



VS.



September 3, 2019

SEAHAWKS OPEN 44TH SEASON FACING THE BENGALS AT CENTURYLINK FIELD**2019 SCHEDULE****Preseason (3-1)**

Day	Date	Opponent	Time (PT)	TV
Thu.	8/8	Denver	W	22-14
Sun.	8/18	at Minnesota	L	25-19
Sat.	8/24	at L.A. Chargers	W	23-15
Thu.	8/29	Oakland	W	17-15

Regular Season

Day	Date	Opponent	Time (PT)	TV
Sun.	9/8	Cincinnati	1:05 p.m.	CBS
Sun.	9/15	at Pittsburgh	10:00 a.m.	FOX
Sun.	9/22	New Orleans	1:25 p.m.	CBS
Sun.	9/29	at Arizona	1:05 p.m.	FOX
Thu.	10/3	L.A. Rams	5:20 p.m.	FOX
Sun.	10/13	at Cleveland	10:00 a.m.	FOX
Sun.	10/20	Baltimore	1:25 p.m.	FOX
Sun.	10/27	at Atlanta	10:00 a.m.	FOX
Sun.	11/3	Tampa Bay	1:05 p.m.	FOX
Mon.	11/11	at San Francisco	5:15 p.m.	ESPN
Sun.	11/17	Bye Week		
Sun.	11/24	at Philadelphia	5:20 p.m.	NBC
Mon.	12/2	Minnesota	5:15 p.m.	ESPN
Sun.	12/8	at L.A. Rams	5:20 p.m.	NBC
Sun.	12/15	at Carolina	10:00 a.m.	FOX
Sun.	12/22	Arizona	1:25 p.m.	FOX
Sun.	12/29	San Francisco	1:25 p.m.	FOX

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The Seahawks open the season at home for only the seventh time in the last 20 seasons, this with a match-up against the Cincinnati Bengals who make their first appearance at CenturyLink Field since 2011. Kickoff is set for 1:05 p.m. (PT). Seattle alternates home and away games for the first 10 weeks of the season.

The Seahawks are 16-27 all-time in Kickoff Weekend games and Pete Carroll is 7-6 as a head coach, with a 4-5 Kickoff Weekend record with Seattle.

This will be the 20th meeting between the two teams with Cincinnati leading the series, 10-9. The Bengals have won three of the last four meetings dating back to 2003, including the last two, with the most recent being a 27-24 overtime victory on October 11, 2015 in Cincinnati.

BROADCAST INFORMATION

TV Network	CBS (channel 7 in Seattle)	Spero Dedes (play-by-play) Adam Archuleta (analyst)
Seahawks Radio Network	710 ESPN Seattle KIRO Radio 97.3	Steve Raible (play-by-play) Dave Wyman (analyst) Jen Mueller (sidelines) John Clayton (sidelines)
National Radio	ESPN Radio	Adam Amin (play-by-play) Tom Ramsey (analyst)



WHAT TO LOOK FOR

TEAM

* Since 2012, including playoffs, Seattle is 52-0 when leading by four or more points at halftime.

PETE CARROLL

* Needs 2 wins to reach 100 combined wins (regular season & postseason) and become just the fifth active head coach to achieve that mark with his current club (Bill Belichick, Mike Tomlin, Sean Payton, John Harbaugh).

* Needs 11 regular season wins to reach 100 as head coach of the Seahawks.

* Needs 1 win to tie Mike Tomlin (Pit) for 27th place on the NFL's all-time coaches wins list with 133.

ALL-TIME SEAHAWKS COACHING RECORDS

	Regular Season	Postseason	Combined
Pete Carroll	89-54-1	9-6	98-60-1
Mike Holmgren	86-74	4-6	90-80
Chuck Knox	80-63	3-4	83-67

TYLER LOCKETT

* Needs 629 receiving yards to pass Sam McCullum for ninth-place on Seattle's all-time receiving yards list with 3,410.

* Needs 3 receiving touchdowns to pass Sam McCullum for seventh-place on Seattle's all-time receiving touchdowns list with 22.

* Needs 287 punt return yards to pass Nate Burleson for first-place on Seattle's all-time punt return yards list with 1,289. (currently ranks fourth)

BOBBY WAGNER

* Needs 71 tackles to pass Eugene Robinson for first-place on Seattle's all-time tackles list with 985.

* Needs 1 touchdown to tie Dave Brown for first-place on Seattle's all-time return touchdowns list with 5. (touchdowns scored via interception, fumble, blocked punt, blocked field goal, punt or kickoff) Wagner has three fumble-return touchdowns and one interception-return touchdown in career.

RUSSELL WILSON

* Needs 316 passing attempts to pass Dave Krieg for second-place on Seattle's all-time passing attempts list with 3,577.

* Needs 2 passing completions to pass Dave Krieg for second-place on Seattle's all-time passing completions list with 2,097.

* Needs 508 passing yards to pass Dave Krieg for second-place on Seattle's all-time passing yards list with 26,133.

* Ranks first on Seattle's all-time passing touchdowns list with 196.

* Needs 359 rushing yards to pass Ricky Watters for sixth-place on Seattle's all-time rushing yards list with 4,010.

* Needs 1 more win to tie Jim Kelly for fourth-place on the NFL's winningest quarterback in a player's first eight seasons list with 76.

* Is Seattle's all-time winningest quarterback in the regular season with 75 victories.

* Is Seattle's all-time winningest quarterback with 83 combined victories (regular season & postseason).

* His 28-7 record following an in-season loss is the best record by a quarterback since the 1970 merger.

* Named to six Pro Bowls in seven seasons.

* Has started 112 consecutive games, the fourth-longest active streak among quarterbacks.

* Has started every game played with 125 (112 regular season, 13 postseason).

MOST CONSECUTIVE GAMES STARTED BY A QB ACTIVE STREAK

Philip Rivers, LAC	208
Matt Ryan, Atl	147
Matthew Stafford, Det	128
Russell Wilson, Sea	112
Kirk Cousins, Min	64

K.J. WRIGHT

* Needs 2 tackles to pass Jacob Green for sixth-place on Seattle's all-time tackles list with 719.



SERIES VS. CINCINNATI

REGULAR SEASON: CINCINNATI LEADS 10-9

September 25, 1977	L	@	42-20	45,579
September 6, 1981	L	@	27-21	41,177
December 26, 1982	L	@	24-10	55,330
November 18, 1984	W	@	26-6	50,280
September 8, 1985	W	@	28-24	51,625
November 16, 1986	L	@	34-7	54,410
October 11, 1987	L		17-10	31,739
December 10, 1989	W	@	24-17	54,744
October 1, 1990	W		31-16	60,135
October 6, 1991	W	@	13-7	60,010
September 6, 1992	L		21-3	57,350
September 26, 1993	W	@	19-10	46,880
November 6, 1994	L		20-17 ot	46,630
September 17, 1995	W		24-21	39,492
November 7, 1999	W		37-20	66,303
October 26, 2003	L	@	27-24	52,131
September 23, 2007	W		24-21	68,110
October 30, 2011	L		34-12	66,004
October 11, 2015	L	@	27-24 ot	65,004

Record in Seattle 4-4

Kingdome 3-3

CenturyLink Field 1-1

Record at Cincinnati 5-6

Riverfront Stadium 5-4

Paul Brown Stadium 0-2

Current Streaks Cincinnati has won two in a row

Longest Win Streaks

Seahawks 3, 1989-91

Bengals 3, 1977-82

Last Game Played in...

Seattle Bengals 34, Seahawks 12 (10/30/11)

Cincinnati Bengals 27, Seahawks 24 ot (10/11/15)

Total Points in Series

Seahawks 374 (19.7)

Bengals 415 (21.8)

Largest Margin of Victory

Seahawks 20 points, 26-6 (11/18/84)

Bengals 27 points, 34-7 (11/16/86)

Combined Points

Highest 62 (Bengals win 42-20 on 9/25/77)

Lowest 20 (Seahawks win 13-7 on 10/6/91)

Shutouts

Seahawks None

Bengals None

Pete Carroll vs. Bengals (Regular Season) 0-2

With Seattle 0-2

With New England 0-0

With N.Y. Jets 0-0

Playoffs 0-0

Zac Taylor vs. Seahawks (Regular Season) 0-0

With Cincinnati 0-0

Playoffs 0-0

HEAD-TO-HEAD COMPARISON

2018 REGULAR SEASON	SEAHAWKS	BENGALS
Record	10-6	6-10
Total Yards Gained	5,653	4,972
Total Offense (NFL Rank)	353.3 (18)	310.8 (26)
Rush Offense	160.0 (1)	105.1 (21)
Pass Offense	193.3 (27)	205.6 (24)
Points Per Game	26.8 (T6)	23.0 (17)
Total Yards Allowed	5,653	6,618
Total Defense	353.3 (16)	413.6 (30)
Rush Defense	113.2 (13)	137.8 (28)
Pass Defense	240.1 (17)	275.9 (25)
Points Allowed/Game	21.7 (11)	28.4 (30)
Possession Avg.	31:15	27:26
Sacked/Yds. Lost	51/355	37/279
Sacks Made/Yds. Lost	43/261	34/173
Interceptions By	12	12
Penalties/Yds.	111/959	114/957
Punts/Avg.	79/47.6	71/43.3
Turnover Differential	+15 (1)	+1 (T15)

2018 STAT LEADERS

	SEAHAWKS	BENGALS
Rushing	Chris Carson 1,151 (247-4.7-9)	Joe Mixon 1,168 (237-4.9-8)
Passing	Russell Wilson 3,448 (427-280-35-7-110.9)	Andy Dalton 2,566 (365-226-21-11-89.6)
Receiving	Tyler Lockett 965 (57-16.9-10)	Tyler Boyd 1,028 (76-13.5-7)
Scoring (Non kicker)	Tyler Lockett 62	Joe Mixon 54
Sacks	Frank Clark 14.0	Geno Atkins 10.0
Int.	Bradley McDougald 3	Shawn Williams 5
Punting	Michael Dickson 48.2/42.5 net (28 In 20)	Kevin Huber 43.9/39.4 net (29 In 20)
Kicking	Sebastian Janikowski 114 (22/27 FG, 48/51 PAT)	Randy Bullock 96 (19/23 FG, 39/41 PAT)

TOP SINGLE-GAME PERFORMANCES

	SEAHAWKS	BENGALS
Rushing	Thomas Rawls 23-169-7.3-1 10/11/15	Harold Green 21-123-5.9-0 9/6/92
Passing	Matt Hasselbeck 43-26-347-3-3 10/26/03	Jeff Blake 43-31-387-0-1 11/6/94*
Receiving	Steve Largent 8-114-14.3-1 9/6/81	Darnay Scott 7-157-22.4-0 11/6/94*

*overtime



2018 RECAP

27 OR MORE POINTS SCORED

Seattle ranked sixth in the NFL in scoring with 26.8 points per game but scored 27 or more points in nine of its last 12 contests (28.6 ppg) and scored 30 or more points five times last year.

In 2017, the Seahawks scored 27 or more points four times and 30 or more points three times.

Over the last half of the season, the Seahawks ranked third in the league averaging 30.0 points per game.

HIGHEST SCORING OFFENSE SINCE WEEK 10, 2018

Team	Games	Avg.
Kansas City	7	34.0
L.A. Rams	7	32.6
Seattle	8	30.0
New Orleans	8	28.1
N.Y. Giants	8	27.4

EXPLOSIVE PLAYS SINCE WEEK 10

Aiding the Seahawks to average 30.0 points per game over the final half of last season was Seattle's ability to lead the league in explosive plays.

The Seahawks coaching staff categorizes these big plays as runs of 12-plus yards and completions of 16-plus yards.

EXPLOSIVE PLAYS MADE SINCE WEEK 10, 2018 (12+ rush yards, 16+ pass yards)

Team	Rush	Pass	Total
Seattle	34	39	73
Kansas City	22	51	73
Tampa Bay	17	55	72
New England	23	44	67
Cleveland	14	49	63
L.A. Chargers	16	47	63

TOP-10 SCORING OFFENSE

Seattle scored 27 or more points in nine of its last 12 contests (28.6 ppg) in 2018, helping it rank sixth in the NFL in scoring.

POINTS PER GAME, NFL

Team	Points
Kansas City	35.3
L.A. Rams	32.9
New Orleans	31.5
New England	27.3
Indianapolis	27.1
Seattle	26.8
Pittsburgh	26.8
L.A. Chargers	26.8
Chicago	26.3
Atlanta	25.9

58-13 WHEN WINNING THE TURNOVER BATTLE

Since 2010, Seattle is 58-13 when winning the turnover battle. It led the NFL in 2013 with 39 takeaways and a +20 differential, ranked fourth in the league in 2014 at +10 and finished 2015 tied for fifth at +7.

Seattle ranked first in the NFL last season with a +15 turnover differential.

SEATTLE RECORD WHEN WINNING THE TURNOVER BATTLE

Year	Record	Year	Record
2010	4-0	2015	4-4
2011	6-2	2016	7-0
2012	7-1	2017	6-1
2013	10-1	2018	8-2
2014	6-2	Totals	58-13

TURNOVER DIFFERENTIAL SINCE 2011, NFL

Team	Takeaways			Giveaways			Diff
	Int	Fum	Total	Int	Fum	Total	
New England	131	88	219	69	52	121	+98
Seattle	132	86	218	79	57	136	+82
Green Bay	129	65	194	76	66	142	+52
Carolina	123	90	213	115	64	179	+34
San Francisco	109	72	181	85	74	159	+22

+15 TURNOVER DIFFERENTIAL (1ST NFL)

Seattle ranked first in the league with just 11 giveaways (tied **third-fewest in NFL history**) last season. It ranked first in the NFL in fumble recoveries (14) and was 10th in total takeaways (26) to help it rank first in the league with a +15 turnover differential, the **second time Seattle has led the league** in turnover differential under Pete Carroll.

TURNOVER DIFFERENTIAL, NFL

Team	Takeaways			Giveaways			Diff
	Int	Fum	Total	Int	Fum	Total	
Seattle	12	14	26	7	4	11	+15
Houston	15	14	29	9	7	16	+13
Chicago	27	9	36	14	10	24	+12
L.A. Rams	18	12	30	12	7	19	+11
New England	18	10	28	11	7	18	+10

FEWEST GIVEAWAYS, SINGLE-SEASON, NFL HISTORY

10	2010 Patriots
	2011 49ers
11	2018 Seahawks
	2017 Chiefs
	2016 Falcons
	2016 Patriots



2018 RECAP

2ND-HIGHEST SCORING TEAM

Seattle's offensive production over the last eight games of the season helped it to produce the second-most points scored in franchise history with 428, trailing only the 2005 Super Bowl team.

MOST POINTS SCORED, FRANCHISE HISTORY

Points	Year
452	2005
428	2018
423	2015

1ST IN RUSHING YPG SINCE WEEK 3

Seattle's commitment to the running game has been apparent since Week 3, with at least 32 rushing attempts in 12 of its last 14 games, with Seattle rushing 28 times at Carolina (11/25) and 29 times vs. San Francisco (12/2), including a season-high 43 attempts vs. Kansas City (12/23).

The Seahawks posted a team-record **seven-consecutive games with at least 150 team rushing yards** from Weeks 4-11.

MOST RUSHING YARDS PER GAME SINCE WEEK 3, NFL

Team	Yards	Avg.
Seattle	2,422	173.0
Baltimore	2,258	161.3
L.A. Rams	2,001	142.9
New Orleans	1,920	137.1
Carolina	1,868	133.4

TOP-3 RUSH SEASONS IN CLUB HISTORY

Pete Carroll's commitment to run the ball since he came to Seattle has shown up in the franchise record book as his teams rank in the top-five in multiple categories and hold the top-three rushing seasons in franchise history under Carroll's watch.

MOST RUSHING ATTEMPTS, SEASON, FRANCHISE HISTORY

Rushes	Year
561	1978
546	1983
536	2012
534	2018
525	2014

MOST RUSH YARDS, SEASON, FRANCHISE HISTORY

Rush Yds.	Year
2,762	2014
2,579	2012
2,560	2018
2,457	2005
2,394	1978

NO. 1 RUSH OFFENSE

Seattle had the top-ranked rushing offense in the league, is the only team in the NFL with each of its top-three running backs recording 100-yard games, one of eight teams to top 2,000 yards and **rushed for over 190 yards in four games (2nd NFL)** last season.

RUSHING OFFENSE/NFL

Team	Yards	Avg.
Seattle	2,560	160.0
Baltimore	2,441	152.6
L.A. Rams	2,231	139.4
Carolina	2,136	133.5
New England	2,037	127.3

150+ RUSH YARDS IN 7 STRAIGHT GAMES

The Seahawks rushed for more than 150 yards in seven consecutive games from Weeks 4-11, the third-longest streak in the last 40 seasons and a franchise-high.

LONGEST STREAK OF 150+ TEAM RUSH YARDS SINCE 1978

Team	Games
1985 Bears	9
1984 Raiders	8
2018 Seahawks	7
2018 Ravens	7
2004 Falcons	7
1986 Bears	7

17,333 TEAM RUSHING YARDS SINCE 2011

Seattle's top-ranked rushing attack last season has helped the team rank first in the NFL in rushing yards since 2011.

