



GAME RELEASE

August 24, 2021

SEAHAWKS WRAP UP PRESEASON HOSTING THE LOS ANGELES CHARGERS AT LUMEN FIELD

2021 SCHEDULE

Preseason (0-2)

Day	Date	Opponent	Time	TV
Sat.	8/14	at Las Vegas	L	20-7
Sat.	8/21	Denver	L	30-3
Sat.	8/28	L.A. Chargers	7:00 p.m.	Q13

Regular Season (0-0)

Day	Date	Opponent	Time	TV
Sun.	9/12	at Indianapolis	10:00 a.m.	FOX
Sun.	9/19	Tennessee	1:25 p.m.	CBS
Sun.	9/26	at Minnesota	1:25 p.m.	FOX
Sun.	10/3	at San Francisco	1:05 p.m.	FOX
Thu.	10/7	L.A. Rams	5:20 p.m.	FOX^
Sun.	10/17	at Pittsburgh*	5:20 p.m.	NBC
Mon.	10/25	New Orleans	5:15 p.m.	ESPN
Sun.	10/31	Jacksonville*	1:05 p.m.	CBS
Sun.	11/7	Bye Week		
Sun.	11/14	at Green Bay*	1:25 p.m.	CBS
Sun.	11/21	Arizona*	1:25 p.m.	FOX
Mon.	11/29	at WFT	5:15 p.m.	ESPN
Sun.	12/5	San Francisco*	5:20 p.m.	NBC
Sun.	12/12	at Houston*	10:00 a.m.	FOX
Sun.	12/19	at L.A. Rams*	1:25 p.m.	FOX
Sun.	12/26	Chicago*	1:05 p.m.	FOX
Sun.	1/2	Detroit*	1:25 p.m.	FOX
Sun.	1/9	at Arizona*	1:25 p.m.	FOX

* Game time subject to NFL Flexible Scheduling

^ NFL Network and Amazon simulcast subject to change

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Seattle plays its final preseason game of 2021 looking for its first win as it hosts the L.A. Chargers this Saturday night. Kickoff is set for 7 p.m. (PT).

This will be the 18th time the two teams meet in the preseason, a series that began in Seattle's inaugural season of 1976, with Seattle leading 12-5. The Seahawks last hosted the Chargers on August 15, 2014, a 41-14 Seahawks win at Lumen Field. Seattle has won seven of the last eight pre-season meetings.

Seattle is 25-17 in the preseason under Pete Carroll and had a franchise record nine-game winning streak from 2011-13.

BROADCAST INFORMATION

Seahawks	Q13 FOX	Curt Menefee (play-by-play)
TV Network	(channel 13 in Seattle)	Dave Wyman (analyst)
	Seahawks.com	Aaron Levine (pre/postgame)
	Seahawks Mobile App	Jordan Babineaux (pre/postgame)

Seahawks	710 ESPN Seattle	Steve Raible (play-by-play)
Radio Network	KIRO Radio 97.3	Ray Roberts (analyst)
		John Clayton (sidelines)
		Jen Mueller (sidelines)

ROSTER CUT-DOWN DATES

Tuesday, August 31 - Roster reduction to 53 players by 1 p.m. (PT)

THIS WEEK'S SCHEDULE

Tuesday, August 24

- 2:00 p.m. Practice
- 3:30 p.m. Coach Carroll, selected players available

Wednesday, August 25

- 2:00 p.m. Practice
- 3:30 p.m. Selected players available

Thursday, August 26

- 12:30 p.m. Practice
- 1:50 p.m. Selected players available

Friday, August 27

- 11:15 a.m. Practice
- 11:50 a.m. Coach Carroll available

Saturday, August 28

- Seahawks vs. Chargers
- 7:00 p.m. on Q13 in Seattle

Sunday, August 29

- Players Day Off

Monday, August 30

- No media availability



2020 RECAP

TEAM

- * Since 2012, including playoffs, Seattle is 64-2 when leading by four or more points at halftime. Both losses were last season.
- * Scored a franchise-record 459 points.
- * Won 12 or more games for the fifth time in franchise history.
- * Won its division for the 11th time in franchise history and fifth under Pete Carroll, tying Mike Holmgren. It was the 14th time in the last 18 seasons that Seattle has qualified for the postseason and ninth time in Carroll's 11 seasons as Seahawks head coach.

PETE CARROLL

BEST SEAHAWKS COACHING RECORDS

	Regular Season	Postseason	Combined
Pete Carroll	112-63-1	10-8	122-71-1
Mike Holmgren	86-74	4-6	90-80
Chuck Knox	80-63	3-4	83-67

JAMAL ADAMS

- * Career-high 9.5 sacks set the NFL record for most sacks by a defensive back in a season and became the first defensive back to lead his team in sacks since 2011 (NO Roman Harper, 7.5).

MICHAEL DICKSON

- * Set club records in average (career-high 49.6) and net average (career-high 44.4).

TYLER LOCKETT

- * Set club record with a career-high 100 catches in a season.
- * Had his second-straight 1,000-yard season, becoming the sixth player in club history to do so.
- * Tied career-high with 10 touchdowns.

DK METCALF

- * Set club record for most receiving yards in a season with 1,303.

TYLER LOCKETT & DK METCALF

- * Gave Seattle two 1,000-yard receivers in a single-season for the second time in franchise history (Brian Blades & Joey Galloway in 1995).
- * Became the first set of receivers to post 80-plus receptions each in a season in club history.
- * Gave Seattle two receivers with 10-plus touchdowns in a season for the second time in franchise history (Steve Largent & Daryl Turner in 1984).

JASON MYERS

- * Has a current streak of 35 made field goals, a franchise-record.

RUSSELL WILSON

- * Ranked second for the most passing touchdowns in a player's first nine seasons in NFL history with 267 (Peyton Manning, 275).
- * Is the only quarterback in NFL history with a winning record in each of his first nine seasons.
- * Is the NFL's all-time winningest quarterback in a player's first nine seasons with 98.
- * Is the NFL's all-time winningest quarterback in a player's first nine seasons, including postseason, with 107.
- * Broke his own club records in a season for most touchdowns (career-high 40), completions (career-high 384) and completion percentage (career-high 68.82).
- * Set the franchise-record for most 300-yard games in a season (5) and career (20).
- * Joined Peyton Manning (2012-14) as the only quarterbacks in NFL history with 30-plus pass touchdowns & a 100-plus passer rating in three consecutive seasons (2018-20).
- * Joined Kurt Warner, Tom Brady & Drew Brees as the only non-first-round quarterbacks to throw 40 passing touchdowns in a single season in NFL history.
- * Joined Drew Brees (nine consecutive seasons) and Brett Favre (five) as the only players with 30 touchdown passes in at least four consecutive seasons in NFL history.
- * Joined Peyton Manning as the only players in NFL history to record at least 3,000 passing yards and 20 touchdowns in each of their first nine seasons.
- * Became the fourth-fastest quarterback to 100 combined wins (regular & postseason) after Week 5's win vs. Minnesota.
- * Became the first quarterback in NFL history to throw four-plus touchdowns in each of his first three games to open a season.
- * In Week 1 at Atlanta, became the second quarterback in NFL history (HOF Steve Young) to record 30,000 passing yards and 4,000 rushing yards in a career, becoming the fifth quarterback to reach 4,000 yards.
- * Has started every game played with 160 straight (144 regular season, 16 postseason). His regular season starts are the longest active streak by a quarterback in the NFL.
- * Is the NFL's all-time winningest quarterback at home in a player's first nine seasons with 55.
- * His 34-9 record following an in-season loss is the best record by a quarterback since the 1970 merger.
- * His 24-31-1 record (.438) when trailing at halftime is second-best in NFL history (Joe Montana, 23-28, .451).



2020 RECAP

55

TOUCHDOWNS SCORED LAST SEASON

Seattle scored the second-most touchdowns in franchise history last season.

MOST TOUCHDOWNS SCORED, SINGLE-SEASON, CLUB HISTORY

TDs	Year
57	2005
55	2020
52	2018
51	1984

TOP 10 SEAHAWKS NFL RANKINGS

SEATTLE OFFENSIVE RANKINGS, NFL

Category	Stat	NFL Rank
Rush Yards per Att.	4.8	6
Points per Game	28.7	8

SEATTLE DEFENSIVE RANKINGS, NFL

Category	Stat	NFL Rank
Rush Yards per Game	95.6	5
Rush Yards per Att.	3.9	5
PPG Differential	+88	9
Takeaways	22	T10

SEATTLE PLAYER RANKINGS, NFL

Player	No.	Category	NFL Rank
Russell Wilson	40	TDs	T2
	68.8	Comp. %	6
	105.1	Passer Rating	7
	384	Completions	7
	4,212	Yards	9
DK Metcalf	15.7	Receiving Avg.	3
	1,303	Receiving Yards	7
	10	Receiving TDs	T8
Tyler Lockett	100	Receptions	7
Jason Myers	1.000	Field Goal %	T1
	32	Inside 20	1
	49.6	Punt Average	2
	44.4	Net Average	3
Quandre Diggs	5	Interceptions	T4
Bobby Wagner	138	Tackles	7
Cody Barton	16	Special Teams Tkls	2
Nick Bellore	14	Special Teams Tkls	T3

37

MOST SACKS SINCE WEEK 8

With the acquisition of DE Carlos Dunlap II and the return from injury of S Jamal Adams, the Seahawks pressure on opposing quarterbacks increased over the last 10 games of 2020.

MOST SACKS SINCE WEEK 8, NFL

Team	Sacks
Seattle	37
New Orleans	31
Pittsburgh	30
Arizona	29
L.A. Rams	29

16.0

POINTS PER GAME ALLOWED SINCE WEEK 10

Seattle's defense took steps forward since Week 8 in every category and was one of the best in sacks made and points allowed per game, ranking first in the NFL allowing 16.0 in its last eight games of 2020.

POINTS ALLOWED SINCE WEEK 10, NFL

Team	Games	Points	PPG
Seattle	8	128	16.0
New Orleans	8	137	17.1
Washington	8	141	17.6
L.A. Rams	8	144	18.0
Pittsburgh	8	151	18.9

459

POINTS SCORED LAST SEASON

The Seahawks scored the most points in a single-season in franchise history last season.

MOST POINTS SCORED, SINGLE-SEASON, CLUB HISTORY

Points	Year
459	2020
452	2005
428	2018
423	2015
418	1984



TEAM NOTES

9

DOUBLE-DIGIT LOSSES IN LAST 168 GAMES

LARGEST DEFEATS SINCE WEEK 9 OF 2011 (INCLUDING PLAYOFFS)

Deficit	Score	Opponent	Date
35	42-7	vs. L.A. Rams	12/17/17
28	38-10	at Green Bay	12/11/16
16	28-12	at L.A. Rams	12/8/19
16*	36-20	at Atlanta	1/14/17
14	27-13	vs. Arizona	12/22/19
14	30-16	vs. Baltimore	10/20/19
10*	30-20	vs. L.A. Rams	1/9/21
10	44-34	at Buffalo	11/8/20
10	27-17	at Green Bay	9/20/15
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	seven times	last: at L.A. Rams	11/15/20

* Playoff game

2,702

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 12 seasons.

Of the 80 players on Seattle's 2021 active roster, 30 are Seattle draft choices, five have been acquired via trade, 43 have been signed as free agents, two via waivers, and 32 of the 80 originally entered the league as undrafted rookie free agents.

106-46

HOME RECORD SINCE 2002

MOST HOME WINS SINCE 2002, NFC

Team	Record	Pct.
Green Bay	108-42-2	.717
Seattle	106-46	.697
Minnesota	97-55	.638
New Orleans	93-59	.612
Philadelphia	91-60-1	.602

103-48-1

RECORD SINCE THE FINAL HALF OF 2011

In those 48 losses, the average margin of victory for the opponent has been 6.8 points (327 points).

40-23-1

MOST ROAD WINS SINCE 2013

MOST ROAD WINS SINCE 2013

Kansas City	44-20	.688
Seattle	40-23-1	.633
New England	40-24	.625
New Orleans	37-27	.578
Pittsburgh	36-27-1	.570

7-1

2019 ROAD RECORD BEST IN CLUB HISTORY

The Seahawks posted a franchise-best 7-1 road record in 2019 and was 5-3 last season.

BEST ROAD RECORDS IN FRANCHISE HISTORY

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

19-7

RECORD IN 10 A.M. PT KICKOFFS

Seattle has a 19-7 record in its last twenty-six 10 a.m. (PT) kickoff starts, including a 5-0 record in 2019 and 3-1 last season. It has won 11 of its last 12 early kickoffs since 2018.

146

CONSECUTIVE SELL OUTS

Since 2003, all but one game has sold out, giving the team 146 consecutive sell outs entering Week 1 of the 2021 season, including playoffs.



