



VS.



December 23, 2019

SEAHAWKS FACE THE 49ERS ON SUNDAY NIGHT WITH THE NFC WEST ON THE LINE

2019 SCHEDULE

Preseason (3-1)

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

Regular Season (11-4)

Day	Date	Opponent	Time (PT)	TV
Sun.	9/8	Cincinnati	W	21-20
Sun.	9/15	at Pittsburgh	W	28-26
Sun.	9/22	New Orleans	L	33-27
Sun.	9/29	at Arizona	W	27-10
Thu.	10/3	L.A. Rams	W	30-29
Sun.	10/13	at Cleveland	W	32-28
Sun.	10/20	Baltimore	L	30-16
Sun.	10/27	at Atlanta	W	27-20
Sun.	11/3	Tampa Bay	W (ot)	40-34
Mon.	11/11	at San Francisco	W (ot)	27-24
Sun.	11/17	Bye Week		
Sun.	11/24	at Philadelphia	W	17-9
Mon.	12/2	Minnesota	W	37-30
Sun.	12/8	at L.A. Rams	L	28-12
Sun.	12/15	at Carolina	W	30-24
Sun.	12/22	Arizona	L	27-13
Sun.	12/29	San Francisco	5:20 p.m.	NBC

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With the NFC West title at stake, the NFL flexed this week's game to Sunday Night Football. Kickoff is set for 5:20 p.m. (PT). A win would give Seattle its 11th division title in franchise history, fifth in Pete Carroll's 10 seasons, and would make this year's team the fifth in franchise history to post 12 wins in a season (12 in 1984, 13 in 2005, 13 in 2013, 12 in 2014).

Since 2010, Seattle has a 29-6-1 record in prime-time games, outscoring opponents 940-576. It is 10-3-1 on Sunday Night Football and is 19-2 at home in prime-time games dating back to 2010. Seattle is 3-1 in prime-time games this season.

BROADCAST INFORMATION

TV Network	NBC	Al Michaels (play-by-play) Cris Collinsworth (analyst) Michele Tafoya (sidelines)
Seahawks Radio Network	710 ESPN Seattle KIRO Radio 97.3	Steve Raible (play-by-play) Dave Wyman (analyst) Jen Mueller (sidelines) John Clayton (sidelines)
National Radio	Westwood One	Kevin Kugler (play-by-play) Jason Taylor (analyst)

THIS WEEK'S SCHEDULE

Tuesday, December 24

- 12:45 p.m. 49ers Head Coach Kyle Shanahan conference call
- 1:30 p.m. Head Coach Pete Carroll press conference
- 1:45 p.m. Selected players available; open locker room
- 2:45 p.m. Practice*
- 4:00 p.m. DC Ken Norton Jr. available

Wednesday, December 25

No media availability - Merry Christmas

Thursday, December 26

- 12:50 p.m. QB Russell Wilson available
- 1:00 p.m. Selected players available; open locker room
- 2:15 p.m. Practice*
- 3:50 p.m. OC Brian Schottenheimer available, coaches available

Friday, December 27

- 12:30 p.m. Practice*
- 2:00 p.m. Coach Carroll available; open locker room

Saturday, December 28

No media availability

Sunday, December 29

- 5:20 p.m. Seahawks vs. 49ers

Monday, December 30

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

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



WHAT TO LOOK FOR

TEAM

- * With a win on Sunday, it would give Seattle its 11th division title in franchise history and fifth in Pete Carroll's 10 seasons.
- * With a win on Sunday, would become the fifth team in franchise history to post 12 wins (12 in 1984, 13 in 2005, 13 in 2013, 12 in 2014).
- * Seattle is the second team in NFL history to win 10 one-score games in a single season, joining the 1978 Oilers (10-6 record).
- * Reached 10 wins for the seventh time in the last eight seasons. From 1976 to 2011, Seattle reached that mark five times.
- * Since 2012, including playoffs, Seattle is 56-0 when leading by four or more points at halftime.
- * Reached the playoffs for the eighth time under Pete Carroll and John Schneider.
- * DK Metcalf needs 81 yards for 900 which would give Seattle two 900-yard receivers (regardless of position) for the third time in franchise history (Baldwin & Graham - 2016 and Galloway & Blades - 1995).

PETE CARROLL

- * Needs five wins to tie Tony Dungy for 22nd place on the NFL's all-time coaches wins list with 148.
- * Reached 100 combined (at Pittsburgh) and 100 regular season wins (at Carolina) with Seattle this season.
- * With the win at Pittsburgh (9/15), became just the fifth active head coach with 100 combined wins (regular season & postseason) with his current club (Bill Belichick, Mike Tomlin, Sean Payton, John Harbaugh).

ALL-TIME SEAHAWKS COACHING RECORDS

	Regular Season	Postseason	Combined
Pete Carroll	100-58-1	9-6	109-64-1
Mike Holmgren	86-74	4-6	90-80
Chuck Knox	80-63	3-4	83-67

CHRIS CARSON

- * Set career-high with 1,230 rush yards this season and single-game high of 133 at Carolina (12/15).
- * Posted his second-consecutive 1,000-yard rushing season and became the sixth-player in franchise history with back-to-back 1,000-yard seasons.

MICHAEL DICKSON

- * Needs two more punts inside the 20 to pass Jeff Feagles and Jon Ryan on Seattle's single-season most punts inside the 20 list with 35.

TYLER LOCKETT

- * Set career-high with 1,006 receiving yards this season and single-game high of 154 vs. New Orleans (9/22).
- * Became the eighth player in franchise history to record a 1,000-yard season and first since Doug Baldwin in 2016.
- * Needs 14 receptions to pass Joey Galloway for seventh-place on Seattle's all-time receptions list with 284.

DK METCALF

- * Needs 221 receiving yards to pass Joey Galloway for first-place for most receiving yards by a rookie in franchise history with 1,040.
- * Needs two receptions to tie Steve Largent for third-place for most receptions by a rookie in franchise history with 54, three to tie John Carlson for second-place with 55 and 16 to pass Joey Galloway for first-place with 68.

- * Needs one receiving touchdown to tie Joey Galloway for third-place for most touchdowns by a rookie in franchise history with seven.

BOBBY WAGNER

- * Needs 16 tackles to break his own franchise record with 168 tackles in a single-season.
- * First in the NFL with 152 tackles, the third-most in franchise history for a single-season.
- * Posted his eighth-consecutive 100-tackle season, extending his franchise-record.
- * Is the only player in franchise history with 1,000 tackles.

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

K.J. WRIGHT

- * Needs one tackle to set career-high of 127 in a single-season.
- * Posted his fifth-career 100-tackle season, the second-most in franchise history.



WHAT TO LOOK FOR/SEASON ACCOLADES

RUSSELL WILSON

* Needs one regular season win to pass Tom Brady and become the winningest quarterback in a player's first eight seasons in NFL history with 87.

* Needs one more home win to pass Brett Favre and become the winningest quarterback at home in a player's first eight seasons in NFL history with 49.

* Needs 123 passing yards for his third-career 4,000-yard passing season, the most in franchise history.

* Needs 36 rushing yards to become the fifth quarterback in NFL history to reach 4,000.

* With a start on Sunday, will extend his franchise record to 128 consecutive starts, the second-longest active streak among QBs.

* His 31-7 record following an in-season loss is the best record by a quarterback since the 1970 merger.

* Ranks in fifth-place on the NFL's most passing yards in a quarterback's first eight seasons list with 29,501.

* Since 2012, tied with Drew Brees at 21 games with at least a 130.0 passer rating.

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

* His 94 combined wins (regular season & postseason) are the second-most in NFL history in a quarterback's first eight seasons (1st, Tom Brady - 100).

* Joined Peyton Manning as the only players in NFL history to pass for 3,000 yards and have 20-plus touchdowns in their first eight seasons.

* His nine consecutive road games (2018-19) with a passer rating of 110 or higher set the longest streak in NFL history.

* Became the first player in NFL history to record at least one touchdown pass (18 total) and zero interceptions in eight consecutive road games from 2018-19.

* Is the only player since the 1970 merger to have 22 touchdown passes with one or fewer interceptions through the first nine games of a season.

* Became the first quarterback in the Super Bowl era with 1,700+ yards, 14+ touchdowns, and zero interceptions through his team's first six games.

* Facing New Orleans (9/22), became the first player since 1950 with 400+ passing yards, two passing touchdowns, 50+ rushing yards and two rushing touchdowns in a single-game.

* With three passing touchdowns at Pittsburgh (9/15), became the fifth-fastest player in league history to reach 200 passing touchdowns (114 games).

* Is the first player in NFL history with at least 200 passing touchdowns and 15 rushing touchdowns in his first eight seasons.

* Ranks second on Seattle's all-time pass attempts list with 3,737.

* Ranks second on Seattle's all-time passing completions list with 2,411.

* Ranks first on Seattle's all-time passing yards list with 29,501.

* Ranks first on Seattle's all-time passing touchdowns list with 225.

* Needs 46 rushing yards to pass Ricky Watters for sixth-place on Seattle's all-time rushing yards list with 4,010.

* Is Seattle's all-time winningest quarterback in the regular season with 86 victories.

* Is Seattle's all-time winningest quarterback with 94 combined victories (regular season & postseason).

* Named to seven Pro Bowls in eight seasons.

* Has started 127 consecutive games, the second-longest active streak among quarterbacks.

* Has started every game played with 140 (127 regular season, 13 postseason).

MOST CONSECUTIVE GAMES STARTED BY A QB, ACTIVE STREAK

Philip Rivers, LAC	223
Russell Wilson, Sea	127
Kirk Cousins, Min	78
Dak Prescott, Dal	63
Tom Brady, NE	59



SERIES VS. SAN FRANCISCO

REGULAR SEASON: SEATTLE LEADS 25-16

September 26, 1976	L		37-21	59,108
October 7, 1979	W	@	35-24	44,592
November 25, 1985	L	@	19-6	57,482
September 25, 1988	L		38-7	63,382
December 8, 1991	L		24-22	56,711
December 21, 1997	W		38-9	66,253
October 14, 2002	L		28-21	66,420
December 1, 2002	L	@	31-24	67,594
October 12, 2003	W		20-19	66,437
December 27, 2003	W	@	24-17	67,840
September 26, 2004	W		34-0	66,709
November 7, 2004	W	@	42-27	64,423
November 20, 2005	W	@	27-25	63,590
December 11, 2005	W		41-3	66,690
November 19, 2006	L	@	20-14	68,367
December 14, 2006	L		24-14	67,650
September 30, 2007	W	@	23-3	67,651
November 12, 2007	W		24-0	68,331
September 14, 2008	L		33-30 ot	67,951
October 26, 2008	W	@	34-13	67,504
September 20, 2009	L	@	23-10	69,732
December 6, 2009	W		20-17	67,761
September 12, 2010	W		31-6	67,044
December 12, 2010	L	@	40-21	69,732
September 11, 2011	L	@	33-17	69,732
December 24, 2011	L		19-17	66,697
October 18, 2012	L	@	13-6	69,732
December 23, 2012	W		42-13	68,161
September 15, 2013	W		29-3	68,338
December 8, 2013	L	@	19-17	69,732
November 27, 2014	W	@	19-3	70,799
December 14, 2014	W		17-7	68,526
October 22, 2015	W	@	20-3	70,799
November 22, 2015	W		29-13	68,993
September 25, 2016	W		37-18	69,010
January 1, 2017	W	@	25-23	70,178
September 17, 2017	W		12-9	68,729
November 26, 2017	W	@	24-13	70,134
December 2, 2018	W		43-16	69,009
December 16, 2018	L	@	26-23 ot	68,836
November 11, 2019	W	@	27-24 ot	71,404

HEAD-TO-HEAD COMPARISON

2019 REGULAR SEASON	SEAHAWKS	49ERS
Record	11-4	12-3
Total Yards Gained	5,643	5,699
Total Offense (NFL Rank)	376.2 (7)	379.9 (6)
Rush Offense	138.3 (3)	145.1 (2)
Pass Offense	237.9 (11)	234.8 (15)
Points Per Game	25.6 (9)	30.2 (2)
Total Yards Allowed	5,708	4,161
Total Defense	380.5 (26)	277.4 (2)
Rush Defense	117.0 (23)	111.8 (17)
Pass Defense	263.5 (27)	165.6 (1)
Points Allowed/Game	24.8 (21)	19.3 (8)
Possession Avg.	30:52	31:34
Sacked/Yds. Lost	47/309	34/222
Sacks Made/Yds. Lost	26/169	47/357
Interceptions By	16	12
Penalties/Yds.	104/853	97/882
Punts/Avg.	71/44.9	50/44.8
Turnover Differential	+12 (T3)	+4 (T11)

2019 STAT LEADERS

	SEAHAWKS	49ERS
Rushing	Chris Carson 1,230 (278-4.4-7)	Raheem Mostert 715 (127-5.6-6)
Passing	Russell Wilson 3,877 (476-316-29-5-107.3)	Jimmy Garoppolo 3,693 (454-311-27-13-101.0)
Receiving	Tyler Lockett 1,006 (77-13.2-7)	George Kittle 967 (78-12.4-5)
Scoring (Non kicker)	Chris Carson 54	Raheem Mostert 48
Sacks	Rasheem Green 4.0	Arik Armstead 10.0
Int.	three tied 3	Richard Sherman 3
Punting	Michael Dickson 44.9/40.6 net (33 In 20)	Mitch Wishnowsky 44.8/41.7 net (23 In 20)
Kicking	Jason Myers 106 (23/28 FG, 37/41 PAT)	Robbie Gould 102 (21/29 FG, 39/40 PAT)

TOP SINGLE-GAME PERFORMANCES

	SEAHAWKS	49ERS
Rushing Yards	Thomas Rawls 30-209-7.0-1 11/22/15	Frank Gore 24-212-8.8-0 11/19/06
Passing Yards	Matt Hasselbeck 55-30-427-3-2 12/1/02	Nick Mullens 48-30-414-2-1 12/2/18
Receiving Yards	Doug Baldwin 8-164-20.5-1 9/25/16	Jerry Rice 6-163-27.2-3 9/25/88



TEAM NOTES

SERIES VS. SAN FRANCISCO

Record in Seattle	14-7
Kingdome	1-3
CenturyLink Field	13-4
Record at San Francisco	11-9
Current Streaks	Seattle won the last meeting
Longest Win Streaks	
Seahawks	9, 2014-18
49ers	4, 2010-12
Last Game Played in...	
Seattle.....	Seahawks 43, 49ers 16 (12/2/18)
San Francisco....	Seahawks 27, 49ers 24 ot (11/11/19)
Total Points in Series	
Seahawks	987 (24.1)
49ers	735 (17.9)
Largest Margin of Victory	
Seahawks.....	38 points, 41-3 (12/11/05)
49ers	31 points, 38-7 (9/25/88)
Combined Points	
Highest.....	69 (Seahawks win 42-27 on 11/7/04)
Lowest.....	19 (49ers win 13-6 on 10/18/12)
Shutouts	
Seahawks.....	34-0 (9/26/04) & 24-0 (11/12/07)
49ers	None
Pete Carroll vs. 49ers (Regular Season)	14-6
With Seattle	13-6
With New England	1-0
Playoffs	1-0
Kyle Shanahan vs. Seahawks (Regular Season)	1-4
With San Francisco	1-4
Playoffs	0-0

184 FALSE STARTS AT HOME

Armed with the loudest fans in the NFL, CenturyLink Field and the 12s lead the NFL with 184 opponent false start penalties since the 2005 season.