MOST TEAM RUSHING YARDS SINCE 2011, NFL

Team	Yards
Seattle	17,333
Buffalo	16,990
Carolina	16,892
San Francisco	16,039
Philadelphia	15,949

2019 TEAM CAPTAINS

In a vote by teammates, Russell Wilson will be the offensive captain for the seventh time in his eight seasons, Bobby Wagner will be the defensive captain for the fourth time, while Neiko Thorpe is a two-time special teams captain.



TEAM NOTES

ONLY FOUR DOUBLE-DIGIT LOSSES IN LAST 133 GAMES (INCLUDING PLAYOFFS)

Seattle's NFL-record streak of not losing by more than 10 points in 85 regular season games (95 games including playoffs) ended at Green Bay (12/11/16).

Also, the Seahawks largest defeat from Week 9 (11/6/11) of 2011 through Week 2 of 2015 was a 10-point loss at Green Bay (9/20/15), a span of 57 games (65 including playoffs).

LARGEST DEFEATS SINCE WEEK 9 OF 2011 (INCLUDING PLAYOFFS)

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

* NFC Divisional Playoff

176 FALSE STARTS AT HOME

Armed with the loudest fans in the NFL, CenturyLink Field and the 12s lead the NFL with 176 opponent false start penalties since the 2005 season.

OPPONENT FALSE START PENALTIES AT HOME (2005-CURRENT)

	Games	Penalties	Average
Seattle Seahawks	112	176	1.57
Arizona Cardinals	104	170	1.63
Philadelphia Eagles	112	165	1.47
Detroit Lions	112	154	1.38
Tennessee Titans	112	154	1.38
Denver Broncos	112	150	1.34

139 CONSECUTIVE SELL OUTS

Since the Seahawks trip to Super Bowl XL, NFC West crowns from 2004-07, 2010, 2013-14 and 2016, a Super Bowl XLVIII championship and Super Bowl XLIX appearance, Seattle's fans do not want to miss out on seeing their team in action. Since 2003, all but one game has sold out, giving the team 139 consecutive sell outs including Week 1 of the 2019 season, including playoffs.

Fans set the CenturyLink Field attendance record (69,190) vs. Philadelphia (11/20/16).

For the seventh-consecutive year, Seattle posted at least a 97% season ticket renewal rate while selling all 61,000 available season tickets.

Training Camp presented by Safeway practices open to the public also sold out. In all, more than 30,000 fans attended the team's 13 open camp sessions.

80-39-1 RECORD IN LAST 120 GAMES

Seattle has compiled an 80-39-1 record since the final half of the 2011 regular season and in those 39 losses, the average margin of victory for the opponent has been 6.3 points (247 points).

28-19-1 ROAD RECORD SINCE 2013

Seattle is 28-19-1 in its last 48 road games dating back to 2013 and posted an 11-6 record in its last 17 10 a.m. (PT) kickoff starts.

The Seahawks posted a franchise-best 6-2 road record in 2013 and 5-3 records in 2014, 2015 and 2017.

BEST ROAD RECORDS IN FRANCHISE HISTORY

Record	Year
6-2	2013
5-3	2017
5-3	2015
5-3	2014
5-3	2005
5-3	1984
4-4	13 times*

* last time: 2018

2,246 ROSTER TRANSACTIONS SINCE 2010

Since forming their relationship in 2010, General Manager John Schneider and Pete Carroll have put together the NFL's most competitive, deep and talented roster over the last 10 seasons.

Of the 53 players on Seattle's 2019 active roster, 32 are Seattle draft choices, three have been acquired via trade, 18 have been signed as free agents, and 11 of the 53 originally entered the league as undrafted rookie free agents.

95-41 HOME RECORD SINCE 2002

One thing that has been a constant from the early days of the Kingdome through the championship years of CenturyLink Field is that the 12s have given that extra edge to the Seahawks when playing in the Puget Sound.

Seattle has the NFC's best home winning percentage since moving to the NFC in 2002 with a 95-41 record, and is one of two teams with 90-plus wins during that span.

BEST HOME RECORD SINCE 2002, NFC

Team	Record	Pct.
Seattle	95-41	.699
Green Bay	94-40-2	.699
Minnesota	88-48	.647
Philadelphia	83-53	.610
New Orleans	81-55	.596



TEAM NOTES

24-10 ON MONDAY NIGHT FOOTBALL

Seattle is 24-10 all-time on Monday night and its 11-game winning streak on Mondays was snapped in 2017. Its .706 winning percentage on Mondays ranks first all-time in NFL history.

The Seahawks are 18-6 at home and have outscored opponents 348-182 in their last 14 appearances, including three shutouts.

BEST ALL-TIME WINNING %, MONDAY NIGHT FOOTBALL

Seattle	24-10	.706
Pittsburgh	46-24	.657
San Francisco	48-27	.640
Carolina	10-7	.588
Kansas City	26-19	.578
Dallas	46-34	.575

SEAHAWKS ON MONDAY NIGHT FOOTBALL (24-10)

Oct. 29, 1979	W	31-28	at Atlanta
Nov. 26, 1979	W	30-7	N.Y. Jets
Nov. 17, 1980	L	19-17	Oakland
Nov. 16, 1981	W	44-23	San Diego
Oct. 29, 1984	W	24-0	at San Diego
Nov. 12, 1984	W	17-14	L.A. Raiders
Sept. 23, 1985	L	35-24	L.A. Rams
Nov. 25, 1985	L	19-6	at San Francisco
Oct. 6, 1986	W	33-7	San Diego
Dec. 8, 1986	W	37-0	L.A. Raiders
Nov. 9, 1987	L	30-14	at N.Y. Jets
Nov. 30, 1987	L	37-14	L.A. Raiders
Nov. 28, 1988	W	35-27	L.A. Raiders
Dec. 4, 1989	W	17-16	Buffalo
Oct. 1, 1990	W	31-16	Cincinnati
Nov. 30, 1992	W (ot)	16-13	Denver
Nov. 1, 1999	W	27-7	at Green Bay
Oct. 2, 2000	L	24-17	at Kansas City
Oct. 14, 2002	L	28-21	San Francisco
Dec. 6, 2004	L	43-39	Dallas
Dec. 5, 2005	W	42-0	at Philadelphia
Nov. 6, 2006	W	16-0	Oakland
Nov. 27, 2006	W	34-24	Green Bay
Nov. 12, 2007	W	24-0	San Francisco
Dec. 12, 2011	W	30-13	St. Louis
Sept. 24, 2012	W	14-12	Green Bay
Oct. 28, 2013	W	14-9	at St. Louis
Dec. 2, 2013	W	34-7	New Orleans
Oct. 6, 2014	W	27-17	at Washington
Oct. 5, 2015	W	13-10	Detroit
Nov. 7, 2016	W	31-25	Buffalo
Nov. 20, 2017	L	34-31	Atlanta
Sept. 17, 2018	L	24-17	at Chicago
Dec. 10, 2018	W	21-7	Minnesota

26-5-1 IN PRIME TIME GAMES SINCE 2010

Since Pete Carroll took over in 2010, the Seahawks have turned in prime time performances in prime time games, posting a 26-5-1 combined record in Sunday, Monday and Thursday night games, and **outscore opponents 834-465**.

The Seahawks are 10-2-1 on Sunday Night Football, 8-2 on Monday Night Football and 8-1 on Thursday Night Football under Carroll, and are **17-2 at home in prime time games** dating back to 2010.

SEATTLE'S PRIME TIME GAMES UNDER PETE CARROLL (26-5-1)

Date	Opponent	W/L	Score
Sun, Jan. 2, 2011	vs. St. Louis	W	16-6
Thu, Dec. 1, 2011	vs. Philadelphia	W	31-14
Mon, Dec. 12, 2011	vs. St. Louis	W	30-13
Mon, Sept. 24, 2012	vs. Green Bay	W	14-12
Thu, Oct. 18, 2012	at San Francisco	L	13-6
Sun, Dec. 23, 2012	vs. San Francisco	W	42-13
Sun, Sept. 15, 2013	vs. San Francisco	W	29-3
Thu, Oct. 17, 2013	at Arizona	W	34-22
Mon, Oct. 28, 2013	at St. Louis	W	14-9
Mon, Dec. 2, 2013	vs. New Orleans	W	34-7
Thu, Sept. 4, 2014	vs. Green Bay	W	36-16
Mon, Oct. 6, 2014	at Washington	W	27-17
Thu, Nov. 27, 2014	at San Francisco	W	19-3
Sun, Dec. 21, 2014	at Arizona	W	35-6
Sun, Sept. 20, 2015	at Green Bay	L	27-17
Mon, Oct. 5, 2015	vs. Detroit	W	13-10
Thu, Oct. 22, 2015	at San Francisco	W	20-3
Sun, Nov. 15, 2015	vs. Arizona	L	39-32
Sun, Oct. 23, 2016	at Arizona	T	6-6 (ot)
Mon, Nov. 7, 2016	vs. Buffalo	W	31-25
Sun, Nov. 13, 2016	at New England	W	31-24
Sun, Dec. 4, 2016	vs. Carolina	W	40-7
Thu, Dec. 15, 2016	vs. L.A. Rams	W	24-3
Sun, Oct. 1, 2017	vs. Indianapolis	W	46-18
Thu, Nov. 9, 2017	at Arizona	W	22-16
Mon, Nov. 20, 2017	vs. Atlanta	L	34-31
Sun, Dec. 3, 2017	vs. Philadelphia	W	24-10
Mon, Sept. 17, 2018	at Chicago	L	24-17
Sun, Oct. 14, 2018	at Oakland (in London)	W	27-3
Thu, Nov. 15, 2018	vs. Green Bay	W	27-24
Mon, Dec. 10, 2018	vs. Minnesota	W	21-7
Sun, Dec. 23, 2018	vs. Kansas City	W	38-31



TEAM NOTES

.828 WINNING % IN PRIME TIME

Seattle has played its best football in prime time, as its 26-5-1 record and .828 winning percentage rank first in the NFL since Pete Carroll took over in 2010.

BEST RECORD IN PRIME TIME GAMES SINCE 2010

Team	W	L	T	Pct.
Seattle Seahawks	26	5	1	.828
New England Patriots	32	9	0	.780
New Orleans Saints	22	12	0	.647
Baltimore Ravens	19	10	0	.655
Green Bay Packers	22	17	0	.564

LARGEST COMEBACKS & OVERTIME RECORD

Seattle's overtime record is 12-21-1 and 4-4-1 under Carroll.

LARGEST COMEBACKS IN FRANCHISE HISTORY

Points	Opponent	Score	Result
21	vs. Tampa Bay (11/3/13)	Trail 21-0	Won 27-24 (ot)
20	at Denver (12/10/95)	Trail 20-0	Won 31-27
18	at Oakland (12/14/97)	Trail 21-3	Won 22-21

44-12 AT HOME SINCE 2012

SEATTLE'S NFL RANKING FOR LAST 56 HOME GAMES

Wins	Point Differential	Takeaways	Turnover Margin
48 New England	+708 New England	112 Carolina	+51 New England
44 Seattle	+562 Seattle	101 New England	+48 Seattle
40 Denver	+443 Denver	100 Seattle	+31 Green Bay
40 Minnesota	+381 Green Bay	94 Kansas City	+27 Carolina
39 Green Bay	+362 Pittsburgh	93 Buffalo	+20 Kansas City

LONGEST HOME WINNING STREAK, FRANCHISE HISTORY

14	2012-13
12	2004-06
10	2002-04

MOST CONSECUTIVE GAMES WON, FRANCHISE HISTORY

11	2005
9	2012-13
8	1984

14 SPECIAL TEAMS SCORES SINCE 2010

It takes all three phases to win in the NFL and special teams coach Brian Schneider has put together one of the best special teams units in the NFL over the last 10 seasons.

SEATTLE SPECIAL TEAMS SCORES SINCE 2010

Play	Game	Date	Play	Game	Date
101-yd. KOR by Leon Washington	vs. SD	9/26/10	Muffed punt in endzone TD, Malcolm Smith	vs. Ari	12/9/12
99-yd. KOR by Leon Washington	vs. SD	9/26/10	90-yd. blocked field goal TD, Richard Sherman	vs. SF	12/23/12
10-yd. blocked punt TD, Earl Thomas	vs. KC	11/28/10	blocked punt out of endzone, Jermaine Kearse	at Ind	10/6/13
92-yd. KOR by Leon Washington	vs. SF	12/12/10	25-yd. blocked punt TD, Mike Morgan	vs. Dal	10/12/14
17-yd. blocked punt TD, Mike Robinson	vs. StL	11/12/11	57-yd. punt return by Tyler Lockett	at StL	9/13/15
3-yd. blocked punt TD, Jeron Johnson	vs. Dal	9/16/12	105-yd. kickoff return by Tyler Lockett	vs. Chi	9/27/15
98-yd. KOR by Leon Washington	at Mia	11/25/12	99-yd. kickoff return by Tyler Lockett	vs. Ari	12/31/17

MOST BLOCKS SINCE 2010

25	Oakland
23	Miami
20 Seattle	
19	Philadelphia
19	Arizona

MOST TDS/SAFETIES SINCE 2010

17	Baltimore
15	Minnesota
15	New England
14 Seattle	
14	Kansas City

MOST TAKEAWAYS ON PUNT/KOR SINCE 2010

22	Oakland
21 Seattle	
21	Kansas City
16	N.Y. Giants
14	many tied



TEAM NOTES

12 FLAG RAISERS AT THE TOYOTA FAN DECK

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

2019 FLAG RAISERS

Denver - 1979 Seattle Sonics championship team
Oakland - UCLA Gymnast Katelyn Ohashi
Cincinnati -
New Orleans -
L.A. Rams -

Baltimore -
Tampa Bay -
Minnesota -
Arizona -
San Francisco -

33,216 ESTIMATED MILES FLOWN DURING 2019 SEASON

The team strives to offer first-class amenities and that has not changed this season as Seattle has signed on with Hawaiian Airlines as its 2019 official charter.

The Boeing aircraft will carry the Seahawks "around the world" (a trip around the world is 25,000 miles) as they travel the third-most miles in the NFL this season checking in at 33,216.

2019 TOTAL MILES TRAVELED

1.	Oakland	40,188
2.	L.A. Rams	36,186
3.	Seattle	33,216
4.	L.A. Chargers	32,892
5.	San Francisco	30,210

FLIGHT TIMES

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

2019 FLIGHT TIMES

Seattle to Minnesota - 2:59
Minnesota to Seattle - 3:15
Seattle to L.A. Chargers - 1:59
L.A. Chargers to Seattle - 2:11
Seattle to Pittsburgh -
Pittsburgh to Seattle -
Seattle to Arizona -
Arizona to Seattle -

Seattle to Cleveland -
Cleveland to Seattle -
Seattle to Atlanta -
Atlanta to Seattle -
Seattle to San Francisco -
San Francisco to Seattle -
Seattle to Philadelphia -
Philadelphia to Seattle -

Seattle to L.A. Rams -
L.A. Rams to Seattle -
Seattle to Carolina -
Carolina to Seattle -

LARGEST CENTURYLINK FIELD ATTENDANCE: 69,190

With the addition of the Toyota Fan Deck in the south end zone in 2016, adding 1,000 new seats, Seattle's home attendance record has been broken and will add to the record books as the season unfolds.

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

LARGEST HOME ATTENDANCE, FRANCHISE HISTORY

Att.	Opponent	Stadium	Date	W/L	Score
69,190	Philadelphia	CenturyLink Field	11/20/16	W	26-15
69,104	Carolina	CenturyLink Field	12/4/16	W	40-7
69,084	Buffalo	CenturyLink Field	11/7/16	W	31-25
69,080	St. Louis	CenturyLink Field	12/27/15	L	23-17
69,078	Arizona	CenturyLink Field	12/31/17	L	26-24
69,077	L.A. Rams	CenturyLink Field	12/17/17	L	42-7
69,075	Philadelphia	CenturyLink Field	12/3/17	W	24-10
69,071	Atlanta	CenturyLink Field	10/16/16	W	26-24
69,067	Kansas City	CenturyLink Field	12/23/18	W	38-31
69,067	L.A. Rams	CenturyLink Field	12/15/16	W	24-3

75: MOST WINS TO BEGIN A CAREER

Wilson's 75 regular season wins rank first in NFL history for most wins in a quarterback's first seven seasons.

