



GAME RELEASE



September 15, 2020

SEAHAWKS LOOK TO WIN THEIR NFL-LEADING 12TH-STRAIGHT HOME OPENER THIS WEEKEND

2020 SCHEDULE

Regular Season (1-0)

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

* Game time subject to NFL Flexible Scheduling

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Seattle looks to extend its NFL-leading home-opener winning streak to 12 games this week as it takes on the New England Patriots. Kickoff is set for 5:20 p.m. (PT).

The Seahawks have won 16 of their last 17 home openers since 2003. Since a 2008 loss, Seattle has won 11-straight home openers by a combined score of 259-94.

Sunday will mark Seattle's first of four prime-time games this season and since 2010, it is 10-4-1 on Sunday nights, holds a 19-3 home record in prime-time and is an NFL-best 29-7-1 under the lights.

The two teams have split the last four regular season meetings, with Seattle winning two in a row, including the last meeting in November 2016.

BROADCAST INFORMATION

| | | |
|-------------------------------|-------------------------------------|--|
| TV Network | NBC (channel 5 in Seattle) | Al Michaels (play-by-play) Cris Collinsworth (analyst) Michele Tafoya (sidelines) |
| 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 | Westwood One | Ryan Radtke (play-by-play) Mike Holmgren (analyst) |

THIS WEEK'S SCHEDULE

Wednesday, September 16

- 1:35 p.m. Head Coach Pete Carroll video press conference
- 1:50 p.m. Bobby Wagner & selected players video press conf.
- 3:00 p.m. Practice*
- 4:30 p.m. Ken Norton Jr., coaches available via video press conf.

Thursday, September 17

- 1:35 p.m. QB Russell Wilson video press conference
- 1:45 p.m. Selected players video press conferences
- 3:00 p.m. Practice*
- 4:40 p.m. Brian Schottenheimer, coaches available via video press conf.

Friday, September 18

- 12:30 p.m. Practice*
- 2:00 p.m. Coach Carroll, selected players video press conferences

Saturday, September 19

No media availability

Sunday, September 20

- 5:20 p.m. Seahawks vs. Patriots

Monday, September 21

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

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



WHAT TO LOOK FOR

TEAM

* Since 2012, including playoffs, Seattle is 57-0 when leading by four or more points at halftime.

PETE CARROLL

* Needs three wins to tie Tony Dungy for 22nd place on the NFL's all-time coaches wins list with 148.

ALL-TIME SEAHAWKS COACHING RECORDS

| | Regular Season | Postseason | Combined |
|---------------------|-----------------|-------------|-----------------|
| Pete Carroll | 101-59-1 | 10-7 | 111-66-1 |
| Mike Holmgren | 86-74 | 4-6 | 90-80 |
| Chuck Knox | 80-63 | 3-4 | 83-67 |

CHRIS CARSON

* Needs three yards to pass Maurice Morris for ninth-place on Seattle's all-time rushing yards list with 2,613.

* Needs two touchdowns to pass John L. Williams and Jim Zorn for 10th-place on Seattle's all-time rushing touchdowns list with 18.

TYLER LOCKETT

* In Week 1 at Atlanta, passed Joey Galloway for seventh-place on Seattle's all-time receptions list with 284.

* Needs 222 yards to pass John L. Williams for seventh-place on Seattle's all-time receiving yards list with 4,152.

* Needs seven touchdowns to tie Brian Blades for sixth-place on Seattle's all-time receiving touchdowns list with 34.

BOBBY WAGNER

* Needs 93 tackles to become the third player since 2000 to record nine-consecutive 100-tackle seasons.

MOST CONSECUTIVE SEASONS WITH 100 TACKLES SINCE 2000

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

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

RUSSELL WILSON

* Needs five more wins to tie Tom Brady for first-place as the NFL's all-time winningest quarterback in a player's first nine seasons with 92 (currently second with 87).

* Needs 145 yards to pass Warren Moon for 10th-place on the NFL's most passing yards in a quarterback's first nine seasons list with 30,201.

* 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 Week 1 at Atlanta, became the fifth quarterback in NFL history to reach 4,000 rushing yards and passed Ricky Watters for sixth-place on Seattle's all-time rushing yards list (4,022).

* Needs one more home win to tie Ben Roethlisberger for fifth-place as the NFL's all-time winningest quarterback at home in a player's first nine seasons with 49.

* His 31-8 record following an in-season loss is the best record by a quarterback since the 1970 merger.

* Since 2012, leads the NFL with 22 games with at least a 130.0 passer rating.

* Is the first quarterback in NFL history with a winning record in each of his first eight seasons.

* Needs three more starts to tie Keith Butler for 10th place on Seattle's all-time games started list with 132.

* Needs three touchdowns to tie Ricky Watters for sixth-place on Seattle's all-time rushing touchdowns list with 22.

* Needs 93 completions to pass Matt Hasselbeck for first-place on Seattle's all-time passing completions list with 2,560.

* Needs 439 attempts to pass Matt Hasselbeck for first-place on Seattle's all-time pass attempts list with 4,251.

* Is Seattle's all-time winningest quarterback with 96 combined victories (regular season & postseason).

* Has started every game played with 144 straight (129 regular season, 15 postseason), the second-longest active streak in the NFL.



SERIES VS. NEW ENGLAND

REGULAR SEASON: SEATTLE LEADS 9-8

| | | | | |
|--------------------|---|---|-------|--------|
| October 9, 1977 | L | @ | 31-0 | 45,929 |
| September 21, 1980 | L | | 37-31 | 61,035 |
| December 19, 1982 | L | | 16-0 | 53,457 |
| December 18, 1983 | W | | 24-6 | 59,688 |
| September 16, 1984 | L | @ | 38-23 | 43,140 |
| November 17, 1985 | L | | 20-13 | 60,345 |
| September 21, 1986 | W | @ | 38-31 | 58,977 |
| December 4, 1988 | L | @ | 13-7 | 59,068 |
| September 24, 1989 | W | @ | 24-3 | 48,025 |
| October 7, 1990 | W | @ | 33-20 | 39,735 |
| September 20, 1992 | W | @ | 10-6 | 42,327 |
| September 19, 1993 | W | @ | 17-14 | 50,392 |
| October 24, 1993 | W | | 10-9 | 56,526 |
| October 17, 2004 | L | @ | 30-20 | 68,756 |
| December 7, 2008 | L | | 24-21 | 68,077 |
| October 14, 2012 | W | | 24-23 | 68,137 |
| November 13, 2016 | W | @ | 31-24 | 66,829 |

Record in Seattle 3-4

Kingdome 2-3

CenturyLink Field 1-1

Record at New England 6-4

Foxboro Stadium 5-3

Gillette Stadium 1-1

Current Streaks Seattle has won two in a row

Longest Win Streaks

Seahawks 5, 1989-93

Patriots 3, 1977-82

Last Game Played in...

Seattle Seahawks 24, Patriots 23 (10/14/12)

New England Seahawks 31, Patriots 24 (11/13/16)

Total Points in Series

Seahawks 326 (19.2)

Patriots 345 (20.3)

Largest Margin of Victory

Seahawks 21 points, 24-3 (9/24/89)

Patriots 31 points, 31-0 (10/9/77)

Combined Points

Highest 69 (Seattle win 38-31 on 9/21/86)

Lowest ... 16 twice (last: Seattle win 10-6 on 9/20/92)

Shutouts

Seahawks None

Patriots 31-0 on 10/9/77 & 16-0 on 12/19/82

Pete Carroll vs. Patriots (Regular Season) 3-1

With Seattle 2-0

With N.Y. Jets 1-1

Playoffs 0-1

Bill Belichick vs. Seahawks (Regular Season) 3-3

With Cleveland 1-1

With New England 2-2

Playoffs 1-0

HEAD-TO-HEAD COMPARISON

| 2020 REGULAR SEASON | SEAHAWKS | PATRIOTS |
|--------------------------|------------|------------|
| Record | 1-0 | 1-0 |
| Total Yards Gained | 383 | 357 |
| Total Offense (NFL Rank) | 383.0 (9) | 357.0 (20) |
| Rush Offense | 84.0 (26) | 217.0 (1) |
| Pass Offense | 299.0 (5) | 140.0 (32) |
| Points Per Game | 38.0 (T2) | 21.0 (18) |
| Total Yards Allowed | 506 | 269 |
| Total Defense | 506.0 (31) | 269.0 (5) |
| Rush Defense | 72.0 (4) | 87.0 (9) |
| Pass Defense | 434.0 (32) | 182.0 (6) |
| Points Allowed/Game | 25.0 (19) | 11.0 (2) |
| Possession Avg. | 30:31 | 34:49 |
| Sacked/Yds. Lost | 3/23 | 2/15 |
| Sacks Made/Yds. Lost | 2/16 | 1/9 |
| Interceptions By | 1 | 3 |
| Penalties/Yds. | 6/46 | 3/47 |
| Punts/Avg. | 4/47.8 | 3/39.7 |
| Turnover Differential | +2 (T3) | +2 (T3) |

2020 STAT LEADERS

| | SEAHAWKS | PATRIOTS |
|--------------------------------|--|--|
| Rushing | Russell Wilson 29 (3-9.7-0) | Cam Newton 75 (15-5.0-2) |
| Passing | Russell Wilson 322 (35-31-4-0-143.1) | Cam Newton 155 (19-15-0-0-100.7) |
| Receiving | Tyler Lockett 92 (8-11.5-0) | Julian Edelman 57 (5-11.4-0) |
| Scoring (Non kicker) | Chris Carson 12 | Cam Newton 12 |
| Sacks | Adams & Mayowa 1.0 | Derek Rivers 1.0 |
| Int. | Quandre Diggs 1 | three tied with 1 |
| Punting | Michael Dickson 47.8/45.8 net (2 In 20) | Jake Bailey 39.7/40.7 net (3 In 20) |
| Kicking | Jason Myers 8 (1/1 FG, 5/5 PAT) | Nick Folk 3 (0/1 FG, 3/3 PAT) |

TOP SINGLE-GAME PERFORMANCES

| | SEAHAWKS | PATRIOTS |
|----------------------------------|--|---|
| Rushing Yards | Chris Warren 36-174-4.5-1 9/19/93 | John Stephens 31-121-3.9-0 12/4/88 |
| Passing Yards | Matt Hasselbeck 50-27-349-0-2 10/17/04 | Tony Eason 45-26-414-3-0 9/21/86 |
| Receiving Yards | Koren Robinson 9-150-16.7-0 10/17/04 | Stanley Morgan 7-161-23.0-3 9/21/86 |



TEAM NOTES

7

DOUBLE-DIGIT LOSSES IN LAST 152 GAMES

LARGEST DEFEATS SINCE WEEK 9 OF 2011 (INCLUDING PLAYOFFS)

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

* NFC Divisional Playoff

2,474

ROSTER TRANSACTIONS SINCE 2010

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

Of the 53 players on Seattle's 2020 active roster, 29 are Seattle draft choices, five have been acquired via trade, 17 have been signed as free agents, two via waivers, and 12 of the 53 originally entered the league as undrafted rookie free agents.

99-45

HOME RECORD SINCE 2002

MOST HOME WINS SINCE 2002, NFC

| Team | Record | Pct. |
|----------------|--------------|-------------|
| Green Bay | 101-41-2 | .708 |
| Seattle | 99-45 | .688 |
| Minnesota | 94-51 | .648 |
| Philadelphia | 88-56 | .611 |
| New Orleans | 88-57 | .607 |

92-44-1

RECORD SINCE THE FINAL HALF OF 2011

In those 44 losses, the average margin of victory for the opponent has been 6.9 points (302 points).

