAGE

Highest Average, Career (Minimum 5 Returns)
35.67 Devin Hester, 2016, 2 games (6-214)
26.86 Doug Baldwin, 2012-16, 12 games (7-188)
26.14 Zachary Dixon, 1983, 3 games (7-183)

Highest Average, Game (Minimum 3 Returns)
39.75 Charlie Rogers, vs. Miami 1/9/00
38.80 Devin Hester, at Atlanta 1/14/17 (5-194)
36.33 Doug Baldwin, vs. San Francisco 1/19/14 (3-109)

TOUCHDOWNS

Most Touchdowns, Career
1 Charlie Rogers, 1999 (1 game)
Percy Harvin, 2013 (2 games)

Most Touchdowns, Game
1 Charlie Rogers, vs. Miami 1/9/00
Percy Harvin, vs. Denver 2/2/14

FUMBLES

Most Fumbles, Career
6 Russell Wilson, 2012-16 (12 games)
3 Marshawn Lynch, 2010, 2012-15 (11 games)
2 John L. Williams, 1987-88 (2 games)
Koren Robinson, 2003-04 (2 games)
Jimmy Williams, 2005 (3 games)

Most Fumbles, Game
2 Koren Robinson, vs. St. Louis 1/8/05
Jimmy Williams, vs. Washington 1/14/06
Russell Wilson, vs. San Francisco 1/19/14

RECOVERIES

Most Own Fumbles Recovered, Career
- 4 Russell Wilson, 2012-16 (12 games)
- 3 Marshawn Lynch, 2010, 2012-15 (11 games)
- 1 Ron Essink, 1983-84 (5 games)
  Pete Metzelaars, 1983-84 (5 games)
  Robbie Tobeck, 2003-05 (5 games)
  Koren Robinson, 2003-04 (2 games)
  Chris Spencer, 2005-07, 2010 (5 games)
  Matt Hasselbeck, 2003-07, 2010 (11 games)
  Ben Obomanu, 2007, 2010 (4 games)
  Michael Robinson, 2010, 2012-13 (6 games)
  Jon Ryan, 2010, 2012-16 (14 games)

Most Opponents Fumbles Recovered, Career
- 2 Jeff Bryant, 1983-84, 1987-88 (7 games)
  Michael Bennett, 2013-16 (10 games)
  Clinton McDonald, 2012-13 (5 games)
- 1 By Many, (Last: Ahtyba Rubin, 2015-16 (4 games))

Most Fumbles Recovered, Game, Own and Opponents
- 2 Jeff Bryant, at L.A. Raiders 1/8/84 (2-Opp)
  Russell Wilson, vs. Carolina 1/10/15 (2-Own)
- 1 By Many, (Last: A. Rubin, at Minnesota 1/10/16 (1-Opp))

YARDS GAINED

Longest Return
- 19 Marshawn Lynch, at Washington 1/6/13
- 17 Michael Bennett, vs. San Francisco 1/19/14
- 7 Malcolm Smith, vs. Denver 2/2/14

TOUCHDOWNS

Most Touchdowns – None

TACKLES

Most Tackles, Career
- 120 Bobby Wagner, 2012-16 (12 games)
- 91 Kam Chancellor, 2010, 2012-16 (14 games)
- 84 K.J. Wright, 2012-16 (11 games)
- 82 Earl Thomas, 2010, 2012-15 (12 games)

Most Tackles, Game
- 17 Brian Bosworth, at Houston 1/3/88 (OT)
- 15 Eugene Robinson, at Houston 1/3/88 (OT)
  Bobby Wagner, vs. San Francisco 1/19/14
- 14 Kam Chancellor, vs. New Orleans 1/11/14
  K.J. Wright, at Carolina 1/17/16

SACKS

Most Sacks, Career
- 6.5 Cliff Avril, 2013-16 (10 games)
- 4.0 Rocky Bernard, 2003-07 (7 games)
- 3.5 Jacob Green, 1983-84, 1987-88 (7 games)
  Bruce Irvin, 2012-15 (10 games)
  Michael Bennett, 2013-16 (10 games)
- 3.0 Bryce Fisher, 2005-06 (5 games)

Most Sacks, Game
- 2.5 Jacob Green, vs. L.A. Raiders 12/22/84
- 2.0 Chike Okeafor, vs. St. Louis 1/8/05
  Rocky Bernard, vs. Carolina 1/22/06
  Bryce Fisher, vs. Dallas 1/6/07
  Cliff Avril, vs. Detroit 1/7/17

FUMBLES

Most Forced Fumbles, Career
- 3 Michael Bennett, 2013-16 (10 games)
- 2 Jacob Green, 1983-84, 1987-88 (7 games)
  Bruce Scholtz, 1983-84, 1987-88 (7 games)
  Bryce Fisher, 2005-06 (5 games)
  Raheem Brock, 2010 (2 games)
  Cliff Avril, 2013-16 (10 games)
  Chris Clemons, 2010, 2012-13 (7 games)

Most Forced Fumbles, Game
- 2 Chris Clemons vs. Denver 2/2/14
- 1 By Many (Last: Frank Clark at Atlanta 1/14/17)

BLOCKED KICKS

Most Blocked Punts, Career – None
Most Blocked Punts, Game – None
Most Blocked Field Goals, Career – None
Most Blocked Field Goals, Game – None
Most Blocked PATs, Career – None
Most Blocked PATs, Game – None
Most Blocked Placekicks, Career – None
Most Blocked Placekicks, Game – None

TEAM POSTSEASON RECORDS

GAMES

Most Consecutive Seasons Participating in Postseason
- 5 2003-07
  2012-16
- 2 1983-84, 1987-88

Most Games
- 3 1983, 2005, 2013, 2014
- 2 1984, 2006, 2007, 2010, 2012, 2015, 2016
- 1 1987, 1988, 1999, 2003, 2004

Most Games Won
- 3 2013
- 2 1983, 2005, 2014
- 1 1984, 2006, 2007, 2010, 2012, 2015, 2016

Most Consecutive Games Won
- 5 2013-14
- 2 1983, 2005
- 1 1984, 2006, 2007, 2010, 2012, 2015, 2016

Most Consecutive Games Lost
- 6 1984-04
- 1 1983, 2005, 2006, 2007, 2010, 2012, 2014, 2015, 2016

SCORING

Most Points, Game
43 vs. Denver 2/2/14
41 vs. New Orleans 1/8/11
35 vs. Washington 1/5/08

Fewest Points, Game
10 at Miami 12/29/84
vs. Pittsburgh 2/5/06
at Minnesota 1/10/16
13 vs. L.A. Raiders 12/22/84
at Cincinnati 12/31/88

Most Points, Both Teams, Game
77 (41) vs. New Orleans (36) 1/8/11
62 (20) at Green Bay (42) 1/12/08
60 (27) at Green Bay (33) 1/4/04 (OT)

Fewest Points, Both Teams, Game
19 (10) at Minnesota (9) 1/10/16
20 (13) at L.A. Raiders (7) 12/22/84
30 (20) vs. Washington (10) 1/14/06

Largest Margin of Victory, Game
35 (43) vs. Denver (8) 2/2/14
24 (31) vs. Denver (7) 12/24/83
21 (35) vs. Washington (14) 1/5/08

Most Points, Shutout Victory, Game
None

Most Points Overcome to Win Game
16 vs. Green Bay 1/18/15 (OT) (Trailed 16-0, Won 28-22)
14 at Washington 1/6/13 (Trailed 14-0, Won 24-14)
10 vs. New Orleans 1/8/11 (Trailed 10-0 and 17-7, Won 41-36)
vs. San Francisco 1/19/14 (Trailed 10-0, Won 23-17)

Most Points, Each Half
1st: 24 vs. New Orleans 1/8/11
22 vs. Denver 2/2/14
20 vs. Carolina 1/22/06
2nd: 28 at Atlanta 1/13/13
vs. Green Bay 1/18/15 (OT)
25 vs. Washington 1/5/08
24 at Carolina 1/17/16

Most Points, Each Quarter
1st: 14 at Green Bay 1/12/08
10 vs. Carolina 1/22/06
8 vs. Denver 2/2/14
2nd: 17 vs. New Orleans 1/8/11
14 at Chicago 1/14/06 (OT)
vs. Denver 2/2/14
vs. New England 2/1/15
13 at Washington 1/6/13
3rd: 14 at Green Bay 1/4/04
vs. Denver 2/2/14
at Carolina 1/17/16
10 at Chicago 1/14/07 (OT)
vs. New Orleans 1/8/11
vs. San Francisco 1/19/14
vs. New England 2/1/15
4th: 22 vs. Washington 1/5/08
21 at Chicago 1/16/11
at Atlanta 1/13/13
OT: 6 vs. Green Bay 1/18/15
0 at Houston 1/3/88
at Green Bay 1/4/04
at Chicago 1/14/07

TOUCHDOWNS

Most Touchdowns, Game
5 vs. New Orleans 1/8/11
vs. Denver 2/2/14
4 vs. Denver 12/24/83
vs. Carolina 1/22/06
vs. Washington 1/5/08
at Atlanta 1/13/13
vs. Carolina 1/10/15
vs. Green Bay 1/18/15 (OT)
3 at Miami 12/31/83
at Green Bay 1/4/04 (OT)
at Chicago 1/14/07 (OT)
at Chicago 1/16/11
vs. New England 2/1/15
at Carolina 1/17/16
vs. Detroit 1/7/17

Fewest Touchdowns, Game
1 vs. L.A. Raiders 12/22/84
at Miami 12/29/84
vs. Pittsburgh 2/5/06
at Minnesota 1/10/16
2 11 Times (Last: at Atlanta 1/14/17)

Most Touchdowns, Both Teams, Game
9 Seattle (5) vs. New Orleans (4) 1/8/11
8 Seattle (2) at Green Bay (6) 1/12/08
Seattle (3) at Chicago (5) 1/16/11
7 Seattle (3) at Green Bay (4) 1/4/04 (OT)
Seattle (4) at Atlanta (3) 1/13/13
Seattle (3) vs. New England (4) 2/1/15
Seattle (3) at Carolina (4) 1/17/16

Fewest Touchdowns Both Teams, Game
1 Seattle (1) at Minnesota (0) 1/10/16
2 Seattle (1) at L.A. Raiders (1) 12/22/84
3 Seattle (2) vs. Washington (1) 1/14/06
Seattle (3) vs. Detroit (0) 1/7/17

POINTS AFTER TOUCHDOWN

Most PAT, Game
5 vs. New Orleans 1/8/11
vs. Denver 2/2/14
4 vs. Denver 12/24/83
vs. Carolina 1/22/06
at Atlanta 1/13/13
vs. Carolina 1/10/15
3 at Miami 12/31/83
at Green Bay 1/4/04 (OT)
at Chicago 1/14/07 (OT)
vs. Washington 1/5/08
at Chicago 1/16/11
vs. New England 2/1/15
at Carolina 1/17/16

Fewest PAT, Game
1 vs. L.A. Raiders 12/22/84
at Miami 12/29/84
at Cincinnati 12/31/88
vs. Pittsburgh 2/5/06
vs. Dallas 1/6/07
at Washington 1/6/13
at Minnesota 1/10/16

Most PAT, Both Teams, Game
9 Seattle (5) vs. New Orleans (4) 1/8/11
8 Seattle (2) at Green Bay (6) 1/12/08
Seattle (3) at Chicago (5) 1/16/11
7 Seattle (4) at Atlanta (3) 1/13/13
Seattle (3) vs. New England (4) 2/1/15
Seattle (3) at Carolina (4) 1/17/16

Fewest PAT, Both Teams, Game
1 Seattle (1) at Minnesota (0) 1/10/16
2 Seattle (1) at L.A. Raiders (1) 12/22/84
Seattle (2) vs. Detroit (0) 1/7/17
3 Seattle (2) vs. Washington (1) 1/14/06
Seattle (1) vs. Dallas (2) 1/6/07
Seattle (1) at Washington (2) 1/6/13
Seattle (2) vs. New Orleans (1) 1/11/14
Seattle (2) vs. Green Bay (1) 1/18/15 (OT)

FIELD GOALS

Most Field Goals, Game
3 at Washington 1/6/13
vs. New Orleans 1/11/14
vs. San Francisco 1/19/14
2 13 Times (Last: at Atlanta 1/14/17)

Most Field Goals, Both Teams, Game
5 Seattle (2) at Houston (3) 1/3/88 (OT)
Seatle (2) vs. New Orleans (3) 1/8/11
Seattle (0) vs. Green Bay (5) 1/18/15 (OT)
4 Seattle (2) at Green Bay (2) 1/4/04 (OT)
Seattle (2) vs. St. Louis (2) 1/8/05
Seattle (3) vs. San Francisco (1) 1/19/14
Seattle (1) at Minnesota (3) 1/10/16
Seattle (2) vs. Detroit (2) 1/7/17
Seattle (2) at Atlanta (2) 1/14/17

Most Field Goals Attempted, Game
3 at Miami 12/31/83
vs. Carolina 1/22/06
vs. Pittsburgh 2/5/06
at Washington 1/6/13
vs. New Orleans 1/11/14
vs. San Francisco 1/19/14
2 vs. L.A. Raiders 12/22/84
at Miami 12/29/84
at Houston 1/3/88 (OT)
at Green Bay 1/4/04 (OT)
vs. St. Louis 1/8/05
vs. Washington 1/14/06
vs. Dallas 1/6/07
vs. Washington 1/5/08
at Green Bay 1/12/08
vs. New Orleans 1/8/11
vs. Denver 2/2/14
at Carolina 1/17/16
vs. Detroit 1/7/17
at Atlanta 1/14/17

Most Field Goals Attempted, Both Teams, Game
7 Seattle (2) at Houston (5) 1/3/88 (OT)
5 Seattle (2) at Miami (3) 12/29/84
Seattle (2) at Green Bay (3) 1/4/04 (OT)
Seattle (2) vs. New Orleans (3) 1/8/11
Seattle (3) vs. New Orleans (2) 1/11/14
Seattle (0) vs. Green Bay (5) 1/18/15 (OT)
Seattle (1) at Minnesota (4) 1/10/16

FIRST DOWNS

Most First Downs, Game
28 at Atlanta 1/13/13
27 vs. Carolina 1/22/06
24 vs. St. Louis 1/8/05
vs. Detroit 1/7/17

Fewest First Downs, Game
8 at Miami 12/29/84
11 at Houston 1/3/88 (OT)
12 vs. Miami 1/9/00

Most First Downs, Both Teams, Game
52 Seattle (28) at Atlanta (24) 1/13/13
51 Seattle (19) vs. New Orleans (32) 1/8/11
46 Seattle (24) vs. St. Louis (22) 1/8/05

Fewest First Downs, Both Teams, Game
26 Seattle (15) vs. Washington (11) 1/14/06
27 Seattle (13) at Minnesota (14) 1/10/16
30 Seattle (8) at Miami (22) 12/29/84
Seattle (12) vs. Miami (18) 1/9/00
Seattle (14) vs. San Francisco (16) 1/19/14

RUSHING

Most First Downs, Rushing, Game
13 vs. Carolina 1/22/06
12 at Miami 12/31/83
vs. L.A. Raiders 12/22/84
at Chicago 1/14/07 (OT)
at Washington 1/6/13
10 vs. Green Bay 1/18/15 (OT)

Fewest First Downs, Rushing, Game
0 vs. Miami 1/9/00
1 at Houston 1/3/88 (OT)
at Cincinnati 12/31/88
at Chicago 1/16/11
2 at Miami 12/29/84
at Minnesota 1/10/16

Most First Downs, Rushing, Both Teams, Game
21 Seattle (12) at Miami (9) 12/31/83
20 Seattle (12) at Chicago (8) 1/14/07 (OT)
18 Seattle (1) at Cincinnati (17) 12/31/88
17 Seattle (12) at L.A. Raiders (5) 12/22/84
Seattle (12) at Washington (5) 1/6/13

Fewest First Downs Rushing, Both Teams, Game
6 Seattle (2) at Minnesota (4) 1/10/16
7 Seattle (0) vs. Miami (7) 1/9/00
Seattle (3) vs. Washington (4) 1/5/08
8 Seattle (6) vs. Denver (2) 2/2/14

PASSING

Most First Downs, Passing, Game
19 at Atlanta 1/13/13
18 at Carolina 1/17/16
16 at Cincinnati 12/31/88
at Green Bay 1/4/04 (OT)

Fewest First Downs, Passing, Game
4 vs. L.A. Raiders 12/22/84
5 vs. New Orleans 1/11/14
6 at Miami 12/29/84
at Chicago 1/14/07 (OT)

Most First Downs, Passing, Both Teams, Game

35 Seattle (13) vs. New Orleans (22) 1/8/11
35 Seattle (19) at Atlanta (16) 1/13/13
31 Seattle (10) vs. New England (21) 2/1/15

Fewest First Downs Passing, Both Teams, Game

12 Seattle (4) at L.A. Raiders (8) 12/22/84
15 Seattle (9) at Minnesota (6) 1/10/16
16 Seattle (6) at Chicago (10) 1/14/07 (OT)
Seattle (8) vs. San Francisco (8) 1/19/14

PENALTY

Most First Downs, Penalty, Game

4 vs. Dallas 1/6/07
3 at Green Bay 1/12/08
at Chicago 1/16/11
2 at L.A. Raiders 1/8/84
at Cincinnati 12/31/88
vs. Miami 1/9/00
at Green Bay 1/4/04 (OT)
vs. St. Louis 1/8/05
vs. New Orleans 1/8/11
vs. New Orleans 1/11/14
vs. New England 2/1/15
at Minnesota 1/10/16
vs. Detroit 1/7/17

Most First Downs, Penalty, Both Teams, Game

6 Seattle (2) vs. St. Louis (4) 1/8/05
Seattle (2) at Minnesota (4) 1/10/16
5 Seattle (4) vs. Dallas (1) 1/6/07
Seattle (2) vs. New Orleans (3) 1/11/14
Seattle (2) vs. New England (3) 2/1/15
4 Seattle (3) at Green Bay (1) 1/12/08
Seattle (1) vs. Denver (3) 2/2/14

NET YARDS GAINED RUSHING & PASSING

Most Net Yards Gained, Game

491 at Atlanta 1/13/13
415 vs. New Orleans 1/8/11
413 vs. St. Louis 1/8/05
403 at Carolina 1/17/16