TEAM NOTES

27-10

RECORD ON MONDAY NIGHT FOOTBALL

The Seahawks are 19-6 at home and have outscored opponents 435-253 in their last 17 appearances, including three shutouts.

BEST ALL-TIME WINNING %, MONDAY NIGHT FOOTBALL

Seattle	27-10	.730
Pittsburgh	49-26	.653
San Francisco	49-29	.628
Kansas City	30-19	.612

SEAHAWKS ON MONDAY NIGHT FOOTBALL (27-10)

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	16-13 (ot)	Denver
Nov. 1, 1999	W	27-7	at Green Bay
Oct. 2, 2000	L	24-17	at Kansas City
Oct. 14, 2002	L	28-21	San Francisco
Dec. 6, 2004	L	43-39	Dallas
Dec. 5, 2005	W	42-0	at Philadelphia
Nov. 6, 2006	W	16-0	Oakland
Nov. 27, 2006	W	34-24	Green Bay
Nov. 12, 2007	W	24-0	San Francisco
Dec. 12, 2011	W	30-13	St. Louis
Sept. 24, 2012	W	14-12	Green Bay
Oct. 28, 2013	W	14-9	at St. Louis
Dec. 2, 2013	W	34-7	New Orleans
Oct. 6, 2014	W	27-17	at Washington
Oct. 5, 2015	W	13-10	Detroit
Nov. 7, 2016	W	31-25	Buffalo
Nov. 20, 2017	L	34-31	Atlanta
Sept. 17, 2018	L	24-17	at Chicago
Dec. 10, 2018	W	21-7	Minnesota
Nov. 11, 2019	W	27-24 (ot)	at San Francisco
Dec. 2, 2019	W	37-30	Minnesota
Nov. 30, 2020	W	23-17	at Philadelphia

33-8-1

RECORD IN PRIME-TIME GAMES SINCE 2010

Seattle has outscored opponents 1,111-730, are 12-5-1 on Sunday nights, 11-2 on Mondays, 10-1 on Thursdays, and are 22-3 at home in prime-time games dating back to 2010.

SEATTLE'S PRIME-TIME GAMES UNDER PETE CARROLL (33-8-1)

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

Sun, Oct. 23, 2016	at Arizona	T	6-6 (ot)
Mon, Nov. 7, 2016	vs. Buffalo	W	31-25
Sun, Nov. 13, 2016	at New England	W	31-24
Sun, Dec. 4, 2016	vs. Carolina	W	40-7
Thu, Dec. 15, 2016	vs. L.A. Rams	W	24-3
Sun, Oct. 1, 2017	vs. Indianapolis	W	46-18
Thu, Nov. 9, 2017	at Arizona	W	22-16
Mon, Nov. 20, 2017	vs. Atlanta	L	34-31
Sun, Dec. 3, 2017	vs. Philadelphia	W	24-10
Mon, Sept. 17, 2018	at Chicago	L	24-17
Sun, Oct. 14, 2018	at Oakland (in London)	W	27-3
Thu, Nov. 15, 2018	vs. Green Bay	W	27-24
Mon, Dec. 10, 2018	vs. Minnesota	W	21-7
Sun, Dec. 23, 2018	vs. Kansas City	W	38-31
Thu, Oct. 3, 2019	vs. L.A. Rams	W	30-29
Mon, Nov. 11, 2019	at San Francisco	W	27-24 (ot)
Mon, Dec. 2, 2019	vs. Minnesota	W	37-30
Sun, Dec. 8, 2019	at L.A. Rams	L	28-12
Sun, Dec. 29, 2019	vs. San Francisco	L	26-21
Sun, Sept. 20, 2020	vs. New England	W	35-30
Sun, Oct. 11, 2020	vs. Minnesota	W	27-26
Sun, Oct. 25, 2020	at Arizona	L	37-34 (ot)
Thu, Nov. 19, 2020	vs. Arizona	W	28-21
Mon, Nov. 30, 2020	at Philadelphia	W	23-17



TEAM NOTES

.798

WINNING PERCENTAGE IN PRIME-TIME

BEST RECORD IN PRIME-TIME GAMES SINCE 2010

Team	W	L	T	Pct.
Seattle Seahawks	33	8	1	.798
New England Patriots	37	15	0	.712
Baltimore Ravens	25	12	0	.676
New Orleans Saints	29	14	0	.674
Green Bay Packers	33	21	0	.611

75-14

RECORD WHEN WINNING TURNOVER BATTLE

SEATTLE RECORD WHEN WINNING THE TURNOVER BATTLE

Year	Record	Year	Record
2010	4-0	2016	7-0
2011	6-2	2017	6-1
2012	7-1	2018	8-2
2013	10-1	2019	8-1
2014	6-2	2020	9-0
2015	4-4	Totals	75-14

#2

RANKED SPECIAL TEAMS UNIT

Larry Izzo coached Seattle to a second-place finish in Rick Gosselin's annual special teams rankings in 2020, a list kept for the last 42 seasons.

The league's 32 teams are ranked in 22 kicking-game categories and assigned points according to their standing – one for best, 32 for worst. The Patriots compiled 214 points to finish eight better than the runner-up Seahawks at 222.5.

21

POINTS OVERCOME IN LARGEST COMEBACK

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

LARGEST COMEBACKS IN FRANCHISE HISTORY

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

112-63-1

FOURTH-BEST RECORD SINCE 2010

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

BEST REGULAR SEASON RECORD SINCE 2010

Team	Record
New England	132-44-0
Green Bay	115-59-2
Pittsburgh	114-61-1
Seattle	112-63-1
New Orleans	112-64-0
Kansas City	110-66-0
Baltimore	109-67-0

LARGEST LUMEN FIELD ATTENDANCE: 69,190

With the addition of the Toyota Fan Deck in the south end zone in 2016, adding 1,000 new seats, Seattle's home attendance has a chance to be broken this season after playing a 2020 season with no fans due to the COVID-19 pandemic.

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

LARGEST HOME ATTENDANCE, FRANCHISE HISTORY

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



#3 Russell Wilson

8 & 1

EIGHT-TIME PRO BOWLER & ONE TIME ALL-PRO



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

98

WINS TO BEGIN A CAREER

Wilson is the winningest quarterback in NFL history through his first nine seasons.

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

Russell Wilson	98
Peyton Manning	92
Ben Roethlisberger	87
Tom Brady	87
Matt Ryan	85
Jim Kelly	83
Joe Flacco	83
Dan Marino	82
Brett Favre	82

55

HOME WINS TO BEGIN A CAREER

Wilson has the most home wins in a quarterback's first nine seasons in NFL history.

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

Russell Wilson	55
Brett Favre	53
Joe Flacco	53
John Elway	51
Peyton Manning	51
Ben Roethlisberger	49
Matt Ryan	48
Jim Kelly	47

267

FRANCHISE-RECORD TD PASSES

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

MOST PASSING TOUCHDOWNS, CLUB HISTORY

1. 267 Russell Wilson	2012-
2. 195 Dave Krieg	1980-91
3. 174 Matt Hasselbeck	2001-10
4. 107 Jim Zorn	1976-84
5. 49 Jon Kitna	1997-00

26

MAJOR FRANCHISE RECORDS HELD

- * Career (101.7), single-season (110.9 in 2018) and single-game (158.3) passer rating.
- * Career (33,946), single-season (4,219 in 2016) and single-game (452) most passing yards.
- * Career (267), single-season (40 in 2020) and single-game (5) most touchdown passes.
- * Career (2,820) and single-season completions (384 in 2020).
- * Career (4,335) passing attempts.
- * Career (65.05), single-season (68.82 in 2020) and single-game (88.57) completion percentage.
- * Career (20) and single-season (5 in 2020) 300-yard passing games.
- * Most consecutive passes without an interception (220 from 2018-19).
- * Career (803), single-season (118 in 2014) and single-game (14) rushing attempts by a quarterback.
- * Career (4,506), single-season (849 in 2014) and single-game (122) rushing yards by a quarterback.
- * Owns the top-16 rushing yard games by a quarterback.
- * 11 NFC Player of the Week awards.



#3 Russell Wilson

267 & 81

CAREER TD PASSES & INTERCEPTIONS

Through 144 games, Russell Wilson's 267 touchdown passes are the second-most in NFL history in a quarterback's first nine seasons, **but even more impressive are only the 81 interceptions thrown.**

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

Player	TD	Int.
1. Peyton Manning	275	139
2. Russell Wilson	267	81
3. Dan Marino	266	149
4. Matt Ryan	240	114
5. Brett Favre	235	141

57

GAMES WITH 2+ TDS & 0 INTERCEPTIONS

Wilson has held this record entering the last three seasons.

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

Player	Games
Russell Wilson	57
Andy Dalton	38
Matt Ryan	35
Tom Brady	34
Drew Brees	32
Peyton Manning	31

83

GAMES WITH TWO TOUCHDOWN PASSES

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

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

24-31-1

2ND-BEST WIN % WHEN TRAILING AT HALF

The winningest quarterback in NFL history through nine seasons holds the second-best win percentage when trailing at half.

BEST WIN PERCENTAGE WHEN TRAILING AT HALFTIME (MIN. 50 STARTS), SUPER BOWL ERA

Joe Montana	23	28	0	.451
Russell Wilson, Sea	24	31	1	.438
Tom Brady, TB	34	45	0	.430
Ken Stabler	24	32	0	.429
Peyton Manning	37	53	0	.411

33,946

CAREER PASSING YARDS

Wilson placed himself in the top-5 for the second consecutive season.

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

1. Matt Ryan	37,701
2. Peyton Manning	37,586
3. Dan Marino	35,386
4. Matthew Stafford	34,749
5. Russell Wilson	33,946
6. Joe Flacco	32,639
7. Andy Dalton	31,594

15

GAMES WITH 4+ TDS & 1 OR FEWER INTS

Russell Wilson ranks first in NFL history with 15 games with at least four touchdown passes and one or fewer interceptions.

The Seahawks are 13-2 in those games and his last came vs. the N.Y. Jets (12/13/20), a 40-3 victory.

Regardless of interceptions thrown, the 15 games are tied with Peyton Manning for the second-most in a player's first nine seasons (Dan Marino, 16 games).

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

Player	Games
Russell Wilson	15
Peyton Manning	13
Aaron Rodgers	12
Tom Brady	10
Brett Favre	10



#3 Russell Wilson

35

FOURTH-QUARTER/OVERTIME COMEBACKS IN 160 GAMES (REGULAR & POSTSEASON)

Wilson had three game-winning drives last season, five game-winning drives in 2019, and directed come-from-behind victories in the 2013 and 2014 NFC Championship Games to advance Seattle to the Super Bowl.

His **35 fourth-quarter game-winning drives rank first in the NFL** since the beginning of 2012.