**MOST REGULAR SEASON WINS
IN A QB'S FIRST SEVEN SEASONS**

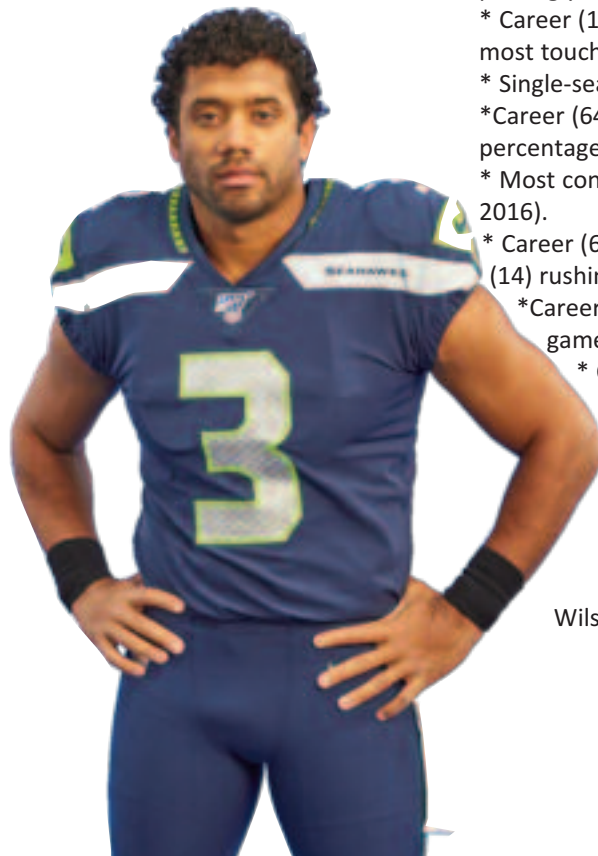
Russell Wilson	75
Joe Flacco	72
Tom Brady	70
Ben Roethlisberger	69
Peyton Manning	66
Matt Ryan	66

CAREER STATISTICS

He has 56-career 100-plus passer rating games in 112 starts, with the last coming vs. Kansas City (12/23) with a 127.2 rating.

RUSSELL WILSON CAREER PASSING

Year	Att	Comp	Pct	Yards	TD	Int	Rtg
2012	393	252	64.1	3,118	26	10	100.0
2013	407	257	63.1	3,357	26	9	101.2
2014	452	285	63.1	3,475	20	7	95.0
2015	483	329	68.1	4,024	34	8	110.1
2016	546	353	64.7	4,219	21	11	92.6
2017	553	339	61.3	3,983	34	11	95.4
2018	427	280	65.6	3,448	35	7	110.9
TOTAL	3,261	2,095	64.2	25,624	196	63	100.3

SIX-TIME PRO BOWLER**HIGHEST PASSER RATING SINCE 2012, NFL**

Player	Rating
Aaron Rodgers, GB	102.5
Drew Brees, NO	102.4
Russell Wilson, Sea	100.3
Tom Brady, NE	99.1

FRANCHISE RECORDS

- * Career (100.3), single-season (110.9 in 2018) and single-game (158.3) passer rating.
- * Single-season (4,219 in 2016) and single-game (452) most passing yards.
- * Career (196), single-season (35 in 2018) and single-game (5) most touchdown passes.
- * Single-season completions (353 in 2016).
- * Career (64.24) and single-season (68.12 in 2015) completion percentage.
- * Most consecutive passes without an interception (202 in 2016).
- * Career (645), single-season (118 in 2014) and single-game (14) rushing attempts by a quarterback.
- * Career (3,651), single-season (849 in 2014) and single-game (122) rushing yards by a quarterback.
- * Owns the top-15 rushing yard games by a quarterback.
- * Seven NFL Player of the Week awards tied for the most in club history (Shaun Alexander).

196 SEATTLE TD PASSES

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

**MOST PASSING TOUCHDOWNS,
CLUB HISTORY**

1. 196	Russell Wilson	2012-
2. 195	Dave Krieg	1980-91
3. 174	Matt Hasselbeck	2001-10
4. 107	Jim Zorn	1976-84

196 CAREER TOUCHDOWN PASSES

Through 112 games, Russell Wilson's 196 touchdown passes (most in club history) are the third-most in NFL history in a quarterback's first seven seasons.

MOST PASSING TDS IN A QB'S FIRST SEVEN SEASONS, NFL HISTORY

1. Dan Marino	220
2. Peyton Manning	216
3. Russell Wilson	196
4. Brett Favre	182
5. Matt Ryan	181

44 HOME WINS TO BEGIN CAREER

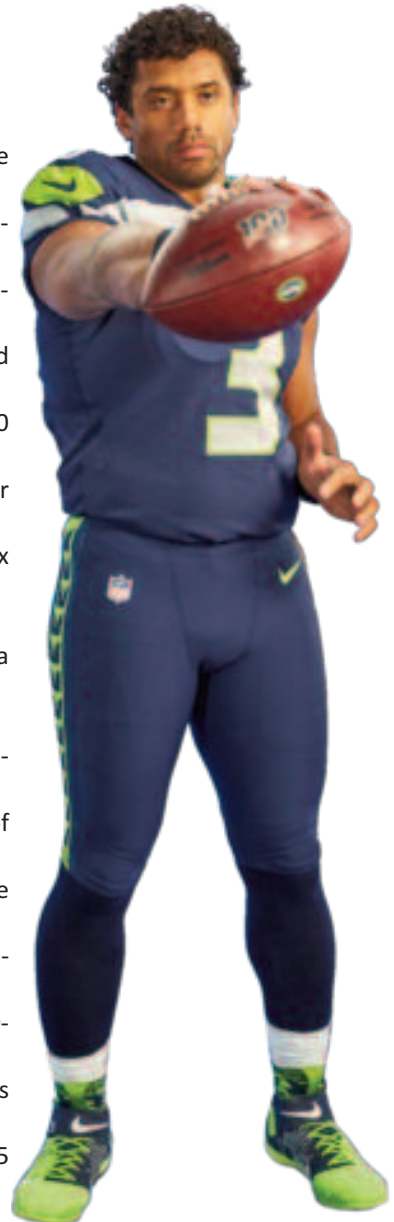
Wilson needs five home wins this season to set the NFL record for most home wins in a QB's first eight seasons.

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

Brett Favre	48
Joe Flacco	47
Tom Brady	45
Russell Wilson	44
John Elway	44

CAREER HIGHLIGHTS

- * Career passer rating of 100.3 ranks second in NFL history.
- * Career home passer rating of 102.8 ranks third in NFL history.
- * Career road passer rating of 98.0 ranks second in NFL history.
- * His .674 winning percentage (75-36-1) ranks fourth among active starting quarterbacks.
- * Has 12 300-yard passing games in the regular season and two 300-yard passing games in the postseason.
- * Has 43 games with multiple touchdown passes and no interceptions, the most such performances by a quarterback in his first eight seasons. (Enters 2019 already holding the record).
- * With the win vs. Kansas City (12/23/18), became the first quarterback in NFL history with a winning record in each of his first seven seasons.
- * In 2017, became the first quarterback in NFL history with at least 30 touchdown passes and 500 rushing yards in multiple seasons.
- * His 28-7 record following an in-season loss is the best record by a quarterback since the 1970 merger.
- * Against Atlanta (11/20/17), became the 10th quarterback in NFL history to reach 3,000 career rushing yards.
- * Has eight career games with at least four touchdowns and one or fewer interceptions. Only six players have more such games in a player's first eight seasons.
- * Threw 19 touchdown passes in the fourth quarter in 2017, an NFL record.
- * First player in NFL history with 4,000 yards, 30 touchdown passes and 500 rushing yards in a season (2015).
- * Led the NFL in passer rating with a 110.1 rating (2015).
- * First 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 (Weeks 11-17 of 2015).
- * His 19 touchdown passes are the most in NFL history over a five-game span (Weeks 11-15 of 2015) without an interception in a single-season.
- * First player in NFL history to pass for at least three touchdowns with no interceptions in five consecutive games (Weeks 11-15 of 2015).
- * First player in NFL history to have at least a 138.5 rating in four consecutive games (Weeks 11-14 of 2015).
- * At St. Louis (10/19/14), became the first player to record a 300-yard passing game and 100-yard rushing game in a single-game. He threw for 313 yards and rushed for 106.
- * He is one of two players in NFL history (Randall Cunningham - 1990) to rush for over 800 yards and throw for over 3,400 yards in a single-season (2014).
- * Became the third-youngest starting quarterback to win a Super Bowl. Wilson was 25 years, 65 days old on February 2, 2014, when Seattle defeated Denver, 43-8, in Super Bowl XLVIII.
- * Finished third in AP Offensive Rookie of the Year voting.



27 FOURTH-QUARTER/OVERTIME COMEBACKS IN 125 GAMES

Wilson has 27 fourth-quarter or overtime comeback victories in 125 career games (regular and postseason).

He had four game-winning drives last season, two game-winning drives in 2017, and directed come-from-behind victories in the 2013 and 2014 NFC Championship Games to advance Seattle to the Super Bowl.

In 2012, Wilson threw a game-winning touchdown pass in the final two minutes of regulation or overtime three times (vs. Green Bay, vs. New England, at Chicago), the most ever by a rookie since at least the 1970 merger, and won another (vs. St. Louis) with a 1-yard touchdown run.

His **27 fourth-quarter comebacks** rank tied for first in the NFL since the beginning of 2012.

RUSSELL WILSON 4TH QUARTER/OT COMEBACKS

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

* NFC Wild Card Game ^ NFC Championship Game

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

Russell Wilson, Sea	27
Matthew Stafford, Det	27
Drew Brees, NO	22
Matt Ryan, Atl	21
Andy Dalton, Cin	20

MOST PASSING YARDS IN A QUARTERBACK'S FIRST SEVEN SEASONS

Russell Wilson's 25,624 career passing yards rank sixth for most passing yards in a quarterback's first seven seasons.

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

1. Peyton Manning 29,442
- ...

5. Drew Bledsoe 25,966
6. **Russell Wilson** **25,624**
7. Andy Dalton 25,534
8. Joe Flacco 25,531
9. Cam Newton 25,074
10. Jim Kelly 23,031

3,000 YARDS & 20+ TOUCHDOWNS

Wilson's 35 touchdowns set his career-high and franchise single-season record and also gave him 20-plus touchdowns in each of his first seven seasons along with his 3,000 passing yards, joining only Peyton Manning in accomplishing that feat in NFL history.

**3,000 YARDS & 20+ PASSING TDS
IN EACH OF A PLAYER'S FIRST SEVEN SEASONS**

Peyton Manning	1998-2004
Russell Wilson	2012-

**20+ PASSING TDS IN EACH OF
A PLAYER'S FIRST SEVEN SEASONS**

Dan Marino	1983-89
Peyton Manning	1998-2004
Russell Wilson	2012-

MOST PASSING TOUCHDOWNS, NFL

Player	Touchdowns
Patrick Mahomes, KC	50
Andrew Luck, Ind	39
Russell Wilson, Sea	35
Matt Ryan, Atl	35
Ben Roethlisberger, Pit	34

56 100+ PASSER RATING GAMES IN CAREER

In Russell Wilson's first 112 games, he has thrown for a passer rating of over 100 in half of those games, joining Aaron Rodgers, Tony Romo and **Steve Young to accomplish that feat in NFL history.**

RUSSELL WILSON CAREER PASSING RATING BREAKDOWN

Rating	Games	Record
100s	56	47-9
90s	16	9-7
80s	16	9-6-1
70s	9	4-5
60s	6	3-3
50s	1	1-0
40s	5	1-4
30s	3	1-2
Totals	112	75-36-1

.674 WINNING PERCENTAGE

Russell Wilson ranks fourth among active quarterbacks (min. 16 starts) with a .674 winning percentage.

HIGHEST WINNING % OF ACTIVE STARTING QUARTERBACKS

Player	Record	Winning Pct.
Tom Brady, NE	207-60	.775
Patrick Mahomes, KC	13-4	.765
Ben Roethlisberger, Pit	144-69-1	.675
Russell Wilson, Sea	75-36-1	.674
Dak Prescott, Dal	32-16	.667

PERFECT PASSER RATING & 69 TOUCHDOWNS

With his 14-of-17, 248-yard and three-touchdown performance at Detroit (10/28/18), Russell Wilson recorded a franchise-best and career-high 158.3 passer rating, the first perfect rating in club history.

For the month of October, Wilson completed 44 of 61 passes (72.1%) for 668 yards with nine touchdowns and one interception for a 140.6 passer rating.

Wilson followed up his strong October with a four-game stretch passing of 86 for 127 (67.7%) for 975 yards with nine touchdowns and one interception for a 110.8 passer rating.

From Weeks 3-13, he threw 24 touchdowns and two interceptions helping him to a passer rating of 122.6.

His **69 touchdowns since the beginning of 2017 are the most in the NFL** and his 35 touchdowns last season rank third in the NFL and his 110.9 passer rating ranked third in the league.

HIGHEST PASSER RATING, NFL

Player	Rating
Drew Brees, NO	115.7
Patrick Mahomes, KC	113.8
Russell Wilson, Sea	110.9
Matt Ryan, Atl	108.1
Philip Rivers, LAC	105.5

HIGHEST PASSER RATINGS, NFL HISTORY

Through his first seven seasons, Russell Wilson is one of the best quarterbacks in NFL history in wins (1st, 75), passing touchdowns (3rd, 196), passing yards (6th, 25,624) and career, home and road passer ratings.

HIGHEST PASSER RATING, NFL HISTORY

Player	Rating
Aaron Rodgers, GB	103.1
Russell Wilson, Sea	100.3
Drew Brees, NO	97.7
Tom Brady, NE	97.6
Tony Romo	97.1

HIGHEST HOME PASSER RATING, NFL HISTORY

Player	Rating
Aaron Rodgers, GB	107.9
Drew Brees, NO	103.1
Russell Wilson, Sea	102.8
Steve Young	100.3
Peyton Manning	99.8

HIGHEST ROAD PASSER RATING, NFL HISTORY

Player	Rating
Aaron Rodgers, GB	98.6
Russell Wilson, Sea	98.0
Tony Romo	97.1
Tom Brady, NE	96.4
Joe Montana	95.2

14

WR DK METCALF

FOOTBALL FAMILY

DeKaylin Zecharius “DK” Metcalf follows in the football footsteps of his father, (former Ole Miss guard Terrance), grandfather (St. Louis Cardinals running back Terry) and uncle (Pro Bowl returner Eric).



Height

6-4

Bench Press

27 reps

Weight

229

Vertical Jump

40.5 inches

40-yard dash

4.32

Broad Jump

134.0 inches

Arm Length

35.0 inches

3-Cone Drill

7.38 seconds

Hand Size

9 7/8 inches

20-yard shuttle

4.5 seconds

40.9 YARDS PER TOUCHDOWN

Associated Press All-Pro: 2015 (First-Team, Return Specialist) **2016** (Second-Team, Kickoff Returner) **2017** (Second-Team, Kickoff Returner)

Since 2015, Tyler Lockett has averaged 40.9 yards per touchdown, good for the fourth-highest yards per touchdown average in the NFL.

HIGHEST YARDS PER TOUCHDOWN SINCE 2015, NFL (MIN. 15 TD)

Player	TD	Yards	Avg.
Tyreek Hill, KC	34	1,522	44.8
DeSean Jackson, Phi	16	708	44.3
Travis Benjamin, LAC	16	677	42.3
Tyler Lockett, Sea	23	941	40.9

6TH IN THE NFL IN RECEIVING TOUCHDOWNS

Tyler Lockett ranked sixth in the NFL with a career-high 10 receiving touchdowns last season.

MOST RECEIVING TOUCHDOWNS, NFL

Player	TD
Antonio Brown, Pit	15
Davante Adams, GB	13
Eric Ebron, Ind	13
Tyreek Hill, KC	12
DeAndre Hopkins, Hou	11
Tyler Lockett, Sea	10

158.3 QBR: WILSON TO LOCKETT

When Russell Wilson targeted Tyler Lockett last season, he was 57 for 70 (81.4%) for 965 yards, with 10 touchdowns and zero interceptions, good for a perfect 158.3 passer rating.

The Saints Drew Brees and Robert Meacham were the last duo to accomplish that feat (2009, min. 50 att.).

NFL-BEST 6,944 COMBINED YDS SINCE 2015

Tyler Lockett's versatility as a three-time All-Pro returner, receiver and rusher has placed him as the NFL leader in combined yards since 2015.

MOST COMBINED YARDS IN NFL SINCE 2015

	Rec.	Rush.	KO Ret.	Punt Ret.	Total Yds.
Tyler Lockett	2,781	261	2,900	1,002	6,944
Todd Gurley	1,883	4,547	0	0	6,430
Antonio Brown	5,948	37	23	413	6,421
Julio Jones	6,401	27	0	0	6,428

TYLER LOCKETT CAREER TOUCHDOWNS (23)

57-yard punt return at St. Louis (9/13/15)
 105-yard kickoff return vs. Chicago (9/27/15)
 43-yard reception at San Francisco (10/22/15)
 24-yard & 11-yard receptions vs. San Francisco (11/22/15)
 49-yard & 8-yard receptions at Baltimore (12/13/15)
 27-yard reception vs. Cleveland (12/20/15)
 75-yard rush vs. Carolina (12/4/16)
 57-yard reception vs. L.A. Rams (12/15/16)
 1-yard reception vs. Philadelphia (12/3/17)
 74-yard reception at Jacksonville (12/10/17)
 99-yard kickoff return vs. Arizona (12/31/17)
 51-yard reception at Denver (9/9/18)
 19-yard reception at Chicago (9/17/18)
 52-yard reception vs. Dallas (9/23/18)
 39-yard reception vs. L.A. Rams (10/7/18)
 10-yard reception at Oakland (10/14/18)
 24-yard reception at Detroit (10/28/18)
 23-yard reception at L.A. Rams (11/11/18)
 12-yard reception at Carolina (11/25/18)
 52-yard reception vs. San Francisco (12/2/18)
 29-yard reception vs. Arizona (12/30/18)



SHAQUILL & SHAQUEM GRIFFIN

GRIFFIN AND MCCOURTY BROTHERS BECOME THE FIRST SETS OF TWINS TO PLAY A REGULAR SEASON GAME IN 90 YEARS

For the first time in NFL history, there are two sets of twin brothers currently on an NFL roster in Shaquill and Shaquem Griffin and New England's Devin and Jason McCourty.