Fewest Net Yards Gained, Game

167 at L.A. Raiders 1/8/84
171 vs. Miami 1/9/00
200 at Green Bay 1/12/08

Most Yards Gained, Both Teams, Game

908 Seattle (491) at Atlanta (417) 1/13/13
889 Seattle (415) vs. New Orleans (474) 1/8/11
809 Seattle (413) vs. St. Louis (396) 1/8/05
773 Seattle (396) vs. New England (377) 2/1/15

Fewest Yards Gained, Both Teams, Game

409 Seattle (226) at Minnesota (183) 1/10/16
470 Seattle (171) vs. Miami (299) 1/9/00
491 Seattle (251) at L.A. Raiders (240) 12/22/84

RUSHING

ATTEMPTS

Most Attempts, Game

51 vs. L.A. Raiders 12/22/84
42 at Miami 12/31/83
38 vs. Denver 12/24/83
vs. Detroit 1/7/17

Fewest Attempts, Game

11 at Houston 1/3/88 (OT)
12 at Chicago 1/16/11
at Carolina 1/17/16
16 at Cincinnati 12/31/88

Most Attempts, Both Teams, Game

76 Seattle (51) at L.A. Raiders (25) 12/22/84
72 Seattle (42) at Miami (30) 12/31/83
71 Seattle (38) vs. Denver (33) 12/24/83

Fewest Attempts, Both Teams, Game

43 Seattle (29) vs. Denver (14) 2/2/14
47 Seattle (25) vs. New Orleans (22) 1/8/11
Seattle (20) vs. St. Louis (27) 1/8/05
50 Seattle (21) vs. Washington (29) 1/5/08
Seattle (29) vs. New England (21) 2/1/15
Seattle (21) at Atlanta (29) 1/14/17

YARDS GAINED

Most Yards Gained, Game

224 at Washington 1/6/13
205 vs. L.A. Raiders 12/22/84
194 vs. Green Bay 1/18/15 (OT)

Fewest Yards Gained, Game

22 at Cincinnati 12/31/88
28 at Green Bay 1/12/08
29 at Houston 1/3/88 (OT)

Most Yards Gained, Both Teams, Game

329 Seattle (194) vs. Green Bay (135) 1/18/15 (OT)
328 Seattle (224) at Washington (104) 1/6/13
318 Seattle (137) vs. Pittsburgh (181) 2/5/06

Fewest Yards Gained, Both Teams, Game

127 Seattle (49) at Green Bay (78) 1/4/04 (OT)
149 Seattle (41) vs. Miami (108) 1/9/00
152 Seattle (77) vs. Washington (75) 1/5/08

AVERAGE GAIN

Highest Average Gain, Game

6.50 at Carolina 1/17/16 (12-78)
6.05 at Washington 1/6/13 (37-224)
5.96 vs. New Orleans 1/8/11 (25-149)

Lowest Average Gain, Game

1.38 at Cincinnati 12/31/88 (16-22)
1.56 at Green Bay 1/12/08 (18-28)
2.05 vs. Miami 1/9/00 (20-41)

TOUCHDOWNS

Fewest Touchdowns, Game
0 13 Times (Last: at Atlanta 1/14/17)

Most Touchdowns, Game
3 at Green Bay 1/4/04 (OT)
2 at Miami 12/31/83
vs. Carolina 1/22/06
at Chicago 1/14/07
vs. New Orleans 1/11/14
vs. Green Bay 1/18/15 (OT)

Most Touchdowns, Both Teams, Game
5 Seattle (3) at Green Bay (2) 1/4/04 (OT)
4 Seattle (1) at Cincinnati (3) 12/31/88
Seattle (2) vs. New Orleans (2) 1/5/08
Seattle (1) at Green Bay (3) 1/12/08

Fewest Touchdowns, Both Teams, Game
0 Seattle (0) at L.A. Raiders (0) 12/22/84
Seattle (0) vs. Dallas (0) 1/6/07
Seattle (0) vs. Carolina (0) 1/10/15
Seattle (0) at Minnesota (0) 1/10/16
1 11 Times (Last: Seattle [0] at Atlanta [1] 1/14/17)

PASSING

ATTEMPTS

Most Attempts, Game
50 at Cincinnati 12/31/88
49 vs. Pittsburgh 2/5/06
48 at Carolina 1/17/16

Fewest Attempts, Game
10 vs. L.A. Raiders 12/22/84
13 vs. Denver 12/24/83
18 vs. New Orleans 1/11/14

Most Attempts, Both Teams, Game
95 Seattle (35) vs. New Orleans (60) 1/8/11
83 Seattle (45) at Green Bay (38) 1/4/04 (OT)
82 Seattle (32) vs. Washington (50) 1/5/08

Fewest Attempts, Both Teams, Game
37 Seattle (10) at L.A. Raiders (27) 12/22/84
47 Seattle (13) vs. Denver (34) 12/24/83
49 Seattle (25) vs. San Francisco (24) 1/19/14

COMPLETIONS

Most Completions, Game
31 at Carolina 1/17/16
27 vs. St. Louis 1/8/05
26 vs. Pittsburgh 2/5/06
at Chicago 1/16/11

Fewest Completions, Game
4 vs. L.A. Raiders 12/22/84
9 vs. New Orleans 1/11/14
12 vs. Denver 12/24/83
vs. New England 2/1/15

Most Completions, Both Teams, Game
61 Seattle (22) vs. New Orleans (39) 1/8/11
52 Seattle (18) vs. Denver (34) 2/2/14
51 Seattle (25) at Green Bay (26) 1/4/04

Fewest Completions, Both Teams, Game
18 Seattle (4) at L.A. Raiders (14) 12/22/84
28 Seattle (15) at Washington (13) 1/6/13
30 Seattle (15) at Miami (15) 12/31/83
Seattle (16) vs. San Francisco (14) 1/19/14
Seattle (13) at Minnesota (17) 1/10/16

Highest Completion %, Game (Min. 20 Attempts)
76.67 vs. Detroit 1/7/17 (30-23)
69.23 vs. Denver 2/2/14 (26-18)
68.18 vs. Carolina 1/10/15 (22-15)

Lowest Completion %, Game (Min. 20 Attempts)
41.03 at Houston 1/3/88 (16-39) (OT)
46.67 vs. Miami 1/9/00 (14-30)
47.22 at L.A. Raiders 1/8/84 (17-36)

NET YARDS GAINED

Most Yards Gained, Game
368 at Atlanta 1/13/13
341 vs. St. Louis 1/8/05
325 at Carolina 1/17/16

Fewest Yards Gained, Game
46 vs. L.A. Raiders 12/22/84
102 at L.A. Raiders 1/8/84
129 at Minnesota 1/10/16

Most Yards Gained, Both Teams, Game
686 Seattle (277) vs. New Orleans (409) 1/11/14
669 Seattle (272) vs. New Orleans (397) 1/8/11
651 Seattle (341) vs. St. Louis (313) 1/8/05

Fewest Yards Gained, Both Teams, Game
181 Seattle (46) at L.A. Raiders (135) 12/22/84
254 Seattle (129) at Minnesota (125) 1/10/16
255 Seattle (156) at Washington (99) 1/6/13

TIMES SACKED

Most Times Sacked, Game
6 vs. Miami 1/9/00
5 at Washington 1/6/13
vs. Green Bay 1/18/15 (OT)
at Carolina 1/17/16
4 at L.A. Raiders 1/8/84
vs. San Francisco 1/19/14

Fewest Times Sacked, Game
0 vs. Dallas 1/6/07
vs. Denver 2/2/14
1 at Miami 12/31/83
vs. Washington 1/5/08
vs. New Orleans 1/8/11

Most Times Sacked, Both Teams, Game
8 Seattle (2) at L.A. Raiders (6) 12/22/84
Seattle (3) vs. St. Louis (5) 1/8/05
7 Seattle (6) vs. Miami (1) 1/9/00
Seattle (5) at Washington (2) 1/6/13

Fewest Times Sacked, Both Teams, Game
1 Seattle (1) at Miami (0) 12/31/83
Seattle (0) vs. Denver (1) 2/2/14
2 Seattle (2) at Miami (0) 12/29/84
Seattle (2) at Green Bay (0) 1/4/04 (OT)
Seattle (0) vs. Dallas (2) 1/6/07
Seattle (1) vs. New Orleans (1) 1/8/11
Seattle (2) at Atlanta (0) 1/13/13

TOUCHDOWNS

Most Touchdowns, Game

4 vs. New Orleans 1/8/11
3 vs. Denver 12/24/83
at Chicago 1/16/11
vs. Carolina 1/10/15
at Carolina 1/17/16
2 at L.A. Raiders 1/8/84
at Houston 1/3/88 (OT)
vs. Dallas 1/6/07
at Atlanta 1/13/13
vs. New Orleans 1/11/14
vs. Denver 2/2/14
vs. Green Bay 1/18/15 (OT)
vs. New England 2/1/15
vs. Detroit 1/7/17
at Atlanta 1/14/17

Most Touchdowns, Both Teams, Game

6 Seattle (4) vs. New Orleans (2) 1/8/11
Seattle (2) vs. New England (4) 2/1/15
5 Seattle (3) at Chicago (2) 1/16/11
Seattle (2) at Atlanta (3) 1/13/13
Seattle (3) vs. Carolina (2) 1/10/15
Seattle (2) at Atlanta (3) 1/14/17
4 Seattle (3) vs. Denver (1) 12/24/83
Seattle (1) at Miami (3) 12/29/84
Seattle (1) at Green Bay (3) 1/12/08
Seattle (2) vs. New Orleans (2) 1/11/14
Seattle (3) at Carolina (1) 1/17/16

INTERCEPTIONS BY

Most Interceptions By, Game

2 12 Times (Last: vs. New England 2/1/15)

Most Interceptions By, Both Teams, Game

7 Seattle (2) at L.A. Raiders (5) 1/8/84
6 Seattle (2) vs. Green Bay (4) 1/18/15 (OT)
4 Seattle (2) vs. Washington (2) 1/5/08

YARDS GAINED

Most Yards Gained, Game

135 vs. Washington 1/5/08
90 vs. Carolina 1/10/15
76 vs. Pittsburgh 2/5/06

Most Yards Gained, Both Teams, Game

137 Seattle (135) vs. Washington (2) 1/5/08
100 Seattle (76) vs. Pittsburgh (24) 2/5/06
90 Seattle (90) vs. Carolina (0) 1/10/15

TOUCHDOWNS

Most Touchdowns, Game

2 vs. Washington 1/5/08
1 vs. Denver 2/2/14
vs. Carolina 1/10/15

PUNTING

Most Punts, Game

9 at Chicago 1/16/11
8 vs. L.A. Raiders 12/22/84
7 at Miami 12/29/84
at Houston 1/3/88 (OT)
vs. Miami 1/9/00
vs. Washington 1/5/08

Fewest Punts, Game

1 vs. Denver 2/2/14
2 vs. San Francisco 1/19/14
at Atlanta 1/14/17
3 vs. Denver 12/24/83
vs. St. Louis 1/8/05
at Washington 1/6/13
at Carolina 1/17/16
vs. Detroit 1/7/17

Most Punts, Both Teams, Game

16 Seattle (8) at L.A. Raiders (8) 12/22/84
15 Seattle (7) vs. Miami (8) 1/9/00
Seattle (7) vs. Washington (8) 1/5/08
14 Seattle (9) at Chicago (5) 1/16/11

Fewest Punts, Both Teams, Game

3 Seattle (1) vs. Denver (2) 2/2/14
5 Seattle (3) at Atlanta (2) 1/13/13
Seattle (2) at Atlanta (3) 1/14/17
6 Seattle (3) vs. St. Louis (3) 1/8/05
Seattle (2) vs. San Francisco (4) 1/19/14

AVERAGE YARDAGE

Highest Average, Punting, Game (4 Punts)

50.20 vs. Pittsburgh 2/5/06 (6-301)
47.86 vs. Miami 1/9/00 (7-335)
44.83 vs. New England 2/1/15 (6-269)

Lowest Average, Punting, Game (4 Punts)

32.00 at L.A. Raiders 1/8/84 (5-160)
35.00 vs. Dallas 1/6/07 (5-175)
at Chicago 1/16/11 (9-315)
35.40 at Minnesota 1/10/16 (5-177)

PUNT RETURNS

Most Punt Returns, Game

6 vs. Washington 1/5/08
5 vs. L.A. Raiders 12/22/84
at Cincinnati 12/31/88
4 vs. Denver 12/24/83
vs. Pittsburgh 2/5/06

Fewest Punt Returns, Game

0 at L.A. Raiders 1/8/84
at Miami 12/31/83
at Green Bay 1/12/08
vs. Denver 2/2/14
1 at Miami 12/29/84
at Green Bay 1/4/04 (OT)
vs. St. Louis 1/8/05
vs. New Orleans 1/8/11
at Chicago 1/16/11
vs. New Orleans 1/11/14
vs. Carolina 1/10/15
at Carolina 1/17/16
vs. Detroit 1/7/17
at Atlanta 1/14/17

Most Punt Returns, Both Teams, Game

9 Seattle (3) vs. Miami (6) 1/9/00
8 Seattle (5) at L.A. Raiders (3) 12/22/84
Seattle (5) at Cincinnati (3) 12/31/88
Seattle (3) vs. Miami (5) 1/9/00
7 Seattle (4) vs. Denver (3) 12/24/83

Fewest Punt Returns, Both Teams, Game
1 Seattle (0) at L.A. Raiders (1) 1/8/84
Seattle (1) vs. New Orleans (0) 1/11/14
Seattle (0) vs. Denver (1) 2/2/14
Seattle (1) vs. Carolina (0) 1/10/15
2 Seattle (0) at Miami (2) 12/31/83
Seattle (2) at Atlanta (0) 1/13/13
Seattle (1) at Carolina (1) 1/17/16
Seattle (1) vs. Detroit (1) 1/7/17
Seattle (1) at Atlanta (1) 1/14/17
3 Seattle (1) vs. New Orleans (2) 1/8/11
Seattle (1) at Chicago (2) 1/16/11

YARDS GAINED

Most Yards Gained, Game
84 vs. Washington 1/5/08
66 at Houston 1/3/88 (OT)
58 vs. Denver 12/24/83

Fewest Yards Gained, Game
-1 vs. Washington 1/14/06
0 at Miami 12/31/83
at L.A. Raiders 1/8/84
at Green Bay 1/12/08
vs. Denver 2/2/14
at Atlanta 1/14/17
5 at Miami 12/29/84
vs. New Orleans 1/11/14
vs. Detroit 1/7/17

Most Yards Gained, Both Teams, Game
93 Seattle (66) at Houston (27) 1/3/88 (OT)
87 Seattle (24) vs. Miami (63) 1/9/00
84 Seattle (84) vs. Washington (0) 1/5/08

Fewest Yards, Gained, Both Teams, Game
1 Seattle (0) at L.A. Raiders (1) 1/8/84
2 Seattle (0) at Green Bay (0) 1/12/08
5 Seattle (5) vs. New Orleans (0) 1/11/14
Seattle (5) vs. Detroit (0) 1/7/17

TOUCHDOWNS

Most Touchdowns, Game
None

KICKOFF RETURNS

Most Kickoff Returns, Game
7 at L.A. Raiders 1/8/84
at Green Bay 1/4/04 (OT)
at Green Bay 1/12/08
6 at Houston 1/3/88 (OT)
vs. St. Louis 1/8/05
at Chicago 1/14/07 (OT)

Fewest Kickoff Returns, Game
0 vs. New England 2/1/15
1 vs. New Orleans 1/11/14
vs. Carolina 1/10/15
at Minnesota 1/10/16
vs. Detroit 1/7/17
2 vs. Denver 12/24/83
vs. L.A. Raiders 12/22/84
vs. Washington 1/5/08
at Washington 1/6/13
vs. Denver 2/2/14

Most Kickoff Returns, Both Teams, Game
13 Seattle (7) at Green Bay (6) 1/4/04 (OT)
12 Seattle (7) at Green Bay (5) 1/12/08
Seattle (5) vs. New Orleans (7) 1/8/11
11 Seattle (6) vs. St. Louis (5) 1/8/05

Fewest Kickoff Returns, Both Teams, Game
3 Seattle (1) vs. New Orleans (2) 1/11/14
Seattle (0) vs. New England (3) 2/1/15
4 Seattle (2) at L.A. Raiders (2) 12/22/84
Seattle (1) vs. Carolina (3) 1/10/15
Seattle (1) at Minnesota (3) 1/10/16
5 Seattle (1) at Atlanta (4) 1/13/13
Seattle (4) vs. Green Bay (1) 1/18/15 (OT)
Seattle (1) vs. Detroit (4) 1/7/17

YARDS GAINED

Most Yards Gained, Game
194 at Atlanta 1/14/17
166 at Chicago 1/14/07 (OT)
159 vs. Miami 1/9/00

Fewest Yards Gained, Game
0 vs. New England 2/1/15
12 at Minnesota 1/10/16
19 vs. Washington 1/5/08

Most Yards Gained, Both Teams, Game
271 Seattle (111) vs. Dallas (160) 1/6/07
247 Seattle (159) vs. Miami (88) 1/9/00
234 Seattle (130) at Miami (104) 12/31/83

Fewest Yards Gained, Both Teams, Game
49 Seattle (0) vs. New England (49) 2/1/15
64 Seattle (21) vs. New Orleans (43) 1/11/14
66 Seattle (38) at L.A. Raiders (28) 12/22/84

TOUCHDOWNS

Most Touchdowns, Game
1 vs. Miami 1/9/00
vs. Denver 2/2/14

PENALTIES

Most Penalties, Game
10 vs. Denver 2/2/14
9 vs. St. Louis 1/8/05
8 vs. San Francisco 1/19/14
vs. Green Bay 1/18/15 (OT)

Fewest Penalties, Game
2 4 Times (Last: at Green Bay 1/4/04 (OT))
3 5 Times (Last: at Carolina 1/17/16)

Most Penalties, Both Teams, Game
15 Seattle (7) at L.A. Raiders (8) 12/22/84
Seattle (8) vs. San Francisco (7) 1/19/14
Seattle (10) vs. Denver (5) 2/2/14
14 Seattle (6) vs. New Orleans (8) 1/11/14
13 Seattle (8) vs. Green Bay (5) 1/18/15 (OT)
Seattle (6) vs. Detroit (7) 1/7/17

