



GAME RELEASE

September 15, 2020

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

2020 SCHEDULE

Regular Season (1-0)

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

* Game time subject to NFL Flexible Scheduling

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

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

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

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

BROADCAST INFORMATION

TV Network	NBC (channel 5 in Seattle)	Al Michaels (play-by-play) Cris Collinsworth (analyst) Michele Tafoya (sidelines)
Seahawks Radio Network	710 ESPN Seattle KIRO Radio 97.3	Steve Raible (play-by-play) Dave Wyman (analyst) Jen Mueller (sidelines) John Clayton (sidelines)
National Radio	Westwood One	Ryan Radtke (play-by-play) Mike Holmgren (analyst)

THIS WEEK'S SCHEDULE

Wednesday, September 16

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

Thursday, September 17

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

Friday, September 18

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

Saturday, September 19

No media availability

Sunday, September 20

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

Monday, September 21

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

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



WHAT TO LOOK FOR

TEAM

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

PETE CARROLL

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

ALL-TIME SEAHAWKS COACHING RECORDS

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

CHRIS CARSON

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

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

TYLER LOCKETT

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

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

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

BOBBY WAGNER

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

MOST CONSECUTIVE SEASONS WITH 100 TACKLES SINCE 2000

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

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

RUSSELL WILSON

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

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

* In Week 1 at Atlanta, became the second quarterback in NFL history (HOF Steve Young) to record 30,000 passing yards and 4,000 rushing yards.

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

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

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

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

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

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

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

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

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

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

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



SERIES VS. NEW ENGLAND

REGULAR SEASON: SEATTLE LEADS 9-8

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

Record in Seattle 3-4

Kingdome 2-3

CenturyLink Field 1-1

Record at New England 6-4

Foxboro Stadium 5-3

Gillette Stadium 1-1

Current Streaks Seattle has won two in a row

Longest Win Streaks

Seahawks 5, 1989-93

Patriots 3, 1977-82

Last Game Played in...

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

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

Total Points in Series

Seahawks 326 (19.2)

Patriots 345 (20.3)

Largest Margin of Victory

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

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

Combined Points

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

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

Shutouts

Seahawks None

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

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

With Seattle 2-0

With N.Y. Jets 1-1

Playoffs 0-1

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

With Cleveland 1-1

With New England 2-2

Playoffs 1-0

HEAD-TO-HEAD COMPARISON

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

2020 STAT LEADERS

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

TOP SINGLE-GAME PERFORMANCES

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



TEAM NOTES

7

DOUBLE-DIGIT LOSSES IN LAST 152 GAMES

LARGEST DEFEATS SINCE WEEK 9 OF 2011 (INCLUDING PLAYOFFS)

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

* NFC Divisional Playoff

2,474

ROSTER TRANSACTIONS SINCE 2010

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

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

99-45

HOME RECORD SINCE 2002

MOST HOME WINS SINCE 2002, NFC

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

92-44-1

RECORD SINCE THE FINAL HALF OF 2011

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

36-20-1

ROAD RECORD SINCE 2013

BEST ROAD RECORDS SINCE 2013

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

7-1

BEST ROAD RECORD IN CLUB HISTORY

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

BEST ROAD RECORDS IN FRANCHISE HISTORY

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

17-6

RECORD IN 10 A.M. PT KICKOFFS

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

C-HAWKS

2020 TEAM CAPTAINS

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



TEAM NOTES

26-10

RECORD ON MONDAY NIGHT FOOTBALL

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

BEST ALL-TIME WINNING %, MONDAY NIGHT FOOTBALL

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

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

SEAHAWKS ON MONDAY NIGHT FOOTBALL (26-10)