36-20-1

ROAD RECORD SINCE 2013

BEST ROAD RECORDS SINCE 2013

| | | |
|----------------|----------------|-------------|
| New England | 38-18 | .679 |
| Kansas City | 36-20 | .643 |
| Seattle | 36-20-1 | .640 |
| Pittsburgh | 32-24-1 | .570 |
| Dallas | 32-25 | .561 |

7-1

BEST ROAD RECORD IN CLUB HISTORY

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

BEST ROAD RECORDS IN FRANCHISE HISTORY

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

17-6

RECORD IN 10 A.M. PT KICKOFFS

Seattle has a 17-6 record in its last twenty-three 10 a.m. (PT) kickoff starts, including a 5-0 record last season and 1-0 this season.

C-HAWKS

2020 TEAM CAPTAINS

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



TEAM NOTES

26-10

RECORD ON MONDAY NIGHT FOOTBALL

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

BEST ALL-TIME WINNING %, MONDAY NIGHT FOOTBALL

| | | |
|---------------|-------|------|
| Seattle | 26-10 | .722 |
| Pittsburgh | 49-24 | .671 |
| San Francisco | 49-28 | .636 |
| Carolina | 10-7 | .588 |
| Kansas City | 27-19 | .587 |

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

SEAHAWKS ON MONDAY NIGHT FOOTBALL (26-10)

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

29-7-1

RECORD IN PRIME-TIME GAMES SINCE 2010

Seattle has outscored opponents 961-602, are 10-4-1 on Sunday nights, 10-2 on Mondays and 9-1 on Thursdays, and are 19-3 at home in prime-time games dating back to 2010.

SEATTLE'S PRIME-TIME GAMES UNDER PETE CARROLL (29-7-1)

| | | | |
|---------------------|-------------------|---|-------|
| 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 |



TEAM NOTES

.797

WINNING PERCENTAGE IN PRIME-TIME

BEST RECORD IN PRIME-TIME GAMES SINCE 2010

| Team | W | L | T | Pct. |
|----------------------|----|----|---|------|
| Seattle Seahawks | 29 | 7 | 1 | .797 |
| New England Patriots | 35 | 11 | 0 | .761 |
| Baltimore Ravens | 23 | 10 | 0 | .697 |
| New Orleans Saints | 27 | 12 | 0 | .692 |
| Pittsburgh Steelers | 30 | 19 | 0 | .612 |
| Green Bay Packers | 26 | 18 | 0 | .591 |

21

POINTS OVERCOME IN LARGEST COMEBACK

Seattle's overtime record is 14-21-1 and 6-4-1 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 |
| 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 |

48-16

HOME RECORD SINCE 2012

SEATTLE'S NFL RANKING FOR LAST 64 HOME GAMES

| Wins | Point Differential | Takeaways | Turnover Margin |
|-------------------|---------------------|--------------------|--------------------|
| 54 New England | +790 New England | 120 Carolina | +55 New England |
| 48 Seattle | +538 Seattle | 113 New England | +49 Seattle |
| 46 Minnesota | +450 Denver | 110 Seattle | +38 Green Bay |
| 46 Green Bay | +439 Baltimore | 106 Pittsburgh | +23 Kansas City |
| 45 Baltimore | +430 Green Bay | 104 Kansas City | +20 Baltimore |

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SPECIAL TEAMS SCORES SINCE 2010

It takes all three phases to win in the NFL and Seattle has put together one of the best special teams units in the NFL over the last 11 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 | Las Vegas |
| 23 | Seattle |
| 23 | Miami |
| 21 | Philadelphia |
| 20 | Arizona |

MOST TDS/SAFETIES SINCE 2010

| | |
|-----------|----------------|
| 18 | Baltimore |
| 17 | New England |
| 16 | Kansas City |
| 15 | Minnesota |
| 14 | Seattle |

MOST TAKEAWAYS ON PUNT/KOR SINCE 2010

| | |
|-----------|----------------|
| 24 | Seattle |
| 22 | Las Vegas |
| 22 | Kansas City |
| 17 | N.Y. Giants |
| 15 | Arizona |



TEAM NOTES

67-14

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 | 1-0 |
| 2015 | 4-4 | Totals | 67-14 |

5

NUMBERS OF NOTE FROM ATLANTA

2 - Receiving touchdowns by Chris Carson, meaning the fourth-year back matched his career-best total for touchdown catches in one quarter of the season opener.

4 - Interceptions by Quandre Diggs in seven career games with the Seahawks after he picked off Matt Ryan late in Sunday's win. Diggs also has a forced fumble and fumble recovery in that span.

8 - Receptions for Tyler Lockett on eight targets. That's Lockett's sixth game, postseason included, with eight or more receptions, all of which have come since the start of last season.

8 - Times an opponent has thrown for more than 400 yards against Seattle since 2010 after Matt Ryan threw for 450 Sunday, and eight times the Seahawks have come away with a win in those games.

60 - Career touchdown receptions for Greg Olsen, who had his first as a Seahawk on Sunday, and who now has at least one touchdown catch in 14 straight seasons.

19,617

RUSHING YARDS SINCE 2011

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

MOST TEAM RUSHING YARDS SINCE 2011, NFL

| Team | Yards |
|----------------|---------------|
| Seattle | 19,617 |
| Buffalo | 19,142 |
| Carolina | 18,839 |
| San Francisco | 18,467 |
| Philadelphia | 17,945 |

101-59-1

FOURTH-BEST RECORD SINCE 2010

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

BEST REGULAR SEASON RECORD SINCE 2010

| Team | Record |
|----------------|-----------------|
| New England | 126-35-0 |
| Green Bay | 103-56-2 |
| Pittsburgh | 103-57-1 |
| Seattle | 101-59-1 |
| New Orleans | 101-60-0 |

28,878

AIR MILES TRAVELED IN 2020

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

2020 FLIGHT TIMES

Seattle to Atlanta - 4:07
 Atlanta to Seattle - 4:43
 Seattle to Miami -
 Miami to Seattle -
 Seattle to Arizona -
 Arizona to Seattle -
 Seattle to Buffalo -
 Buffalo to Seattle -

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

2020 TOTAL MILES TRAVELED

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



#3 Russell Wilson

7 & 1

SEVEN-TIME PRO BOWLER & ONE TIME ALL-PRO



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

87

WINS TO BEGIN A CAREER

After one game in 2020, Wilson already ranks second for the most wins in a quarterback's first nine seasons.

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

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

48

HOME WINS TO BEGIN A CAREER

Entering 2020, Wilson already ranks sixth for the most home wins in a quarterback's first nine seasons.

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

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

231

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. | 231 | 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 |

22

MAJOR FRANCHISE RECORDS HELD

- * Career (101.6), single-season (110.9 in 2018) and single-game (158.3) passer rating.
- * Career (30,056), single-season (4,219 in 2016) and single-game (452) most passing yards.
- * Career (231), single-season (35 in 2018) and single-game (5) most touchdown passes.
- * Single-season completions (353 in 2016).
- * Career (64.72), single-season (68.12 in 2015) and single-game (88.57) completion percentage.
- * Most consecutive passes without an interception (220 from 2018-19).
- * Career (723), single-season (118 in 2014) and single-game (14) rushing attempts by a quarterback.
- * Career (4,022), single-season (849 in 2014) and single-game (122) rushing yards by a quarterback.
- * Owns the top-15 rushing yard games by a quarterback.
- * Nine NFC Player of the Week awards are the most in club history.



#3 Russell Wilson

231 & 68

CAREER TD PASSES & INTERCEPTIONS

Through 129 games, Russell Wilson's 231 touchdown passes are already the fifth-most in NFL history in a quarterback's first nine seasons, **but even more impressive are the 68 interceptions thrown.**

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

| Player | TD | Int. |
|--------------------------|------------|-----------|
| 1. Peyton Manning | 275 | 139 |
| 2. Dan Marino | 266 | 149 |
| 3. Matt Ryan | 240 | 114 |
| 4. Brett Favre | 235 | 141 |
| 5. Russell Wilson | 231 | 68 |

53

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 | 53 |
| Andy Dalton | 38 |
| Matt Ryan | 35 |
| Tom Brady | 34 |
| Drew Brees | 32 |
| Peyton Manning | 31 |

73

GAMES WITH TWO TOUCHDOWN PASSES

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

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

88.6%

FRANCHISE RECORD COMPLETION %

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

HIGHEST COMPLETION PERCENTAGE, FRANCHISE HISTORY

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

30,056

CAREER PASSING YARDS

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

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

| | |
|---------------------------|---------------|
| 1. Matt Ryan | 37,701 |
| 2. Peyton Manning | 37,586 |
| 3. Dan Marino | 35,386 |
| 4. Matthew Stafford | 34,749 |
| 5. Joe Flacco | 32,639 |
| 6. Andy Dalton | 31,594 |
| 7. Eli Manning | 31,527 |
| 8. Brett Favre | 30,894 |
| 9. Drew Brees | 30,646 |
| 10. Warren Moon | 30,200 |
| 11. Russell Wilson | 30,056 |

11

GAMES WITH 4+ TDS & 1 OR FEWER INTS

Russell Wilson ranks third in NFL history with 11 games with four touchdown passes and one or fewer interceptions.

The Seahawks are 9-2 in those games and his last came at Atlanta (9/13), a 38-25 victory.

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

| Player | Games |
|-----------------------|-----------|
| Peyton Manning | 13 |
| Aaron Rodgers | 12 |
| Russell Wilson | 11 |
| Tom Brady | 10 |
| Brett Favre | 10 |
| Dan Marino | 10 |
| Drew Brees | 10 |



#3 Russell Wilson

32

FOURTH-QUARTER/OVERTIME COMEBACKS IN 144 GAMES (REGULAR & POSTSEASON)

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

His **32 fourth-quarter comebacks rank first in the NFL** since the beginning of 2012.

RUSSELL WILSON 4TH QUARTER/OT COMEBACKS

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

* NFC Wild Card Game ^ NFC Championship Game

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

| | |
|-----------------------|----|
| Russell Wilson, Sea | 32 |
| Matthew Stafford, Det | 28 |
| Drew Brees, NO | 24 |
| Matt Ryan, Atl | 23 |
| Andy Dalton, Dal | 20 |



#3 Russell Wilson

66

100+ PASSER RATING GAMES IN CAREER

In Russell Wilson's 129 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 | 66 | 56-10 |
| 90s | 18 | 10-8 |
| 80s | 17 | 10-6-1 |
| 70s | 11 | 5-6 |
| 60s | 8 | 3-5 |
| 50s | 1 | 1-0 |
| 40s | 5 | 1-4 |
| 30s | 3 | 1-2 |
| Totals | 129 | 87-41-1 |

101.6

2ND-HIGHEST RATING IN NFL HISTORY

Through his first nine seasons, Russell Wilson is one of the best quarterbacks in NFL history in wins (2nd, 87), passing touchdowns (5th, 231) and career, home and road passer ratings.

HIGHEST PASSER RATING, NFL HISTORY

| Player | Rating |
|----------------------------|--------------|
| Aaron Rodgers, GB | 102.6 |
| Russell Wilson, Sea | 101.6 |
| Drew Brees, NO | 98.4 |
| Tony Romo | 97.1 |
| Tom Brady, NE | 97.0 |

HIGHEST HOME PASSER RATING, NFL HISTORY

| Player | Rating |
|----------------------------|--------------|
| Aaron Rodgers, GB | 107.3 |
| Drew Brees, NO | 103.8 |
| Russell Wilson, Sea | 103.2 |
| Steve Young | 100.3 |
| Kirk Cousins, Min | 100.2 |

HIGHEST ROAD PASSER RATING, NFL HISTORY

| Player | Rating |
|----------------------------|--------------|
| Russell Wilson, Sea | 100.1 |
| Aaron Rodgers, GB | 98.2 |
| Tony Romo | 97.1 |
| Tom Brady, TB | 95.4 |
| Joe Montana | 95.2 |

104

TOUCHDOWNS SINCE 2017

MOST TOUCHDOWNS SINCE 2017, NFL

| Player | Touchdowns |
|----------------------------|------------|
| Russell Wilson, Sea | 104 |
| Tom Brady, TB | 87 |
| Kirk Cousins, Min | 85 |
| Philip Rivers, Ind | 84 |
| Matt Ryan, Atl | 83 |
| Carson Wentz, Phi | 83 |
| Jared Goff, LAR | 82 |

.678

CAREER WINNING PERCENTAGE

Russell Wilson ranks fifth among active quarterbacks (min. 16 starts) with a .678 winning percentage.

