



VS.



August 26, 2019

**SEAHAWKS FACE THE RAIDERS TO CONCLUDE THE PRESEASON FOR THE 14TH CONSECUTIVE YEAR****2019 SCHEDULE****Preseason (2-1)**

Day	Date	Opponent	Time (PT)	TV
Thu.	8/8	Denver	W	22-14
Sun.	8/18	at Minnesota	L	25-19
Sat.	8/24	at L.A. Chargers	W	23-15
Thu.	8/29	Oakland	7:00 p.m.	Q13

**Regular Season**

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

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The Seahawks conclude their preseason schedule with the now-annual match-up with the Oakland Raiders this Thursday at 7:00 p.m. (PT). It will be the 14th-straight year ending the preseason against the Raiders, with 10 games taking place in Seattle and four in Oakland.

This will be the 18th preseason meeting between the teams with Seattle leading the series, 12-5. Oakland defeated Seattle last year, 30-19, on August 30 in Seattle.

Seattle is 24-15 in the preseason under Pete Carroll and had a franchise-record nine-game winning streak from 2011-13. The Seahawks were 0-4 last year, marking the first time the Seahawks have been winless in a preseason.

**BROADCAST INFORMATION**

<b>Seahawks</b>	Q13 FOX	Curt Menefee (play-by-play)
<b>TV Network</b>	(channel 13 in Seattle)	Dave Wyman (analyst)
	Seahawks.com	
	Seahawks Mobile App	

<b>Seahawks</b>	710 ESPN Seattle	Steve Raible (play-by-play)
<b>Radio Network</b>	KIRO Radio 97.3	Paul Moyer (analyst)
		John Clayton (sidelines)
		Jen Mueller (sidelines)

**ROSTER CUTDOWN DATES**

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

**Sunday, September 1** - Clubs may establish practice squad of 10 players

**THIS WEEK'S SCHEDULE****Monday, August 26**

Players Day Off

**Tuesday, August 27**

11:15 a.m. - 12:45 p.m.

**Wednesday, August 28**

11:00 a.m. - 12:15 p.m.

**Thursday, August 29**

Seahawks vs. Raiders

7:00 p.m. on Q13 in Seattle

**Friday, August 30**

Players Day Off

**Saturday, August 31**

Players Day Off

**Sunday, September 1**

Players Day Off

**Monday, September 2**

TBA



# 2018 RECAP

## TEAM

- \* Since 2012, including playoffs, Seattle is 52-0 when leading by four or more points at halftime.
- \* Clinched a postseason berth for the seventh time in Pete Carroll's nine seasons as head coach and became the 28th team since the playoff format was instituted in 1990 that had a losing record after nine games to make the playoffs.
- \* Fourth team in NFL history to have a 1,000-yard rusher and three 300-yard rushers, and first since the 2001 Steelers.
- \* Scored the second-most points in franchise history with 428.
- \* 2,560 rushing yards were the third-most in franchise history, marking the top-three rushing seasons all under Pete Carroll (2012, 2014, 2018).

## PETE CARROLL

- \* Ranks 28th on the NFL's all-time coaches wins list with 132.
- \* Passed Mike Holmgren as the franchise's all-time winningest coach (regular season & postseason) with win over Oakland.

### ALL-TIME SEAHAWKS COACHING RECORDS

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

## DOUG BALDWIN

- \* Ranks third on Seattle's all-time receptions list with 493.
- \* Ranks third on Seattle's all-time receiving yards list with 6,563.
- \* Ranks second on Seattle's all-time receiving touchdowns list with 49.
- \* Ranks fourth in the NFL in receiving touchdowns since 2015.

### MOST RECEIVING TOUCHDOWNS SINCE 2015, NFL

Antonio Brown, Pit	46
DeAndre Hopkins, Hou	39
Davante Adams, GB	36
<b>Doug Baldwin, Sea</b>	<b>34</b>
Odell Beckham, Jr., NYG	32
A.J. Green, Cin	28

## CHRIS CARSON

- \* Became Seattle's first 1,000-yard rusher since 2014 (Marshawn Lynch) and just the sixth player in franchise history to accomplish that feat with a career-high 1,151 yards.

## FRANK CLARK & JARRAN REED

- \* Clark set career-high with 13.0 sacks and Reed set career-high with 10.5 sacks.
- \* Combined 23.5 sacks is the most by Seattle teammates since Patrick Kerney and Julian Peterson posted 24.0 in 2007.

## MICHAEL DICKSON

- \* Set the franchise single-season punt average (48.2) and net average (42.5) records.

- \* Is first Seattle punter to make the Pro Bowl since Rick Tuten in 1994 and is the first rookie punter since the Los Angeles Rams' Dale Hatcher in 1985 to be selected to the all-star game.

- \* First rookie punter to be named first-team AP All-Pro since Oakland's Shane Lechler in 2000.

## SEBASTIAN JANIKOWSKI

- \* Became the third player since 1970 to kick three game-winning FGs with no time left on the clock in a season.

## TYLER LOCKETT

- \* Posted career-highs in receptions (57), yards (965) and touchdowns (10).

## RUSSELL WILSON

- \* Named to his sixth Pro Bowl in his seven seasons.
- \* Tied career-low with seven interceptions.
- \* Ranks third on Seattle's all-time passing attempts list with 3,261.
- \* Ranks third on Seattle's all-time passing completions list with 2,095.
- \* Ranks third on Seattle's all-time passing yards list with 25,624.
- \* Ranks first on Seattle's all-time passing touchdowns list with 196.
- \* Ranks sixth on the NFL's all-time list for most passing yards in a quarterback's first seven seasons with 25,624.
- \* With the win vs. Kansas City (12/23/18), became the first quarterback in NFL history with a winning record in each of his first seven seasons.
- \* With the win vs. Minnesota (12/10/18), became the winningest quarterback in a player's first seven seasons with 73. Currently has 75 wins.
- \* Joined Peyton Manning as the only players to pass for 3,000 yards and 20-plus touchdowns in each of their first seven seasons in NFL history.
- \* With the win at Carolina (11/25/18), passed Dave Krieg as the franchise's all-time winningest quarterback in the regular season with 71. Currently has 75 victories.
- \* With the win at Arizona (9/30/18), passed Matt Hasselbeck as the franchise's all-time winningest starting quarterback with 75 (regular season & postseason). Currently has 83 career wins.
- \* His 28-7 record following an in-season loss is the best record by a quarterback since the 1970 merger.
- \* Has started 112 consecutive games, the fourth-longest active streak among quarterbacks.
- \* Has started every game played with 125 (112 regular season, 13 postseason).

### MOST CONSECUTIVE GAMES STARTED BY A QB ACTIVE STREAK

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



# 2018 RECAP

## 27 OR MORE POINTS SCORED

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

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

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

### HIGHEST SCORING OFFENSE SINCE WEEK 10

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

## EXPLOSIVE PLAYS SINCE WEEK 10

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

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

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

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

## TOP-10 SCORING OFFENSE

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

### POINTS PER GAME, NFL

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

## 58-13 WHEN WINNING THE TURNOVER BATTLE

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

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

### SEATTLE RECORD WHEN WINNING THE TURNOVER BATTLE

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

### TURNOVER DIFFERENTIAL SINCE 2011, NFL

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

## +15 TURNOVER DIFFERENTIAL (1ST NFL)

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

### TURNOVER DIFFERENTIAL, NFL

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

### FEWEST GIVEAWAYS, SINGLE-SEASON, NFL HISTORY

10	2010 Patriots
	2011 49ers
<b>11</b>	<b>2018 Seahawks</b>
	2017 Chiefs
	2016 Falcons
	2016 Patriots



# 2018 RECAP

## 2ND-HIGHEST SCORING TEAM

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

### MOST POINTS SCORED, FRANCHISE HISTORY

Points	Year
452	2005
<b>428</b>	<b>2018</b>
423	2015

## 1ST IN RUSHING YPG SINCE WEEK 3

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

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

### MOST RUSHING YARDS PER GAME SINCE WEEK 3, NFL

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

## TOP-3 RUSH SEASONS IN CLUB HISTORY

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

### MOST RUSHING ATTEMPTS, SEASON, FRANCHISE HISTORY

Rushes	Year
561	1978
546	1983
536	2012
<b>534</b>	<b>2018</b>
525	2014

### MOST RUSH YARDS, SEASON, FRANCHISE HISTORY

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

## NO. 1 RUSH OFFENSE

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

### RUSHING OFFENSE/NFL

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

## 150+ RUSH YARDS IN 7 STRAIGHT GAMES

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

### LONGEST STREAK OF 150+ TEAM RUSH YARDS SINCE 1978

Team	Games
1985 Bears	9
1984 Raiders	8
<b>2018 Seahawks</b>	<b>7</b>
2018 Ravens	7
2004 Falcons	7
1986 Bears	7

## 17,333 TEAM RUSHING YARDS SINCE 2011

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

### MOST TEAM RUSHING YARDS SINCE 2011, NFL

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





# TEAM NOTES

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

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

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

### LARGEST DEFEATS SINCE WEEK 9 OF 2011 (INCLUDING PLAYOFFS)

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

\* NFC Divisional Playoff

## 176 FALSE STARTS AT HOME

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

### OPPONENT FALSE START PENALTIES AT HOME (2005-CURRENT)

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

## 138 CONSECUTIVE SELL OUTS

Since the Seahawks trip to Super Bowl XL, NFC West crowns from 2004-07, 2010, 2013-14 and 2016, a Super Bowl XLVIII championship and Super Bowl XLIX appearance, Seattle's fans do not want to miss out on seeing their team in action. Since 2003, all but one game has sold out, giving the team 138 consecutive sell outs entering the 2019 season, including playoffs.