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

29-7-1

RECORD IN PRIME-TIME GAMES SINCE 2010

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

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

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

Thu, Oct. 22, 2015	at San Francisco	W	20-3
Sun, Nov. 15, 2015	vs. Arizona	L	39-32
Sun, Oct. 23, 2016	at Arizona	T	6-6 (ot)
Mon, Nov. 7, 2016	vs. Buffalo	W	31-25
Sun, Nov. 13, 2016	at New England	W	31-24
Sun, Dec. 4, 2016	vs. Carolina	W	40-7
Thu, Dec. 15, 2016	vs. L.A. Rams	W	24-3
Sun, Oct. 1, 2017	vs. Indianapolis	W	46-18
Thu, Nov. 9, 2017	at Arizona	W	22-16
Mon, Nov. 20, 2017	vs. Atlanta	L	34-31
Sun, Dec. 3, 2017	vs. Philadelphia	W	24-10
Mon, Sept. 17, 2018	at Chicago	L	24-17
Sun, Oct. 14, 2018	at Oakland (in London)	W	27-3
Thu, Nov. 15, 2018	vs. Green Bay	W	27-24
Mon, Dec. 10, 2018	vs. Minnesota	W	21-7
Sun, Dec. 23, 2018	vs. Kansas City	W	38-31
Thu, Oct. 3, 2019	vs. L.A. Rams	W	30-29
Mon, Nov. 11, 2019	at San Francisco	W	27-24 (ot)
Mon, Dec. 2, 2019	vs. Minnesota	W	37-30
Sun, Dec. 8, 2019	at L.A. Rams	L	28-12
Sun, Dec. 29, 2019	vs. San Francisco	L	26-21



TEAM NOTES

.797

WINNING PERCENTAGE IN PRIME-TIME

BEST RECORD IN PRIME-TIME GAMES SINCE 2010

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

21

POINTS OVERCOME IN LARGEST COMEBACK

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

LARGEST COMEBACKS IN FRANCHISE HISTORY

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

48-16

HOME RECORD SINCE 2012

SEATTLE'S NFL RANKING FOR LAST 64 HOME GAMES

Wins

54	New England
48	Seattle
46	Minnesota
46	Green Bay
45	Baltimore

Point Differential

+790	New England
+538	Seattle
+450	Denver
+439	Baltimore
+430	Green Bay

Takeaways

120	Carolina
113	New England
110	Seattle
106	Pittsburgh
104	Kansas City

Turnover Margin

+55	New England
+49	Seattle
+38	Green Bay
+23	Kansas City
+20	Baltimore

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SPECIAL TEAMS SCORES SINCE 2010

It takes all three phases to win in the NFL and Seattle has put together one of the best special teams units in the NFL over the last 11 seasons.

SEATTLE SPECIAL TEAMS SCORES SINCE 2010

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

MOST BLOCKS SINCE 2010

25	Las Vegas
23	Seattle
23	Miami
21	Philadelphia
20	Arizona

MOST TDS/SAFETIES SINCE 2010

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

MOST TAKEAWAYS ON PUNT/KOR SINCE 2010

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



TEAM NOTES

67-14

RECORD WHEN WINNING TURNOVER BATTLE

SEATTLE RECORD WHEN WINNING THE TURNOVER BATTLE

Year	Record	Year	Record
2010	4-0	2016	7-0
2011	6-2	2017	6-1
2012	7-1	2018	8-2
2013	10-1	2019	8-1
2014	6-2	2020	1-0
2015	4-4	Totals	67-14

5

NUMBERS OF NOTE FROM ATLANTA

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

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

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

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

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

19,617

RUSHING YARDS SINCE 2011

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

MOST TEAM RUSHING YARDS SINCE 2011, NFL

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

101-59-1

FOURTH-BEST RECORD SINCE 2010

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

BEST REGULAR SEASON RECORD SINCE 2010

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

28,878

AIR MILES TRAVELED IN 2020

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

2020 FLIGHT TIMES

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

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

2020 TOTAL MILES TRAVELED

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



#3 Russell Wilson

7 & 1

SEVEN-TIME PRO BOWLER & ONE TIME ALL-PRO



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

87

WINS TO BEGIN A CAREER

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

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

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

48

HOME WINS TO BEGIN A CAREER

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

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

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

231

FRANCHISE-RECORD TD PASSES

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

MOST PASSING TOUCHDOWNS, CLUB HISTORY

1.	231	Russell Wilson	2012-
2.	195	Dave Krieg	1980-91
3.	174	Matt Hasselbeck	2001-10
4.	107	Jim Zorn	1976-84
5.	49	Jon Kitna	1997-00

22

MAJOR FRANCHISE RECORDS HELD

* Career (101.6), single-season (110.9 in 2018) and single-game (158.3) passer rating.