RUSSELL WILSON GAME-WINNING DRIVES IN 4TH QUARTER/OT

Game	Score	Final	Play
vs. Green Bay (9/24/12)	trail 12-7	Won 14-12	24-yd. pass to Golden Tate at 0:00
vs. New England (10/14/12)	trail 23-17	Won 24-23	46-yd. pass to Sidney Rice at 1:18
at Chicago (12/2/12)	tied 17-17	Won 23-17 (ot)	13-yd. pass to Sidney Rice with 7:33 left in overtime
vs. St. Louis (12/30/12)	tied 13-13	Won 20-13	1-yd. touchdown run at 1:39
at Washington (1/6/13)*	trail 14-13	Won 24-14	touchdown drive at 7:08
at Carolina (9/8/13)	trail 7-6	Won 12-7	43-yd. pass to Jermaine Kearse at 10:13
at Houston (9/29/13)	trail 20-6	Won 23-20 (ot)	45-yd. field goal with 3:19 left in overtime
vs. Tennessee (10/13/13)	tied 10-10	Won 20-13	29-yd. field goal at 11:23
vs. Tampa Bay (11/3/13)	trail 24-14	Won 27-24 (ot)	27-yd. field goal with 8:11 left in overtime
vs. San Francisco (1/19/14)^	trail 17-13	Won 23-17	35-yd. pass to Jermaine Kearse at 13:44
vs. Denver (9/21/14)	tied 20-20	Won 26-20 (ot)	touchdown drive with 9:14 left in overtime
at Carolina (10/26/14)	trail 9-6	Won 13-9	23-yd. pass to Luke Willson at 0:47
vs. N.Y. Giants (11/9/14)	tied 17-17	Won 38-17	touchdown drive at 12:47
vs. St. Louis (12/28/14)	tied 6-6	Won 20-6	touchdown drive at 12:07
vs. Green Bay (1/18/15)^	tied 22-22	Won 28-22 (ot)	35-yd. pass to Jermaine Kearse with 11:41 left in OT
at Dallas (11/1/15)	trail 12-10	Won 13-12	24-yd. field goal at 1:04
vs. Pittsburgh (11/29/15)	trail 27-26	Won 39-30	30-yd. pass to Doug Baldwin at 8:12
at Minnesota (1/10/16)*	trail 9-0	Won 10-9	46-yd. field goal at 8:04
vs. Miami (9/11/16)	trail 10-6	Won 12-10	2-yd. pass to Doug Baldwin at 0:31
vs. Atlanta (10/16/16)	trail 24-23	Won 26-24	44-yd. field goal at 1:57
at New England (11/13/16)	trail 24-22	Won 31-24	23-yd. field goal at 8:56
vs. San Francisco (9/17/17)	trail 9-6	Won 12-9	9-yd. pass to Paul Richardson at 7:06
vs. Houston (10/29/17)	trail 38-34	Won 41-38	18-yd. pass to Jimmy Graham at 0:21
at Arizona (9/30/18)	tied 17-17	Won 20-17	52-yd. field goal at 0:00
vs. Green Bay (11/15/18)	trail 24-20	Won 27-24	15-yd. pass to Ed Dickson at 5:08
at Carolina (11/25/18)	tied 27-27	Won 30-27	31-yd. field goal at 0:00
vs. Arizona (12/30/18)	tied 24-24	Won 27-24	33-yd. field goal at 0:00
vs. Cincinnati (9/8/19)	trail 17-14	Won 21-20	44-yd. pass to Tyler Lockett at 14:53
vs. L.A. Rams (10/3/19)	trail 29-24	Won 30-29	5-yd. pass to Chris Carson at 2:28
at Cleveland (10/13/19)	trail 28-25	Won 32-28	touchdown drive at 3:30
vs. Tampa Bay (11/3/19)	tied 34-34	Won 40-34 (ot)	10-yd. pass to Jacob Hollister with 6:22 left in OT
at San Francisco (11/11/19)	tied 24-24	Won 27-24 (ot)	42-yd. field goal with 0:00 left in overtime
vs. Dallas (9/27/20)	trail 31-30	Won 38-31	29-yd. pass to DK Metcalf at 1:47
vs. Minnesota (10/11/20)	trail 26-21	Won 27-26	6-yd. pass to DK Metcalf at 0:15
at San Francisco (1/3/21)	trail 16-12	Won 26-23	6-yd. pass to Tyler Lockett at 10:54

* NFC Wild Card Game ^ NFC Championship Game

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

Russell Wilson, Sea	35
Matthew Stafford, LAR	32
Matt Ryan, Atl	23
Andy Dalton, Chi	23



#3 Russell Wilson

74

100+ PASSER RATING GAMES IN CAREER

In Russell Wilson's 144 games, he has thrown for a passer rating of over 100 in over half of those games.

RUSSELL WILSON CAREER PASSING RATING BREAKDOWN

Rating	Games	Record
100s	74	64-10
90s	20	11-9
80s	19	11-7-1
70s	13	6-7
60s	8	3-5
50s	2	1-1
40s	5	1-4
30s	3	1-2
Totals	144	98-45-1

101.7

4TH-HIGHEST RATING IN NFL HISTORY

Through his first nine seasons, Russell Wilson is one of the best quarterbacks in NFL history in wins (1st, 98), passing touchdowns (2nd, 267) and career, home and road passer ratings.

HIGHEST PASSER RATING, NFL HISTORY

Player	Rating
Patrick Mahomes, KC	108.7
Deshaun Watson, Hou	104.5
Aaron Rodgers, GB	103.9
Russell Wilson, Sea	101.7
Drew Brees	98.7

HIGHEST HOME PASSER RATING, NFL HISTORY

Player	Rating
Aaron Rodgers, GB	108.5
Deshaun Watson, Hou	106.8
Patrick Mahomes, KC	105.7
Russell Wilson, Sea	104.8
Drew Brees	103.8

HIGHEST ROAD PASSER RATING, NFL HISTORY

Player	Rating
Patrick Mahomes, KC	111.1
Deshaun Watson, Hou	102.1
Aaron Rodgers, GB	99.6
Russell Wilson, Sea	98.6
Tony Romo	97.1

195

TOUCHDOWNS SINCE 2015

MOST TOUCHDOWNS SINCE 2015, NFL

Player	Touchdowns
Russell Wilson, Sea	195
Tom Brady, TB	189
Aaron Rodgers, GB	186
Kirk Cousins, Min	172

.684

CAREER WINNING PERCENTAGE

Russell Wilson ranks fourth among active quarterbacks (min. 16 starts) with a .684 winning percentage.

HIGHEST WINNING % OF ACTIVE STARTING QUARTERBACKS

Player	Record	Winning Pct.
Patrick Mahomes, KC	38-8	.826
Lamar Jackson, Bal	29-7	.806
Tom Brady, TB	230-69	.769
Russell Wilson, Sea	98-45-1	.684
Ben Roethlisberger, Pit	156-75-1	.675

9

SEASON-CAREER STATS

He has 74-career 100-plus passer rating games in 144 starts, with the last coming vs. N.Y. Jets (12/13) with a 122.6 rating.

RUSSELL WILSON CAREER PASSING

Year	Att	Comp	Pct	Yards	TD	Int	Rtg
2012	393	252	64.1	3,118	26	10	100.0
2013	407	257	63.1	3,357	26	9	101.2
2014	452	285	63.1	3,475	20	7	95.0
2015	483	329	68.1	4,024	34	8	110.1
2016	546	353	64.7	4,219	21	11	92.6
2017	553	339	61.3	3,983	34	11	95.4
2018	427	280	65.6	3,448	35	7	110.9
2019	516	341	66.1	4,110	31	5	106.3
2020	558	384	68.8	4,212	40	13	105.1
TOTAL	4,335	2,820	65.1	33,946	267	81	101.7



#3 Russell Wilson

4,506
CAREER RUSHING YARDS

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

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

MOST RUSHING YARDS BY A QUARTERBACK, NFL HISTORY

Player	Yards
Michael Vick	6,109
Cam Newton, NE	5,398
Randall Cunningham	4,928
Russell Wilson, Sea	4,506
Steve Young	4,239

0
VOTES FOR MVP

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

144
CONSECUTIVE GAMES STARTED

Wilson established the club-record for consecutive regular season games started and he has not missed a game in his career, playing in all 160 (144 regular season, 16 postseason).

CONSECUTIVE GAMES STARTED, FRANCHISE HISTORY

QB Russell Wilson, 2012-	144
G Chris Gray, 1999-06	121
S Earl Thomas, 2010-16	106

MOST CONSECUTIVE GAMES STARTED BY A QB, NFL ACTIVE STREAK

Russell Wilson, Sea	144
Tom Brady, TB	76
Derek Carr, Las	59
Aaron Rodgers, GB	48

1ST
PLACE IN CLUB PASSING CATEGORIES

PASSING ATTEMPTS

Player	Att.
Russell Wilson	4,335
Matt Hasselbeck	4,250
Dave Krieg	3,576
Jim Zorn	2,992

PASSING COMPLETIONS

Player	Comp.
Russell Wilson	2,820
Matt Hasselbeck	2,559
Dave Krieg	2,096
Jim Zorn	1,593

PASSING YARDS

Player	Yards
Russell Wilson	33,946
Matt Hasselbeck	29,434
Dave Krieg	26,132
Jim Zorn	20,122

PASSING TOUCHDOWNS

Player	TDs
Russell Wilson	267
Dave Krieg	195
Matt Hasselbeck	174
Jim Zorn	107

MOST GAMES STARTED, FRANCHISE HISTORY

1. WR Steve Largent	197
2. T Walter Jones	180
3. DE Jacob Green	176
4. DT Joe Nash	169
5. DL Jeff Bryant	167
6. DB Dave Brown	159
7. DT Cortez Kennedy	153
8. S Eugene Robinson	152
9. G Chris Gray	145
10. QB Russell Wilson	144

MOST CONSECUTIVE GAMES PLAYED, FRANCHISE HISTORY

P Jon Ryan	159
QB Russell Wilson	144
G Chris Gray	135
DT Joe Nash	125



#14 DK Metcalf

#16 Tyler Lockett

#16 TYLER LOCKETT

15 & 200
STEVE LARGENT-TYPE PRODUCTION

Last season, Lockett tied Steve Largent for the most catches in a game in club history and became the second player in team history with 200 receiving yards, also trailing Largent.

MOST RECEPTIONS, SINGLE-GAME, CLUB HISTORY

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

100
CAREER-HIGH & CLUB-RECORD RECEPTIONS

Lockett set a single-season career-high and club-record with 100 receptions in 2020. He also became the sixth player in franchise history with consecutive 1,000-yard seasons.

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

Tyler Lockett	2019-20
Doug Baldwin	2015-16
Darrell Jackson	2003-04
Joey Galloway	1997-98
Brian Blades	1994-95
Steve Largent	1978-81, 1983-86

MOST SINGLE-SEASON RECEPTIONS, FRANCHISE HISTORY

Tyler Lockett	100	2020
Doug Baldwin	94	2016
Bobby Engram	94	2007
Darrell Jackson	87	2004

28
RECEIVING TOUCHDOWNS SINCE 2018

Tyler Lockett set his career-high with 10 touchdowns in 2018, added eight more in 2019, and tied his career-high last year, giving him 28 since 2018 to rank fifth in the NFL.

MOST RECEIVING TOUCHDOWNS SINCE 2018, NFL

Player	Touchdowns
WR Davante Adams, GB	36
WR Tyreek Hill, KC	34
WR Mike Evans, TB	29
WR Adam Thielen, Min	29
WR Tyler Lockett, Sea	28

#14 DK METCALF

1,303 & 15.7
RECEIVING YARDS AND AVERAGE

Last year, DK Metcalf broke Steve Largent's 1985 record for most yards in a single-season in franchise history with 1,303.

HIGHEST RECEIVING AVERAGE (MIN. 59 REC.), NFL

Player	Avg.	Rec.	Yards
D.J. Moore, Car	18.1	66	1,193
Justin Jefferson, Min	15.9	88	1,400
Metcalf, DK, Sea	15.7	83	1,303
A.J. Brown, Ten	15.4	70	1,075

RECEIVING YARDAGE LEADERS, NFL

Player	Yards	Rec.	Avg.
Stefon Diggs, Buf	1,535	127	12.1
Travis Kelce, KC	1,416	105	13.5
DeAndre Hopkins, Ari	1,407	115	12.2
Justin Jefferson, Min	1,400	88	15.9
Davante Adams, GB	1,374	115	11.9
Calvin Ridley, Atl	1,374	90	15.3
DK Metcalf, Sea	1,303	83	15.7

MOST RECEIVING YARDS, SINGLE-SEASON FRANCHISE HISTORY

Player	Yards	Rec.	Avg.
DK Metcalf (2020)	1,303	83	15.7
Steve Largent (1985)	1,287	79	16.3
Koren Robinson (2002)	1,240	78	15.9
Steve Largent (1979)	1,237	66	18.7
Steve Largent (1981)	1,224	75	16.3

2
WRS WITH 10 TOUCHDOWNS EACH

The Seahawks were the only team in the NFL with two wide receivers with 10 or more touchdowns each last season.

MOST RECEIVING TOUCHDOWNS BY WIDE RECEIVERS, NFL

Player	TD
Davante Adams, GB	18
Tyreek Hill, KC	15
Adam Thielen, Min	14
Mike Evans, TB	13
A.J. Brown, Ten	11
DK Metcalf, Sea	10
Tyler Lockett, Sea	10



#54 Bobby Wagner

SEVEN-TIME PRO BOWLER & SEVEN-TIME AP ALL-PRO



2014



2015



2016



2017



2018



2019



2020

Associated Press

All-Pro Team

1st: 2014, 2016-20

2nd: 2015

1,211

MOST TACKLES IN NFL SINCE 2012

* Named NFC Defensive Player of the Week 8 for his performance vs. the 49ers (team-high 11 tackles, 2.0 sacks, four quarterback hits and three tackles for loss), his second-career award.

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

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

19

FRANCHISE-RECORD 19 TACKLES

Wagner has produced 56 double-digit tackle performances in his 135 games played, and set his career-high with a franchise-record 19 tackles (six solo) vs. New Orleans (9/22/19), surpassing his old mark of 16 tackles in 2016.

MOST TACKLES IN A SINGLE-GAME, FRANCHISE HISTORY

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

2020 NFL LEADING TACKLERS

Player	Total	Solo	Ast.
Zach Cunningham, Hou	163	105	58
Jaylon Smith, Dal	154	89	65
Blake Martinez, NYG	151	86	65
Joe Schobert, Jac	141	84	57
Devin White, TB	140	97	43
Roquan Smith, Chi	139	98	41
Bobby Wagner, Sea	138	81	57

MOST CONSECUTIVE SEASONS WITH 100 TACKLES SINCE 2000

London Fletcher	14
Bobby Wagner, Sea	9
Keith Brooking	9

36

DOUBLE-DIGIT TACKLE GAMES SINCE 2016

Wagner has 56 double-digit tackle games in his career and ranks first in the league in that category since 2016 with 36 such games.