Fewest Penalties, Both Teams, Game
5 Seattle (4) at Miami (1) 12/29/84
6 Seattle (3) at Carolina (3) 1/17/16
7 5 Times (Last: Seattle [4] at Washington [3] 1/6/13)

YARDS PENALIZED

Most Yards Penalized, Game

104 vs. Denver 2/2/14
70 vs. Pittsburgh 2/5/06
vs. New England 2/1/15
66 vs. San Francisco 1/19/14

Fewest Yards Penalized, Game

10 vs. Miami 1/9/00
13 vs. Dallas 1/6/07
15 at Miami 12/31/83
at Green Bay 1/4/04 (OT)

Most Yards Penalized, Both Teams, Game

148 Seattle (104) vs. Denver (44) 2/2/14
131 Seattle (66) vs. San Francisco (65) 1/19/14
126 Seattle (52) vs. New Orleans (74) 1/11/14

Fewest Yards Penalized, Both Teams, Game

25 Seattle (20) at Miami (5) 12/29/84
45 5 Times (Last: Seattle [20] at Carolina [25])

FUMBLES

Most Fumbles, Game

3 vs. San Francisco 1/19/14
2 vs. St. Louis 1/8/05
at Washington 1/6/13
at Green Bay 1/12/08
vs. Carolina 1/10/15
vs. Green Bay 1/18/15
at Minnesota 1/10/16
1 8 Times (Last: at Atlanta 1/13/13)

Fewest Fumbles, Game

0 at Miami 12/31/83
vs. L.A. Raiders 12/22/84
vs. Miami 1/9/00
vs. Dallas 1/6/07
vs. Pittsburgh 2/5/06
vs. New Orleans 1/8/11
vs. New Orleans 1/11/14
vs. Denver 2/2/14
vs. New England 2/1/15
at Carolina 1/17/16
vs. Detroit 1/7/17
at Atlanta 1/14/17

Most Fumbles, Both Teams, Game

6 Seattle (3) vs. San Francisco (3) 1/19/14
5 Seattle (2) vs. Carolina (3) 1/10/15
4 Seattle (1) at L.A. Raiders (3) 1/8/84
Seattle (1) at Cincinnati (3) 12/31/88
Seattle (0) at Chicago (4) 1/14/07 (OT)
Seattle (2) at Green Bay (2) 1/12/08
Seattle (2) at Washington (2) 1/6/13
Seattle (0) vs. Denver (4) 2/2/14

Fewest Fumbles, Both Teams, Game

0 Seattle (0) vs. Miami (0) 1/9/00
Seattle (0) vs. Pittsburgh (0) 2/5/06
Seattle (0) vs. New England (0) 2/1/15
1 Seattle (1) at Miami (0) 12/29/84
Seattle (1) at Green Bay (0) 1/4/04 (OT)
Seattle (0) vs. Dallas (1) 1/6/07
Seattle (1) at Atlanta (0) 1/13/13
Seattle (0) vs. Detroit (1) 1/7/17

Most Fumbles Lost, Game

1 8 Times (Last: vs. Green Bay 1/18/15 (OT))

Fewest Fumbles Lost, Game

0 21 Times (Last: at Atlanta 1/14/17)

RECOVERIES

Most Total Fumbles Recovered, Game

3 vs Miami 12/31/83 (3-opp)
at L.A. Raiders 1/8/84 (2-opp, 1-own)
at Green Bay 1/12/08 (2-opp, 1-own)
vs. San Francisco 1/19/14 (1-opp, 2-own)
vs. Carolina 1/10/15 (1-opp, 2-own)
at Minnesota 1/10/16 (1-opp, 2-own)
2 5 Times (Last: vs. Denver 2/2/14 [2-opp, 0-own])

Most Own Fumbles Recovered, Game

2 vs. St. Louis 1/8/05
vs. San Francisco 1/19/14
vs. Carolina 1/10/15
at Minnesota 1/10/16
1 9 Times (Last: vs. Green Bay 1/18/15 (OT))

TURNOVERS

Most Turnovers, Game

5 at L.A. Raiders 1/8/84 (5-Ints)
vs. Green Bay 1/18/15 (OT)(5-Ints, 1-Fum)
3 at Cincinnati 12/31/88 (2-Ints, 1-Fum)

Fewest Turnovers, Game

0 9 Times (Last: vs. Detroit 1/7/17)
1 10 Times (Last: at Minnesota 1/10/16 [1-Int])

Most Turnovers, Both Teams, Game

9 Seattle (5) at L.A. Raiders (4) 1/8/84 (7-Ints, 2-Fums)
7 Seattle (5) vs. Green Bay (2) 1/18/15 (OT)(6-Ints, 1-Fum)
6 Seattle (1) at Miami (5) 12/31/83
5 Seattle (3) vs. Cincinnati (2) 12/31/88

Fewest Turnovers, Both Teams, Game

0 Seattle (0) vs. Detroit (0) 1/7/17
1 Seattle (1) at Green Bay (0) 1/4/04 (OT)
Seattle (0) at Chicago (1) 1/16/11
Seattle (0) vs. New Orleans (1) 1/11/14 [1-Fum]
2 6 Times (Last: Seattle [2-Int] at Atlanta [0] 1/14/17)

POSTSEASON DEFENSE

SCORING

Fewest Points Allowed, Game
6 vs. Detroit 1/7/17
7 vs. Denver 12/24/83
vs. L.A. Raiders 12/22/84
8 vs. Denver 2/2/14

Most Points Allowed, Game
42 at Green Bay 1/12/08
36 vs. New Orleans 1/8/11
at Atlanta 1/14/17
35 at Chicago 1/16/11

Fewest Touchdowns Allowed, Game
0 at Minnesota 1/10/16
vs. Detroit 1/7/17
1 vs. Denver 12/24/83
vs. L.A. Raiders 12/22/84
vs. Washington 1/14/06
vs. Dallas 1/6/07
vs. Denver 2/2/14
2 7 Times (Last: vs. San Francisco 1/19/14)

Most Touchdowns Allowed, Game
6 at Green Bay 1/12/08
5 at Chicago 1/16/11
4 at Miami 12/29/84
vs. Green Bay 1/4/04
vs. New Orleans 1/8/11
at Carolina 1/17/16
at Atlanta 1/14/17

FIRST DOWNS

Fewest First Downs Allowed, Game
13 vs. Detroit 1/7/17
14 vs. L.A. Raiders 12/22/84
vs. Dallas 1/6/07
vs. Pittsburgh 2/5/06
at Minnesota 1/10/16
15 at Washington 1/6/13

Most First Downs Allowed, Game
32 vs. New Orleans 1/8/11
28 at Atlanta 1/14/17
27 at Houston 1/3/88 (OT)

Fewest First Downs Allowed, Rushing, Game
2 vs. Denver 2/2/14
vs. Detroit 1/7/17
3 vs. St. Louis 1/8/05
4 vs. Washington 1/5/08
at Minnesota 1/10/16

Most First Downs Allowed, Rushing, Game
17 at Cincinnati 12/31/88
11 at Green Bay 1/12/08
at Chicago 1/16/11
10 at L.A. Raiders 1/8/84

Fewest First Downs Allowed, Passing, Game
5 at Cincinnati 12/31/88
6 at Minnesota 1/10/16
8 vs. L.A. Raiders 12/22/84
vs. Pittsburgh 2/5/06
vs. Dallas 1/6/07
vs. San Francisco 1/19/14

Most First Downs Allowed, Passing, Game
22 vs. New Orleans 1/8/11
19 at Atlanta 1/14/17
18 at Houston 1/3/88 (OT)

Most First Downs Allowed, Penalty, Game
4 vs. St. Louis 1/8/05
at Minnesota 1/10/16
3 vs. L.A. Raiders 12/22/84
at Chicago 1/14/07 (OT)
vs. New Orleans 1/8/11
vs. New Orleans 1/11/14
vs. Denver 2/2/14

OFFENSIVE PLAYS

Fewest Opponent Plays Allowed, Game
50 vs. Detroit 1/7/17
54 at Washington 1/6/13
vs. San Francisco 1/19/14
56 at Miami 12/31/83
vs. Pittsburgh 2/5/06
at Minnesota 1/10/16

Most Opponent Plays Allowed, Game
84 at Houston 1/3/88 (OT)
83 vs. New Orleans 1/8/11
82 vs. Washington 1/5/08

Fewest Opponent Plays Allowed, Rushing, Game
14 vs. Denver 2/2/14
15 vs. Detroit 1/7/17
22 vs. New Orleans 1/8/11

Most Opponent Plays Allowed, Rushing, Game
50 at Houston 1/3/88 (OT)
47 at Cincinnati 12/31/88
46 at L.A. Raiders 1/8/84

Fewest Opponent Plays Allowed, Passing, Game
21 at Cincinnati 12/31/88
22 vs. Pittsburgh 2/5/06
at Carolina 1/17/16

Most Opponent Plays Allowed, Passing, Game
60 vs. New Orleans 1/8/11
50 vs. Washington 1/5/08
49 vs. Denver 2/2/14

NET YARDS ALLOWED GAME

Fewest Yards Allowed, Game
183 at Minnesota 1/10/16
203 at Washington 1/6/13
231 vs. Detroit 1/7/17

Most Net Yards Allowed, Game
474 vs. New Orleans 1/8/11
437 at Houston 1/3/88 (OT)
at Chicago 1/16/11
422 at Atlanta 1/1/17

RUSHING

Fewest Yards Allowed, Rushing, Game
27 vs. Denver 2/2/14
36 vs. Carolina 1/22/06
49 vs. Detroit 1/7/17

Most Yards Allowed, Rushing, Game
254 at Cincinnati 12/31/88
235 at Green Bay 1/12/08
205 at L.A. Raiders 1/8/84

Most Touchdowns Allowed, Rushing, Game
3 at Cincinnati 12/31/88
at Green Bay 1/12/08
at Chicago 1/16/11
2 at L.A. Raiders 1/8/84
at Green Bay 1/4/04 (OT)
vs. Pittsburgh 2/5/06
at Chicago 1/14/07 (OT)
vs. New Orleans 1/8/11
at Carolina 1/17/16

Fewest Touchdowns Allowed, Rushing, Game
0 11 Times (Last: vs. Detroit 1/7/17)
1 8 Times (Last: at Atlanta 1/14/17)

PASSING

Fewest Net Yards Allowed, Passing, Game
91 at Cincinnati 12/31/88
99 at Washington 1/6/13
125 at Minnesota 1/10/16

Most Yards Allowed, Passing, Game
404 vs. New Orleans 1/8/11
323 at Atlanta 1/14/17
319 at Green Bay 1/4/04 (OT)

Fewest Touchdowns Allowed, Passing, Game
0 at Cincinnati 12/31/88
at Minnesota 1/10/16
vs. Detroit 1/7/17
1 15 Times (Last: at Carolina 1/17/16)

Most Touchdowns Allowed, Passing, Game
4 vs. New England 2/1/15
3 at Miami 12/29/84
at Green Bay 1/12/08
at Atlanta 1/13/13
at Atlanta 1/14/17
2 7 Times (Last: vs. Carolina 1/10/15)

SACKS

Most Sacks, Game
6 vs. L.A. Raiders 12/22/84
5 vs. St. Louis 1/8/05

Fewest Sacks, Game
0 at Miami 12/31/83
at Miami 12/29/84
at Green Bay 1/4/04 (OT)
at Atlanta 1/13/13
1 vs. Miami 1/9/00
vs. Pittsburgh 2/5/06
at Green Bay 1/12/08
vs. New Orleans 1/8/11
vs. New Orleans 1/11/14
vs. Denver 2/2/14
at Carolina 1/17/16

Most Opponents Yards Lost Attempting to Pass, Game
49 vs. L.A. Raiders 12/22/84
31 at Chicago 1/14/07 (OT)
23 vs. Detroit 1/7/17

Fewest Opponent Yards Lost Attempting to Pass, Game
0 at Miami 12/31/83
at Miami 12/29/84
at Green Bay 1/4/04 (OT)
at Green Bay 1/12/08
at Atlanta 1/13/13
1 vs. Denver 2/2/14
5 vs. Miami 1/9/00

INTERCEPTIONS BY

Most Passes Intercepted By, Game
2 9 Times (Last: vs. Denver 2/2/14)

Fewest Passes Intercepted By, Game
0 at Cincinnati 12/31/88
vs. Miami 1/9/00
at Green Bay 1/4/04 (OT)
vs. Dallas 1/6/07
at Green Bay 1/12/08
vs. New Orleans 1/8/11
vs. New Orleans 1/11/14
at Minnesota 1/10/16
at Carolina 1/17/16
vs. Detroit 1/7/17
at Atlanta 1/14/17
1 at Houston 1/3/88 (OT)
vs. St. Louis 1/8/05
at Chicago 1/14/07 (OT)
at Chicago 1/16/11
at Washington 1/6/13

Most Consec. Games, One or More Interceptions By
6 1983-84, 1987

Most Yards Returning Interceptions, Game
135 vs. Washington 1/5/08
71 vs. Denver 2/2/14
45 vs. Denver 12/24/83
at Miami 12/29/84

Fewest Yards Returning Interceptions, Game
0 14 Times (Last: at Atlanta 1/14/17)

Most Touchdowns Returning Interceptions, Game
2 vs. Washington 1/5/08
1 vs. Denver 2/2/14

PUNT RETURNS

Fewest Opponent Punt Returns, Game
0 vs. Washington 1/5/08
at Atlanta 1/13/13
vs. New Orleans 1/11/14
1 at L.A. Raiders 1/8/84
vs. Washington 1/14/06
vs. Carolina 1/22/06
at Green Bay 1/12/08
vs. San Francisco 1/19/14
vs. Denver 2/2/14
at Carolina 1/17/16
vs. Detroit 1/7/17
at Atlanta 1/14/17
2 at Miami 12/31/83
vs. Pittsburgh 2/25/06
vs. New Orleans 1/8/11
at Chicago 1/16/11
at Washington 1/6/13
at Minnesota 1/10/16

Most Opponent Punt Returns, Game
6 vs. Miami 1/9/00
4 at Houston 1/3/88(OT)

Most Yards Allowed, Punt Returns, Game
63 vs. Miami 1/9/00
59 vs. Carolina 1/22/06
39 at Green Bay 1/4/04
32 at Miami 12/31/83
vs. Pittsburgh 2/5/06

Fewest Yards Allowed, Punt Returns, Game
0 vs. Washington 1/5/08
at Atlanta 1/13/13
vs. New Orleans 1/11/14
vs. San Francisco 1/19/14
at Carolina 1/17/16
vs. Detroit 1/7/17
1 at L.A. Raiders 1/8/84
2 at Green Bay 1/12/08

Longest Return, Allowed, Game
59 vs. Carolina 1/22/06 (TD)
26 at Chicago 1/16/11
25 vs. Miami 1/9/00

Most Touchdowns Allowed, Punt Return, Game
1 vs. Carolina 1/22/06 (Steve Smith)

KICKOFF RETURNS

Fewest Opponent Kickoff Returns, Game
1 at Atlanta 1/14/17
2 4 Times (Last: vs. New Orleans 1/11/14)
3 5 Times (Last: at Minnesota 1/10/16)

Most Opponent Kickoff Returns, Game
7 vs. Carolina 1/22/06
vs. Washington 1/5/08
vs. New Orleans 1/8/11
6 3 Times (Last: at Green Bay 1/4/04 [OT])

Fewest Yards Allowed, Kickoff Returns, Game
18 at Atlanta 1/14/17
24 at Chicago 1/16/11
28 vs. L.A. Raiders 12/22/84

Most Yards Allowed, Kickoff Returns, Game
189 vs. Washington 1/5/08
160 vs. Dallas 1/6/07
143 vs. Carolina 1/22/06

Longest Return Allowed, Game
93t vs. Dallas 1/6/07
55 vs. Washington 1/5/08
47 vs. Miami 1/9/00

Most Touchdowns Allowed, Kickoff Returns, Game
1 vs. Dallas 1/6/07

TURNOVERS

Number of times losing ball on interceptions and fumbles

Most Opponents' Turnovers, Game
5 at Miami 12/31/83
4 at L.A. Raiders 1/8/84
vs. Carolina 1/22/06
vs. Denver 2/2/14
3 vs. Denver 12/24/83
vs. L.A. Raiders 12/22/84
vs. San Francisco 1/19/14

Fewest Opponents' Turnovers, Game
0 vs. Miami 1/9/00
at Green Bay 1/4/04
at Carolina 1/17/16
vs. Detroit 1/7/17
at Atlanta 1/14/17
1 vs. St. Louis 1/8/05 (1-Int)
vs. Washington 1/14/06 (1-Fum)
vs. New Orleans 1/8/11 (1-Fum)
vs. Dallas 1/6/07 (1-Fum)
at Chicago 1/16/11
vs. New Orleans 1/11/14 (1-Fum)
at Minnesota 1/10/16 (1-Fum)
2 9 Times (Last: at Atlanta 1/13/13 [2-Int])

TIME OF POSSESSION

Least Time of Possession Allowed, Game
18:09 vs. Carolina 1/22/06
23:21 vs. Detroit 1/7/17
25:02 at Miami 12/31/83

Most Time of Possession Allowed, Game
47:44 at Houston 1/3/88 (OT)
37:11 at Chicago 1/16/11
37:06 at L.A. Raiders 1/8/84

SEAHAWKS
SEAHAWKS

A TRADITION CONTINUES

In 2003, the 12s were honored once again, this time with a flag. The tradition of the 12 Flag began October 12, 2003, when 12 original season ticket holders hoisted the flag versus the San Francisco 49ers. Now, at every home game just before kickoff, the flag is raised in honor of the 12s. From former Seahawks greats, to local celebrities and sports personalities, being called upon to raise the flag has become an honor within itself. The flag has become a symbol of Seahawks supporters all over the Northwest and the spirit of community that the organization and fans share.