HIGHEST WINNING % OF ACTIVE STARTING QUARTERBACKS

| Player | Record | Winning Pct. |
|----------------------------|----------------|--------------|
| Lamar Jackson, Bal | 20-3 | .870 |
| Patrick Mahomes, KC | 25-7 | .781 |
| Jimmy Garoppolo, SF | 21-6 | .778 |
| Tom Brady, TB | 219-65 | .771 |
| Russell Wilson, Sea | 87-41-1 | .678 |

101.6

THIRD-HIGHEST RATING SINCE 2012

He has 66-career 100-plus passer rating games in 129 starts, with the last coming at Atlanta (9/13) with a 143.1 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 | 35 | 31 | 88.6 | 322 | 4 | 0 | 143.1 |
| TOTAL | 3,812 | 2,467 | 64.7 | 30,056 | 231 | 68 | 101.6 |

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

| Player | Rating |
|----------------------------|--------------|
| Drew Brees, NO | 103.4 |
| Aaron Rodgers, GB | 101.8 |
| Russell Wilson, Sea | 101.6 |
| Tom Brady, TB | 97.5 |



#3 Russell Wilson

4,022
CAREER RUSHING YARDS

Russell Wilson owns the top-15 rushing yard games by a quarterback in franchise history and has four 100-yards games to his name, including a Monday Night Football record and career-high 122 yards in 2014.

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

MOST RUSHING YARDS BY A QUARTERBACK, NFL HISTORY

| Player | Yards |
|-----------------------|--------------|
| Michael Vick | 6,109 |
| Randall Cunningham | 4,928 |
| Cam Newton | 4,806 |
| Steve Young | 4,239 |
| Russell Wilson | 4,022 |

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.

129
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 144 (129 regular season, 15 postseason).

CONSECUTIVE GAMES STARTED, FRANCHISE HISTORY

| | |
|---------------------------------|------------|
| QB Russell Wilson, 2012- | 129 |
| G Chris Gray, 1999-06 | 121 |
| S Earl Thomas, 2010-16 | 106 |

MOST CONSECUTIVE GAMES STARTED BY A QB, ACTIVE STREAK

| | |
|----------------------------|------------|
| Philip Rivers, Ind | 225 |
| Russell Wilson, Sea | 129 |
| Dak Prescott, Dal | 65 |
| Tom Brady, TB | 61 |
| Derek Carr, Las | 44 |

2ND
PLACE IN CLUB HISTORY IN ATTS & COMPS

PASSING ATTEMPTS

| Player | Att. |
|-----------------------|--------------|
| Matt Hasselbeck | 4,250 |
| Russell Wilson | 3,812 |
| Dave Krieg | 3,576 |
| Jim Zorn | 2,992 |

PASSING COMPLETIONS

| Player | Comp. |
|-----------------------|--------------|
| Matt Hasselbeck | 2,559 |
| Russell Wilson | 2,467 |
| Dave Krieg | 2,096 |
| Jim Zorn | 1,593 |

PASSING YARDS

| Player | Yards |
|-----------------------|---------------|
| Russell Wilson | 30,056 |
| Matt Hasselbeck | 29,434 |
| Dave Krieg | 26,132 |
| Jim Zorn | 20,122 |

PASSING TOUCHDOWNS,

| Player | TDs |
|-----------------------|------------|
| Russell Wilson | 231 |
| Dave Krieg | 195 |
| Matt Hasselbeck | 174 |
| Jim Zorn | 107 |

MOST GAMES STARTED, FRANCHISE HISTORY

| | |
|---------------------------|------------|
| 1. Steve Largent | 197 |
| 2. Walter Jones | 180 |
| 3. Jacob Green | 176 |
| 4. Joe Nash | 169 |
| 5. Jeff Bryant | 167 |
| 6. Dave Brown | 159 |
| 7. Cortez Kennedy | 153 |
| 8. Eugene Robinson | 152 |
| 9. Chris Gray | 145 |
| 10. Keith Butler | 132 |
| ... Russell Wilson | 129 |



#14 DK Metcalf

FOOTBALL FAMILY

DeKaylin Zecharius "DK" Metcalf follows in the football footsteps of his father, former Ole Miss and Chicago Bears (2002-08) offensive lineman, Terrance.

89

RECEIVING YARDS IN NFL DEBUT

Metcalf's 89 receiving yards were the most by a Seahawks rookie in a debut since Steve Largent's 86 yards in 1976.

58

2ND MOST REC. BY A ROOKIE, CLUB HISTORY

Metcalf's 58 receptions ranked second in the NFL among rookies in 2019 while he also ranked second on the franchise's list for most receptions by a rookie in a single-season.

MOST RECEPTIONS BY A ROOKIE, SINGLE-SEASON FRANCHISE HISTORY

| Rec. | Player | Year |
|-----------|-------------------|-------------|
| 67 | Joey Galloway | 1995 |
| 58 | DK Metcalf | 2019 |
| 55 | John Carlson | 2008 |
| 54 | Steve Largent | 1976 |
| 53 | Darrell Jackson | 2000 |

160

MOST REC. YDS BY A ROOKIE IN PLAYOFF

DK Metcalf's 160 yards at Philadelphia (1/5/20) set the franchise postseason record and were the most by a rookie in NFL postseason history.

MOST RECEIVING YARDS BY A ROOKIE, SINGLE-GAME POSTSEASON, NFL HISTORY

| Player | Yds. | Rec. | Game | Date |
|-------------------------------|------------|----------|------------------|---------------|
| DK Metcalf, Sea at Phi | 160 | 7 | Wild Card | 1/5/20 |
| Jeremy Maclin, Phi at Dal | 146 | 7 | Wild Card | 1/9/10 |
| Keith Jackson, Phi at Chi | 142 | 7 | Wild Card | 12/31/88 |

MOST RECEIVING YARDS, SINGLE-GAME POSTSEASON, FRANCHISE HISTORY

| Player | Yds. | Rec. | Game | Date |
|---------------------------|------------|----------|------------------|---------------|
| DK Metcalf vs. Phi | 160 | 7 | Wild Card | 1/5/20 |
| Darrell Jackson vs. Was | 143 | 9 | Divisional | 1/14/06 |
| Zach Miller at Atlanta | 142 | 8 | Divisional | 1/13/13 |

123

4TH-MOST YDS BY A ROOKIE IN A GAME

Metcalf set career-highs in catches (6) and yards (123) vs. Tampa Bay (11/3/19), with his yardage total ranking fourth in Seahawks history for a rookie in a single-game.

MOST RECEIVING YARDS BY A ROOKIE, SINGLE-GAME FRANCHISE HISTORY

| Player | Yards | Rec. | TD | Date |
|--------------------------|------------|----------|----------|----------------|
| Brian Blades vs. NO | 145 | 8 | 1 | 10/16/88 |
| Doug Baldwin at NYG | 136 | 8 | 1 | 10/9/11 |
| Steve Largent vs. SF | 128 | 7 | 1 | 9/26/76 |
| DK Metcalf vs. TB | 123 | 6 | 1 | 11/3/19 |

900

RECEIVING YARDS AS A ROOKIE IN 2019

Metcalf was the ninth of 27 wide receivers chosen in the 2019 draft and ranked third among rookie receivers with 900 yards and second with 58 receptions (Pittsburgh's Dionte Johnson - 59).

MOST RECEIVING YARDS BY ROOKIE WRS, NFL, 2019

| | |
|------------------------|------------|
| A.J. Brown, Ten | 1,051 |
| Terry McLaurin, Was | 919 |
| DK Metcalf, Sea | 900 |
| Deebo Samuel, SF | 802 |
| Darius Slayton, NYG | 740 |

219

RECEIVING YARDS IN A SINGLE POSTSEASON

DK Metcalf's 219 yards last postseason were the third-most by a rookie in NFL history.

MOST RECEIVING YARDS BY A ROOKIE, SINGLE POSTSEASON

| Player | Yards | Year |
|------------------------|------------|-------------|
| Torry Holt, StL | 242 | 1999 |
| Austin Collie, Ind | 241 | 2009 |
| DK Metcalf, Sea | 219 | 2019 |



#54 Bobby Wagner

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



Associated Press All-Pro Team

First-team: 2014, 2016-19

Second-team: 2015

1,080
MOST TACKLES IN NFL SINCE 2012

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

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

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

19
FRANCHISE-RECORD 19 TACKLES

Wagner has produced 50 double-digit tackle performances in his 120 games played, and set his career-high with a franchise-high 19 tackles (four solo) vs. New Orleans (9/22/19), surpassing his old mark of 16 tackles in 2016.

MOST TACKLES IN A SINGLE-GAME, FRANCHISE HISTORY

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

2019 NFL LEADING TACKLERS

| Player | Total | Solo | Ast. |
|-----------------------------|------------|-----------|-----------|
| LB Bobby Wagner, Sea | 159 | 86 | 73 |
| LB Blake Martinez, GB | 155 | 98 | 57 |
| LB Jordan Hicks, Ari | 150 | 93 | 57 |
| S Budda Baker, Ari | 147 | 104 | 43 |
| LB Luke Kuechly, Car | 144 | 81 | 63 |

30
DOUBLE-DIGIT TACKLE GAMES SINCE 2016

Wagner has 50 double-digit tackle games in his career and ranks first in the league in that category since 2016 with 30 such games.

MOST DOUBLE-DIGIT TACKLE GAMES SINCE 2016, NFL

| Player | Games |
|--------------------------|-----------|
| Bobby Wagner, Sea | 30 |
| Blake Martinez, NYG | 25 |
| Sean Lee, Dal | 17 |
| Joe Schobert, Jac | 15 |
| Tahir Whitehead, Car | 15 |

98
LONGEST INT RETURN TD IN CLUB HISTORY

LONGEST RETURNS, FRANCHISE HISTORY

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

1,080
FRANCHISE-LEADER IN TACKLES

MOST CAREER TACKLES, CLUB HISTORY

| Player, Seasons | No. |
|----------------------------|--------------|
| Bobby Wagner, 2012- | 1,080 |
| Eugene Robinson, 1985-95 | 984 |
| K.J. Wright, 2011- | 851 |
| 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

TYLER LOCKETT

18
TOUCHDOWNS SINCE 2018

Tyler Lockett set his career-high with 10 touchdowns in 2018 and added eight more last season, giving him 18 since 2018 to rank fourth in the NFL.

MOST RECEIVING TOUCHDOWNS SINCE 2018, NFL

| Player | Touchdowns |
|------------------------------|------------|
| WR Tyreek Hill, KC | 20 |
| WR Davante Adams, GB | 20 |
| WR Calvin Ridley, Atl | 19 |
| WR Tyler Lockett, Sea | 18 |
| WR Michael Thomas, NO | 18 |

8,433
MOST COMBINED YARDS 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 | 3,930 | 256 | 3,179 | 1,068 | 8,433 |
| Julio Jones | 7,952 | 24 | 0 | 0 | 7,976 |
| Todd Gurley | 2,091 | 5,460 | 0 | 0 | 7,551 |
| Jarvis Landry | 5,491 | 193 | 338 | 663 | 6,685 |

34.5
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 34.5 yards per touchdown, good for the third-highest yards per touchdown average in the NFL.