Previously, according to Elias Sports Bureau, only two sets of twins have been teammates in an NFL regular season game.

The first occurred in 1926 when Gene and Tom Golsen played a game for the Louisville Cardinals and the second occurred 90 years ago when Earl and Myrl Goodwin played for the Pottsville Maroons.

THE GRIFFINS

Mother: Tangie

Father: Terry

Siblings: Andre and Burness

Birthdate: July 20, 1995 (Shaquill was born one minute before Shaquem).

AMNIOTIC BAND SYNDROME

Shaquem Griffin's left hand was amputated when he was four years old as the result of amniotic band syndrome, a congenital birth defect.

SHAQ VS. SHAQ

Shaquill and Shaquem's combine results:

	Shaquill	Shaquem
40-yard dash	4.38 sec	4.38 sec
Bench Press	17 reps	20 reps
Broad Jump	132.0 inches	117.0 inches
Arm Length	32 3/8 inches	32 1/8 inches
Hand Size	8 3/4 inches	9 inches



SHAQUILL



SHAQUEM

FIVE-TIME PRO BOWLER



SECOND-MOST TACKLES SINCE 2012 (914)

At Detroit (10/28/18), passed Keith Butler for second-place on Seattle's all-time tackles list. His **914 tackles are second in the NFL since 2012** (Luke Kuechly, 948).

Is the first player in franchise history to record seven-consecutive 100-tackle seasons, including recording an NFL-leading and franchise-record 167 in 2016. **Ranked third in the NFL with 138 tackles** last season.

Holds two of the top-five tackle seasons in club history (167 in 2016 and 140 in 2012).

LARGENT AWARD WINNER

In a vote by teammates in 2017, Wagner was named the Steve Largent Award winner, given to the player that best exemplifies the spirit, dedication and integrity of the Seahawks.

HALL OF FAME COMPANY

In Bobby Wagner's 103 games played, the Seahawks defense has allowed just 17.4 points per game (1,790 points) since 2012, which ranks third in select Hall of Fame company.

In the nine games he has missed due to injury, the Seahawks defense has allowed 20.9 points per game (188 points) and the team is 5-4 in his absence.



Wagner's 17.4 points per game career average rank third among these Hall of Fame linebackers.



98-YARD PICK-SIX

LONGEST RETURNS, FRANCHISE HISTORY

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

FIVE-TIME ALL-PRO

First-team: 2014, 2016, 2017, 2018

Second-team: 2015

IN THE RECORD BOOKS

MOST CAREER TACKLES, CLUB HISTORY

Player, Seasons	No.
Eugene Robinson, 1985-95	984
Bobby Wagner, 2012-	914
Keith Butler, 1978-87	813
Joe Nash, 1982-96	779
Chad Brown, 1997-04	744

MOST SINGLE-SEASON TACKLES, CLUB HISTORY

Player	Year	Total	Solo	Ast.
1. Bobby Wagner	2016	167	85	82
2. Terry Beeson	1978	153	n/a	n/a
3. Chad Brown	1998	150	119	31
4. Anthony Simmons	2000	147	119	28
5. Bobby Wagner	2012	140	86	54



PLAYER NOTES

#32 CHRIS CARSON

5TH IN THE NFL IN RUSHING

After missing 12 games in 2017 with a leg injury, third-year running back Chris Carson bounced back last season to start all 14 games played and rush for 1,151 yards (5th NFL), becoming Seattle's first 1,000-yard rusher since 2014 (Marshawn Lynch) and only the **sixth player in franchise history to accomplish that feat**.

He gained 102 yards vs. Dallas (9/23) and became Seattle's first 100-yard rusher since Thomas Rawls gained 106 vs. Carolina (12/4/16, 22 games), while his **career-high 32 carries were the most by a Seahawks player** since Rawls' 30 carries vs. San Francisco (11/22/15, 40 games).

He set his career-high with 122 yards vs. Arizona (12/30/18).

2018 LEADING RUSHERS, NFL

Player	Att.	Yards	Avg.	TD
Ezekiel Elliott, Dal	304	1,434	4.7	6
Saquon Barkley, NYG	261	1,307	5.0	11
Todd Gurley, LAR	256	1,251	4.9	17
Joe Mixon, Cin	237	1,168	4.9	8
Chris Carson, Sea	247	1,151	4.7	9

PLAYERS TO RUSH FOR 1,000 YARDS, SINGLE-SEASON FRANCHISE HISTORY

Player	Seasons
Shaun Alexander	5
Marshawn Lynch	4
Curt Warner	4
Chris Warren	4
Ricky Watters	3
Chris Carson	1

#50 LB K.J. WRIGHT

1,135 COMBINED TACKLES WITH BOBBY WAGNER



2016

K.J. Wright (479 tackles) and Bobby Wagner (656) have combined for 1,135 tackles since the 2014 season, ranking first in the NFL over that time.

Wright earned his first Pro Bowl nod after the 2016 season when he set career-highs in tackles (126) and sacks (4.0).

Wright also ranks seventh in franchise history with 717 tackles, needing two

tackles to pass Ring of Honor member Jacob Green for sixth-place in franchise history.

#90 JARRAN REED

CAREER-BEST SEASON

Defensive tackle Jarran Reed enjoyed the best season of his career last year with a career-high and ranked second on the team with 10.5 sacks, eclipsing his former high of 1.5 sacks each in 2016 and 2017. His **sack total ranked third in the NFL among interior lineman**.

He also set a career-highs in tackles (50) and quarterback hits (24) last season.

MOST SACKS BY A DEFENSIVE TACKLE, SINGLE-SEASON FRANCHISE HISTORY

Player	Sacks	Year
Cortez Kennedy*	14.0	1992
John Randle*	11.0	2001
Jarran Reed	10.5	2018

* Hall of Famer

MOST SACKS BY TWO TEAMMATES, NFL, 2018

Players	Sacks	Team
Chris Jones (15.5) & Dee Ford (13.0)	28.5	KC
Von Miller (14.5) & Bradley Chubb (12.0)	26.5	Den
J.J. Watt (16.0) & Jadeveon Clowney (9.0)	25.0	Hou
Aaron Donald (20.5) & Ndamukong Suh (4.5)	25.0	LAR
Frank Clark (13.0) & Jarran Reed (10.5)	23.5	Sea

#91 DE JADEVEON CLOWNEY

53 TACKLES FOR LOSS SINCE 2016 (3RD NFL)

Clowney recorded 29.0 sacks (4th in Texans history) and five forced fumbles (9th in Texans history) before being traded to Seattle on September 1.

He had 16 tackles for loss (9th NFL) last season and 64 in his career. Clowney has **registered four-or-more tackles for loss in a single-game** in each of the last three seasons and only **Aaron Donald (three in 2018) has more** than one game with four-or-more tackles for loss since 2016.

He was named to his third-career Pro Bowl last season after recording 47 tackles (38 solo), 9.0 sacks, 16 tackles for loss and career-high tying 21 quarterback hits.

MOST TACKLES FOR LOSS SINCE 2016, NFL

Player	TFL
Aaron Donald, LAR	57
Chandler Jones, Ari	56
Jadeveon Clowney, Sea	53
Cameron Jordan, NO	52
Calais Campbell, Jac	46



PETE CARROLL

FOURTH-WINNINGEST ACTIVE HEAD COACH (BELICHICK, REID, TOMLIN)

Pete Carroll ranks 28th in NFL history with 132 combined wins and was the 39th coach in NFL history with 100 wins in the regular season.

MOST COMBINED WINS IN NFL HISTORY

Coach	Regular Season				Postseason			Combined			
	W	L	T	Pct.	W	L	Pct.	W	L	T	Pct.
24. Hank Stram	131	97	10	.574	5	3	.625	136	100	10	.576
25. Mike McCarthy	125	77	2	.618	10	8	.556	135	85	2	.613
26. Weeb Ewbank	130	129	7	.502	4	1	.800	134	130	7	.508
27. Mike Tomlin, Pit	125	66	1	.654	8	7	.533	133	73	1	.645
28. Pete Carroll, Sea	122	85	1	.589	10	8	.556	132	93	1	.586
29. Marvin Lewis	131	122	3	.518	0	7	.000	131	129	3	.504
30. Mike Ditka	121	95	0	.560	6	6	.500	127	101	0	.557
31. Sean Payton, NO	118	74	0	.615	8	6	.571	126	80	0	.612

132 CAREER WINS FOR PETE CARROLL (REGULAR & POSTSEASON)

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

Year	Team	W	L	T	Pct.	Finish
1994	N.Y. Jets	6	10	0	.375	5th, AFC East
1997	New England	10	6	0	.625	1st, AFC East
						<i>Wild Card victory vs. Miami, 17-3</i>
						<i>Divisional Playoff loss at Pittsburgh, 7-6</i>
1998	New England	9	7	0	.563	4th, AFC East
						<i>Wild Card loss at Jacksonville, 25-10</i>
1999	New England	8	8	0	.500	T4th, AFC East
2010	Seattle	7	9	0	.438	1st, NFC West
						<i>Wild Card victory vs. New Orleans, 41-36</i>
						<i>Divisional Playoff loss at Chicago, 35-24</i>
2011	Seattle	7	9	0	.438	3rd, NFC West
2012	Seattle	11	5	0	.688	2nd, NFC West
						<i>Wild Card victory at Washington, 24-14</i>
						<i>Divisional Playoff loss at Atlanta, 30-28</i>
2013	Seattle	13	3	0	.813	1st, NFC West
						<i>Divisional Playoff victory vs. New Orleans, 23-15</i>
						<i>Championship Game victory vs. San Francisco, 23-17</i>
						<i>Super Bowl XLVIII victory vs. Denver, 43-8</i>
2014	Seattle	12	4	0	.750	
						<i>Divisional Playoff victory vs. Carolina, 31-17</i>
						<i>Championship Game victory vs. Green Bay, 28-22 ot</i>
						<i>Super Bowl XLIX loss vs. New England, 28-24</i>
2015	Seattle	10	6	0	.625	2nd, NFC West
						<i>Wild Card victory at Minnesota, 10-9</i>
						<i>Divisional Playoff loss at Carolina, 31-24</i>
2016	Seattle	10	5	1	.656	1st, NFC West
						<i>Wild Card victory vs. Detroit, 26-6</i>
						<i>Divisional Playoff loss at Atlanta, 36-20</i>
2017	Seattle	9	7	0	.563	2nd, NFC West
2018	Seattle	10	6	0	.625	2nd, NFC West
						<i>Wild Card loss at Dallas, 24-22</i>
2019	Seattle	0	0	0		
Reg. Season (13 Yrs.)		122	85	1	.589	
Postseason (9 Yrs.)		10	8	0	.556	
Combined Record		132	93	1	.586	



CENTURYLINK FIELD ENHANCEMENTS

On August 7, the Seahawks announced enhancements to the fan experience on gamedays at CenturyLink Field.

Fans will find a variety of delicious new food options this season from First & Goal Hospitality (FGH), which operates all general concessions and premium dining at CenturyLink Field. With a focus on locally-sourced ingredients, new featured menu offerings for 2019 include:

- **Chicken & Biscuit:** house-made savory biscuit with Ezell's chicken tenders and southern style country gravy. Located in sections 126 and 321 (Chicken & Biscuits).
- **Seattle Cheesesteak:** shaved beef on a fresh hoagie with herbed cream cheese and grilled peppers and onions. Located in section 113 at the new PNW Grille.
- **Loaded Baked Potato:** jumbo russet potato loaded with a choice of broccoli & cheddar sauce, chili & cheese, or plain, with a variety of toppings to customize. Located in section 341 (Local Eats).

In addition to FGH offerings, other local menu offerings include:

- **Pecos Pit BBQ:** New this season, fans will enjoy items from this local BBQ favorite including their beef chopped sandwich, SODO "Spike It" pork sandwich with slaw, Pecos "Best BACON Potato Salad EVER!" as well as Pecos Spicy Pit Beans and house-made coleslaw. Located in section 105.
- **Taco Time:** Northwest favorite Taco Time will serve crisp and soft burritos, as well as crisp and soft tacos, white chicken chili and crustos. Located in section 116.
- **Oberto Hot Links:** The famous Oberto Hot Link is back. Locally made in Washington with high-quality pork, the Oberto Hot Link has no artificial ingredients, no preservatives, no nitrates/nitrites added and is completely gluten free. Try it with house-made Washington apple 'kraut. This Seattle favorite will be served at all Local Dog and Links locations in sections 109, 124, 135, 149, 313, 324 and 331.
- **Hempler Hotdogs:** A Hempler family classic recipe, uniquely crafted with the perfect blend of spices providing an authentic European flavor. Made with only lean cuts of beef and pork, no fillers, and completely free of allergens, gluten and MSG. The Hempler Dog will be served at all Local Dog and Links locations in sections 109, 124, 135, 149, 313, 324 and 331.

Pregame in American Family Insurance Touchdown City and in the north end of the stadium at Muckleshoot Plaza, fans will find value-priced food and beverage offerings between \$3-\$6 including hot dogs, fries, pretzels, nachos, candy, soda, water, premium wine and beer as well as domestic beer. Fans looking for value items during the game can try the "12s Combo" at all Local Dogs and Links locations, which includes two hot dogs, two bottles of water and a bag of popcorn for \$12.

Fans are encouraged to arrive early to experience new pregame entertainment throughout the stadium. In Touchdown City, a new entertainment area called "The End Zone" will feature exciting activities, giveaways and photo opportunities. New

activities for kids have also been added. Fans can also watch the live broadcast of the Seahawks Radio Network Pregame Show featuring hosts Dori Monson and Seahawks Legends Paul Moyer, Ray Roberts, Jordan Babineaux and Michael Bumpus. Admission to Touchdown City is free and opens three hours prior to kickoff. Also new this year, fans will find live bands and DJs performing on the stadium concourses. At the north end of the stadium, pregame live music from a variety of Northwest bands will be featured at The Stage at the Muckleshoot Plaza throughout the season.

Download the Seahawks Mobile App for the ability to manage mobile tickets and extensive gameday information, as well as quick access to a variety of stats and the "Eye of the Hawk" video feature that includes live and on-demand video from eight different angles. Fans within 75 miles of CenturyLink Field will be able to stream the live radio broadcast from Seahawks radio flagship stations 710 ESPN and 97.3 KIRO FM directly in the app. Additionally, all four preseason TV games will be broadcast on Q13 FOX, as well as in-market via seahawks.com and the Seahawks Mobile App.

OTHER OFFERS FOR FANS INCLUDE:

- **Delta & Lyft:** Now, Seahawks gamedays mean more miles with Delta & Lyft. This season get 3x miles with Delta on Lyft rides to or from CenturyLink Field for Seahawks home games. Simply link your SkyMiles® and Lyft accounts at delta.com/lyft to start earning. Terms apply.
- **Pregame at the Perch:** Located on the Ballroom level at Embassy Suites Seattle Downtown Pioneer Square, the Pregame at the Perch offers games, a live DJ, and appearances from Blitz, Seahawks Dancers, Legends, and more. Stop by for food and drink specials as well as a chance to win exclusive Seahawks experiences. Opens three hours before kickoff.
- **CLEAR:** Get into the game with CLEAR at the Northwest and Southwest security gates and use CLEAR to buy food and drinks with just your fingerprints - no ID or credit card required - in select concessions locations in the stadium. Enrollment for CLEAR Sports is free and can be used immediately. Fans can register on-site at the stadium, or in advance at www.clearme.com/seahawks. Fans who already have CLEAR will be able to use it at CenturyLink for access and concessions. CLEAR security lanes open two hours before kickoff.
- **Freemiums:** Keep an eye on the game for various freemiums for ticket holders and fans. Northwest favorite Taco Time will provide all fans with a Free Crisp Taco via the Taco Time Northwest App the Tuesday following any game with a rushing touchdown. Great Clips will offer a Free Haircut when the Seahawks have three takeaways. Starting in the regular season, Pizza Hut will offer free Cinnabon Minis with a purchase of a \$12.99 pizza when the Seahawks score three passing touchdowns, valid for three days following the game. When the Seahawks score 21 points, Oberto Specialty Meats will offer a package of their NEW Fresh Smoked Sausages, perfect on a bun or in your favorite dish. Offer redeemable at Safeway the day after the game.