2016 SEASON

08/18	Minnesota	Daniel Lyon (Fire Fighter)
08/25	Dallas	Miesha Tate (UFC Fighter)
09/11	Miami	Jack Patera (Former Seahawks Head Coach)
09/25	San Francisco	Jamal Crawford (NBA Guard)
10/16	Atlanta	Duff McKagan (Musician)
11/07	Buffalo	Nate Boyer (Veteran)
11/20	Philadelphia	Robinson Cano (Mariners 2B)
12/04	Carolina	Ricardo Lockette (Former Seahawks WR)
12/15	L.A. Rams	Chris Petersen (UW Head Football Coach)
12/24	Arizona	Nate Burleson (Former Seahawks WR)
01/07	Detroit	Steve Hutchinson (Former Seahawks G)

ROBINSON CANO

2015 SEASON

08/14	Denver	Steve Niehaus (Former Seahawks DL)
09/03	Oakland	Norm Evans (Former Seahawks T)
09/27	Chicago	Darrell Jackson (Former Seahawks WR)
10/05	Detroit	Nelson Cruz (Mariners OF)
10/18	Carolina	Sir Mix-a-Lot (Hip Hop artist)
11/15	Arizona	Clayton Pitre (Veteran)
11/22	San Francisco	Randy Johnson (MLB HOF)
11/29	Pittsburgh	Spencer Haywood (NBA HOF)
12/20	Cleveland	Michael Sinclair (Former Seahawks DE)
12/27	St. Louis	Joel McHale (Comedian & Former UW TE)

2014 SEASON

08/15	San Diego	Oso Mudslide First Responders
08/22	Chicago	DeAndre Yedlin (Sounders FC Defender)
09/04	Green Bay	Walter Jones, Cortez Kennedy, Steve Largent
09/21	Denver	Nate Robinson (NBA Guard and UW Alum)
10/12	Dallas	Jordan Babineaux (Former Seahawks S)
11/02	Oakland	C. Gray, S. Hutchinson, S. Locklear, R. Tobeck
11/09	N.Y. Giants	Scott Smiley (Veteran)
11/23	Arizona	Lawyer Milloy (Former Seahawks S)
12/14	San Francisco	John Olerud (Former Mariners 1B)
12/28	St. Louis	George Karl (Former Sonics Head Coach)
01/10	Carolina	Kenny Easley (Former Seahawks S)
01/18	Green Bay	Paul Allen (Seahawks Chairman)

ALL-TIME 12 FLAG RAISERS

2013 SEASON

08/17	Denver	Blair Bush (Former Seahawks C)
08/29	Oakland	Derrick Jensen (Former Seahawks scout)
09/15	San Francisco	Shaun Alexander (Former Seahawks RB)
09/22	Jacksonville	Jack Sikma (Former Sonics F/C)
10/13	Tennessee	Sammamish Little League
11/03	Tampa Bay	1983 Seahawks playoff team
11/17	Minnesota	Bruce Crandall (Vietnam veteran)
12/02	New Orleans	Fred Couples (Seattle native, pro golfer)
12/22	Arizona	Nathan Adrian (Olympic swimmer)
12/29	St. Louis	Jay Buhner (Former Mariners OF)
01/11	New Orleans	Jim Zorn (Former Seahawks QB)
01/19	San Francisco	Paul Allen (Seahawks Chairman)

2012 SEASON

08/11	Tennessee	Steve August (Former Seahawks T)
08/30	Oakland	2012 USA Olympians
09/16	Dallas	Shawn Springs (Former Seahawks CB)
09/24	Green Bay	Trent Dilfer (Former Seahawks QB)
10/14	New England	Walter Jones (Former Seahawks T)
11/04	Minnesota	Detlef Shrempf (Former NBA and Sonics All-Star)
11/11	N.Y. Jets	Joe Moser (WWII Veteran - Buchenwald survivor)
12/09	Arizona	Jon Kitna (Former Seahawks QB)
12/23	San Francisco	Sam Adams (Former Seahawks DT)
12/30	St. Louis	Sigi Schmid (Sounders FC Head Coach)

2011 SEASON

08/20	Minnesota	Chip Hanauer (Hydroplane driver)
09/02	Oakland	Greg Haugen (Former lightweight boxing champion)
09/25	Arizona	Chris Warren (Former Seahawks RB)
10/02	Atlanta	Jason Terry (Former Franklin H.S. and NBA guard)
10/30	Cincinnati	Felix Hernandez (Seattle Mariners pitcher)
11/13	Baltimore	George Hickman (Former Tuskegee airman)
11/27	Washington	Rufus Porter (Former Seahawks LB)
12/01	Philadelphia	Bill Russell (Former Sonic and Hall of Fame center)
12/12	St. Louis	Cortez Kennedy (Former Seahawks and Hall of Fame DT)
12/24	San Francisco	Shawn Kemp (Former NBA and Sonics All-Star)

2010 SEASON

08/14	Tennessee	Frank Beede (Former Seahawk; National Teacher of the Year)
08/21	Green Bay	J.R. Celski (Olympic speedskater)
09/12	San Francisco	Chad Brown (Former Seahawks LB)
09/26	San Diego	Nate McMillan (Former Sonic and Blazers Head Coach)
10/24	Arizona	Isaiah Kacyvenski (Former Seahawks LB)
11/07	N.Y. Giants	Buck Compton (War Veteran)
11/28	Kansas City	Tom Skerritt (Actor)
12/05	Carolina	Howard Mudd (Former Seahawks OL coach)
12/19	Atlanta	Tim Lincecum (Former UW and SF Giants pitcher)
01/02	St. Louis	Brian Blades (Former Seahawks WR)
01/08	New Orleans	Walter Jones (Former Seahawks T)

2009 SEASON

08/22	Denver	Central Washington softball players
09/03	Oakland	Jon Fine (United Way CEO)
09/13	St. Louis	Jacob Green (Former Seahawks DE)
09/27	Chicago	Jim Whittaker (Mountaineer)
10/11	Jacksonville	Edwin Bailey (Former Seahawks G)
10/18	Arizona	Rusty Tillman (Former Seahawks Special Teams Coach)
11/8	Detroit	Huston Riley (War Veteran)
12/6	San Francisco	Fred Brown, John Johnson and Gus Williams (Former Supersonics)
12/20	Tampa Bay	Kasey Keller (Sounders FC Goalkeeper)
01/02	Tennessee	Ken Griffey Jr. (Former Mariners CF)

GEORGE HICKMAN

2008 SEASON

08/16	Chicago	Paul Moyer (Former Seahawks DB)
08/29	Oakland	J.P. Patches (Children's TV Personality)
09/14	San Francisco	Chris Gray (Former Seahawks G)
09/21	St. Louis	Kenny Mayne (ESPN Reporter)
10/12	Green Bay	Gary Payton (Former NBA and Sonic All-Star)
11/02	Philadelphia	John L. Williams (Former Seahawks FB)
11/16	Arizona	Ricky Watters (Former Seahawks RB)
11/23	Washington	Hope Solo (Olympian Goalkeeper)
12/07	New England	Sam Adkins (Former Seahawks QB)
12/21	N.Y. Jets	Kathy Holmgren (Coach Holmgren's wife)

2007 SEASON

08/25	Minnesota	Dan Doornink (Former Seahawks FB)
08/30	Oakland	Jeff Bryant (Former Seahawks DT)
09/09	Tampa Bay	Mama Blue (Longtime Seahawks Fan)
09/23	Cincinnati	Apolo Ohno (Olympian)
10/14	New Orleans	Mack Strong (Former Seahawks FB)
10/21	St. Louis	Ichiro Suzuki (Mariners CF)
11/12	San Francisco	Drew Carey (Sounders FC Minority Owner, Actor)
11/18	Chicago	Matt Cameron (Pearl Jam) & Jerry Cantrell (Alice in Chains)
12/9	Arizona	Sig Hansen (Deadliest Catch)
12/23	Baltimore	Robbie Tobeck (Former Seahawks C)
01/05	Washington	Jamie Moyer (Former Mariners Pitcher)

2006 SEASON

08/12	Dallas	Hugh McElhenny (Pro Football Hall of Fame)
08/31	Oakland	Norm Johnson (Former Seahawks K)
09/17	Arizona	Cortez Kennedy (Hall of Fame Seahawks DT)
09/24	N.Y. Giants	Pike Place Market Fish Mongers
10/22	Minnesota	Dave Niehaus (Mariners Broadcaster)
11/06	Oakland	Warren Moon (Pro Football Hall of Fame)
11/12	St. Louis	Lenny Wilkens (Former Seattle Sonics Coach)
11/27	Green Bay	Kasey Kahne (NASCAR Driver)
12/14	San Francisco	Bill (The Beerman) Scott
12/24	San Diego	Josh Lucas (Actor)
01/06	Dallas	Marcus Trufant (Former Seahawks CB)

2005 SEASON

08/22	Dallas	David Eger (Inaugural BGSC Champion)
09/02	Minnesota	Sam McCullum (Former Seahawks WR)
09/18	Atlanta	Joe Nash (Former Seahawks NT)
09/25	Arizona	Chuck Knox (Former Seahawks Head Coach)
10/16	Houston	Ed Viesturs (World Renowned Mountain Climber)
10/23	Dallas	Efren Herrera (Former Seahawks K)
11/13	St. Louis	Manu Tuiasosopo (Former Seahawks DT)
11/27	N.Y. Giants	Lorenzo Romar (UW Men's Basketball Coach)
12/11	San Francisco	Kenny Easley (Former Seahawks S)
12/24	Indianapolis	Jack Patera (Original Seahawks Head Coach)
01/14	Washington	Ken Hamlin (Former Seahawks S)
01/22	Carolina	Paul Allen (Seahawks Chairman)

2004 SEASON

08/21	Denver	Steve Raible & Warren Moon (Seahawks Broadcast Team)
09/02	Minnesota	Bret McClure, Tara & Dana Kirk (Local Olympians)
09/26	San Francisco	Dave Krieg (Former Seahawks QB)
10/10	St. Louis	Don James (Former UW Head Football Coach)
10/31	Carolina	Eugene Robinson (Former Seahawks S)
11/21	Miami	Chuck Nelson & Jack Thompson (Former UW Kicker, WSU QB Representing Apple Cup Week)
11/28	Buffalo	John Nordstrom (Representing Original Ownership)
12/06	Dallas	Edgar Martinez (Former Mariners Great)
12/24	Arizona	Rangers from Ft. Lewis (In Honor of Pat Tillman)
01/02	Atlanta	Mothers of Seahawks Players
01/08	St. Louis	Ring of Honor Members

2003 SEASON

10/12	San Francisco	12 Original Season Ticket Holders
10/19	Chicago	Cortez Kennedy (Hall of Fame Seahawks DT)
11/02	Pittsburgh	Curt Warner (Former Seahawks RB)
11/16	Detroit	Steve Largent (Former Seahawks WR)
11/30	Cleveland	Mike McCormack (Former Seahawks GM)
12/21	Arizona	Frosty Westering (Former PLU Head Coach)

SEA GALS

Sea Gals

The 2017 Sea Gals

Sea Gals Director Sherri Thompson

Twenty-eight women make up the 2017 Sea Gals, a sideline dance group that balances a busy schedule of practicing, performing and making public appearances in the community throughout the year.

Sherri Thompson, who has been involved with the Sea Gals since 1981 as a squad member (1981-83) and choreographer (1984-86) will begin her 33rd year as director. Former Sea Gal Courtney Moore will begin her third season as the Sea Gal's choreographer. In addition to numerous practices and game day performances, the Sea Gals are heavily involved in the community, donating much of their time to benefit local charities and organizations.

For the past 28 years, the Sea Gals hold an annual fundraising event to provide Christmas presents for the women and children living at a local women's shelter. The Sea Gals raised more than $25,000 at their annual auction and designated Broadview Women and Children's Shelter and New Beginnings as recipients.

The Junior Sea Gals has become a popular program for girls ages 7 – 14 and sold-out in minutes for the fourth consecutive year. The Sea Gals work directly with these young ladies to develop character, team building, and dance skills.

The Sea Gals "Show Group" performs a variety show that includes colorful costume changes, character dance routines, singing and crowd participation. The Show Group has performed across the nation, Middle East and European military bases.

BLITZ & BOOM

As the Seahawks mascot, Blitz does his part to make sure CenturyLink Field is the loudest stadium in the NFL. When Blitz isn't entertaining fans at CenturyLink Field, he can be found at local schools supporting the PLAY 60 program, vising communities or attending private events, more than 350 appearances in 2016. Blitz is available to attend birthday parties, company events, weddings, etc. Send invitations to Blitz@Seahawks.com.

Born: September 13, 1998
Birthplace: Kingdome
Home: CenturyLink Field
Height: 6' 1" (a touchdown & extra point)
Weight: Featherweight
Hobbies: Reading, Fitness and Birdwatching

Learn more about Blitz:
- Seahawks.com/gameday/Blitz
- Facebook.com/BlitztheSeahawk
- Twitter at @BlitztheSeahawk

BOOM arrived in Seattle at halftime during the Seahawks versus Broncos game on September 21, 2014 at CenturyLink Field. BOOM is an adolescent member of the Seahawks family and is very visible in the community, attending many of the Seahawks family friendly events. Fans will be able to meet BOOM at team-based events, in Touchdown City before Seahawks games and roaming the concourses throughout the game.

Follow BOOM on twitter @BoomtheSeahawk

TAIMA

This living symbol of the team is a male augur hawk, who's Native American name means "Thunder". Taima has been with the Seahawks since birth and can be seen leading the team out of the tunnel before each game at CenturyLink Field. He can also be found on the sidelines and in Touchdown City before home games.

BLUE THUNDER

Launched in the summer of 2004, Blue Thunder is a high-energy drum-line comprised of local musicians, some with more than 20 years in the industry. Blue Thunder uses a variety of rhythms and visuals, incorporating rock-n-roll percussion alongside drum corps style, endearing them to Seahawks fans of all ages. All music and choreography is original; arranged and written by members of Blue Thunder.

Blue Thunder is available for parades, parties and corporate/community events. For booking information please visit Seahawks.com/Blue-Thunder.

JUNIOR 12S KIDS CLUB

Seahawks Junior 12s Kid's Club program is designed for fans ages 5-12 and membership in the club is free. All members receive Junior 12s quarterly e-newsletters, opportunities to purchase or access tickets to Seahawks events including Draft Day, Training Camp and Junior 12s Holiday Party and invitations to Discount Days at the team's Pro Shop. For Junior 12s interested in more insider access, the team has developed two additional levels with annual membership fees, the All-Pro for $20 or MVP at $50. Both All-Pro and MVP members will be eligible to win two free Seahawks game tickets at CenturyLink Field during the 2017 season.

All-Pro members will receive Junior 12s quarterly e-newsletters, opportunities to purchase tickets to exclusive events, priority registration for Seahawks events including Draft Day, Family Football Fest, Gatorade Jr. Training Camps and Training Camp practice sessions, invitations to Discount Days at the team's Pro Shop, one ticket for a behind-the-scenes tour or CenturyLink Field and a Junior 12s Starter Kit. The Junior 12s Starter Kit includes: Seahawks jersey lunch cooler, silly putty, arm sleeve, exclusive poster and official membership card with lanyard.

MVP members will receive all the benefits of the Rookie and All-Pro levels in addition to one ticket to the following events: player autograph sessions, Seahawks Movie Night at VMAC (team's headquarters), Hawktober Pumpkin Patch Party and Junior 12s Holiday Party. MVP members will receive priority registration and entrance for all Junior 12s events and have access to a Seahawks post-game field photo at CenturyLink Field.

SEA HAWKERS

Sea Hawkers Booster Club is the official fan organization of the Seattle Seahawks. Today, more than 10,000 members participate in 55 chapters throughout the world with the primary goal to support the team and charities in their communities.

Benefits of a Sea Hawkers membership include: access to Sea Hawkers "tailgate zone" in Touchdown City prior to all home games, monthly chapter meetings, exclusive Sea Hawkers merchandise, opportunity to attend the annual banquet which includes appearances by Seahawks players and Legends, plus exclusive offers not available to the general public.

Visit SeaHawkers.org.

AMERICAN FAMILY INSURANCE TOUCHDOWN CITY

American Family Insurance Touchdown City is a high energy, interactive pregame gathering place where fans meet and prepare for each Seahawks home game.

The Seahawks Legends Experience, which opened in 2015, features a museum-like design that guides fans through highlights of more than 40 years of Seahawks history. The exhibit features unique stories from the club's past, iconic artifacts, authentic locker room gear, historic video and images, and a stage where a Seahawks Legend will sign autographs two hours prior to each home game.

American Family Insurance Touchdown City features more than 30 displays including interactive games and contests, photo opportunities, airbrush tattoos and hair painting, performances by Sea Gals and Blue Thunder, appearances by Blitz and BOOM, 710 ESPN's pregame broadcast stage with live reports and pregame analysis and a Seahawks Pro Shop Kiosk.

Admission into Touchdown City is free and open to all Seahawks fans three hours before each home game. Touchdown City is located inside the CenturyLink Field Event Center which is connected to the south end of CenturyLink Field.

SEAHAWKS PRO SHOP

The Seahawks Pro Shop is your premier destination for the best selection of authentic Seahawks merchandise. Conveniently located at four Puget Sound locations, The Pro Shop features a wide range of products from Nike, New Era, Majestic and more. Find everything from jerseys to sweatshirts, caps to 12 flags; The Pro Shop has everything you need for game day.

Visit us at CenturyLink Field, Downtown Seattle at 4th and Pike, Renton Landing, or Alderwood Mall. For the best selection of Seahawks merchandise online, fans can also shop at Proshop.Seahawks.com.

For more information on in-store promotions, player appearances and location hours, visit Seahawks.com/ProShop or call 206-682-2900.

SEAHAWKS LEGENDS

KEEPING THE SEAHAWKS LEGACY ALIVE

The Legends Community was launched by the NFL in 2013 with the objective to celebrate, educate, embrace and connect former players with each other, their former teams and the NFL. The focus is to streamline communication and serve as a central source for players to learn about available programs, resources and benefits.

In 2016, more than 50 Seahawks Legends made more than 150 appearances, throughout Washington State, ranging from community celebrations, football camps, check presentations, fan rallies, hospital visits and other events and pro-

PRESIDENT'S FAN ADVISORY COUNCIL

In 2013, the Seahawks announced the formation of the President's Fan Advisory Council. Seahawks President Peter McLoughlin called for the council as an effort to better enhance the fan experience in the stadium on game days, in addition to creating a line of communication which will offer quality feedback and constructive discussion, directly from the 12s. More than 2,000 fans applied for the two-year appointment to assist team executives in the evaluation and enhancement of the overall Seahawks fan experience.