* Career (30,056), single-season (4,219 in 2016) and single-game (452) most passing yards.

* Career (231), single-season (35 in 2018) and single-game (5) most touchdown passes.

* Single-season completions (353 in 2016).

* Career (64.72), single-season (68.12 in 2015) and single-game (88.57) completion percentage.

* Most consecutive passes without an interception (220 from 2018-19).

* Career (723), single-season (118 in 2014) and single-game (14) rushing attempts by a quarterback.

* Career (4,022), single-season (849 in 2014) and single-game (122) rushing yards by a quarterback.

* Owns the top-15 rushing yard games by a quarterback.

* Nine NFC Player of the Week awards are the most in club history.



#3 Russell Wilson

231 & 68

CAREER TD PASSES & INTERCEPTIONS

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

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

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

53

GAMES WITH 2+ TDS & 0 INTERCEPTIONS

Wilson has held this record entering the last three seasons.

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

Player	Games
Russell Wilson	53
Andy Dalton	38
Matt Ryan	35
Tom Brady	34
Drew Brees	32
Peyton Manning	31

73

GAMES WITH TWO TOUCHDOWN PASSES

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

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

88.6%

FRANCHISE RECORD COMPLETION %

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

HIGHEST COMPLETION PERCENTAGE, FRANCHISE HISTORY

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

30,056

CAREER PASSING YARDS

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

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

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

11

GAMES WITH 4+ TDS & 1 OR FEWER INTS

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

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

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

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



#3 Russell Wilson

32

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

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

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

RUSSELL WILSON 4TH QUARTER/OT COMEBACKS

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

* NFC Wild Card Game ^ NFC Championship Game

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

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



#3 Russell Wilson

66

100+ PASSER RATING GAMES IN CAREER

In Russell Wilson's 129 games, he has thrown for a passer rating of over 100 in over half of those games.

RUSSELL WILSON CAREER PASSING RATING BREAKDOWN

Rating	Games	Record
100s	66	56-10
90s	18	10-8
80s	17	10-6-1
70s	11	5-6
60s	8	3-5
50s	1	1-0
40s	5	1-4
30s	3	1-2
Totals	129	87-41-1

101.6

2ND-HIGHEST RATING IN NFL HISTORY

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

HIGHEST PASSER RATING, NFL HISTORY

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

HIGHEST HOME PASSER RATING, NFL HISTORY

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

HIGHEST ROAD PASSER RATING, NFL HISTORY

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

104

TOUCHDOWNS SINCE 2017

MOST TOUCHDOWNS SINCE 2017, NFL

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

.678

CAREER WINNING PERCENTAGE

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

HIGHEST WINNING % OF ACTIVE STARTING QUARTERBACKS

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

101.6

THIRD-HIGHEST RATING SINCE 2012

He has 66-career 100-plus passer rating games in 129 starts, with the last coming at Atlanta (9/13) with a 143.1 rating.

RUSSELL WILSON CAREER PASSING

Year	Att	Comp	Pct	Yards	TD	Int	Rtg
2012	393	252	64.1	3,118	26	10	100.0
2013	407	257	63.1	3,357	26	9	101.2
2014	452	285	63.1	3,475	20	7	95.0
2015	483	329	68.1	4,024	34	8	110.1
2016	546	353	64.7	4,219	21	11	92.6
2017	553	339	61.3	3,983	34	11	95.4
2018	427	280	65.6	3,448	35	7	110.9
2019	516	341	66.1	4,110	31	5	106.3
2020	35	31	88.6	322	4	0	143.1
TOTAL	3,812	2,467	64.7	30,056	231	68	101.6

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

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



#3 Russell Wilson

4,022
CAREER RUSHING YARDS

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

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

MOST RUSHING YARDS BY A QUARTERBACK, NFL HISTORY

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

0
VOTES FOR MVP

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

129
CONSECUTIVE GAMES STARTED

Wilson established the club-record for consecutive regular season games started and he has not missed a game in his career, playing in all 144 (129 regular season, 15 postseason).