MOST DOUBLE-DIGIT TACKLE GAMES SINCE 2016, NFL

Player	Games
Bobby Wagner, Sea	36
Blake Martinez, NYG	32
Jaylon Smith, Dal	22
Joe Schobert, Jac	21

98

LONGEST INT RETURN TD IN CLUB HISTORY

LONGEST RETURNS, FRANCHISE HISTORY

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

1,211

FRANCHISE-LEADER IN TACKLES

MOST CAREER TACKLES, CLUB HISTORY

Player, Seasons	No.
Bobby Wagner, 2012-	1,211
Eugene Robinson, 1985-95	984
K.J. Wright, 2011-20	934
Keith Butler, 1978-87	813
Joe Nash, 1982-96	779

MOST SINGLE-SEASON TACKLES, CLUB HISTORY

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



Player Notes

#32 CHRIS CARSON

12

100-YARD GAMES SINCE 2018

Was one of three players (Kareem Hunt, Alvin Kamara) with 4+ rush touchdowns (5) and 4+ receiving touchdowns (4) last season.

MOST 100-YARD RUSH GAMES SINCE 2018

Player	Games
Derrick Henry, Ten	18
Nick Chubb, Cle	17
Ezekiel Elliott, Dal	16
Dalvin Cook, Min	14
Chris Carson, Sea	12

#33 JAMAL ADAMS

21.5

SACKS SINCE 2017

Since 2017, his 21.5 sacks are the most by a defensive back in the NFL and he set a career-high with 9.5 last season (T11th NFL).

MOST SACKS BY A DEFENSIVE BACK SINCE 2017, NFL

S Jamal Adams, Sea	21.5
CB Mike Hilton, Pit	9.5
CB Logan Ryan, NYG	9.5
CB Desmond King, Ten	8.5
S Vonn Bell, Cin	7.0

9.5

MOST SACKS IN A SEASON BY A DB

The last time a defensive back led his team in sacks was Roman Harper in 2011 and Adams became the first DB to record at least 6.5 sacks in back-to-back seasons since 1982.

MOST SACKS BY A DEFENSIVE BACK, SINGLE-SEASON, SINCE SACKS BECAME OFFICIAL STAT IN 1982

Player	Sacks	Year
S Jamal Adams	9.5	2020
S Adrian Wilson	8.0	2005
S Roman Harper	7.5	2011
S Dave Duerson	7.0	1986
S Jamal Adams	6.5	2019
S LeRoy Butler	6.5	1996

#44 NICK BELLORE #57 CODY BARTON

16 & 14

NFL LEADERS IN SPECIAL TEAMS TACKLES

Fullback Nick Bellore was voted to his first Pro Bowl as the NFC's special teams representative as he ranked tied for third in the NFL with 14 special teams tackles in 2020. He has 116 special teams tackles in his 10-year career.

Teammate Cody Barton ranked second in the NFL with a career-high 16 special teams tackles in his second season. It's the most tackles by a Seahawks player since Heath Farwell had 21 in 2011.

MOST SPECIAL TEAMS TACKLES, NFL

Player	Total	Solo	Ast.
George Odum, Ind	20	14	6
Cody Barton, Sea	16	13	3
Nick Bellore, Sea	14	11	3
Justin Bethel, NE	14	13	1
Nick Dzubnar, Ten	13	6	7

#5 JASON MYERS

61

LONGEST FIELD GOAL IN CLUB HISTORY

Jason Myers has made 35 consecutive field goals, a franchise-record, and his 90.4% field goal percentage (47 for 52) ranks first in franchise history.

LONGEST FIELD GOALS ATTEMPTED, CLUB HISTORY

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



Pete Carroll

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

Pete Carroll ranks 20th in NFL history with 156 combined wins and he was the 39th coach in NFL history to reach 100 wins in the regular season.

MOST COMBINED WINS IN NFL HISTORY

Coach	Regular Season				Postseason			Combined			
	W	L	T	Pct.	W	L	Pct.	W	L	T	Pct.
17. Paul Brown	166	100	6	.624	4	8	.333	170	108	6	.612
18. Bud Grant	158	96	5	.621	10	12	.455	168	108	5	.608
19. Bill Cowher	149	90	1	.623	12	9	.571	161	99	1	.619
20. Pete Carroll, Sea	145	94	1	.606	11	10	.524	156	104	1	.600
21. Marv Levy	143	112	0	.561	11	8	.579	154	120	0	.562
22. Steve Owen	151	100	17	.602	2	8	.200	153	108	17	.586
Mike Tomlin, Pit	145	78	1	.650	8	8	.500	153	86	1	.640
24. Sean Payton, NO	143	81	0	.638	9	7	.563	152	88	0	.633

156 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 at</i>
						<i>Super Bowl XLIX loss vs. New England, 28-24</i>
2015	Seattle	10	6	0	.625	2nd, NFC West
						<i>Wild Card victory at Minnesota, 10-9</i>
						<i>Divisional Playoff loss at Carolina, 31-24</i>
2016	Seattle	10	5	1	.656	1st, NFC West
						<i>Wild Card victory vs. Detroit, 26-6</i>
						<i>Divisional Playoff loss at Atlanta, 36-20</i>
2017	Seattle	9	7	0	.563	2nd, NFC West
2018	Seattle	10	6	0	.625	2nd, NFC West
						<i>Wild Card loss at Dallas, 24-22</i>
2019	Seattle	11	5	0	.688	2nd, NFC West
						<i>Wild Card victory at Philadelphia, 17-9</i>
						<i>Divisional Playoff loss at Green Bay, 28-23</i>
2020	Seattle	12	4	0	.750	1st, NFC West
						<i>Wild Card loss vs. L.A. Rams, 30-20</i>
Reg. Season (15 Yrs.)		145	94	1	.606	
Postseason (11 Yrs.)		11	10	0	.524	
Combined Record		156	103	1	.600	

WON 0, LOST 2										* RUSHING										No.		Yds		Avg		Long		TD							
08/14 L		7-20		at Las Vegas		50,101		McGough		5		42		8.4		17		0																	
08/21 L		3-30		Denver		68,027		J. Johnson		12		41		3.4		9		0																	
08/28				L.A. Chargers				Dallas		5		24		4.8		9		0																	
				Sea.		Opp.		Collins		9		21		2.3		5		0																	
TOTAL FIRST DOWNS										24		42		Penny		5		8		1.6		4		0											
Rushing										8		18		Scarlett		1		7		7.0		7		0											
Passing										15		23		Mannion		1		-1		-1.0		-1		0											
Penalty										1		1		TEAM		38		142		3.7		17		0											
3rd Down: Made/Att										9/27		16/31		OPPONENTS		67		221		3.3		22		2											
3rd Down Pct.										33.3		51.6		* RECEIVING		No.		Yds		Avg		Long		TD											
4th Down: Made/Att										2/6		4/5		C. Johnson		7		59		8.4		17		0											
4th Down Pct.										33.3		80.0		Dallas		5		72		14.4		43t		1											
POSSESSION AVG.										23:24		36:36		Ursua		4		33		8.3		13		0											
TOTAL NET YARDS										444		649		A. Fuller		3		42		14.0		17		0											
Avg. Per Game										222.0		324.5		Swain		3		29		9.7		17		0											
Total Plays										109		140		Collins		3		21		7.0		10		0											
Avg. Per Play										4.1		4.6		Wedington		3		21		7.0		10		0											
NET YARDS RUSHING										142		221		Sutton		2		6		3.0		4		0											
Avg. Per Game										71.0		110.5		Roberson		2		5		2.5		3		0											
Total Rushes										38		67		Scarlett		2		5		2.5		7		0											
NET YARDS PASSING										302		428		Toivonen		1		22		22.0		22		0											
Avg. Per Game										151.0		214.0		Thompson		1		15		15.0		15		0											
Sacked/Yards Lost										4/41		6/34		J. Johnson		1		7		7.0		7		0											
Gross Yards										343		462		Penny		1		6		6.0		6		0											
Att./Completions										67/39		67/50		Wood-Anderson		1		0		0.0		0		0											
Completion Pct.										58.2		74.6		TEAM		39		343		8.8		43t		1											
Had Intercepted										2		1		OPPONENTS		50		462		9.2		35		2											
PUNTS/AVERAGE										7/48.7		6/44.2		* INTERCEPTIONS		No.		Yds		Avg		Long		TD											
NET PUNTING AVG.										7/44.6		6/40.8		Neal		1		0		0.0		0		0											
PENALTIES/YARDS										14/97		4/37		TEAM		1		0		0.0		0		0											
FUMBLES/BALL LOST										1/1		3/0		OPPONENTS		2		0		0.0		0		0											
TOUCHDOWNS										1		5		* PUNTING		No.		Yds		Avg		Net		TB		In		Lg		B					
Rushing										0		2		Dickson		7		341		48.7		44.6		0		5		62		0					
Passing										1		2		TEAM		7		341		48.7		44.6		0		5		62		0					
Returns										0		1		OPPONENTS		6		265		44.2		40.8		1		2		55		0					
* SCORE BY PERIODS										Q1		Q2		Q3		Q4		OT		PTS		* PUNT RETURNS		Ret		FC		Yds		Avg		Long		TD	
TEAM										0		0		10		0		0		10		A. Fuller		1		0		0		0.0		0		0	
OPPONENTS										14		16		3		17		0		50		Swain		0		1		0		---		---		0	

* PASSING	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	Long	Sack/Lost	Rating
Mannion	34	20	152	58.8	4.47	0	0.0	0	0.0	22	1/ 8	69.7
McGough	23	15	145	65.2	6.30	1	4.3	2	8.7	43t	2/ 25	61.0
G. Smith	10	4	46	40.0	4.60	0	0.0	0	0.0	17	1/ 8	54.6
TEAM	67	39	343	58.2	5.12	1	1.5	2	3.0	43t	4/ 41	64.5
OPPONENTS	67	50	462	74.6	6.90	2	3.0	1	1.5	35	6/ 34	96.7



Defensive Statistics

	Total	Solo	Assist	Sacks	Yards	TFL	QH	Int	PD	FF	FR
Burr-Kirven, B.	12	6	6	0	0	0	0	0	0	0	0
Barton, C.	11	8	3	2.0	15.0	2	2	0	1	0	0
Brooks, J.	10	7	3	0	0	0	0	0	1	0	0
Neal, R.	9	7	2	0	0	0	0	1	1	0	0
Flowers, T.	8	7	1	0	0	0	0	0	0	0	0
Robinson, A.	8	6	2	0	0	0	1	0	0	0	0
Brown, T.	7	4	3	0	0	0	0	0	0	0	0
Heslop, G.	7	6	1	0	0	1	0	0	1	0	0
Williams, L.	7	6	1	0	0	1	0	0	0	0	0
Moon, J.	6	4	2	0	0	1	0	0	0	0	0
Bellore, N.	5	4	1	0	0	1	0	0	0	0	0
Lattimore, C.	5	5	0	0	0	0	0	0	0	0	0
Green, R.	4	3	1	2.0	10.0	1	2	0	0	1	0
Mone, B.	4	3	1	1.0	2.0	1	1	0	0	0	0
Palmore, W.	4	1	3	0	0	0	0	0	0	0	0
Crosswell, A.	3	1	2	0	0	0	0	0	0	0	0
Evans, N.	3	1	2	0	0	0	0	0	0	0	0
Hewitt, J.	3	2	1	1.0	7.0	2	1	0	0	0	0
Taylor, D.	3	2	1	0	0	0	0	0	0	0	0
Witherspoon, A.	3	1	2	0	0	0	0	0	0	0	0
Woods, A.	3	0	3	0	0	0	0	0	0	0	0
Adams, M.	2	1	1	0	0	0	0	0	0	0	0
Amadi, U.	2	1	1	0	0	0	0	0	0	0	0
Desir, P.	2	2	0	0	0	0	0	0	0	0	0
Donkor, A.	2	1	1	0	0	0	0	0	0	0	0
Miller, J.	2	2	0	0	0	0	0	0	0	0	0
Collier, L.	1	0	1	0	0	0	0	0	0	0	0
Hyder, K.	1	1	0	0	0	0	0	0	0	0	0
Randall, D.	1	1	0	0	0	0	0	0	0	0	0

SPECIAL TEAMS TACKLES

	Total	Solo	Assist	FF	FR	Blocks
Sunderland, W.	2	2	0	0	0	0
Evans, N.	2	1	1	0	0	0
Witherspoon, A.	2	2	0	0	0	0
Brown, T.	1	1	0	0	0	0
Donkor, A.	1	0	1	0	0	0
Roberson, D.	1	1	0	0	0	0