Members of the President's Fan Advisory Council have direct access, both online and face-to-face, with team executives in addition to an open forum to share their thoughts and ideas with those who can implement change.

The council is comprised of 24 season ticket members from varied backgrounds and cities throughout the Northwest.

Following the Council's selection and first meeting in 2013, it was proposed that the team open the entire stadium to all fans three hours before kickoff, instead of just suites and club ticket-holders, who were already permitted to enter three hours prior. McLoughlin and the Seahawks liked the proposal and made the decision to implement the change immediately.

SEAHAWKS BROADCASTING

TELEVISION

Seahawks Broadcasting is the Emmy® Award winning in-house production and syndication unit of the Seattle Seahawks. Now in its 20th season, Seahawks Broadcasting produces some of the most-watched and critically acclaimed sports broadcasts in the Pacific Northwest including the first NFL Team broadcast of a game in High Definition (1999).

SEAHAWKS TELEVISION NETWORK

Kick off the 2017 season with the Seahawks preseason telecasts on the Seahawks Television Network.

PRESEASON FOOTBALL

Sunday, August 13	at Los Angeles Chargers	5:00 p.m. PDT	Q13 FOX
Friday, August 18	Minnesota Vikings	7:00 p.m. PDT	Q13 FOX
Friday, August 25	Kansas City Chiefs	5:00 p.m. PDT	CBS
Thursday, August 31	at Oakland Raiders	7:00 p.m. PDT	Q13 FOX

CURT MENEFEE - PLAY-BY-PLAY

Curt Menefee begins his ninth season with the Seahawks broadcasting team as the play-by-play announcer for preseason telecasts. Menefee currently hosts FOX's award-winning NFL pre-game show, *FOX NFL Sunday*. Prior to taking over as full-time host in 2007, he called play-by-play for NFL and NFL Europe League games on FOX Sports and FSN.

BROCK HUARD - ANALYST

Former Seahawks QB and local sports radio personality, Brock Huard, begins his fifth season in the Seahawks broadcast booth as the preseason television analyst. The former University of Washington star and Puyallup High School All-American has been calling college football for ESPN since August 2008, working as a college football analyst for ESPN and ABC's Saturday games. Since 2009, Huard has co-hosted a sports radio morning show on 710 ESPN Seattle. After a standout high school career at Puyallup and a record-setting stint at the UW, Huard went on to play six years in the NFL, including four spent with the Seahawks, from 1999-2001 and 2004.

"SEAHAWKS SATURDAY NIGHT"

"Seahawks Saturday Night" returns August 12 for its sixth season in primetime at 10:30pm on Q13 FOX and 9:30pm on JOEtv. The half-hour program features a player "mic'd up" every week to get a real feel for what's happening on the field and an exclusive one-on-one with Coach Carroll.

"SEAHAWKS PRESS PASS"

"Seahawks Press Pass" expands to three nights per week beginning with the 2017 season. Get 30-minutes of Seahawks news from Pete Carroll every Monday and Wednesday evening and a bonus 30-minutes features Seahawks Players every Thursday night. Get your Press Pass three times a week on Root Sports.

SEAHAWKS BROADCASTING

SEAHAWKS RADIO NETWORK

Seahawks Radio can be found on 710 ESPN Seattle and 97.3 KIRO FM, the flagship stations for the 2017 season. Wall to wall coverage begins each game day with the "Pre-game Huddle" hosted by Dori Monson and joined by former Seahawks Paul Moyer, Dave Wyman, Jordan Babineaux and Ray Roberts. Steve Raible and Warren Moon follow with the call in the booth with Jen Mueller providing sideline reports, and the broadcast day concludes with a post-game show featuring exclusive interviews with Seahawks players from the locker room.

"SEAHAWKS HUDDLE"

"Seahawks Huddle", the club's weekly radio show, can be heard on 710 ESPN Seattle every Thursday from 12:00-2:00 p.m. Beginning during Week 1 of the regular season, the "Huddle" offers an inside look at the Seahawks and the NFL and features Seahawks players, coaches and guests from around the League.

STEVE RAIBLE – PLAY-BY-PLAY

Steve Raible returns for his 36th season in the radio booth, his 14th as the play-by-play announcer and "Voice of the Seahawks" after 22 seasons as the Seahawks analyst. An original member of the Seahawks, Raible played wide receiver from 1976-81 and has missed only four games in the franchise's history, either as a player or broadcaster after suffering a collapsed lung vs. Oakland in 1981. Steve also co-authored the book, "Tales from the Seahawks Sideline" with former Tacoma News Tribune beat writer, Mike Sando, who is currently working for ESPN. Following his football career, Steve joined KIRO-TV where he has won five local Emmy Awards including two for "Best Anchor". He currently anchors KIRO-7 Eyewitness News at 5:00, 6:00 and 11:00 p.m.

One of the Northwest's favorite masters of ceremonies, Steve has twice been honored with the United Way Community Service Award and was named Outstanding Role Model of 2000 by Big Brothers/Big Sisters. He was also honored by Governor Christine Gregoire proclaiming May 4, 2005, as Steve Raible Day in honor of his community activities. He was a 2001 recipient of the prestigious NCAA Silver Anniversary Award along with former Seahawks teammate, Steve Largent.

A graduate of Georgia Tech and a member of the school's athletic Hall of Fame, Steve lives in Seattle with his wife, Sharon.

WARREN MOON – ANALYST

Hall of Fame quarterback, Warren Moon, returns to the Seahawks radio team for his 14th season after serving as the preseason television analyst for the previous two seasons. After finishing a playing career in which he was nominated to an NFL record eight-straight Pro Bowls (1988-95), adding a ninth overall in 1997, Moon has become one of football's leading broadcast analysts. He has spent recent years as a Westwood One radio analyst and sideline reporter and also spent time in the booth during Fox Sports Net's Pac-12 College Game of the Week.

Seahawks broadcast team: Raible (left), Moon (right) and Jen Mueller (middle), who begins her ninth season as the sideline reporter.

The 17-year NFL veteran played for the Seahawks from 1997-98, setting the franchise record for passing yards in one season with 3,678 in 1997, surpassed by Matt Hasselbeck in the 2003 season, and Russell Wilson in the 2016 season. He also ranks in the top-10 of a number of categories all-time in the NFL record books, including most career passing yards (seventh with 49,325), most career completions (eighth with 3,988) and most yards passing in a single game (tied-second with 527)..

Named the NFL's Man of the Year in 1989 for his work in the community, Moon established the Crescent Moon Foundation in 1989 to raise money for college academic scholarships in Seattle, Los Angeles, Houston, and Minneapolis/St. Paul. He remains active in charity work. Moon has worked as an ambassador for the NFL promoting the game of football both nationally and internationally to young people.

SEAHAWKS BROADCASTING

TELEVISION NETWORK

WASHINGTON

	Station	Network
Seattle	KCPQ - 13	FOX
Spokane	KAYU - 28	FOX
Tri-Cities	KFFX - 11	FOX
Yakima	KCYU - 41	FOX

IDAHO

Boise	KIVI - 6	ABC
Twin Falls	KSAW - 52	ABC
Sun Valley	KSAW - 52	ABC

OREGON

Bend	KFXO - 39	FOX
Eugene	KLSR - 34	FOX
Medford	KMVU - 26	FOX
Portland	KPTV - 12	FOX

HAWAII

	Station	Network
Honolulu	KHNL - 13	NBC

ALASKA

Anchorage	KYUR - 13	ABC
Fairbanks	KATN - 2	ABC
Juneau	KJUD - 8	ABC

SEAHAWKS PRESS PASS

Northwest Region	ROOT Sports	Cable

SEAHAWKS SATURDAY NIGHT

Seattle	KCPQ - 13	FOX

RADIO NETWORK

WASHINGTON

	Station	Frequency
Aberdeen	KDUX	104.7 FM
Bellingham	KPUG	1170 AM
Bellingham	KPUG	97.9 FM
Centralia	KMNT	104.3 FM
Chelan	KOZI	93.5 FM
Chelan	KOZI	103.1 FM
Chelan	KOZI	100.9 FM
Colfax	KMAX	840 AM
Colville	KCRK	92.1 FM
Ellensburg	KXLE	1240 AM
Forks	KBDB	96.7 FM
Grand Coulee	KEYG	98.5 FM
Longview	KEDO	1400 AM
Moses Lake	KBSN	1470 AM
Mt. Vernon	KAPS	660 AM
Mt. Vernon	KAPS	102.1 FM
Olympia	KAYO	96.9 FM
Omak	KNCW	92.7 FM
Port Angeles	KONP	1450 AM
Seattle	ESPN	710 AM
Seattle	KIRO	97.3 FM
Shelton	KMAS	1030 AM
Shelton	KMAS	103.3 FM
Spokane	KHTQ	94.5 FM
Tri-Cities	KONA	610 AM
Walla Walla	KUJ	1420 AM
Wenatchee	KPQ	560 AM
Yakima	KIT	1280 AM
Yakima	KIT	94.5 FM

ALASKA

Anchorage	KBYR	700 AM
Anchorage	KTMB	102.1 FM
Cordova	KLAM	1450 AM
Juneau	KINY	800 AM
Ketchikan	KTKN	930 AM
Ketchikan	KTKN	97.5 FM

ALASKA, CONTINUED

Kodiak Island	KVOK	560 AM
Kodiak Island	KVOK	98.7 FM
Sitka	KIFW	1230 AM

BRITISH COLUMBIA

Kamloops	Radio NL	610 AM
Kelowna	CKFR	1150 AM
Vancouver	TSN	1040 AM
Victoria	CFAX	1070 AM

IDAHO

Boise	KBOI	670 AM
Lewiston	KCLK	1430 AM
St. Maries	KOFE	1240 AM

MONTANA

Great Falls	K280GG	103.9 FM
Kalispell	KHNK	95.9 FM

OREGON

Astoria	KCRX	102.3 FM
Baker City	KKBC	95.3 FM
Bend	KLTW	95.7 FM
Coos Bay	KOOS	107.3 FM
Coos Bay	KOOS	107.7 FM
Eugene	KUJZ	95.3 FM
La Grande	KRJT	105.9 FM
Lebanon	KGAL	1580 AM
Medford	KTMT	580 AM
Pendleton	KTIX	1240 AM
Pendleton	KTIX	103.1 FM
Portland	KFXX	1080 AM
Portland	KGON	92.3 FM
The Dalles	KODL	1440 AM
The Dalles	KODL	99.1 FM

HAWAII

Honolulu	KKEA	1420 AM

In 1996, Paul G. Allen obtained an option to purchase the Seattle Seahawks and launched a campaign to win public support for a new world-class football/soccer stadium and exhibition center. Six years later, the dream became reality as the Seahawks opened the 2002 preseason against the Indianapolis Colts in Seahawks Stadium, renamed Qwest Field on June 2, 2004. After seven seasons, the stadium was renamed CenturyLink Field on June 23, 2011.

The CenturyLink Field stadium complex includes CenturyLink Field and the 325,000 sq. ft. CenturyLink Field Event Center. The versatile Event Center is often converted into an intimate music theater to host a wide array of musical acts from Paul Simon to Snoop Dogg. CenturyLink Field and CenturyLink Field Event Center host approximately 185 events that attract more than two million attendees annually. In 2011, the stadium served as host to U2 with more than 70,000 fans in attendance, the largest attended event since the stadium opened in 2002.

CENTURYLINK FIELD FACTS AND FIGURES

- CenturyLink Field, CenturyLink Field Event Center and WaMu Theater host more than 165 events per year that attract more than two million attendees
- FGI employs over 800 staff for the 10 Seahawks game days and over 400 staff for the 18 Sounders FC matches each season
- 68,000 fixed seats
- 1,400 seats for people with disabilities and their companions – compared to 70 at the Kingdome
- 63 restrooms (799 toilets/364 urinals) – twice as many as the Kingdome
- 100% of urinals are retrofitted with low-flow fixtures, saving more 1.3 million gallons of water every year.
- 12 elevators — compared to three at the Kingdome
- 50 concession stands and 47 beer concessions – twice as many per person as the Kingdome
- 97% of the concrete from the Kingdome was processed and recycled (35% built into CenturyLink Field)
- 2,000 car garage
- Six electric vehicle chargers - four in north lot and two in the garage
- Events hosted in the CenturyLink Field Event Center have generated more than $2.1M for Common School Fund

RECENT UPGRADES

- Since 2011, the Seahawks have committed more than $70 million in stadium upgrades
- In 2012, two Mitsubishi Electric Diamond Vision video displays were installed. The new video displays introduced fans to a new and enhanced viewing experience.
- In 2013, capital improvements to the stadium included an expanded and re-designed retail store with an increased footprint from 3,000 to 7,400 square feet and 30 new mobile points-of-sale in addition to a new Beer Hall featuring 14 different selections. FGI installed 47 new digital menu boards and HD TVs to provide flexibility in pricing and menu.
- In 2014, the Seahawks and Verizon made significant enhancements to the wireless network at CenturyLink Field to provide fans with free open access to Wi-Fi. Super Bowl XLVIII Roman Numerals were installed in the Northwest Plaza.
- In 2015, the Seahawks constructed the Toyota Fan Deck (pictured below), which adds 1,000 padded seats in two new seating sections in the south end upper level.
- In 2016, the Seahawks added a high definition LED board below the upper bowl, renovated the working press box and added four new Press Box suites.

FIRST & GOAL INC.

In June of 1997, Washington State voters approved a funding package to build a new football/soccer stadium and exhibition center. With that, Paul G. Allen and Football Northwest created First & Goal Inc., to manage the stadium and event center on a daily basis.

FIRST & GOAL HOSPITALITY

On March 1, 2017, the Seattle Seahawks and First & Goal, Inc. introduced First & Goal Hospitality (FGH) as part of a continual effort to enhance the guest experience at CenturyLink Field, CenturyLink Field Event Center, and the WaMu Theater. FGH manages and operates all general concessions and premium dining at Seahawks games, Sounders FC matches, stadium concerts, as well as provide catering services for corporate events.

FGI RESOURCE CONSERVATION PROJECT

In 2011, FGI implemented an energy conservation project that included the installation of a vast rooftop solar array; performance monitoring and other smart technologies, including high-efficiency lighting, mechanical system upgrades and ultra-low flow water fixtures; an LED stadium arch lighting system; and six electrical vehicle charging stations. The project was led by Seattle-based McKinstry.

The project has reduced annual utility costs by an average of 25% percent and carbon emissions by 1,666 metric tons per year; the equivalent of removing 319 cars from the roadway, or powering 161 homes.

In 2015, all of the Event Center HID hi bay lighting fixtures with a one-for-one LED fixture. This reduced the lighting load by over 50%, providing greater lighting uniformity and provides significant future operational savings. Measurement and verification totals show the Event Center is on track to save an estimated 900,055 kWh of electricity and 3,888 kW of demand per year.

In addition, CenturyLink Field replaced 76 fluorescent tubes in the Event Center restrooms with new LED fixtures. An annual 13,096 kWh of energy savings is projected for this project.

Ninety-six percent of all janitorial supplies purchased are Green Seal Certified. The facility continues to use Electronically Activated Water for cleaning saving the use of thousands of gallons of chemicals and the associated carbon footprint of manufacturing, packaging, distribution and transportation.

FGI continues to be a leader in stadium waste diversion. In 2016, 96.3% of all facility waste was recycled or composted with more than 1800 tons of material diverted from the landfill. Waste tracking began in 2006 when the facility recorded a diversion rate of 4.66%.

CENTURYLINK FIELD FUNDING

The $430 million facility is owned by the public and was funded by a private-public partnership. Private contributions totaled at least $130 million, while the public contributed up to $300 million through a lottery and a variety of taxes generated by events in the stadium/exhibition center.

A breakdown of the funding package:

- $130 million private investment led by Paul G. Allen
- $127 million from new, sports related lottery games, similar to the Mariners' baseball-themed scratch games
- $101 million in sales taxes collected in King County attributable to events in the stadium/event center
- $56 million from facility admission and parking taxes
- $15 million from extending King County's share of the existing hotel-motel tax
- Paul G. Allen agreed to pay for any construction cost overruns
- $1 million per year of in-kind advertising for the new lottery games will be provided by Paul G. Allen
- All excess stadium revenues will fund youth athletic facilities throughout Washington State in addition to a $10 million contribution from Paul G. Allen
- $14 million of the public contribution will come from interest earned on the $50 million private contribution from Paul Allen
- As an added measure, the debt on the Kingdome was retired, freeing property taxes for other purposes

VIRGINIA MASON ATHLETIC CENTER

The Seahawks moved into the 200,000 square foot waterfront facility in August 2008. Virginia Mason Athletic Center (VMAC) is the second-largest facility in the NFL.

The property is bounded by Interstate 405 to the east, Lake Washington to the west, residential property to the north and 44th Street to the south.

The privately funded practice facility is situated on 19 acres of industrial property. It houses a permanent indoor practice facility, and the team's entire front office. In addition, there are three outdoor practice fields, 50,000 square feet of training facility space, 15,000 square feet of player meeting space and 48,000 square feet of administrative office space. VMAC allows fans to watch practice during training camp.

Purchased by Vulcan Real Estate in 2000, the land was formerly home to a coal tar refinery & creosote plant, since remediated by Vulcan in concert with the City of Renton and the Washington State Department of Ecology. The project will improve the environmental climate of Renton and its wetlands by improving and redeveloping the site. Since the team's inaugural season in 1976, the Seahawks were housed at Carillon Point for 10.5 years from 1976-86.

VIRGINIA MASON ATHLETIC CENTER

Official Name	Virginia Mason Athletic Center The facility name is part of a broad Seattle Seahawks and Virginia Mason partnership to support the health and well-being of our community
Location	The site is bounded by Interstate 405 to the east, Lake Washington to the west, residential properties to the north and open land area to the south. Its southern boundary is located approximately 1/4 of mile north of 44th Street.
Site Size	Approximately 19.0 acres of buildable land area.
Project Size	Approximately 200,000 gross square feet of enclosed space including the indoor practice field.
Building Size	Approximately 124,000 gross square feet of administration and training facilities.
Outdoor Fields Area	Three regulation size grass fields
Indoor Practice Area	One regulation size artificial field with clear height of 95' allowing for kicking and punting.
First Floor	Team area and auditorium, including locker room, lounge, training room, weight room, team meeting rooms and media production studios.
Second Floor	Seahawks football administration. Approximately 48,000 gross square feet of coaching and football personnel offices, draft room, cafeteria and weight room mezzanine.
Third Floor	Seahawks administrative offices.
Training Camp	The new facility will host Seahawks training camp.
VMAC Programming	The VMAC will serve as a location for health and community programming.
On Site Parking	Approximately 275 cars
Construction Schedule	18 months
Ground Breaking	January 2007
Completion Date	Summer 2008
Architects	Crawford Architects
Funding	Private
Property Owner	Port Quendall Company

SEAHAWKS.COM

Boyle

Drovetto

Babineaux

Montgomery

Online fans all over the world have the opportunity to stay up-to-date with Seahawks news at Seahawks.com or the Seahawks mobile app, the official web site and app of the Seattle Seahawks.