CONSECUTIVE GAMES STARTED, FRANCHISE HISTORY

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

MOST CONSECUTIVE GAMES STARTED BY A QB, ACTIVE STREAK

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

2ND
PLACE IN CLUB HISTORY IN ATTS & COMPS

PASSING ATTEMPTS

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

PASSING COMPLETIONS

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

PASSING YARDS

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

PASSING TOUCHDOWNS,

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

MOST GAMES STARTED, FRANCHISE HISTORY

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



#14 DK Metcalf

FOOTBALL FAMILY

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

89

RECEIVING YARDS IN NFL DEBUT

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

58

2ND MOST REC. BY A ROOKIE, CLUB HISTORY

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

MOST RECEPTIONS BY A ROOKIE, SINGLE-SEASON FRANCHISE HISTORY

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

160

MOST REC. YDS BY A ROOKIE IN PLAYOFF

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

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

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

MOST RECEIVING YARDS, SINGLE-GAME POSTSEASON, FRANCHISE HISTORY

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

123

4TH-MOST YDS BY A ROOKIE IN A GAME

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

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

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

900

RECEIVING YARDS AS A ROOKIE IN 2019

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

MOST RECEIVING YARDS BY ROOKIE WRS, NFL, 2019

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

219

RECEIVING YARDS IN A SINGLE POSTSEASON

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

MOST RECEIVING YARDS BY A ROOKIE, SINGLE POSTSEASON

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



#54 Bobby Wagner

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



2014



2015



2016



2017



2018



2019

Associated Press All-Pro Team

First-team: 2014, 2016-19

Second-team: 2015

1,080

MOST TACKLES IN NFL SINCE 2012

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

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

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

19

FRANCHISE-RECORD 19 TACKLES

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

MOST TACKLES IN A SINGLE-GAME, FRANCHISE HISTORY

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

2019 NFL LEADING TACKLERS

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

30

DOUBLE-DIGIT TACKLE GAMES SINCE 2016

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

MOST DOUBLE-DIGIT TACKLE GAMES SINCE 2016, NFL

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

98

LONGEST INT RETURN TD IN CLUB HISTORY

LONGEST RETURNS, FRANCHISE HISTORY

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

1,080

FRANCHISE-LEADER IN TACKLES

MOST CAREER TACKLES, CLUB HISTORY

Player, Seasons	No.
Bobby Wagner, 2012-	1,080
Eugene Robinson, 1985-95	984
K.J. Wright, 2011-	851
Keith Butler, 1978-87	813
Joe Nash, 1982-96	779

MOST SINGLE-SEASON TACKLES, CLUB HISTORY

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



Player Notes

TYLER LOCKETT

18
TOUCHDOWNS SINCE 2018

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

MOST RECEIVING TOUCHDOWNS SINCE 2018, NFL

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

8,433
MOST COMBINED YARDS SINCE 2015

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

MOST COMBINED YARDS IN NFL SINCE 2015

	Rec.	Rush.	KO Ret.	Punt Ret.	Total Yds.
Tyler Lockett	3,930	256	3,179	1,068	8,433
Julio Jones	7,952	24	0	0	7,976
Todd Gurley	2,091	5,460	0	0	7,551
Jarvis Landry	5,491	193	338	663	6,685

34.5
YARDS PER TOUCHDOWN

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

Since 2015, Tyler Lockett has averaged 34.5 yards per touchdown, good for the third-highest yards per touchdown average in the NFL.