OPPONENT FALSE START PENALTIES AT HOME (2005-CURRENT)

Team	Penalties
Seattle Seahawks	184
Arizona Cardinals	179
Philadelphia Eagles	176
Tennessee Titans	167
Denver Broncos	161

13 POSTSEASON BERTHS SINCE 2002

Seattle ranks second in the league with 13 postseason appearances and fourth with eight division titles in the last 18 seasons since re-alignment.

MOST PLAYOFF BERTHS SINCE 2002, NFL

Team	Titles	Berths
New England	16	16
Seattle	8	13
Green Bay	9	13
Indianapolis	9	13
Pittsburgh	8	11

SEATTLE DIVISION TITLES

The Seahawks have won 10 division titles in franchise history and a win this weekend would give them five in Pete Carroll's 10 seasons as Seattle's head coach.

SEAHAWKS DIVISION TITLES, FRANCHISE HISTORY

Division	Record	Year
AFC West	9-7	1988
AFC West	9-7	1999
NFC West	9-7	2004
NFC West	13-3	2005
NFC West	9-7	2006
NFC West	10-6	2007
NFC West	7-9	2010
NFC West	13-3	2013
NFC West	12-4	2014
NFC West	10-5-1	2016

TOP SCORING OFFENSE

The Seahawks have scored more than 27 points in 10 games this season, surpassing last season's total of nine.

TOP SCORING OFFENSES, NFL

Team	Points per Game
Baltimore	33.5
San Francisco	30.2
Tampa Bay	29.1
Kansas City	28.0
New Orleans	27.7
Minnesota	27.0
New England	26.4
Dallas	25.8
Seattle	25.6
Tennessee	24.5



TEAM NOTES

BY THE NUMBERS: VS. ARIZONA

1 - Win needed to clinch the NFC West. For as bad as things went for the Seahawks on Sunday, they still can win the division and possibly earn a first-round bye if they beat the 49ers in Week 17.

2 - Career touchdowns scored by fullback Nick Bellore, who caught a touchdown pass from Wilson on Sunday. Bellore caught that touchdown on his only offensive snap of the game.

4 - Sacks by Chandler Jones, who also forced a fumble for the game's only turnover. Jones, who is up to an NFL-leading 19.0 sacks this season, is the first player to sack Russell Wilson four times in the same game.

13 - Tackles for Bobby Wagner, who moved back into the NFL lead with 152 this season. That's the second most tackles Wagner has had in a season, 15 behind his 2016 total.

13 - Tackles for K.J. Wright, who now has 126 this season, matching his career-best total.

80 - Length of Kenyan Drake's first-quarter touchdown run, the longest play from scrimmage allowed by the Seahawks this year.

89 - Length, in yards, of the Seahawks' opening drive, their longest touchdown drive of the season. Success the Seahawks unfortunately couldn't maintain, as they punted on their next five possessions.

1,006 - Receiving yards for Tyler Lockett, the first 1,000-yard season of his career. Lockett also has a career-best 76 catches this season.

29,501 - Career passing yards for Russell Wilson, who on Sunday moved ahead of Matt Hasselbeck for the franchise lead passing yards.

1 for 12 - The Seahawks' third-down conversion rate, a big reason the offense struggled after that opening drive.

13-CONSECUTIVE 100-YD RUSH GAMES

Seattle produced 13-consecutive 100-yard rushing games, good for the second-longest streak in franchise history.

CONSECUTIVE GAMES WITH 100 TEAM RUSHING YARDS

Games	Years
25	Last 11 games of 2014, first 14 of 2015
13	Games 2 - 14 of 2019
12	Last three games of 1978, first nine of 1979
9	Last eight games of 1977, first game of 1978

OFFENSE & DEFENSE RANKINGS

Seattle's 11-4 record is aided by a top-10 offense and opportunistic defense this season. Seattle's **defense has combined for 11 sacks and 16 takeaways** in its last six games.

SEATTLE OFFENSIVE RANKINGS, NFL

Category	Stat	NFL Rank
Rush Yards per Game	138.3	3
Yards per Game	376.2	7
Rush Yards per Att.	4.6	8
Points per Game	25.6	9
Pass Yards per Game	237.9	11
Yards per Play	5.8	11

SEATTLE DEFENSIVE RANKINGS, NFL

Category	Stat	NFL Rank
Fumble Recoveries	16	2
Takeaways	32	3
Turnover Differential	+12	T3
Interceptions	16	T3
Opponent Pass Rating	84.1	7

SEATTLE PLAYER RANKINGS, NFL

Player	No.	Category	NFL Rank
Russell Wilson	29	TDs	3
Russell Wilson	5	INTs	T5
Russell Wilson	107.3	passer rating	5
Russell Wilson	3,877	yards	6
Russell Wilson	66.4	comp. %	9
Chris Carson	85	1st downs	5
Chris Carson	1,230	rush yards	5
Chris Carson	1,496	scrimmage yds.	8
Bobby Wagner	152	tackles	1
Jadeveon Clowney	4	forced fumbles	T5
K.J. Wright	126	tackles	T9
Shaquill Griffin	13	passes defended	T11

84.1 OPPONENT PASSER RATING

Thanks to 16 interceptions (T3rd NFL), Seattle's defense ranks seventh in the NFL limiting opponents to an 84.1 quarterback passer rating.

LOWEST OPPONENT PASSER RATINGS, NFL

Team	Rating
New England	59.8
Baltimore	78.9
Buffalo	79.0
Kansas City	80.9
Pittsburgh	81.2
San Francisco	81.9
Seattle	84.1
Green Bay	84.3



TEAM NOTES

MOST WINS IN NOV. - JAN. SINCE 2012

MOST WINS IN REGULAR SEASON DURING NOV. - JAN. SINCE 2012, NFL

Team	W	L	Pct.
Seattle Seahawks	49	19	.721
New England Patriots	47	17	.734
Pittsburgh Steelers	46	23	.667
Baltimore Ravens	43	25	.632
Indianapolis Colts	41	26	.612

PLAYERS OF THE WEEK

Russell Wilson, Week 4 at Pittsburgh - His first Player of the Week nod since the 2017 season, and the eighth of his career, moving him past running back Shaun Alexander for the most in team history. Wilson completed 29 of 35 attempts (82.9%, fourth-highest in franchise history) for 300 yards and three touchdowns, giving him a passer rating of 131.0.

Russell Wilson, Week 9 vs. Tampa Bay - Wilson threw for 378 yards and five touchdowns without an interception on his way to a 133.7 passer rating. His final touchdown pass was the game-winner in overtime to cap a 10-play, 75-yard drive. This marks the third time Wilson has been named Player of the Week twice in one season along with 2014 and 2017.

Jadeveon Clowney, Week 10 at San Francisco - This was Clowney's first Player of the Week award as a Seahawk, and second of his career having earned AFC Defensive Player of the Week honors with the Texans last season. In addition to a sack, on which he also forced a fumble that was recovered by Poona Ford, setting up a Seahawks touchdown, Clowney also recovered a fumble and returned it 10 yards for a touchdown, recorded five quarterback hits, and helped set up big plays for his teammates throughout the game.

Russell Wilson - FedEx Air Player of the Week 9 vs. Tampa Bay

DK Metcalf - Pepsi Rookie of the Week 9 vs. Tampa Bay

19,408 TEAM RUSHING YARDS SINCE 2011

Seattle's rushing attack ranks first in the NFL in rushing yards since 2011.

MOST TEAM RUSHING YARDS SINCE 2011, NFL

Team	Yards
Seattle	19,408
Buffalo	18,971
Carolina	18,670
San Francisco	18,216
Philadelphia	17,767

66-14 WHEN WINNING THE TURNOVER BATTLE

Since 2010, Seattle is 66-14 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, finished 2015 tied for fifth at +7 and ranked first in the NFL last season with a +15 turnover differential.

Seattle ranks third in the league this season (+12).

SEATTLE RECORD WHEN WINNING THE TURNOVER BATTLE

Year	Record	Year	Record
2010	4-0	2016	7-0
2011	6-2	2017	6-1
2012	7-1	2018	8-2
2013	10-1	2019	8-1
2014	6-2	Totals	66-14
2015	4-4		

TURNOVER DIFFERENTIAL SINCE 2011, NFL

Team	Takeaways			Giveaways			Diff
	Int	Fum	Total	Int	Fum	Total	
New England	156	99	255	77	57	134	+121
Seattle	148	102	250	85	71	156	+94
Green Bay	144	73	217	78	73	151	+66
Kansas City	139	86	225	91	84	175	+50
San Francisco	121	87	208	98	84	182	+26

+12 TURNOVER DIFFERENTIAL (T3RD NFL)

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

This season, Seattle ranks third with a +12 turnover differential.

TURNOVER DIFFERENTIAL, NFL

Team	Takeaways			Giveaways			Diff
	Int	Fum	Total	Int	Fum	Total	
New England	25	11	36	8	5	13	+23
Green Bay	15	8	23	2	7	9	+14
Seattle	16	16	32	6	14	20	+12
New Orleans	11	9	20	6	2	8	+12
Minnesota	16	11	27	5	11	16	+11

2019 TEAM CAPTAINS

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



TEAM NOTES

ONLY SEVEN DOUBLE-DIGIT LOSSES IN LAST 148 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	28-12	at L.A. Rams	12/8/19
16	36-20	at Atlanta*	1/14/17
14	27-13	vs. Arizona	12/22/19
14	30-16	vs. Baltimore	10/20/19
10	27-17	at Green Bay	9/20/15
9	14-5	at Tampa Bay	11/27/16
9	30-21	at San Diego	9/14/14
8	25-17	vs. San Diego	11/4/18
8	17-9	at Green Bay	9/10/17
7	six times	last: at Chicago	9/17/18

* NFC Divisional Playoff

2,313 ROSTER TRANSACTIONS SINCE 2010

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

Of the 53 players on Seattle's 2019 active roster, 29 are Seattle draft choices, four have been acquired via trade, 20 have been signed as free agents, and 14 of the 53 originally entered the league as undrafted rookie free agents.

146 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 **146 consecutive sell outs including Week 17** of the 2019 season, including playoffs.

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

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

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

91-43-1 RECORD IN LAST 135 GAMES

Seattle has compiled a 91-43-1 record since the final half of the 2011 regular season and in those 43 losses, the average margin of victory for the opponent has been 6.9 points (297 points).

35-20-1 ROAD RECORD SINCE 2013

Seattle is 35-20-1 in its last 56 road games dating back to 2013 and posted a 16-6 record in its last twenty-two 10 a.m. (PT) kickoff starts, including 5-0 this season.

The Seahawks are a franchise-best 7-1 on the road this season and had their best road start in franchise history (6-0).

BEST ROAD RECORDS IN FRANCHISE HISTORY

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

SECOND-BEST ROAD RECORD SINCE 2013

Seattle trails New England for best road record since 2013.

BEST ROAD RECORDS SINCE 2013

New England	38-18
Seattle	35-20-1
Kansas City	36-20
Dallas	32-24
Pittsburgh	31-23-1

99-44 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 ranks second for the most home wins among NFC teams since moving to the NFC in 2002 with a 99-44 record, and is one of three teams with 90-plus wins during that span.

MOST HOME WINS SINCE 2002, NFC

Team	Record	Pct.
Green Bay	101-41-2	.708
Seattle	99-44	.692
Minnesota	94-48	.662
Philadelphia	88-56	.611
New Orleans	87-57	.604



TEAM NOTES

26-10 ON MONDAY NIGHT FOOTBALL

Seattle is 26-10 all-time on Monday night and its 11-game winning streak on Mondays was snapped in 2017. Its .722 winning percentage on Mondays ranks first all-time in NFL history.

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

BEST ALL-TIME WINNING %, MONDAY NIGHT FOOTBALL

Seattle	26-10	.722
Pittsburgh	48-24	.667
San Francisco	49-28	.636
Carolina	10-7	.588
Kansas City	27-19	.587

SEAHAWKS ON MONDAY NIGHT FOOTBALL (26-10)

Oct. 29, 1979	W	31-28	at Atlanta
Nov. 26, 1979	W	30-7	N.Y. Jets
Nov. 17, 1980	L	19-17	Oakland
Nov. 16, 1981	W	44-23	San Diego
Oct. 29, 1984	W	24-0	at San Diego
Nov. 12, 1984	W	17-14	L.A. Raiders
Sept. 23, 1985	L	35-24	L.A. Rams
Nov. 25, 1985	L	19-6	at San Francisco
Oct. 6, 1986	W	33-7	San Diego
Dec. 8, 1986	W	37-0	L.A. Raiders
Nov. 9, 1987	L	30-14	at N.Y. Jets
Nov. 30, 1987	L	37-14	L.A. Raiders
Nov. 28, 1988	W	35-27	L.A. Raiders
Dec. 4, 1989	W	17-16	Buffalo
Oct. 1, 1990	W	31-16	Cincinnati
Nov. 30, 1992	W	16-13 (ot)	Denver
Nov. 1, 1999	W	27-7	at Green Bay
Oct. 2, 2000	L	24-17	at Kansas City
Oct. 14, 2002	L	28-21	San Francisco
Dec. 6, 2004	L	43-39	Dallas
Dec. 5, 2005	W	42-0	at Philadelphia
Nov. 6, 2006	W	16-0	Oakland
Nov. 27, 2006	W	34-24	Green Bay
Nov. 12, 2007	W	24-0	San Francisco
Dec. 12, 2011	W	30-13	St. Louis
Sept. 24, 2012	W	14-12	Green Bay
Oct. 28, 2013	W	14-9	at St. Louis
Dec. 2, 2013	W	34-7	New Orleans
Oct. 6, 2014	W	27-17	at Washington
Oct. 5, 2015	W	13-10	Detroit
Nov. 7, 2016	W	31-25	Buffalo
Nov. 20, 2017	L	34-31	Atlanta
Sept. 17, 2018	L	24-17	at Chicago
Dec. 10, 2018	W	21-7	Minnesota
Nov. 11, 2019	W	27-24 (ot)	at San Francisco
Dec. 2, 2019	W	37-30	Minnesota

29-6-1 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 29-6-1 combined record in Sunday, Monday and Thursday night games, and **outscore opponents 940-576**.