Fans are able to read game previews, post-game summaries, player spotlights, community event articles and all other Seahawks news from Seahawks.com's writers John Boyle, Tony Drovetto and Aron Yohannes. The site also includes exclusive game day coverage with in-depth analysis, inside photos and scoring updates. Jackie Montgomery is your online host for videos from practice while special host and former big playmaker Jordan Babineaux will also provide coverage on some of the more colorful off-field activities.

The Seahawks cheerleaders, the Sea Gals, also have their own website at SeaGals.com featuring photos, videos, and stories as well as tips on how to create the Sea Gal look.

Fans are encouraged to become Hawk Mail members as well to receive the free e-mail newsletter that features exclusive stories, and notifies subscribers of upcoming events, changes to the site. Visit Seahawks.com/HawkMail for more information.

Fans may also tune in for live video streaming of coach and player press conferences every week during the season by visiting Seahawks.com/Live.

Fans are encouraged to follow the Seahawks and Coach Carroll on twitter: @Seahawks and @PeteCarroll, and in other forms of social media listed below.

On Facebook

facebook.com/Seahawks
facebook.com/SeahawksProShop
facebook.com/Sea.Gals

On Twitter

@Seahawks
@PeteCarroll
@TheSeaGals
@BTDrumline
@12s
@winSeahawks
@SeahawksProShop
@BlitzTheSeahawk

On Instagram

@Seahawks
@TheSeaGals
@SeahawksProShop
@12s

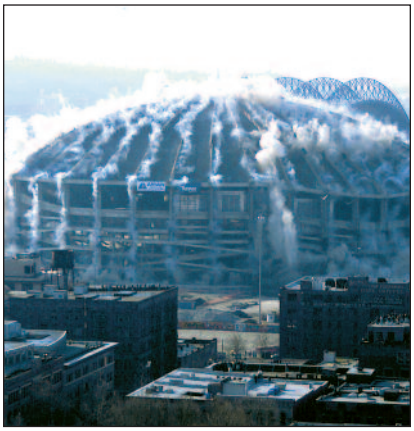
On SnapChat

"Seahawks"
"TheSeaGals"

On Pinterest

Pinterest.com/SeattleSeahawks

KINGDOME



The Kingdome was originally located on 35.9 acres. Due to construction of the new parking garage and event center the acreage is now 23.9 acres.

The Kingdome had the largest concrete roof in the world - 7.85 acres. A new roof and ceiling was completed in 1994. The new ceiling had improved acoustics through the use of a spray on cellulose material.

The building itself, contained 52,800 cubic yards of concrete and 443 tons of structural steel.

It was 250 feet high and 660 feet across to the inside walls making it wider than the Space Needle is tall.

The Kingdome hosted football, soccer, baseball, basketball, tennis, volleyball, rodeos, motor sports, concerts, meetings and trade & consumer shows of all types.

The Kingdome boasted the 43rd largest facility exhibition space in North America.

More than 72 million people entered the Kingdome through a variety of entertainment over 23 years.

Over 3,250 major events were held and many hundreds of smaller special events.

The largest event attendance at the Kingdome was 74,000, set on May 14, 1976 during a Billy Graham Crusade.

Original cost, including property, was $67 million; another $47 million in capital improvements was added over the years. The remaining debt on both the original cost and capital improvements is $57 million.

TOP 10 MOMENTS*

November 7, 1976
First home win versus the Atlanta Falcons

November 16, 1981
First regular season victory over San Diego on Monday Night Football after eight straight previous defeats

December 24, 1983
First home playoff win versus the Denver Broncos

November 4, 1984
NFL record four interceptions returned for touchdowns against the Kansas City Chiefs

December 2, 1984
Clinched a playoff berth with a 38-17 win over Detroit

December 22, 1984
Eliminated defending Super Bowl Champion Los Angeles Raiders in the AFC Wild Card Game at the Kingdome

October 6, 1986
Steve Largent breaks the NFL record for consecutive games with a pass reception against San Diego on Monday Night Football

December 11, 1988
Seahawks score on their first six possessions in a 42-17 victory over the Denver Broncos/Largent hit on Mike Harden.

November 30, 1992
Play-by-play announcer Pete Gross is inducted into the Seahawks Ring of Honor

November 3, 1996
John Friesz threw for 323 yards, the first 300-yard passing game since 1990 in a 23-16 win over the Houston Oilers

**Top 10 Moments as voted on by Seahawks fans via the team's official web site, www.seahawks.com, prior to the final regular season game played on December 26, 1999*

The roof and ceiling renovation was $70 million.

The total debt on the Kingdome is $127 million with the majority of it due to be retired in the year 2016.

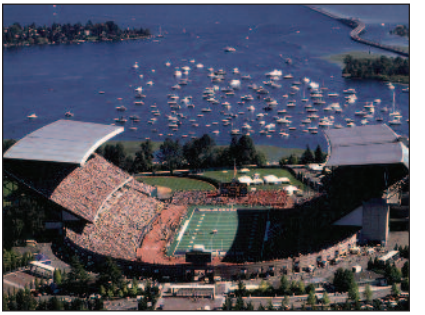
Annual payments of $6.3 million are received from a 2 percent hotel/motel room tax and a 1 percent rental car tax. This pays for the original construction, the roof and ceiling repair and millions of dollars in improvements.

The stadium employed 70 full-time staff and up to 1,200 part-time event personnel.

At one point, the Kingdome was home to four professional sports- baseball, football, basketball and soccer (*Seattle Sounders*).

The Kingdome was imploded on March 26, 2000.

HUSKY STADIUM



The Seattle Seahawks played their entire 2000 and 2001 home schedule at Husky Stadium. With the demolition of the Kingdome and creation of the new football stadium, the Seahawks looked to the home of the Washington Huskies for the 2000 and 2001 NFL seasons.

Seating capacity at Husky Stadium for Seahawks games was 68,589, with nearly 70 percent of those seats between the endzones.

The Seahawks played three regular season and two preseason games at the stadium in 1994, when ceiling tiles fell from the Kingdome's roof.

Built in 1902 at a cost of $600,000, the stadium's initial capacity was 30,000. The stadium officially opened on November 27, 1920, when Dartmouth defeated the University of Washington, 28-7.

Capacity was increased to 40,000 in 1936 and again to 55,000 in 1950. The second of these upgrades included roof-covered seats in the south stands and cost $1.7 million.

The current press box was originally constructed as part of the 1950 expansion.

An additional 4,000 seats were added in 1968, to take capacity to 59,000.

Husky Stadium became just the second stadium to don AstroTurf, when it replaced the original natural grass in 1968. The University of Washington supplied more than 200 pairs of shoes for opponents, due to the rarity of the surface. The turf was replaced in 1972, 1977, 1987, 1995, and new FieldTurf was laid down in 2000. Seating capacity increased one more time in 1987, in a $13 million project.

FORMER KIRKLAND HEADQUARTERS

From June 18, 1986, through training camp of 2008, the Seattle Seahawks office and training headquarters was located adjacent to Northwest College in Kirkland, Washington.

The two-story building went through major renovation that was completed in 1999, to create a first-class facility. The lower-level housed meeting rooms, locker rooms for the players and coaches, training and equipment rooms as well as an expanded strength and conditioning area.

Upstairs houses the administrative offices, coaches offices, and conference rooms.

The Seahawks were able to practice on three regulation fields, two natural grass and one artificial turf. The original turf field was replaced by a new one in 1997. That field was then covered by an inflatable bubble as the weather worsened.

2017-2018 KEY DATES

2017

August 3 – Hall of Fame Game, Canton, Ohio (Dallas vs. Arizona).

August 9-13 – First preseason weekend

September 2 – Roster cut-down to maximum of 53 players

September 3 – Clubs may establish a practice squad of 10 players

September 7, 10-11 – 2017 Kickoff Weekend

October 31 – Trading deadline

December 31 – Regular season ends

2018

Saturday, January 6 – AFC and NFC Wild Card Playoffs

Sunday, January 7 – AFC and NFC Wild Card Playoffs

Saturday, January 13 – AFC and NFC Divisional Playoffs

Sunday, January 14 – AFC and NFC Divisional Playoffs

Sunday, January 21 – AFC and NFC Championship Games

Sunday, January 28 – Pro Bowl (Orlando, Fla.)

Sunday, February 4 – Super Bowl LII (NBC)

2017 PRESEASON SCHEDULE

NFL/HALL OF FAME GAME
THURSDAY, AUGUST 3

Arizona Cardinals vs Dallas Cowboys	8:00 PM (ET)

WEEK 1 – AUGUST 9-14

WEDNESDAY, AUGUST 9

Houston at Carolina	7:30 PM (ET)

THURSDAY, AUGUST 10

Minnesota at Buffalo	7:00 PM (ET)
Atlanta at Miami	7:00 PM (ET)
Washington at Baltimore	7:30 PM (ET)
Jacksonville at New England	7:30 PM (ET)
Denver at Chicago	7:00 PM (CT)
New Orleans at Cleveland	8:00 PM (ET)
Philadelphia at Green Bay	7:00 PM (CT)

FRIDAY, AUGUST 11

Pittsburgh at New York Giants	7:00 PM (ET)
Tampa Bay at Cincinnati	7:30 PM (ET)
San Francisco at Kansas City	8:00 PM (CT)

SATURDAY, AUGUST 12

Titans at New York Jets	7:30 PM (ET)
Dallas at Los Angeles Rams	6:00 PM (PT)
Oakland at Arizona	7:00 PM (MST)

SUNDAY, AUGUST 13

Detroit at Indianapolis	1:30 PM (ET)
Seattle at Los Angeles Chargers	5:00 PM (PT)

WEEK 2 – AUGUST 17-21

THURSDAY AUG. 17

Baltimore at Miami	7:00 PM (ET)
Buffalo at Philadelphia	7:00 PM (ET)
Tampa Bay at Jacksonville	8:00 PM (ET)

FRIDAY, AUGUST 18

Minnesota at Seattle	7:00 PM (PT)

SATURDAY, AUGUST 19

Carolina at Tennessee	2:00 PM (CT)
Kansas City at Cincinnati	7:00 PM (ET)
Indianapolis at Dallas	6:00 PM (CT)
New York Jets at Detroit	7:30 PM (ET)
Green Bay at Washington	7:30 PM (ET)
New England at Houston	7:00 PM (CT)
Los Angeles Rams at Oakland	7:00 PM (PT)
Denver at San Francisco	7:00 PM (PT)
Chicago at Arizona	7:00 PM (MST)

SUNDAY, AUGUST 20

Atlanta at Pittsburgh	4:00 PM (ET)
New Orleans at L.A. Chargers	5:00 PM (PT)

MONDAY, AUGUST 21

New York Giants at Cleveland	8:00 PM (ET)

WEEK 3 – AUGUST 24-27

THURSDAY, AUGUST 24

Miami at Philadelphia	7:00 PM (ET)
Carolina at Jacksonville	7:30 PM (ET)

FRIDAY, AUGUST 25

New England at Detroit	7:00 PM (ET)
Kansas City at Seattle	5:00 PM (PT)

SATURDAY, AUGUST 26

Arizona at Atlanta	7:00 PM (ET)
Buffalo at Baltimore	7:00 PM (ET)
N.Y. Jets at N.Y. Giants	7:00 PM (ET)
Indianapolis at Pittsburgh	7:30 PM (ET)
Cleveland at Tampa Bays	7:30 PM (ET)
Oakland at Dallas	7:00 PM (CT)
L.A. Chargers at L.A. Rams	5:00 PM (PT)
Houston at New Orleans	7:00 PM (CT)
Green Bay at Denver	7:00 PM (MT)

SUNDAY, AUGUST 27

Chicago at Tennessee	12:00 PM (CT)
Cincinnati at Washington	4:30 PM (ET)
San Francisco at Minnesota	7:00 PM (CT)

WEEK 4 – AUGUST 31

THURSDAY, AUGUST 31

Jacksonvilleat Atlanta	7:00 PM (ET)
Detroit at Buffalo	7:00 PM (ET)
Los Angeles Rams at Green Bay	6:00 PM (CT)
Cincinnati at Indianapolis	7:00 PM (ET)
Philadelphia at New York Jets	7:00 PM (ET)
Pittsburgh at Carolinas	7:30 PM (ET)
New York Giants at New England	7:30 PM (ET)
Washington at Tampa Bay	7:30 PM (ET)
Cleveland at Chicago	7:00 PM (CT)
Dallas at Houston	7:00 PM (CT)
Miami at Minnesota	7:00 PM (CT)
Baltimore at New Orleans	7:00 PM (CT)
Tennessee at Kansas City	7:30 PM (CT)
Arizona at Denver	7:00 PM (MT)
Seattle at Oakland	7:00 PM (PT)
L.A. Chargers at San Francisco	7:00 PM (PT)

2017 NFL SCHEDULE

WEEK 1

THURSDAY, SEPTEMBER 7, 2017

Kansas City at New England	8:30p (ET)	8:30p

SUNDAY, SEPTEMBER 10, 2017

N.Y. Jets at Buffalo	1:00p (ET)	1:00p
Atlanta at Chicago	12:00p (CT)	1:00p
Baltimore at Cincinnati	1:00p (ET)	1:00p
Pittsburgh at Cleveland	1:00p (ET)	1:00p
Arizona at Detroit	1:00p (ET)	1:00p
Jacksonville at Houston	12:00p (CT)	1:00p
Tampa Bay at Miami	1:00p (ET)	1:00p
Oakland at Tennessee	12:00p (CT)	1:00p
Philadelphia at Washington	1:00p (ET)	1:00p
Indianapolis at L.A. Rams	1:05p (PT)	4:05p
Seattle at Green Bay	3:25p (CT)	4:25p
Carolina at San Francisco	1:25p (PT)	4:25p
N.Y. Giants at Dallas	7:30p (CT)	8:30p

MONDAY, SEPTEMBER 11, 2017

New Orleans at Minnesota	6:10p (CT)	7:10p
L.A. Chargers at Denver	8:20p (MT)	10:20p

WEEK 2

THURSDAY, SEPTEMBER 14, 2017

Houston at Cincinnati	8:25p (ET)	8:25p

Sunday, September 17, 2017

Cleveland at Baltimore	1:00p (ET)	1:00p
Buffalo at Carolina	1:00p (ET)	1:00p
Arizona at Indianapolis	1:00p (ET)	1:00p
Tennessee at Jacksonville	1:00p (ET)	1:00p
Philadelphia at Kansas City	12:00p (CT)	1:00p
New England at New Orleans	12:00p (CT)	1:00p
Minnesota at Pittsburgh	1:00p (ET)	1:00p
Chicago at Tampa Bay	1:00p (ET)	1:00p
Miami at L.A. Chargers	1:05p (PT)	4:05p
N.Y. Jets at Oakland	1:05p (PT)	4:05p
Dallas at Denver	2:25p (MT)	4:25p
Washington at L.A. Rams	1:25p (PT)	4:25p
San Francisco at Seattle	1:25p (PT)	4:25p
Green Bay at Atlanta	8:30p (ET)	8:30p

MONDAY, SEPTEMBER 18, 2017

Detroit at N.Y. Giants	8:30p (ET)	8:30p

WEEK 3

THURSDAY, SEPTEMBER 21, 2017

L.A. Rams at San Francisco	5:25p (PT)	8:25p

SUNDAY, SEPTEMBER 24, 2017

Baltimore at Jacksonville (London)	2:30p (BST)	9:30a
Denver at Buffalo	1:00p (ET)	1:00p
New Orleans at Carolina	1:00p (ET)	1:00p
Pittsburgh at Chicago	12:00p (CT)	1:00p
Atlanta at Detroit	1:00p (ET)	1:00p
Cleveland at Indianapolis	1:00p (ET)	1:00p
Tampa Bay at Minnesota	12:00p (CT)	1:00p
Houston at New England	1:00p (ET)	1:00p
Miami at N.Y. Jets	1:00p (ET)	1:00p
N.Y. Giants at Philadelphia	1:00p (ET)	1:00p
Seattle at Tennessee	3:05p (CT)	4:05p
Cincinnati at Green Bay	3:25p (CT)	4:25p
Kansas City at L.A. Chargers	1:25p (PT)	4:25p
Oakland at Washington	8:30p (ET)	8:30p

MONDAY, SEPTEMBER 25, 2017

Dallas at Arizona Cardinals	5:30p (MST)	8:30p

WEEK 4

THURSDAY, SEPTEMBER 28, 2017

Chicago at Green Bay	7:25p (CT)	8:25p

SUNDAY, OCTOBER 1, 2017

New Orleans at Miami (London)	2:30p (BST)	9:30a
Buffalo at Atlanta	1:00p (ET)	1:00p
Pittsburgh at Baltimore	1:00p (ET)	1:00p
Cincinnati at Cleveland	1:00p (ET)	1:00p
L.A. Rams at Dallas	12:00p (CT)	1:00p
Tennessee at Houston	12:00p (CT)	1:00p
Detroit at Minnesota	12:00p (CT)	1:00p
Carolina at New England	1:00p (ET)	1:00p
Jacksonville at N.Y. Jets	1:00p (ET)	1:00p
San Francisco at Arizona	1:05p (MST)	4:05p
Philadelphia at L.A. Chargers	1:05p (PT)	4:05p
N.Y. Giants at Tampa Bay	4:05p (ET)	4:05p
Oakland at Denver	2:25p (MT)	4:25p
Indianapolis at Seattle	5:30p (PT)	8:30p

MONDAY, OCTOBER 2, 2017

Washington at Kansas City	7:30p (CT)	8:30p

WEEK 5

THURSDAY, OCTOBER 5, 2017

New England at Tampa Bay	8:25p (ET)	