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

| Player | TD | Yards | Avg. |
|---------------------------|-----------|--------------|-------------|
| Tyreek Hill, KC | 42 | 1,731 | 41.2 |
| Robby Anderson, Car | 21 | 761 | 36.2 |
| Tyler Lockett, Sea | 31 | 1,068 | 34.5 |
| JuJu Smith-Schuster, Pit | 20 | 644 | 32.2 |

GREG OLSEN



AP
All-Pro Team
Second-team:
2015-16

8,468
FIFTH-MOST YARDS BY A TIGHT END

Greg Olsen's 8,468 yards are the fifth-most in NFL history and rank second among active tight ends.

MOST RECEIVING YARDS BY A TIGHT END, NFL HISTORY

| | |
|------------------------|--------------|
| Tony Gonzalez | 15,127 |
| Jason Witten, Las | 12,979 |
| Antonio Gates | 11,841 |
| Shannon Sharpe | 10,060 |
| Greg Olsen, Sea | 8,468 |
| Ozzie Newsome | 7,980 |

722
FIFTH-MOST RECEPTIONS BY A TIGHT END

Greg Olsen's 722 receptions are the fifth-most in NFL history and rank second among active tight ends.

MOST RECEPTIONS BY A TIGHT END, NFL HISTORY

| | |
|------------------------|------------|
| Tony Gonzalez | 1,325 |
| Jason Witten, Las | 1,216 |
| Antonio Gates | 955 |
| Shannon Sharpe | 815 |
| Greg Olsen, Sea | 722 |
| Ozzie Newsome | 662 |

6
MAJOR RECORDS HELD IN CAROLINA HISTORY

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

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

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

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



Player Notes

WILL DISSLY

6
TOUCHDOWNS IN 11 GAMES PLAYED

Before suffering two season-ending injuries the previous two seasons (patellar tendon and Achilles), tight end Will Dissly was one of the most productive tight ends in the NFL, posting 31 receptions for 418 yards with six touchdowns from 2018-19.

MOST TD RECEPTIONS BY A TIGHT END IN FIRST 11 GAMES, NFL HISTORY

| | |
|-------------------------|----------|
| Mike Ditka | 10 |
| Eric Green | 7 |
| Junior Miller | 7 |
| Will Dissly, Sea | 6 |
| Rob Gronkowski | 6 |

CHRIS CARSON

12
100-YARD GAMES SINCE 2018

MOST 100-YARD RUSH GAMES SINCE 2018

| Player | 100-Yard Games |
|--------------------------|----------------|
| Ezekiel Elliott, Dal | 14 |
| Chris Carson, Sea | 12 |
| Saquon Barkley, NYG | 11 |
| Christian McCaffrey, Car | 10 |

1,100 & 7
RUSH YARDS & TDS SINCE 2018

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

JAMAL ADAMS



2018



2019

AP
All-Pro Team
First-team:
2019
Second-team:
2018

13.0
SACKS SINCE 2017

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

Since 2017, his 13.0 sacks are the most by a defensive back in the NFL.

MOST SACKS BY A DEFENSIVE BACK SINCE 2017, NFL

| | |
|----------------------|------|
| S Jamal Adams, Sea | 13.0 |
| CB Logan Ryan, NYG | 8.5 |
| CB Mike Hilton, Pit | 7.5 |
| S Vonn Bell, Cin | 7.0 |
| CB Desmond King, LAC | 6.5 |

6.5
SACKS IN 2019

Adams had 6.5 sacks in 2019, tied for the fourth-most by a defensive back in single season since 1982, when sacks became an official statistic.

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

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



Pete Carroll

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

Pete Carroll ranks 23rd in NFL history with 145 combined wins and he was the 39th coach in NFL history to reach 100 wins in the regular season.

MOST COMBINED WINS IN NFL HISTORY

| Coach | Regular Season | | | | Postseason | | | Combined | | | |
|------------------------------|----------------|-----------|----------|-------------|------------|----------|-------------|------------|-----------|----------|-------------|
| | W | L | T | Pct. | W | L | Pct. | W | L | T | Pct. |
| 18. Bud Grant | 158 | 96 | 5 | .621 | 10 | 12 | .455 | 168 | 108 | 5 | .608 |
| 19. Bill Cowher | 149 | 90 | 1 | .623 | 12 | 9 | .571 | 161 | 99 | 1 | .619 |
| 20. Marv Levy | 143 | 112 | 0 | .561 | 11 | 8 | .579 | 154 | 120 | 0 | .562 |
| 21. Steve Owen | 151 | 100 | 17 | .602 | 2 | 8 | .200 | 153 | 108 | 17 | .586 |
| 22. Tony Dungy | 139 | 69 | 0 | .668 | 9 | 10 | .474 | 148 | 79 | 0 | .652 |
| 23. Pete Carroll, Sea | 134 | 90 | 1 | .598 | 11 | 9 | .550 | 145 | 99 | 1 | .594 |
| 24. Mike Tomlin, Pit | 134 | 74 | 1 | .644 | 8 | 7 | .533 | 142 | 81 | 1 | .636 |
| John Fox | 133 | 123 | 0 | .520 | 8 | 7 | .533 | 141 | 130 | 0 | .520 |

145 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</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 | 1 | 0 | 0 | 1.000 | |
| Reg. Season (15 Yrs.) | | 134 | 90 | 1 | .598 | |
| Postseason (10 Yrs.) | | 11 | 9 | 0 | .550 | |
| Combined Record | | 145 | 99 | 1 | .594 | |

SEATTLE SEAHAWKS / WEEK 1 / THROUGH MONDAY, SEPTEMBER 14, 2020

| | | | | | | | | | | | |
|---------------------------------------|------------------|--------|-------------------|------|-------|-------|-------|------|----|----|---|
| WON 1, LOST 0 | | | * RUSHING | No. | Yds | Avg | Long | TD | | | |
| 09/13 W 38-25 | at Atlanta | | Wilson | 3 | 29 | 9.7 | 28 | 0 | | | |
| 09/20 | New England | | Hyde | 7 | 23 | 3.3 | 9 | 1 | | | |
| 09/27 | Dallas | | Carson | 6 | 21 | 3.5 | 11 | 0 | | | |
| 10/04 | at Miami | | Dav. Moore | 1 | 12 | 12.0 | 12 | 0 | | | |
| 10/11 | Minnesota | | Homer | 3 | -1 | -3 | 1 | 0 | | | |
| 10/25 | at Arizona | | TEAM | 20 | 84 | 4.2 | 28 | 1 | | | |
| 11/01 | San Francisco | | OPPONENTS | 21 | 72 | 3.4 | 15 | 1 | | | |
| 11/08 | at Buffalo | | * RECEIVING | No. | Yds | Avg | Long | TD | | | |
| 11/15 | at L.A. Rams | | Lockett | 8 | 92 | 11.5 | 20 | 0 | | | |
| 11/19 | Arizona | | Carson | 6 | 45 | 7.5 | 19t | 2 | | | |
| 11/30 | at Philadelphia | | Metcalf | 4 | 95 | 23.8 | 38t | 1 | | | |
| 12/06 | N.Y. Giants | | Olsen | 4 | 24 | 6.0 | 9 | 1 | | | |
| 12/13 | N.Y. Jets | | Dav. Moore | 3 | 28 | 9.3 | 18 | 0 | | | |
| 12/20 | at Washington | | Dissly | 2 | 8 | 4.0 | 5 | 0 | | | |
| 12/27 | L.A. Rams | | Homer | 2 | 4 | 2.0 | 3 | 0 | | | |
| 01/03 | at San Francisco | | Swain | 1 | 17 | 17.0 | 17 | 0 | | | |
| | Sea. | Opp. | Hollister | 1 | 9 | 9.0 | 9 | 0 | | | |
| TOTAL FIRST DOWNS | 22 | 28 | TEAM | 31 | 322 | 10.4 | 38t | 4 | | | |
| Rushing | 6 | 4 | OPPONENTS | 37 | 450 | 12.2 | 44 | 2 | | | |
| Passing | 15 | 23 | * INTERCEPTIONS | No. | Yds | Avg | Long | TD | | | |
| Penalty | 1 | 1 | Diggs | 1 | 0 | 0.0 | 0 | 0 | | | |
| 3rd Down: Made/Att | 3/9 | 7/14 | TEAM | 1 | 0 | 0.0 | 0 | 0 | | | |
| 3rd Down Pct. | 33.3 | 50.0 | OPPONENTS | 0 | 0 | --- | --- | 0 | | | |
| 4th Down: Made/Att | 1/1 | 0/4 | * PUNTING | No. | Yds | Avg | Net | TB | In | Lg | B |
| 4th Down Pct. | 100.0 | 0.0 | M. Dickson | 4 | 191 | 47.8 | 45.8 | 0 | 2 | 53 | 0 |
| POSSESSION AVG. | 30:31 | 29:29 | TEAM | 4 | 191 | 47.8 | 45.8 | 0 | 2 | 53 | 0 |
| TOTAL NET YARDS | 383 | 506 | OPPONENTS | 2 | 100 | 50.0 | 42.5 | 0 | 0 | 55 | 0 |
| Avg. Per Game | 383.0 | 506.0 | * PUNT RETURNS | Ret | FC | Yds | Avg | Long | TD | | |
| Total Plays | 58 | 77 | Dav. Moore | 1 | 1 | 15 | 15.0 | 15 | 0 | | |
| Avg. Per Play | 6.6 | 6.6 | TEAM | 1 | 1 | 15 | 15.0 | 15 | 0 | | |
| NET YARDS RUSHING | 84 | 72 | OPPONENTS | 1 | 2 | 8 | 8.0 | 8 | 0 | | |
| Avg. Per Game | 84.0 | 72.0 | * KICKOFF RETURNS | No. | Yds | Avg | Long | TD | | | |
| Total Rushes | 20 | 21 | Homer | 2 | 43 | 21.5 | 24 | 0 | | | |
| NET YARDS PASSING | 299 | 434 | TEAM | 2 | 43 | 21.5 | 24 | 0 | | | |
| Avg. Per Game | 299.0 | 434.0 | * FIELD GOALS | 1-19 | 20-29 | 30-39 | 40-49 | 50+ | | | |
| Sacked/Yards Lost | 3/23 | 2/16 | Myers | 0/ 0 | 0/ 0 | 0/ 0 | 1/ 1 | 0/ 0 | | | |
| Gross Yards | 322 | 450 | TEAM | 0/ 0 | 0/ 0 | 0/ 0 | 1/ 1 | 0/ 0 | | | |
| Att./Completions | 35/31 | 54/37 | OPPONENTS | 0/ 0 | 0/ 0 | 0/ 0 | 2/ 2 | 0/ 0 | | | |
| Completion Pct. | 88.6 | 68.5 | Myers: (42G) | | | | | | | | |
| Had Intercepted | 0 | 1 | OPP: (49G,49G) | | | | | | | | |
| PUNTS/AVERAGE | 4/47.8 | 2/50.0 | | | | | | | | | |
| NET PUNTING AVG. | 4/45.8 | 2/42.5 | | | | | | | | | |
| PENALTIES/YARDS | 6/46 | 6/72 | | | | | | | | | |
| FUMBLES/BALL LOST | 1/0 | 1/1 | | | | | | | | | |
| TOUCHDOWNS | 5 | 3 | | | | | | | | | |
| Rushing | 1 | 1 | | | | | | | | | |
| Passing | 4 | 2 | | | | | | | | | |
| Returns | 0 | 0 | | | | | | | | | |
| * SCORE BY PERIODS | Q1 | Q2 | Q3 | Q4 | OT | PTS | | | | | |
| TEAM | 14 | 0 | 14 | 10 | 0 | 38 | | | | | |
| OPPONENTS | 3 | 9 | 0 | 13 | 0 | 25 | | | | | |
| * SCORING | TD-Ru-Pa-Rt | K-PAT | FG | S | PTS | | | | | | |
| Carson | 2 0 2 0 | | | | 0 12 | | | | | | |
| Myers | 0 0 0 0 | 5/ 5 | 1/ 1 | 0 | 8 | | | | | | |
| Hyde | 1 1 0 0 | | | | 0 6 | | | | | | |
| Metcalf | 1 0 1 0 | | | | 0 6 | | | | | | |
| Olsen | 1 0 1 0 | | | | 0 6 | | | | | | |
| TEAM | 5 1 4 0 | 5/ 5 | 1/ 1 | 0 | 38 | | | | | | |
| OPPONENTS | 3 1 2 0 | 1/ 2 | 2/ 2 | 0 | 25 | | | | | | |
| 2-Pt Conv: TM 0-0, OPP 0-1 | | | | | | | | | | | |
| SACKS: Adams 1, Mayowa 1, TM 2, OPP 3 | | | | | | | | | | | |
| FUM/LOST: Wilson 1/0 | | | | | | | | | | | |

| | | | | | | | | | | | | |
|-----------|-----|-----|-----|------|---------|----|------|-----|------|------|-----------|--------|
| * PASSING | Att | Cmp | Yds | Cmp% | Yds/Att | TD | TD% | Int | Int% | Long | Sack/Lost | Rating |
| Wilson | 35 | 31 | 322 | 88.6 | 9.20 | 4 | 11.4 | 0 | 0.0 | 38t | 3/ 23 | 143.1 |
| TEAM | 35 | 31 | 322 | 88.6 | 9.20 | 4 | 11.4 | 0 | 0.0 | 38t | 3/ 23 | 143.1 |
| OPPONENTS | 54 | 37 | 450 | 68.5 | 8.33 | 2 | 3.7 | 1 | 1.9 | 44 | 2/ 16 | 98.5 |