FUMBLES

	Fum	Lost	Own-Rec	O.B.
McGough, A.	1	1	0	0



Transactions

Jan. 2	Activated from injured reserve Placed on reserve/COVID-19	CB Tre Flowers S Damarious Randall T Brandon Shell	Mar. 26	Re-signed	DE Benson Mayowa T Cedric Ogbuehi G Jordan Simmons
	Elevated from practice squad Elevated from PS as COVID-19 replacement	G Alex Boone RB Alex Collins WR Penny Hart		Released	DT Jarran Reed RB Chris Carson
Jan. 4	Reversion from active to practice squad	G Alex Boone RB Alex Collins WR Penny Hart	Mar. 27	Re-signed	DE Carlos Dunlap II
Jan. 5	Activated from reserve/COVID-19 Released from practice squad	T Brandon Shell T Wyatt Miller	Apr. 2	Signed contract extension	WR Tyler Lockett
Jan. 6	Activated from reserve/COVID-19 Signed to practice squad Placed on injured reserve Signed from practice squad	S Damarious Randall CB Jordan Miller CB Jayson Stanley TE Luke Willson	Apr. 5	Signed	DT Al Woods
Jan. 8	Elevated from practice squad	RB Alex Collins	Apr. 9	Re-signed	CB Damarious Randall
Jan. 9	Placed on reserve/COVID-19 Elevated from practice squad	DE Jonathan Bullard DT Cedrick Lattimore	Apr. 15	Signed	DE Aldon Smith
Jan. 11	Reversion from active to practice squad Signed to future 2021 contracts	RB Alex Collins DT Cedrick Lattimore T Tommy Champion QB Danny Etling WR Aaron Fuller WR Penny Hart CB Gavin Heslop DT Cedrick Lattimore C Brad Lundblade QB Alex McGough TE Tyler Mabry CB Jordan Miller WR Cody Thompson	Apr. 19	Signed ERFA tender	DT Bryan Mone
Jan. 13	Signed to future 2021 contract	WR John Ursua	Apr. 20	Signed ERFA tender	C Kyle Fuller
Jan. 15	Signed to future 2021 contract	DT Myles Adams	Apr. 22	Re-signed	QB Geno Smith
Jan. 27	Released	T Chad Wheeler	Apr. 23	Signed	CB Pierre Desir
Jan. 29	Signed to future 2021 contract Hired Run Game Coordinator Hired Offensive Coordinator	WR Darvin Kidsy Andy Dickerson Shane Waldron	Apr. 29	Signed	DT Robert Nkemdiche
Feb. 8	Released	G Chance Warmack	May 4	Allocated via Int'l Player Pathway Program	LB Aaron Donkor
Feb. 24	Re-signed	RB Alex Collins	May 5	Claimed off waivers	LB Nate Evans
Mar. 3	Hired Defensive Asst./DBs Hired Associate Head Coach Hired Assistant Special Teams	DeShawn Shead Carl Smith Tracy Smith	May 6	Signed Claimed off waivers	TE Nick Guggemos S Saivion Smith
Mar. 4	Released	WR Josh Gordon TE Greg Olsen	May 13	Signed	S Josh Moon
Mar. 8	Released	DE Carlos Dunlap II			DT Walter Palmore
Mar. 17	Re-signed	DT Poona Ford	May 14	Signed	DE Marcus Webb S LaDarius Wiley
Mar. 18	Re-signed	FB Nick Bellore			S Aashari Crosswell T Jake Curhan
Mar. 19	Signed	CB Ahkello Witherspoon			LB Aaron Donkor G Greg Eiland
Mar. 21	Signed Traded to Las Vegas Acquired from Las Vegas	TE Gerald Everett 2021 fifth-round draft pick G Gabe Jackson			RB B.J. Emmons WR D'Wayne Eskridge
Mar. 22	Re-signed	C Ethan Pocic			T Stone Forsythe DT Jarrod Hewitt
Mar. 25	Signed	DE Kerry Hyder Jr.			G Jared Hocker WR Cade Johnson
			May 21	Signed	RB Josh Johnson
			May 26	Waived/injured Signed	G Pier-Olivier Lestage CB Bryan Mills
			June 4	Signed to contract extension	LB Jon Rhattigan
			June 7	Released	WR Tamorrion Terry
			June 8	Signed ERFA tender Signed	WR Connor Wedington
			June 11	Released	CB Tre Brown
			June 14	Signed	DE Marcus Webb
			June 16	Released Signed	TE Cam Sutton
			June 30	Released	P Michael Dickson
			July 23	Signed	TE Nick Guggemos S Ryan Neal
					WR Travis Toivonen S LaDarius Wiley
					CB Will Sunderland RB B.J. Emmons
					TE Dominick Wood-Anderson WR Tamorrion Terry
					RB Cameron Scarlett



Transactions

July 26	Released	CB Saivion Smith
	Signed	WR Darece Roberson
Aug. 1	Released	QB Danny Etling
	Signed	QB Sean Mannion
Aug. 6	Released	WR Darvin Kidsy
	Signed	TE Michael Jacobson
Aug. 10	Released	TE Michael Jacobson
		WR Darece Roberson
	Signed	T Lukayus McNeil
		WR Anthony Ratliff-Williams
Aug. 11	Released	DE Aldon Smith
		LB Lakiem Williams
Aug. 12	Released	CB Bryan Mills
	Signed	WR Darece Roberson
Aug. 16	Released	LB Nate Evans
		T Lukayus McNeil
		CB Jordan Miller
		DT Walter Palmore
		WR Anthony Ratliff-Williams
		RB Cameron Scarlett
	Signed	DE Alex Tchangam
Aug. 22	Released	TE Dominick Wood-Anderson
Aug. 23	Placed on injured reserve	LB Ben Burr-Kirven
		WR John Ursua
	Released	QB Alex McGough
		DT Cedrick Lattimore
Aug. 24	Released	CB Pierre Desir
		DE Alex Tchangam
	Signed	TE Luke Willson
	<i>(2,702nd transaction since 2010)</i>	



Participation Chart

Game Date	1 8/14 @LV	2 8/21 Den	3 8/28 LAC		2021 G	S	IN	DNP
Game	@LV	Den	LAC					
Adams, J.	dnp	dnp			0	0	0	2
Adams, M.	DT	DT			2	2	0	0
Amadi, U.	FS	FS			2	2	0	0
Barton, C.	lb	MLB			2	1	0	0
Bellore, N.	sub	fb/lb			2	0	0	0
Blair, M.	dnp	dnp			0	0	0	2
Brooks, J.	OLB	OLB			2	2	0	0
Brown, D.	dnp	dnp			2	0	0	2
Brown, T.	cb	cb			2	0	0	0
Burr-Kirven, B.	LB	sub			2	1	0	0
Carson, C.	dnp	dnp			0	0	0	2
Champion, T.	dnp	t			1	0	0	1
Collier, L.	DE	DE			2	2	0	0
Collins, A.	RB	RB			2	2	0	0
Crosswell, A.	s	s			2	0	0	0
Curhan, J.	RT	RT			2	2	0	0
Dallas, D.	rb	rb			2	0	0	0
Desir, P.	cb	cb			2	0	0	0
Dickson, M.	p	p			2	0	0	0
Diggs, Q.	dnp	dnp			0	0	0	2
Dissly, W.	dnp	dnp			0	0	0	2
Donkor, A.	lb	lb			2	0	0	0
Dunlap II, C.	dnp	dnp			0	0	0	2
Eiland, G.	t	t			2	0	0	0
Eskridge, D.	dnp	dnp			0	0	0	2
Evans, N.	lb				1	0	0	0
Everett, G.	dnp	dnp			0	0	0	2
Flowers, T.	CB	CB			2	2	0	0
Ford, P.	dnp	dnp			0	0	0	2
Forsythe, S.	LT	LT			2	2	0	0
Fuller, A.	WR	WR			2	2	0	0
Fuller, K.	C	C			2	2	0	0
Green, R.	DE	DE			2	2	0	0
Hart, P.	dnp	dnp			0	0	0	2
Haynes, P.	RG	RG			2	2	0	0
Heslop, G.	cb	cb			2	0	0	0
Hewitt, J.	dt	dt			2	0	0	0
Hocker, J.	g	g			2	0	0	0
Homer, T.	pup	pup			0	0	0	0
Hyder, K.	dnp	de			1	0	0	1
Jackson, G.	dnp	dnp			0	0	0	2
Johnson, C.	wr	wr			2	0	0	0
Johnson, J.	rb	rb			2	0	0	0
Jones, J.	t	dnp			1	0	0	1
Lattimore, C.	dt	dt			2	0	0	0
Lestage, P.	c	c			2	0	0	0
Lewis, D.	dnp	LG			1	1	0	1
Lockett, T.	dnp	dnp			0	0	0	2
Lundblade, B.	c	c			2	0	0	0
McGough, A.	qb	QB			2	1	0	0
McNeil, L.	t				1	0	0	0
Mabry, T.	dnp	dnp			0	0	0	2
Mannion, S.	qb	qb			2	0	0	0
Mayowa, B.	dnp	dnp			0	0	0	2
Metcalfe, D.	dnp	dnp			0	0	0	2
Miller, J.	cb				1	0	0	0
Mone, B.	DT	dt			2	1	0	0
Moon, J.	s	s			2	0	0	0
Myers, J.	k	k			2	0	0	0
Neal, R.	SS	SS			2	2	0	0
Nkemdiche, R.	dnp	dnp			0	0	0	2
Ogbuehi, C.	dnp	dnp			0	0	0	2
Ott, T.	ls	ls			2	0	0	0
Palmore, W.	dt				1	0	0	0
Parkinson, C.	dnp	dnp			0	0	0	2
Penny, R.	dnp	RB			1	1	0	1
Pocic, E.	dnp	dnp			0	0	0	2
Randall, D.	dnp	cb			1	0	0	0
Ratliff-Williams	wr				1	0	0	0
Reed, D.	dnp	dnp			0	0	0	2
Rhattigan, J.	dnp	dnp			0	0	0	2
Roberson, D.	wr	wr			2	0	0	0
Robinson, A.	dt	dt			2	0	0	0
Scarlett, C.	rb				1	0	0	0
Shell, B.	dnp	dnp			0	0	0	2
Simmons, J.	LG	g			2	1	0	0
Smith, G.	QB	dnp			1	1	0	1
Sunderland, W.	cb	cb			2	0	0	0
Sutton, C.	TE	te			2	1	0	0
Swain, F.	WR	sub			2	1	0	0
Taylor, D.	DE	OLB			2	2	0	0
Tchamgam, A.		de			1	0	0	0
Thompson, C.	WR	WR			2	2	0	0
Toivonen, T.	wr	wr			2	0	0	0
Ursua, J.	wr	wr			2	0	0	0
Wagner, B.	dnp	dnp			0	0	0	2
Wedington, C.	wr	wr			2	0	0	0
Williams, L.	lb	lb			2	0	0	0
Wilson, R.	dnp	dnp			0	0	0	2
Witherspoon, A.	CB	CB			2	2	0	0
Wood-Anderson	te	TE			2	1	0	0
Woods, A.	dnp	DT			1	1	0	1

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; C19 - COVID-19 list



How Built

Year	By Draft	Trade/Waivers/Practice Squad	Free Agents	
2021	WR Dee Eskridge (2) CB Tre Brown (4) T Stone Forsythe (6)	G Gabe Jackson (T)	2021 S Aashari Crosswell G Jake Curhan LB Aaron Donkor T Greg Eiland TE Gerald Everett (UFA) DT Jarrod Hewitt G Jared Hocker DE Kerry Hyder Jr. (UFA) WR Cade Johnson RB Josh Johnson G Pier-Olivier Lestage QB Sean Mannion S Josh Moon DE Robert Nkemdiche LB Jon Rhattigan WR Darece Roberson CB Will Sunderland TE Cam Sutton WR Travis Toivonen WR Connor Wedington LB Lakiem Williams CB Ahkello Witherspoon (UFA) DT Al Woods	2019 FB Nick Bellore C/G Kyle Fuller WR Penny Hart DT Bryan Mone K Jason Myers (UFA) S Ryan Neal QB Geno Smith WR Cody Thompson
2020	LB Jordyn Brooks (1) DE Darrell Taylor (2) G Damien Lewis (3) TE Colby Parkinson (4a) RB DeeJay Dallas (4b) DE Alton Robinson (5) WR Freddie Swain (6)	S Jamal Adams (T) DE Carlos Dunlap II (T) CB D.J. Reed (W)		2018 DT Poona Ford
2019	DE L.J. Collier (1) S Marquise Blair (2a) WR DK Metcalf (2b) LB Cody Barton (3) G Phil Haynes (4b) S Ugo Amadi (4c) RB Travis Homer (6a)	S Quandre Diggs (T)		2016 LS Tyler Ott
2018	RB Rashaad Penny (1) DE Rasheem Green (3) TE Will Dissly (4) CB Tre Flowers (5b) P Michael Dickson (5c) G/T Jamarco Jones (5d)	G Jordan Simmons (W)		
2017	C Ethan Pocic (2b) RB Chris Carson (7b)	T Duane Brown (T)		
2016	RB Alex Collins (5b)			
2015	WR Tyler Lockett (3)			
2013	TE Luke Willson (5c)			
2012	LB Bobby Wagner (2) QB Russell Wilson (3)			
			2020 DT Myles Adams T Tommy Champion WR Aaron Fuller CB Gavin Heslop C Brad Lundblade TE Tyler Mabry DE Benson Mayowa (UFA) T Cedric Ogbuehi (UFA) CB Damarious Randall T Brandon Shell (UFA)	