SEATTLE SEAHAWKS / PRESEASON / WEEK 5 / THROUGH THURSDAY, AUGUST 29, 2019

WON 3, LOST 1							* RUSHING				No.	Yds	Avg	Long	TD						
08/08 W 22-14	Denver					68,295	Homer			19	85	4.5	27	0							
08/18 L 19-25	at Minnesota					66,636	Prosise			10	74	7.4	30	1							
08/24 W 23-15	at L.A. Chargers					23,377	X. Turner			17	71	4.2	16	0							
08/29 W 17-15	Oakland					68,461	Scarbrough			13	50	3.8	17	0							
	Sea.			Opp.			Carson			8	48	6.0	13	0							
TOTAL FIRST DOWNS							64	82	Smith	10	47	4.7	13	1							
Rushing							28	22	Lynch	11	43	3.9	18	1							
Passing							27	48	Wilson	5	40	8.0	16	0							
Penalty							9	12	Penny	20	35	1.8	7	1							
3rd Down: Made/Att							19/52	22/60	McKissic	8	20	2.5	6	0							
3rd Down Pct.							36.5	36.7	Ursua	1	11	11.0	11	0							
4th Down: Made/Att							2/3	6/12	Reynolds	1	7	7.0	7	0							
4th Down Pct.							66.7	50.0	Lockett	1	6	6.0	6	0							
POSSESSION AVG.							27:19	32:41	Barrett	1	5	5.0	5	0							
TOTAL NET YARDS							1103	1315	T. Wright	2	4	2.0	3	0							
Avg. Per Game							275.8	328.8	TEAM	127	546	4.3	30	4							
Total Plays							226	267	OPPONENTS	116	441	3.8	50	3							
Avg. Per Play							4.9	4.9	* RECEIVING	No.	Yds	Avg	Long	TD							
NET YARDS RUSHING							546	441	Ferguson	7	119	17.0	41	1							
Avg. Per Game							136.5	110.3	Penny	6	52	8.7	27	0							
Total Rushes							127	116	Lockett	5	77	15.4	30	0							
NET YARDS PASSING							557	874	Ursua	4	100	25.0	28	0							
Avg. Per Game							139.3	218.5	Lewis	4	57	14.3	28	0							
Sacked/Yards Lost							7/60	7/53	Hollister	4	28	7.0	11t	1							
Gross Yards							617	927	J. Brown	3	70	23.3	33	0							
Att./Completions							92/48	144/102	T. Wright	3	44	14.7	39t	1							
Completion Pct.							52.2	70.8	McKissic	3	11	3.7	12	0							
Had Intercepted							1	2	Saxton	2	26	13.0	26	0							
PUNTS/AVERAGE							20/45.4	14/47.6	Bellore	2	10	5.0	5	0							
NET PUNTING AVG.							20/42.1	14/44.6	Reynolds	1	16	16.0	16	0							
PENALTIES/YARDS							41/400	27/257	Prosise	1	15	15.0	15	0							
FUMBLES/BALL LOST							3/0	5/1	Jennings	1	12	12.0	12	0							
TOUCHDOWNS							8	7	Metcalfe	1	8	8.0	8	0							
Rushing							4	3	Moore	1	8	8.0	8	0							
Passing							3	4	X. Turner	1	8	8.0	8	0							
Returns							1	0	Harris	1	6	6.0	6	0							
* SCORE BY PERIODS							Q1	Q2	Q3	Q4	OT	PTS	Scarbrough	1	4	4.0	4	0			
TEAM							7	36	22	16	0	81	Carson	1	3	3.0	3	0			
OPPONENTS							12	13	10	34	0	69	TEAM	48	617	12.9	41	3			
* SCORING							TD-Ru-Pa-Rt	K-PAT	FG	S	PTS	OPPONENTS	102	927	9.1	45	4				
Myers							0	0	0	0	7/ 8	8/ 9	0	31	* INTERCEPTIONS	No.	Yds	Avg	Long	TD	
Shead							1	0	0	1			1	8	88.0	88t	1				
Ferguson							1	0	1	0			0	6	Taylor	1	0	0.0	0	0	
Hollister							1	0	1	0			0	6	TEAM	2	88	44.0	88t	1	
Lynch							1	1	0	0			0	6	OPPONENTS	1	0	0.0	0	0	
Penny							1	1	0	0			0	6	* PUNTING	No.	Yds	Avg	Net TB	In Lg B	
Prosise							1	1	0	0			0	6	M. Dickson	20	909	45.5	42.1	2 5 64 0	
Smith							1	1	0	0			0	6	TEAM	20	909	45.5	42.1	2 5 64 0	
T. Wright							1	0	1	0			0	6	OPPONENTS	14	667	47.6	44.6	0 7 61 0	
TEAM							8	4	3	1	7/ 8	8/ 9	1	81	* PUNT RETURNS	Ret	FC	Yds	Avg	Long	TD
OPPONENTS							7	3	4	0	2/ 4	7/ 8	0	69	Amadi	5	1	19	3.8	17	0
2-Pt Conv: TM 0-0, OPP 2-3															Moore	2	1	19	9.5	19	0
SACKS: Burr-Kirven 1, Jackson 1, King 1,															Ursua	1	2	5	5.0	5	0
Marsh 1, J. Martin 1, Mingo 1, Shead 1, TM 7,															TEAM	8	4	43	5.4	19	0
OPP 7															OPPONENTS	10	2	28	2.8	11	0
FUM/LOST: Amadi 1/0, Ferguson 1/0,															* KICKOFF RETURNS	No.	Yds	Avg	Long	TD	
Lynch 1/0															T. Wright	5	105	21.0	41	0	
															Amadi	4	80	20.0	34	0	
															Reynolds	4	80	20.0	34	0	
															McKissic	1	17	17.0	17	0	
															Ursua	1	17	17.0	17	0	
															TEAM	15	299	19.9	41	0	
															OPPONENTS	12	226	18.8	36	0	
															* FIELD GOALS	1-19	20-29	30-39	40-49	50+	
															Myers	0/ 0	2/ 2	1/ 1	2/ 2	3/ 4	
															TEAM	0/ 0	2/ 2	1/ 1	2/ 2	3/ 4	
															OPPONENTS	0/ 0	5/ 5	0/ 0	2/ 3	0/ 0	
															Myers: (56N,55G,43G)(33G,52G,27G,20G)(58G)(40G)						
															TM: (56N,55G,43G)(33G,52G,27G,20G)(58G)(40G)						
															OPP: (25G,25G)(24G)(40G)(43G,42N,20G,23G)						
* PASSING							Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	Long	Sack/Lost	Rating			
Lynch							37	18	180	48.6	4.86	1	2.7	0	0.0	26	2/ 14	71.9			
Smith							34	18	282	52.9	8.29	2	5.9	0	0.0	41	5/ 46	100.4			
Wilson							18	12	155	66.7	8.61	0	0.0	0	0.0	33	0/ 0	93.5			
Barrett							3	0	0	0.0	0.00	0	0.0	1	33.3	---	0/ 0	0.0			
TEAM							92	48	617	52.2	6.71	3	3.3	1	1.1	41	7/ 60	79.8			
OPPONENTS							144	102	927	70.8	6.44	4	2.8	2	1.4	45	7/ 53	91.4			



PRESEASON DEFENSIVE STATISTICS

	Total	Solo	Assist	Sacks	Yards	QH	Int	PD	FF	FR
Calitro, A.	23	17	6	0	0	1	0	1	0	0
Burr-Kirven, B.	19	10	9	1.0	9.0	1	0	1	0	0
King, A.	17	15	2	1.0	5.0	2	0	1	1	0
Barton, C.	16	4	12	0	0	0	0	0	0	0
Johnson, J.	14	7	7	0	0	0	0	0	0	0
Green, R.	12	8	4	0	0	0	0	0	0	0
Kendricks, M.	12	9	3	0	0	0	0	0	0	0
Shead, D.	12	7	5	1.0	9.0	1	1	1	0	0
Meder, J.	11	6	5	0	0	0	0	0	0	0
Amadi, U.	10	7	3	0	0	2	0	1	0	0
Thomas, S.	10	7	3	0	0	0	0	2	0	0
Luani, S.	9	4	5	0	0	0	0	0	0	0
Mone, B.	8	5	3	0	0	0	0	0	0	1
Blair, M.	7	4	3	0	0	1	0	0	0	0
Griffin, Shaquill	7	4	3	0	0	0	0	2	0	0
Jackson, B.	7	6	1	1.0	12.0	3	0	0	0	0
Taylor, J.	7	6	1	0	0	1	1	1	0	0
Thompson, T.	7	5	2	0	0	0	0	0	0	0
Marsh, C.	6	2	4	1.0	8.0	2	0	0	0	0
Mingo, B.	6	3	3	1.0	0.0	2	0	0	0	0
Flowers, T.	5	5	0	0	0	0	0	0	0	0
Ford, P.	5	4	1	0	0	0	0	0	0	0
Martin, J.	5	4	1	1.0	10.0	3	0	0	0	0
Boykins, J.	4	3	1	0	0	0	0	0	0	0
Thorpe, N.	4	4	0	0	0	0	0	1	0	0
Woods, A.	4	1	3	0	0	0	0	0	0	0
Hill, L.	3	2	1	0	0	0	0	0	0	0
Mitchell, E.	3	1	2	0	0	0	0	0	0	0
Reed, K.	3	2	1	0	0	0	0	0	0	0
Young, J.	3	3	0	0	0	0	0	0	0	0
Jones, N.	2	0	2	0	0	0	0	0	0	0
McDougald, B.	2	2	0	0	0	0	0	0	0	0
Tiuli, J.	2	2	0	0	0	0	0	0	0	0
Wagner, B.	2	2	0	0	0	0	0	0	0	0
Jefferson, Q.	1	0	1	0	0	0	0	0	0	0
Tago, L.	1	1	0	0	0	0	0	0	0	0
Worley, C.	1	0	1	0	0	0	0	1	0	0
Wright, K.	1	1	0	0	0	0	0	1	0	0

SPECIAL TEAMS TACKLES

	Total	Solo	Assist	FF	FR	Blocks
Mingo, B.	4	3	1	0	0	0
Amadi, U.	3	2	1	0	0	0
Griffin, Shaquem	3	1	2	1	0	0
Calitro, A.	2	2	0	0	0	0
Evans, M.	2	0	2	0	0	0
Luani, S.	2	1	1	0	0	0
Ott, T.	2	0	2	0	0	0
Reed, K.	2	1	1	0	0	0
Thomas, S.	2	0	2	0	0	1
Barton, C.	1	0	1	0	0	0
Blair, M.	1	0	1	0	0	0
Homer, T.	1	1	0	0	0	0
King, A.	1	0	1	0	0	0
Saxton, W.	1	0	1	0	0	0
Thompson, T.	1	1	0	0	0	0
Thorpe, N.	1	1	0	0	0	0
Turner, M.	1	1	0	0	0	0

FUMBLES

	Fum	Lost	Own-Rec	O.B.
Amadi, U.	1	0	0	0
Ferguson, J.	1	0	0	0
Lynch, P.	1	0	1	0
Boykins, J.	0	0	1	0
Harris, J.	0	0	1	0



TRANSACTIONS

Date	Transaction	Player
Jan. 1	Placed on injured reserve	S Lano Hill
	Signed from practice squad	WR Malik Turner
	Signed to practice squad	S Marwin Evans
Jan. 8	Signed to 2019 future contracts	CB Jeremy Boykins
		LB Justin Currie
		S Marwin Evans
		C Marcus Henry
		WR Keenan Reynolds
		G Jordan Roos
		WR Caleb Scott
		TE Tyrone Swoopes
		CB Simeon Thomas
Jan. 11	Signed to future contract	K Sam Ficken
Jan. 14	Signed to future contract	DT Jamie Meder
Jan. 17	Signed to future contract	QB Paxton Lynch
Feb. 22	Hired strength & conditioning coaches	Ivan Lewis
		Thomas Garcia
		Mark Philipp
		Grant Steen
		Danny van Dijk
	Hired offensive assistant	Austin Davis
	Hired assistant wide receivers	Brad Idzik
Mar. 14	Re-signed	LB K.J. Wright
	Signed	G Mike Iupati
		K Jason Myers
Mar. 15	Re-signed	G D.J. Fluker
Mar. 18	Re-signed	LB Mychal Kendricks
Mar. 23	Re-signed	CB Neiko Thorpe
Apr. 4	Signed	DE Cassius Marsh
		DE Nate Orchard
Apr. 25	Traded to Kansas City	DE Frank Clark
		2019 3rd-round pick
	Acquired from Kansas City	2019 1st-round pick
		2019 3rd-round pick
		2020 2nd-round pick
Apr. 29	Traded to New England	2020 7th-round pick
	Acquired from New England	TE Jacob Hollister
May 3	Signed rookie free agents	QB Taryn Christion
		CB Derrek Thomas
		WR Terry Wright
		CB Davonte Davis
		RB Adam Choice
		SS Jalen Harvey
		DT Jay-Tee Tiuli
		G Demetrius Knox
		DT Bryan Mone
		TE Mik'Quan Deane
		TE Justin Johnson
		WR Jazz Ferguson
May 6	Signed drafted rookies	S Ugo Amadi
		S Marquise Blair
		LB Ben Burr-Kirven
		G Phil Haynes

Date	Transaction	Player
May 9	Terminated/failed physical	WR Doug Baldwin
		S Kam Chancellor
	Signed	FB Nick Bellore
		G Marcus Martin
		CB Jamar Taylor
May 10	Released	DE Nate Orchard
	Signed	DE Ziggy Ansah
May 13	Released	QB Taryn Christion
		TE Mik'Quan Deane
	Signed	DT Al Woods
May 14	Signed drafted rookies	DT Demarcus Christmas
		RB Travis Homer
		WR Gary Jennings
		WR John Ursua
		QB Geno Smith
May 15	Signed	DE L.J. Collier
May 21	Signed drafted rookie	WR DK Metcalf
May 22	Signed drafted rookie	RB Adam Choice
May 29	Waived/injured	RB Marcelias Sutton
	Signed	LB Cody Barton
June 10	Signed drafted rookie	RB Marcelias Sutton
July 24	Released	CB Derrek Thomas
	Signed	DT Earl Mitchell
		WR Daniel Williams
		LB Bobby Wagner
July 26	Signed to contract extension	WR Caleb Scott
July 27	Waived/non-football injury	LB Emmanuel Ellerbee
	Placed on injured reserve	LB Juwuan Johnson
	Signed	CB DeShawn Shead
July 30	Signed to contract extension	LS Tyler Ott
August 1	Released	WR Daniel Williams
	Signed	WR Nyqwan Murray
August 3	Waived/injured	TE Justin Johnson
		TE Tyrone Swoopes
	Signed	TE Jackson Harris
		TE Wes Saxton
August 6	Released	WR Nyqwan Murray
	Signed	LB Chris Worley
August 7	Waived/injured	CB Davante Davis
	Signed	RB Xavier Turner
August 10	Released	S Marwin Evans
		LB Chris Worley
	Signed	QB J.T. Barrett
		LB Juwon Young
August 20	Placed on injured reserve	G Demetrius Knox
	Signed	G Landon Turner
August 21	Released	S Jalen Harvey
	Signed	T Brian Wallace
August 27	Released	WR Amara Darboh
	Placed on injured reserve	DT Nazair Jones
		CB Kalan Reed
	Signed	WR Kahlil Lewis
		WR Nyqwan Murray



TRANSACTIONS

Date	Transaction	Player
August 28	Released	DT Jay-Tee Tiuli
	Signed	T Will Holden
		DE Logan Tago
	<i>(2,189th transaction since 2010)</i>	
August 31	Terminated veteran contracts	FB Nick Bellore
		WR Jaron Brown
		DE Cassius Marsh
		C Marcus Martin
		DT Jamie Meder
		DB DeShawn Shead
		QB Geno Smith
		CB Jamar Taylor
	Released	QB J.T. Barrett
		WR Jazz Ferguson
		TE Jackson Harris
		T Will Holden
		TE Jacob Hollister
		LB Jawuan Johnson
		WR Kahlil Lewis
		S Shalom Luani
		QB Paxton Lynch
		RS J.D. McKissic
		DT Earl Mitchell
		WR Nyqwan Murray
		T Elijah Nkansah
		WR Keenan Reynolds
		G Jordan Roos
		TE Wes Saxton
		RB Bo Scharbrough
		DE Logan Tago
		CB Simeon Thomas
		G Landon Turner
		RB Xavier Turner
		T Brian Wallace
		WR Terry Wright
		LB Juwon Young
	Waived/injured	CB Jeremy Boykins
		LB Justin Currie
	Placed on PUP	DT Demarcus Christmas
		G Phil Haynes
	Placed on injured reserve	G Jordan Simmons
	Traded to N.Y. Jets	conditional 2021 draft pick
	Acquired from N.Y. Jets	CB Parry Nickerson
Sept. 1	Traded to Houston	DE Jacob Martin
		DE Barkevious Mingo
		2020 third-round draft pick
	Acquired from Houston	DE Jadeveon Clowney
	Signed	QB Geno Smith
	Signed to practice squad	WR Jazz Ferguson
		TE Jacob Hollister
		T Elijah Nkansah
		G Jordan Roos
		CB Simeon Thomas
		WR Terry Wright