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

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

## 80-39-1 RECORD IN LAST 120 GAMES

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

## 28-19-1 ROAD RECORD SINCE 2013

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

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

### BEST ROAD RECORDS IN FRANCHISE HISTORY

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

\* last time: 2018

## 2,181 ROSTER TRANSACTIONS SINCE 2010

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

Of the 90 players on Seattle's 2019 active roster, 37 are Seattle draft choices, seven have been acquired via trade, waiver claim or practice squad, and the remaining 46 players have been signed as free agents.

## 95-41 HOME RECORD SINCE 2002

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

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

### BEST HOME RECORD SINCE 2002, NFC

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



# TEAM NOTES

## 24-10 ON MONDAY NIGHT FOOTBALL

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

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

### BEST ALL-TIME WINNING %, MONDAY NIGHT FOOTBALL

Seattle	24-10	.706
Pittsburgh	47-24	.662
San Francisco	48-27	.640
Carolina	10-7	.588
Dallas	46-33	.582
Kansas City	26-19	.578

### SEAHAWKS ON MONDAY NIGHT FOOTBALL (24-10)

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

## 26-5-1 IN PRIME TIME GAMES SINCE 2010

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

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

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

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



# TEAM NOTES

## .828 WINNING % IN PRIME TIME

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

### BEST RECORD IN PRIME TIME GAMES SINCE 2010

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

## LARGEST COMEBACKS & OVERTIME RECORD

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

### LARGEST COMEBACKS IN FRANCHISE HISTORY

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

## 44-12 AT HOME SINCE 2012

### SEATTLE'S NFL RANKING FOR LAST 56 HOME GAMES

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

### LONGEST HOME WINNING STREAK, FRANCHISE HISTORY

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

### MOST CONSECUTIVE GAMES WON, FRANCHISE HISTORY

11	2005
9	2012-13
8	1984

## 14 SPECIAL TEAMS SCORES SINCE 2010

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

### SEATTLE SPECIAL TEAMS SCORES SINCE 2010

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

### MOST BLOCKS SINCE 2010

25	Oakland
23	Miami
<b>20 Seattle</b>	
19	Philadelphia
19	Arizona

### MOST TDS/SAFETIES SINCE 2010

17	Baltimore
15	Minnesota
15	New England
<b>14 Seattle</b>	
14	Kansas City

### MOST TAKEAWAYS ON PUNT/KOR SINCE 2010

22	Oakland
<b>21 Seattle</b>	
21	Kansas City
16	N.Y. Giants
14	many tied



# TEAM NOTES

## 12 FLAG RAISERS AT THE TOYOTA FAN DECK

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

### 2019 FLAG RAISERS

Denver - 1979 Seattle Sonics championship team  
Oakland -  
Cincinnati -  
New Orleans -  
L.A. Rams -

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

## FLIGHT TIMES

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

### 2019 FLIGHT TIMES

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

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

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

## LARGEST CENTURYLINK FIELD ATTENDANCE: 69,190

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

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

### LARGEST HOME ATTENDANCE, FRANCHISE HISTORY

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

**75: MOST WINS TO BEGIN A CAREER**

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

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

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

**CAREER STATISTICS**

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

**RUSSELL WILSON CAREER PASSING**

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

**SIX-TIME PRO BOWLER****2012****2013****2014****2015****2017****2018****HIGHEST PASSER RATING SINCE 2012, NFL**

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

**FRANCHISE RECORDS**

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

**196 SEATTLE TD PASSES**

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

**MOST PASSING TOUCHDOWNS,  
CLUB HISTORY**

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



**196 CAREER TOUCHDOWN PASSES**

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

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

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

**44 HOME WINS TO BEGIN CAREER****MOST HOME WINS IN A QB'S FIRST SEVEN SEASONS, NFL HISTORY**

Joe Flacco	45
<b>Russell Wilson</b>	<b>44</b>
Brett Favre	41
John Elway	40
Matt Ryan	39

**CAREER HIGHLIGHTS**

- \* Career passer rating of 100.3 ranks second in NFL history.
- \* Career home passer rating of 102.8 ranks third in NFL history.
- \* Career road passer rating of 98.0 ranks second in NFL history.
- \* His .674 winning percentage (75-36-1) ranks third among active starting quarterbacks.
- \* Has 12 300-yard passing games in the regular season and two 300-yard passing games in the postseason.
- \* Has 43 games with multiple touchdown passes and no interceptions, the most such performances by a quarterback in his first seven seasons. (Entered 2018 already holding the seven-seasons record).
- \* With the win vs. Kansas City (12/23/18), became the first quarterback in NFL history with a winning record in each of his first seven seasons.
- \* In 2017, became the first quarterback in NFL history with at least 30 touchdown passes and 500 rushing yards in multiple seasons.
- \* His 28-7 record following an in-season loss is the best record by a quarterback since the 1970 merger.
- \* Against Atlanta (11/20/17), became the 10th quarterback in NFL history to reach 3,000 career rushing yards.
- \* Has eight career games with at least four touchdowns and one or fewer interceptions. Only Dan Marino, Brett Favre and Peyton Manning (10) have more such games in a player's first seven seasons.
- \* Threw 19 touchdown passes in the fourth quarter in 2017, an NFL record.
- \* First player in NFL history with 4,000 yards, 30 touchdown passes and 500 rushing yards in a season (2015).
- \* Led the NFL in passer rating with a 110.1 rating (2015).
- \* Is the only player in NFL history to pass for at least 24 touchdowns and have one or zero interceptions in a seven-game span in a single-season (Weeks 11-17 of 2015).
- \* His 19 touchdown passes are the most in NFL history over a five-game span (Weeks 11-15 of 2015) without an interception in a single-season.
- \* Is the only player in NFL history to pass for at least three touchdowns with no interceptions in five consecutive games (Weeks 11-15 of 2015).
- \* First player in NFL history to have at least a 138.5 rating in four consecutive games (Weeks 11-14 of 2015).
- \* At St. Louis (10/19/14), became the first player to record a 300-yard passing game and 100-yard rushing game in a single-game. He threw for 313 yards and rushed for 106.
- \* He is one of two players in NFL history (Randall Cunningham - 1990) to rush for over 800 yards and throw for over 3,400 yards in a single-season (2014).
- \* Became the third-youngest starting quarterback to win a Super Bowl. Wilson was 25 years, 65 days old on February 2, 2014, when Seattle defeated Denver, 43-8, in Super Bowl XLVIII.
- \* Finished third in AP Offensive Rookie of the Year voting.



**27 FOURTH-QUARTER/OVERTIME COMEBACKS IN 125 GAMES**

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

He had two game-winning drives last season, three game-winning drives in 2016, and directed come-from-behind victories in the 2013 and 2014 NFC Championship Games to advance Seattle to the Super Bowl.

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

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

**RUSSELL WILSON 4TH QUARTER/OT COMEBACKS**

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

\* NFC Wild Card Game ^ NFC Championship Game

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

Russell Wilson, Sea	27
Matthew Stafford, Det	27
Drew Brees, NO	22
Matt Ryan, Atl	21
Andrew Luck, Ind	20

**MOST PASSING YARDS IN A QUARTERBACK'S FIRST SEVEN SEASONS**

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

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

1. Peyton Manning 29,442
- ...

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

**3,000 YARDS & 20+ TOUCHDOWNS**

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

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

Peyton Manning	1998-2004
<b>Russell Wilson</b>	<b>2012-</b>

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

Dan Marino	1983-89
Peyton Manning	1998-2004
<b>Russell Wilson</b>	<b>2012-</b>

**MOST PASSING TOUCHDOWNS, NFL**

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

**56 100+ PASSER RATING GAMES IN CAREER**

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

**RUSSELL WILSON CAREER PASSING RATING BREAKDOWN**

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

**.674 WINNING PERCENTAGE**

Russell Wilson ranks third among active quarterbacks with a .674 winning percentage.

**HIGHEST WINNING % OF ACTIVE STARTING QUARTERBACKS**

Player	Record	Winning Pct.
Tom Brady, NE	207-60	.775
Ben Roethlisberger, Pit	144-69-1	.675
<b>Russell Wilson, Sea</b>	<b>75-36-1</b>	<b>.674</b>
Dak Prescott, Dal	32-16	.667
Aaron Rodgers, GB	100-57-1	.636

**PERFECT PASSER RATING & 69 TOUCHDOWNS**

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

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

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

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

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

**HIGHEST PASSER RATING, NFL**

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

**HIGHEST PASSER RATINGS, NFL HISTORY**

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

**HIGHEST PASSER RATING, NFL HISTORY**

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

**HIGHEST HOME PASSER RATING, NFL HISTORY**

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

**HIGHEST ROAD PASSER RATING, NFL HISTORY**

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

# 14

# WR DK METCALF

## FOOTBALL FAMILY

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



### Height

6-4

### Weight

229

### 40-yard dash

4.32

### Arm Length

35.0 inches

### Hand Size

9 7/8 inches

### Bench Press

27 reps

### Vertical Jump

40.5 inches

### Broad Jump

134.0 inches

### 3-Cone Drill

7.38 seconds

### 20-yard shuttle

4.5 seconds



## 40.9 YARDS PER TOUCHDOWN

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

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

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

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

## 6TH IN THE NFL IN RECEIVING TOUCHDOWNS

Tyler Lockett ranks sixth in the NFL with a career-high 10 receiving touchdowns.