2021 Seattle Seahawks Alphabetical Roster (Updated 8/24/21)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
33	Adams, Jamal	SS	6-1	213	10/17/1995	25	5	Louisiana State	Lewisville, Texas	T(NYJ)-'20
67	Adams, Myles	DT	6-2	290	3/9/1998	23	2	Rice	Arlington, Texas	FA-'20
28	Amadi, Ugo	FS	5-9	201	5/16/1997	24	3	Oregon	Nashville, Tenn.	D4(c)-'19
57	Barton, Cody	LB	6-2	237	11/13/1996	24	3	Utah	Salt Lake City, Utah	D3-'19
44	Bellore, Nick	FB	6-1	250	5/12/1989	32	11	Central Michigan	St. Paul, Minn.	FA-'19
27	Blair, Marquise	FS	6-1	196	7/18/1997	24	3	Utah	Wooster, Ohio	D2(a)-'19
56	Brooks, Jordyn	LB	6-0	240	10/21/1997	23	2	Texas Tech	Houston, Texas	D1-'20
76	Brown, Duane	T	6-4	315	8/30/1985	35	14	Virginia Tech	Richmond, Va.	T(Hou)-'17
22	Brown, Tre	CB	5-10	185	9/24/1997	23	R	Oklahoma	Tulsa, Okla.	D4-'21
32	Carson, Chris	RB	5-11	222	9/16/1994	26	5	Oklahoma State	Lilburn, Ga.	D7(b)-'17
79	Champion, Tommy	T	6-5	320	3/4/1997	24	2	Mississippi State	Jackson, Miss.	FA-'20
91	Collier, L.J.	DE	6-3	291	9/12/1995	25	3	TCU	Munday, Texas	D1-'19
41	Collins, Alex	RB	5-10	210	8/26/1994	26	5	Arkansas	Fort Lauderdale, Fla.	D5(b)-'16
39	Crosswell, Aashari	FS	6-0	208	8/8/2000	21	R	Arizona State	Watts, Calif.	FA-'21
74	Curhan, Jake	T	6-6	316	2/9/1998	23	R	California	Larkspur, Calif.	FA-'21
31	Dallas, DeeJay	RB	5-10	214	9/16/1998	22	2	Miami	Brunswick, Ga.	D4(b)-'20
4	Dickson, Michael	P	6-2	208	1/4/1996	25	4	Texas	Sydney, Australia	D5(c)-'18
6	Diggs, Quandre	FS	5-9	197	1/22/1993	28	7	Texas	Houston, Texas	T(Det)-'19
89	Dissly, Will	TE	6-4	265	7/8/1996	25	4	Washington	Bozeman, Mont.	D4-'18
43	Donkor, Aaron	LB	6-1	240	3/21/1995	26	1	Arkansas State	Goettingen, Germany	FA-'21
8	Dunlap II, Carlos	DE	6-6	285	2/28/1989	32	12	Florida	North Charleston, S.C.	T(Cin)-'20
75	Eiland, Greg	T	6-8	321	2/1/1998	23	R	Mississippi State	Philadelphia, Miss.	FA-'21
1	Eskridge, Dee	WR	5-9	190	3/23/1997	24	R	Western Michigan	Bluffton, Ind.	D2-'21
81	Everett, Gerald	TE	6-3	240	6/25/1994	27	5	South Alabama	Decatur, Ga.	UFA(LAR)-'21
21	Flowers, Tre	CB	6-3	203	6/2/1995	26	4	Oklahoma State	Converse, Texas	D5(b)-'18
97	Ford, Poona	DT	5-11	310	11/19/1995	25	4	Texas	Hilton Head, S.C.	FA-'18
78	Forsythe, Stone	T	6-8	307	12/29/1997	23	R	Florida	Winter Garden, Fla.	D6-'21
17	Fuller, Aaron	WR	5-11	188	9/30/1997	23	2	Washington	McKinney, Texas	FA-'20
61	Fuller, Kyle	C/G	6-5	320	3/4/1994	27	5	Baylor	Duncanville, Texas	FA-'19
94	Green, Rasheem	DE	6-4	279	5/15/1997	24	4	USC	Los Angeles, Calif.	D3-'18
19	Hart, Penny	WR	5-8	180	7/5/1996	24	3	Georgia State	Roswell, Ga.	FA-'19
60	Haynes, Phil	G	6-4	322	10/19/1995	25	3	Wake Forest	Raleigh, N.C.	D4(b)-'19
38	Heslop, Gavin	CB	6-0	197	11/13/1997	23	2	Stony Brook	Yonkers, N.Y.	FA-'20
62	Hewitt, Jarrod	DT	6-1	290	1/13/1997	23	R	Virginia Tech	Venice, Fla.	FA-'21
63	Hocker, Jared	G	6-6	327	7/11/1998	23	R	Texas A&M	N. Richland Hills, Texas	FA-'21
25	Homer, Travis	RB	5-10	202	8/7/1998	23	3	Miami	West Palm Beach, Fla.	D6(a)-'19
51	Hyder Jr., Kerry	DE	6-2	275	5/2/1991	30	8	Texas Tech	Austin, Texas	UFA(SF)-'21
66	Jackson, Gabe	G	6-3	335	7/12/1991	30	8	Mississippi State	Liberty, Miss.	T(LV)-'21
88	Johnson, Cade	WR	5-10	184	4/10/1998	23	R	South Dakota State	Papillion, Neb.	FA-'21
34	Johnson, Josh	RB	5-9	209	12/26/1997	23	R	Louisiana-Monroe	Hurtsboro, Ala.	FA-'21
73	Jones, Jamarco	T	6-4	293	6/4/1996	25	4	Ohio State	Chicago, Ill.	D5(d)-'18
62	Lestage, Pier-Olivier	G	6-3	312	8/4/1997	24	R	Montreal	Saint Eustache, Quebec	FA-'21
68	Lewis, Damien	G	6-2	327	3/21/1997	24	2	Louisiana State	Canton, Miss.	D3-'20
16	Lockett, Tyler	WR	5-10	182	9/28/1992	28	7	Kansas State	Tulsa, Okla.	D3-'15
64	Lundblade, Brad	C	6-3	295	9/21/1995	25	4	Oklahoma State	Argyle, Texas	FA-'20
85	Mabry, Tyler	TE	6-3	247	11/21/1996	24	2	Maryland	Ypsilanti, Mich.	FA-'20
9	Mannion, Sean	QB	6-6	230	4/25/1992	29	7	Oregon State	Pleasanton, Calif.	FA-'21
95	Mayowa, Benson	DE	6-3	252	8/3/1991	30	9	Idaho	Los Angeles, Calif.	UFA(Las)-'20
14	Metcalf, DK	WR	6-4	235	12/14/1997	23	3	Mississippi	Oxford, Miss.	D2(b)-'19
90	Mone, Bryan	DT	6-3	345	10/20/1995	25	3	Michigan	Salt Lake City, Utah	FA-'19
37	Moon, Josh	SS	5-10	205	5/18/1997	24	1	Georgia Southern	Fairburn, Ga.	FA-'21
5	Myers, Jason	K	5-10	190	5/12/1991	30	7	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
26	Neal, Ryan	SS	6-3	200	12/24/1995	25	4	Southern Illinois	Hammond, Ind.	FA-'19
92	Nkemdiche, Robert	DT	6-4	296	9/19/1994	26	5	Mississippi	Loganville, Ga.	FA-'21
70	Ogbuehi, Cedric	T	6-5	308	4/25/1992	29	7	Texas A&M	Allen, Texas	UFA(Jac)-'20
69	Ott, Tyler	LS	6-3	253	2/28/1992	29	7	Harvard	Tulsa, Okla.	FA-'16
84	Parkinson, Colby	TE	6-7	251	1/7/1999	22	2	Stanford	Simi Valley, Calif.	D4(a)-'20
20	Penny, Rashaad	RB	5-11	220	2/2/1996	25	4	San Diego State	Norwalk, Calif.	D1-'18
77	Pocic, Ethan	C/G	6-6	320	8/5/1995	26	5	Louisiana State	Lemont, Ill.	D2(b)-'17
23	Randall, Damarious	CB	5-11	196	8/29/1992	28	7	Arizona State	Pensacola, Fla.	FA-'20
29	Reed, D.J.	CB	5-9	193	11/11/1996	24	4	Kansas State	Bakersfield, Calif.	W(SF)-'20
59	Rhattigan, Jon	LB	6-0	236	2/2/1999	22	R	Army	Naperville, Ill.	FA-'21
83	Roberson, Darece	WR	5-9	170	7/29/1998	23	1	Wayne State	Muskegon, Mich.	FA-'21
98	Robinson, Alton	DE	6-3	259	6/2/1998	23	2	Syracuse	Converse, Texas	D5-'20
72	Shell, Brandon	T	6-5	324	2/6/1992	29	6	South Carolina	Goose Creek, S.C.	UFA(NYJ)-'20
65	Simmons, Jordan	G	6-4	339	7/15/1994	25	5	USC	Inglewood, Calif.	W(Las)-'18
7	Smith, Geno	QB	6-3	221	10/10/1990	30	9	West Virginia	Miramar, Fla.	FA-'19
42	Sunderland, Will	CB	6-2	196	9/11/1996	24	2	Troy	Midwest City, Okla.	FA-'21
46	Sutton, Cam	TE	6-6	249	9/13/1996	24	1	Fresno State	Norco, Calif.	FA-'21
18	Swain, Freddie	WR	6-0	199	8/4/1998	23	2	Florida	Ocala, Fla.	D6-'20
52	Taylor, Darrell	DE	6-4	267	3/24/1997	24	2	Tennessee	Hopewell, Va.	D2-'20
11	Thompson, Cody	WR	6-2	205	1/11/1996	25	3	Toledo	Huron, Ohio	FA-'19
86	Toivonen, Travis	WR	6-4	212	4/22/1998	23	1	North Dakota	Red Wing, Minn.	FA-'21
54	Wagner, Bobby	LB	6-0	242	6/27/1990	31	10	Utah State	Ontario, Calif.	D2-'12
87	Wedington, Connor	WR	6-0	200	5/28/1999	22	R	Stanford	Lake Tapps, Wash.	FA-'21
48	Williams, Lakiem	LB	5-11	220	8/18/1997	24	1	Syracuse	Tacoma, Wash.	FA-'21
82	Willson, Luke	TE	6-5	254	1/15/1990	30	9	Rice	LaSalle, Ontario	D5(c)-'13
3	Wilson, Russell	QB	5-11	215	11/29/1988	32	10	Wisconsin	Richmond, Va.	D3-'12
2	Witherspoon, Ahkello	CB	6-3	195	3/21/1995	26	5	Colorado	Sacramento, Calif.	UFA(SF)-'21
93	Woods, Al	DT	6-3	330	3/25/1987	34	11	Louisiana State	Jennings, La.	FA-'21

Head Coach: Pete Carroll, Ken Norton, Jr. (Defensive Coordinator), Shane Waldron (Offensive Coordinator), Dave Canales (Offensive Passing Game Coordinator), Nate Carroll (WRs), Aaron Curry (Defensive Asst./LBs), Andre Curtis (Defensive Passing Game Coordinator), Austin Davis (QB), Andy Dickerson (Run Game Coordinator), Thomas Garcia (Strength & Cond. Asst.), John Glenn (LBs), Clint Hurtt (Asst. Head Coach-Def./DL), Brad Izkiz (QC-Off./Asst. QBs), Larry Izzo (Special Teams Coord.), Kerry Joseph (Asst. WRs), Keli'i Kekuewa (Asst. Offensive Line), Damione Lewis (Defensive Asst./DL), Ivan Lewis (Head Strength & Conditioning), Pat McPherson (TEs), Chad Morton (Running Backs), Mark Philipp (Strength & Cond. Asst.), DeShawn Shead (Defensive Asst./DBs), Carl Smith (Associate Head Coach), Tracy Smith (Asst. Special Teams), Mike Solari (Offensive Line), Grant Steen (Strength & Conditioning Asst.), Danny van Dijk (Strength & Conditioning Asst.), Jamie Yanchar (Strength & Cond. Asst.).