The Seahawks are 10-3-1 on Sunday Night Football, 10-2 on Monday Night Football and 9-1 on Thursday Night Football under Carroll, and are **19-2 at home in prime-time games** dating back to 2010.

SEATTLE'S PRIME-TIME GAMES UNDER PETE CARROLL (29-6-1)

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
Thu, Oct. 3, 2019	vs. L.A. Rams	W	30-29
Mon, Nov. 11, 2019	at San Francisco	W	27-24 (ot)
Mon, Dec. 2, 2019	vs. Minnesota	W	37-30
Sun, Dec. 8, 2019	at L.A. Rams	L	28-12



TEAM NOTES

.819 WINNING % IN PRIME TIME

Seattle has played its best football in prime time, as its 29-6-1 record and .819 winning percentage rank first in the NFL since Pete Carroll took over in 2010.

BEST RECORD IN PRIME-TIME GAMES SINCE 2010

Team	W	L	T	Pct.
Seattle Seahawks	29	6	1	.819
New England Patriots	35	11	0	.761
Baltimore Ravens	23	10	0	.697
New Orleans Saints	27	12	0	.692
Pittsburgh Steelers	29	19	0	.604

LARGEST COMEBACKS & OVERTIME RECORD

Seattle's overtime record is 14-21-1 and 6-4-1 under Carroll.

LARGEST COMEBACKS IN FRANCHISE HISTORY

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

48-15 AT HOME SINCE 2012

SEATTLE'S NFL RANKING FOR LAST 63 HOME GAMES

Wins	Point Differential	Takeaways	Turnover Margin
54 New England	+795 New England	118 Carolina	+56 New England
47 Seattle	+523 Seattle	111 New England	+47 Seattle
46 Minnesota	+437 Denver	108 Seattle	+37 Green Bay
45 Green Bay	+425 Green Bay	103 Pittsburgh	+25 Kansas City
43 Baltimore	+390 Baltimore	102 Kansas City	+20 Carolina

LONGEST HOME WINNING STREAK, FRANCHISE HISTORY

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

MOST CONSECUTIVE GAMES WON, FRANCHISE HISTORY

11	2005
9	2012-13
8	1984

14 SPECIAL TEAMS SCORES SINCE 2010

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

SEATTLE SPECIAL TEAMS SCORES SINCE 2010

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

MOST BLOCKS SINCE 2010

25	Oakland
23 Seattle	
23	Miami
21	Philadelphia
19	Arizona

MOST TDS/SAFETIES SINCE 2010

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

MOST TAKEAWAYS ON PUNT/KOR SINCE 2010

24 Seattle	
22	Oakland
22	Kansas City
16	N.Y. Giants
15	Arizona



TEAM NOTES

12 FLAG RAISERS AT THE TOYOTA FAN DECK

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

2019 FLAG RAISERS

Denver - 1979 Seattle Sonics championship team
 Oakland - UCLA Gymnast Katelyn Ohashi
 Cincinnati - Former TE Zach Miller
 New Orleans - Former DL Jeff Bryant, Jacob Green, Joe Nash
 L.A. Rams - Seahawks Chair Jody Allen

Baltimore - Musician Mike McCready
 Tampa Bay - Veteran Ryan Hendrickson
 Minnesota - Musician Dave Matthews
 Arizona - State Championship High School Coaches
 San Francisco -

33,216 ESTIMATED MILES FLOWN DURING 2019 SEASON

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

2019 TOTAL MILES TRAVELED

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

FLIGHT TIMES

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

2019 FLIGHT TIMES

Seattle to Minnesota - 2:59
 Minnesota to Seattle - 3:15
 Seattle to L.A. Chargers - 1:59
 L.A. Chargers to Seattle - 2:11
 Seattle to Pittsburgh - 3:51
 Pittsburgh to Seattle - 4:31
 Seattle to Arizona - 2:11
 Arizona to Seattle - 2:24

Seattle to Cleveland - 3:54
 Cleveland to Seattle - 4:41
 Seattle to Atlanta - 4:10
 Atlanta to Seattle - 4:54
 Seattle to San Francisco - 1:34
 San Francisco to Seattle - 1:43
 Seattle to Philadelphia - 4:49
 Philadelphia to Seattle - 5:25

Seattle to L.A. Rams - 2:12
 L.A. Rams to Seattle - 2:42
 Seattle to Carolina - 4:12
 Carolina to Seattle - 5:24

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

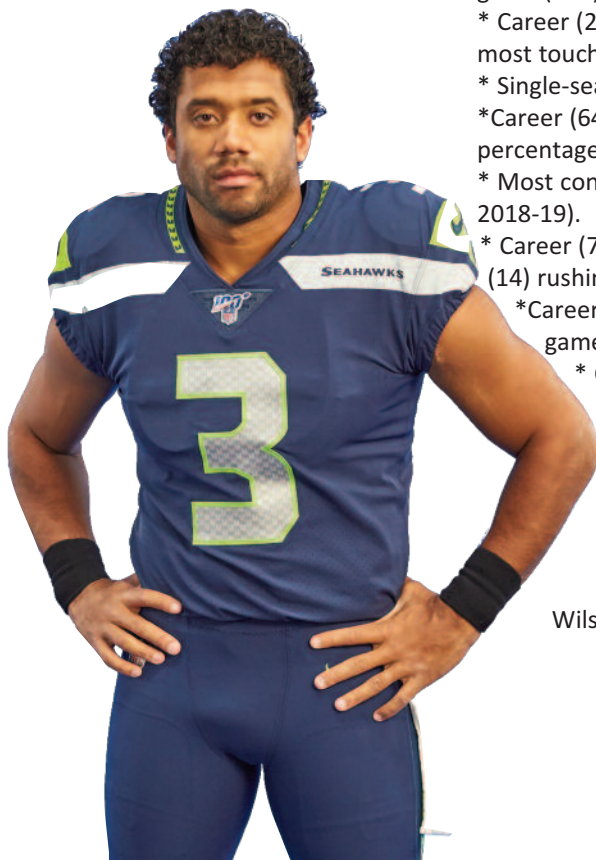
Att.	Opponent	Stadium	Date	W/L	Score
69,190	Philadelphia	CenturyLink Field	11/20/16	W	26-15
69,104	Carolina	CenturyLink Field	12/4/16	W	40-7
69,084	Buffalo	CenturyLink Field	11/7/16	W	31-25
69,080	Minnesota	CenturyLink Field	12/2/19	W	37-30
69,080	St. Louis	CenturyLink Field	12/27/15	L	23-17
69,078	Arizona	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

86 WINS TO BEGIN A CAREER

Wilson is tied with Tom Brady as the winningest quarterback in a player's first eight seasons with 86.

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

Russell Wilson	86
Tom Brady	86
Peyton Manning	80
Ben Roethlisberger	80
Jim Kelly	76
Joe Flacco	75
Dan Marino	74
Brett Favre	74

SEVEN-TIME PRO BOWLER**CAREER STATISTICS**

He has 65-career 100-plus passer rating games in 127 starts, with the last coming at Carolina (12/15) with a 137.7 rating.

RUSSELL WILSON CAREER PASSING

Year	Att	Comp	Pct	Yards	TD	Int	Rtg
2012	393	252	64.1	3,118	26	10	100.0
2013	407	257	63.1	3,357	26	9	101.2
2014	452	285	63.1	3,475	20	7	95.0
2015	483	329	68.1	4,024	34	8	110.1
2016	546	353	64.7	4,219	21	11	92.6
2017	553	339	61.3	3,983	34	11	95.4
2018	427	280	65.6	3,448	35	7	110.9
2019	476	316	66.4	3,877	29	5	107.3
TOTAL	3,737	2,411	64.5	29,501	225	68	101.2

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

Player	Rating
Drew Brees, NO	103.3
Aaron Rodgers, GB	102.2
Russell Wilson, Sea	101.2
Tom Brady, NE	97.7

FRANCHISE RECORDS

- * Career (101.2), single-season (110.9 in 2018) and single-game (158.3) passer rating.
- * Career (29,501), single-season (4,219 in 2016) and single-game (452) most passing yards.
- * Career (225), single-season (35 in 2018) and single-game (5) most touchdown passes.
- * Single-season completions (353 in 2016).
- * Career (64.52) and single-season (68.12 in 2015) completion percentage.
- * Most consecutive passes without an interception (220 from 2018-19).
- * Career (712), single-season (118 in 2014) and single-game (14) rushing attempts by a quarterback.
- * Career (3,964), single-season (849 in 2014) and single-game (122) rushing yards by a quarterback.
- * Owns the top-15 rushing yard games by a quarterback.
- * Nine NFC Player of the Week awards are the most in club history.

225 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.	225	Russell Wilson	2012-
2.	195	Dave Krieg	1980-91
3.	174	Matt Hasselbeck	2001-10
4.	107	Jim Zorn	1976-84

225 CAREER TOUCHDOWN PASSES

Through 127 games, Russell Wilson's 225 touchdown passes (most in club history) are the third-most in NFL history in a quarterback's first eight seasons.

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

1. Peyton Manning	244
2. Dan Marino	241
3. Russell Wilson	225
4. Brett Favre	213
5. Matt Ryan	202

48 HOME WINS TO BEGIN CAREER

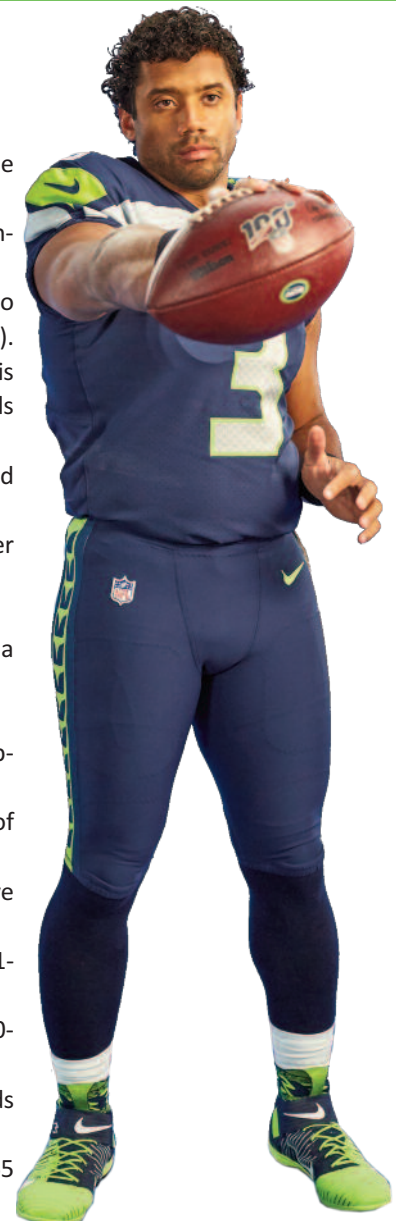
Wilson needs one more home win this season to set the NFL record for most home wins in a QB's first eight seasons.

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

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

CAREER HIGHLIGHTS

- * Career passer rating of 101.2 ranks second in NFL history.
- * Career home passer rating of 103.4 ranks third in NFL history.
- * Career road passer rating of 99.2 ranks first in NFL history.
- * His .681 winning percentage (86-40-1) ranks fifth among active starting quarterbacks.
- * Has 15 300-yard passing games in the regular season and two 300-yard passing games in the postseason.
- * Has 51 games with multiple touchdown passes and no interceptions, the most such performances by a quarterback in his first eight seasons. (Entered 2019 already holding the record).
- * Has 10 career games with at least four touchdowns and one or fewer interceptions. Only two players have more such games in a player's first eight seasons (Peyton Manning, Aaron Rodgers).
- * One of four quarterbacks to record 25,000 passing yards and 175 passing touchdowns in his first seven seasons and joined Cam Newton as the only quarterbacks to throw for 25,000 yards and rush for 3,000 yards in 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.
- * Against Atlanta (11/20/17), became the 10th quarterback in NFL history to reach 3,000 career rushing yards.
- * Threw 19 touchdown passes in the fourth quarter in 2017, an NFL record.
- * First player in NFL history with 4,000 yards, 30 touchdown passes and 500 rushing yards in a season (2015).
- * Led the NFL in passer rating with a 110.1 rating (2015).
- * First player in NFL history to pass for at least 24 touchdowns and have one or zero interceptions in a seven-game span in a single-season (Weeks 11-17 of 2015).
- * His 19 touchdown passes are the most in NFL history over a five-game span (Weeks 11-15 of 2015) without an interception in a single-season.
- * First player in NFL history to pass for at least three touchdowns with no interceptions in five consecutive games (Weeks 11-15 of 2015).
- * First player in NFL history to have at least a 138.5 rating in four consecutive games (Weeks 11-14 of 2015).
- * At St. Louis (10/19/14), became the first player to record a 300-yard passing game and 100-yard rushing game in a single-game. He threw for 313 yards and rushed for 106.
- * He is one of two players in NFL history (Randall Cunningham - 1990) to rush for over 800 yards and throw for over 3,400 yards in a single-season (2014).
- * Became the third-youngest starting quarterback to win a Super Bowl. Wilson was 25 years, 65 days old on February 2, 2014, when Seattle defeated Denver, 43-8, in Super Bowl XLVIII.
- * Finished third in AP Offensive Rookie of the Year voting.



32 FOURTH-QUARTER/OVERTIME COMEBACKS IN 140 GAMES

Wilson has 32 fourth-quarter or overtime comeback victories in 140 career games (regular and postseason).

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

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

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

RUSSELL WILSON 4TH QUARTER/OT COMEBACKS

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

* NFC Wild Card Game ^ NFC Championship Game

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

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

FIFTH-FASTEST TO 200 TOUCHDOWNS

With two passing touchdowns at Pittsburgh (9/15), Wilson became the fifth-fastest player in NFL history to reach 200 touchdowns in his career, joining two Hall of Famers on the top-five list.

He also became the first player in NFL history with at least 200 touchdowns and 15 rushing touchdowns in his first eight seasons.