SUNDAY, OCTOBER 8, 2017

Buffalo at Cincinnati	1:00p (ET)	1:00p
N.Y. Jets at Cleveland	1:00p (ET)	1:00p
Carolina at Detroit	1:00p (ET)	1:00p
San Francisco at Indianapolis	1:00p (ET)	1:00p
Tennessee at Miami	1:00p (ET)	1:00p
L.A. Chargers at N.Y. Giants	1:00p (ET)	1:00p
Arizona at Philadelphia	1:00p (ET)	1:00p
Jacksonville at Pittsburgh	1:00p (ET)	1:00p
Seattle at L.A. Rams	1:05p (PT)	4:05p
Baltimore at Oakland	1:05p (PT)	4:05p
Green Bay at Dallas	3:25p (CT)	4:25p
Kansas City at Houston *	7:30p (CT)	8:30p

MONDAY, OCTOBER 9, 2017

Minnesota at Chicago	7:30p (CT)	8:30p

Byes: Atlanta, Denver, New Orleans, Washington

ALL TIMES HOME TEAM
LOCAL TIMES FOLLOWED BY
EASTERN STANDARD TIME

**- Sunday night games in Weeks 5-16 subject to change; Week 17 game TBD*

WEEK 6

THURSDAY, OCTOBER 12, 2017

Philadelphia at Carolina	8:25p (ET)	8:25p

SUNDAY, OCTOBER 15, 2017

Miami at Atlanta	1:00p (ET)	1:00p
Chicago at Baltimore	1:00p (ET)	1:00p
Cleveland at Houston	12:00p (CT)	1:00p
Green Bay at Minnesota	12:00p (CT)	1:00p
Detroit at New Orleans	12:00p (CT)	1:00p
New England at N.Y. Jets	1:00p (ET)	1:00p
San Francisco at Washington	1:00p (ET)	1:00p
Tampa Bay at Arizona	1:05p (MST)	4:05p
L.A. Rams at Jacksonville	4:05p (ET)	4:05p
Pittsburgh at Kansas City	3:25p (CT)	4:25p
L.A. Chargers at Oakland	1:25p (PT)	4:25p
N.Y. Giants at Denver *	6:30p (MT)	8:30p

MONDAY, OCTOBER 16, 2017

Indianapolis at Tennessee	7:30p (CT)	8:30p

Byes: Buffalo, Cincinnati, Dallas, Seattle

WEEK 7

THURSDAY, OCTOBER 19, 2017

Kansas City at Oakland	5:25p (PT)	8:25p

SUNDAY, OCTOBER 22, 2017

Tampa Bay at Buffalo	1:00p (ET)	1:00p
Carolina at Chicago	12:00p (CT)	1:00p
Tennessee at Cleveland	1:00p (ET)	1:00p
New Orleans at Green Bay	12:00p (CT)	1:00p
Jacksonville at Indianapolis	1:00p (ET)	1:00p
Arizona at L.A. Rams (London)	6:00p (BST)	1:00p
N.Y. Jets at Miami	1:00p (ET)	1:00p
Baltimore at Minnesota	12:00p (CT)	1:00p
Cincinnati at Pittsburgh	1:00p (ET)	1:00p
Dallas at San Francisco	1:05p (PT)	4:05p
Denver at L.A. Chargers	1:25p (PT)	4:25p
Seattle at N.Y. Giants	4:25p (ET)	4:25p
Atlanta at New England *	8:30p (ET)	8:30p

MONDAY, OCTOBER 23, 2017

Washington at Philadelphia	8:30p (ET)	8:30p

Byes: Detroit, Houston

WEEK 8

THURSDAY, OCTOBER 26, 2017

Miami at Baltimore	8:25p (ET)	8:25p

SUNDAY, OCTOBER 29, 2017

Minnesota at Cleveland (London)	1:30p (GMT)	9:30a
Oakland at Buffalo	1:00p (ET)	1:00p
Indianapolis at Cincinnati	1:00p (ET)	1:00p
L.A. Chargers at New England	1:00p (ET)	1:00p
Chicago at New Orleans	12:00p (CT)	1:00p
Atlanta at N.Y. Jets	1:00p (ET)	1:00p
San Francisco at Philadelphia	1:00p (ET)	1:00p
Carolina at Tampa Bay	1:00p (ET)	1:00p
Houston at Seattle	1:05p (PT)	4:05p
Dallas at Washington	4:25p (ET)	4:25p
Pittsburgh at Detroit *	8:30p (ET)	8:30p

MONDAY, OCTOBER 30, 2017

Denver at Kansas City	7:30p (CT)	8:30p

Byes: Arizona, Green Bay, Jacksonville, L.A. Rams, N.Y. Giants, Tennessee

WEEK 9

THURSDAY, NOVEMBER 2, 2017

Buffalo at N.Y. Jets	8:25p (ET)	8:25p

SUNDAY, NOVEMBER 5, 2017

Atlanta at Carolina	1:00p (ET)	1:00p
Indianapolis at Houston	12:00p (CT)	1:00p
Cincinnati at Jacksonville	1:00p (ET)	1:00p
Tampa Bay at New Orleans	12:00p (CT)	1:00p
L.A. Rams at N.Y. Giants	1:00p (ET)	1:00p
Denver at Philadelphia	1:00p (ET)	1:00p
Baltimore at Tennessee	12:00p (CT)	1:00p
Arizona at San Francisco	1:05p (PT)	4:05p
Washington at Seattle	1:05p (PT)	4:05p
Kansas City at Dallas	3:25p (CT)	4:25p
Oakland at Miami *	8:30p (ET)	8:30p

MONDAY, NOVEMBER 6, 2017

Detroit at Green Bay	7:30p (CT)	8:30p

Byes: Chicago, Cleveland, L.A. Chargers, Minnesota, New England, Pittsburgh

WEEK 10

THURSDAY, NOVEMBER 9, 2017

Seattle at Arizona	6:25p (MST)	8:25p

SUNDAY, NOVEMBER 12, 2017

New Orleans at Buffalo	1:00p (ET)	1:00p
Green Bay at Chicago	12:00p (CT)	1:00p
Cleveland at Detroit	1:00p (ET)	1:00p
Pittsburgh at Indianapolis	1:00p (ET)	1:00p
L.A. at Jacksonville	1:00p (ET)	1:00p
N.Y. Jets at Tampa Bay	1:00p (ET)	1:00p
Cincinnati at Tennessee	12:00p (CT)	1:00p
Minnesota at Washington	1:00p (ET)	1:00p
Houston at L.A. Rams	1:05p (PT)	4:05p
Dallas at Atlanta	4:25p (ET)	4:25p
N.Y. Giants at San Francisco	1:25p (PT)	4:25p
New England at Denver *	6:30p (MT)	8:30p

MONDAY, NOVEMBER 13, 2017

Miami at Carolina	8:30p (ET)	8:30p

Byes: Baltimore, Kansas City, Oakland, Philadelphia

WEEK 11

THURSDAY, NOVEMBER 16, 2017

Tennessee at Pittsburgh	8:25p (ET)	8:25p

SUNDAY, NOVEMBER 19, 2017

Detroit at Chicago	12:00p (CT)	1:00p
Jacksonville at Cleveland	1:00p (ET)	1:00p
Baltimore at Green Bay	12:00p (CT)	1:00p
Arizona at Houston	12:00p (CT)	1:00p
L.A. Rams at Minnesota	12:00p (CT)	1:00p
Washington at New Orleans	12:00p (CT)	1:00p
Kansas City at N.Y. Giants	1:00p (ET)	1:00p
Buffalo at L.A. Chargers	1:05p (PT)	4:05p
Cincinnati at Denver	2:25p (MT)	4:25p
New England at Oakland (Mexico City)	3:25p (CT)	4:25p
Philadelphia at Dallas *	7:30p (CT)	8:30p

MONDAY, NOVEMBER 20, 2017

Atlanta at Seattle	5:30p (PT)	8:30p

Byes: Carolina, Indianapolis, Miami, N.Y. Jets, San Francisco, Tampa Bay

WEEK 12

THURSDAY, NOVEMBER 23, 2017

Minnesota at Detroit	12:30p (ET)	12:30p
L.A. Chargers at Dallas	3:30p (CT)	4:30p
N.Y. Giants at Washington	8:30p (ET)	8:30p

SUNDAY, NOVEMBER 26, 2017

Tampa Bay at Atlanta	1:00p (ET)	1:00p
Cleveland at Cincinnati	1:00p (ET)	1:00p
Tennessee at Indianapolis	1:00p (ET)	1:00p
Buffalo at Kansas City	12:00p (CT)	1:00p
Miami at New England	1:00p (ET)	1:00p
Carolina at N.Y. Jets	1:00p (ET)	1:00p
Chicago at Philadelphia	1:00p (ET)	1:00p
New Orleans at L.A. Rams	1:05p (PT)	4:05p
Seattle at San Francisco	1:05p (PT)	4:05p
Jacksonville at Arizona	2:25p (MST)	4:25p
Denver at Oakland	1:25p (PT)	4:25p
Green Bay at Pittsburgh *	8:30p (ET)	8:30p

MONDAY, NOVEMBER 27, 2017

Houston at Baltimore	8:30p (ET)	8:30p

WEEK 13

THURSDAY, NOVEMBER 30, 2017

Washington at Dallas	7:25p (CT)	8:25p

SUNDAY, DECEMBER 3, 2017

Minnesota at Atlanta	1:00p (ET)	1:00p
Detroit at Baltimore	1:00p (ET)	1:00p
New England at Buffalo	1:00p (ET)	1:00p
San Francisco at Chicago	12:00p (CT)	1:00p
Tampa Bay at Green Bay	12:00p (CT)	1:00p
Indianapolis at Jacksonville	1:00p (ET)	1:00p
Denver at Miami	1:00p (ET)	1:00p
Carolina at New Orleans	12:00p (CT)	1:00p
Kansas City at N.Y. Jets	1:00p (ET)	1:00p
Houston at Tennessee	12:00p (CT)	1:00p
Cleveland at L.A. Chargers	1:05p (PT)	4:05p
L.A. Rams at Arizona	2:25p (MST)	4:25p
N.Y. Giants at Oakland	1:25p (PT)	4:25p
Philadelphia at Seattle *	5:30p (PT)	8:30p

MONDAY, DECEMBER 4, 2017

Pittsburgh at Cincinnati	8:30p (ET)	8:30p

WEEK 14

THURSDAY, DECEMBER 7, 2017

New Orleans at Atlanta	8:25p (ET)	8:25p

SUNDAY, DECEMBER 10, 2017

Indianapolis at Buffalo	1:00p (ET)	1:00p
Minnesota at Carolina	1:00p (ET)	1:00p
Chicago at Cincinnati	1:00p (ET)	1:00p
Green Bay at Cleveland	1:00p (ET)	1:00p
San Francisco at Houston	12:00p (CT)	1:00p
Seattle at Jacksonville	1:00p (ET)	1:00p
Oakland at Kansas City	12:00p (CT)	1:00p
Detroit at Tampa Bay	1:00p (ET)	1:00p
Tennessee at Arizona	2:05p (MST)	4:05p
N.Y. Jets at Denver	2:05p (MT)	4:05p
Washington at L.A. Chargers	1:05p (PT)	4:05p
Philadelphia at L.A. Rams	1:25p (PT)	4:25p
Dallas at N.Y. Giants	4:25p (ET)	4:25p
Baltimore at Pittsburgh *	8:30p (ET)	8:30p

MONDAY, DECEMBER 11, 2017

New England at Miami	8:30p (ET)	8:30p

WEEK 15

THURSDAY, DECEMBER 14, 2017

Denver at Indianapolis	8:25p (ET)	8:25p

SATURDAY, DECEMBER 16, 2017

Chicago at Detroit	4:30p (ET)	4:30p
L.A. Chargers at Kansas City	7:25p (CT)	8:25p

SUNDAY, DECEMBER 17, 2017

Miami at Buffalo	1:00p (ET)	1:00p
Green Bay at Carolina	1:00p (ET)	1:00p
Baltimore at Cleveland	1:00p (ET)	1:00p
Houston at Jacksonville	1:00p (ET)	1:00p
Cincinnati at Minnesota	12:00p (CT)	1:00p
N.Y. Jets at New Orleans	12:00p (CT)	1:00p
Philadelphia at N.Y. Giants	1:00p (ET)	1:00p
Arizona at Washington	1:00p (ET)	1:00p
L.A. Rams at Seattle	1:05p (PT)	4:05p
New England at Pittsburgh	4:25p (ET)	4:25p
Tennessee at San Francisco	1:25p (PT)	4:25p
Dallas at Oakland *	5:30p (PT)	8:30p

MONDAY, DECEMBER 18, 2017

Atlanta at Tampa Bay	8:30p (ET)	8:30p

WEEK 16

SATURDAY, DECEMBER 23, 2017

Indianapolis at Baltimore	4:30p (ET)	4:30p
Minnesota at Green Bay	7:30p (CT)	8:30p

SUNDAY, DECEMBER 24, 2017

Tampa Bay at Carolina	1:00p (ET)	1:00p
Cleveland at Chicago	12:00p (CT)	1:00p
Detroit at Cincinnati	1:00p (ET)	1:00p
Miami at Kansas City	12:00p (CT)	1:00p
Buffalo at New England	1:00p (ET)	1:00p
Atlanta at New Orleans	12:00p (CT)	1:00p
L.A. Chargers at N.Y. Jets	1:00p (ET)	1:00p
L.A. Rams at Tennessee	12:00p (CT)	1:00p
Denver at Washington	1:00p (ET)	1:00p
Jacksonville at San Francisco	1:05p (PT)	4:05p
N.Y. Giants at Arizona	2:25p (MST)	4:25p
Seattle at Dallas	3:25p (CT)	4:25p

MONDAY, DECEMBER 25, 2017

Pittsburgh at Houston	3:30p (CT)	4:30p
Oakland at Philadelphia	8:30p (ET)	8:30p

SUNDAY, DECEMBER 31, 2017

Carolina at Atlanta	1:00p (ET)	1:00p
Cincinnati at Baltimore	1:00p (ET)	1:00p
Green Bay at Detroit	1:00p (ET)	1:00p
Houston at Indianapolis	1:00p (ET)	1:00p
Buffalo at Miami	1:00p (ET)	1:00p
Chicago at Minnesota	12:00p (CT)	1:00p
N.Y. Jets at New England	1:00p (ET)	1:00p
Washington at N.Y. Giants	1:00p (ET)	1:00p
Dallas at Philadelphia	1:00p (ET)	1:00p
Cleveland at Pittsburgh	1:00p (ET)	1:00p
New Orleans at Tampa Bay	1:00p (ET)	1:00p
Jacksonville at Tennessee	12:00p (CT)	1:00p
Kansas City at Denver	2:25p (MT)	4:25p
Oakland at L.A. Chargers	1:25p (PT)	4:25p
San Francisco at L.A. Rams	1:25p (PT)	4:25p
Arizona Cardinals at Seattle	1:25p (PT)	4:25p

**- Sunday night games in Weeks 5-16 subject to change; Week 17 game TBD*

SEAHAWKS

ADMINISTRATION

Chairman . . . . . Paul G. Allen
President . . . . . Peter McLoughlin
Executive Vice President of Football Operations & Head Coach . . . . . Pete Carroll
Executive Vice President/General Manager . . . . . John Schneider
Chief Operating Officer . . . . . Chuck Arnold
Chief Financial Officer . . . . . Karen Spencer
Senior Vice President/Human Resources & Administration . . . . . Cindy Kelley
Senior Vice President/Communications & Broadcasting . . . . . Dave Pearson
General Counsel, VP/Government Affairs . . . . . Ed Goines
Vice President/Business Strategy & Analytics . . . . . Jeff Dunn
Vice President/Community Relations . . . . . Mike Flood
Vice President/Player Engagement . . . . . Maurice Kelly
Vice President/Marketing . . . . . Jeff Richards
Vice President/Corporate Partnerships & Suites . . . . . Amy Sprangers
Vice President/Technology . . . . . Chip Suttles
Vice President/Football Administration . . . . . Matt Thomas
Sr. Vice President, Operations/General Manager, CenturyLink Field . . . . . David Young
Vice President/Venue Operations & Guest Experience . . . . . Zach Hensley
Legal Counsel . . . . . Brandon Harrell
Managing Director of Human Resources . . . . . Sarita Carter
Director of Human Resources . . . . . Eric Heuston
Human Resources Administrative Assistant . . . . . Claire Penhale
Managing Director of Secutiry . . . . . Mike Morrow
Security Manager . . . . . Mike Dowd
Security Assistants . . . . . Randy Jackson, Aaron Miyasato
Director of Hospitality & Events . . . . . Becca Rollins
Hospitality & Events Coordinator . . . . . Erin Mooney
Executive Assistant/President . . . . . Alicia Nickell
Executive Assistant/COO . . . . . Chelsy West
Executive Assistant . . . . . Heidi Karim
Legal Coordinator & Executive Assistant . . . . . Amanda Privatt
Receptionist . . . . . Jill Quinn
Office Assistant . . . . . Allison Pham

HUMAN RESOURCES & ADMINISTRATION: *(seated l-r) Ed Goines, Allison Pham, Amanda Privatt, Erin Mooney, Becca Rollins, Chelsy West, Brandon Harrell (standing l-r) Chuck Arnold, Alicia Nickell, Cindy Kelley, Peter McLoughlin, Karen Spencer, Sarita Carter, Heidi Karim, Jill Quinn*

FINANCE: *(seated l-r) Peter Bach, Jaren Nakamura, Ping Chen, Riley Mullett, Heather Stamp, Tina Godfrey, Alex Cariveau (standing l-r) Faruk Punjani, Duncan Patton, Ben Draeger, Heidi Karim, Michelle Wright, Peter Fonfara, Karen Spencer, Deepthi Krishnan, Tory Bray, Jennifer DeArment, Jeff Dunn*

FINANCE

Managing Director of Finance . . . . . Peter Fonfara
Financial Reporting Manager. . . . . Ping Chen
Senior Financial Accountant. . . . . Deepthi Krishnan
Accounting Manager . . . . . Faruk Punjani
Payroll Accountant . . . . . Ben Draeger
Revenue Accountant . . . . . Michelle Wright
A/P Supervisor . . . . . Tina Godfrey
Purchasing Coordinator/Accounts Payable . . . . . Heather Stamp
A/P Coordinator . . . . . Jennifer DeArment
Director of Finance . . . . . Alex Cariveau
Senior Accountant . . . . . Tory Bray
Staff Accountant . . . . . Jaren Nakamura
Business Intelligence Analyst . . . . . Riley Mullett
Business Analyst. . . . . Peter Bach
Data Analyst . . . . . Duncan Patton