## MOST RECEIVING TOUCHDOWNS, NFL

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

## 158.3 QBR: WILSON TO LOCKETT

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

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

## NFL-BEST 6,944 COMBINED YDS SINCE 2015

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

## MOST COMBINED YARDS IN NFL SINCE 2015

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

## TYLER LOCKETT CAREER TOUCHDOWNS (23)

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





# SHAQUILL & SHAQUEM GRIFFIN

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

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

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

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

## THE GRIFFINS

**Mother:** Tangie

**Father:** Terry

**Siblings:** Andre and Burness

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

## AMNIOTIC BAND SYNDROME

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

## SHAQ VS. SHAQ

Shaquill and Shaquem's combine results:

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



**SHAQUILL**



**SHAQUEM**

## FIVE-TIME PRO BOWLER



2014



2015



2016



2017



2018

## SECOND-MOST TACKLES SINCE 2012 (914)

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

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

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

## LARGENT AWARD WINNER

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

## HALL OF FAME COMPANY

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

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



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



## 98-YARD PICK-SIX

## LONGEST RETURNS, FRANCHISE HISTORY

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

## FIVE-TIME ALL-PRO

**First-team:** 2014, 2016, 2017, 2018

**Second-team:** 2015

## IN THE RECORD BOOKS

## MOST CAREER TACKLES, CLUB HISTORY

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

## MOST SINGLE-SEASON TACKLES, CLUB HISTORY

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



# PLAYER NOTES

## #30 SS BRADLEY MCDUGALD

### THREE INTERCEPTIONS & 79 GP STREAK

Bradley McDougald's team-leading three interceptions are tied for 18th in the NFL last season.

Over his time with Tampa Bay and Seattle, his 79 consecutive games played ranks third among active safeties in the NFL.

### MOST CONSECUTIVE GAMES PLAYED BY A S, ACTIVE STREAK

Glover Quin, Det	148
Malcolm Jenkins, Phi	87
<b>Bradley McDougald, Sea</b>	<b>79</b>
Tashaun Gipson, Jac	57
George Iloka, Min	49

## #32 CHRIS CARSON

### 5TH IN THE NFL IN RUSHING

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

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

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

### LEADING RUSHERS NFL

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

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

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

## #50 LB K.J. WRIGHT

### 1,135 COMBINED TACKLES WITH BOBBY WAGNER



2016

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

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

Wright also ranks seventh in franchise history with 717 tackles, needing two tackles to pass Ring of Honor member Jacob Green for sixth-place in franchise history.

## #90 JARRAN REED

### CAREER-BEST SEASON

Third-year defensive tackle Jarran Reed is enjoying the best season of his career with a career-high and ranking second on the team with 10.5 sacks, eclipsing his former high of 1.5 sacks each in 2016 and 2017. His **sack total ranks third in the NFL among interior lineman**.

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

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

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

\* Hall of Famer

### MOST SACKS BY TWO TEAMMATES, SINGLE-SEASON FRANCHISE HISTORY

Players	Sacks	Year
Jeff Bryant (14.5) & Jacob Green (13.0)	27.5	1984
Mike McCrary (13.5) & Mike Sinclair (13.0)	26.5	1996
Patrick Kerney (14.5) & Julian Peterson (9.5)	24.0	2007
Chad Brown (7.5) & Mike Sinclair (16.5)	24.0	1998
Randy Edwards (10.5) & Jacob Green (13.5)	24.0	1985
Jeff Bryant (8.0) & Jacob Green (16.0)	24.0	1983
<b>Frank Clark (13.0) &amp; Jarran Reed (10.5)</b>	<b>23.5</b>	<b>2018</b>

### MOST SACKS BY TWO TEAMMATES, NFL, 2018

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





# PETE CARROLL

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

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

### MOST COMBINED WINS IN NFL HISTORY

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

## 132 CAREER WINS FOR PETE CARROLL (REGULAR & POSTSEASON)

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

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



# CENTURYLINK FIELD ENHANCEMENTS

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

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

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

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

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

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

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

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

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

## OTHER OFFERS FOR FANS INCLUDE:

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



SEATTLE SEAHAWKS / PRESEASON / WEEK 4 / THROUGH SUNDAY, AUGUST 25, 2019

WON 2, LOST 1						* RUSHING				No.	Yds	Avg	Long	TD				
08/08 W 22-14	Denver			68,295	X. Turner	16	55	3.4	11	0								
08/18 L 19-25	at Minnesota			66,636	Carson	8	48	6.0	13	0								
08/24 W 23-15	at L.A. Chargers			23,377	Smith	9	45	5.0	13	1								
08/29	Oakland				Homer	13	43	3.3	9	0								
	Sea.		Opp.		Wilson	5	40	8.0	16	0								
TOTAL FIRST DOWNS		55		61	Lynch	6	37	6.2	18	1								
Rushing		23		16	Penny	20	35	1.8	7	1								
Passing		23		38	Prosise	5	32	6.4	10	1								
Penalty		9		7	Scarbrough	7	32	4.6	8	0								
3rd Down: Made/Att		17/41		17/41	McKissic	6	20	3.3	6	0								
3rd Down Pct.		41.5		41.5	Ursua	1	11	11.0	11	0								
4th Down: Made/Att		2/3		3/8	Lockett	1	6	6.0	6	0								
4th Down Pct.		66.7		37.5	Barrett	1	5	5.0	5	0								
POSSESSION AVG.		28:55		31:05	T. Wright	1	3	3.0	3	0								
TOTAL NET YARDS		889		987	TEAM	99	412	4.2	18	4								
Avg. Per Game		296.3		329.0	OPPONENTS	82	327	4.0	50	2								
Total Plays		181		190	* RECEIVING	No.	Yds	Avg	Long	TD								
Avg. Per Play		4.9		5.2	Ferguson	6	78	13.0	25	1								
NET YARDS RUSHING		412		327	Penny	6	52	8.7	27	0								
Avg. Per Game		137.3		109.0	Lockett	5	77	15.4	30	0								
Total Rushes		99		82	Ursua	4	100	25.0	28	0								
NET YARDS PASSING		477		660	J. Brown	3	70	23.3	33	0								
Avg. Per Game		159.0		220.0	Hollister	3	17	5.7	8	0								
Sacked/Yards Lost		4/29		4/31	McKissic	3	11	3.7	12	0								
Gross Yards		506		691	Saxton	2	26	13.0	26	0								
Att./Completions		78/43		104/73	Bellore	2	10	5.0	5	0								
Completion Pct.		55.1		70.2	T. Wright	2	5	2.5	9	0								
Had Intercepted		1		2	Prosise	1	15	15.0	15	0								
PUNTS/AVERAGE		12/45.4		9/47.1	Jennings	1	12	12.0	12	0								
NET PUNTING AVG.		12/40.8		9/42.9	Metcalf	1	8	8.0	8	0								
PENALTIES/YARDS		31/291		22/220	Moore	1	8	8.0	8	0								
FUMBLES/BALL LOST		2/0		3/0	X. Turner	1	8	8.0	8	0								
TOUCHDOWNS		6		6	Harris	1	6	6.0	6	0								
Rushing		4		2	Carson	1	3	3.0	3	0								
Passing		1		4	TEAM	43	506	11.8	33	1								
Returns		1		0	OPPONENTS	73	691	9.5	45	4								
* SCORE BY PERIODS		Q1	Q2	Q3	Q4	OT	PTS	* INTERCEPTIONS				No.	Yds	Avg	Long	TD		
TEAM		0	29	22	13	0	64	Shead	1	88	88.0	88t	1					
OPPONENTS		9	10	7	28	0	54	Taylor	1	0	0.0	0	0					
* SCORING		TD-Ru-Pa-Rt	K-PAT	FG	S	PTS	TEAM	2	88	44.0	88t	1						
Myers		0	0	0	0	5/ 6	7/ 8	0	26	OPPONENTS	1	0	0.0	0	0			
Shead		1	0	0	1			1	8	* PUNTING	No.	Yds	Avg	Net	TB	In	Lg	B
Ferguson		1	0	1	0			0	6	M. Dickson	12	545	45.4	40.8	2	2	59	0
Lynch		1	1	0	0			0	6	TEAM	12	545	45.4	40.8	2	2	59	0
Penny		1	1	0	0			0	6	OPPONENTS	9	424	47.1	42.9	0	5	59	0
Prosise		1	1	0	0			0	6	* PUNT RETURNS	Ret	FC	Yds	Avg	Long	TD		
Smith		1	1	0	0			0	6	Amadi	5	1	19	3.8	17	0		
TEAM		6	4	1	1	5/ 6	7/ 8	1	64	Moore	2	1	19	9.5	19	0		
OPPONENTS		6	2	4	0	2/ 4	4/ 4	0	54	TEAM	7	2	38	5.4	19	0		
2-Pt Conv: TM 0-0, OPP 2-2										OPPONENTS	7	1	16	2.3	11	0		
SACKS: Jackson 1, J. Martin 1, Mingo 1,										* KICKOFF RETURNS	No.	Yds	Avg	Long	TD			
Shead 1, TM 4, OPP 4										T. Wright	5	105	21.0	41	0			
FUM/LOST: Amadi 1/0, Ferguson 1/0										Reynolds	3	69	23.0	34	0			
										Amadi	2	27	13.5	15	0			
										Ursua	1	17	17.0	17	0			
										TEAM	11	218	19.8	41	0			
										OPPONENTS	12	226	18.8	36	0			
										* FIELD GOALS	1-19	20-29	30-39	40-49	50+			
										Myers	0/ 0	2/ 2	1/ 1	1/ 1	3/ 4			
										TEAM	0/ 0	2/ 2	1/ 1	1/ 1	3/ 4			
										OPPONENTS	0/ 0	3/ 3	0/ 0	1/ 1	0/ 0			
										Myers: (56N,55G,43G)(33G,52G,27G,20G)(58G)								
										TM: (56N,55G,43G)(33G,52G,27G,20G)(58G)								
										OPP: (25G,25G)(24G)(40G)								