**PLAYERS TO REACH 200 PASSING TOUCHDOWNS
IN THE FEWEST GAMES, NFL HISTORY**

Player	Games to Reach 200
Dan Marino	89
Aaron Rodgers	99
Peyton Manning	106
Brett Favre	107
Russell Wilson	114
Tom Brady	116

65 100+ PASSER RATING GAMES IN CAREER

In Russell Wilson's first 127 games, he has thrown for a passer rating of over 100 in over half of those games, joining Aaron Rodgers to accomplish that feat in NFL history.

RUSSELL WILSON CAREER PASSING RATING BREAKDOWN

Rating	Games	Record
100s	65	55-10
90s	17	10-7
80s	17	10-6-1
70s	11	5-6
60s	8	3-5
50s	1	1-0
40s	5	1-4
30s	3	1-2
Totals	127	86-40-1

.681 WINNING PERCENTAGE

Russell Wilson ranks fifth among active quarterbacks (min. 16 starts) with a .681 winning percentage.

HIGHEST WINNING % OF ACTIVE STARTING QUARTERBACKS

Player	Record	Winning Pct.
Lamar Jackson, Bal	19-3	.864
Jimmy Garoppolo, SF	20-5	.800
Tom Brady, NE	219-63	.777
Patrick Mahomes, KC	23-7	.767
Russell Wilson, Sea	86-40-1	.681
Aaron Rodgers, GB	111-60-1	.648

FRANCHISE-RECORD 5 TOUCHDOWN PASSES

Wilson tied Dave Krieg with his third-career five-touchdown performance vs. Tampa Bay (11/3).

MOST GAMES, 5+ TD PASSES, SEAHAWKS CAREER

- 3 Russell Wilson, 2012-**
Dave Krieg, 1980-91
- 2 Matt Hasselbeck, 2001-10**

98 - MOST TOUCHDOWNS SINCE 2017

Wilson's 98 touchdowns since the beginning of 2017 are the most in the NFL and this season he **ranked fifth in the league in passer rating** (107.3), third in touchdowns (29) and fifth in fewest interceptions (5).

MOST TOUCHDOWNS SINCE 2017, NFL

Player	Touchdowns
Russell Wilson, Sea	98
Tom Brady, NE	83
Kirk Cousins, Min	82
Philip Rivers, LAC	81
Matt Ryan, Atl	80

HIGHEST PASSER RATINGS, NFL HISTORY

Through his first eight seasons, Russell Wilson is one of the best quarterbacks in NFL history in wins (1st, 86), passing touchdowns (3rd, 225) and career, home and road passer ratings.

HIGHEST PASSER RATING, NFL HISTORY

Player	Rating
Aaron Rodgers, GB	102.9
Russell Wilson, Sea	101.2
Drew Brees, NO	98.3
Tony Romo	97.1
Tom Brady, NE	97.0

HIGHEST HOME PASSER RATING, NFL HISTORY

Player	Rating
Aaron Rodgers, GB	107.3
Drew Brees, NO	103.9
Russell Wilson, Sea	103.4
Kirk Cousins, Min	100.7
Steve Young	100.3

HIGHEST ROAD PASSER RATING, NFL HISTORY

Player	Rating
Russell Wilson, Sea	99.2
Aaron Rodgers, GB	98.6
Tony Romo	97.1
Tom Brady, NE	95.6
Joe Montana	95.2

CAREER-HIGHS: 82.86%; 32 COMP. & 50 ATT.

Russell Wilson played one of the best games of his career at Pittsburgh (9/15), **completing the second-most passes of his career** at the time (29) on 35 attempts for a career-best 82.86 completion percentage, ranking fourth in franchise history.

He followed that up vs. New Orleans (9/22) with a career-high tying 32 completions on a **career-high 50 attempts for the second-most yards** in his career (406), good for his second-career 400-yard game.

HIGHEST COMPLETION PERCENTAGE, FRANCHISE HISTORY

Player	Att.	Comp.	Pct.	Date
Dave Krieg vs. Denver	22	19	86.36	12/11/88
Matt Hasselbeck vs. SF	25	21	84.00	12/22/05
Matt Hasselbeck at Detroit	30	25	83.33	9/10/06
Russell Wilson at Pittsburgh	35	29	82.86	9/15/19
Russell Wilson vs. SF	29	24	82.76	11/22/15

4+ TDS & 1 OR FEWER INTERCEPTIONS

Accomplished twice this season, Russell Wilson ranks third in NFL history with 10 games with four touchdown passes and one or fewer interceptions.

The Seahawks are 8-2 in those games and his last came vs. Tampa Bay (11/3/19), a 40-34 victory in overtime.

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

Player	Games
Peyton Manning	11
Aaron Rodgers	11
Russell Wilson	10
Tom Brady	10
Brett Favre	10
Dan Marino	10
Andrew Luck	9
Johnny Unitas	8

51 GAMES WITH 2+ TDS & 0 INTERCEPTIONS

Russell Wilson has 51 games with multiple touchdown passes and no interceptions in his career, the most such performances by a quarterback in his first eight seasons in NFL history.

He has eight such games this year.

Wilson has held this record entering the last two seasons.

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

Player	Games
Russell Wilson	51
Andy Dalton	35
Tom Brady	34
Drew Brees	28
Brett Favre	28
Aaron Rodgers	28

71 GAMES WITH 2+ TOUCHDOWN PASSES

Wilson recorded his 68th career game with at least two touchdown passes in Week 8 at Atlanta (10/27), passing Pro Football Hall of Famer Brett Favre for the third-most such games in a player's first eight seasons in NFL history.

Only Peyton Manning and Pro Football Hall of Famer Dan Marino had more such games in their first eight seasons.

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

Player	Games
Peyton Manning	74
Dan Marino	72
Russell Wilson	71
Brett Favre	67

FRANCHISE PASSING RECORDS**PASSING ATTEMPTS**

Player	Att.
Matt Hasselbeck	4,250
Russell Wilson	3,737
Dave Krieg	3,576
Jim Zorn	2,992

PASSING COMPLETIONS

Player	Comp.
Matt Hasselbeck	2,559
Russell Wilson	2,411
Dave Krieg	2,096
Jim Zorn	1,593

PASSING YARDS

Player	Yards
Russell Wilson	29,501
Matt Hasselbeck	29,434
Dave Krieg	26,132
Jim Zorn	20,122

PASSING TOUCHDOWNS,

Player	TDs
Russell Wilson	225
Dave Krieg	195
Matt Hasselbeck	174
Jim Zorn	107

127 CONSECUTIVE GAMES STARTED

Wilson established the club-record for consecutive regular season games started and he has not missed a game in his career, playing in all 140 (127 regular season, 13 postseason).

CONSECUTIVE GAMES STARTED, FRANCHISE HISTORY

QB Russell Wilson, 2012-	127
G Chris Gray, 1999-06	121
S Earl Thomas, 2010-16	106

220 - ATTEMPTS WITHOUT AN INTERCEPTION

Dating back to last season vs. Arizona (12/30/18) and ending in Week 7 vs. Baltimore (10/20), Wilson had a streak of 220 attempts without throwing an interception, a career-high and franchise record.

CONSECUTIVE ATTEMPTS, NO INT, FRANCHISE HISTORY

Russell Wilson, 2018-19	220
Russell Wilson, 2016	202
Russell Wilson, 2016-17	197
Seneca Wallace, 2008	184

ZERO INTS IN FIRST SIX GAMES OF SEASON

Russell Wilson did not throw an interception for the first six games of the season, tying for the second-longest streak in the NFL over the last 10 seasons.

QUARTERBACKS WITH ZERO INTS TO BEGIN A SEASON (2010-2019)

Player	Games	Year
Alex Smith	8	2017
Russell Wilson	6	2019
Drew Brees	6	2018
Nick Foles	6	2013
Michael Vick	6	2010

100-PLUS PASSER RATING TO BEGIN SEASON

Russell Wilson started this season with six games with a 100-plus passer rating, joining Aaron Rodgers, Tom Brady and Carson Palmer as the only quarterbacks with a passer rating of 100 or higher in each of their team's first six games of a season in NFL history.

100-PLUS PASSER RATING TO BEGIN A SEASON, NFL HISTORY

Player	Games	Year
Aaron Rodgers	12	2011
Tom Brady	8	2007
Russell Wilson	6	2019
Carson Palmer	6	2005

MOST PASSING YDS IN FIRST 8 SEASONS

Russell Wilson entered the top-10 list for most passing yards in a quarterback's first eight seasons in Week 8 at Atlanta.

He finished sixth on that list for most passing yards in a quarterback's first seven seasons last year.

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

1. Peyton Manning	33,189
2. Matt Ryan	32,757
3. Dan Marino	31,416
4. Matthew Stafford	30,303
5. Russell Wilson	29,501
6. Drew Bledsoe	29,257
7. Cam Newton	28,469
8. Joe Flacco	28,322
9. Andy Dalton	28,100
10. Warren Moon	27,679

8 ROAD GAMES WITH 1 TD AND 0 INTS

Russell Wilson owns the longest streak in NFL history with eight consecutive road games with at least one touchdown pass and zero interceptions.

MOST CONSECUTIVE ROAD GAMES WITH ONE TD PASS AND ZERO INTERCEPTIONS, NFL HISTORY

Player	Games	Year
Russell Wilson	8	2018-19
Tom Brady	7	2010
Nick Foles	7	2012-13

MOST RUSH YARDS BY A QB IN NFL HISTORY

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

With 36 yards, he will become the fifth quarterback in NFL history to rush for 4,000 yards.

MOST RUSHING YARDS BY A QUARTERBACK, NFL HISTORY

Player	Yards
Michael Vick	6,109
Randall Cunningham	4,928
Cam Newton	4,806
Steve Young	4,239
Russell Wilson	3,964

FOOTBALL FAMILY

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

ROOKIE DEBUT

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

819 REC. YARDS

Metcalf was the ninth of 27 wide receivers chosen in the 2019 draft.

He ranks third among rookie receivers with 819 yards.

NFL, MOST RECEIVING YARDS BY ROOKIE WRS

A.J. Brown, Ten	927
Terry McLaurin, Was	919
DK Metcalf, Sea	819

4TH MOST YARDS BY A ROOKIE

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

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

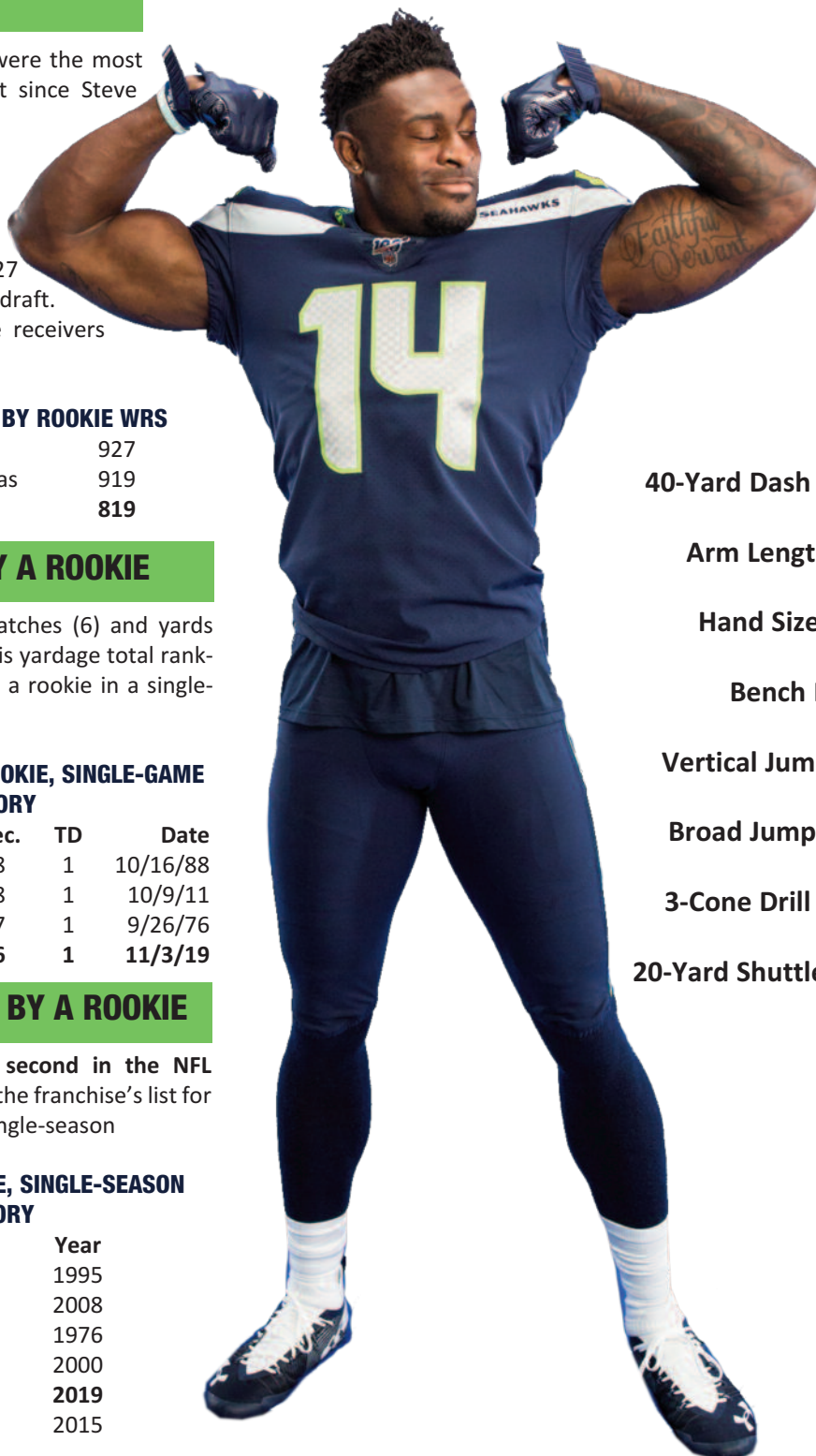
Player	Yards	Rec.	TD	Date
Brian Blades vs. NO	145	8	1	10/16/88
Doug Baldwin at NYG	136	8	1	10/9/11
Steve Largent vs. SF	128	7	1	9/26/76
DK Metcalf vs. TB	123	6	1	11/3/19

5TH MOST RECEPTIONS BY A ROOKIE

Metcalf's **52 receptions** are **second in the NFL among rookies** while he moves up the franchise's list for most receptions by a rookie in a single-season

MOST RECEPTIONS BY A ROOKIE, SINGLE-SEASON
FRANCHISE HISTORY

Rec.	Player	Year
67	Joey Galloway	1995
55	John Carlson	2008
54	Steve Largent	1976
53	Darrell Jackson	2000
52	DK Metcalf	2019
51	Tyler Lockett	2015



Height - 6-4

Weight - 229

40-Yard Dash - 4.32 seconds

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

17 TOUCHDOWNS SINCE 2018 (4TH NFL)

Tyler Lockett set his career-high with 10 touchdowns last season and has added seven more this season, giving him 17 since 2018 to rank fourth in the NFL.