Defensive Statistics

| | Total | Solo | Assist | Sacks | Yards | TFL | QH | Int | PD | FF | FR |
|-------------|-------|------|--------|-------|-------|-----|----|-----|----|----|----|
| Adams, J. | 12 | 8 | 4 | 1.0 | 7.0 | 2 | 2 | 0 | 0 | 0 | 0 |
| Griffin, S. | 7 | 4 | 3 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 |
| Blair, M. | 7 | 4 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 0 |
| Wagner, B. | 7 | 2 | 5 | 0 | 0 | 1 | 0 | 0 | 2 | 0 | 0 |
| Dunbar, Q. | 6 | 5 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 | 0 |
| Hill, L. | 5 | 5 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| Diggs, Q. | 4 | 3 | 1 | 0 | 0 | 0 | 0 | 1 | 2 | 0 | 0 |
| Irvin, B. | 3 | 2 | 1 | 0 | 0 | 1 | 2 | 0 | 0 | 0 | 0 |
| Ford, P. | 3 | 2 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Wright, K. | 3 | 1 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Moore, Dam. | 2 | 2 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Reed, J. | 2 | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 |
| Green, R. | 2 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Mayowa, B. | 1 | 1 | 0 | 1.0 | 9.0 | 1 | 1 | 0 | 1 | 0 | 0 |
| Collier, L. | 1 | 1 | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| Flowers, T. | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Brooks, J. | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

SPECIAL TEAMS TACKLES

| | Total | Solo | Assist | FF | FR | Blocks |
|-----------|-------|------|--------|----|----|--------|
| Amadi, U. | 1 | 1 | 0 | 0 | 0 | 0 |
| Swain, F. | 0 | 0 | 0 | 0 | 1 | 0 |

FUMBLES

| | Fum | Lost | Own-Rec | O.B. |
|-------------|-----|------|---------|------|
| Wilson, R. | 1 | 0 | 0 | 0 |
| Moore, Dav. | 0 | 0 | 1 | 0 |



Transactions

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



Transactions

| | | | | | |
|---------|-------------------------------|-----------------------|----------|--|----------------|
| Sept. 3 | Released | WR Seth Dawkins | Sept. 12 | Signed from practice squad | T Chad Wheeler |
| | Signed | DE Pita Taumoeopenu | Sept. 14 | Reversion from active to practice squad <i>(2,474th transaction since 2010)</i> | T Chad Wheeler |
| Sept. 5 | Placed on PUP | WR Josh Gordon | | | |
| | Placed on non-football injury | DE Damontre Moore | | | |
| | Suspended by league | RB Rashaad Penny | | | |
| | Terminated veteran contract | TE Colby Parkinson | | | |
| | Released | CB D.J. Reed | | | |
| | | DE Darrell Taylor | | | |
| | | C Kyle Fuller | | | |
| | | FB Nick Bellore | | | |
| | | WR Paul Richardson | | | |
| | | T Tommy Champion | | | |
| | | DT Demarcus Christmas | | | |
| | | QB Danny Etling | | | |
| | | WR Aaron Fuller | | | |
| | | QB Anthony Gordon | | | |
| | | LB Shaquem Griffin | | | |
| | | WR Penny Hart | | | |
| | | CB Gavin Heslop | | | |
| | | DT P.J. Johnson | | | |
| | | DT Cedrick Lattimore | | | |
| | | WR Lance Lenior | | | |
| | | TE Tyler Mabry | | | |
| | | S Chris Miller | | | |
| | | CB Ryan Neal | | | |
| | | CB Debione Renfro | | | |
| | | CB Jayson Stanley | | | |
| | | TE Stephen Sullivan | | | |
| | | WR Cody Thompson | | | |
| | | T Chad Wheeler | | | |
| Sept. 6 | Released | CB Linden Stephens | | | |
| | Claimed off waivers | LB D'Andre Walker | | | |
| | Signed to practice squad | T Tommy Champion | | | |
| | | QB Danny Etling | | | |
| | | WR Aaron Fuller | | | |
| | | LB Shaquem Griffin | | | |
| | | WR Penny Hart | | | |
| | | CB Gavin Heslop | | | |
| | | DT Cedrick Lattimore | | | |
| | | WR Lance Lenior | | | |
| | | TE Tyler Mabry | | | |
| | | CB Ryan Neal | | | |
| | | CB Jayson Stanley | | | |
| | | TE Stephen Sullivan | | | |
| | | WR Cody Thompson | | | |
| | | T Chad Wheeler | | | |
| | | G Phil Haynes | | | |
| Sept. 7 | Placed on injured reserve | FB Nick Bellore | | | |
| | Signed | CB Linden Stephens | | | |
| | Signed to practice squad | WR John Ursua | | | |
| Sept. 8 | Released | WR Penny Hart | | | |
| | Signed from practice squad | DT Anthony Rush | | | |
| Sept. 9 | Signed to practice squad | WR John Ursua | | | |



Participation Chart

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

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



How Built

| Year | By Draft | Trade/Waivers/Practice Squad | Free Agents | By Experience | | |
|----------------------|--------------------------|------------------------------|-----------------------------|-----------------|--------------------|----|
| 2020 | LB Jordyn Brooks (1) | S Jamal Adams (T) | WR Phillip Dorsett II (UFA) | TE | Greg Olsen | 14 |
| | G Damien Lewis (3) | CB Quinton Dunbar (T) | C B.J. Finney (UFA) | T | Duane Brown | 13 |
| | RB DeeJay Dallas (4b) | LB D'Andre Walker (W) | RB Carlos Hyde | G | Mike Iupati | 11 |
| | DE Alton Robinson (5) | | DE Benson Mayowa (UFA) | FB | Nick Bellore | 10 |
| | WR Freddie Swain (6) | | DE Damontre Moore | LB | K.J. Wright | 10 |
| | | | T Cedric Ogbuehi (UFA) | LB | Bruce Irvin | 9 |
| | | TE Greg Olsen | LB | Bobby Wagner | 9 | |
| | | T Brandon Shell | QB | Russell Wilson | 9 | |
| | | | DE | Benson Mayowa | 8 | |
| | | | DE | Damontre Moore | 8 | |
| | | | QB | Geno Smith | 8 | |
| 2019 | DE L.J. Collier (1) | S Quandre Diggs (T) | FB Nick Bellore | CB | Neiko Thorpe | 8 |
| | S Marquise Blair (2a) | TE Jacob Hollister (T) | WR Penny Hart | TE | Luke Willson | 8 |
| | WR DK Metcalf (2b) | | G Mike Iupati (UFA) | RB | Carlos Hyde | 7 |
| | LB Cody Barton (3) | | DT Bryan Mone | S | Quandre Diggs | 6 |
| | S Ugo Amadi (4c) | | K Jason Myers (UFA) | WR | Phillip Dorsett II | 6 |
| | LB Ben Burr-Kirven (5) | | QB Geno Smith | CB | Quinton Dunbar | 6 |
| RB Travis Homer (6a) | | | WR | Tyler Lockett | 6 | |
| | | | K | Jason Myers | 6 | |
| | | | T | Cedric Ogbuehi | 6 | |
| | | | LS | Tyler Ott | 6 | |
| 2018 | DE Rasheem Green (3) | G Jordan Simmons (W) | DT Poona Ford | C | B.J. Finney | 5 |
| | TE Will Dissly (4) | | | DT | Jarran Reed | 5 |
| | CB Tre Flowers (5b) | | | T | Brandon Shell | 5 |
| | P Michael Dickson (5c) | | | S | Jamal Adams | 4 |
| | T Jamarco Jones (5d) | | | RB | Chris Carson | 4 |
| | | | | CB | Shaquill Griffin | 4 |
| | | | S | Lano Hill | 4 | |
| | | | TE | Jacob Hollister | 4 | |
| 2017 | C Ethan Pocic (2b) | T Duane Brown (T) | | WR | David Moore | 4 |
| | CB Shaquill Griffin (3a) | | | C | Ethan Pocic | 4 |
| | S Lano Hill (3b) | | | G | Jordan Simmons | 4 |
| | WR David Moore (7a) | | | P | Michael Dickson | 3 |
| | RB Chris Carson (7b) | | | TE | Will Dissly | 3 |
| | | | | CB | Tre Flowers | 3 |
| 2016 | DT Jarran Reed (2) | | LS Tyler Ott | DT | Poona Ford | 3 |
| | | | CB Neiko Thorpe | DE | Rasheem Green | 3 |
| | | | | T | Jamarco Jones | 3 |
| | | | | S | Ugo Amadi | 2 |
| | | | | LB | Cody Barton | 2 |
| | | | | S | Marquise Blair | 2 |
| 2015 | WR Tyler Lockett (3) | | | LB | Ben Burr-Kirven | 2 |
| | | | | DE | L.J. Collier | 2 |
| | | | | WR | Penny Hart | 2 |
| | | | | RB | Travis Homer | 2 |
| | | | | WR | DK Metcalf | 2 |
| | | | | DT | Bryan Mone | 2 |
| 2013 | TE Luke Willson (5c) | | | LB | D'Andre Walker | 2 |
| | | | | LB | Jordyn Brooks | R |
| | | | | RB | DeeJay Dallas | R |
| | | | | G | Damien Lewis | R |
| | | | | DE | Alton Robinson | R |
| | | | | WR | Freddie Swain | R |
| 2012 | LB Bruce Irvin (1) | | | | | |
| | LB Bobby Wagner (2) | | | | | |
| | QB Russell Wilson (3) | | | | | |
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| 2011 | LB K.J. Wright (4a) | | | | | |
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2020 Seattle Seahawks Alphabetical Roster (Updated 9/9/20)