2021 Seattle Seahawks Numerical Roster (updated 8/24/21)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
1	Dee Eskridge	WR	5-9	190	3/23/1997	24	R	Western Michigan	Bluffton, Ind.	D2-'21
2	Ahkello Witherspoon	CB	6-3	195	3/21/1995	26	5	Colorado	Sacramento, Calif.	UFA(SF)-'21
3	Russell Wilson	QB	5-11	215	11/29/1988	32	10	Wisconsin	Richmond, Va.	D3-'12
4	Michael Dickson	P	6-2	208	1/4/1996	25	4	Texas	Sydney, Australia	D5(c)-'18
5	Jason Myers	K	5-10	190	5/12/1991	30	7	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
6	Quandre Diggs	FS	5-9	197	1/22/1993	28	7	Texas	Houston, Texas	T(Det)-'19
7	Geno Smith	QB	6-3	221	10/10/1990	30	9	West Virginia	Miramar, Fla.	FA-'19
8	Carlos Dunlap II	DE	6-6	285	2/28/1989	32	12	Florida	North Charleston, S.C.	T(Cin)-'20
9	Sean Mannion	QB	6-6	230	4/25/1992	29	7	Oregon State	Pleasanton, Calif.	FA-'21
11	Cody Thompson	WR	6-2	205	1/11/1996	25	3	Toledo	Huron, Ohio	FA-'19
14	DK Metcalf	WR	6-4	235	12/14/1997	23	3	Mississippi	Oxford, Miss.	D2(b)-'19
16	Tyler Lockett	WR	5-10	182	9/28/1992	28	7	Kansas State	Tulsa, Okla.	D3-'15
17	Aaron Fuller	WR	5-11	188	9/30/1997	23	2	Washington	McKinney, Texas	FA-'20
18	Freddie Swain	WR	6-0	199	8/4/1998	23	2	Florida	Ocala, Fla.	D6-'20
19	Penny Hart	WR	5-8	180	7/5/1996	24	3	Georgia State	Roswell, Ga.	FA-'19
20	Rashaad Penny	RB	5-11	220	2/2/1996	25	4	San Diego State	Norwalk, Calif.	D1-'18
21	Tre Flowers	CB	6-3	203	6/2/1995	26	4	Oklahoma State	Converse, Texas	D5(b)-'18
22	Tre Brown	CB	5-10	185	9/24/1997	23	R	Oklahoma	Tulsa, Okla.	D4-'21
23	Damarius Randall	CB	5-11	196	8/29/1992	28	7	Arizona State	Pensacola, Fla.	FA-'20
25	Travis Homer	RB	5-10	202	8/7/1998	23	3	Miami	West Palm Beach, Fla.	D6(a)-'19
26	Ryan Neal	SS	6-3	200	12/24/1995	25	4	Southern Illinois	Hammond, Ind.	FA-'19
27	Marquise Blair	FS	6-1	196	7/18/1997	24	3	Utah	Wooster, Ohio	D2(a)-'19
28	Ugo Amadi	FS	5-9	201	5/16/1997	24	3	Oregon	Nashville, Tenn.	D4(c)-'19
29	D.J. Reed	CB	5-9	193	11/11/1996	24	4	Kansas State	Bakersfield, Calif.	W(SF)-'20
31	DeeJay Dallas	RB	5-10	214	9/16/1998	22	2	Miami	Brunswick, Ga.	D4(b)-'20
32	Chris Carson	RB	5-11	222	9/16/1994	26	5	Oklahoma State	Lilburn, Ga.	D7(b)-'17
33	Jamal Adams	SS	6-1	213	10/17/1995	25	5	Louisiana State	Lewisville, Texas	T(NYJ)-'20
34	Josh Johnson	RB	5-9	209	12/26/1997	23	R	Louisiana-Monroe	Hurtsboro, Ala.	FA-'21
37	Josh Moon	SS	5-10	205	5/18/1997	24	1	Georgia Southern	Fairburn, Ga.	FA-'21
38	Gavin Heslop	CB	6-0	197	11/13/1997	23	2	Stony Brook	Yonkers, N.Y.	FA-'20
39	Aashari Crosswell	FS	6-0	208	8/8/2000	21	R	Arizona State	Watts, Calif.	FA-'21
41	Alex Collins	RB	5-10	210	8/26/1994	26	5	Arkansas	Fort Lauderdale, Fla.	D5(b)-'16
42	Will Sunderland	CB	6-2	196	9/11/1996	24	2	Troy	Midwest City, Okla.	FA-'21
43	Aaron Donkor	LB	6-1	240	3/21/1995	26	1	Arkansas State	Goettingen, Germany	FA-'21
44	Nick Bellore	FB	6-1	250	5/12/1989	32	11	Central Michigan	St. Paul, Minn.	FA-'19
46	Cam Sutton	TE	6-6	249	9/13/1996	24	1	Fresno State	Norco, Calif.	FA-'21
48	Lakiem Williams	LB	5-11	220	8/18/1997	24	1	Syracuse	Tacoma, Wash.	FA-'21
51	Kerry Hyder Jr.	DE	6-2	275	5/2/1991	30	8	Texas Tech	Austin, Texas	UFA(SF)-'21
52	Darrell Taylor	DE	6-4	267	3/24/1997	24	2	Tennessee	Hopewell, Va.	D2-'20
54	Bobby Wagner	LB	6-0	242	6/27/1990	31	10	Utah State	Ontario, Calif.	D2-'12
56	Jordyn Brooks	LB	6-0	240	10/21/1997	23	2	Texas Tech	Houston, Texas	D1-'20
57	Cody Barton	LB	6-2	237	11/13/1996	24	3	Utah	Salt Lake City, Utah	D3-'19
59	Jon Rhattigan	LB	6-0	236	2/2/1999	22	R	Army	Naperville, Ill.	FA-'21
60	Phil Haynes	G	6-4	322	10/19/1995	25	3	Wake Forest	Raleigh, N.C.	D4(b)-'19
61	Kyle Fuller	C/G	6-5	320	3/4/1994	27	5	Baylor	Duncanville, Texas	FA-'19
62	Pier-Olivier Lestage	G	6-3	312	8/4/1997	24	R	Montreal	Saint Eustache, Quebec	FA-'21
62	Jarrold Hewitt	DT	6-1	290	11/3/1997	23	R	Virginia Tech	Venice, Fla.	FA-'21
63	Jared Hocker	G	6-6	327	7/11/1998	23	R	Texas A&M	N. Richland Hills, Texas	FA-'21
64	Brad Lundblade	C	6-3	295	9/21/1995	25	4	Oklahoma State	Argyle, Texas	FA-'20
65	Jordan Simmons	G	6-4	339	7/15/1994	25	5	USC	Inglewood, Calif.	W(Las)-'18
66	Gabe Jackson	G	6-3	335	7/12/1991	30	8	Mississippi State	Liberty, Miss.	T(LV)-'21
67	Myles Adams	DT	6-2	290	3/9/1998	23	2	Rice	Arlington, Texas	FA-'20
68	Damien Lewis	G	6-2	327	3/21/1997	24	2	Louisiana State	Canton, Miss.	D3-'20
69	Tyler Ott	LS	6-3	253	2/28/1992	29	7	Harvard	Tulsa, Okla.	FA-'16
70	Cedric Ogbuehi	T	6-5	308	4/25/1992	29	7	Texas A&M	Allen, Texas	UFA(Jac)-'20
72	Brandon Shell	T	6-5	324	2/6/1992	29	6	South Carolina	Goose Creek, S.C.	UFA(NYJ)-'20
73	Jamarco Jones	T	6-4	293	6/4/1996	25	4	Ohio State	Chicago, Ill.	D5(d)-'18
74	Jake Curhan	T	6-6	316	2/9/1998	23	R	California	Larkspur, Calif.	FA-'21
75	Greg Eiland	T	6-8	321	2/1/1998	23	R	Mississippi State	Philadelphia, Miss.	FA-'21
76	Duane Brown	T	6-4	315	8/30/1985	35	14	Virginia Tech	Richmond, Va.	T(Hou)-'17
77	Ethan Pocic	C/G	6-6	320	8/5/1995	26	5	Louisiana State	Lemont, Ill.	D2(b)-'17
78	Stone Forsythe	T	6-8	307	12/29/1997	23	R	Florida	Winter Garden, Fla.	D6-'21
79	Tommy Champion	T	6-5	320	3/4/1997	24	2	Mississippi State	Jackson, Miss.	FA-'20
81	Gerald Everett	TE	6-3	240	6/25/1994	27	5	South Alabama	Decatur, Ga.	UFA(LAR)-'21
82	Luke Willson	TE	6-5	254	1/15/1990	30	9	Rice	LaSalle, Ontario	D5(c)-'13
83	Darece Roberson	WR	5-9	170	7/29/1998	23	1	Wayne State	Muskegon, Mich.	FA-'21
84	Colby Parkinson	TE	6-7	251	1/7/1999	22	2	Stanford	Simi Valley, Calif.	D4(a)-'20
85	Tyler Mabry	TE	6-3	247	11/21/1996	24	2	Maryland	Ypsilanti, Mich.	FA-'20
86	Travis Toivonen	WR	6-3	247	4/22/1998	23	1	North Dakota	Red Wing, MN	FA-'21
87	Connor Wedington	WR	6-0	200	5/28/1999	22	R	Stanford	Lake Tapps, Wash.	FA-'21
88	Cade Johnson	WR	5-10	184	4/10/1998	23	R	South Dakota State	Papillion, Neb.	FA-'21
89	Will Dissly	TE	6-4	265	7/8/1996	25	4	Washington	Bozeman, Mont.	D4-'18
90	Bryan Mone	DT	6-3	345	10/20/1995	25	3	Michigan	Salt Lake City, Utah	FA-'19
91	L.J. Collier	DE	6-3	291	9/12/1995	25	3	TCU	Munday, Texas	D1-'19
92	Robert Nkemdiche	DT	6-4	296	9/19/1994	26	5	Mississippi	Loganville, Ga.	FA-'21
93	Al Woods	DT	6-3	330	3/25/1987	34	11	Louisiana State	Jennings, La.	FA-'21
94	Rasheem Green	DE	6-4	279	5/15/1997	24	4	USC	Los Angeles, Calif.	D3-'18
95	Benson Mayowa	DE	6-3	252	8/3/1991	30	9	Idaho	Los Angeles, Calif.	UFA(Las)-'20
97	Poona Ford	DT	5-11	310	11/19/1995	25	4	Texas	Hilton Head, S.C.	FA-'18
98	Alton Robinson	DE	6-3	259	6/2/1998	23	2	Syracuse	Converse, Texas	D5-'20

Physically Unable to Perform

25	Travis Homer	RB	5-10	202	8/7/1998	23	3	Miami	West Palm Beach, Fla.	D6(a)-'19
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Injured Reserve

15	John Ursua	WR	5-9	182	1/17/1994	27	3	Hawaii	Kailua-Kona, Hawaii	D7-'19
55	Ben Burr-Kirven	LB	6-0	230	9/8/1997	23	3	Washington	Menlo Park, Calif.	D5-'19