* PASSING	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	Long	Sack/Lost	Rating
Lynch	30	17	176	56.7	5.87	1	3.3	0	0.0	26	1/ 4	84.9
Smith	27	14	175	51.9	6.48	0	0.0	0	0.0	28	3/ 25	72.3
Wilson	18	12	155	66.7	8.61	0	0.0	0	0.0	33	0/ 0	93.5
Barrett	3	0	0	0.0	0.00	0	0.0	1	33.3	---	0/ 0	0.0
TEAM	78	43	506	55.1	6.49	1	1.3	1	1.3	33	4/ 29	74.0
OPPONENTS	104	73	691	70.2	6.64	4	3.8	2	1.9	45	4/ 31	93.1



# DEFENSIVE STATISTICS

	Total	Solo	Assist	Sacks	Yards	QH	Int	PD	FF	FR
Calitro, A.	16	13	3	0	0	0	0	1	0	0
Kendricks, M.	12	9	3	0	0	0	0	0	0	0
Barton, C.	10	3	7	0	0	0	0	0	0	0
King, A.	10	10	0	0	0	1	0	1	0	0
Shead, D.	10	7	3	1.0	9.0	1	1	1	0	0
Amadi, U.	8	7	1	0	0	2	0	1	0	0
Burr-Kirven, B.	7	5	2	0	0	0	0	0	0	0
Green, R.	7	5	2	0	0	0	0	0	0	0
Griffin, Shaquill	7	4	3	0	0	0	0	2	0	0
Thompson, T.	7	5	2	0	0	0	0	0	0	0
Johnson, J.	6	4	2	0	0	0	0	0	0	0
Blair, M.	5	3	2	0	0	1	0	0	0	0
Flowers, T.	5	5	0	0	0	0	0	0	0	0
Ford, P.	5	4	1	0	0	0	0	0	0	0
Marsh, C.	5	1	4	0	0	1	0	0	0	0
Meder, J.	5	4	1	0	0	0	0	0	0	0
Mone, B.	5	2	3	0	0	0	0	0	0	0
Taylor, J.	5	5	0	0	0	1	1	1	0	0
Thomas, S.	5	2	3	0	0	0	0	1	0	0
Jackson, B.	4	4	0	1.0	12.0	3	0	0	0	0
Mingo, B.	4	3	1	1.0	0.0	2	0	0	0	0
Thorpe, N.	4	4	0	0	0	0	0	1	0	0
Woods, A.	4	1	3	0	0	0	0	0	0	0
Martin, J.	3	3	0	1.0	10.0	2	0	0	0	0
Mitchell, E.	3	1	2	0	0	0	0	0	0	0
Reed, K.	3	2	1	0	0	0	0	0	0	0
Boykins, J.	2	2	0	0	0	0	0	0	0	0
Jones, N.	2	0	2	0	0	0	0	0	0	0
Luani, S.	2	1	1	0	0	0	0	0	0	0
McDougald, B.	2	2	0	0	0	0	0	0	0	0
Tiuli, J.	2	2	0	0	0	0	0	0	0	0
Wagner, B.	2	2	0	0	0	0	0	0	0	0
Young, J.	2	2	0	0	0	0	0	0	0	0
Hill, L.	1	1	0	0	0	0	0	0	0	0
Jefferson, Q.	1	0	1	0	0	0	0	0	0	0
Worley, C.	1	0	1	0	0	0	0	1	0	0
Wright, K.	1	1	0	0	0	0	0	1	0	0

## SPECIAL TEAMS TACKLES

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

## FUMBLES

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



# TRANSACTIONS

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

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

(2,181st transaction since 2010)



# PARTICIPATION CHART

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

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



# HOW BUILT

Year	By Draft	Trade/Waivers/Practice Squad	Free Agents	
2019	DE L.J. Collier (1) S Marquise Blair (2a) WR DK Metcalf (2b) LB Cody Barton (3) WR Gary Jennings (4a) G Phil Haynes (4b) S Ugo Amadi (4c) LB Ben Burr-Kirven (5) RB Travis Homer (6a) DT Demarcus Christmas (6b) WR John Ursua (7)	TE Jacob Hollister (T)	2019 DE Ziggy Ansah QB J.T. Barrett FB Nick Bellore WR Jazz Ferguson TE Jackson Harris G Mike Iupati (UFA) LB Jawuan Johnson QB Paxton Lynch C/G Marcus Martin DT Jamie Meder DT Bryan Mone K Jason Myers (UFA) TE Wes Saxton CB DeShawn Shead QB Geno Smith CB Jamar Taylor DT Jay-Tee Tiuli G Landon Turner RB Xavier Turner T Brian Wallace DT Al Woods WR Terry Wright LB Juwon Young	2017 DE Branden Jackson CB Akeem King S Bradley McDougald (UFA) G Jordan Roos
2018	RB Rashaad Penny (1) DE Rasheem Green (3) TE Will Dissly (4) LB Shaquem Griffin (5a) CB Tre Flowers (5b) P Michael Dickson (5c) T Jamarco Jones (5d) LB Jacob Martin (6)	S Shalom Luani (T) RB Bo Scarbrough (PS) G Jordan Simmons (W) CB Simeon Thomas (W)	2018 CB Jeremy Boykins WR Jaron Brown (UFA) LB Austin Calitro LB Justin Currie TE Ed Dickson (UFA) G D.J. Fluker (UFA) DT Poona Ford LB Mychal Kendricks LB Barkevious Mingo (UFA) T Elijah Nkansah CB Kalan Reed WR Keenan Reynolds WR Malik Turner	2016 T George Fant LS Tyler Ott CB Neiko Thorpe
2017	C/G Ethan Pocic (2b) CB Shaquill Griffin (3a) S Lano Hill (3b) DT Nazair Jones (3c) WR Amara Darboh (3d) S Tedric Thompson (4) WR David Moore (7a) RB Chris Carson (7b)	T Duane Brown (T)		
2016	G/T Germain Ifedi (1) DT Jarran Reed (2) RB C.J. Prosise (3a) TE Nick Vannett (3b) DE Quinton Jefferson (5a) C Joey Hunt (6)	RB J.D. McKissic (W)		
2015	WR Tyler Lockett (3)			
2014	T Justin Britt (2b) DE Cassius Marsh (4a)			
2012	LB Bobby Wagner (2) QB Russell Wilson (3)			
2011	LB K.J. Wright (4a)			