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

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

GREG OLSEN



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

8,468
FIFTH-MOST YARDS BY A TIGHT END

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

MOST RECEIVING YARDS BY A TIGHT END, NFL HISTORY

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

722
FIFTH-MOST RECEPTIONS BY A TIGHT END

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

MOST RECEPTIONS BY A TIGHT END, NFL HISTORY

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

6
MAJOR RECORDS HELD IN CAROLINA HISTORY

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

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

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

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



Player Notes

WILL DISSLY

6

TOUCHDOWNS IN 11 GAMES PLAYED

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

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

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

CHRIS CARSON

12

100-YARD GAMES SINCE 2018

MOST 100-YARD RUSH GAMES SINCE 2018

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

1,100 & 7
RUSH YARDS & TDS SINCE 2018

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

JAMAL ADAMS



2018



2019

AP

All-Pro Team

First-team:

2019

Second-team:

2018

13.0
SACKS SINCE 2017

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

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

MOST SACKS BY A DEFENSIVE BACK SINCE 2017, NFL

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

6.5
SACKS IN 2019

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

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

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



Pete Carroll

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

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

MOST COMBINED WINS IN NFL HISTORY

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

145 CAREER WINS FOR PETE CARROLL (REGULAR & POSTSEASON)

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

Year	Team	W	L	T	Pct.	Finish
1994	N.Y. Jets	6	10	0	.375	5th, AFC East
1997	New England	10	6	0	.625	1st, AFC East
						<i>Wild Card victory vs. Miami, 17-3</i>
						<i>Divisional Playoff loss at Pittsburgh, 7-6</i>
1998	New England	9	7	0	.563	4th, AFC East
						<i>Wild Card loss at Jacksonville, 25-10</i>
1999	New England	8	8	0	.500	T4th, AFC East
2010	Seattle	7	9	0	.438	1st, NFC West
						<i>Wild Card victory vs. New Orleans, 41-36</i>
						<i>Divisional Playoff loss at Chicago, 35-24</i>
2011	Seattle	7	9	0	.438	3rd, NFC West
2012	Seattle	11	5	0	.688	2nd, NFC West
						<i>Wild Card victory at Washington, 24-14</i>
						<i>Divisional Playoff loss at Atlanta, 30-28</i>
2013	Seattle	13	3	0	.813	1st, NFC West
						<i>Divisional Playoff victory vs. New Orleans, 23-15</i>
						<i>Championship Game victory vs. San Francisco, 23-17</i>
						<i>Super Bowl XLVIII victory vs. Denver, 43-8</i>
2014	Seattle	12	4	0	.750	
						<i>Divisional Playoff victory vs. Carolina, 31-17</i>
						<i>Championship Game victory vs. Green Bay, 28-22 ot</i>
						<i>Super Bowl XLIX loss vs. New England, 28-24</i>
2015	Seattle	10	6	0	.625	2nd, NFC West
						<i>Wild Card victory at Minnesota, 10-9</i>
						<i>Divisional Playoff loss at Carolina, 31-24</i>
2016	Seattle	10	5	1	.656	1st, NFC West
						<i>Wild Card victory vs. Detroit, 26-6</i>
						<i>Divisional Playoff loss at Atlanta, 36-20</i>
2017	Seattle	9	7	0	.563	2nd, NFC West
2018	Seattle	10	6	0	.625	2nd, NFC West
						<i>Wild Card loss at Dallas, 24-22</i>
2019	Seattle	11	5	0	.688	2nd, NFC West
						<i>Wild Card victory at Philadelphia, 17-9</i>
						<i>Divisional Playoff loss at Green Bay, 28-23</i>
2020	Seattle	1	0	0	1.000	
Reg. Season (15 Yrs.)		134	90	1	.598	
Postseason (10 Yrs.)		11	9	0	.550	
Combined Record		145	99	1	.594	

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



Defensive Statistics

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

SPECIAL TEAMS TACKLES

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

FUMBLES

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



Transactions

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



Transactions

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



Participation Chart

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

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



How Built

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

2020 Seattle Seahawks Alphabetical Roster (Updated 9/9/20)

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

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

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

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

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

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



Unofficial Depth Chart & Pronunciation Guide

OFFENSE

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

DEFENSE

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

SPECIALISTS

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

() injured; Underline Rookie

PRONUNCIATION GUIDE

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