2021 Seattle Seahawks Positional Roster (updated 8/24/21)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
2	Ahkello Witherspoon	CB	6-3	195	3/21/1995	26	5	Colorado	Sacramento, Calif.	UFA(SF)-'21
21	Tre Flowers	CB	6-3	203	6/2/1995	26	4	Oklahoma State	Converse, Texas	D5(b)-'18
22	Tre Brown	CB	5-10	185	9/24/1997	23	R	Oklahoma	Tulsa, Okla.	D4-'21
23	Damarious Randall	CB	5-11	196	8/29/1992	28	7	Arizona State	Pensacola, Fla.	FA-'20
29	D.J. Reed	CB	5-9	193	11/11/1996	24	4	Kansas State	Bakersfield, Calif.	W(SF)-'20
38	Gavin Heslop	CB	6-0	197	11/13/1997	23	2	Stony Brook	Yonkers, N.Y.	FA-'20
42	Will Sunderland	CB	6-2	196	9/11/1996	24	2	Troy	Midwest City, Okla.	FA-'21
6	Quandre Diggs	FS	5-9	197	1/22/1993	28	7	Texas	Houston, Texas	T(Det)-'19
26	Ryan Neal	SS	6-3	200	12/24/1995	25	4	Southern Illinois	Hammond, Ind.	FA-'19
27	Marquise Blair	FS	6-1	196	7/18/1997	24	3	Utah	Wooster, Ohio	D2(a)-'19
28	Ugo Amadi	FS	5-9	201	5/16/1997	24	3	Oregon	Nashville, Tenn.	D4(c)-'19
33	Jamal Adams	SS	6-1	213	10/17/1995	25	5	Louisiana State	Lewisville, Texas	T(NYJ)-'20
37	Josh Moon	SS	5-10	205	5/18/1997	24	1	Georgia Southern	Fairburn, Ga.	FA-'21
39	Aashari Crosswell	FS	6-0	208	8/8/2000	21	R	Arizona State	Watts, Calif.	FA-'21
8	Carlos Dunlap II	DE	6-6	285	2/28/1989	32	12	Florida	North Charleston, S.C.	T(Cin)-'20
51	Kerry Hyder Jr.	DE	6-2	275	5/2/1991	30	8	Texas Tech	Austin, Texas	UFA(SF)-'21
52	Darrell Taylor	DE	6-4	267	3/24/1997	24	2	Tennessee	Hopewell, Va.	D2-'20
91	L.J. Collier	DE	6-3	291	9/12/1995	25	3	TCU	Munday, Texas	D1-'19
94	Rashem Green	DE	6-4	279	5/15/1997	24	4	USC	Los Angeles, Calif.	D3-'18
95	Benson Mayowa	DE	6-3	252	8/3/1991	30	9	Idaho	Los Angeles, Calif.	UFA(Las)-'20
98	Alton Robinson	DE	6-3	259	6/2/1998	23	2	Syracuse	Converse, Texas	D5-'20
62	Jarrod Hewitt	DT	6-1	290	11/3/1997	23	R	Virginia Tech	Venice, Fla.	FA-'21
67	Myles Adams	DT	6-2	290	3/9/1998	23	2	Rice	Arlington, Texas	FA-'20
90	Bryan Mone	DT	6-3	345	10/20/1995	25	3	Michigan	Salt Lake City, Utah	FA-'19
92	Robert Nkemdiche	DT	6-4	296	9/19/1994	26	5	Mississippi	Loganville, Ga.	FA-'21
93	Al Woods	DT	6-3	330	3/25/1987	34	11	Louisiana State	Jennings, La.	FA-'21
97	Poona Ford	DT	5-11	310	11/19/1995	25	4	Texas	Hilton Head, S.C.	FA-'18
43	Aaron Donkor	LB	6-1	240	3/21/1995	26	1	Arkansas State	Goettingen, Germany	FA-'21
48	Lakiem Williams	LB	5-11	220	8/18/1997	24	1	Syracuse	Tacoma, Wash.	FA-'21
54	Bobby Wagner	LB	6-0	242	6/27/1990	31	10	Utah State	Ontario, Calif.	D2-'12
56	Jordyn Brooks	LB	6-0	240	10/21/1997	23	2	Texas Tech	Houston, Texas	D1-'20
57	Cody Barton	LB	6-2	237	11/13/1996	24	3	Utah	Salt Lake City, Utah	D3-'19
59	Jon Rhattigan	LB	6-0	236	2/2/1999	22	R	Army	Naperville, Ill.	FA-'21
20	Rashaad Penny	RB	5-11	220	2/2/1996	25	4	San Diego State	Norwalk, Calif.	D1-'18
25	Travis Homer	RB	5-10	202	8/7/1998	23	3	Miami	West Palm Beach, Fla.	D6(a)-'19
31	DeeJay Dallas	RB	5-10	214	9/16/1998	22	2	Miami	Brunswick, Ga.	D4(b)-'20
32	Chris Carson	RB	5-11	222	9/16/1994	26	5	Oklahoma State	Lilburn, Ga.	D7(b)-'17
34	Josh Johnson	RB	5-9	209	12/26/1997	23	R	Louisiana-Monroe	Huntsboro, Ala.	FA-'21
41	Alex Collins	RB	5-10	210	8/26/1994	26	5	Arkansas	Fort Lauderdale, Fla.	D5(b)-'16
44	Nick Bellore	FB	6-1	250	5/12/1989	32	11	Central Michigan	St. Paul, Minn.	FA-'19
3	Russell Wilson	QB	5-11	215	11/29/1988	32	10	Wisconsin	Richmond, Va.	D3-'12
7	Geno Smith	QB	6-3	221	10/10/1990	30	9	West Virginia	Miramar, Fla.	FA-'19
9	Sean Mannion	QB	6-6	230	4/25/1992	29	7	Oregon State	Pleasanton, Calif.	FA-'21
60	Phil Haynes	G	6-4	322	10/19/1995	25	3	Wake Forest	Raleigh, N.C.	D4(b)-'19
61	Kyle Fuller	C/G	6-5	320	3/4/1994	27	5	Baylor	Duncanville, Texas	FA-'19
62	Pier-Olivier Lestage	G	6-3	312	8/4/1997	24	R	Montreal	Saint Eustache, Quebec	FA-'21
63	Jared Hocker	G	6-6	327	7/11/1998	23	R	Texas A&M	N. Richland Hills, Texas	FA-'21
64	Brad Lundblade	C	6-3	295	9/21/1995	25	4	Oklahoma State	Argyle, Texas	FA-'20
65	Jordan Simmons	G	6-4	339	7/15/1994	25	5	USC	Inglewood, Calif.	W(Las)-'18
66	Gabe Jackson	G	6-3	335	7/12/1991	30	8	Mississippi State	Liberty, Miss.	T(LV)-'21
68	Damien Lewis	G	6-2	327	3/21/1997	24	2	Louisiana State	Canton, Miss.	D3-'20
77	Ethan Pocic	C/G	6-6	320	8/5/1995	26	5	Louisiana State	Lemont, Ill.	D2(b)-'17
70	Cedric Ogbuehi	T	6-5	308	4/25/1992	29	7	Texas A&M	Allen, Texas	UFA(Jac)-'20
72	Brandon Shell	T	6-5	324	2/6/1992	29	6	South Carolina	Goose Creek, S.C.	UFA(NYJ)-'20
73	Jamarco Jones	T	6-4	293	6/4/1996	25	4	Ohio State	Chicago, Ill.	D5(d)-'18
74	Jake Curhan	T	6-6	316	2/9/1998	23	R	California	Larkspur, Calif.	FA-'21
75	Greg Eiland	T	6-8	321	2/1/1998	23	R	Mississippi State	Philadelphia, Miss.	FA-'21
76	Duane Brown	T	6-4	315	8/30/1985	35	14	Virginia Tech	Richmond, Va.	T(Hou)-'17
78	Stone Forsythe	T	6-8	307	12/29/1997	23	R	Florida	Winter Garden, Fla.	D6-'21
79	Tommy Champion	T	6-5	320	3/4/1997	24	2	Mississippi State	Jackson, Miss.	FA-'20
46	Cam Sutton	TE	6-6	249	9/13/1996	24	1	Fresno State	Norco, Calif.	FA-'21
81	Gerald Everett	TE	6-3	240	6/25/1994	27	5	South Alabama	Decatur, Ga.	UFA(LAR)-'21
82	Luke Willson	TE	6-5	254	1/15/1990	30	9	Rice	LaSalle, Ontario	D5(c)-'13
84	Colby Parkinson	TE	6-7	251	1/7/1999	22	2	Stanford	Simi Valley, Calif.	D4(a)-'20
85	Tyler Mabry	TE	6-3	247	11/21/1996	24	2	Maryland	Ypsilanti, Mich.	FA-'20
89	Will Dissly	TE	6-4	265	7/8/1996	25	4	Washington	Bozeman, Mont.	D4-'18
1	Dee Eskridge	WR	5-9	190	3/23/1997	24	R	Western Michigan	Bluffton, Ind.	D2-'21
11	Cody Thompson	WR	6-2	205	1/11/1996	25	3	Toledo	Huron, Ohio	FA-'19
14	DK Metcalf	WR	6-4	235	12/14/1997	23	3	Mississippi	Oxford, Miss.	D2(b)-'19
16	Tyler Lockett	WR	5-10	182	9/28/1992	28	7	Kansas State	Tulsa, Okla.	D3-'15
17	Aaron Fuller	WR	5-11	188	9/30/1997	23	2	Washington	McKinney, Texas	FA-'20
18	Freddie Swain	WR	6-0	199	8/4/1998	23	2	Florida	Ocala, Fla.	D6-'20
19	Penny Hart	WR	5-8	180	7/5/1996	24	3	Georgia State	Roswell, Ga.	FA-'19
83	Darece Roberson	WR	5-9	170	7/29/1998	23	1	Wayne State	Muskegon, Mich.	FA-'21
86	Travis Toivonen	WR	6-4	212	4/22/1998	23	1	North Dakota	Red Wing, Minn.	FA-'21
87	Connor Wedington	WR	6-0	200	5/28/1999	22	R	Stanford	Lake Tapps, Wash.	FA-'21
88	Cade Johnson	WR	5-10	184	4/10/1998	23	R	South Dakota State	Papillion, Neb.	FA-'21
4	Michael Dickson	P	6-2	208	1/4/1996	25	4	Texas	Sydney, Australia	D5(c)-'18
5	Jason Myers	K	5-10	190	5/12/1991	30	7	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
69	Tyler Ott	LS	6-3	253	2/28/1992	29	7	Harvard	Tulsa, Okla.	FA-'16



Unofficial Depth Chart & Pronunciation Guide

OFFENSE

WR	14	DK Metcalf	19	Penny Hart	11	Cody Thompson
			87	<u>Connor Wedington</u>	86	Travis Toivonen
LT	76	Duane Brown	73	Jamarco Jones	78	<u>Stone Forsythe</u>
LG	68	Damien Lewis	65	Jordan Simmons	63	<u>Jared Hocker</u>
C	77	Ethan Pocic	61	Kyle Fuller	64	Brad Lundblade
RG	66	Gabe Jackson	60	Phil Haynes	62	<u>Pier-Olivier Lestage</u>
RT	72	Brandon Shell	70	Cedric Ogbuehi	79	Tommy Champion
			74	<u>Jake Curhan</u>	75	<u>Greg Eiland</u>
TE	81	Gerald Everett	89	Will Dissly	84	Colby Parkinson
			85	Tyler Mabry	46	Cam Sutton
					82	Luke Willson
WR	16	Tyler Lockett	18	Freddie Swain	1	<u>D'Wayne Eskridge</u>
			17	Aaron Fuller	88	<u>Cade Johnson</u>
QB	3	Russell Wilson	7	Geno Smith	83	Darece Roberson
FB	44	Nick Bellore			9	Sean Mannion
RB	32	Chris Carson	20	Rashaad Penny	25	Travis Homer
			41	Alex Collins	31	DeeJay Dallas
					34	<u>Josh Johnson</u>

DEFENSE

DE	91	L.J. Collier	92	Robert Nkemdiche		
DT	93	Al Woods	90	Bryan Mone		
NT	97	Poona Ford	67	Myles Adams	62	<u>Jarrod Hewitt</u>
LEO	95	Benson Mayowa	8	Carlos Dunlap II	51	Kerry Hyder, Jr.
OLB	56	Jordyn Brooks	57	Cody Barton	43	Aaron Donkor
MLB	54	Bobby Wagner	57	Cody Barton		
OLB	52	Darrell Taylor	57	Cody Barton	59	<u>Jon Rhattigan</u>
					48	Lakiem Williams
LCB	2	Ahkello Witherspoon	22	<u>Tre Brown</u>	38	Gavin Heslop
RCB	29	D.J. Reed	21	Tre Flowers	23	Damarius Randall
					42	Will Sunderland
SS	33	Jamal Adams	26	Ryan Neal	37	Josh Moon
FS	37	Quandre Diggs	27	Marquise Blair	28	Ugo Amadi
					39	<u>Aashari Crosswell</u>

SPECIALISTS

K	5	Jason Myers				
P	4	Michael Dickson				
H	4	Michael Dickson				
PR	18	Freddie Swain	29	D.J. Reed		
KR	29	D.J. Reed	31	DeeJay Dallas	22	<u>Tre Brown</u>
LS	69	Tyler Ott				

() injured; Underline Rookie

PRONUNCIATION GUIDE

Ugo Amadi... ooh-go uh-MAH-dee	Jarrod Hewitt... JARE-id	Ethan Pocic... POE-sick
Nick Bellore... buh-LOR	Tyler Mabry... MAY-bree	Darrell Taylor... DARE-ull
Aashari Crosswell... uh-SHAR-ee	Benson Mayowa... may-OH-wuh	Travis Toivonen... toy-VO-nin
Jake Curhan... KER-han	Bryan Mone... mo-NAY	Lakiem Williams... luh-KEEM
Aaron Donkor... DON-kor	Robert Nkemdiche... kim-DEE-chee	
Gavin Heslop... HEH-slop	Cedric Ogbuehi... ah-BWAY-hee	