2019 Seattle Seahawks Alphabetical Roster (Updated 8/20/19)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
28	Amadi, Ugo	FS	5-9	201	5/16/1997	22	R	Oregon	Nashville, Tenn.	D4(c)-'19
98	Ansah, Ziggy	DE	6-5	275	5/29/1989	30	7	BYU	Accra, Ghana	FA-'19
6	Barrett, J.T.	QB	6-2	225	1/23/1995	24	2	Ohio State	Wichita Falls, Texas	FA-'19
57	Barton, Cody	LB	6-2	237	11/13/1996	22	R	Utah	Salt Lake City, Utah	D3-'19
44	Bellore, Nick	FB	6-1	250	5/12/1989	30	9	Central Michigan	St. Paul, Minn.	FA-'19
27	Blair, Marquise	SS	6-1	196	7/18/1997	22	R	Utah	Wooster, Ohio	D2(a)-'19
1	Boykins, Jeremy	CB	6-2	183	5/29/1995	24	3	Central Florida	Jacksonville, Fla.	FA-'18
68	Britt, Justin	C	6-6	315	5/29/1991	28	6	Missouri	Lebanon, Mo.	D2(b)-'14
76	Brown, Duane	T	6-4	315	8/30/1985	33	12	Virginia Tech	Richmond, Va.	T(Hou)-'17
18	Brown, Jaron	WR	6-3	204	1/8/1990	29	7	Clemson	Cheraw, S.C.	UFA(Ari)-'18
55	Burr-Kirven, Ben	LB	6-0	230	9/8/1997	21	R	Washington	Menlo Park, Calif.	D5-'19
58	Calitro, Austin	LB	6-0	240	1/10/1994	25	3	Villanova	Danbury, Conn.	FA-'18
32	Carson, Chris	RB	5-11	222	9/16/1994	24	3	Oklahoma State	Lilburn, Ga.	D7(b)-'17
67	Christmas, Demarcus	DT	6-3	302	7/4/1995	24	R	Florida State	Sarasota, Fla.	D6(b)-'19
95	Collier, L.J.	DE	6-3	291	9/12/1995	23	R	TCU	Munday, Texas	D1-'19
47	Currie, Justin	LB	6-2	230	9/19/1993	25	3	Western Michigan	Big Rapids, Mich.	FA-'18
82	Darboh, Amara	WR	6-2	215	2/1/1994	25	3	Michigan	West Des Moines, Iowa	D3(d)-'17
84	Dickson, Ed	TE	6-4	250	7/25/1987	32	10	Oregon	Inglewood, Calif.	UFA(Car)-'18
4	Dickson, Michael	P	6-2	208	1/4/1996	23	2	Texas	Sydney, Australia	D5(c)-'18
88	Dissly, Will	TE	6-4	265	7/8/1996	23	2	Washington	Bozeman, Mont.	D4-'18
74	Fant, George	T	6-5	322	7/19/1992	27	4	Western Kentucky	Bowling Green, Ky.	FA-'16
87	Ferguson, Jazz	WR	6-5	228	1/12/1997	22	R	Northwestern State	St. Francisville, La.	FA-'19
37	Flowers, Tre	CB	6-3	203	6/2/1995	24	2	Oklahoma State	Converse, Texas	D5(b)-'18
78	Fluker, D.J.	G	6-5	342	3/13/1991	28	7	Alabama	New Orleans, La.	UFA(NYG)-'18
97	Ford, Poona	DT	5-11	310	11/19/1995	23	2	Texas	Hilton Head, S.C.	FA-'18
94	Green, Rasheem	DE	6-4	279	5/15/1997	22	2	USC	Los Angeles, Calif.	D3-'18
49	Griffin, Shaquem	LB	6-0	227	7/20/1995	24	2	Central Florida	St. Petersburg, Fla.	D5(a)-'18
26	Griffin, Shaquill	CB	6-0	198	7/20/1995	24	3	Central Florida	St. Petersburg, Fla.	D3(a)-'17
47	Harris, Jackson	TE	6-5	251	2/28/1997	22	R	Georgia	Columbia, Tenn.	FA-'19
60	Haynes, Phil	G	6-4	322	10/19/1995	23	R	Wake Forest	Raleigh, N.C.	D4(b)-'19
42	Hill, Lano	SS	6-1	216	11/26/1995	23	3	Michigan	Detroit, Mich.	D3(b)-'17
48	Hollister, Jacob	TE	6-4	245	11/18/1993	25	3	Wyoming	Beaverton, Ore.	T(NE)-'19
25	Homer, Travis	RB	5-10	202	8/7/1998	21	R	Miami	West Palm Beach, Fla.	D6(a)-'19
53	Hunt, Joey	C	6-2	299	2/22/1994	25	4	TCU	El Campo, Texas	D6-'16
65	Ifedi, Germain	G/T	6-5	325	6/2/1994	25	4	Texas A&M	Houston, Texas	D1-'16
70	Iupati, Mike	G	6-5	331	5/12/1987	32	10	Idaho	Vaitogi, American Samoa	UFA (Ari)-'19
93	Jackson, Branden	DE	6-4	295	11/11/1992	25	4	Texas Tech	McKeesport, Pa.	FA-'17
99	Jefferson, Quinton	DE	6-4	291	3/31/1993	26	4	Maryland	Pittsburgh, Pa.	D5(a)-'16
11	Jennings, Gary	WR	6-1	216	3/7/1997	22	R	West Virginia	Stafford, Va.	D4(a)-'19
46	Johnson, Jawuan	LB	5-11	224	6/13/1996	23	R	TCU	East St. Louis, Ill.	FA-'19
73	Jones, Jamarco	T	6-4	293	6/4/1996	23	2	Ohio State	Chicago, Ill.	D5(d)-'18
92	Jones, Nazair	DT	6-5	292	12/13/1994	24	3	North Carolina	Roanoke Rapids, N.C.	D3(c)-'17
56	Kendricks, Mychal	LB	5-11	240	9/28/1990	28	8	California	Fresno, Calif.	FA-'18
36	King, Akeem	CB	6-1	215	8/29/1992	26	5	San Jose State	Visalia, Calif.	FA-'17
16	Lockett, Tyler	WR	5-10	182	9/28/1992	26	5	Kansas State	Tulsa, Okla.	D3-'15
24	Luani, Shalom	SS	6-0	202	8/5/1994	25	3	Washington State	Masausi, Amer. Samoa	T(Oak)-'18
2	Lynch, Paxton	QB	6-7	244	2/12/1994	25	3	Memphis	Deltona, Fla.	FA-'19
30	McDougald, Bradley	SS	6-1	215	11/15/1990	28	7	Kansas	Columbus, Ohio	UFA(TB)-'17
21	McKissic, J.D.	RS	5-10	195	8/15/1993	26	4	Arkansas State	Phenix City, Ala.	W(Atl)-'16
91	Marsh, Cassius	DE	6-4	254	7/7/1992	27	6	UCLA	Simi Valley, Calif.	D4(a)-'14
59	Martin, Jacob	DE	6-2	242	12/11/1995	23	2	Temple	Aurora, Colo.	D6-'18
62	Martin, Marcus	G	6-3	320	11/29/1993	25	5	USC	Los Angeles, Calif.	FA-'19
66	Meder, Jamie	DT	6-2	308	4/12/1991	28	5	Ashland	Cleveland, Ohio	FA-'19
14	Metcalf, DK	WR	6-4	229	12/14/1997	21	R	Mississippi	Oxford, Miss.	D2(b)-'19
51	Mingo, Barkevious	DE	6-5	235	10/4/1990	28	7	Louisiana State	Belle Glade, Fla.	UFA(Ind)-'18
75	Mitchell, Earl	DT	6-3	310	9/25/1987	31	10	Arizona	Houston, Texas	FA-'19
79	Mone, Bryan	DT	6-3	345	10/20/1995	23	R	Michigan	Salt Lake City, Utah	FA-'19
83	Moore, David	WR	6-0	215	1/15/1995	24	3	East Central (Okla.)	Gainesville, Texas	D7(a)-'17
5	Myers, Jason	K	5-10	190	5/12/1991	27	5	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
75	Nkansah, Elijah	T	6-5	315	12/28/1994	24	2	Toledo	Mason, Ohio	FA-'18
69	Ott, Tyler	LS	6-3	253	2/28/1992	27	5	Harvard	Tulsa, Okla.	FA-'16
20	Penny, Rashaad	RB	5-11	220	2/2/1996	23	2	San Diego State	Norwalk, Calif.	D1-'18
77	Pocic, Ethan	C/G	6-6	320	8/5/1995	24	3	Louisiana State	Lemont, Ill.	D2(b)-'17
22	Prosise, C.J.	RB	6-1	225	5/20/1994	25	4	Notre Dame	Petersburg, Va.	D3(a)-'16
90	Reed, Jarran	DT	6-3	306	12/16/1992	26	4	Alabama	Goldsboro, N.C.	D2-'16
39	Reed, Kalan	CB	5-11	199	12/29/1993	25	4	Southern Mississippi	Birmingham, Ala.	FA-'18
19	Reynolds, Keenan	WR	5-10	191	12/13/1993	25	4	Navy	Antioch, Tenn.	FA-'18
64	Roos, Jordan	G	6-3	302	7/6/1993	26	3	Purdue	Celina, Texas	FA-'17
85	Saxton, Wes	TE	6-4	253	8/13/1993	26	5	South Alabama	Hueytown, Ala.	FA-'19
40	Scarborough, Bo	RB	6-1	235	9/29/1996	22	2	Alabama	Northport, Ala.	PS(Jac)-'18
35	Shead, DeShawn	SS	6-2	212	6/28/1989	30	8	Portland State	Palmdale, Calif.	FA-'19
66	Simmons, Jordan	G	6-4	339	7/15/1994	25	3	USC	Inglewood, Calif.	W(Oak)-'18
7	Smith, Geno	QB	6-3	221	10/10/1990	28	7	West Virginia	Miramar, Fla.	FA-'19
8	Taylor, Jamar	CB	5-11	192	9/29/1990	28	7	Boise State	San Diego, Calif.	FA-'19
34	Thomas, Simeon	CB	6-3	197	9/22/1993	25	2	Louisiana-Lafayette	Miami, Fla.	W(Cle)-'18
33	Thompson, Tedric	FS	6-0	204	1/20/1995	24	3	Colorado	Valencia, Calif.	D4-'17
23	Thorpe, Neiko	CB	6-2	210	2/11/1990	29	7	Auburn	Tucker, Ga.	FA-'16
61	Tiuli, Jay-Tee	DT	6-3	340	1/14/1996	23	R	Eastern Washington	Seattle, Wash.	FA-'19
67	Turner, Landon	G	6-4	325	5/15/1993	26	4	North Carolina	Harrisonburg, Va.	FA-'19
17	Turner, Malik	WR	6-2	202	1/30/1996	23	2	Illinois	Springfield, Ill.	FA-'18
41	Turner, Xavier	RB	5-10	226	12/24/1994	24	R	Tarleton State	N. Richland Hills, Texas	FA-'19
15	Ursua, John	WR	5-9	182	1/17/1994	25	R	Hawaii	Kailua-Kona, Hawaii	D7-'19
81	Vannett, Nick	TE	6-6	261	3/6/1993	26	4	Ohio State	Westerville, Ohio	D3(b)-'16
54	Wagner, Bobby	LB	6-0	242	6/27/1990	29	8	Utah State	Ontario, Calif.	D2-'12
79	Wallace, Brian	T	6-5	320	2/3/1996	23	R	Arkansas	St. Louis, Mo.	FA-'19
3	Wilson, Russell	QB	5-11	215	11/29/1988	30	8	Wisconsin	Richmond, Va.	D3-'12
72	Woods, Al	DT	6-4	330	3/25/1987	32	10	LSU	Jennings, La.	FA-'19
50	Wright, K.J.	LB	6-4	246	7/23/1989	30	9	Mississippi State	Olive Branch, Miss.	D4(a)-'11
9	Wright, Terry	WR	5-10	177	1/28/1997	22	R	Purdue	Memphis, Tenn.	FA-'19
48	Young, Juwon	LB	6-2	243	6/4/1995	24	R	Marshall	Albany, Ga.	FA-'19