| No. | Name | Pos. | Ht. | Wt. | Birthdate | Age | Exp. | College | Hometown | Acquired |
|-----|---------------------|------|------|-----|------------|-----|------|----------------------|-------------------------|---------------|
| 33 | Adams, Jamal | SS | 6-1 | 213 | 10/17/1995 | 24 | 4 | Louisiana State | Lewisville, Texas | T(NYJ)-'20 |
| 28 | Amadi, Ugo | FS | 5-9 | 201 | 5/16/1997 | 23 | 2 | Oregon | Nashville, Tenn. | D4(c)-'19 |
| 57 | Barton, Cody | LB | 6-2 | 237 | 11/13/1996 | 23 | 2 | Utah | Salt Lake City, Utah | D3-'19 |
| 44 | Bellore, Nick | FB | 6-1 | 250 | 5/12/1989 | 31 | 10 | Central Michigan | St. Paul, Minn. | FA-'19 |
| 27 | Blair, Marquise | FS | 6-1 | 196 | 7/18/1997 | 23 | 2 | Utah | Wooster, Ohio | D2(a)-'19 |
| 56 | Brooks, Jordyn | LB | 6-0 | 240 | 10/21/1997 | 22 | R | Texas Tech | Houston, Texas | D1-'20 |
| 76 | Brown, Duane | T | 6-4 | 315 | 8/30/1985 | 35 | 13 | Virginia Tech | Richmond, Va. | T(Hou)-'17 |
| 55 | Burr-Kirven, Ben | LB | 6-0 | 230 | 9/8/1997 | 23 | 2 | Washington | Menlo Park, Calif. | D5-'19 |
| 32 | Carson, Chris | RB | 5-11 | 222 | 9/16/1994 | 25 | 4 | Oklahoma State | Lilburn, Ga. | D7(b)-'17 |
| 91 | Collier, L.J. | DE | 6-3 | 291 | 9/12/1995 | 25 | 2 | TCU | Munday, Texas | D1-'19 |
| 31 | Dallas, DeeJay | RB | 5-10 | 214 | 9/16/1998 | 21 | R | Miami | Brunswick, Ga. | D4(b)-'20 |
| 4 | Dickson, Michael | P | 6-2 | 208 | 1/4/1996 | 24 | 3 | Texas | Sydney, Australia | D5(c)-'18 |
| 37 | Diggs, Quandre | FS | 5-9 | 197 | 1/22/1993 | 27 | 6 | Texas | Houston, Texas | T(Det)-'19 |
| 89 | Dissly, Will | TE | 6-4 | 265 | 7/8/1996 | 24 | 3 | Washington | Bozeman, Mont. | D4-'18 |
| 11 | Dorsett II, Phillip | WR | 5-10 | 192 | 1/5/1993 | 27 | 6 | Miami | Ft. Lauderdale, Fla. | UFA(NE)-'20 |
| 22 | Dunbar, Quinton | CB | 6-2 | 202 | 7/22/1992 | 28 | 6 | Florida | Miami, Fla. | T(Was)-'20 |
| 67 | Finney, B.J. | C/G | 6-4 | 318 | 10/26/1991 | 28 | 5 | Kansas State | Wichita, Kan. | UFA(Pit)-'20 |
| 21 | Flowers, Tre | CB | 6-3 | 203 | 6/2/1995 | 25 | 3 | Oklahoma State | Converse, Texas | D5(b)-'18 |
| 97 | Ford, Poona | DT | 5-11 | 310 | 11/19/1995 | 24 | 3 | Texas | Hilton Head, S.C. | FA-'18 |
| 94 | Green, Rasheem | DE | 6-4 | 279 | 5/15/1997 | 23 | 3 | USC | Los Angeles, Calif. | D3-'18 |
| 26 | Griffin, Shaquill | CB | 6-0 | 198 | 7/20/1995 | 25 | 4 | Central Florida | St. Petersburg, Fla. | D3(a)-'17 |
| 19 | Hart, Penny | WR | 5-8 | 180 | 7/5/1996 | 24 | 2 | Georgia State | Roswell, Ga. | FA-'19 |
| 42 | Hill, Lano | SS | 6-1 | 216 | 11/26/1995 | 24 | 4 | Michigan | Detroit, Mich. | D3(b)-'17 |
| 86 | Hollister, Jacob | TE | 6-4 | 245 | 11/18/1993 | 26 | 4 | Wyoming | Beaverton, Ore. | T(NE)-'19 |
| 25 | Homer, Travis | RB | 5-10 | 202 | 8/7/1998 | 22 | 2 | Miami | West Palm Beach, Fla. | D6(a)-'19 |
| 30 | Hyde, Carlos | RB | 6-0 | 229 | 9/20/1990 | 29 | 7 | Ohio State | Cincinnati, Ohio | FA-'20 |
| 51 | Irvin, Bruce | LB | 6-3 | 258 | 11/1/1987 | 32 | 9 | West Virginia | Atlanta, Ga. | D1-'12 |
| 70 | Iupati, Mike | G | 6-5 | 331 | 5/12/1987 | 33 | 11 | Idaho | Vaitogi, American Samoa | UFA (Ari)-'19 |
| 73 | Jones, Jamarco | T | 6-4 | 293 | 6/4/1996 | 24 | 3 | Ohio State | Chicago, Ill. | D5(d)-'18 |
| 68 | Lewis, Damien | G | 6-2 | 327 | 3/21/1997 | 23 | R | Louisiana State | Canton, Miss. | D3-'20 |
| 16 | Lockett, Tyler | WR | 5-10 | 182 | 9/28/1992 | 27 | 6 | Kansas State | Tulsa, Okla. | D3-'15 |
| 95 | Mayowa, Benson | DE | 6-3 | 252 | 8/3/1991 | 29 | 8 | Idaho | Los Angeles, Calif. | UFA(Las)-'20 |
| 14 | Metcalf, DK | WR | 6-4 | 229 | 12/14/1997 | 22 | 2 | Mississippi | Oxford, Miss. | D2(b)-'19 |
| 92 | Mone, Bryan | DT | 6-3 | 345 | 10/20/1995 | 24 | 2 | Michigan | Salt Lake City, Utah | FA-'19 |
| 99 | Moore, Damontre | DE | 6-4 | 260 | 9/11/1992 | 28 | 8 | Texas A&M | DeSoto, Texas | FA-'20 |
| 83 | Moore, David | WR | 6-0 | 215 | 1/15/1995 | 25 | 4 | East Central (Okla.) | Gainesville, Texas | D7(a)-'17 |
| 5 | Myers, Jason | K | 5-10 | 190 | 5/12/1991 | 29 | 6 | Marist | Chula Vista, Calif. | UFA(NYJ)-'19 |
| 74 | Ogbuehi, Cedric | T | 6-5 | 308 | 4/25/1992 | 28 | 6 | Texas A&M | Allen, Texas | UFA(Jac)-'20 |
| 88 | Olsen, Greg | TE | 6-5 | 255 | 3/11/1985 | 35 | 14 | Miami | Wayne, N.J. | FA-'20 |
| 69 | Ott, Tyler | LS | 6-3 | 253 | 2/28/1992 | 28 | 6 | Harvard | Tulsa, Okla. | FA-'16 |
| 77 | Pocic, Ethan | C/G | 6-6 | 320 | 8/5/1995 | 25 | 4 | Louisiana State | Lemont, Ill. | D2(b)-'17 |
| 90 | Reed, Jarran | DT | 6-3 | 306 | 12/16/1992 | 27 | 5 | Alabama | Goldsboro, N.C. | D2-'16 |
| 98 | Robinson, Alton | DE | 6-3 | 259 | 6/2/1998 | 22 | R | Syracuse | Converse, Texas | D5-'20 |
| 72 | Shell, Brandon | T | 6-5 | 324 | 2/6/1992 | 28 | 5 | South Carolina | Goose Creek, S.C. | UFA(NYJ)-'20 |
| 66 | Simmons, Jordan | G | 6-4 | 339 | 7/15/1994 | 25 | 4 | USC | Inglewood, Calif. | W(Las)-'18 |
| 7 | Smith, Geno | QB | 6-3 | 221 | 10/10/1990 | 29 | 8 | West Virginia | Miramar, Fla. | FA-'19 |
| 18 | Swain, Freddie | WR | 6-0 | 199 | 8/4/1998 | 22 | R | Florida | Ocala, Fla. | D6-'20 |
| 23 | Thorpe, Neiko | CB | 6-2 | 210 | 2/11/1990 | 30 | 8 | Auburn | Tucker, Ga. | FA-'16 |
| 54 | Wagner, Bobby | LB | 6-0 | 242 | 6/27/1990 | 30 | 9 | Utah State | Ontario, Calif. | D2-'12 |
| 59 | Walker, D'Andre | LB | 6-3 | 256 | 1/23/1997 | 23 | 2 | Georgia | College Park, Ga. | W(Ten)-'20 |
| 82 | Willson, Luke | TE | 6-5 | 254 | 1/15/1990 | 30 | 8 | Rice | LaSalle, Ontario | D5(c)-'13 |
| 3 | Wilson, Russell | QB | 5-11 | 215 | 11/29/1988 | 31 | 9 | Wisconsin | Richmond, Va. | D3-'12 |
| 50 | Wright, K.J. | LB | 6-4 | 246 | 7/23/1989 | 31 | 10 | Mississippi State | Olive Branch, Miss. | D4(a)-'11 |