MOST RECEIVING TOUCHDOWNS SINCE 2018, NFL

Player	Touchdowns
WR Tyreek Hill, KC	19
WR Michael Thomas, NO	18
WR DeAndre Hopkins, Hou	18
WR Tyler Lockett, Sea	17
WR Davante Adams, GB	17

NFL-BEST 8,273 COMBINED YDS SINCE 2015

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

MOST COMBINED YARDS IN NFL SINCE 2015

	Rec.	Rush.	KO Ret.	Punt Ret.	Total Yds.
Tyler Lockett	3,787	256	3,162	1,068	8,273
Julio Jones	7,717	24	0	0	7,741
Todd Gurley	2,069	5,336	0	0	7,405
Jarvis Landry	5,348	193	338	663	6,542

35.7 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 35.7 yards per touchdown, good for the second-highest yards per touchdown average in the NFL.

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

Player	TD	Yards	Avg.
Tyreek Hill, KC	41	1,728	42.1
Tyler Lockett, Sea	30	1,054	35.1
JuJu Smith-Schuster, Pit	18	626	34.8
Tyrell Williams, Oak	23	798	34.7
Robby Anderson, NYJ	20	686	34.3

FIRST TIME IN 23 SEASONS

With his 152-yard, two-touchdown performance vs. Tampa Bay (11/3), Lockett became the first Seahawks player since Brian Blades to have at least 150 receiving yards and two touchdowns in a single game.

Blades recorded 153 yards and two scores vs. the N.Y. Giants on November 5, 1995.

CAREER-HIGH 13 RECEPTIONS

Following the first game of the season where he caught his only target for a 44-yard game-winning score in the fourth quarter vs. Cincinnati (9/8), he had career-high setting back-to-back weeks at Pittsburgh (11 targets, 10 receptions) and vs. New Orleans in Weeks 2-3.

He set career-highs vs. the Saints (9/22) in targets (14), catches (11) and yards (154) and became the **first Seahawks player to register back-to-back 10-reception games** since Mike Williams in 2010.

In Week 9 vs. Tampa Bay, he broke his targets record (18) and catches mark (13), while recording his seventh-career 100-yard game (152), and third this season.

TYLER LOCKETT SINGLE-GAME HIGH, RECEPTIONS

Receptions	Opponent	Date
13	vs. Tampa Bay	11/3/19
11	vs. New Orleans	9/22/19
10	at Pittsburgh	9/15/19
8	at Carolina	12/15/19

TYLER LOCKETT SINGLE-GAME HIGH, YARDS

Rec. Yards	Opponent	Date
154	vs. New Orleans	9/22/19
152	vs. Tampa Bay	11/3/19
130	vs. L.A. Rams	12/15/16
121	vs. Houston	10/29/17

He set his career-high for receptions in a single-season through the first nine games, and career-high for yards in Game 14 at Carolina (12/15).

TYLER LOCKETT SINGLE-SEASON HIGH, RECEPTIONS

Rec.	Year
76	2019
57	2018

TYLER LOCKETT SINGLE-SEASON HIGH, YARDS

Yards	Year
1,006	2019
965	2018

WILSON TO LOCKETT: 121.7 PASSER RATING

Last season, when Russell Wilson targeted Tyler Lockett, 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 Meachem were the last duo to accomplish that feat (2009, min. 50 att.).

This season, the two **have continued that connection with a 121.7 rating**, completing 76 of 104 passes (73.1%) for 1,006 yards with seven touchdowns and one interception.

SHAQUILL & SHAQUEM GRIFFIN

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

Last season, for the first time in NFL history, there were two sets of twin brothers 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

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



2014



2015



2016



2017



2018



2019

Associated Press All-Pro Team

First-team: 2014, 2016, 2017, 2018

Second-team: 2015

SECOND-MOST TACKLES SINCE 2012 (1,066)

Became the club's all-time leading tackler with his six-tackle performance at Atlanta (10/27). His **1,066 tackles are second in the NFL since 2012** (Luke Kuechly, 1,085).

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

He is one of two linebackers (Kuechly) with 1,000-plus tackles since 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.

FRANCHISE-RECORD 19 TACKLES

Wagner has produced 50 double-digit tackle performances in his 118 games played, and set his career-high with a franchise-high 19 tackles (four solo) vs. New Orleans (9/22), surpassing his old mark of 16 tackles in 2016.

MOST TACKLES IN A SINGLE-GAME, FRANCHISE HISTORY

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

2019 NFL LEADING TACKLERS

Player	Total	Solo	Ast.
LB Bobby Wagner, Sea	152	82	70
LB Blake Martinez, GB	140	88	52
LB Jordan Hicks, Ari	137	87	50
LB Luke Kuechly, Car	137	76	61
S Budda Baker, Ari	134	96	38

DOUBLE-DIGIT TACKLE GAMES SINCE 2017

Wagner has 50 double-digit tackle games in his career and ranks second in the league in that category since 2017 with 20 such games.

MOST DOUBLE-DIGIT TACKLE GAMES SINCE 2017, NFL

Player	Games
Blake Martinez, GB	23
Bobby Wagner, Sea	20
Luke Kuechly, Car	17
Joe Schobert, Cle	15
Danny Trevathan, Chi	11

98-YARD PICK-SIX

LONGEST RETURNS, FRANCHISE HISTORY

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

FRANCHISE ALL-TIME LEADING TACKLER

MOST CAREER TACKLES, CLUB HISTORY

Player, Seasons	No.
Bobby Wagner, 2012-	1,066
Eugene Robinson, 1985-95	984
K.J. Wright, 2011-	842
Keith Butler, 1978-87	813
Joe Nash, 1982-96	779

MOST SINGLE-SEASON TACKLES, CLUB HISTORY

Player	Year	Total	Solo	Ast.
1. Bobby Wagner	2016	167	85	82
2. Terry Beeson	1978	153	n/a	n/a
3. Bobby Wagner	2019	152	82	70
4. Chad Brown	1998	150	119	31
5. Anthony Simmons	2000	147	119	28



PLAYER NOTES

#4 P MICHAEL DICKSON

After landing a career-high five punts inside the 20 at Philadelphia (11/24), he **ranked tied for second in the NFL with a career-high 33 punts inside the 20** this season.

Last season, he became the first Seattle punter to make the Pro Bowl since Rick Tuten in 1994 and **became the first rookie punter since the Los Angeles Rams' Dale Hatcher in 1985** to be selected to the all-star game and the **first rookie punter to be named first-team All-Pro** since Oakland's Shane Lechler in 2000.

Growing up in Australia playing Australian Rules Football, Dickson transitioned to American football and played three years at the University of Texas. He was the recipient of the Ray Guy Award as the nation's best punter in 2017 and was named the most valuable player in the Longhorns victory over Missouri in the Texas Bowl.

#32 RB CHRIS CARSON

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

He was one of four backs (Saquon Barkley, Ezekiel Elliott, Todd Gurley) with at least six 100-yard games last season.

He rushed for his third-straight 100-yard game in Week 6, carrying 24 times for 124 yards and rushed for his 10th-career 100-yard game vs. Tampa Bay (11/3) with 105 yards, against a team that led the NFL in rush defense (68.6 ypg) coming in to the contest.

In Week 14 at the L.A. Rams, he **became the sixth Seattle running back to produce back-to-back 1,000-yard seasons** and the following week set a career-high with 133 yards at Carolina (12/15).

MOST 100-YARD RUSH GAMES SINCE 2018

Player	100-Yard Games
Ezekiel Elliott, Dal	13
Chris Carson, Sea	12
Saquon Barkley, NYG	11
Christian McCaffrey, Car	10

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

Player	Seasons
Curt Warner	1985-86
Chris Warren	1992-95
Ricky Watters	1998-2000
Shaun Alexander	2001-05
Marshawn Lynch	2011-14
Chris Carson	2018-19

#50 LB K.J. WRIGHT



2016

K.J. Wright (605 tackles) and Bobby Wagner (808) have combined for 1,413 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).

This season, Wright moved in to third-place for the most tackles in franchise history and is one tackle shy of setting a new career-high for tackles in a single-season (127).

#90 DE JADEVEON CLOWNEY

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

He had 16 tackles for loss (9th NFL) last season and has 70 in his career. He **scored his fourth-career touchdown (one interception, three fumble recoveries), second this season**, on a 10-yard fumble return at San Francisco (11/11).

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

MOST TACKLES FOR LOSS SINCE 2016, NFL

Player	TFL
Aaron Donald, LAR	84
Chandler Jones, Ari	73
Cameron Jordan, NO	65
Jadeveon Clowney, Sea	59
Calais Campbell, Jac	58
Khalil Mack, Chi	56

#91 DT JARRAN REED

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

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

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

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

* Hall of Famer



PETE CARROLL

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

Pete Carroll ranks 23rd in NFL history with 143 combined wins and he was the 39th coach in NFL history to reach 100 wins in the regular season.

MOST COMBINED WINS IN NFL HISTORY

Coach	Regular Season				Postseason			Combined			
	W	L	T	Pct.	W	L	Pct.	W	L	T	Pct.
18. Bud Grant	158	96	5	.621	10	12	.455	168	108	5	.608
19. Bill Cowher	149	90	1	.623	12	9	.571	161	99	1	.619
20. Marv Levy	143	112	0	.561	11	8	.579	154	120	0	.562
21. Steve Owen	151	100	17	.602	2	8	.200	153	108	17	.586
22. Tony Dungy	139	69	0	.668	9	10	.474	148	79	0	.652
23. Pete Carroll, Sea	133	89	1	.599	10	8	.556	143	97	1	.595
24. Mike Tomlin, Pit	133	73	1	.645	8	7	.533	141	80	1	.637
John Fox	133	123	0	.520	8	7	.533	141	130	0	.520

143 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
						Wild Card victory vs. Miami, 17-3
						Divisional Playoff loss at Pittsburgh, 7-6
1998	New England	9	7	0	.563	4th, AFC East
						Wild Card loss at Jacksonville, 25-10
1999	New England	8	8	0	.500	T4th, AFC East
2010	Seattle	7	9	0	.438	1st, NFC West
						Wild Card victory vs. New Orleans, 41-36
						Divisional Playoff loss at Chicago, 35-24
2011	Seattle	7	9	0	.438	3rd, NFC West
2012	Seattle	11	5	0	.688	2nd, NFC West
						Wild Card victory at Washington, 24-14
						Divisional Playoff loss at Atlanta, 30-28
2013	Seattle	13	3	0	.813	1st, NFC West
						Divisional Playoff victory vs. New Orleans, 23-15
						Championship Game victory vs. San Francisco, 23-17
						Super Bowl XLVIII victory vs. Denver, 43-8
2014	Seattle	12	4	0	.750	
						Divisional Playoff victory vs. Carolina, 31-17
						Championship Game victory vs. Green Bay, 28-22 ot
						Super Bowl XLIX loss vs. New England, 28-24
2015	Seattle	10	6	0	.625	2nd, NFC West
						Wild Card victory at Minnesota, 10-9
						Divisional Playoff loss at Carolina, 31-24
2016	Seattle	10	5	1	.656	1st, NFC West
						Wild Card victory vs. Detroit, 26-6
						Divisional Playoff loss at Atlanta, 36-20
2017	Seattle	9	7	0	.563	2nd, NFC West
2018	Seattle	10	6	0	.625	2nd, NFC West
						Wild Card loss at Dallas, 24-22
2019	Seattle	11	4	0	.733	
Reg. Season (14 Yrs.)		133	89	1	.599	
Postseason (9 Yrs.)		10	8	0	.556	
Combined Record		143	97	1	.595	



CENTURYLINK FIELD ENHANCEMENTS

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

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

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

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

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

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

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

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

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

OTHER OFFERS FOR FANS INCLUDE:

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

WON 11, LOST 4						* RUSHING				No.	Yds	Avg	Long	TD
09/08 W 21-20	Cincinnati	68,710	Carson	278	1230	4.4	59	7						
09/15 W 28-26	at Pittsburgh	65,063	Penny	65	370	5.7	58t	3						
09/22 L 27-33	New Orleans	69,005	Wilson	67	313	4.7	21	3						
09/29 W 27-10	at Arizona	60,500	Prosise	23	72	3.1	17	1						
10/03 W 30-29	L.A. Rams	68,988	Homer	8	52	6.5	29	0						
10/13 W 32-28	at Cleveland	67,431	Moore	3	25	8.3	19	0						
10/20 L 16-30	Baltimore	69,012	Metcalf	2	11	5.5	7	0						
10/27 W 27-20	at Atlanta	71,483	Dissly	1	7	7.0	7	0						
11/03 W 40-34 OT	Tampa Bay	68,948	Gordon LG	1	1	1.0	1	0						
11/11 W 27-24 OT	at San Francisco	71,404	Lockett	4	-5	-1.3	3	0						
11/24 W 17- 9	at Philadelphia	69,796	TEAM	451	2075	4.6	59	14						
12/02 W 37-30	Minnesota	69,080	OPPONENTS	364	1755	4.8	80t	19						
12/08 L 12-28	at L.A. Rams	71,501	* RECEIVING	No.	Yds	Avg	Long	TD						
12/15 W 30-24	at Carolina	72,544	Lockett	76	1006	13.2	44t	7						
12/22 L 13-27	Arizona	69,022	Metcalf	52	819	15.8	54	6						
12/29	San Francisco		Hollister	37	324	8.8	22	3						
	Sea.	Opp.	Carson	37	266	7.2	21	2						
TOTAL FIRST DOWNS	314	328	Gordon LG	27	426	15.8	58	1						
Rushing	115	91	Gordon TM	7	139	19.9	58	0						
Passing	173	212	Dissly	23	262	11.4	38	4						
Penalty	26	25	J. Brown	16	220	13.8	48	2						
3rd Down: Made/Att	71/186	67/177	Moore	15	271	18.1	60t	2						
3rd Down Pct.	38.2	37.9	M. Turner	15	245	16.3	33t	1						
4th Down: Made/Att	6/11	7/12	Prosise	10	76	7.6	21	0						
4th Down Pct.	54.5	58.3	Penny	8	83	10.4	30	1						
POSSESSION AVG.	30:52	29:08	Willson	8	79	9.9	17	0						
TOTAL NET YARDS	5643	5708	Homer	6	26	4.3	10	0						
Avg. Per Game	376.2	380.5	Vannett TM	4	38	9.5	13	0						
Total Plays	975	966	Bellore	2	23	11.5	20	1						
Avg. Per Play	5.8	5.9	TEAM	316	3877	12.3	60t	29						
NET YARDS RUSHING	2075	1755	OPPONENTS	365	4122	11.3	58t	19						
Avg. Per Game	138.3	117.0	* INTERCEPTIONS	No.	Yds	Avg	Long	TD						
Total Rushes	451	364	Diggs LG	3	99	33.0	55t	1						
NET YARDS PASSING	3568	3953	Diggs TM	3	99	33.0	55t	1						
Avg. Per Game	237.9	263.5	K. Wright	3	10	3.3	11	0						
Sacked/Yards Lost	47/309	26/169	Flowers	3	0	0.0	0	0						
Gross Yards	3877	4122	T. Thompson	2	18	9.0	18	0						
Att./Completions	477/316	576/365	McDougald	2	0	0.0	0	0						
Completion Pct.	66.2	63.4	Clowney	1	27	27.0	27t	1						
Had Intercepted	6	16	Wagner	1	6	6.0	6	0						
PUNTS/AVERAGE	71/44.9	57/45.0	Kendricks	1	1	1.0	1	0						
NET PUNTING AVG.	71/40.6	57/42.1	TEAM	16	161	10.1	55t	2						