Date	Transaction	Player
Sept. 2	Released	LB Austin Calitro
	Signed	WR Jaron Brown
	Signed	FB Nick Bellore
	Signed to practice squad	G Kyle Fuller
		G Kahlil McKenzie
		CB Ryan Neal
		LB Jachai Polite

(2,246th transaction since 2010)



PRESEASON PARTICIPATION CHART

Game Date Game	1 8/8 Den	2 8/18 @Min	3 8/24 @LAC	4 8/29 Oak	G	S	2019 IN	DNP
Amadi, U.	s	s	s	s	4	0	0	0
Ansah, Z.	dnp	dnp	dnp	dnp	0	0	0	4
Barrett, J.		qb	dnp	dnp	1	0	0	2
Barton, C.	MLB	MLB	lb	OLB	4	3	0	0
Bellore, N.	fb	fb	fb	fb	4	0	0	0
Blair, M.	s	s	dnp	FS	3	1	0	1
Boykins, J.	cb	cb	cb	cb	4	0	0	0
Britt, J.	C	C	C	dnp	3	3	0	1
Brown, D.	dnp	LT	LT	dnp	2	2	0	2
Brown, J.	dnp	WR	WR	dnp	2	2	0	2
Burr-Kirven, B.	lb	lb	lb	lb	4	0	0	0
Calitro, A.	OLB	OLB	lb	MLB	4	3	0	0
Carson, C.	dnp	RB	RB	dnp	2	2	0	2
Christmas, D.	dnp	dnp	dnp	dnp	0	0	0	4
Collier, L.	dnp	dnp	dnp	dnp	0	0	0	4
Currie, J.	dnp	dnp	dnp	dnp	0	0	0	4
Darboh, A.	dnp	dnp	wr	dnp	1	0	0	2
Dickson, E.	dnp	dnp	dnp	dnp	0	0	0	4
Dickson, M.	p	p	p	p	4	0	0	0
Dissly, W.	dnp	te	TE	dnp	2	1	0	2
Evans, M.	s				1	0	0	0
Fant, G.	t	dnp	dnp	dnp	1	0	0	3
Ferguson, J.	wr	wr	wr	wr	4	0	0	0
Flowers, T.	RCB	RCB	RCB	dnp	3	3	0	1
Fluker, D.	dnp	RG	RG	dnp	2	2	0	2
Ford, P.	dnp	NT	NT	dnp	2	2	0	2
Green, R.	de	de	de	de	4	0	0	0
Griffin, Shaquem	lb	dnp	dnp	sub	2	0	0	2
Griffin, Shaquill	LCB	LCB	LCB	dnp	3	3	0	1
Harris, J.	te	te	te	TE	4	1	0	0
Harvey, J.	dnp	dnp	dnp	dnp	0	0	0	2
Haynes, P.	dnp	dnp	dnp	dnp	0	0	0	4
Hill, L.	dnp	dnp	s	SS	2	1	0	2
Holden, W.				t	1	0	0	0
Hollister, J.	dnp	te	te	TE	3	1	0	1
Homer, T.	dnp	rb	rb	rb	3	0	0	1
Hunt, J.	c	c	c	dnp	3	0	0	1
Ifedi, G.	RT	RT	RT	dnp	3	3	0	1
Iupati, M.	dnp	dnp	dnp	dnp	0	0	0	4
Jackson, B.	de	de	de	de	4	0	0	0
Jefferson, Q.	DE	DE	DE	dnp	3	3	0	1
Jennings, G.	wr	wr	wr	wr	4	0	0	0
Johnson, J.	lb	lb	lb	lb	4	0	0	0
Jones, J.	LT	dnp	dnp	LT	2	2	0	2
Jones, N.	dnp	dt	dnp	ir	1	0	0	2
Kendricks, M.	OLB	OLB	OLB	dnp	3	3	0	1
King, A.	cb	cb	cb	LCB	4	1	0	0
Knox, D.	g	g	ir	ir	2	0	0	0
Lewis, K.				wr	1	0	0	0
Lockett, T.	dnp	WR	WR	dnp	2	2	0	2
Luani, S.	SS	s	s	s	4	1	0	0
Lynch, P.	qb	qb	dnp	qb	3	0	0	1
McDougald, B.	dnp	SS	SS	dnp	2	2	0	2
McKissic, J.	dnp	dnp	rb	rb	2	0	0	2
Marsh, C.	LEO	LEO	LEO	de	4	3	0	0
Martin, J.	de	de	de	de	4	0	0	0
Meder, J.	DT	dt	dt	DT	4	2	0	0
Metcalf, D.	WR	dnp	dnp	dnp	1	1	0	3
Mingo, B.	de	de	de	LEO	4	1	0	0
Mitchell, E.	DT	dt	dt	NT	4	2	0	0
Mone, B.	dt	dt	dt	de	4	0	0	0
Moore, D.	WR	WR	dnp	dnp	2	2	0	2
Murray, N.				wr	1	0	0	0
Myers, J.	k	k	k	k	4	0	0	0
Nkansah, E.	t	t	t	RT	4	1	0	0
Ott, T.	ls	ls	ls	ls	4	0	0	0
Penny, R.	RB	rb	rb	dnp	3	1	0	1
Pocic, E.	LG	LG	LG	dnp	3	3	0	1
Prosisie, C.	dnp	dnp	rb	RB	2	1	0	2
Reed, J.	dnp	DT	DT	dnp	2	2	0	2
Reed, K.	cb	cb	dnp	ir	2	0	0	1
Reynolds, K.	WR	wr	wr	WR	4	2	0	0
Roos, J.	g	g	g	RG	4	1	0	0
Saxton, W.	te	te	te	te	4	0	0	0
Scarborough, B.	rb	dnp	dnp	rb	2	0	0	2
Shead, D.	s	s	s	RCB	4	1	0	0
Simmons, J.	dnp	dnp	dnp	dnp	0	0	0	4
Smith, G.	QB	dnp	qb	QB	3	2	0	1
Tago, L.				DE	1	1	0	0
Taylor, J.	cb	cb	cb	CB	4	1	0	0
Thomas, S.	cb	cb	cb	cb	4	0	0	0
Thompson, T.	FS	FS	FS	dnp	3	3	0	1
Thorpe, N.	cb	cb	cb	cb	4	0	0	0
Tiuli, J.	dt	dt	dt		3	0	0	0
Turner, L.			g	LG	2	1	0	0
Turner, M.	wr	wr	WR	WR	4	2	0	0
Turner, X.	rb	rb	rb	rb	4	0	0	0
Ursua, J.	wr	wr	wr	wr	2	0	0	2
Vannett, N.	TE	TE	dnp	dnp	2	2	0	0
Wagner, B.	dnp	dnp	MLB	dnp	1	1	0	3
Wallace, B.			sub	t	2	0	0	0
Wilson, R.	dnp	QB	QB	dnp	2	2	0	2
Woods, A.	dnp	dt	dt	dnp	2	0	0	2
Worley, C.	lb				1	0	0	0
Wright, K.	dnp	dnp	OLB	dnp	1	1	0	3
Wright, T.	wr	wr	wr	wr	4	0	0	0
Young, J.		lb	lb	lb	3	0	0	0

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



HOW BUILT

Year	By Draft	Trade/Waivers/Practice Squad	Free Agents	By Experience
2019	DE L.J. Collier (1) S Marquise Blair (2a) WR DK Metcalf (2b) LB Cody Barton (3) WR Gary Jennings (4a) G Phil Haynes (4b) S Ugo Amadi (4c) LB Ben Burr-Kirven (5) RB Travis Homer (6a) WR John Ursua (7)		DE Ziggy Ansah FB Nick Bellore G Mike Iupati (UFA) DT Bryan Mone K Jason Myers (UFA) QB Geno Smith DT Al Woods	T Duane Brown 12 G Mike Iupati 10 DT Al Woods 10 FB Nick Bellore 9 LB K.J. Wright 9 LB Mychal Kendricks 8 LB Bobby Wagner 8 QB Russell Wilson 8 DE Ziggy Ansah 7 WR Jaron Brown 7 G D.J. Fluker 7 S Bradley McDougald 7 QB Geno Smith 7 CB Neiko Thorpe 7 C Justin Britt 6 DE Jadeveon Clowney 6 CB Akeem King 5 WR Tyler Lockett 5 K Jason Myers 5 LS Tyler Ott 5 T George Fant 4 C Joey Hunt 4 G/T Germain Ifedi 4 DE Branden Jackson 4 DE Quinton Jefferson 4 RB C.J. Prosise 4 TE Nick Vannett 4 RB Chris Carson 3 CB Shaquill Griffin 3 S Lano Hill 3 WR David Moore 3 C/G Ethan Pocic 3 FS Tedric Thompson 3 P Michael Dickson 2 TE Will Dissly 2 CB Tre Flowers 2 DT Poona Ford 2 DE Rasheem Green 2 LB Shaquem Griffin 2 T Jamarco Jones 2 CB Parry Nickerson 2 RB Rashaad Penny 2 WR Malik Turner 2 S Ugo Amadi R LB Cody Barton R S Marquise Blair R LB Ben Burr-Kirven R DE L.J. Collier R RB Travis Homer R WR Gary Jennings R WR DK Metcalf R DT Bryan Mone R WR John Ursua R
2018	RB Rashaad Penny (1) DE Rasheem Green (3) TE Will Dissly (4) LB Shaquem Griffin (5a) CB Tre Flowers (5b) P Michael Dickson (5c) T Jamarco Jones (5d)		WR Jaron Brown (UFA) G D.J. Fluker (UFA) DT Poona Ford LB Mychal Kendricks WR Malik Turner	
2017	C/G Ethan Pocic (2b) CB Shaquill Griffin (3a) S Lano Hill (3b) S Tedric Thompson (4) WR David Moore (7a) RB Chris Carson (7b)	T Duane Brown (T)	DE Branden Jackson CB Akeem King S Bradley McDougald (UFA)	
2016	G/T Germain Ifedi (1) RB C.J. Prosise (3a) TE Nick Vannett (3b) DE Quinton Jefferson (5a) C Joey Hunt (6)		T George Fant LS Tyler Ott CB Neiko Thorpe	
2015	WR Tyler Lockett (3)			
2014	T Justin Britt (2b)			
2012	LB Bobby Wagner (2) QB Russell Wilson (3)			
2011	LB K.J. Wright (4a)			

2019 Seattle Seahawks Alphabetical Roster (Updated 9/2/19)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
28	Amadi, Ugo	FS	5-9	201	5/16/1997	22	R	Oregon	Nashville, Tenn.	D4(c)-'19
94	Ansah, Ziggy	DE	6-5	275	5/29/1989	30	7	BYU	Accra, Ghana	FA-'19
57	Barton, Cody	LB	6-2	237	11/13/1996	22	R	Utah	Salt Lake City, Utah	D3-'19
44	Bellore, Nick	FB	6-1	250	5/12/1989	30	9	Central Michigan	St. Paul, Minn.	FA-'19
27	Blair, Marquise	SS	6-1	196	7/18/1997	22	R	Utah	Wooster, Ohio	D2(a)-'19
68	Britt, Justin	C	6-6	315	5/29/1991	28	6	Missouri	Lebanon, Mo.	D2(b)-'14
76	Brown, Duane	T	6-4	315	8/30/1985	34	12	Virginia Tech	Richmond, Va.	T(Hou)-'17
18	Brown, Jaron	WR	6-3	204	1/8/1990	29	7	Clemson	Cheraw, S.C.	UFA(Ari)-'18
55	Burr-Kirven, Ben	LB	6-0	230	9/8/1997	21	R	Washington	Menlo Park, Calif.	D5-'19
32	Carson, Chris	RB	5-11	222	9/16/1994	24	3	Oklahoma State	Lilburn, Ga.	D7(b)-'17
91	Clowney, Jadeveon	DE	6-5	255	2/14/1993	26	6	South Carolina	Rock Hill, S.C.	T(Hou)-'19
95	Collier, L.J.	DE	6-3	291	9/12/1995	23	R	TCU	Munday, Texas	D1-'19
4	Dickson, Michael	P	6-2	208	1/4/1996	23	2	Texas	Sydney, Australia	D5(c)-'18
88	Dissly, Will	TE	6-4	265	7/8/1996	23	2	Washington	Bozeman, Mont.	D4-'18
74	Fant, George	T	6-5	322	7/19/1992	27	4	Western Kentucky	Bowling Green, Ky.	FA-'16
37	Flowers, Tre	CB	6-3	203	6/2/1995	24	2	Oklahoma State	Converse, Texas	D5(b)-'18
78	Fluker, D.J.	G	6-5	342	3/13/1991	28	7	Alabama	New Orleans, La.	UFA(NYG)-'18
97	Ford, Poona	DT	5-11	310	11/19/1995	23	2	Texas	Hilton Head, S.C.	FA-'18
98	Green, Rasheem	DE	6-4	279	5/15/1997	22	2	USC	Los Angeles, Calif.	D3-'18
49	Griffin, Shaquem	LB	6-0	227	7/20/1995	24	2	Central Florida	St. Petersburg, Fla.	D5(a)-'18
26	Griffin, Shaquill	CB	6-0	198	7/20/1995	24	3	Central Florida	St. Petersburg, Fla.	D3(a)-'17
42	Hill, Lano	SS	6-1	216	11/26/1995	23	3	Michigan	Detroit, Mich.	D3(b)-'17
25	Homer, Travis	RB	5-10	202	8/7/1998	21	R	Miami	West Palm Beach, Fla.	D6(a)-'19
53	Hunt, Joey	C	6-2	299	2/22/1994	25	4	TCU	El Campo, Texas	D6-'16
65	Ifedi, Germain	G/T	6-5	325	6/2/1994	25	4	Texas A&M	Houston, Texas	D1-'16
70	Iupati, Mike	G	6-5	331	5/12/1987	32	10	Idaho	Vaitogi, American Samoa	UFA (Ari)-'19
93	Jackson, Branden	DE	6-4	295	11/11/1992	26	4	Texas Tech	McKeesport, Pa.	FA-'17
99	Jefferson, Quinton	DE	6-4	291	3/31/1993	26	4	Maryland	Pittsburgh, Pa.	D5(a)-'16
11	Jennings, Gary	WR	6-1	216	3/7/1997	22	R	West Virginia	Stafford, Va.	D4(a)-'19
73	Jones, Jamarco	T	6-4	293	6/4/1996	23	2	Ohio State	Chicago, Ill.	D5(d)-'18
56	Kendricks, Mychal	LB	5-11	240	9/28/1990	28	8	California	Fresno, Calif.	FA-'18
36	King, Akeem	CB	6-1	215	8/29/1992	27	5	San Jose State	Visalia, Calif.	FA-'17
16	Lockett, Tyler	WR	5-10	182	9/28/1992	26	5	Kansas State	Tulsa, Okla.	D3-'15
30	McDougald, Bradley	SS	6-1	215	11/15/1990	28	7	Kansas	Columbus, Ohio	UFA(TB)-'17
14	Metcalfe, DK	WR	6-4	229	12/14/1997	21	R	Mississippi	Oxford, Miss.	D2(b)-'19
79	Mone, Bryan	DT	6-3	345	10/20/1995	23	R	Michigan	Salt Lake City, Utah	FA-'19
83	Moore, David	WR	6-0	215	1/15/1995	24	3	East Central (Okla.)	Gainesville, Texas	D7(a)-'17
5	Myers, Jason	K	5-10	190	5/12/1991	28	5	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
43	Nickerson, Parry	CB	5-10	182	10/11/1994	24	2	Tulane	New Orleans, La.	T(NYJ)-'19
69	Ott, Tyler	LS	6-3	253	2/28/1992	27	5	Harvard	Tulsa, Okla.	FA-'16
20	Penny, Rashaad	RB	5-11	220	2/2/1996	23	2	San Diego State	Norwalk, Calif.	D1-'18
77	Pocic, Ethan	C/G	6-6	320	8/5/1995	24	3	Louisiana State	Lemont, Ill.	D2(b)-'17
22	Proise, C.J.	RB	6-1	225	5/20/1994	25	4	Notre Dame	Petersburg, Va.	D3(a)-'16
7	Smith, Geno	QB	6-3	221	10/10/1990	28	7	West Virginia	Miramar, Fla.	FA-'19
33	Thompson, Tedric	FS	6-0	204	1/20/1995	24	3	Colorado	Valencia, Calif.	D4-'17
23	Thorpe, Neiko	CB	6-2	210	2/11/1990	29	7	Auburn	Tucker, Ga.	FA-'16
17	Turner, Malik	WR	6-2	202	1/30/1996	23	2	Illinois	Springfield, Ill.	FA-'18
15	Ursua, John	WR	5-9	182	1/17/1994	25	R	Hawaii	Kailua-Kona, Hawaii	D7-'19
81	Vannett, Nick	TE	6-6	261	3/6/1993	26	4	Ohio State	Westerville, Ohio	D3(b)-'16
54	Wagner, Bobby	LB	6-0	242	6/27/1990	29	8	Utah State	Ontario, Calif.	D2-'12
3	Wilson, Russell	QB	5-11	215	11/29/1988	30	8	Wisconsin	Richmond, Va.	D3-'12
72	Woods, Al	DT	6-4	330	3/25/1987	32	10	LSU	Jennings, La.	FA-'19
50	Wright, K.J.	LB	6-4	246	7/23/1989	30	9	Mississippi State	Olive Branch, Miss.	D4(a)-'11

Head Coach: Pete Carroll, Ken Norton, Jr. (Defensive Coordinator), Brian Schottenheimer (Offensive Coordinator), Dave Canales (Quarterbacks), Brennan Carroll (Asst. Offensive Line), Nate Carroll (Wide Receivers), Andre Curtis (Passing Game Coordinator), Austin Davis (Offensive Asst.), Tom Donatell (Quality Control/Defense), Jethro Franklin (Asst. Defensive Line), Thomas Garcia (Strength & Conditioning Asst.), John Glenn (Linebackers), Clint Hurtt (Asst. Head Coach/Defensive Line), Brad Idzik (Asst. Wide Receivers), Larry Izzo (Asst. Special Teams), Ivan Lewis (Head Strength & Conditioning), Pat McPherson (Tight Ends), Chad Morton (Running Backs), Mark Philipp (Strength & Conditioning Asst.), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams Coordinator), Steve Shimko (Asst. Quarterbacks), Mike Solari (Offensive Line), Nick Sorensen (Secondary), Grant Steen (Strength & Conditioning Asst.), Danny van Dijk (Strength & Conditioning Asst.), Jamie Yanchar (Strength & Conditioning Asst.).