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

2020 Seattle Seahawks Numerical Roster (updated 9/9/20)

| No. | Name | Pos. | Ht. | Wt. | Birthdate | Age | Exp. | College | Hometown | Acquired |
|--|--------------------|------|------|-----|------------|-----|------|----------------------|-------------------------|---------------|
| 3 | Russell Wilson | QB | 5-11 | 215 | 11/29/1988 | 31 | 9 | Wisconsin | Richmond, Va. | D3-'12 |
| 4 | Michael Dickson | P | 6-2 | 208 | 1/4/1996 | 24 | 3 | Texas | Sydney, Australia | D5(c)-'18 |
| 5 | Jason Myers | K | 5-10 | 190 | 5/12/1991 | 29 | 6 | Marist | Chula Vista, Calif. | UFA(NYJ)-'19 |
| 7 | Geno Smith | QB | 6-3 | 221 | 10/10/1990 | 29 | 8 | West Virginia | Miramar, Fla. | FA-'19 |
| 11 | Phillip Dorsett II | WR | 5-10 | 192 | 1/5/1993 | 27 | 6 | Miami | Ft. Lauderdale, Fla. | UFA(NE)-'20 |
| 14 | DK Metcalf | WR | 6-4 | 229 | 12/14/1997 | 22 | 2 | Mississippi | Oxford, Miss. | D2(b)-'19 |
| 16 | Tyler Lockett | WR | 5-10 | 182 | 9/28/1992 | 27 | 6 | Kansas State | Tulsa, Okla. | D3-'15 |
| 18 | Freddie Swain | WR | 6-0 | 199 | 8/4/1998 | 22 | R | Florida | Ocala, Fla. | D6-'20 |
| 19 | Penny Hart | WR | 5-8 | 180 | 7/5/1996 | 24 | 2 | Georgia State | Roswell, Ga. | FA-'19 |
| 21 | Tre Flowers | CB | 6-3 | 203 | 6/2/1995 | 25 | 3 | Oklahoma State | Converse, Texas | D5(b)-'18 |
| 22 | Quinton Dunbar | CB | 6-2 | 202 | 7/22/1992 | 28 | 6 | Florida | Miami, Fla. | T(Was)-'20 |
| 23 | Neiko Thorpe | CB | 6-2 | 210 | 2/11/1990 | 30 | 8 | Auburn | Tucker, Ga. | FA-'16 |
| 25 | Travis Homer | RB | 5-10 | 202 | 8/7/1998 | 22 | 2 | Miami | West Palm Beach, Fla. | D6(a)-'19 |
| 26 | Shaquill Griffin | CB | 6-0 | 198 | 7/20/1995 | 25 | 4 | Central Florida | St. Petersburg, Fla. | D3(a)-'17 |
| 27 | Marquise Blair | FS | 6-1 | 196 | 7/18/1997 | 23 | 2 | Utah | Wooster, Ohio | D2(a)-'19 |
| 28 | Ugo Amadi | FS | 5-9 | 201 | 5/16/1997 | 23 | 2 | Oregon | Nashville, Tenn. | D4(c)-'19 |
| 30 | Carlos Hyde | RB | 6-0 | 229 | 9/20/1990 | 29 | 7 | Ohio State | Cincinnati, Ohio | FA-'20 |
| 31 | DeeJay Dallas | RB | 5-10 | 214 | 9/16/1998 | 21 | R | Miami | Brunswick, Ga. | D4(b)-'20 |
| 32 | Chris Carson | RB | 5-11 | 222 | 9/16/1994 | 25 | 4 | Oklahoma State | Liburn, Ga. | D7(b)-'17 |
| 33 | Jamal Adams | SS | 6-1 | 213 | 10/17/1995 | 24 | 4 | Louisiana State | Lewisville, Texas | T(NYJ)-'20 |
| 37 | Quandre Diggs | FS | 5-9 | 197 | 1/22/1993 | 27 | 6 | Texas | Houston, Texas | T(Det)-'19 |
| 42 | Lano Hill | SS | 6-1 | 216 | 11/26/1995 | 24 | 4 | Michigan | Detroit, Mich. | D3(b)-'17 |
| 44 | Nick Bellore | FB | 6-1 | 250 | 5/12/1989 | 31 | 10 | Central Michigan | St. Paul, Minn. | FA-'19 |
| 50 | K.J. Wright | LB | 6-4 | 246 | 7/23/1989 | 31 | 10 | Mississippi State | Olive Branch, Miss. | D4(a)-'11 |
| 51 | Bruce Irvin | LB | 6-3 | 258 | 11/1/1987 | 32 | 9 | West Virginia | Atlanta, Ga. | D1-'12 |
| 54 | Bobby Wagner | LB | 6-0 | 242 | 6/27/1990 | 30 | 9 | Utah State | Ontario, Calif. | D2-'12 |
| 55 | Ben Burr-Kirven | LB | 6-0 | 230 | 9/8/1997 | 23 | 2 | Washington | Menlo Park, Calif. | D5-'19 |
| 56 | Jordyn Brooks | LB | 6-0 | 240 | 10/21/1997 | 22 | R | Texas Tech | Houston, Texas | D1-'20 |
| 57 | Cody Barton | LB | 6-2 | 237 | 11/13/1996 | 23 | 2 | Utah | Salt Lake City, Utah | D3-'19 |
| 59 | D'Andre Walker | LB | 6-3 | 256 | 1/23/1997 | 23 | 2 | Georgia | College Park, Ga. | W(Ten)-'20 |
| 66 | Jordan Simmons | G | 6-4 | 339 | 7/15/1994 | 25 | 4 | USC | Inglewood, Calif. | W(Las)-'18 |
| 67 | B.J. Finney | C/G | 6-4 | 318 | 10/26/1991 | 28 | 5 | Kansas State | Wichita, Kan. | UFA(Pit)-'20 |
| 68 | Damien Lewis | G | 6-2 | 327 | 3/21/1997 | 23 | R | Louisiana State | Canton, Miss. | D3-'20 |
| 69 | Tyler Ott | LS | 6-3 | 253 | 2/28/1992 | 28 | 6 | Harvard | Tulsa, Okla. | FA-'16 |
| 70 | Mike Iupati | G | 6-5 | 331 | 5/12/1987 | 33 | 11 | Idaho | Vaitogi, American Samoa | UFA (Ari)-'19 |
| 72 | Brandon Shell | T | 6-5 | 324 | 2/6/1992 | 28 | 5 | South Carolina | Goose Creek, S.C. | UFA(NYJ)-'20 |
| 73 | Jamarco Jones | T | 6-4 | 293 | 6/4/1996 | 24 | 3 | Ohio State | Chicago, Ill. | D5(d)-'18 |
| 74 | Cedric Ogbuehi | T | 6-5 | 308 | 4/25/1992 | 28 | 6 | Texas A&M | Allen, Texas | UFA(Jac)-'20 |
| 76 | Duane Brown | T | 6-4 | 315 | 8/30/1985 | 35 | 13 | Virginia Tech | Richmond, Va. | T(Hou)-'17 |
| 77 | Ethan Pocic | C/G | 6-6 | 320 | 8/5/1995 | 25 | 4 | Louisiana State | Lemont, Ill. | D2(b)-'17 |
| 82 | Luke Willson | TE | 6-5 | 254 | 1/15/1990 | 30 | 8 | Rice | LaSalle, Ontario | D5(c)-'13 |
| 83 | David Moore | WR | 6-0 | 215 | 1/15/1995 | 25 | 4 | East Central (Okla.) | Gainesville, Texas | D7(a)-'17 |
| 86 | Jacob Hollister | TE | 6-4 | 245 | 11/18/1993 | 26 | 4 | Wyoming | Beaverton, Ore. | T(NE)-'19 |
| 88 | Greg Olsen | TE | 6-5 | 255 | 3/11/1985 | 35 | 14 | Miami | Wayne, N.J. | FA-'20 |
| 89 | Will Dissly | TE | 6-4 | 265 | 7/8/1996 | 24 | 3 | Washington | Bozeman, Mont. | D4-'18 |
| 90 | Jarran Reed | DT | 6-3 | 306 | 12/16/1992 | 27 | 5 | Alabama | Goldsboro, N.C. | D2-'16 |
| 91 | L.J. Collier | DE | 6-3 | 291 | 9/12/1995 | 25 | 2 | TCU | Munday, Texas | D1-'19 |
| 92 | Bryan Mone | DT | 6-3 | 345 | 10/20/1995 | 24 | 2 | Michigan | Salt Lake City, Utah | FA-'19 |
| 94 | Rasheem Green | DE | 6-4 | 279 | 5/15/1997 | 23 | 3 | USC | Los Angeles, Calif. | D3-'18 |
| 95 | Benson Mayowa | DE | 6-3 | 252 | 8/3/1991 | 29 | 8 | Idaho | Los Angeles, Calif. | UFA(Las)-'20 |
| 97 | Poona Ford | DT | 5-11 | 310 | 11/19/1995 | 24 | 3 | Texas | Hilton Head, S.C. | FA-'18 |
| 98 | Alton Robinson | DE | 6-3 | 259 | 6/2/1998 | 22 | R | Syracuse | Converse, Texas | D5-'20 |
| 99 | Damontre Moore | DE | 6-4 | 260 | 9/11/1992 | 28 | 8 | Texas A&M | DeSoto, Texas | FA-'20 |
| <u>Injured Reserve</u> | | | | | | | | | | |
| 36 | Patrick Carr | RB | 5-8 | 207 | 9/22/1995 | 24 | R | Houston | The Woodlands, Texas | FA-'20 |
| 43 | Eli Mencer | DE | 6-1 | 225 | 11/14/1996 | 23 | R | Albany | Altoona, Pa. | FA-'20 |
| 52 | Emmanuel Ellerbee | LB | 6-0 | 230 | 11/20/1996 | 23 | 3 | Rice | Houston, Texas | W(LAC)-'18 |
| 60 | Phil Haynes | G | 6-4 | 322 | 10/19/1995 | 24 | 2 | Wake Forest | Raleigh, N.C. | D4(b)-'19 |
| 93 | Branden Jackson | DE | 6-4 | 295 | 11/11/1992 | 27 | 5 | Texas Tech | McKeesport, Pa. | FA-'17 |
| <u>Reserve/Opt-Out</u> | | | | | | | | | | |
| 65 | Chance Warmack | G | 6-2 | 323 | 9/14/1991 | 29 | 7 | Alabama | Atlanta, Ga. | FA-'20 |
| <u>Reserve/Physically Unable to Perform</u> | | | | | | | | | | |
| 20 | Rashaad Penny | RB | 5-11 | 220 | 2/2/1996 | 24 | 3 | San Diego State | Norwalk, Calif. | D1-'18 |
| <u>Reserve/Suspended</u> | | | | | | | | | | |
| 10 | Josh Gordon | WR | 6-3 | 225 | 4/13/1991 | 29 | 7 | Baylor | Houston, Texas | W(NE)-'19 |
| 61 | Kyle Fuller | C/G | 6-5 | 320 | 3/4/1994 | 26 | 4 | Baylor | Duncanville, Texas | FA-'19 |
| <u>Reserve/Non-Football Injury</u> | | | | | | | | | | |
| 39 | D.J. Reed | CB | 5-9 | 193 | 11/11/1996 | 23 | 3 | Kansas State | Bakersfield, Calif. | W(SF)-'20 |
| 58 | Darrell Taylor | DE | 6-4 | 267 | 3/24/1997 | 23 | R | Tennessee | Hopewell, Va. | D2-'20 |
| 84 | Colby Parkinson | TE | 6-7 | 251 | 1/7/1999 | 21 | R | Stanford | Simi Valley, Calif. | D4(a)-'20 |
| <u>Practice Squad</u> | | | | | | | | | | |
| 2 | Danny Etling | QB | 6-3 | 220 | 7/22/1994 | 26 | 3 | Louisiana State | Terre Haute, Ind. | W(Atl)-'20 |
| 13 | Lance Lenoir, Jr. | WR | 6-0 | 208 | 2/9/1995 | 25 | 4 | Western Illinois | Chicago, Ill. | FA-'20 |
| 15 | John Ursua | WR | 5-9 | 182 | 1/17/1994 | 26 | 2 | Hawaii | Kailua-Kona, Hawaii | D7-'19 |
| 17 | Aaron Fuller | WR | 5-11 | 188 | 9/30/1997 | 22 | R | Washington | McKinney, Texas | FA-'20 |
| 29 | Jayson Stanley | CB | 6-2 | 209 | 4/24/1997 | 23 | 2 | Georgia | Fairburn, Ga. | W(Jac)-'20 |
| 34 | Linden Stephens | CB | 6-0 | 193 | 3/21/1995 | 25 | 3 | Cincinnati | Euclid, Ohio | W(Mia)-'20 |
| 35 | Ryan Neal | CB | 6-3 | 200 | 12/24/1995 | 24 | 3 | Southern Illinois | Hammond, Ind. | FA-'19 |
| 38 | Gavin Heslop | CB | 6-0 | 197 | 11/13/1997 | 22 | R | Stony Brook | Yonkers, N.Y. | FA-'20 |
| 49 | Shaquem Griffin | LB | 6-0 | 227 | 7/20/1995 | 25 | 3 | Central Florida | St. Petersburg, Fla. | D5(a)-'18 |
| 63 | Anthony Rush | DT | 6-5 | 350 | 9/1/1996 | 24 | 2 | Alabama-Birmingham | Raleigh, N.C. | FA-'20 |
| 75 | Cedrick Lattimore | DT | 6-3 | 300 | 2/6/1998 | 22 | R | Iowa | Redford, Mich. | FA-'20 |
| 75 | Chad Wheeler | T | 6-7 | 318 | 1/19/1994 | 26 | 4 | USC | Santa Monica, Calif. | FA-'19 |
| 79 | Tommy Champion | T | 6-5 | 320 | 3/4/1997 | 23 | R | Mississippi State | Jackson, Miss. | FA-'20 |
| 81 | Cody Thompson | WR | 6-2 | 205 | 1/11/1996 | 24 | 2 | Toledo | Huron, Ohio | FA-'19 |
| 85 | Tyler Mabry | TE | 6-3 | 247 | 11/21/1996 | 23 | R | Maryland | Ypsilanti, Mich. | FA-'20 |
| 87 | Stephen Sullivan | TE | 6-5 | 245 | 11/28/1996 | 23 | R | Louisiana State | Donaldsonville, La. | D7-'20 |