DEFENSIVE STATISTICS

	Total	Solo	Assist	Sacks	Yards	TFL	QH	Int	PD	FF	FR
Wagner, B.	152	82	70	3.0	16.0	7	3	1	6	1	1
Wright, K.	126	64	62	0	0	3	1	3	10	0	0
Flowers, T.	77	60	17	1.0	2.0	1	1	3	8	1	1
McDougald, B.	68	50	18	0.5	3.5	1	2	2	6	1	1
Kendricks, M.	67	45	22	3.0	24.0	8	2	1	4	1	0
Griffin, Shaquill	59	40	19	0	0	1	0	0	12	0	0
Ford, P.	32	21	11	0.5	2.5	5	3	0	1	0	1
Woods, A.	32	16	16	1.0	5.0	3	1	0	0	0	2
Clowney, J.	30	20	10	3.0	19.0	6	13	1	3	4	2
Green, R.	26	14	12	4.0	19.0	3	5	0	2	3	1
Blair, M.	24	18	6	0	0	0	0	0	1	1	0
Reed, J.	24	11	13	2.0	19.0	0	8	0	1	1	1
Jefferson, Q.	22	12	10	2.5	18.0	3	9	0	3	0	1
Diggs, Q.	21	10	11	0	0	0	0	3	3	1	1
Taylor, J.	20	17	3	0	0	0	0	0	3	0	0
Jackson, B.	19	14	5	2.0	9.0	2	3	0	2	0	0
Thompson, T.	19	9	10	0	0	0	0	2	2	0	0
King, A.	17	11	6	0	0	0	1	0	2	0	0
Ansah, Z.	16	12	4	2.5	23.0	3	8	0	2	2	2
Barton, C.	16	5	11	0	0	0	1	0	1	0	0
Hill, L.	16	9	7	0	0	0	0	0	0	0	0
Amadi, U.	7	5	2	0	0	0	0	0	0	0	0
Mone, B.	4	0	4	0	0	0	1	0	0	0	0
Thorpe, N.	4	4	0	0	0	0	0	0	0	0	0
Collier, L.	3	2	1	0	0	0	0	0	0	0	0
Griffin, Shaquem	2	2	0	0	0	0	3	0	0	0	0

SPECIAL TEAMS TACKLES

	Total	Solo	Assist	FF	FR	Blocks
Amadi, U.	10	8	2	0	0	0
Burr-Kirven, B.	7	2	5	1	0	0
Barton, C.	6	4	2	0	1	0
Bellore, N.	6	6	0	0	1	0
Blair, M.	6	4	2	0	0	0
Thorpe, N.	4	2	2	0	0	0
Griffin, Shaquem	3	1	2	0	0	0
Hollister, J.	3	2	1	0	0	0
Brown, J.	2	2	0	0	0	0
Dissly, W.	2	1	1	0	0	0
Hill, L.	2	2	0	0	0	0
Homer, T.	2	2	0	0	1	0
Myers, J.	2	2	0	0	0	0
Taylor, J.	2	1	1	0	0	0
Neal, R.	1	1	0	0	0	0
Turner, M.	1	1	0	1	0	0
Green, R.	0	0	0	0	0	2
Moore, D.	0	0	0	0	0	1

FUMBLES

	Fum	Lost	Own-Rec	O.B.
Wilson, R.	8	2	2	0
Carson, C.	7	4	1	1
Metcalfe, D.	3	3	0	0
Moore, D.	2	1	0	0
Brown, J.	1	1	0	0
Dissly, W.	1	0	1	0
Ifedi, G.	1	1	1	0
Penny, R.	1	1	0	0
Prosise, C.	1	1	0	0
Amadi, U.	0	0	1	0
Fluker, D.	0	0	1	0
Homer, T.	0	0	1	0
Hunt, 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
August 27	Released	WR Amara Darboh
	Placed on injured reserve	DT Nazair Jones
		CB Kalan Reed
	Signed	WR Kahlil Lewis
		WR Nyqwan Murray



TRANSACTIONS

Date	Transaction	Player	Date	Transaction	Player
August 28	Released	DT Jay-Tee Tiuli	Sept. 2	Released	LB Austin Calitro
	Signed	T Will Holden		Signed	WR Jaron Brown
		DE Logan Tago		Signed	FB Nick Bellore
	(2,189th transaction since 2010)			Signed to practice squad	G Kyle Fuller
August 31	Terminated veteran contracts	FB Nick Bellore			G Kahlil McKenzie
		WR Jaron Brown			CB Ryan Neal
		DE Cassius Marsh			LB Jachai Polite
		C Marcus Martin	Sept. 7	Released from practice squad	T Elijah Nkansah
		DT Jamie Meder		Signed to practice squad	QB Cardale Jones
		DB DeShawn Shead	Sept. 10	Released	CB Parry Nickerson
		QB Geno Smith		Signed	CB Jamar Taylor
		CB Jamar Taylor	Sept. 11	Signed to practice squad	CB Parry Nickerson
	Released	QB J.T. Barrett	Sept. 18	Released from practice squad	WR Jazz Ferguson
		WR Jazz Ferguson			QB Cardale Jones
		TE Jackson Harris		Signed to practice squad	S Adrian Colbert
		T Will Holden			T Elijah Nkansah
		TE Jacob Hollister	Sept. 23	Released from practice squad	LB Jachai Polite
		LB Jawuan Johnson	Sept. 25	Traded to Pittsburgh	TE Nick Vannett
		WR Kahlil Lewis		Acquired from Pittsburgh	2020 5th-rd. draft pic
		S Shalom Luani		Signed	TE Luke Willson
		QB Paxton Lynch		Signed to practice squad	LB Malik Carney
		RS J.D. McKissic	Sept. 26	Released	DT Bryan Mone
		DT Earl Mitchell		Signed from practice squad	S Adrian Colbert
		WR Nyqwan Murray		Signed to practice squad	CB Linden Stephens
		T Elijah Nkansah	Sept. 28	Released from practice squad	T Elijah Nkansah
		WR Keenan Reynolds		Signed to practice squad	DT Bryan Mone
		G Jordan Roos	Oct. 12	Released	S Adrian Colbert
		TE Wes Saxton		Placed on injured reserve	G Ethan Pocic
		RB Bo Scharbrough		Signed from practice squad	TE Jacob Hollister
		DE Logan Tago			G Jordan Roos
		CB Simeon Thomas	Oct. 15	Released from practice squad	LB Malik Carney
		G Landon Turner			CB Parry Nickerson
		RB Xavier Turner		Signed to practice squad	CB Brian Allen
		T Brian Wallace			S Adrian Colbert
		WR Terry Wright			TE Tyrone Swoopes
		LB Juwon Young			T Chad Wheeler
	Waived/injured	CB Jeremy Boykins	Oct. 19	Placed on injured reserve	TE Will Dissly
		LB Justin Currie		Added to active roster	DT Jarran Reed
	Placed on PUP	DT Demarcus Christmas		Released from practice squad	WR Terry Wright
		G Phil Haynes	Oct. 23	Released	G Jordan Roos
	Placed on injured reserve	G Jordan Simmons		Acquired from Detroit	S Quandre Diggs
	Traded to N.Y. Jets	conditional 2021 draft pick			2021 seventh-round draft pick
	Acquired from N.Y. Jets	CB Parry Nickerson		Traded to Detroit	2020 fifth-round draft pick
Sept. 1	Traded to Houston	DE Jacob Martin		Released from practice squad	DT Bryan Mone
		DE Barkevious Mingo		Signed to practice squad	LB Malik Carney
		2020 third-round draft pick			WR Penny Hart
	Acquired from Houston	DE Jadeveon Clowney	Oct. 25	Released from practice squad	LB Malik Carney
	Signed	QB Geno Smith		Signed to practice squad	G Jordan Roos
	Signed to practice squad	WR Jazz Ferguson	Oct. 29	Placed on injured reserve	C Justin Britt
		TE Jacob Hollister		Signed from practice squad	G Jordan Roos
		T Elijah Nkansah	Oct. 30	Placed on injured reserve	S Tedric Thompson
		G Jordan Roos		Signed	DE Dekoda Watson
		CB Simeon Thomas		Signed to practice squad	WR Cody Thompson
		WR Terry Wright			



TRANSACTIONS

Date	Transaction	Player
Nov. 1	Released	DE Dekoda Watson
	Claimed off waivers	WR Josh Gordon
Nov. 5	Released	WR Gary Jennings
	Activated from PUP	G Phil Haynes
	Released from practice squad	WR Cody Thompson
	Signed to practice squad	DT Bryan Mone
Nov. 20	Released	CB Jamar Taylor
	Activated from injured reserve	TE Ed Dickson
	Signed to Miami's 53-man roster	S Adrian Colbert
	Signed to practice squad	LB Pita Taumoepeu
Nov. 22	Placed on injured reserve	TE Ed Dickson
	Signed from practice squad	TE Tyrone Swoopes
Nov. 26	Signed to practice squad	TE Wes Saxton
Dec. 5	Released from practice squad	CB Brian Allen
	Signed to practice squad	LB Jermaine Grace
Dec. 6	Released from practice squad	CB Linden Stephens
	Signed to practice squad	CB Brian Allen
Dec. 11	Placed on injured reserve	CB Neiko Thorpe
	Signed from practice squad	CB Ryan Neal
Dec. 14	Placed on injured reserve	RB Rashaad Penny
	Activated from injured reserve	C/G Ethan Pocic
Dec. 16	Suspended by commissioner	WR Josh Gordon
Dec. 18	Signed	LB Dekoda Watson
Dec. 20	Suspended by commissioner	DT Al Woods
	Signed from practice squad	DT Bryan Mone

(2,313th transaction since 2010)