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

2019 Seattle Seahawks Positional Roster (updated 8/20/19)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
1	Jeremy Boykins	CB	6-2	183	5/29/1995	24	3	Central Florida	Jacksonville, Fla.	FA-'18
8	Jamar Taylor	CB	5-11	192	9/29/1990	28	7	Boise State	San Diego, Calif.	FA-'19
23	Neiko Thorpe	CB	6-2	210	2/11/1990	29	7	Auburn	Tucker, Ga.	FA-'16
26	Shaquill Griffin	CB	6-0	198	7/20/1995	24	3	Central Florida	St. Petersburg, Fla.	D3(a)-'17
34	Simeon Thomas	CB	6-3	197	9/22/1993	25	2	Louisiana-Lafayette	Miami, Fla.	W(Cle)-'18
36	Akeem King	CB	6-1	215	8/29/1992	26	5	San Jose State	Visalia, Calif.	FA-'17
37	Tre Flowers	CB	6-3	203	6/2/1995	24	2	Oklahoma State	Converse, Texas	D5(b)-'18
39	Kalan Reed	CB	5-11	199	12/29/1993	25	4	Southern Mississippi	Birmingham, Ala.	FA-'18
24	Shalom Luani	SS	6-0	202	8/5/1994	25	3	Washington State	Masaui, Amer. Samoa	T(Oak)-'18
27	Marquise Blair	SS	6-1	196	7/18/1997	22	R	Utah	Wooster, Ohio	D2(a)-'19
28	Ugo Amadi	FS	5-9	201	5/16/1997	22	R	Oregon	Nashville, Tenn.	D4(c)-'19
30	Bradley McDougald	SS	6-1	215	11/15/1990	28	7	Kansas	Columbus, Ohio	UFA(TB)-'17
33	Tedric Thompson	FS	6-0	204	1/20/1995	24	3	Colorado	Valencia, Calif.	D4-'17
35	DeShawn Shead	SS	6-2	212	6/28/1989	30	8	Portland State	Palmdale, Calif.	FA-'19
42	Lano Hill	SS	6-1	216	11/26/1995	23	3	Michigan	Detroit, Mich.	D3(b)-'17
46	Jawuan Johnson	LB	5-11	224	6/13/1996	23	R	TCU	East St. Louis, Ill.	FA-'19
47	Justin Currie	LB	6-2	230	9/19/1993	25	3	Western Michigan	Big Rapids, Mich.	FA-'18
48	Juwon Young	LB	6-2	243	6/4/1995	24	R	Marshall	Albany, Ga.	FA-'19
49	Shaquem Griffin	LB	6-0	227	7/20/1995	24	2	Central Florida	St. Petersburg, Fla.	D5(a)-'18
50	K.J. Wright	LB	6-4	246	7/23/1989	30	9	Mississippi State	Olive Branch, Miss.	D4(a)-'11
54	Bobby Wagner	LB	6-0	242	6/27/1990	29	8	Utah State	Ontario, Calif.	D2-'12
55	Ben Burr-Kirven	LB	6-0	230	9/8/1997	21	R	Washington	Menlo Park, Calif.	D5-'19
56	Mychal Kendricks	LB	5-11	240	9/28/1990	28	8	California	Fresno, Calif.	FA-'18
57	Cody Barton	LB	6-2	237	11/13/1996	22	R	Utah	Salt Lake City, Utah	D3-'19
58	Austin Calitro	LB	6-0	240	1/10/1994	25	3	Villanova	Danbury, Conn.	FA-'18
51	Barkevious Mingo	DE	6-5	235	10/4/1990	28	7	Louisiana State	Belle Glade, Fla.	UFA(Ind)-'18
59	Jacob Martin	DE	6-2	242	12/11/1995	23	2	Temple	Aurora, Colo.	D6-'18
91	Cassius Marsh	DE	6-4	254	7/7/1992	27	6	UCLA	Simi Valley, Calif.	D4(a)-'14
93	Branden Jackson	DE	6-4	295	11/11/1992	25	4	Texas Tech	McKeesport, Pa.	FA-'17
94	Rasheem Green	DE	6-4	279	5/15/1997	22	2	USC	Los Angeles, Calif.	D3-'18
95	L.J. Collier	DE	6-3	291	9/12/1995	23	R	TCU	Munday, Texas	D1-'19
98	Ziggy Ansah	DE	6-5	275	5/29/1989	30	7	BYU	Accra, Ghana	FA-'19
99	Quinton Jefferson	DE	6-4	291	3/31/1993	26	4	Maryland	Pittsburgh, Pa.	D5(a)-'16
61	Jay-Tee Tiuli	DT	6-3	340	1/14/1996	23	R	Eastern Washington	Seattle, Wash.	FA-'19
66	Jamie Meder	DT	6-2	308	4/12/1991	28	5	Ashland	Cleveland, Ohio	FA-'19
67	Demarcus Christmas	DT	6-3	302	7/4/1995	24	R	Florida State	Sarasota, Fla.	D6(b)-'19
72	Al Woods	DT	6-4	330	3/25/1987	32	10	LSU	Jennings, La.	FA-'19
75	Earl Mitchell	DT	6-3	310	9/25/1987	31	10	Arizona	Houston, Texas	FA-'19
79	Bryan Mone	DT	6-3	345	10/20/1995	23	R	Michigan	Salt Lake City, Utah	FA-'19
90	Jarran Reed	DT	6-3	306	12/16/1992	26	4	Alabama	Goldsboro, N.C.	D2-'16
92	Nazair Jones	DT	6-5	292	12/13/1994	24	3	North Carolina	Roanoke Rapids, N.C.	D3(c)-'17
97	Poona Ford	DT	5-11	310	11/19/1995	23	2	Texas	Hilton Head, S.C.	FA-'18
20	Rashaad Penny	RB	5-11	220	2/2/1996	23	2	San Diego State	Norwalk, Calif.	D1-'18
22	C.J. Prosise	RB	6-1	225	5/20/1994	25	4	Notre Dame	Petersburg, Va.	D3(a)-'16
25	Travis Homer	RB	5-10	202	8/7/1998	21	R	Miami	West Palm Beach, Fla.	D6(a)-'19
32	Chris Carson	RB	5-11	222	9/16/1994	24	3	Oklahoma State	Lilburn, Ga.	D7(b)-'17
40	Bo Scarbrough	RB	6-1	235	9/29/1996	22	2	Alabama	Northport, Ala.	PS(Jac)-'18
41	Xavier Turner	RB	5-10	226	12/24/1994	24	R	Tarleton State	N. Richland Hills, Texas	FA-'19
44	Nick Bellore	FB	6-1	250	5/12/1989	30	9	Central Michigan	St. Paul, Minn.	FA-'19
2	Paxton Lynch	QB	6-7	244	2/12/1994	25	3	Memphis	Deltona, Fla.	FA-'19
3	Russell Wilson	QB	5-11	215	11/29/1988	30	8	Wisconsin	Richmond, Va.	D3-'12
6	J.T. Barrett	QB	6-2	225	1/23/1995	24	2	Ohio State	Wichita Falls, Texas	FA-'19
7	Geno Smith	QB	6-3	221	10/10/1990	28	7	West Virginia	Miramar, Fla.	FA-'19
53	Joey Hunt	C	6-2	299	2/22/1994	25	4	TCU	El Campo, Texas	D6-'16
60	Phil Haynes	G	6-4	322	10/19/1995	23	R	Wake Forest	Raleigh, N.C.	D4(b)-'19
62	Marcus Martin	G	6-3	320	11/29/1993	25	5	USC	Los Angeles, Calif.	FA-'19
64	Jordan Roos	G	6-3	302	7/6/1993	26	3	Purdue	Celina, Texas	FA-'17
65	Germain Ifedi	G/T	6-5	325	6/2/1994	25	4	Texas A&M	Houston, Texas	D1-'16
66	Jordan Simmons	G	6-4	339	7/15/1994	25	3	USC	Inglewood, Calif.	W(Oak)-'18
67	Landon Turner	G	6-4	325	5/15/1993	26	4	North Carolina	Harrisonburg, Va.	FA-'19
68	Justin Britt	C	6-6	315	5/29/1991	28	6	Missouri	Lebanon, Mo.	D2(b)-'14
70	Mike Iupati	G	6-5	331	5/12/1987	32	10	Idaho	Vaitogi, American Samoa	UFA (Ari)-'19
73	Jamarco Jones	T	6-4	293	6/4/1996	23	2	Ohio State	Chicago, Ill.	D5(d)-'18
74	George Fant	T	6-5	322	7/19/1992	27	4	Western Kentucky	Bowling Green, Ky.	FA-'16
75	Elijah Nkansah	T	6-5	315	12/28/1994	24	2	Toledo	Mason, Ohio	FA-'18
76	Duane Brown	T	6-4	315	8/30/1985	33	12	Virginia Tech	Richmond, Va.	T(Hou)-'17
77	Ethan Pocic	C/G	6-6	320	8/5/1995	24	3	Louisiana State	Lemont, Ill.	D2(b)-'17
78	D.J. Fluker	G	6-5	342	3/13/1991	28	7	Alabama	New Orleans, La.	UFA(NYG)-'18
79	Brian Wallace	T	6-5	320	2/3/1996	23	R	Arkansas	St. Louis, Mo.	FA-'19
47	Jackson Harris	TE	6-5	251	2/28/1997	22	R	Georgia	Columbia, Tenn.	FA-'19
48	Jacob Hollister	TE	6-4	245	11/18/1993	25	3	Wyoming	Beaverton, Ore.	T(NE)-'19
81	Nick Vannett	TE	6-6	261	3/6/1993	26	4	Ohio State	Westerville, Ohio	D3(b)-'16
84	Ed Dickson	TE	6-4	250	7/25/1987	32	10	Oregon	Inglewood, Calif.	UFA(Car)-'18
85	Wes Saxton	TE	6-4	253	8/13/1993	26	5	South Alabama	Hueytown, Ala.	FA-'19
88	Will Dissly	TE	6-4	265	7/8/1996	23	2	Washington	Bozeman, Mont.	D4-'18
9	Terry Wright	WR	5-10	177	1/28/1997	22	R	Purdue	Memphis, Tenn.	FA-'19
11	Gary Jennings	WR	6-1	216	3/7/1997	22	R	West Virginia	Stafford, Va.	D4(a)-'19
14	DK Metcalf	WR	6-4	229	12/14/1997	21	R	Mississippi	Oxford, Miss.	D2(b)-'19
15	John Ursua	WR	5-9	182	1/17/1994	25	R	Hawaii	Kailua-Kona, Hawaii	D7-'19
16	Tyler Lockett	WR	5-10	182	9/28/1992	26	5	Kansas State	Tulsa, Okla.	D3-'15
17	Malik Turner	WR	6-2	202	1/30/1996	23	2	Illinois	Springfield, Ill.	FA-'18
18	Jaron Brown	WR	6-3	204	1/8/1990	29	7	Clemson	Cheraw, S.C.	UFA(Ari)-'18
19	Keenan Reynolds	WR	5-10	191	12/13/1993	25	4	Navy	Antioch, Tenn.	FA-'18
82	Amara Darboh	WR	6-2	215	2/1/1994	25	3	Michigan	West Des Moines, Iowa	D3(d)-'17
83	David Moore	WR	6-0	215	1/15/1995	24	3	East Central (Okla.)	Gainesville, Texas	D7(a)-'17
87	Jazz Ferguson	WR	6-5	228	1/12/1997	22	R	Northwestern State	St. Francisville, La.	FA-'19
4	Michael Dickson	P	6-2	208	1/4/1996	23	2	Texas	Sydney, Australia	D5(c)-'18
5	Jason Myers	K	5-10	190	5/12/1991	27	5	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
21	J.D. McKissic	RS	5-10	195	8/15/1993	26	4	Arkansas State	Phenix City, Ala.	W(Atl)-'16
69	Tyler Ott	LS	6-3	253	2/28/1992	27	5	Harvard	Tulsa, Okla.	FA-'16