2019 Seattle Seahawks Numerical Roster (updated 9/2/19)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
3	Russell Wilson	QB	5-11	215	11/29/1988	30	8	Wisconsin	Richmond, Va.	D3-'12
4	Michael Dickson	P	6-2	208	1/4/1996	23	2	Texas	Sydney, Australia	D5(c)-'18
5	Jason Myers	K	5-10	190	5/12/1991	28	5	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
7	Geno Smith	QB	6-3	221	10/10/1990	28	7	West Virginia	Miramar, Fla.	FA-'19
11	Gary Jennings	WR	6-1	216	3/7/1997	22	R	West Virginia	Stafford, Va.	D4(a)-'19
14	DK Metcalf	WR	6-4	229	12/14/1997	21	R	Mississippi	Oxford, Miss.	D2(b)-'19
15	John Ursua	WR	5-9	182	1/17/1994	25	R	Hawaii	Kailua-Kona, Hawaii	D7-'19
16	Tyler Lockett	WR	5-10	182	9/28/1992	26	5	Kansas State	Tulsa, Okla.	D3-'15
17	Malik Turner	WR	6-2	202	1/30/1996	23	2	Illinois	Springfield, Ill.	FA-'18
18	Jaron Brown	WR	6-3	204	1/8/1990	29	7	Clemson	Cheraw, S.C.	UFA(Ari)-'18
20	Rashaad Penny	RB	5-11	220	2/2/1996	23	2	San Diego State	Norwalk, Calif.	D1-'18
22	C.J. Prosise	RB	6-1	225	5/20/1994	25	4	Notre Dame	Petersburg, Va.	D3(a)-'16
23	Neiko Thorpe	CB	6-2	210	2/11/1990	29	7	Auburn	Tucker, Ga.	FA-'16
25	Travis Homer	RB	5-10	202	8/7/1998	21	R	Miami	West Palm Beach, Fla.	D6(a)-'19
26	Shaquill Griffin	CB	6-0	198	7/20/1995	24	3	Central Florida	St. Petersburg, Fla.	D3(a)-'17
27	Marquise Blair	SS	6-1	196	7/18/1997	22	R	Utah	Wooster, Ohio	D2(a)-'19
28	Ugo Amadi	FS	5-9	201	5/16/1997	22	R	Oregon	Nashville, Tenn.	D4(c)-'19
30	Bradley McDougald	SS	6-1	215	11/15/1990	28	7	Kansas	Columbus, Ohio	UFA(TB)-'17
32	Chris Carson	RB	5-11	222	9/16/1994	24	3	Oklahoma State	Lilburn, Ga.	D7(b)-'17
33	Tedric Thompson	FS	6-0	204	1/20/1995	24	3	Colorado	Valencia, Calif.	D4-'17
36	Akeem King	CB	6-1	215	8/29/1992	27	5	San Jose State	Visalia, Calif.	FA-'17
37	Tre Flowers	CB	6-3	203	6/2/1995	24	2	Oklahoma State	Converse, Texas	D5(b)-'18
42	Lano Hill	SS	6-1	216	11/26/1995	23	3	Michigan	Detroit, Mich.	D3(b)-'17
43	Parry Nickerson	CB	5-10	182	10/11/1994	24	2	Tulane	New Orleans, La.	T(NYJ)-'19
44	Nick Bellore	FB	6-1	250	5/12/1989	30	9	Central Michigan	St. Paul, Minn.	FA-'19
49	Shaquem Griffin	LB	6-0	227	7/20/1995	24	2	Central Florida	St. Petersburg, Fla.	D5(a)-'18
50	K.J. Wright	LB	6-4	246	7/23/1989	30	9	Mississippi State	Olive Branch, Miss.	D4(a)-'11
53	Joey Hunt	C	6-2	299	2/22/1994	25	4	TCU	El Campo, Texas	D6-'16
54	Bobby Wagner	LB	6-0	242	6/27/1990	29	8	Utah State	Ontario, Calif.	D2-'12
55	Ben Burr-Kirven	LB	6-0	230	9/8/1997	21	R	Washington	Menlo Park, Calif.	D5-'19
56	Mychal Kendricks	LB	5-11	240	9/28/1990	28	8	California	Fresno, Calif.	FA-'18
57	Cody Barton	LB	6-2	237	11/13/1996	22	R	Utah	Salt Lake City, Utah	D3-'19
65	Germain Ifedi	G/T	6-5	325	6/2/1994	25	4	Texas A&M	Houston, Texas	D1-'16
68	Justin Britt	C	6-6	315	5/29/1991	28	6	Missouri	Lebanon, Mo.	D2(b)-'14
69	Tyler Ott	LS	6-3	253	2/28/1992	27	5	Harvard	Tulsa, Okla.	FA-'16
70	Mike Iupati	G	6-5	331	5/12/1987	32	10	Idaho	Vaitogi, American Samoa	UFA (Ari)-'19
72	Al Woods	DT	6-4	330	3/25/1987	32	10	LSU	Jennings, La.	FA-'19
73	Jamarco Jones	T	6-4	293	6/4/1996	23	2	Ohio State	Chicago, Ill.	D5(d)-'18
74	George Fant	T	6-5	322	7/19/1992	27	4	Western Kentucky	Bowling Green, Ky.	FA-'16
76	Duane Brown	T	6-4	315	8/30/1985	34	12	Virginia Tech	Richmond, Va.	T(Hou)-'17
77	Ethan Pocic	C/G	6-6	320	8/5/1995	24	3	Louisiana State	Lemont, Ill.	D2(b)-'17
78	D.J. Fluker	G	6-5	342	3/13/1991	28	7	Alabama	New Orleans, La.	UFA(NYG)-'18
79	Bryan Mone	DT	6-3	345	10/20/1995	23	R	Michigan	Salt Lake City, Utah	FA-'19
81	Nick Vannett	TE	6-6	261	3/6/1993	26	4	Ohio State	Westerville, Ohio	D3(b)-'16
83	David Moore	WR	6-0	215	1/15/1995	24	3	East Central (Okla.)	Gainesville, Texas	D7(a)-'17
88	Will Dissly	TE	6-4	265	7/8/1996	23	2	Washington	Bozeman, Mont.	D4-'18
91	Jadeveon Clowney	DE	6-5	255	2/14/1993	26	6	South Carolina	Rock Hill, S.C.	T(Hou)-'19
93	Branden Jackson	DE	6-4	295	11/11/1992	26	4	Texas Tech	McKeesport, Pa.	FA-'17
94	Ziggy Ansah	DE	6-5	275	5/29/1989	30	7	BYU	Accra, Ghana	FA-'19
95	L.J. Collier	DE	6-3	291	9/12/1995	23	R	TCU	Munday, Texas	D1-'19
97	Poona Ford	DT	5-11	310	11/19/1995	23	2	Texas	Hilton Head, S.C.	FA-'18
98	Rasheem Green	DE	6-4	279	5/15/1997	22	2	USC	Los Angeles, Calif.	D3-'18
99	Quinton Jefferson	DE	6-4	291	3/31/1993	26	4	Maryland	Pittsburgh, Pa.	D5(a)-'16
<u>Injured Reserve</u>										
1	Jeremy Boykins	CB	6-2	183	5/29/1995	24	3	Central Florida	Jacksonville, Fla.	FA-'18
38	Adam Choice	RB	5-9	209	11/30/1995	23	R	Clemson	Thomasville, Ga.	FA-'19
39	Kalan Reed	CB	5-11	199	12/29/1993	25	4	Southern Mississippi	Birmingham, Ala.	FA-'18
47	Justin Currie	LB	6-2	230	9/19/1993	25	3	Western Michigan	Big Rapids, Mich.	FA-'18
52	Emmanuel Ellerbee	LB	6-0	230	11/20/1996	22	2	Rice	Houston, Texas	W(LAC)-'18
63	Demetrius Knox	G	6-4	314	10/23/1995	23	R	Ohio State	Fort Worth, Texas	FA-'19
66	Jordan Simmons	G	6-4	339	7/15/1994	25	3	USC	Inglewood, Calif.	W(Oak)-'18
84	Ed Dickson	TE	6-4	250	7/25/1987	32	10	Oregon	Inglewood, Calif.	UFA(Car)-'18
86	Justin Johnson	TE	6-3	235	11/8/1996	22	R	Mississippi State	Birmingham, Ala.	FA-'19
92	Nazair Jones	DT	6-5	292	12/13/1994	24	3	North Carolina	Roanoke Rapids, N.C.	D3(c)-'17
<u>Practice Squad</u>										
9	Terry Wright	WR	5-10	177	1/28/1997	22	R	Purdue	Memphis, Tenn.	FA-'19
34	Simeon Thomas	CB	6-3	197	9/22/1993	25	2	Louisiana-Lafayette	Miami, Fla.	W(Cle)-'18
35	Ryan Neal	CB	6-3	200	12/24/1995	23	2	Southern Illinois	Hammond, Ind.	FA-'19
48	Jacob Hollister	TE	6-4	245	11/18/1993	25	3	Wyoming	Beaverton, Ore.	T(NE)-'19
59	Jachai Polite	LB	6-3	258	3/30/1997	22	R	Florida	Daytona Beach, Fla.	FA-'19
61	Kyle Fuller	C/G	6-5	320	3/4/1994	25	3	Baylor	Duncanville, Texas	FA-'19
62	Kahlil McKenzie	G	6-3	314	1/3/1997	22	2	Tennessee	Green Bay, Wis.	FA-'19
64	Jordan Roos	G	6-3	302	7/6/1993	26	3	Purdue	Celina, Texas	FA-'17
75	Elijah Nkansah	T	6-5	315	12/28/1994	24	2	Toledo	Mason, Ohio	FA-'18
87	Jazz Ferguson	WR	6-5	228	1/12/1997	22	R	Northwestern State	St. Francisville, La.	FA-'19
<u>Physically Unable to Perform</u>										
60	Phil Haynes	G	6-4	322	10/19/1995	23	R	Wake Forest	Raleigh, N.C.	D4(b)-'19
67	Demarcus Christmas	DT	6-3	302	7/4/1995	24	R	Florida State	Sarasota, Fla.	D6(b)-'19
<u>Suspended</u>										
90	Jarran Reed	DT	6-3	306	12/16/1992	26	4	Alabama	Goldsboro, N.C.	D2-'16

2019 Seattle Seahawks Positional Roster (updated 9/2/19)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
23	Neiko Thorpe	CB	6-2	210	2/11/1990	29	7	Auburn	Tucker, Ga.	FA-'16
26	Shaquill Griffin	CB	6-0	198	7/20/1995	24	3	Central Florida	St. Petersburg, Fla.	D3(a)-'17
36	Akeem King	CB	6-1	215	8/29/1992	27	5	San Jose State	Visalia, Calif.	FA-'17
37	Tre Flowers	CB	6-3	203	6/2/1995	24	2	Oklahoma State	Converse, Texas	D5(b)-'18
43	Parry Nickerson	CB	5-10	182	10/11/1994	24	2	Tulane	New Orleans, La.	T(NYJ)-'19
27	Marquise Blair	SS	6-1	196	7/18/1997	22	R	Utah	Wooster, Ohio	D2(a)-'19
28	Ugo Amadi	FS	5-9	201	5/16/1997	22	R	Oregon	Nashville, Tenn.	D4(c)-'19
30	Bradley McDougald	SS	6-1	215	11/15/1990	28	7	Kansas	Columbus, Ohio	UFA(TB)-'17
33	Tedric Thompson	FS	6-0	204	1/20/1995	24	3	Colorado	Valencia, Calif.	D4-'17
42	Lano Hill	SS	6-1	216	11/26/1995	23	3	Michigan	Detroit, Mich.	D3(b)-'17
49	Shaquem Griffin	LB	6-0	227	7/20/1995	24	2	Central Florida	St. Petersburg, Fla.	D5(a)-'18
50	K.J. Wright	LB	6-4	246	7/23/1989	30	9	Mississippi State	Olive Branch, Miss.	D4(a)-'11
54	Bobby Wagner	LB	6-0	242	6/27/1990	29	8	Utah State	Ontario, Calif.	D2-'12
55	Ben Burr-Kirven	LB	6-0	230	9/8/1997	21	R	Washington	Menlo Park, Calif.	D5-'19
56	Mychal Kendricks	LB	5-11	240	9/28/1990	28	8	California	Fresno, Calif.	FA-'18
57	Cody Barton	LB	6-2	237	11/13/1996	22	R	Utah	Salt Lake City, Utah	D3-'19
91	Jadeveon Clowney	DE	6-5	255	2/14/1993	26	6	South Carolina	Rock Hill, S.C.	T(Hou)-'19
93	Branden Jackson	DE	6-4	295	11/11/1992	26	4	Texas Tech	McKeesport, Pa.	FA-'17
94	Ziggy Ansah	DE	6-5	275	5/29/1989	30	7	BYU	Accra, Ghana	FA-'19
95	L.J. Collier	DE	6-3	291	9/12/1995	23	R	TCU	Munday, Texas	D1-'19
98	Rasheem Green	DE	6-4	279	5/15/1997	22	2	USC	Los Angeles, Calif.	D3-'18
99	Quinton Jefferson	DE	6-4	291	3/31/1993	26	4	Maryland	Pittsburgh, Pa.	D5(a)-'16
72	Al Woods	DT	6-4	330	3/25/1987	32	10	LSU	Jennings, La.	FA-'19
79	Bryan Mone	DT	6-3	345	10/20/1995	23	R	Michigan	Salt Lake City, Utah	FA-'19
97	Poona Ford	DT	5-11	310	11/19/1995	23	2	Texas	Hilton Head, S.C.	FA-'18
20	Rashaad Penny	RB	5-11	220	2/2/1996	23	2	San Diego State	Norwalk, Calif.	D1-'18
22	C.J. Prosise	RB	6-1	225	5/20/1994	25	4	Notre Dame	Petersburg, Va.	D3(a)-'16
25	Travis Homer	RB	5-10	202	8/7/1998	21	R	Miami	West Palm Beach, Fla.	D6(a)-'19
32	Chris Carson	RB	5-11	222	9/16/1994	24	3	Oklahoma State	Lilburn, Ga.	D7(b)-'17
44	Nick Bellore	FB	6-1	250	5/12/1989	30	9	Central Michigan	St. Paul, Minn.	FA-'19
3	Russell Wilson	QB	5-11	215	11/29/1988	30	8	Wisconsin	Richmond, Va.	D3-'12
7	Geno Smith	QB	6-3	221	10/10/1990	28	7	West Virginia	Miramar, Fla.	FA-'19
53	Joey Hunt	C	6-2	299	2/22/1994	25	4	TCU	El Campo, Texas	D6-'16
65	Germain Ifedi	G/T	6-5	325	6/2/1994	25	4	Texas A&M	Houston, Texas	D1-'16
68	Justin Britt	C	6-6	315	5/29/1991	28	6	Missouri	Lebanon, Mo.	D2(b)-'14
70	Mike Iupati	G	6-5	331	5/12/1987	32	10	Idaho	Vaitogi, American Samoa	UFA (Ari)-'19
73	Jamarco Jones	T	6-4	293	6/4/1996	23	2	Ohio State	Chicago, Ill.	D5(d)-'18
74	George Fant	T	6-5	322	7/19/1992	27	4	Western Kentucky	Bowling Green, Ky.	FA-'16
76	Duane Brown	T	6-4	315	8/30/1985	34	12	Virginia Tech	Richmond, Va.	T(Hou)-'17
77	Ethan Pocic	C/G	6-6	320	8/5/1995	24	3	Louisiana State	Lemont, Ill.	D2(b)-'17
78	D.J. Fluker	G	6-5	342	3/13/1991	28	7	Alabama	New Orleans, La.	UFA(NYG)-'18
81	Nick Vannett	TE	6-6	261	3/6/1993	26	4	Ohio State	Westerville, Ohio	D3(b)-'16
88	Will Dissly	TE	6-4	265	7/8/1996	23	2	Washington	Bozeman, Mont.	D4-'18
11	Gary Jennings	WR	6-1	216	3/7/1997	22	R	West Virginia	Stafford, Va.	D4(a)-'19
14	DK Metcalf	WR	6-4	229	12/14/1997	21	R	Mississippi	Oxford, Miss.	D2(b)-'19
15	John Ursua	WR	5-9	182	1/17/1994	25	R	Hawaii	Kailua-Kona, Hawaii	D7-'19
16	Tyler Lockett	WR	5-10	182	9/28/1992	26	5	Kansas State	Tulsa, Okla.	D3-'15
17	Malik Turner	WR	6-2	202	1/30/1996	23	2	Illinois	Springfield, Ill.	FA-'18
18	Jaron Brown	WR	6-3	204	1/8/1990	29	7	Clemson	Cheraw, S.C.	UFA(Ari)-'18
83	David Moore	WR	6-0	215	1/15/1995	24	3	East Central (Okla.)	Gainesville, Texas	D7(a)-'17
4	Michael Dickson	P	6-2	208	1/4/1996	23	2	Texas	Sydney, Australia	D5(c)-'18
5	Jason Myers	K	5-10	190	5/12/1991	28	5	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
69	Tyler Ott	LS	6-3	253	2/28/1992	27	5	Harvard	Tulsa, Okla.	FA-'16