2020 Seattle Seahawks Positional Roster (updated 9/9/20)

| No. | Name | Pos. | Ht. | Wt. | Birthdate | Age | Exp. | College | Hometown | Acquired |
|-----|--------------------|------|------|-----|------------|-----|------|----------------------|-------------------------|---------------|
| 21 | Tre Flowers | CB | 6-3 | 203 | 6/2/1995 | 25 | 3 | Oklahoma State | Converse, Texas | D5(b)-'18 |
| 22 | Quinton Dunbar | CB | 6-2 | 202 | 7/22/1992 | 28 | 6 | Florida | Miami, Fla. | T(Was)-'20 |
| 23 | Neiko Thorpe | CB | 6-2 | 210 | 2/11/1990 | 30 | 8 | Auburn | Tucker, Ga. | FA-'16 |
| 26 | Shaquill Griffin | CB | 6-0 | 198 | 7/20/1995 | 25 | 4 | Central Florida | St. Petersburg, Fla. | D3(a)-'17 |
| 27 | Marquise Blair | FS | 6-1 | 196 | 7/18/1997 | 23 | 2 | Utah | Wooster, Ohio | D2(a)-'19 |
| 28 | Ugo Amadi | FS | 5-9 | 201 | 5/16/1997 | 23 | 2 | Oregon | Nashville, Tenn. | D4(c)-'19 |
| 33 | Jamal Adams | SS | 6-1 | 213 | 10/17/1995 | 24 | 4 | Louisiana State | Lewisville, Texas | T(NYJ)-'20 |
| 37 | Quandre Diggs | FS | 5-9 | 197 | 1/22/1993 | 27 | 6 | Texas | Houston, Texas | T(Det)-'19 |
| 42 | Lano Hill | SS | 6-1 | 216 | 11/26/1995 | 24 | 4 | Michigan | Detroit, Mich. | D3(b)-'17 |
| 91 | L.J. Collier | DE | 6-3 | 291 | 9/12/1995 | 25 | 2 | TCU | Munday, Texas | D1-'19 |
| 94 | Rasheem Green | DE | 6-4 | 279 | 5/15/1997 | 23 | 3 | USC | Los Angeles, Calif. | D3-'18 |
| 95 | Benson Mayowa | DE | 6-3 | 252 | 8/3/1991 | 29 | 8 | Idaho | Los Angeles, Calif. | UFA(Las)-'20 |
| 98 | Alton Robinson | DE | 6-3 | 259 | 6/2/1998 | 22 | R | Syracuse | Converse, Texas | D5-'20 |
| 99 | Damontre Moore | DE | 6-4 | 260 | 9/11/1992 | 28 | 8 | Texas A&M | DeSoto, Texas | FA-'20 |
| 90 | Jarran Reed | DT | 6-3 | 306 | 12/16/1992 | 27 | 5 | Alabama | Goldensboro, N.C. | D2-'16 |
| 92 | Bryan Mone | DT | 6-3 | 345 | 10/20/1995 | 24 | 2 | Michigan | Salt Lake City, Utah | FA-'19 |
| 97 | Poona Ford | DT | 5-11 | 310 | 11/19/1995 | 24 | 3 | Texas | Hilton Head, S.C. | FA-'18 |
| 50 | K.J. Wright | LB | 6-4 | 246 | 7/23/1989 | 31 | 10 | Mississippi State | Olive Branch, Miss. | D4(a)-'11 |
| 51 | Bruce Irvin | LB | 6-3 | 258 | 11/1/1987 | 32 | 9 | West Virginia | Atlanta, Ga. | D1-'12 |
| 54 | Bobby Wagner | LB | 6-0 | 242 | 6/27/1990 | 30 | 9 | Utah State | Ontario, Calif. | D2-'12 |
| 55 | Ben Burr-Kirven | LB | 6-0 | 230 | 9/8/1997 | 23 | 2 | Washington | Menlo Park, Calif. | D5-'19 |
| 56 | Jordyn Brooks | LB | 6-0 | 240 | 10/21/1997 | 22 | R | Texas Tech | Houston, Texas | D1-'20 |
| 57 | Cody Barton | LB | 6-2 | 237 | 11/13/1996 | 23 | 2 | Utah | Salt Lake City, Utah | D3-'19 |
| 59 | D'Andre Walker | LB | 6-3 | 256 | 1/23/1997 | 23 | 2 | Georgia | College Park, Ga. | W(Ten)-'20 |
| 25 | Travis Homer | RB | 5-10 | 202 | 8/7/1998 | 22 | 2 | Miami | West Palm Beach, Fla. | D6(a)-'19 |
| 30 | Carlos Hyde | RB | 6-0 | 229 | 9/20/1990 | 29 | 7 | Ohio State | Cincinnati, Ohio | FA-'20 |
| 31 | DeeJay Dallas | RB | 5-10 | 214 | 9/16/1998 | 21 | R | Miami | Brunswick, Ga. | D4(b)-'20 |
| 32 | Chris Carson | RB | 5-11 | 222 | 9/16/1994 | 25 | 4 | Oklahoma State | Lilburn, Ga. | D7(b)-'17 |
| 44 | Nick Bellore | FB | 6-1 | 250 | 5/12/1989 | 31 | 10 | Central Michigan | St. Paul, Minn. | FA-'19 |
| 3 | Russell Wilson | QB | 5-11 | 215 | 11/29/1988 | 31 | 9 | Wisconsin | Richmond, Va. | D3-'12 |
| 7 | Geno Smith | QB | 6-3 | 221 | 10/10/1990 | 29 | 8 | West Virginia | Miramar, Fla. | FA-'19 |
| 66 | Jordan Simmons | G | 6-4 | 339 | 7/15/1994 | 25 | 4 | USC | Inglewood, Calif. | W(Las)-'18 |
| 67 | B.J. Finney | C/G | 6-4 | 318 | 10/26/1991 | 28 | 5 | Kansas State | Wichita, Kan. | UFA(Pit)-'20 |
| 68 | Damien Lewis | G | 6-2 | 327 | 3/21/1997 | 23 | R | Louisiana State | Canton, Miss. | D3-'20 |
| 70 | Mike Iupati | G | 6-5 | 331 | 5/12/1987 | 33 | 11 | Idaho | Vaitogi, American Samoa | UFA (Ari)-'19 |
| 77 | Ethan Pocic | C/G | 6-6 | 320 | 8/5/1995 | 25 | 4 | Louisiana State | Lemont, Ill. | D2(b)-'17 |
| 72 | Brandon Shell | T | 6-5 | 324 | 2/6/1992 | 28 | 5 | South Carolina | Goose Creek, S.C. | UFA(NYJ)-'20 |
| 73 | Jamarco Jones | T | 6-4 | 293 | 6/4/1996 | 24 | 3 | Ohio State | Chicago, Ill. | D5(d)-'18 |
| 74 | Cedric Ogbuehi | T | 6-5 | 308 | 4/25/1992 | 28 | 6 | Texas A&M | Allen, Texas | UFA(Jac)-'20 |
| 76 | Duane Brown | T | 6-4 | 315 | 8/30/1985 | 35 | 13 | Virginia Tech | Richmond, Va. | T(Hou)-'17 |
| 82 | Luke Willson | TE | 6-5 | 254 | 1/15/1990 | 29 | 8 | Rice | LaSalle, Ontario | D5(c)-'13 |
| 86 | Jacob Hollister | TE | 6-4 | 245 | 11/18/1993 | 26 | 4 | Wyoming | Beaverton, Ore. | T(NE)-'19 |
| 88 | Greg Olsen | TE | 6-5 | 255 | 3/11/1985 | 35 | 14 | Miami | Wayne, N.J. | FA-'20 |
| 89 | Will Dissly | TE | 6-4 | 265 | 7/8/1996 | 24 | 3 | Washington | Bozeman, Mont. | D4-'18 |
| 11 | Phillip Dorsett II | WR | 5-10 | 192 | 1/5/1993 | 27 | 6 | Miami | Ft. Lauderdale, Fla. | UFA(NE)-'20 |
| 14 | DK Metcalf | WR | 6-4 | 229 | 12/14/1997 | 22 | 2 | Mississippi | Oxford, Miss. | D2(b)-'19 |
| 16 | Tyler Lockett | WR | 5-10 | 182 | 9/28/1992 | 27 | 6 | Kansas State | Tulsa, Okla. | D3-'15 |
| 18 | Freddie Swain | WR | 6-0 | 199 | 8/4/1998 | 22 | R | Florida | Ocala, Fla. | D6-'20 |
| 19 | Penny Hart | WR | 5-8 | 180 | 7/5/1996 | 24 | 2 | Georgia State | Roswell, Ga. | FA-'19 |
| 83 | David Moore | WR | 6-0 | 215 | 1/15/1995 | 25 | 4 | East Central (Okla.) | Gainesville, Texas | D7(a)-'17 |
| 4 | Michael Dickson | P | 6-2 | 208 | 1/4/1996 | 24 | 3 | Texas | Sydney, Australia | D5(c)-'18 |
| 5 | Jason Myers | K | 5-10 | 190 | 5/12/1991 | 29 | 6 | Marist | Chula Vista, Calif. | UFA(NYJ)-'19 |
| 69 | Tyler Ott | LS | 6-3 | 253 | 2/28/1992 | 28 | 6 | Harvard | Tulsa, Okla. | FA-'16 |



Unofficial Depth Chart & Pronunciation Guide

OFFENSE

| | | | | | | |
|----|----|---------------------|----|--------------------|----|----------------------|
| WR | 14 | DK Metcalf | 83 | David Moore | 19 | Penny Hart |
| LT | 76 | Duane Brown | 74 | Cedric Ogbuehi | | |
| LG | 70 | Mike Iupati | 66 | Jordan Simmons | | |
| C | 77 | Ethan Pocic | 67 | B.J. Finney | | |
| RG | 68 | <u>Damien Lewis</u> | 73 | Jamarco Jones | | |
| RT | 72 | Brandon Shell | 74 | Cedric Ogbuehi | | |
| TE | 88 | Greg Olsen | 89 | Will Dissly | 82 | Luke Willson |
| | | | | | 86 | Jacob Hollister |
| WR | 16 | Tyler Lockett | 11 | Phillip Dorsett II | 18 | <u>Freddie Swain</u> |
| QB | 3 | Russell Wilson | 7 | Geno Smith | | |
| FB | 44 | Nick Bellore | | | | |
| RB | 32 | Chris Carson | 30 | Carlos Hyde | 25 | Travis Homer |
| | | | | | 31 | <u>DeeJay Dallas</u> |

DEFENSE

| | | | | | | |
|-----|----|------------------|----|-----------------------|----|-----------------|
| DE | 91 | L.J. Collier | 94 | Rasheem Green | | |
| DT | 90 | Jarran Reed | 92 | Bryan Mone | | |
| NT | 97 | Poona Ford | | | | |
| LEO | 95 | Benson Mayowa | 98 | <u>Alton Robinson</u> | 99 | Damontre Moore |
| SLB | 51 | Bruce Irvin | 57 | Cody Barton | 59 | D'Andre Walker |
| MLB | 54 | Bobby Wagner | 57 | Cody Barton | | |
| WLB | 50 | K.J. Wright | 56 | <u>Jordyn Brooks</u> | 55 | Ben Burr-Kirven |
| LCB | 26 | Shaquill Griffin | 23 | Neiko Thorpe | | |
| RCB | 21 | Tre Flowers | OR | 22 Quinton Dunbar | | |
| SS | 33 | Jamal Adams | 42 | Lano Hill | | |
| FS | 37 | Quandre Diggs | 27 | Marquise Blair | 28 | Ugo Amadi |

SPECIALISTS

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

() injured; Underline Rookie

PRONUNCIATION GUIDE

| | |
|--------------------------------|-------------------------------|
| Ugo Amadi... ooh-go uh-MAH-dee | Cedric Ogbuehi... ah-BWAY-hee |
| Phillip Dorsett II... dor-SET | Ethan Pocic... POE-sick |
| Lano Hill... LAY-no | Jarren Reed... JARE-in |
| Mike Iupati... yoo-PAH-tee | |
| Benson Mayowa... may-OH-wuh | |
| Bryan Mone... mo-NAY | |