INFORMATION TECHNOLOGY

Director of IT/Information Security Officer . . . . . Sterling Monroe
Application Developer . . . . . Monte Happ, Joseph Nicoletti
Senior Systems Administrator. . . . . Allen Olson, Steve Steensma
Database Administrator. . . . . Robert Ullman
Stadium IT Manager . . . . . Nick Johnson

INFORMATION TECHNOLOGY: *(l-r) Chip Suttles, Joseph Nicoletti, Monte Happ, Rob Ullman, Sterling Monroe, Steve Steensma, Allen Olson, Nick Johnson*

COMMUNICATIONS & BROADCASTING: *(l-r) Nasser Kyobe, Rich Gonzales, Lane Gammel, Jeff Garza, Dave Pearson, Julie Barber, Tricia Trageser, Brian O'Connell, Kory Kemp*

COMMUNICATIONS & BROADCASTING

Director of Football Communications . . . . . Lane Gammel
Director of Communications . . . . . Jeff Garza
Director of Broadcasting . . . . . Brian O'Connell
Communications Manager . . . . . Rich Gonzales
Media Services Manager . . . . . Julie Barber
Communications Assistant . . . . . Kory Kemp
Executive Producer . . . . . Nasser Kyobe
Administrative Assistant . . . . . Tricia Trageser

SUITE SALES & SERVICE: *(l-r) Melanie Kermin, Eric Engberg, Amy Sprangers, Will Brantley*

SUITE SALES & SERVICE

Managing Director of Suite Sales . . . . . Eric Engberg
Director of Suite Sales . . . . . Will Brantley
Suite Services Manager . . . . . Melanie Kermin

COMMUNITY OUTREACH: *(l-r) Emily Petterson, Desirae Bamba, Suzanne Lavender, Mike Flood, Paul Johns, Sherri Thompson, Keli Imus, Sandy Gregory*

FAN ENGAGEMENT & GAME PRESENTATION: *(l-r) Sean Tabler, Armando Mejia, Jeff Richards, Tiffany Green, Rick Crawford, Thomas Buren, Shawn Christopherson*

COMMUNITY OUTREACH

Senior Director of Legends, Team History and Special Projects . . . . . Sandy Gregory
Director of Community Outreach . . . . . Suzanne Lavender
Director of Youth & High School Football Programs . . . . . Paul Johns
Assistant Director of Community Outreach. . . . . Armando Mejia
Community Outreach Manager . . . . . Keli Imus
Community Outreach Coordinator . . . . . Desirae Bamba, Emily Petterson

CORPORATE PARTNERSHIPS: *(l-r) Shaun Angell, John Pleas, Courtney Thomas, Gina Martinez Todd, Mike Naehr, Luke Grothkopp, Amy Sprangers, Lisa Young, Emily Sikma, Phillip Bardsley*

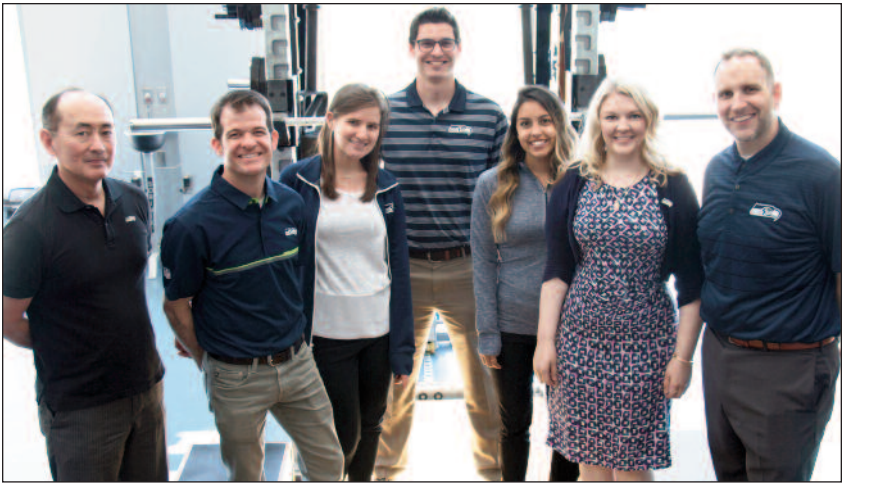
CORPORATE PARTNERSHIPS

Director of Sales . . . . . Luke Grothkopp, Mike Naehr, John Pleas, Gina Martinez Todd
Director of Media Sales . . . . . Erin Harvey
Director of Partnership Services Activation . . . . . Lisa Young
Manager of Partnership Activation . . . . . Shaun Angell, Phillip Bardsley, Emily Sikma
Partnership Operations Coordinator . . . . . Leah Raphael
Partnership Development, Vulcan Inc. . . . . David Aust
Partnership Operations & Executive Assistant . . . . . Courtney Thomas

DIGITAL & EMERGING MEDIA: *(front row l-r) Tony Drovetto, Dom Lewis (back row l-r) John Boyle, Aron Yohannes, Danita Gill, Kenton Olson, Brian Pan*

DIGITAL & EMERGING MEDIA

Director of Digital & Emerging Media. . . . . Kenton Olson
Digital Media Video Manager . . . . . Brian Pan
Digital Media Content Manager. . . . . Tony Drovetto
Digital Media Reporter . . . . . John Boyle
Social Media Producer . . . . . Dom Lewis
Digital Media Production Coordinator . . . . . Danita Gill
Digital Media Producer. . . . . Aron Yohannes



MARKETING: *(l-r) Glen Iwasaki, John Weaver, Samantha Jacobs, Justin Mitchell, Luci Sanchez, Ashley Hjalseth, Jeff Richards*

MARKETING & FAN ENGAGEMENT

Creative Director . . . . . John Weaver
Creative Manager . . . . . Ashley Hjalseth, Glen Iwasaki
Marketing Manager . . . . . Justin Mitchell
Marketing Coordinator . . . . . Luci Sanchez
Database & Marketing Coordinator . . . . . Samantha Jacobs
Director of Sea Gals . . . . . Sherri Thompson
Director of Game Entertainment & Special Events . . . . . Ryan Madayag
Fan Engagement Manager . . . . . Thomas Buren
Special Events & Entertainment Manager . . . . . Tiffany Green
Productions Manager . . . . . Madeline Down
Mascot Coordinator . . . . . Shawn Christopherson
Director of Production Services & Game Presentation . . . . . Rick Crawford
Video Editor & Motion Graphics Animator . . . . . Chase Decker

BOX OFFICE, TICKET SALES & SERVICE: *(l-r) Chris Lawrence, Karen Kelly, Nari Kalafian, Grace Lee, Lindsay Walker, Kara Edwards, Erin Johnson, Carson Locke, Steve Lund*

BOX OFFICE, TICKET SALES & SERVICE

Director of Ticket Sales & Service. . . . . Chris Lawrence
Box Office Manager. . . . . Erin Johnson
Box Office Manager - FGI. . . . . Ryan Coffey
Box Office Assistant Manager . . . . . Grace Lee
Box Office Assistant Manager - FGI . . . . . Chad Kennedy
Ticket Sales & Service Manager . . . . . Lindsay Walker
Customer Relations Representative . . . . . Kara Edwards, Nari Kalafian, ... Karen Kelly, Carson Locke, Steve Lund

RETAIL OPERATIONS: *(l-r) Adam Compton, Mike Smyth, Christopher Coleman, Vikki Knopf, Mackenzie Kirk, Tara Knight, Ryan Olson, Marcos Sepulveda, Patrick Herman, Melanie Hoshino, Patrick O'Connor, Michael Camero, Sarah Schramm, Gemmalyn Rabang*

RETAIL OPERATIONS

Director of Retail Operations. . . . . Doug Orwiler
Retail Operations Manager . . . . . Ryan Olson
Merchandise Manager . . . . . Vikki Knopf
Merchandise Coordinator. . . . . Sarah Schramm
Retail Marketing Manager. . . . . Adam Compton
Pro Shop Manager . . . . Christopher Coleman, Melanie Hoshino, Tara Knight, Mike Smyth
Pro Shop Assistant Manager . . . . . Cheri Betts, Michael Camero, ... Kasey Jurich, Gemmalyn Rabang
Stadium Retail Events Manager . . . . . Patrick Herman
Distribution Center Manager . . . . . Patrick O'Connor
Retail Warehouse Coordinator . . . . . Marcos Sepulveda

FOOD SERVICES: *(l-r) Nick Acord, Ernesto De La Torre, Stu McNabb, Pedro Flores, Rudy McLean, Mac McNabb*

FOOD SERVICES

Executive Chef . . . . . Mac McNabb
Cooks . . . . . Nick Acord, Ernesto de la Torre, Pedro Flores, Rudy McLean, Stu McNabb

FOOTBALL SUPPORT STAFF

College Scouting Coordinator. . . . . Kirk Parrish
Football Administration Analyst . . . . . William Saguilla
Executive Assistant/Head Coach . . . . . Dawn Beres
Executive Assistant/General Manager . . . . . Sarah Ruttkay
Director of Player Health & Performance . . . . . Sam Ramsden
Sports Science Specialist . . . . . Thomas Garcia
Sports Scientist . . . . . Patrick Ward
Applied Sports Scientist . . . . . Dean Riddle
Head Athletic Trainer . . . . . Donald Rich
Assistant Athletic Trainer. . . . . C.J. Neumann, David Stricklin
Physical Therapist . . . . . Michael Tankovich
Sr. Director of Video Operations . . . . . Rob Porteus
Director of Video. . . . . Brad Campbell
Assistant Director of Video . . . . . John Mallory
Video Assistant . . . . . James Churchill, Drew Scharenbroch
Director of Equipment . . . . . Erik Kennedy
Assistant Equipment Manager . . . . . Drew Bley, Derin Lazuta, Chad Sensibaugh
Director of Football Security . . . . . Rick Ninomiya
Football Operations Coordinator . . . . . Matt Capurro
Research Analyst . . . . . Brian Eayrs
Special Assistant to the Head Coach/Director of External Relations . . . . Ben Malcolmson
Managing Director/Head Coach Initiatives/Seahawks Special Projects . . . . Kelly Creeden
Director of Player & Family Engagement . . . . . Connie Cate
Team Travel/Training Camp Coordinator. . . . . Jeremy Young
Team Physician . . . . . Dr. Jonathan Drezner, Dr. Ashwin Rao
Head Team Physician . . . . . Dr. Ed Khalfayan
Team Orthopedic Surgeon . . . . . Dr. Mike McAdam
Team Physiatrist . . . . . Dr. Stan Herring
Practices: Drezner & Rao, Dept. of Family Medicine at Hall Health Sports Medicine Clinic (Seattle); Khalfayan & McAdam, Orthopedic Physicians Assoc. (Seattle); Herring, Puget Sound Sports & Spine Physicians at Harborview Spine Center (Seattle)

SECURITY: *(l-r) Aaron Miyasato, Randy Jackson, Mike Dowd, Rick Ninomiya*

ATHLETIC TRAINERS: *(l-r) Michael Tankovich, David Stricklin, Sam Ramsden, Donald Rich, C.J. Neumann*

PHYSICIANS: *(l-r) Ashwin Rao, Mike McAdam, Stan Herring, Jonathan Drezner, Ed Khalfayan*

FOOTBALL ADMINISTRATION: *(l-r) Maurice Kelly, Jeremy Young, Dawn Beres, Sarah Ruttkay, William Saguilla, Kelly Creeden, Connie Cate, Matt Capurro, Ben Malcolmson*

SPORT SCIENCE: *(l-r) Thomas Garcia, Dean Riddle, Patrick Ward*

EQUIPMENT: *(l-r) Derin Lazuta, Chad Sensibaugh, Erik Kennedy, Drew Bley*

FIELDS & FACILITIES

Director of Facility Operations . . . . . Sean Vanos
Facility Manager . . . . . Dan Cramer
Facilities Assistant . . . . . Lee Lynch
Fields & Grounds Manager . . . . . Sergio Pedroza
Fields/Maintenance Coordinator . . . . . Josh Moehler
Fields Assistant . . . . . Travis McKenna
Fields & Facilities Assistant . . . . . Christopher Vasely

FIELDS & FACILITIES: *(l-r) Travis McKenna, Sergio Pedroza, Turf, Sean Vanos, Josh Moehler, Christopher Vasely, Dan Cramer, Lee Lynch*

FOOTBALL VIDEO: *(l-r) Drew Scharenbroch, Brad Campbell, James Churchill, John Mallory, Rob Porteus*

FIRST & GOAL, INC.

EVENT SERVICES/ADMINISTRATION

Vice President Venue Operations and Guest Experience . . . . . Zach Hensley
Director of Event Operations & Guest Services. . . . . Scott Baebler
Guest Services Manager . . . . . Alisa Nakashima
Assistant Guest Services Manager . . . . . Katelyn Carenza
Training & Staffing Manager. . . . . Chad Scarbrough
Labor Analytics Manager. . . . . Lisa Zevenbergen
Director of Bookings and Business Development. . . . . Sarah E. Vetting
Bookings Manager . . . . . Monica Alfieri
Manager of Event Planning & Production. . . . . Gaby Dufault
Marketing Coordinator . . . . . Vicki Taufer
Executive Assistant . . . . . Alisa Jackson
FGI Front Office Administrator. . . . . Stacy Baxter

ADMINISTRATION: *(l-r) Ryan Coffey, Gaby Dufault, Sarah E. Vetting, Vicki Taufer, Chad Kennedy, Monica Alfieri, Kristal Duvallon, Stacy Baxter, David Young*

SECURITY: *(l-r) Michael Turner, Ron Pawliuk, James McDevitt, Jordan Smith, Dan Stone, Jamie Reed, Nick Hall, Ron Little, Lisa Salinas, Charmus Roberson, Mike Morrow*

SECURITY

Managing Director of Security . . . . . Mike Morrow
Director of Security . . . . . Ron Little
Security Operations and Parking Manager . . . . . Jordan Smith
Lead Security Officer . . . . . James McDevitt, Lisa Salinas
FTSO . . . . . Jason Cozad, Nick Hall, Lowen Oliveros, Ron Pawliuk, ... Charmus Roberson, Dan Stone, Michael Turner

EVENT OPERATIONS

Senior Event Manager . . . . . James Kraman
Event Managers . . . . . Ronny Bush, Rachel Faherty, Kelly Katon
Conversion Supervisor . . . . . Tami Grimm
Conversion Lead . . . . . Isacc Lima
Conversion . . . . . Vincent Cooper, Bobby Emerson, Will Gray, Joshua Patch

EVENT OPERATIONS: *(l-r) James Kraman, Scott Baebler, Alisa Nakashima, Rachel Faherty, Kelly Katon, Ronny Bush*

FACILITY OPERATIONS

Project Manager . . . . . Dori Lentz
Maintenance Manager . . . . . Andrew Jenks
Facilities Administrator . . . . . Christy Briggs
Maintenance Lead . . . . . Jacob Davis
Lead Engineer . . . . . Mike Apple
BOEs . . . . . John Holt, Dan Rynne, Steve Scheeler, Rein Van Spanckeren
Electrician . . . . . Riley Hunter II
Utility Workers . . . . . Karleen Brigham, Lance Juett, Ron Lewis . . . . . Kenneth Mayes, William Noble, Francisco Ramirez, Daniel Scheeler
Dock Master . . . . . Mike Foster
Director of Fields & Conversion . . . . . John Wright
Fields & Conversion Manager . . . . . Sam Town
Fields Crew . . . . . Patrick Burnette, Raul Rios

FACILITY OPERATIONS: *(kneeling l-r) Daniel Scheeler, Francisco Ramirez, Ron Lewis, Steve Scheeler (standing l-r) Zach Hensley, Andrew Jenks, Kenneth Mayes, William Noble, Dan Rynne, Jacob Davis, Dori Lentz, Lance Juett, Mike Apple, Riley Hunter II, Christy Briggs, Rein Van Spanckeren, Mike Foster*

FIELDS & CONVERSION: *(l-r) Will Gray, Tami Grimm, Jake Webb, Sam Town, John Wright, Raul Rios, Patrick Burnette*

FIRST & GOAL HOSPITALITY: *(l-r) Lexington Martin, Josh Markese, Barrett Rickman (in glasses), Demetrius Parker, Steve Klute, Donald Gillie, Jessie Blumer, Christine Prehm, Travis Glidewell, Dan Tschida, Chad Fry, Jill Thomas, Michael Johnson, Jolene Padgett, Erik Enright, Jules Miller, Dan Pullen, Tim Roberts, Matteo Casini (white shirt), Sean Farley, Monica Zeszotek, Josh Stutzman, Arial Novick, Daphne Spakowsky, A.J. Pacis, Francis Eaton, Ashli Brown, David Ortiz, Dawn Wheeler, Bryan Thomas*

FIRST & GOAL HOSPITALITY

Managing Director of Hospitality . . . . . Dawn Wheeler
Senior Director of Hospitality . . . . . Ashli Brown
Executive Chef . . . . . Michael Johnson
Director of Operations . . . . . Josh Markese

TECHNICAL SERVICES: *(l-r) Dave Pinney, Mike Tremel, Michael Scerra, Dan Boyer, Thomas Wade*

TECHNICAL SERVICES

Director of Technical Operations. . . . . Mike Tremel
Technical Operations Manager . . . . . Dave Pinney, Michael Scerra
Digital Designer/Editor. . . . . Dan Boyer
Audio Visual Technical Specialist . . . . . Thomas Wade

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CREDITS

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IN MEMORIAM

CORTEZ KENNEDY
DEFENSIVE TACKLE
1968-2017

CHUCK ALLEN
VP OF FOOTBALL OPERATIONS
1939-2016

KEN MEYER
ASSISTANT COACH
1925-2016

DERRICK JENSEN
AREA SCOUT
1956-2017

MIKE FRIER
DEFENSIVE LINEMAN
1969-2015

RICK TUTEN
PUNTER
1965-2017

JEROME BOYD
LINEBACKER
1961-2017