PARTICIPATION CHART

Game Date	1 9/8	2 9/15	3 9/22	4 9/29	5 10/3	6 10/13	7 10/20	8 10/27	9 11/3	10 11/11	11 11/24	12 12/2	13 12/8	14 12/15	15 12/22	16 12/29	G	S	2019 IN	DNP
Game	Cin	@Pit	NO	@Ari	LAR	@Cle	Bal	@Atl	TB	@SF	@Phi	Min	@LAR	@Car	Ari	SF				
Amadi, U.	cb	cb	sub	sub	sub	sub	sub	sub	sub	sub	sub	sub	sub	cb	cb		15	0	0	0
Ansah, Z.	in	in	de	de	DE	de	in	de	de	de	de	de	in	in	de		10	1	5	0
Barton, C.	sub	sub	lb	sub	sub	sub	sub	lb	sub	lb	sub	lb	OLB	OLB	lb		15	2	0	0
Bellore, N.	fb	fb	fb	sub	fb	fb	fb	fb	fb	fb	FB	in	in	sub	fb		13	1	2	0
Blair, M.	sub	sub	s	in	in	s	SS	SS	FS	sub	s	sub	sub	s	s		13	3	2	0
Britt, J.	C	C	C	C	C	C	C	C	ir	ir	ir	ir	ir	ir	ir		8	8	0	0
Brown, D.	LT	LT	LT	LT	LT	in	in	LT	LT	LT	LT	LT	LT	LT	in		12	12	3	0
Brown, J.	WR	WR	wr	WR	wr	wr	WR	wr	wr	in	in	wr	wr	wr	wr		13	4	2	0
Burr-Kirven, B.	sub	sub	sub	sub	sub	sub	sub	sub	sub	sub	sub	sub	lb	lb	sub		15	0	0	0
Carson, C.	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB	RB		15	15	0	0
Clowney, J.	de	DE	DE	DE	DE	DE	DE	DE	de	DE	in	DE	DE	in	in		12	10	3	0
Colbert, A.				in	in		ps	ps	ps	ps							0	0	2	0
Collier, L.	in	de	in	de	in	de	de	de	de	in	de	in	de	de	de		10	0	5	0
Dickson, M.	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p		15	0	0	0
Diggs, Q.								in	in	FS	FS	FS	FS	FS	in		5	5	3	0
Dissly, W.	TE	TE	TE	TE	TE	TE	ir	ir	ir	ir	ir	ir	ir	ir	ir		6	6	0	0
Fant, G.	t	t	t	t	t	LT	LT	t	t	t	t	t	T	T	t		15	4	0	0
Flowers, T.	RCB	RCB	RCB	RCB	RCB	RCB	RCB	in	RCB	RCB	RCB	RCB	RCB	RCB	RCB		14	14	1	0
Fluker, D.	RG	RG	RG	RG	RG	in	dnp	RG	RG	RG	RG	RG	RG	RG	RG		13	13	1	1
Ford, P.	NT	in	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT	NT		14	14	1	0
Gordon, J.								in	wr	wr	wr	wr	wr	WR	sus		5	1	1	0
Green, R.	DE	DE	de	DE	de	de	de	de	DE	de	DE	de	de	DE	DE		15	7	0	0
Griffin, Shaquem	sub	sub	sub	sub	sub	sub	sub	sub	sub	lb	lb	lb	lb	lb	lb		15	0	0	0
Griffin, Shaquill	LCB	LCB	LCB	LCB	LCB	LCB	LCB	LCB	LCB	LCB	LCB	LCB	LCB	in	in		13	13	2	0
Haynes, P.	pup	pup	pup	pup	pup	pup	pup	pup	pup	in	in	in	in	in	in		0	0	6	0
Hill, L.	sub	FS	FS	s	sub	s	in	in	in	in	sub	s	s	FS	FS		11	3	4	0
Hollister, J.	ps	ps	ps	ps	ps	te	te	te	TE	te	te	te	TE	te	te		10	2	0	0
Homer, T.	sub	sub	sub	sub	sub	sub	sub	sub	sub	sub	sub	sub	sub	rb	rb		15	0	0	0
Hunt, J.	in	in	g	sub	sub	t	t	c	C	C	C	C	C	C	C		13	7	2	0
Ifedi, G.	RT	RT	RT	RT	RT	RT	RT	RT	RT	RT	RT	RT	RT	RT	RT		15	15	0	0
Iupati, M.	g	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG	LG		15	14	0	0
Jackson, B.	de	de	de	de	de	in	de	DE	DE	de	de	de	de	de	DE		14	3	1	0
Jefferson, Q.	DE	NT	DE	DT	de	DE	DE	in	in	DE	DE	DE	DE	DE	de		13	11	2	0
Jennings, G.	in	in	in	in	in	in	in	in	in								0	0	9	0
Jones, J.	sub	dnp	sub	sub	g	RG	RG	g	sub	sub	g	g	t	t	LT		14	3	0	1
Kendricks, M.	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	in	in	OLB		13	13	2	0
King, A.	cb	cb	cb	cb	in	in	sub	RCB	sub	in	cb	cb	cb	LCB	LCB		12	3	3	0
Lockett, T.	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR		15	15	0	0
McDougald, B.	SS	SS	SS	SS	SS	SS	in	s	SS	SS	SS	SS	SS	SS	SS		14	13	1	0
Metcalfe, D.	WR	WR	WR	WR	wr	WR	WR	WR	WR	WR	WR	WR	WR	WR	WR		15	14	0	0
Mone, B.	dt	dt	dt	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	dt		4	0	0	0
Moore, D.	in	in	wr	wr	wr	wr	wr	wr	wr	WR	wr	wr	wr	wr	wr		13	1	2	0
Myers, J.	k	k	k	k	k	k	k	k	k	k	k	k	k	k	k		15	0	0	0
Neal, R.	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	sub	sub		2	0	0	0
Nickerson, P.	in	ps	ps	ps	ps	ps											0	0	1	0
Ott, T.	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls	ls		15	0	0	0
Penny, R.	rb	rb	in	in	rb	in	rb	rb	rb	rb	rb	rb	rb	ir	ir		10	0	3	0
Pocic, E.	LG/c	g	in	in	in	ir	ir	ir	ir	ir	ir	ir	ir	sub	g		4	1	3	0
Proise, C.	sub	rb	rb	rb	dnp	rb	rb	in	in	in	in	in	rb	rb	rb		9	0	5	1
Reed, J.	sus	sus	sus	sus	sus	sus	DT	DT	DT	DT	DT	DT	DT	DT	DT		9	9	0	0
Roos, J.	ps	ps	ps	ps	ps	dnp	in	ps	sub	sub	sub	sub	sub	in	sub		6	0	2	1
Smith, G.	dnp	dnp	dnp	dnp	dnp	dnp	dnp	dnp	dnp	dnp	dnp	dnp	dnp	dnp	dnp		0	0	0	15
Swoopes, T.	ps	ps	ps	ps	ps	ps	ps	ps	ps	ps	te	te	te	te	in		4	1	1	0
Taylor, J.		cb	cb	cb	cb	cb	cb	cb	cb	cb							9	0	0	0
Thompson, T.	FS	in	in	FS	FS	FS	FS	FS	ir	ir	ir	ir	ir	ir	ir		6	6	2	0
Thorpe, N.	sub	in	in	in	sub	cb	cb	cb	cb	cb	in	in	in	ir	ir		7	0	6	0
Turner, M.	wr	wr	wr	wr	wr	wr	wr	WR	wr	wr	wr	WR	wr	wr	WR		15	3	0	0
Ursua, J.	in	wr	in	in	in	in	in	in	in	in	in	in	in	wr	in		2	0	13	0
Vannett, N.	te	te	TE														3	1	0	0
Wagner, B.	MLB	MLB	MLB	MLB	MLB	MLB	MLB	MLB	MLB	MLB	MLB	MLB	MLB	MLB	MLB		15	15	0	0
Watson, D.														sub			1	0	0	0
Willson, L.				te	TE	TE	TE	TE	TE	TE	in	in	in	in	TE		8	7	4	0
Wilson, R.	QB	QB	QB	QB	QB	QB	QB	QB	QB	QB	QB	QB	QB	QB	QB		15	15	0	0
Woods, A.	DT	DT	DT	dt	DT	DT	dt	dt	dt	dt	dt	dt	dt	dt	sus		14	5	0	0
Wright, K.	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB	OLB		15	15	0	0

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



HOW BUILT

Year	By Draft	Trade/Waivers/Practice Squad	Free Agents	By Experience
2019	DE L.J. Collier (1)	DE Jadeveon Clowney (T)	DE Ziggy Ansah	T Duane Brown 12
	S Marquise Blair (2a)	S Quandre Diggs (T)	FB Nick Bellore	G Mike Iupati 10
	WR DK Metcalf (2b)	TE Jacob Hollister (T)	G Mike Iupati (UFA)	LB Dekoda Watson 10
	LB Cody Barton (3)		DT Bryan Mone	FB Nick Bellore 9
	G Phil Haynes (4b)		K Jason Myers (UFA)	LB K.J. Wright 9
	S Ugo Amadi (4c)		CB Ryan Neal	LB Mychal Kendricks 8
	LB Ben Burr-Kirven (5)		QB Geno Smith	LB Bobby Wagner 8
	RB Travis Homer (6a)		LB Dekoda Watson	QB Russell Wilson 8
2018	WR John Ursua (7)			DE Ziggy Ansah 7
				WR Jaron Brown 7
				G D.J. Fluker 7
				S Bradley McDougald 7
			WR Jaron Brown (UFA)	QB Geno Smith 7
			G D.J. Fluker (UFA)	TE Luke Willson 7
			DT Poona Ford	DE Jadeveon Clowney 6
			LB Mychal Kendricks	S Quandre Diggs 5
2017	T Jamarco Jones (5d)		WR Malik Turner	CB Akeem King 5
				WR Tyler Lockett 5
				K Jason Myers 5
				LS Tyler Ott 5
			DE Branden Jackson	T George Fant 4
			CB Akeem King	C Joey Hunt 4
			S Bradley McDougald (UFA)	G/T Germain Ifedi 4
			G Jordan Roos	DE Branden Jackson 4
2016			TE Tyrone Swoopes	DE Quinton Jefferson 4
				RB C.J. Prosise 4
				DT Jarran Reed 4
				RB Chris Carson 3
				CB Shaquill Griffin 3
				S Lano Hill 3
				TE Jacob Hollister 3
				WR David Moore 3
2015				C/G Ethan Pocic 3
				G Jordan Roos 3
				TE Tyrone Swoopes 3
2013				P Michael Dickson 2
				CB Tre Flowers 2
				DT Poona Ford 2
2012				DE Rasheem Green 2
				LB Shaquell Griffin 2
				T Jamarco Jones 2
2011				CB Ryan Neal 2
				WR Malik Turner 2
				S Ugo Amadi R
				LB Cody Barton R
				S Marquise Blair R
				LB Ben Burr-Kirven R
				DE L.J. Collier R
				G Phil Haynes R
				RB Travis Homer R
				WR DK Metcalf R
				DT Bryan Mone R
				WR John Ursua R

2019 Seattle Seahawks Alphabetical Roster (Updated 12/20/19)

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
94	Ansah, Ziggy	DE	6-5	275	5/29/1989	30	7	BYU	Accra, Ghana	FA-'19
57	Barton, Cody	LB	6-2	237	11/13/1996	23	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	FS	6-1	196	7/18/1997	22	R	Utah	Wooster, Ohio	D2(a)-'19
76	Brown, Duane	T	6-4	315	8/30/1985	34	12	Virginia Tech	Richmond, Va.	T(Hou)-'17
18	Brown, Jaron	WR	6-3	204	1/8/1990	29	7	Clemson	Cheraw, S.C.	UFA(Ari)-'18
55	Burr-Kirven, Ben	LB	6-0	230	9/8/1997	22	R	Washington	Menlo Park, Calif.	D5-'19
32	Carson, Chris	RB	5-11	222	9/16/1994	25	3	Oklahoma State	Lilburn, Ga.	D7(b)-'17
90	Clowney, Jadeveon	DE	6-5	255	2/14/1993	26	6	South Carolina	Rock Hill, S.C.	T(Hou)-'19
95	Collier, L.J.	DE	6-3	291	9/12/1995	24	R	TCU	Munday, Texas	D1-'19
4	Dickson, Michael	P	6-2	208	1/4/1996	23	2	Texas	Sydney, Australia	D5(c)-'18
37	Diggs, Quandre	S	5-9	197	1/22/1993	26	5	Texas	Houston, Texas	T(Det)-'19
74	Fant, George	T	6-5	322	7/19/1992	27	4	Western Kentucky	Bowling Green, Ky.	FA-'16
21	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	24	2	Texas	Hilton Head, S.C.	FA-'18
98	Green, Rasheem	DE	6-4	279	5/15/1997	22	2	USC	Los Angeles, Calif.	D3-'18
49	Griffin, Shaquem	LB	6-0	227	7/20/1995	24	2	Central Florida	St. Petersburg, Fla.	D5(a)-'18
26	Griffin, Shaquill	CB	6-0	198	7/20/1995	24	3	Central Florida	St. Petersburg, Fla.	D3(a)-'17
60	Haynes, Phil	G	6-4	322	10/19/1995	24	R	Wake Forest	Raleigh, N.C.	D4(b)-'19
42	Hill, Lano	SS	6-1	216	11/26/1995	24	3	Michigan	Detroit, Mich.	D3(b)-'17
48	Hollister, Jacob	TE	6-4	245	11/18/1993	26	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, Brandon	DE	6-4	295	11/11/1992	27	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
73	Jones, Jamarco	T	6-4	293	6/4/1996	23	2	Ohio State	Chicago, Ill.	D5(d)-'18
56	Kendricks, Mychal	LB	5-11	240	9/28/1990	29	8	California	Fresno, Calif.	FA-'18
36	King, Akeem	CB	6-1	215	8/29/1992	27	5	San Jose State	Visalia, Calif.	FA-'17
16	Lockett, Tyler	WR	5-10	182	9/28/1992	27	5	Kansas State	Tulsa, Okla.	D3-'15
30	McDougald, Bradley	SS	6-1	215	11/15/1990	29	7	Kansas	Columbus, Ohio	UFA(TB)-'17
14	Metcalfe, DK	WR	6-4	229	12/14/1997	22	R	Mississippi	Oxford, Miss.	D2(b)-'19
79	Mone, Bryan	DT	6-3	345	10/20/1995	24	R	Michigan	Salt Lake City, Utah	FA-'19
83	Moore, David	WR	6-0	215	1/15/1995	24	3	East Central (Okla.)	Gainesville, Texas	D7(a)-'17
5	Myers, Jason	K	5-10	190	5/12/1991	28	5	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
35	Neal, Ryan	CB	6-3	200	12/24/1995	23	2	Southern Illinois	Hammond, Ind.	FA-'19
69	Ott, Tyler	LS	6-3	253	2/28/1992	27	5	Harvard	Tulsa, Okla.	FA-'16
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
91	Reed, Jarran	DT	6-3	306	12/16/1992	27	4	Alabama	Goldsboro, N.C.	D2-'16
64	Roos, Jordan	G	6-3	302	7/6/1993	26	3	Purdue	Celina, Texas	FA-'17
7	Smith, Geno	QB	6-3	221	10/10/1990	29	7	West Virginia	Miramar, Fla.	FA-'19
46	Swoopes, Tyrone	TE	6-4	254	11/14/1994	25	3	Texas	Whitewright, Texas	FA-'17
17	Turner, Malik	WR	6-2	202	1/30/1996	23	2	Illinois	Springfield, Ill.	FA-'18
15	Ursua, John	WR	5-9	182	1/17/1994	25	R	Hawaii	Kailua-Kona, Hawaii	D7-'19
54	Wagner, Bobby	LB	6-0	242	6/27/1990	29	8	Utah State	Ontario, Calif.	D2-'12
51	Watson, Dekoda	LB	6-2	245	3/3/1988	31	10	Florida State	Aiken, S.C.	FA-'19
82	Willson, Luke	TE	6-5	254	1/15/1990	29	7	Rice	LaSalle, Ontario	D5(c)-'13
3	Wilson, Russell	QB	5-11	215	11/29/1988	31	8	Wisconsin	Richmond, Va.	D3-'12
50	Wright, K.J.	LB	6-4	246	7/23/1989	30	9	Mississippi State	Olive Branch, Miss.	D4(a)-'11