2019 Seattle Seahawks Numerical Roster (updated 8/20/19)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
1	Jeremy Boykins	CB	6-2	183	5/29/1995	24	3	Central Florida	Jacksonville, Fla.	FA-'18
2	Paxton Lynch	QB	6-7	244	2/12/1994	25	3	Memphis	Deltona, Fla.	FA-'19
3	Russell Wilson	QB	5-11	215	11/29/1988	30	8	Wisconsin	Richmond, Va.	D3-'12
4	Michael Dickson	P	6-2	208	1/4/1996	23	2	Texas	Sydney, Australia	D5(c)-'18
5	Jason Myers	K	5-10	190	5/12/1991	27	5	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
6	J.T. Barrett	QB	6-2	225	1/23/1995	24	2	Ohio State	Wichita Falls, Texas	FA-'19
7	Geno Smith	QB	6-3	221	10/10/1990	28	7	West Virginia	Miramar, Fla.	FA-'19
8	Jamar Taylor	CB	5-11	192	9/29/1990	28	7	Boise State	San Diego, Calif.	FA-'19
9	Terry Wright	WR	5-10	177	1/28/1997	22	R	Purdue	Memphis, Tenn.	FA-'19
11	Gary Jennings	WR	6-1	216	3/7/1997	22	R	West Virginia	Stafford, Va.	D4(a)-'19
14	DK Metcalf	WR	6-4	229	12/14/1997	21	R	Mississippi	Oxford, Miss.	D2(b)-'19
15	John Ursua	WR	5-9	182	1/17/1994	25	R	Hawaii	Kailua-Kona, Hawaii	D7-'19
16	Tyler Lockett	WR	5-10	182	9/28/1992	26	5	Kansas State	Tulsa, Okla.	D3-'15
17	Malik Turner	WR	6-2	202	1/30/1996	23	2	Illinois	Springfield, Ill.	FA-'18
18	Jaron Brown	WR	6-3	204	1/8/1990	29	7	Clemson	Cheraw, S.C.	UFA(Ari)-'18
19	Keenan Reynolds	WR	5-10	191	12/13/1993	25	4	Navy	Antioch, Tenn.	FA-'18
20	Rashaad Penny	RB	5-11	220	2/2/1996	23	2	San Diego State	Norwalk, Calif.	D1-'18
21	J.D. McKissic	RS	5-10	195	8/15/1993	26	4	Arkansas State	Phenix City, Ala.	W(Atl)-'16
22	C.J. Prosise	RB	6-1	225	5/20/1994	25	4	Notre Dame	Petersburg, Va.	D3(a)-'16
23	Neiko Thorpe	CB	6-2	210	2/11/1990	29	7	Auburn	Tucker, Ga.	FA-'16
24	Shalom Luani	SS	6-0	202	8/5/1994	25	3	Washington State	Masaui, Amer. Samoa	T(Oak)-'18
25	Travis Homer	RB	5-10	202	8/7/1998	21	R	Miami	West Palm Beach, Fla.	D6(a)-'19
26	Shaquill Griffin	CB	6-0	198	7/20/1995	24	3	Central Florida	St. Petersburg, Fla.	D3(a)-'17
27	Marquise Blair	SS	6-1	196	7/18/1997	22	R	Utah	Wooster, Ohio	D2(a)-'19
28	Ugo Amadi	FS	5-9	201	5/16/1997	22	R	Oregon	Nashville, Tenn.	D4(c)-'19
30	Bradley McDougald	SS	6-1	215	11/15/1990	28	7	Kansas	Columbus, Ohio	UFA(TB)-'17
32	Chris Carson	RB	5-11	222	9/16/1994	24	3	Oklahoma State	Lilburn, Ga.	D7(b)-'17
33	Tedric Thompson	FS	6-0	204	1/20/1995	24	3	Colorado	Valencia, Calif.	D4-'17
34	Simeon Thomas	CB	6-3	197	9/22/1993	25	2	Louisiana-Lafayette	Miami, Fla.	W(Cle)-'18
35	DeShawn Shead	SS	6-2	212	6/28/1989	30	8	Portland State	Palmdale, Calif.	FA-'19
36	Akeem King	CB	6-1	215	8/29/1992	26	5	San Jose State	Visalia, Calif.	FA-'17
37	Tre Flowers	CB	6-3	203	6/2/1995	24	2	Oklahoma State	Converse, Texas	D5(b)-'18
39	Kalan Reed	CB	5-11	199	12/29/1993	25	4	Southern Mississippi	Birmingham, Ala.	FA-'18
40	Bo Scarbrough	RB	6-1	235	9/29/1996	22	2	Alabama	Northport, Ala.	PS(Jac)-'18
41	Xavier Turner	RB	5-10	226	12/24/1994	24	R	Tarleton State	N. Richland Hills, Texas	FA-'19
42	Lano Hill	SS	6-1	216	11/26/1995	23	3	Michigan	Detroit, Mich.	D3(b)-'17
44	Nick Bellore	FB	6-1	250	5/12/1989	30	9	Central Michigan	St. Paul, Minn.	FA-'19
46	Jawuan Johnson	LB	5-11	224	6/13/1996	23	R	TCU	East St. Louis, Ill.	FA-'19
47	Justin Currie	LB	6-2	230	9/19/1993	25	3	Western Michigan	Big Rapids, Mich.	FA-'18
47	Jackson Harris	TE	6-5	251	2/28/1997	22	R	Georgia	Columbia, Tenn.	FA-'19
48	Jacob Hollister	TE	6-4	245	11/18/1993	25	3	Wyoming	Beaverton, Ore.	T(NE)-'19
48	Juwon Young	LB	6-2	243	6/4/1995	24	R	Marshall	Albany, Ga.	FA-'19
49	Shaquem Griffin	LB	6-0	227	7/20/1995	24	2	Central Florida	St. Petersburg, Fla.	D5(a)-'18
50	K.J. Wright	LB	6-4	246	7/23/1989	30	9	Mississippi State	Olive Branch, Miss.	D4(a)-'11
51	Barkevious Mingo	DE	6-5	235	10/4/1990	28	7	Louisiana State	Belle Glade, Fla.	UFA(Ind)-'18
53	Joey Hunt	C	6-2	299	2/22/1994	25	4	TCU	El Campo, Texas	D6-'16
54	Bobby Wagner	LB	6-0	242	6/27/1990	29	8	Utah State	Ontario, Calif.	D2-'12
55	Ben Burr-Kirven	LB	6-0	230	9/8/1997	21	R	Washington	Menlo Park, Calif.	D5-'19
56	Mychal Kendricks	LB	5-11	240	9/28/1990	28	8	California	Fresno, Calif.	FA-'18
57	Cody Barton	LB	6-2	237	11/13/1996	22	R	Utah	Salt Lake City, Utah	D3-'19
58	Austin Calitro	LB	6-0	240	1/10/1994	25	3	Villanova	Danbury, Conn.	FA-'18
59	Jacob Martin	DE	6-2	242	12/11/1995	23	2	Temple	Aurora, Colo.	D6-'18
60	Phil Haynes	G	6-4	322	10/19/1995	23	R	Wake Forest	Raleigh, N.C.	D4(b)-'19
61	Jay-Tee Tiuli	DT	6-3	340	1/14/1996	23	R	Eastern Washington	Seattle, Wash.	FA-'19
62	Marcus Martin	G	6-3	320	11/29/1993	25	5	USC	Los Angeles, Calif.	FA-'19
64	Jordan Roos	G	6-3	302	7/6/1993	26	3	Purdue	Celina, Texas	FA-'17
65	Germain Ifedi	G/T	6-5	325	6/2/1994	25	4	Texas A&M	Houston, Texas	D1-'16
66	Jamie Meder	DT	6-2	308	4/12/1991	28	5	Ashland	Cleveland, Ohio	FA-'19
66	Jordan Simmons	G	6-4	339	7/15/1994	25	3	USC	Inglewood, Calif.	W(Oak)-'18
67	Demarcus Christmas	DT	6-3	302	7/4/1995	24	R	Florida State	Sarasota, Fla.	D6(b)-'19
67	Landon Turner	G	6-4	325	5/15/1993	26	4	North Carolina	Harrisonburg, Va.	FA-'19
68	Justin Britt	C	6-6	315	5/29/1991	28	6	Missouri	Lebanon, Mo.	D2(b)-'14
69	Tyler Ott	LS	6-3	253	2/28/1992	27	5	Harvard	Tulsa, Okla.	FA-'16
70	Mike Iupati	G	6-5	331	5/12/1987	32	10	Idaho	Vaitogi, American Samoa	UFA (Ari)-'19
72	Al Woods	DT	6-4	330	3/25/1987	32	10	LSU	Jennings, La.	FA-'19
73	Jamarco Jones	T	6-4	293	6/4/1996	23	2	Ohio State	Chicago, Ill.	D5(d)-'18
74	George Fant	T	6-5	322	7/19/1992	27	4	Western Kentucky	Bowling Green, Ky.	FA-'16
75	Earl Mitchell	DT	6-3	310	9/25/1987	31	10	Arizona	Houston, Texas	FA-'19
75	Elijah Nkansah	T	6-5	315	12/28/1994	24	2	Toledo	Mason, Ohio	FA-'18
76	Duane Brown	T	6-4	315	8/30/1985	33	12	Virginia Tech	Richmond, Va.	T(Hou)-'17
77	Ethan Pocic	C/G	6-6	320	8/5/1995	24	3	Louisiana State	Lemont, Ill.	D2(b)-'17
78	D.J. Fluker	G	6-5	342	3/13/1991	28	7	Alabama	New Orleans, La.	UFA(NYG)-'18
79	Bryan Mone	DT	6-3	345	10/20/1995	23	R	Michigan	Salt Lake City, Utah	FA-'19
79	Bryan Wallace	T	6-5	320	2/3/1996	23	R	Arkansas	St. Louis, Mo.	FA-'19
81	Nick Vannett	TE	6-6	261	3/6/1993	26	4	Ohio State	Westerville, Ohio	D3(b)-'16
82	Amara Darboh	WR	6-2	215	2/1/1994	25	3	Michigan	West Des Moines, Iowa	D3(d)-'17
83	David Moore	WR	6-0	215	1/15/1995	24	3	East Central (Okla.)	Gainesville, Texas	D7(a)-'17
84	Ed Dickson	TE	6-4	250	7/25/1987	32	10	Oregon	Inglewood, Calif.	UFA(Car)-'18
85	Wes Saxton	TE	6-4	253	8/13/1993	26	5	South Alabama	Hueytown, Ala.	FA-'19
87	Jazz Ferguson	WR	6-5	228	1/12/1997	22	R	Northwestern State	St. Francisville, La.	FA-'19
88	Will Dissly	TE	6-4	265	7/8/1996	23	2	Washington	Bozeman, Mont.	D4-'18
90	Jarran Reed	DT	6-3	306	12/16/1992	26	4	Alabama	Goldsboro, N.C.	D2-'16
91	Cassius Marsh	DE	6-4	254	7/7/1992	27	6	UCLA	Simi Valley, Calif.	D4(a)-'14
92	Nazair Jones	DT	6-5	292	12/13/1994	24	3	North Carolina	Roanoke Rapids, N.C.	D3(c)-'17
93	Branden Jackson	DE	6-4	295	11/11/1992	25	4	Texas Tech	McKeesport, Pa.	FA-'17
94	Rasheem Green	DE	6-4	279	5/15/1997	22	2	USC	Los Angeles, Calif.	D3-'18
95	L.J. Collier	DE	6-3	291	9/12/1995	23	R	TCU	Munday, Texas	D1-'19
97	Poona Ford	DT	5-11	310	11/19/1995	23	2	Texas	Hilton Head, S.C.	FA-'18
98	Ziggy Ansah	DE	6-5	275	5/29/1989	30	7	BYU	Accra, Ghana	FA-'19
99	Quinton Jefferson	DE	6-4	291	3/31/1993	26	4	Maryland	Pittsburgh, Pa.	D5(a)-'16