UNOFFICIAL DEPTH CHART & PRONUNCIATION GUIDE

OFFENSE

WR	14	<u>DK Metcalf</u>	83	David Moore	11	<u>Gary Jennings</u>
LT	76	Duane Brown	73	Jamarco Jones		
LG	70	Mike Iupati	77	Ethan Pocic	77	Ethan Pocic
C	68	Justin Britt	53	Joey Hunt		
RG	78	D.J. Fluker	77	Ethan Pocic		
RT	65	Germain Ifedi	74	George Fant		
TE	88	Will Dissly	81	Nick Vannett		
WR	16	Tyler Lockett	18	Jaron Brown	17	Malik Turner
					15	<u>John Ursua</u>
QB	3	Russell Wilson	7	Geno Smith		
FB	44	Nick Bellore			22	C.J. Prosise
RB	32	Chris Carson	20	Rashaad Penny	25	<u>Travis Homer</u>

DEFENSE

DE	91	Jadeveon Clowney	95	<u>L.J. Collier</u>		
DT	72	Al Woods	99	Quinton Jefferson		
NT	97	Poona Ford	79	<u>Bryan Mone</u>		
LEO	94	Ziggy Ansah	98	Rasheem Green	93	Branden Jackson
SLB	56	Mychal Kendricks	49	Shaquem Griffin		
MLB	54	Bobby Wagner	57	<u>Cody Barton</u>		
WLB	50	K.J. Wright	55	<u>Ben Burr-Kirven</u>		
LCB	26	Shaquill Griffin	36	Akeem King		
RCB	37	Tre Flowers	23	Neiko Thorpe	43	Parry Nickerson
SS	30	Bradley McDougald	42	Lano Hill		
FS	33	Tedric Thompson	27	<u>Marquise Blair</u>	28	<u>Ugo Amadi</u>

SPECIALISTS

K	5	Jason Myers				
P	4	Michael Dickson				
H	4	Michael Dickson				
PR	16	Tyler Lockett	28	<u>Ugo Amadi</u>	15	<u>John Ursua</u>
KR	16	Tyler Lockett	20	Rashaad Penny	28	<u>Ugo Amadi</u>
LS	69	Tyler Ott				

() injured; Underline Rookie

PRONUNCIATION GUIDE

Ugo Amadi... ooh-go uh-MAH-dee	Mike Iupati... yoo-PAH-tee	Nick Vannett... van-NET
Ziggy Ansah... ON-zuh	Bradley McDougald... mick-DOO-gull	
Jaron Brown... juh-RON	Brian Mone... mo-NAY	
Jadeveon Clowney... juh-DEV-ee-on	Ethan Pocic... PO-sick	
Shaquem Griffin... shuh-KEEM	Tedric Thompson... TEH-drick	
Lano Hill... LAY-no	Malik Turner... muh-LEEK	
Germain Ifedi... jer-MANE ih-FEH-dee	John Ursua... err-SOO-uh	

The Last Time

OVERTIME GAME

at San Francisco 26, Seattle 23 12/16/18

OVERTIME WIN

BY SEAHAWKS: Seattle 26, vs. Denver 20 9/21/14

BY OPPONENTS: at San Francisco 26, Seattle 23 12/16/18

OVERTIME TIE: Seattle 6, at Arizona 6 10/23/16

500 TOTAL YARDS

BY SEAHAWKS: 534, vs. Carolina 12/4/16

BY OPPONENTS: 509, vs. Houston 10/29/17

400 TOTAL YARDS

BY SEAHAWKS: 464, vs. Kansas City 12/23/18

BY OPPONENTS: 419, vs. Kansas City 12/23/18

300 YARDS RUSHING (TEAM)

BY SEAHAWKS: 350, vs. New York Giants 11/9/14

BY OPPONENTS: 356, vs. LA Raiders 11/30/87

200 YARDS RUSHING (TEAM)

BY SEAHAWKS: 210, vs. Kansas City 12/23/18

BY OPPONENTS: 220, at Carolina 11/25/18

400 NET YARDS PASSING (TEAM)

BY SEAHAWKS: 446, vs. Houston 10/29/17

BY OPPONENTS: 480, vs. Pittsburgh 11/29/15

300 NET YARDS PASSING (TEAM)

BY SEAHAWKS: 322, at Carolina 11/25/18

BY OPPONENTS: 386, vs. San Francisco 12/2/18

50 OR MORE POINTS SCORED

BY SEAHAWKS: 50, at Buffalo (in Toronto) 12/16/12

BY OPPONENTS: 51, at Dallas 11/27/80

40 OR MORE POINTS SCORED

BY SEAHAWKS: 43, vs. San Francisco 12/2/18

BY OPPONENTS: 42, vs. LA Rams 12/17/17

30 OR MORE POINTS SCORED

BY SEAHAWKS: 38, vs. Kansas City 12/23/18

BY OPPONENTS: 31, vs. Kansas City 12/23/18

SHUTOUT

BY SEAHAWKS: 26-0, vs. Chicago 9/27/15

BY OPPONENTS: 24-0, at Pittsburgh 9/18/11

TWO 100-YARD RUSHERS IN SAME GAME

BY SEAHAWKS: vs. New York Giants 11/9/14

M. Lynch 21-140, R. Wilson 14-107

BY OPPONENTS: at Philadelphia 12/12/76

Tom Sullivan 121, Mike Hogan 104

TWO 100-YARD RECEIVERS IN SAME GAME

BY SEAHAWKS: at Carolina 11/25/18

T. Lockett 5-107, D. Moore 4-103

BY OPPONENTS: vs. Houston 10/29/17

D. Hopkins 8-224, W. Fuller 5-125

200 YARDS RUSHING

BY SEAHAWKS: 209, T. Rawls vs. San Francisco 11/22/15

BY OPPONENTS: 207, F. Gore at San Francisco 9/20/09

100 YARDS RUSHING

BY SEAHAWKS: 122, C. Carson vs. Arizona 12/30/18

BY OPPONENTS: 103, D. Williams vs. KC 12/23/18

30+ CARRIES

BY SEAHAWKS: 32, C. Carson vs. Dallas 9/23/18

BY OPPONENTS: 33, D. Johnson at Arizona 10/23/16

400 YARDS PASSING

BY SEAHAWKS: 452, R. Wilson vs. Houston 10/29/17

BY OPPONENTS: 414, N. Mullens vs. San Francisco 12/2/18

300 YARDS PASSING

BY SEAHAWKS: 339, R. Wilson at Carolina 11/25/18

BY OPPONENTS: 414, N. Mullens vs. San Francisco 12/2/18

200 YARDS RECEIVING

BY SEAHAWKS: 261, S. Largent at Detroit 10/18/87

BY OPPONENTS: 224, D. Hopkins vs. Houston 10/29/17

100 YARDS RECEIVING

BY SEAHAWKS: 126, D. Baldwin vs. Kansas City 12/23/18

BY OPPONENTS: 129, D. Pettis vs. San Francisco 12/2/18

10 RECEPTIONS

BY SEAHAWKS: 10-105, D. Baldwin at Tennessee 9/24/17

BY OPPONENTS: 11-112, C. McCaffrey at Carolina 11/25/18

100 YD RUSHER, 300 YD PASSER, 100 YD RECEIVER

BY SEAHAWKS: at Arizona 12/21/14

339 (pass) R. Wilson, 113 (rush) M. Lynch,

113 (rec) D. Baldwin, 139 (rec) L. Willson

BY OPPONENTS: at LA Rams 11/11/18

318 (pass) J. Goff, 16-120 (rush) T. Gurley,

10-100 (rec) B. Cooks

100 YD RUSHER, 100 YD RECEIVER

BY SEAHAWKS: vs. Kansas City 12/23/18

27-116 (rush) C. Carson, 7-126 (rec) D. Baldwin

BY OPPONENTS: at Carolina 11/25/18

17-125 (rush) C. McCaffrey, 11-112 (rec) C. McCaffrey

TWO 100 YD RECEIVERS, 300 YD PASSER

BY SEAHAWKS: at Carolina 11/25/18

5-107 T. Lockett, 5-103 D. Moore, 339 R. Wilson

BY OPPONENTS: vs. Houston 10/29/17

224 D. Hopkins, 125 W. Fuller, 402 D. Watson

100 YD RUSHER, 300 YD PASSER, TWO 100 YD RECEIVERS

BY SEAHAWKS: at Arizona 12/21/14

113 (rush) M. Lynch, 339 (pass) R. Wilson

139 (rec) L. Willson, 113 (rec) D. Baldwin

BY OPPONENTS: at Kansas City 10/29/06

312 (pass) D. Huard, 39-155 (rush) L. Johnson,

6-132 (rec) E. Kennison, 6-116 (rec) T. Gonzalez

FOUR TOUCHDOWNS RUSHING

BY SEAHAWKS: M. Lynch vs. New York Giants 11/9/14

BY OPPONENTS: J. Lewis at Cleveland 11/4/07

THREE TOUCHDOWNS RUSHING

BY SEAHAWKS: M. Lynch (4) vs. New York Giants 11/9/14

BY OPPONENTS: T. Gurley vs. LA Rams 10/7/18

TWO TOUCHDOWNS RUSHING

BY SEAHAWKS: C. Carson vs. Kansas City 12/23/18

BY OPPONENTS: T. Gurley (3) vs. LA Rams 10/7/18

FIVE TOUCHDOWN PASSES

BY SEAHAWKS: R. Wilson at Baltimore 12/13/15

BY OPPONENTS: J. Freeman at Tampa Bay 12/26/10

FOUR TOUCHDOWN PASSES

BY SEAHAWKS: R. Wilson vs. San Francisco 12/2/18

BY OPPONENTS: D. Watson vs. Houston 10/29/17

THREE TOUCHDOWN PASSES

BY SEAHAWKS: R. Wilson vs. Kansas City 12/23/18

BY OPPONENTS: P. Mahomes vs. Kansas City 12/23/18

FOUR TOUCHDOWN RECEPTIONS

BY SEAHAWKS: Daryl Turner at San Diego 9/15/85

BY OPPONENTS: M. Robinson at Baltimore 11/23/03

The Last Time Continued...

THREE TOUCHDOWN RECEPTIONS

BY SEAHAWKS: D. Baldwin at New England 11/13/16
BY OPPONENTS: A. Gates at San Diego 9/14/14

TWO TOUCHDOWN RECEPTIONS

BY SEAHAWKS: D. Baldwin at San Francisco 12/16/18
BY OPPONENTS: D. Pettis vs. San Francisco 12/2/18

PLAYER LED IN BOTH RUSHING AND RECEIVING YDS

BY SEAHAWKS: C. Prosise at New England 11/13/16
66 (rushing), 87 (receiving)
BY OPPONENTS: C. McCaffrey at Carolina 11/25/18
125 (rushing), 112 (receiving)

FIVE FIELD GOALS

BY SEAHAWKS: S. Hauschka vs. Baltimore 11/13/11
BY OPPONENTS: J. Carney vs. San Diego 9/21/97

FOUR FIELD GOALS

BY SEAHAWKS: S. Hauschka at San Francisco 1/1/17
BY OPPONENTS: R. Gould at San Francisco 12/16/18

THREE FIELD GOALS

BY SEAHAWKS: S. Janikowski at Carolina 11/25/18
BY OPPONENTS: Z. Gonzalez vs. Arizona 12/30/18

TWO 50-YARD FIELD GOALS

BY SEAHAWKS: S. Hauschka at Arizona (52 & 52) 1/3/16
BY OPPONENTS: Z. Gonzalez vs. Arizona (50 & 55) 12/30/18

SAFETY

BY SEAHAWKS: K. Chancellor tackle in end zone, at Ari 11/9/17
BY OPPONENTS: R. Wilson grounding in end zone, vs. LAR 12/17/17

KICKOFF RETURN TOUCHDOWN

BY SEAHAWKS: T. Lockett vs. Arizona, 99 yds. 12/31/17
BY OPPONENTS: R. James at SF, 97 yds. 12/16/18

PUNT RETURN TOUCHDOWN

BY SEAHAWKS: T. Lockett at St. Louis, 57 yds. 9/13/15
BY OPPONENTS: T. Austin at St. Louis, 75 yds. 9/13/15

INTERCEPTION RETURN TOUCHDOWN

BY SEAHAWKS: B. Wagner vs. SF, 98 yds. 12/2/18
BY OPPONENTS: D. King vs. LA Chargers, 42 yds. 11/4/18

FUMBLE RETURN TOUCHDOWN

BY SEAHAWKS: J. Coleman vs. Minn., 29 yds. 12/10/18
BY OPPONENTS: A. Clayborn vs. Atlanta, 10 yds. 11/20/17

BLOCKED PUNT RETURN TOUCHDOWN

BY SEAHAWKS: M. Morgan vs. Dallas, 25 yards 10/12/14
BY OPPONENTS: D. Gardeck vs. Arizona, 0 yds. 12/30/18

BLOCKED FIELD GOAL RETURN TOUCHDOWN

BY SEAHAWKS: R. Sherman vs. SF, 90 yards 12/23/12
BY OPPONENTS: D. Howell at IND, 61 yards 10/6/13

FOUR INTERCEPTIONS

BY SEAHAWKS: None
BY OPPONENTS: Deron Cherry vs. Kansas City 9/29/85

THREE INTERCEPTIONS

BY SEAHAWKS: M. Trufant vs. Arizona 12/9/07
BY OPPONENTS: Deron Cherry (4) vs. Kansas City 9/29/85

TWO INTERCEPTIONS

BY SEAHAWKS: E. Thomas vs. Dallas 9/23/18
BY OPPONENTS: A. Bouye at Jacksonville 12/10/17

FOUR SACKS

BY SEAHAWKS: C. Clemons vs. Green Bay 9/24/12
BY OPPONENTS: L. O'Neal vs. San Diego 10/22/95

THREE SACKS

BY SEAHAWKS: M. Bennett (3.5) at San Francisco 10/22/15
BY OPPONENTS: K. Fackrell vs. Green Bay 11/15/18

10+ PUNTS

BY SEAHAWKS: 10, J. Ryan at Chicago 10/17/10
BY OPPONENTS: 10, P. O'Donnell vs. Chicago 9/27/15

PUNT BLOCKED

BY SEAHAWKS: T. McEvoy at Arizona 10/23/16
BY OPPONENTS: C. Malveaux vs. Arizona 12/30/18

FIELD GOAL BLOCKED

BY SEAHAWKS: B. Wagner vs. Minnesota 12/10/18
BY OPPONENTS: R. Gunter vs. Arizona 12/24/16

PAT BLOCKED

BY SEAHAWKS: J. Lane at Arizona 11/9/17
BY OPPONENTS: C. Jones at San Francisco 1/1/17

PAT MISSED

BY SEAHAWKS: S. Janikowski at San Francisco 12/16/18
BY OPPONENTS: C. Sturgis vs. LA Chargers 11/4/18

FAKE PAT KICK

BY SEAHAWKS: Feagles vs. Oakland, no good 12/16/00
BY OPPONENTS: None

FAKE PUNT

BY SEAHAWKS: at Detroit, successful 10/28/18
BY OPPONENTS: vs. Los Angeles, unsuccessful 12/15/16

FAKE FIELD GOAL

BY SEAHAWKS: vs. Atlanta, unsuccessful 11/20/17
BY OPPONENTS: vs. Pittsburgh, unsuccessful 11/29/15

ON-SIDE KICK

BY SEAHAWKS: at LA Rams, unsuccessful 11/11/18
BY OPPONENTS: vs. Kansas City, unsuccessful 12/23/18

TWO POINT CONVERSION

BY SEAHAWKS: vs. Minnesota, successful 12/10/18
BY OPPONENTS: vs. Arizona, successful 12/30/18