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

2019 Seattle Seahawks Numerical Roster (updated 12/20/19)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
3	Russell Wilson	QB	5-11	215	11/29/1988	31	8	Wisconsin	Richmond, Va.	D3-'12
4	Michael Dickson	P	6-2	208	1/4/1996	23	2	Texas	Sydney, Australia	D5(c)-'18
5	Jason Myers	K	5-10	190	5/12/1991	28	5	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
7	Geno Smith	QB	6-3	221	10/10/1990	29	7	West Virginia	Miramar, Fla.	FA-'19
14	DK Metcalf	WR	6-4	229	12/14/1997	22	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	27	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
21	Tre Flowers	CB	6-3	203	6/2/1995	24	2	Oklahoma State	Converse, Texas	D5(b)-'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
26	Shaquill Griffin	CB	6-0	198	7/20/1995	24	3	Central Florida	St. Petersburg, Fla.	D3(a)-'17
27	Marquise Blair	FS	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	29	7	Kansas	Columbus, Ohio	UFA(TB)-'17
32	Chris Carson	RB	5-11	222	9/16/1994	25	3	Oklahoma State	Lilburn, Ga.	D7(b)-'17
35	Ryan Neal	CB	6-3	200	12/24/1995	23	2	Southern Illinois	Hammond, Ind.	FA-'19
36	Akeem King	CB	6-1	215	8/29/1992	27	5	San Jose State	Visalia, Calif.	FA-'17
37	Quandre Diggs	S	5-9	197	1/22/1993	26	5	Texas	Houston, Texas	T(Det)-'19
42	Lano Hill	SS	6-1	216	11/26/1995	24	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	Tyrone Swoopes	TE	6-4	254	11/14/1994	25	3	Texas	Whitewright, Texas	FA-'17
48	Jacob Hollister	TE	6-4	245	11/18/1993	26	3	Wyoming	Beaverton, Ore.	T(NE)-'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	Dekoda Watson	LB	6-2	245	3/3/1988	31	10	Florida State	Aiken, S.C.	FA-'19
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	22	R	Washington	Menlo Park, Calif.	D5-'19
56	Mychal Kendricks	LB	5-11	240	9/28/1990	29	8	California	Fresno, Calif.	FA-'18
57	Cody Barton	LB	6-2	237	11/13/1996	23	R	Utah	Salt Lake City, Utah	D3-'19
60	Phil Haynes	G	6-4	322	10/19/1995	24	R	Wake Forest	Raleigh, N.C.	D4(b)-'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
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
73	Jamarco Jones	T	6-4	293	6/4/1996	23	2	Ohio State	Chicago, Ill.	D5(d)-'18
74	George Fant	T	6-5	322	7/19/1992	27	4	Western Kentucky	Bowling Green, Ky.	FA-'16
76	Duane Brown	T	6-4	315	8/30/1985	34	12	Virginia Tech	Richmond, Va.	T(Hou)-'17
77	Ethan Pocic	C/G	6-6	320	8/5/1995	24	3	Louisiana State	Lemont, Ill.	D2(b)-'17
78	D.J. Fluker	G	6-5	342	3/13/1991	28	7	Alabama	New Orleans, La.	UFA(NYG)-'18
79	Bryan Mone	DT	6-3	345	10/20/1995	24	R	Michigan	Salt Lake City, Utah	FA-'19
82	Luke Willson	TE	6-5	254	1/15/1990	29	7	Rice	LaSalle, Ontario	D5(c)-'13
83	David Moore	WR	6-0	215	1/15/1995	24	3	East Central (Okla.)	Gainesville, Texas	D7(a)-'17
90	Jadeveon Clowney	DE	6-5	255	2/14/1993	26	6	South Carolina	Rock Hill, S.C.	T(Hou)-'19
91	Jarran Reed	DT	6-3	306	12/16/1992	27	4	Alabama	Goldsboro, N.C.	D2-'16
93	Branden Jackson	DE	6-4	295	11/11/1992	27	4	Texas Tech	McKeesport, Pa.	FA-'17
94	Ziggy Ansah	DE	6-5	275	5/29/1989	30	7	BYU	Accra, Ghana	FA-'19
95	L.J. Collier	DE	6-3	291	9/12/1995	24	R	TCU	Munday, Texas	D1-'19
97	Poona Ford	DT	5-11	310	11/19/1995	24	2	Texas	Hilton Head, S.C.	FA-'18
98	Rasheem Green	DE	6-4	279	5/15/1997	22	2	USC	Los Angeles, Calif.	D3-'18
99	Quinton Jefferson	DE	6-4	291	3/31/1993	26	4	Maryland	Pittsburgh, Pa.	D5(a)-'16
Injured Reserve										
1	Jeremy Boykins	CB	6-2	183	5/29/1995	24	3	Central Florida	Jacksonville, Fla.	FA-'18
20	Rashaad Penny	RB	5-11	220	2/2/1996	23	2	San Diego State	Norwalk, Calif.	D1-'18
23	Neiko Thorpe	CB	6-2	210	2/11/1990	29	7	Auburn	Tucker, Ga.	FA-'16
33	Tedric Thompson	FS	6-0	204	1/20/1995	24	3	Colorado	Valencia, Calif.	D4-'17
38	Adam Choice	RB	5-9	209	11/30/1995	24	R	Clemson	Thomasville, Ga.	FA-'19
39	Kalan Reed	CB	5-11	199	12/29/1993	25	4	Southern Mississippi	Birmingham, Ala.	FA-'18
52	Emmanuel Ellerbee	LB	6-0	230	11/20/1996	23	2	Rice	Houston, Texas	W(LAC)-'18
63	Demetrius Knox	G	6-4	314	10/23/1995	24	R	Ohio State	Fort Worth, Texas	FA-'19
66	Jordan Simmons	G	6-4	339	7/15/1994	25	3	USC	Inglewood, Calif.	W(Oak)-'18
68	Justin Britt	C	6-6	315	5/29/1991	28	6	Missouri	Lebanon, Mo.	D2(b)-'14
84	Ed Dickson	TE	6-4	250	7/25/1987	32	10	Oregon	Inglewood, Calif.	UFA(Car)-'18
86	Justin Johnson	TE	6-3	235	11/8/1996	23	R	Mississippi State	Birmingham, Ala.	FA-'19
88	Will Dissly	TE	6-4	265	7/8/1996	23	2	Washington	Bozeman, Mont.	D4-'18
92	Nazair Jones	DT	6-5	292	12/13/1994	25	3	North Carolina	Roanoke Rapids, N.C.	D3(c)-'17
Practice Squad										
19	Penny Hart	WR	5-8	180	7/5/1996	23	R	Georgia State	Roswell, Ga.	FA-'19
40	Brian Allen	CB	6-3	215	10/21/1993	26	3	Utah	La Marque, Texas	FA-'19
41	Xavier Turner	RB	5-10	226	12/24/1994	24	R	Tarleton State	N. Richland Hills, Texas	FA-'19
47	Sutton Smith	LB	6-0	235	3/22/1996	23	R	Northern Illinois	St. Charles, Mo.	FA-'19
59	Pita Taumoepeua	LB	6-1	245	3/9/1994	25	3	Utah	Provo, Utah	FA-'19
61	Kyle Fuller	C/G	6-5	320	3/4/1994	25	3	Baylor	Duncanville, Texas	FA-'19
62	Kahlil McKenzie	G	6-3	314	1/3/1997	22	2	Tennessee	Green Bay, Wis.	FA-'19
75	Chad Wheeler	T	6-7	318	1/19/1994	25	3	USC	Santa Monica, Calif.	FA-'19
85	Wes Saxton	TE	6-4	253	8/13/1993	26	5	South Alabama	Hueytown, Ala.	FA-'19
Physically Unable to Perform										
67	Demarcus Christmas	DT	6-3	302	7/4/1995	24	R	Florida State	Sarasota, Fla.	D6(b)-'19

2019 Seattle Seahawks Positional Roster (updated 12/20/19)

No.	Name	Pos.	Ht.	Wt.	Birthdate	Age	Exp.	College	Hometown	Acquired
21	Tre Flowers	CB	6-3	203	6/2/1995	24	2	Oklahoma State	Converse, Texas	D5(b)-'18
26	Shaquill Griffin	CB	6-0	198	7/20/1995	24	3	Central Florida	St. Petersburg, Fla.	D3(a)-'17
35	Ryan Neal	CB	6-3	200	12/24/1995	23	2	Southern Illinois	Hammond, Ind.	FA-'19
36	Akeem King	CB	6-1	215	8/29/1992	27	5	San Jose State	Visalia, Calif.	FA-'17
27	Marquise Blair	FS	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	29	7	Kansas	Columbus, Ohio	UFA(TB)-'17
37	Quandre Diggs	S	5-9	197	1/22/1993	26	5	Texas	Houston, Texas	T(Det)-'19
42	Lano Hill	SS	6-1	216	11/26/1995	24	3	Michigan	Detroit, Mich.	D3(b)-'17
49	Shaquem Griffin	LB	6-0	227	7/20/1995	24	2	Central Florida	St. Petersburg, Fla.	D5(a)-'18
50	K.J. Wright	LB	6-4	246	7/23/1989	30	9	Mississippi State	Olive Branch, Miss.	D4(a)-'11
51	Dekoda Watson	LB	6-2	245	3/3/1988	31	10	Florida State	Aiken, S.C.	FA-'19
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	22	R	Washington	Menlo Park, Calif.	D5-'19
56	Mychal Kendricks	LB	5-11	240	9/28/1990	29	8	California	Fresno, Calif.	FA-'18
57	Cody Barton	LB	6-2	237	11/13/1996	23	R	Utah	Salt Lake City, Utah	D3-'19
90	Jadeveon Clowney	DE	6-5	255	2/14/1993	26	6	South Carolina	Rock Hill, S.C.	T(Hou)-'19
93	Branden Jackson	DE	6-4	295	11/11/1992	27	4	Texas Tech	McKeesport, Pa.	FA-'17
94	Ziggy Ansah	DE	6-5	275	5/29/1989	30	7	BYU	Accra, Ghana	FA-'19
95	L.J. Collier	DE	6-3	291	9/12/1995	24	R	TCU	Munday, Texas	D1-'19
98	Rasheem Green	DE	6-4	279	5/15/1997	22	2	USC	Los Angeles, Calif.	D3-'18
99	Quintonn Jefferson	DE	6-4	291	3/31/1993	26	4	Maryland	Pittsburgh, Pa.	D5(a)-'16
79	Bryan Mone	DT	6-3	345	10/20/1995	24	R	Michigan	Salt Lake City, Utah	FA-'19
91	Jarran Reed	DT	6-3	306	12/16/1992	27	4	Alabama	Goldsboro, N.C.	D2-'16
97	Poona Ford	DT	5-11	310	11/19/1995	24	2	Texas	Hilton Head, S.C.	FA-'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	25	3	Oklahoma State	Lilburn, Ga.	D7(b)-'17
44	Nick Bellore	FB	6-1	250	5/12/1989	30	9	Central Michigan	St. Paul, Minn.	FA-'19
3	Russell Wilson	QB	5-11	215	11/29/1988	31	8	Wisconsin	Richmond, Va.	D3-'12
7	Geno Smith	QB	6-3	221	10/10/1990	29	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	24	R	Wake Forest	Raleigh, N.C.	D4(b)-'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
70	Mike Iupati	G	6-5	331	5/12/1987	32	10	Idaho	Vaitogi, American Samoa	UFA (Ari)-'19
73	Jamarco Jones	T	6-4	293	6/4/1996	23	2	Ohio State	Chicago, Ill.	D5(d)-'18
74	George Fant	T	6-5	322	7/19/1992	27	4	Western Kentucky	Bowling Green, Ky.	FA-'16
76	Duane Brown	T	6-4	315	8/30/1985	34	12	Virginia Tech	Richmond, Va.	T(Hou)-'17
77	Ethan Pocic	C/G	6-6	320	8/5/1995	24	3	Louisiana State	Lemont, Ill.	D2(b)-'17
78	D.J. Fluker	G	6-5	342	3/13/1991	28	7	Alabama	New Orleans, La.	UFA(NYG)-'18
46	Tyrone Swoopes	TE	6-4	254	11/14/1994	25	3	Texas	Whitewright, Texas	FA-'17
48	Jacob Hollister	TE	6-4	245	11/18/1993	26	3	Wyoming	Beaverton, Ore.	T(NE)-'19
82	Luke Willson	TE	6-5	254	1/15/1990	29	7	Rice	LaSalle, Ontario	D5(c)-'13
14	DK Metcalf	WR	6-4	229	12/14/1997	22	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	27	5	Kansas State	Tulsa, Okla.	D3-'15
17	Malik Turner	WR	6-2	202	1/30/1996	23	2	Illinois	Springfield, Ill.	FA-'18
18	Jaron Brown	WR	6-3	204	1/8/1990	29	7	Clemson	Cheraw, S.C.	UFA(Ari)-'18
83	David Moore	WR	6-0	215	1/15/1995	24	3	East Central (Okla.)	Gainesville, Texas	D7(a)-'17
4	Michael Dickson	P	6-2	208	1/4/1996	23	2	Texas	Sydney, Australia	D5(c)-'18
5	Jason Myers	K	5-10	190	5/12/1991	28	5	Marist	Chula Vista, Calif.	UFA(NYJ)-'19
69	Tyler Ott	LS	6-3	253	2/28/1992	27	5	Harvard	Tulsa, Okla.	FA-'16



UNOFFICIAL DEPTH CHART & PRONUNCIATION GUIDE

OFFENSE

WR	14	<u>DK Metcalf</u>	83	David Moore	73	Jamarco Jones
LT	76	Duane Brown	74	George Fant	60	<u>Phil Haynes</u>
LG	70	Mike Iupati	73	Jamarco Jones	64	Jordan Roos
C	53	Joey Hunt	77	Ethan Pocic	64	Jordan Roos
RG	78	D.J. Fluker	73	Jamarco Jones		
RT	65	Germain Ifedi	74	George Fant	46	Tyrone Swoopes
TE	82	Luke Willson	48	Jacob Hollister	17	Malik Turner
WR	16	Tyler Lockett	18	Jaron Brown	15	<u>John Ursua</u>
QB	3	Russell Wilson	7	Geno Smith		
FB	44	Nick Bellore			25	<u>Travis Homer</u>
RB	32	Chris Carson	22	C.J. Prosise		

DEFENSE

DE	90	Jadeveon Clowney	95	<u>L.J. Collier</u>	93	Branden Jackson
DT	91	Jarran Reed	79	<u>Bryan Mone</u>		
NT	97	Poona Ford	99	Quinton Jefferson		
LEO	99	Quinton Jefferson	94	Ziggy Ansah	98	Rasheem Green
SLB	56	Mychal Kendricks	49	Shaquem Griffin	51	Dekoda Watson
MLB	54	Bobby Wagner	57	<u>Cody Barton</u>		
WLB	50	K.J. Wright	55	<u>Ben Burr-Kirven</u>		
LCB	26	Shaquill Griffin	36	Akeem King		
RCB	21	Tre Flowers	35	Ryan Neal		
SS	30	Bradley McDougald	42	Lano Hill		
FS	37	Quandre Diggs	27	<u>Marquise Blair</u>	28	<u>Ugo Amadi</u>

SPECIALISTS

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

() injured; Underline Rookie

PRONUNCIATION GUIDE

Ugo Amadi... ooh-go uh-MAH-dee	Germain Ifedi... jer-MANE ih-FEH-dee
Ziggy Ansah... ON-zuh	Mike Iupati... yoo-PAH-tee
Jaron Brown... juh-RON	Bradley McDougald... mick-DOO-gull
Jadeveon Clowney... juh-DEV-ee-on	Malik Turner... muh-LEEK
Shaquem Griffin... shuh-KEEM	John Ursua... err-SOO-uh
Lano Hill... LAY-no	