# UNOFFICIAL DEPTH CHART & PRONUNCIATION GUIDE

## OFFENSE

<b>WR</b>	18	Jaron Brown	14	<u>DK Metcalf</u>	17	Malik Turner
<b>LT</b>	76	Duane Brown	87	<u>Jazz Ferguson</u>	82	Amara Darboh
<b>LG</b>	70	Mike Iupati	73	Jamarco Jones	75	Elijah Nkansah
<b>C</b>	68	Justin Britt	77	Ethan Pocic	77	Ethan Pocic
<b>RG</b>	78	D.J. Fluker	53	Joey Hunt	64	Jordan Roos
<b>RT</b>	65	Germain Ifedi	66	Jordan Simmons	60	(Phil Haynes)
<b>TE</b>	81	Nick Vannett	67	Landon Turner	62	Marcus Martin
			74	George Fant	79	<u>Brian Wallace</u>
<b>WR</b>	16	Tyler Lockett	88	Will Dissly	48	Jacob Hollister
			47	<u>Jackson Harris</u>	85	Wes Saxton
<b>QB</b>	3	Russell Wilson	83	David Moore	84	(Ed Dickson)
<b>FB</b>	44	Nick Bellore	11	<u>Gary Jennings</u>	19	Keenan Reynolds
<b>RB</b>	32	Chris Carson	7	Geno Smith	15	<u>John Ursua</u>
				OR	9	<u>Terry Wright</u>
					2	Paxton Lynch
					6	J.T. Barrett
			20	Rashaad Penny	21	J.D. McKissic
			40	Bo Scarbrough	41	<u>Xavier Turner</u>
			22	C.J. Prosise	25	<u>Travis Homer</u>

## DEFENSE

<b>LDE</b>	99	Quinton Jefferson	93	Branden Jackson	94	Rasheem Green
<b>LDT</b>	90	Jarran Reed	72	Al Woods	95	<u>(L.J. Collier)</u>
<b>RDT</b>	97	Poona Ford	61	<u>Jay-Tee Tiuli</u>	92	Nazair Jones
<b>RDE</b>	91	Cassius Marsh	75	Earl Mitchell	67	<u>Demarcus Christmas</u>
<b>OLB</b>	56	Mychal Kendricks	59	Jacob Martin	66	Jamie Meder
<b>MLB</b>	54	Bobby Wagner	49	Shaquem Griffin	79	<u>Bryan Mone</u>
<b>OLB</b>	50	K.J. Wright	57	<u>Cody Barton</u>	51	Barkevious Mingo
<b>LCB</b>	26	Shaquill Griffin	55	<u>Ben Burr-Kirven</u>	98	(Ziggy Ansah)
<b>RCB</b>	37	Tre Flowers	36	Akeem King	48	<u>Juwon Young</u>
<b>SS</b>	30	Bradley McDougald	23	Neiko Thorpe	58	Austin Calitro
<b>FS</b>	33	Tedric Thompson	8	Jamar Taylor	46	<u>Jawuan Johnson</u>
			27	<u>Marquise Blair</u>	47	Justin Currie
			24	Shalom Luani	34	Simeon Thomas
					39	Kalan Reed
					1	Jeremy Boykins
					35	DeShawn Shead
					42	Lano Hill
					28	<u>Ugo Amadi</u>

## SPECIALISTS

<b>K</b>	5	Jason Myers	83	David Moore	19	Keenan Reynolds
<b>P</b>	4	Michael Dickson	20	Rashaad Penny	83	David Moore
<b>H</b>	4	Michael Dickson				
<b>PR</b>	16	Tyler Lockett				
<b>KR</b>	16	Tyler Lockett				
<b>LS</b>	69	Tyler Ott				

( ) injured; Underline Rookie

## PRONUNCIATION GUIDE

Ugo Amadi... ooh-go uh-MAH-dee	Shalom Luani... shuh-LOME loo-AH-nee	Bo Scarbrough... scar-BRO
Ziggy Ansah... ON-zuh	Bradley McDougald... mick-DOO-gull	DeShawn Shead... SHED
Jaron Brown... juh-RON	Cassius Marsh... CASH-iss	Tedric Thompson... TEH-drick
Austin Calitro... cuh-LEE-tro	Jamie Meder... MEE-dur	Jay-Tee Tiuli... tee-OOH-lee
Shaquem Griffin... shuh-KEEM	Brian Mone... mo-NAY	Malik Turner... muh-LEEK
Lano Hill... LAY-no	Elijah Nkansah... en-CON-zuh	John Ursua... err-SOO-uh
Germain Ifedi... jer-MANE ih-FEH-dee	Ethan Pocic... PO-sick	Nick Vannett... van-NET
Mike Iupati... yoo-PAH-tee	Jarran Reed... JAIR-in	
Nazair Jones... nah-ZAIR	Kalan Reed... KAY-lin	